



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.

With two 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.



Four of the mothers in Mali who enrolled in our **Project Moringa** program for their malnourished children. Story on page 2.

A Word From The Founder

Friends,

... The more things change the more they stay the same Only time passes. It has been eighteen years since the start of Myrt school, when we began as the only school in the area with one building of only two rooms. With your help, Myrt schools have expanded in capacity and quality to serve two villages and all grades plus vocational training. Extraordinary population growth in the area has brought huge changes. From scattered villages with thatched roof mud huts without electricity or toilets, the area has sprouted massive new home with many modern conveniences.

By now, one would think, every child in these parts would finally have a school to go to. In

fact, 12 new schools have been built nearby, but not one is committed to quality like Myrt schools are. Neither are they committed to support children living in the poorest of life's circumstances, as Myrt does. And so our work is never done. Maybe it is the way of life. I still believe, after all these years, that by working side by side and hand in hand, together we will prevail. I thank you so much for your help, and your involvement with Able and Willing. Without you many children will be on the street with nothing to do. May God help us all to keep up the good work.

WaMbuyu



Project Moringa For Children's Health in Mali

Project Moringa adds nutrition to the work of Able & Willing with children. The Moringa tree is a truly remarkable plant, full of vitamins, minerals and the amino acids that are vital to infant development. The tree has many other uses such as clearing and purifying water, producing cooking oil, livestock feed, crop spray, and many other products. The tree grows fast in areas where malnutrition is a major problem. (See our new website: <http://ProjectMoringa.org>.)

From Farm to Families

On Mamadou's farm in Mali, 1,500 trees are now growing fast. The tallest trees, started just last May from seeds and transplanted in June, are now over 15 feet high and full of nutritious leaves.

The best news is about our help for malnourished children in the village of Manabougou, not far from Mamadou's farm. Nine mothers in the village enrolled ten infant children (one set of twins) in a program on October 31 through the Centre de Santé, a local clinic, to receive Moringa powder. (Four of the children are in the picture on page 1 about one month after starting our program.)



A child's weight is recorded.

The mothers and children had been traveling 7 km to a hospital in Tienfala to receive imported dietary supplements. Some mothers could not afford the regular trips, especially at harvest time, and the children did not like the supplement. Instead, Mr. Ousmane Bakayogo, the supervising health technician, volunteered to travel from Tienfala to direct the distribution of the powdered Moringa leaves from Mamadou's farm.

Nurse Assanatou followed up with the families to make sure children were eating the "health powder," the name coined by one of the women in the group. The first report to Mr. Bakayogo was positive. All infants responded affirmatively and the children are both liking and eating the "health powder." Five days later

Nurse Assanatou distributed another portion to the families, and they returned to the clinic on Nov 14th for another weigh session to assess progress. There was more excitement. Children loved the Moringa "health powder" and their weight increased from 0.30kg to 0.60kg in 15 days the report says.

Beware Fire and Cattle

Mamadou's farm borders a large creek that is a favorite watering place for free ranging cattle and wildlife. The luscious green leaves of the Moringa tree make a superb feed stock but a few cattle could strip clean all 1500 of the young Moringa trees in a day. To protect the crops, Mamadou built a wire fence around a 500 meter perimeter at a cost of \$3,000.

Another large threat is from the fires set by farmers to clear their land for crops. In 2010, Mamadou lost his first crop of Moringa and the entire farm's crop of hay, in spite of making a 100 ft. fire-break of cleared land around the farm. This year, fire again threatened to destroy the Moringa plantation. Nobody knows who starts the fires. Nobody claims responsibility. The only recourse is to build a 10 ft. high fire-wall around the 6 hectares at a cost of about \$15,000. By amortizing the cost of the fire-wall over 30 years, the firewall adds 2.2 cents to the cost of treating one child for a year. That is a mighty low investment to cure a malnourished child.

Moringa Cures Boy's Ear Infection

Moringa's well know antibacterial properties are illustrated by this story.

Little Adama, standing next to Mamadou Dia of Able & Willing, had a painfully infected ear for several years that occasionally oozed puss. He was treated by Moringa. A few crushed fresh leaves placed in a cloth with a little water were pressed to extract the liquid in a peanut shell. After daily treatments for 3 days, the pain and pussy infection vanished. He is still healed after two months.



One Acre Moringa Plot Treats 2,500 Children

Two pounds of Moringa powder (from 6 lbs. of green leaves) per week were used to treat 10 malnourished children. Allowing a very conservative estimate of 40 tons of Moringa green leaves per acre each year (assuming 6 inches apart in a row and 4 harvests per year and no fertilizer) means that dried leaves from one acre can produce enough leaves in one year to treat over 2,500 malnourished children for a year.

