



Newsletter October-December 2007

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KACCAD Mission and Vision

Vision: Vulnerable communities in Wakiso District are empowered and self-sufficient with their health, education and income generation needs met.

Mission: To raise the standard of living of underprivileged people in Wakiso District through provision of HIV/AIDS, health and education support, vocational skills development and start up resources for income generation.

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Check out Amanda's flicker account for photos of life and work in Uganda:
www.flickr.com/photos/amandainuganda

Letter from KACCAD Team

Dear KACCAD Volunteers, Friends and Well-Wishers,

From our office in Kikaaya Village we are wrapping up 2007. We are pleased to share our successes from the quarter and year. KACCAD had developed a lot over the year and has assisted with community development that has benefited thousands of people. As a small community based organization we did not envision that we could grow and make such an impact in such a short time. Over the course of the year, KACCAD has supported community development in income generation and water and sanitation. We provided school sponsorship and education support, life skills and HIV/AIDS sensitization, home-based support to people living with/affected by HIV/AIDS and community mobilization for Voluntary HIV/AIDS Counseling and Testing (VCT). We have started and strengthened national and international partnerships and developed friendships with volunteers from around the world. Your support and that we get from our volunteer team has made this progress possible.

We started our home visit program in partnership with Bbiira AIDS Community in September 2007. This is the first program that we were able to start as result of support from Real Uganda/Global Volunteer Network volunteers. This program, focused on serving people living with/affected by HIV/AIDS, is lead by KACCAD staff members Sam Musisi and Nicholas Ssekiranda and temporary volunteers from Real Uganda. KACCAD teams with Bbiira AIDS Community to identify needy families, assess their needs and provide basic assistance as available. Since September we have visited 45 families in Wakiso Sub-County. All these families are affected by HIV/AIDS with one or more family member infected. Presently we are visiting homes to provide basic support: food, clothing, mattresses, and jerry cans, referrals for other assistance and to assess family needs. We have provided 38 families with clothes for children and

adults. Mattresses and mosquito nets were provided to 25 families and jerry cans to 17. A total of 50 kilograms each of sugar, posho (corn flower people use for porridge and to make bread), rice and 45 kilograms of beans were distributed. Donations have also allowed us to help with some medication costs, pulling of an infected tooth, purchase of baby formula, provision of protein powder and other donations to needy families. All families receiving support were selected by Bbiira AIDS Community counselors as being most in need. Working with these same counselors and our volunteer team we will continue to do home visits over this next year. We will also work to provide other more sustainable support to the neediest families.

At present we are working on a project to expand this program, a group chicken rearing income generation activity that will support seven families. We received funding for the chicken rearing project from the With God's Little Ones (an American-based organization that operates internationally), two of our Real Uganda volunteers, Maheen Merchant and Sofia Graflund, and from Lee Miller of Port Townsend, WA in December 2007. With this support we will provide approximate 300 chickens, chicken housing, food and medicine to the seven families that will participate in the project. KACCAD will also facilitate training of beneficiaries in chicken rearing and business management and will oversee the project for the first year.

Over the year we have provided Voluntary HIV/AIDS Counseling and Testing (VCT) to 730 people through our partnership with AIDS Information Center (AIC). Attendance at testing events has been on average over 100 people with an estimated total 996 people attending the seven testing events we have hosted since April. Test results from these events indicate an area infection rate of close to 11% (10.7%). The high infection rate in our area as well as the enthusiasm of community members for this program shows how valuable it is. It gives people who don't have the means to go to Kampala for testing an opportunity to learn their HIV/AIDS status and receive referral for other support if they are found to be infected. This is the only service of its type – community based free HIV/AIDS counseling and testing – being offered in our area. Though we realize the importance of this service, we struggle to provide it on an ongoing basis as AIC asks us to pay for their transportation and counselors time- about \$50 an event. In the coming year we look forward to strengthen our partnership with AIC and resuming a regular schedule of VCT events as funding allows.

On December 17th we had a celebration of the completion of the 13 spring wells built by KACCAD in 2007. Our guest of honor was the Swedish Ambassador Mr. Anders Johnson. He and his wife attended along with special guests from Wakiso District and local council members from Wakiso Sub-County. The ambassador cut ribbons at 4 of the 13 spring wells officially opening them. He visited wells in Nankuwadde, Kikaaya and Gogonya. These four wells as well as seven others were built in the last four months with donations from Sweden. The Ambassador also gave out 225 mosquito nets to Orphaned and Vulnerable Children at the event. Nets were provided with donations from Sweden. The other two wells build during 2007 we build with support from Port Townsend, WA, USA and Toronto, Canada community members. An estimated 200 adults and numerous children were in attendance at the event. Speeches were given by the KACCAD Director Derrick Luwaga, Mr. Johnson, Local Council Chairman of Bulenga B, Kiwanuka David, and the Honorable Kabandwa, the Wakiso District Secretary for Production. A song and dance performance was provided by Orphaned and Vulnerable Children (OVCs) of Mercy Home Orphanage in Kajjansi, Wakiso District, a group we started working with this quarter.

