



## A Brief Intro To Able & Willing

Welcome to our new readers and thanks to all who support Able & Willing. To celebrate our progress, we offer this brief history. Please visit <http://AbleAndWilling.org> for newsletters, photos and more.

The work of Able & Willing began in 1995 with the construction of a two room school building in Tshamalale, Zaire (now, the Democratic Republic of Congo), then a village with no electricity, wells, toilets or schools. With the support from generous volunteers and donors, **Myrt School** expanded each year to include all levels through high school as well as a technical school with fully equipped shops, computer labs and library. A second campus, **Myrt 2**, was started in 2007 in Poleni village a few miles away.

Our goals are to provide quality education, to help disadvantaged students, to make the existing schools self-supporting and self-governing, to build more elementary school classrooms, and to finish construction on a clinic and nursing school.

Now with many new board members, we are branching out and developing projects for nutrition and clean water through our Project Moringa and a project in Kenya for children with disabilities and our newest project, REVE Kandale.

## A Word From The Founder

Friends,

A friend of mine once told me this: live today for today, because tomorrow is not guaranteed. If tomorrow never comes, you had a good today.

History is made by the deeds we do every day of our life, not by the passage of time. My thinking is that you never know until you try. Looking back on the life I have lived - coming for a poor family in the Congo, one of ten children, the kid that was always chosen last on the block. When all this started, I would never thought of seeing what was once a dream materialized.

Well, life is about today, and history is in the making. A lot of ups and downs went on over the eighteen years of work on this project to get where we stand today. All along the way, through the thick and thin, you have never stopped supporting us one way or the other. I thank you so much for that. This year is no exception. For now, I would like to tell you that what we have accomplished so far together is marvelous, regardless of the time it took to get here.

Because of you my friends, together we have created an outstanding school, and the second greatest technical school in the entire Katanga province, a school run by all Congolese staff, self-supported, and well equipped. Because of you, students once less fortunate can now work with machines they had never dreamt of. Because of you, students are reading books and surfing the Internet on computers in a village that was once hopeless and poor. Students are now producing furniture and building metal structures for local customers. We are now making our own new machines (we made from start to finish another circular saw that can cut bigger wood than the one we bought). Many more are to be made.



We have students from other technical schools that come to our school once a week to learn hands on. Because of you, our school was chosen by the Belgian Technical Corporation as the

continued on page 3

## The Moringa Project in Mali

The Moringa Nutritional Program in Manabougou, Mali, has thirty-six children enrolled and the improvements in the children's health is increasing by leaps and bounds. The benefits and stories of the Moringa leaf are being spread by word of mouth across the entire area. There are many children from many surrounding villages who are on a waiting list to enter the program.



Although Mamadou's farm custodian, Francois, and supervisors are working hard to keep up with the demand, they are unable to because the trees are still young, and the processing system and storage facilities can accommodate only small scale production. However, the program is going well and the health center staff at the Centre de Santé of Manabougou is giving it their best.

This year, thanks to our donors, the ground of the farm was graded in March, with all the dried brush and grass cleared to eliminate the risk of fire. Since February and March are the height of fire season in the bush, clearing the land eliminated the risk of any hazard to the Moringa trees. This was a big relief to the farm workers. As you may recall, last year, fire burned a large portion of the farm. In addition, a new water pump and small harvesting tools (clippers) were purchased. A water tank was built which will be used for a drip watering method during the dry hot season.

The Moringa for Health Project at Able and Willing website has more information on the amazing improvements the Moringa Nutrition Program has made in the life of the children in Manabougou.

Mamadou will be heading to Mali again in September to work on expanding the program to include more children from the surrounding villages near Manabougou.



## DID YOU KNOW?

According to India's ancient tradition of ayurveda (natural healing), the leaves of the Moringa tree prevent 300 diseases. Modern science confirms the basic idea. Scientific research has proven that these humble leaves are in fact a powerhouse of nutritional value. Gram for gram, Moringa leaves contain:

- 7 times the vitamin C of oranges which fights a host of illnesses including colds and flu.
- 4 times the vitamin A of carrots which acts as a shield against eye disease, skin disease, heart ailments, diarrhea, and many other diseases.
- 4 times the calcium of milk which builds strong bones and teeth, and helps prevent osteoporosis.
- 3 times the potassium, of bananas essential for the functioning of the brain and nerves.
- 2 times the protein found in yogurt, which contain the basic building blocks of all our body cells.