2012 Year in Review at Myrt Schools in Congo

For the most current updates and pictures see the Projects section and the Photo Gallery of our website, <http://AbleAndWilling.org>.

New Workshops

Construction of two spacious workshops was the biggest project this year. The building has 2460 square feet that includes two offices and two storage rooms. The woodworking shop can rip and plane long rough cut timber. The adjacent welding shop can handle big projects like roof trusses or security gates. The existing welding shop will be replaced by an electronics shop. The school also has an auto shop, sewing workshop, science lab and computer lab.

All construction is complete except stucco on the inside walls and electrical wiring of the machines. Nearly \$9,000 is needed to complete the project.



Interior of woodworking shop portion of the new building.

Students Excel

Students at all levels (elementary, high school and technical) passed the national exams. Myrt School stands out as the only school in the Province to achieve 100% success this year. Your support has made this possible. There is still a long ways to go because the national exams are a minimal standard.

Technical School Judged Tops

The Belgium Technical Cooperative rated WaMbuyu Tech one of the best technical schools in the Lubumbashi district. The award promises new equipment.

Student Aid Programs

Able & Willing needs to raise \$9,000 for three student aid programs for 30 students. The programs cover tuition, books and shoes for students. For a description of the programs, see "Student Aid Programs" under the Project section of our website.

Shop Production

The current project is erecting a metal garage structure for a customer. Money from this project will be used to finish the electrical wiring in the new shops.

School Security

Security on Myrt 1 campus has been increased since the break-in and theft of most of the computers and many hand tools. A computer controlled monitoring system was installed. The system has eight hi resolution security cameras with long range night vision, real time monitoring and remote data capture. Three security guards are equipped with two-way radios and whistles. Windows and doors are reinforced with welded metal.

Replacing Stolen Computers

The plan for donated replacements didn't yield enough usable devices, prompting the creation of a new and more promising approach. See the article below on "Student-Built Computers Program" for the new plan.

Internet Connection

Previous attempts to provide good Internet connections were not satisfactory. This year, communication equipment was installed on one of our wind generator towers. Internet connections throughout Congo are very slow during the daytime. Nighttime throughput is much better. Only one computer is connected to the Internet for now. See the plans for providing Internet content in the article below, "Student-Built Computers Project".

Waza Teacher Training

Waza Alliance, a non-profit organization based in Indiana, completed its fourth year of teacher training seminars at Myrt School. Advanced training was provided to 146 teachers to improve their teaching skills. A total of 783 teachers have completed training since 2008, benefiting tens of thousands of children who now have more effective teachers.

Soccer League

A soccer league was formed, starting with three schools. Land was provided by a Catholic school. Myrt students made the goals and uniforms for all teams. Four tournaments were played in September. More tournaments are planned after the rainy season ends.



Four soccer teams wear uniforms made by Myrt students.

Student-Built Computers Project

The call for laptops in the last newsletter to replace stolen computers at Myrt School didn't fetch many usable computers. Jim Carpenter, who started the school's computer based learning lab in 2002, was determined that 10 years of work not be ruined by thieves.

After brainstorming with Able and Willing Board vice president Richard Emeni and others, Jim set about designing a project for the students to build their own computers from recycled parts with just one new component: the motherboard, the guts and brain of a com-

Moringa Project

Students in the Scouting For Education Program (a work/study program) have planted Moringa trees next to their homes. They will be caring for the trees and learning about their many uses and benefits, knowledge that they will transmit to friends and neighbors and other students.

Work Awaiting More Funds

Scout Contests.

For the first time in 12 years, Myrt School will not host regional Scout contents unless we can raise **\$500 for this project.**

HIV/AIDS Education

For the first time in 12 years, Myrt School will not sponsor health education classes for the surrounding villagers unless **\$200 is raised for this project.**

New Elementary Classrooms

New classrooms for grades 5 and 6 are needed on the Myrt 2 campus in Poleni Village. **\$15,000 is needed for this project.**

Clinic & Nursing School

Plans are on hold for the clinic and nursing school. **\$100,000 is needed to finish this project.**

puter. Other goals are to reduce total cost, increase performance, reduce maintenance and make the computers more theft-proof.

The result is quality computers that meet all our goals. The students are involved in assembling the components in the theft-proof cases they make in the school shop.