We were very excited about this event and the number of spring wells built over the year. Towards the beginning of 2007 we made a work plan with the district in which we prioritized developing two spring wells over the year. At the time we made this plan KACCAD had only two full time staff. We were struggling to pay rent. From this background completing two spring wells was a huge dream. Our successful completion of 13 is more than six times what we hoped to do in the year and over what we imagined we could complete in *five years!* We are so thankful for all the support we have received to make this success possible.

Our partnership with Real Uganda has grown during 2007. We got our first volunteer from Real Uganda, a locally based NGO that partners with Global Volunteer Network (GVN) to provide volunteer opportunities to international volunteers, in July 2007. To date we have had six volunteers from Real Uganda. Sarah Riley and Brittany Walsh of the US, Sofia Graflund of Sweden, Maheen Merchant and Tori Fraser of Canada and Carl Bodenstein of Austria have all helped in the growth of KACCAD and the communities we serve. Volunteers from Real Uganda has helped us start a home based counseling/support program for people living with/affected by HIV/AIDS, they have taught hundreds of students at KACCAD's four partner school and Mercy Home Orphanage, they assist with HIV/AIDS

voluntary counseling and testing days and have done fundraising for the home visit program. They have also fundraised for a chicken rearing income generation project for clients of this program and for construction of 12 spring wells in Wakiso District. We greatly appreciate all the work of our volunteers and Real Uganda's support in establishing this program and supporting our volunteers.

Our new volunteers for the quarter include Maheen Merchant, Tori Fraser and Carl Bodenstein. Maheen Merchant graduated from University of Toronto with a degree in International Affairs. Her interest in development work brought her to Uganda. She started working with KACCAD in October, 2007. In her two months at KACCAD, she helped with the home visit program, VCT and school life skills projects.

Tori Fraser is a volunteer from Calgary, Canada. She studied physics at the University of Calgary and has a lot of volunteer experience with children. Tori works with children and youth at summer camps in the Calgary area. Here in Uganda she uses these skills and experience with children in her work at Mercy Home Orphanage and her teaching at secondary and vocational schools in the Bulenga area. Tori joined us on November 1st and will be working with us for a total of six months.

Carl Bodenstein from Austria is studying Ethnology (social anthropology). Carl also has experience working with small children which he did for his civil service in Austria. He joined Tori in focusing on providing life skills training for children at Mercy Home Orphanage.

In addition to our new volunteers, we are pleased to still have Sofia Graflund on our team. She has been working with us since September and will finish her service in February. Sofia, a human rights lawyer from Sweden, has assisted with the home visit program, life skills education in secondary and vocational schools and fundraised for the construction of 11 spring wells.

It is a great joy to KACCAD that many of our volunteers have shared with us that they feel that their experience in Uganda has given them more than they could ever return. As we continue partnering with Real Uganda we hope to give volunteers similar opportunities to connect to communities in Wakiso Sub-County providing invaluable support and growing along with us.

As mentioned, KACCAD has a new founded partnership with Mercy Home Orphanage. This group from Kajjansi, Wakiso District approached KACCAD at the beginning of the year requesting partnership in providing life skills training to OVCs in their care. At that time KACCAD was not able to work with this group. With volunteer support and additional funding from Real Uganda for hosting volunteers, we are now excited to be working with them. Though schools are presently on break, we work with two secondary and two vocational schools in addition to Mercy Home. Over the year we have provided life skills/HIV/AIDS training at five schools, Mercy Home, for boy and girl scouts, youth groups, women's groups and people attending Voluntary HIV/AIDS Counseling and Testing Events. An estimated total of 600 vocational and secondary students, 130 OVC's from Mercy Home, 80 women from three women's groups, and 996 people at VCT events have received sensitization from KACCAD volunteers. In total an estimated 1,806 people have received sensitization for KACCAD volunteers over the year. Topics of focus have included HIV/AIDS, gender roles, early pregnancy and family planning, reproduction, body changes in youth, menstruation, communication and many other topics. In 2008 we will continue working with most of these and other groups providing sensitization.

In partnership with 'With God's Little Ones' and Reverend Rudolph and Carol Kurz of the United States KACCAD helped the Makumbi family begin a chicken rearing income generation activity this year. The Kurz family also sponsored the eldest daughter of this family to attend a nursing program at Mengo Hospital close to Kampala. Other school sponsorships have been made by private donors from the US and Europe. KACCAD has received multiple donations of books from Operation Pass Along. Other in-kind donations received over the year include seeds, clothing, mattresses, beading, jerry cans and food for the home visit program provided by donors from Sweden, our volunteer Brittany Walsh and Organic Valley Dairy Company of the US. A laptop computer was donated by Doug and Nancy Milholland of Port Townsend, WA and funds for internet insulation were donated by 'With God's Little Ones'. Aaron Wottham, a Peace Corps volunteer from Hoima District, also helped with our tech development repairing our computer and installing useful programs.

