

## Newsletter September 2023

Dear valued reader,

### Expansion of the board.

The board of Kacema Foundation is very pleased with the arrival of Legien Kromkamp as a new board member. Legien has been closely involved in the establishment of the Kacema Foundation from the beginning. Together with her partner, she visited Kawambwa twice; first to investigate whether and how we could collaborate with the Sisters of the Child Jesus Congregation and, after the construction of New Kacema Musuma Children's Home, for the second building inspection. Of course, the most important thing was to see whether the children and Sisters felt happy in the new house.



In 2011, Legien organized a meeting at her home to introduce donors and interested people to the Kacema Foundation. Sr. Maria, with whom Legien has a good relationship, was in the Netherlands at that time and attended this meeting. Legien will mainly focus on raising funds to ensure the continuity of the Foundation. If you would like to contact Legien, you can do so via [legienk@gmail.com](mailto:legienk@gmail.com) or [info@kacema.nl](mailto:info@kacema.nl).

### Children's health.

Fortunately, the health of the children in the children's home is generally fine. Of course, just like in every family, sometimes someone gets sick. Sr. Maria has a good relationship with the doctors and nurses at the local hospital. Care starts with a correctly implemented vaccination schedule.

All young children are vaccinated according to a program similar to the Dutch National Vaccination Schedule.



Rotavirus, DPTP (diphtheria, whooping cough, tetanus, polio), Pneumococcus, Haemophilus influenza, Hepatitis B, Rubella (girls) and Measles. A nurse comes every month and the weights of the children under the age of five are recorded and assessed. Weighing takes place by means of a scale hung on the mango tree. Children love it!

Malaria is always lurking and almost every year several children contract this disease. The diagnosis can be made in the hospital in Kawambwa and medicines for treatment are available.

By placing mosquito nets over the beds of the youngest children, we try to protect the children as best as possible against mosquitoes that transmit malaria. The teenage boys and girls also have access to mosquito nets, but unfortunately mistreat the nets sometimes causing them to not always be in the right condition.



Children can already be infected with the HIV virus at birth. Fortunately, only one child needs to be treated due to HIV.

Tuberculosis infections also pose a risk in developing countries, so children are examined for TB.



### Food.

Corn in the form of a corn porridge (nsima) is an important part of the menu. Rice and bread are also served. A varying protein source is also provided daily (soy, sausages, meat, eggs, chicken, beans and fish) and of course various vegetables and fruit from our own garden. It is customary in Zambia to eat with (washed) hands!

The smaller children are assisted with eating by the older children or the caregivers (Aunties).

The children receive a snack/cookie between breakfast and lunch.

The nsima is traditionally prepared every day on a charcoal fire.



### Vegetable garden and fruit trees.

A fire in an adjacent forest plot destroyed part of the drip irrigation in the garden. Fortunately, the costs associated with repairs can be paid from a donation we received from a couple celebrating their 30th wedding anniversary. They and their guests also contributed to the Study Fund. It has now been determined which materials are needed for the repair of hoses and pipes and everything can be transported from Lusaka to Kawambwa. Our own gardeners can take care of the construction/repairs. They will be managing the drip system.



### The use of the donated money for the children's home.

Every month we automatically transfer 34,000 Kwacha (approximately US\$ 1,700) from our Zambian bank account (KAC MUS FUND Neth) to the bank account of New Kacema Musuma Children's Home. This is approximately the money required for daily running costs.

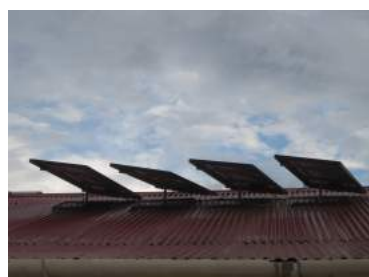
In addition, money is also transferred to this account for unforeseen and non-regular expenses. This was US\$ 4,750 in 2022. So the total amount is approximately US\$ 25,000. *This amount does not include the costs of the children studying!* Only Sr. Maria has access to this account and she keeps excellent accounts. Every six months she reports this data to the Foundation's board.

The overall distribution of expenses are: food 36%, salaries and pension staff 46%; electricity 5%, other (13th month salary, health, transport, etc.) and unforeseen 13%. Once or twice a year, to limit bank costs and if the exchange rate seems favorable, we transfer an amount from our Dutch Rabo bank account to our Zambian bank account.

### Power supply in the orphanage.

Above you have read that Sr. Maria spends 5% of the running costs on electricity every year. Every month she pays US\$ 80 to Zesco, the electricity company. You may be thinking: couldn't this be done differently in a (usually) sunny country like Zambia? What is that electricity needed for?

You can imagine that every day, with all those children and babies, there is a huge amount of dirty laundry. So a full washing machine runs several times a day. There is electric cooking and there are refrigerators and freezers for food. If we wanted to replace the power supply entirely with solar panels, we would need a very extensive, expensive and vulnerable installation (solar panels, inverters and batteries) that could absorb these peak loads.