In addition, Moringa leaves, stems and seeds contain these nutrients: vitamins B1, B2, and B3, chromium, copper, iron, magnesium, manganese, phosphorous, zinc and all the essential amino acids which are the building blocks of proteins. Two amino acids, arginine and histidine, are especially important for infant growth requirements.

Moringa leaves could practically wipe out malnutrition on our planet. Experts agree that the long-term solution to malnutrition is the use of foods rich in the essential nutrients often lacking in people's diets. Modern scientific research is proving that Moringa leaves are one of the richest sources of such nutrients. Even small amounts of the leaves could protect thousands of people from suffering and death.

## A Word From The Founder continued.

second best technical school in the state of Katanga; and the CBT has promised to help us in the near future. Since we opened our sixth grade class in 2000 we have always achieved a 100% rating on the national test at the 6th grade level, so this year our school was chosen by the local education ministry as a center for the elementary schools (6th grade) national test. Last year was our first time to have students at the 12th grade take the national test, and we achieved both a 100% on the exam, and the 2012 number one school of the year award.

Finally my friends, I would like to say thank you to all of you close by and far away that helped me during my accident. Some of you were there every day outside the hospital praying, some calling on phones and could not get through, some sending email that did not get a reply, some of you helped with the hospital bill, some simply did not know what to do or say. To all, I say from the bottom of my heart - Thank you so much. It has been said; that in times of sorrow and pain one sees good friends. You all were good.

*WaMbuyu*

## Please Join Us for *A TASTE of AFRICA*

This year all the friends of Able and Willing will celebrate 19 years of building schools and promoting education and development in Africa by offering a buffet of traditional African cuisine. Please join us for this celebration. Proceeds will help fund new education and agricultural projects in Africa.

Colette Ramm is coordinating the menu of favorite dishes from Congo, Mali, Cameroon, Kenya and other African countries. Colette will be joined by other African cooks, including Puma WaMbuyu, the founder of Able and Willing. Puma has been the principle chef for most of the benefit dinners since 1998, using recipes he learned from his grandmother in Congo. The dinner offers a relaxing oasis to mingle with old and new friends over mouthwatering African dishes. It takes place 3-5 pm on Sunday, June 30, in the spacious dining area of Way Station, 230 W Patrick St., Frederick, MD.

In addition to the great food, Please enjoy the variety of music, wares, multimedia displays and presentations of Able and Willing projects in Africa.



## Welcome to *A TASTE of AFRICA*

## Able and Willing is proud to welcome our two newest Board Members

Greg Ramm was the first US Peace Corps volunteer in Kandale in the Democratic Republic of the Congo. He taught math and physics at one of the local secondary schools from 1981 to 1983. Greg has worked for Save the Children for the past 15 years in Africa, the UK and Washington, DC. He is currently head of Save the Children's Child Protection and HIV/AIDS programs. Greg speaks French and Kikongo and holds a BA in Computer Science from Dartmouth College, USA.



**Greg Ramm**

Colette Madishi Ramm grew-up in Kandale in the Democratic Republic of the Congo where she taught fifth grade at the local primary school in 1982. She served as head of the Peace and Reconciliation Commission in DRC, was a language trainer at the US Peace Corps Volunteers Center in Bukavu and worked with the United Nations in Kosovo, Kenya and Senegal. Colette has lived on three continents and speaks 6 languages. She holds a Masters in International Community Economic Development from Southern New Hampshire University at Manchester, USA.



**Colette Madishi  
Ramm**

## A little bit about REVE Kandale

Greg and Colette Ramm co-founded REVE Kandale – a non-profit organization dedicated to the revitalization of Kandale, DRC, starting with the local schools and the environment.

Kandale was a Mennonite mission built in the 1920's. It is located about 500 miles south-west of the capital Kinshasa. In its hay day Kandale mission was the cradle of education. The mission invested in dormitories, a school feeding scheme and teachers' quarters which attracted students and qualified teachers from a wide range of socio-economic backgrounds including US Peace Corps volunteers.