Jim approached Brian Jones of e-End USA, a certified data destruction and electronic recycling center, for help in testing recycled computer components to be

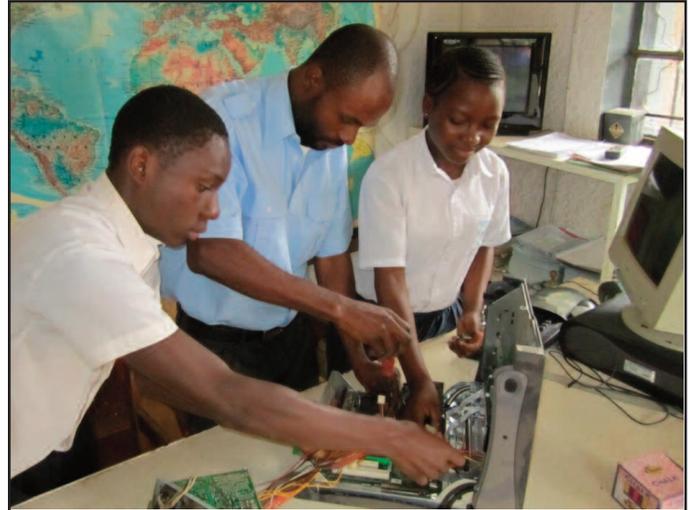
used in a prototype computer. Brian and Jim tested and weighed components and determined an optimal set that works well with the Intel motherboard and reduces shipping cost.

Brian and Jim each made prototype models and demonstrated them at *A Taste Of Africa*, a dinner and exhibition produced by Able & Willing attended by 130 people.

Able & Willing is now organizing community events to recycle discarded computers. In cooperation with E-End USA, we will collect the components we need that fit the prototype.

In addition, to reduce cost and increase security, Jim and Brian designed several improvements to the school's computer network. Instead of equipping each computer with CD and DVD drives, all access to CDs and DVDs will be through a network server. To compensate for painfully slow Internet connections in Congo and provide huge quantities of educational ma-

terial, the server will be loaded in the U.S. with Wikipedia and educational websites that can be updated periodically during the night when Internet speeds are faster.



Myrt School teacher and students take apart an old computer as training for building hybrid computers from recycled components and new generation motherboard.

Invisible Children of Bungoma

New Project in Kenya

By Maggie Lusweti

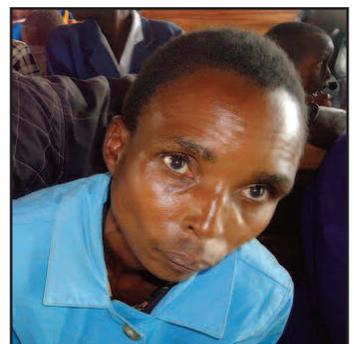
Awareness of autism around the world has been on the rise in recent years. Additionally, there has been increasing awareness about autism spectrum disorders (ASD) around the world, including in low and middle income countries. Unlike countries in the Western world where infrastructure and capacity are accessible to help meet some of the needs of individuals with ASD, little expertise or capacity exists in most of the developing world and much remains unknown about this debilitating developmental disability in Sub-Saharan Africa and in Kenya in particular.

While on my trip to Kenya last year, I met up with more than 20 families of children with disabilities. I was alarmed to find that although they ranged in age from 7-35, none of them had ever seen a specialist or pediatrician. I'm determined to change this and I'm working on getting funding and specialists to reach these children. I have attached 2 pictures to show how

difficult life must be for these children and their families who live on less than a dollar a day.



Hilda, age 14, has never spoken in her entire life, avoids eye contact, does not respond to questions and is losing her hair. She has never seen a speech, behavioral or physical therapist.



Jessica, age 35, has never walked in her entire life, nor does she talk. She has never seen a therapist Her brother takes care of her.

A Taste Of Africa - THANK YOU !!!

The board of Able & Willing thanks all of the 10 cooks from 6 African countries and the U.S. and all of the 14 exhibitors of African projects for making this benefit dinner a huge success on December 2. Over \$3,000 was donated by 130 people to benefit Able & Willing projects. See our website for bios of the cooks and a list of exhibitors.



A panoramic view of the dining area. The 14 exhibits are around the corner at left.

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.

I would like to make a tax-deductible contribution of: (or donate securely online)

- \$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
- Other** _____

My Address:

Send to:
 AWIEF
 P.O. Box 4303
 Frederick, MD 21705-4303

- Please dedicate my donation to Project Moringa
- 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.

AskUs@AbleAndWilling.org

301-685-3282

<http://AbleAndWilling.org>