We have looked at such a self-sufficient system at a remote lodge (no regular power grid available), but it is not affordable for us to invest like that and is also far too risky due to disruptions.

Moreover, there is no system in Kawambwa where self-generated electricity can be supplied back into the existing grid and be reimbursed, like in the Netherlands/USA, for example.

We do pump our own water from the ground with our own (stand alone) solar panel electricity.



In addition, we have an emergency facility to supply a limited number of light points and important appliances with power in the event of a power outage, which frequently happens in the evening. We store a limited amount of electricity in a number of batteries, using solar panels. But nothing 'big' to run washing machines, etc.



### Mommy's, Aunties and Uncle's.

Next to Mommy (Mama) #1 Sr. Maria Katonkola, Mommy Sr. Charity Mumba (primary school principal) and Sr. Beatrice Mubanga (primary school assistant) also stay in the children's home. The Kacema Foundation has no involvement whatsoever in the financing of the sisters, this is done by the congregation. The costs (salary, pension and 13th month) of the employees (staff) below are paid from the current costs (see above). The cooking, housekeeping, maintenance and care are done by a super team: Aunties Matilda Mulenga, Josephine Mumba, Irene Musonda,



Monica Kabole run the baby room. Auntie Albertina Mutale, Miriam Bwembya, Eunice Mwakwa clean the corridors, boys and girls room and kitchen. Uncles Mulola Fredrick, Joseph Chishala, Davies Mukonde, and Mambwe Alfred take care of the corn mill, flower garden, vegetable garden and fruit trees and the animals: chickens, ducks, goats, sheep, etc.



### The residents

There are a total of 47 children from baby to college/university. Not all children are always at home. The children at secondary (boarding) school and students who attend tertiary education only come home during the holidays.



Thirteen children are in "**Secondary School**": Kennedy Chibwe and Moses Lukwesa are doing for their final exams. Depending on their results, they will make their choice of college/university.

Sr Maria motivates them to study hard!



Jonathan Mulenga, Theresa Mpundu, Helen Nayame and Gift Mwanza are in group 10. They still have 2 years to go before they have their final exams and choose a future course of study. Miniver Besa repeats group 9. She needs extra time to process trauma from her youngest years.

Paul Chola, Bernard Chanda, Honest Chama and also Rodgers Siyame are all doing grade 9 this year. They will also have to pass an important national exam to get into grade 10.

Justine Siyame and Gabriel Brian Chileshe are in 8th grade.

Seraphim Malama attends the boarding school for "Deaf and hard of hearing" children.



### Primary school:

Mapalo Agnes Nakazwe, George Mwila, Peter Kapala Mumbili and Josephine Chungu are in group 7. They also have national exams and if they pass, they go to secondary school. Tina Agnes Bwalya, Gift Champo, Isaac Mwenya and Loveness Mwelwa are in group 6. Martin Cheba in group 5. Reuben Quincy Kaoma, Jacqueline Msembo, Alex Kaela and Emmanuel Joseph Mwewa are in group 4. Wellington Kapotwe in group 3. Emmanuel Kateule, Christine Mpundu, Eunice Chama and Beatrice Mutale in Group 2. We do not have anyone in Group 1 at the moment.



There are 8 children from baby to primary school.



We pay extra attention to Evans Kapungwe (slow learning), Fernando Chishimba (Down syndrome) and Bupe Mwape (half of a conjoined twin)

### The residents who left Kacema Musuma.

Since the start of the children's home, there are now seven young people who stand on their own two feet and have to fend for themselves. They have left Kacema Musuma Children's Home, but still maintain frequent contact with everyone who lives or works in the children's home, including via a group App.

Finding a job in Zambia is often difficult, this also applies to these former residents of the children's home. They do not lack initiatives to take on a (temporary) job or to do an internship.

Eunice Mwakwa now works as an "Auntie" (cleaner) in Kacema Musuma. Brian Musonda, has a teaching qualification. He is visually impaired but masters Braille, and works at the school for the visually impaired in Kawambwa. Geoffrey Musonda is an electrician but currently works as a gas station attendant at the local gas station. Monica Musonda graduated as a teacher and now works on a voluntary basis at a school. Jephias Mukonde is trained as a mechanic and works on a farm just outside Kawambwa, monitoring the equipment on the farm. Joyce Mukupo is a nurse, she previously worked in Lusaka, she followed her husband and now works in Mpika as a nurse. Rosaria Kalumba trained as a kindergarten teacher, currently has no job, she has joined her husband and takes care of their child.



# KACEMA STUDY FUND

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## The expenditure of the donated money for the Study Fund.

In 2022, 3 of our girls followed training at a higher educational school in Lusaka and 1 boy followed educational training as an electrician in Mansa.