Unfortunately in recent years, with the continuous hardship facing the country's economy, less and less attention has been given to its three primary and two secondary schools which serve 20 villages. The current school population has been reduced to 25% of the total population of school age children in the area. This highlights not only the extent of child protection problem but also the impact of lack of viable school infrastructure which results in poor enrollment and retention rates. Above notwithstanding, children in Kandale do not receive any international aid because they attend schools located in non-emergency zones and far from the urban centers. REVE Kandale supports local initiatives such as building and upgrading existing school infrastructure to provide poor children in Kandale with a safer and protective learning environment. In 2011, REVE Kandale, in collaboration with local community members, former students and teachers and friends of Kandale successfully raised over \$20,000. (See <http://revekandale.org>)

# Student-Built Computers Project

## Community service partners raise money and parts

As we reported in the last newsletter, available in the newsletter section on our web (<http://Able-AndWilling.org>), we are working on an exciting new approach to replace the computers that were stolen from the Myrt School computer lab in D.R. Congo. Better yet, we believe this approach has the potential for becoming a model for computer education in all Africa. In summary, instead of sending donated laptops, we would send them specially selected parts and have the students build 30 workstations. Students will learn a vital skill, and the end product will cost less than shipping donated computers, use a fraction of the power, are easy and uniform to configure and maintain, perform better, last 3-5 times longer, withstand harsh environments, and they can be made to be theft-proof. They may even end up being a money-making enterprise for African schools.

Our most recent step forward in this plan was to organize a community recycling event in Jefferson MD which produced most of the needed parts and raised money for our cause. This community based project was a great example of how four organizations can work together with the community to the benefit of all. Read the final report (available in our Media section).

We partnered with two local businesses, e-End USA and ALL-SHRED, and with the Jefferson Ruritan Club, collecting 3 ½ tons of electronics and securely shredding 4 tons of documents. We also raised \$3,300 net donations for these services that were shared with the Jefferson Ruritan Club scholarship fund for their help with the event and the use of their facilities.

We especially appreciate the work of e-End USA, a recycling and data destruction business, which traded the 3 ½ tons of electronic items that we collected from the recycling event for the exact parts that we need for the project. They also have given invaluable advice in some of the more technical aspects of the project.

There is much work left to do, and we need to raise more funds to complete the project. Our target is nearly \$20,000, which would go for material for 30 workstations and computer desks – all made by the students – network,

gigabytes of software, travel expenses, one year of classroom instruction and complete documentation of the project so others can follow. Success depends largely on our network of friends reaching out to their friends.



This is what we ship: DC power supply, motherboard, and hard drive with cables.

\*note the dollar is for size comparison



This was our e-cycle and shred event

PLEASE JOIN US FOR  
**A TASTE OF AFRICA**

**SUNDAY, JUNE 30 2013**  
**3pm to 5 pm**

**WAY STATION**  
**230 W PATRICK STREET, FREDERICK, MD**  
**Suggested donation \$25**

***Please Help***

The parents in these villages are able and willing to work on building the schools.

The students are able and eager to learn. The Myrt School staff is able and working hard. Puma has devoted his life to developing human resources in Congo.

New African board members are committed to new projects for nutrition and clean water and help for young people with disabilities.

Please continue your partnership with Able & Willing and invest in a better future in Africa.

**\$100** pays for enough seeds to plant a small Moringa forest

**\$250** pays for tuition, books, shoes and uniform for one student for a year.

**\$1500** pays for material to make desks for an entire classroom

**I would like to make a tax-deductible contribution of \$ \_\_\_\_\_**

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|--|--|--|
| <input type="checkbox"/> Use for all projects    | <input type="checkbox"/> Use for Myrt School projects  | <input type="checkbox"/> Use for Cameroon Projects |
| <input type="checkbox"/> Use for Project Moringa | <input type="checkbox"/> Use for REVE Kandale projects | <input type="checkbox"/> Use for Kenya Projects    |

**Send to:**

AWIEF  
P.O. Box 4303  
Frederick, MD 21705-4303  
**or donate securely online**

**My Address:**

- Please use my email to save postage and printing: \_\_\_\_\_

Able & Willing International Education Foundation, Inc. is a 501(c)3 non-profit, non-religious, all-volunteer run organization. All contributions are tax-deductible. For a copy of our current financial statement, please write, phone or email us.

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