Direct payments are made to the schools itself (school fees and exam fees) from our Zambian bank account (KAC MUS STUDY), which amounts to approximately 20% of the budget. In addition, money is transferred to the New Kacema Musuma Children's Home bank account, where only Sr. Maria has access to. It provides the money for the other costs associated with children studying away from home, which she then transfers directly to the students. This includes housing, subsistence, study materials, specific clothing and footwear, transport (twice a year back and forth to Lusaka from Kawambwa), internet access, telephone, etc. This amounts to approximately 80%. An amount is also transferred once a year from the Dutch Rabo bank account Kacema Study Fund to the Zambian bank account (KAC MUS STUDY).

## Looking for new donors.

The total costs of the children studying in 2022 amounted to approximately US\$ 9,500. In 2022, donations amounted to US\$ 6,810. This means that we draw on the available capital of the Study Fund. We would therefore like to do our best to find new donors to the Study Fund and/or ask existing donors to increase their donation slightly. The objective of the Study Fund is: "to offer the children of Kacema Musuma the (financial) opportunity to pursue further studies in their own country after secondary school, to enhance their future's quality of life."

Begging for money is and remains annoying, but it is necessary to achieve the objective of the Study Fund.

## The (present and future) students.

**Jameson Mwenya**, graduated from high school this spring. He has applied for a training position to become a pilot in the Zambian Air Force. He enthusiastically followed an introductory period and underwent a health inspection. There is no official answer yet whether he will be admitted. Exciting!

**Helen, Josephine and Claudina** are all studying "Environmental Health" at the Lusaka School of Health Sciences in Lusaka. They are housed in rooms nearby their school. Only twice a year they return to the children's home for a 1 month-holiday after a completed semester. They are in their final year of the three-year course. Claudina and Helen will graduate in December 2023. Josephine, she started her studies six months later, in July 2024. The ladies would like to tell us more about that!

## Josephine Kapya:



*This study is one of the best things that happened to me. Even though it is sometimes very hard, I always think about where I come from and how far I have come. It gives me strength to study hard. Environment and health is really interesting because you learn to understand the relationship between people's daily lives and their health. And you learn to understand people's behavior and how to work with people. I have started my third year and will end in July 2024. I would like to work in a private company after my studies, if I can find one. If I worked for the government, I would like to work in a rural area because there is a lot of work there compared to urban areas. In rural areas, there is often less regulation for health-related problems put in place yet.*

**Claudina Chola:**

*In my training we mainly learn how to prevent diseases, especially transmittable ones. Once I have my diploma, I can work in a hospital or clinic, both government and private. An interesting part of the training is the information system that we use as part of health management. This allows us to better respond to individual care for patients.*

**Helen Mwenya:**

*What does the daily life of the students look like?*

*I wake up at 6:30 AM, get dressed and freshened up and finish getting ready at 7:30 AM and go to school. I walk 5 to 10 minutes to school because our house is near school. From 8:00 AM I attend my morning lectures. At 12:00 PM there is a break for lunch, so I go home to cook. Then I go back for another lecture that starts at 1:30 PM and ends at 3:30 PM.*

*Then I go home or take extra lessons because I sometimes find my studies quite difficult and I want to get better grades.*

*From 4 PM; sometimes studying with friends or just staying home. We often eat late at night, usually around 8:30 PM and then go to bed.*

**Fresh, expert view into Kacema Musuma Children's Home.**

In the last three months of 2022, Nicole Musioł, a Polish student, stayed in Kacema. She is following her university studies in “Culture and Humanitarian Aid” in Poland and chose to stay in Kacema for her (mandatory) internship. She experienced daily life and her observations were useful to us as a board. Here is an impression of her stay there:

*“Right upon arriving at the Kacema, I was warmly welcomed by the mommies as well as the children and workers there. I had the opportunity to be immersed in a beautiful family in which every child is appreciated for their uniqueness. Being part of the caretakers, I tried to contribute positively to the immense responsibility they shoulder to form the children into independent members of society. On the same note, it was a pleasure to meet now-adults who grew up in the Kacema and to see how the home enabled them to build their own lives and start their own families. To this end, the school nearby and the Kacema Study Fund are a true blessing because they constitute the necessary foundation for developing an adequate background for the children to get jobs, become financially independent, and take charge of their own lives. The school is also a great way to integrate the children into the community so that they are connected to and surrounded by people who care about them (specifically). Since the role of family is much more central in these regions than in Europe, it is crucial to make the children feel that they belong to the network of the community to motivate them to become active members contributing to it and improving it in the future. I was heartbroken when I had to leave after three months because everybody grew to be so important to me. But I am happy and grateful to the Fund because I know I leave the children cared for without worrying about hunger as well as their educational future, and the mommies not having to hesitate to visit the hospital because of the financial stability that the Funds provide”*

*Nicole Musioł*



Thank you very much for reading our newsletter! Have a great day.