In total this year KACCAD has received:

- \$19,500 for spring well development

- Just over \$3,400 for income generation activities (starting two chicken rearing projects)
- \$8,059 for OVC school sponsorship (50 students)
- \$500 for a New Years event and food give away for OVCs
- \$500 for home repairs of a needy family in Bulenga
- \$300 for the home visit program + in-kind donations mentioned above.
- \$100 for the Life Skills/HIV/AIDS Awareness Program
- \$2,193 for administrative support (rent, office supplies and internet set up)

Donations to KACCAD and KACCAD projects over the year amount to \$106,552. In-kind donations can not easily be estimated. These contributions continue to enrich our community and enable KACCAD to both sustain and expand our programs. Thanks goes out to all those from the US, Canada and Sweden who have contributed to spring well development this year, those who have sponsored families to start income generations projects and students to attend school. We thank those who made donations for the home visit program, OVC support and for administrative support. We are very grateful for the donations we got this quarter for internet set up from 'With Gods Little Ones' and of a laptop from Blueheron Construction. THANK YOU!

KACCAD hosted many important visitors over the year. These include the director of 'With God's Little Ones', Rudy Schaser; the director of Global Volunteer Network (GVN), Colin Salisbury and his family; the deputy director of USAID, Elzadia Washington; the director of Real Uganda, Leslie Weighill; the Peace Corps Uganda and the US Peace Corps directors, McGrath Jean Thomas and Ron Schetter as well as other Peace Corps staff members; and many Wakiso District and Sub-County representatives. These special visitors have toured our projects, some have provided donations or recommendations and all have given us a lot of hope and encouragement. View the photo to the left of our visit with the Director of Peace Corps. The Peace Corps Director, Ron Schetter visited our office on December 9th along with other Peace Corps staff members. He toured our pig farm and one of the spring wells constructed in Kikaaya, Wakiso.

Also in line with the chicken rearing projects we helped start this year, we had another exciting animal advancement. Our pig, Nora, gave birth to ten piglets! They are really cute and bring new hope to the pig project. This is one of the projects that we are prioritizing for further developing in 2008. KACCAD is currently renting most of the pig farm but looks forward to repairing the stalls, getting more pigs and starting our own chicken rearing project for income generation to build organization sustainability. Other things we plan on working on over this next year include strengthening partnerships and establishment of an income generation project, improving our office technology with new equipment and tech support, building more spring wells and strengthening our volunteer program.

We are so thankful for all the support we have received over the year and hope for your continued support in 2008. Thanks goes to those who have made donations, our visitors and national and international volunteer team. With you we have exceeded our dreams for community development, provision of sensitization and care and support to OVCs and people living with HIV/AIDS. Thank you! We wish you and yours a happy and a healthy New Year.

Sincerely,
The KACCAD Team

Water and Sanitation Development

We invite you and/or your group to help us meet the goal of providing ten new spring wells in Wakiso District by December of 2008. Water is the source of life yet so many people living in our district don't have access to clean water. Your donation for construction of a spring well will help us bring safe water

"[Uganda] is one of the poorest countries in the world... and because of that all of our needs cannot be met by the resources we have... The district tries its best to meet the needs of the people [but] we have a lot of need in terms of health improvement within the community. An unhealthy community cannot be an effective community."

Eng. Ian Kyeyune
(Wakiso district chairman)

to an estimated 845 families per well. In 2007 we were able to construct 13 spring wells in Wakiso District with support from people like you. Your help can keep us on track with our goal of providing safe water sources for all residents in Wakiso District.

According to Wakiso District data from March 2004, it is estimated that almost 50% of the population does not have access to safe drinking water. Wakiso District data further indicates that people may travel as far as 3 km to reach a

water source. In Wakiso Sub-County there are only 100 functioning wells for an estimated 101,567 people (Wakiso District Data 2006). To put this in real terms, there are over 1,000 people per functioning well. Contaminants such as cholera, schistosomiasis, amoebic dysentery, other water borne diseases and animal and environmental waste products are known to pollute many unprotected water sources. These infections especially plague sub-county and district residents during the rainy season when flooding causes severe contamination. Due to the lack of prohibitive barriers, people share these undeveloped water sources with animals. Animal waste mixes with the water further reducing its quality. Human waste similarly mixes with the water due to the fact that most depend on undeveloped water sources and that few families living in the villages have toilets in good repair. Aside from the problem of contamination, collecting water from undeveloped springs and other water holes can be dangerous because people generally perch on wet logs over the water to fill their jerry cans. For community members who are generally very poor it is not an option to hire transportation to travel to the few developed wells in their area or to miss an entire day of work to walk to fetch water from the nearest developed well.

The High percentage of HIV/AIDS and other disease in Uganda makes the importance of safe water even greater for our residents. At voluntary HIV counseling and testing events conducted by KACCAD in Wakiso Sub-County almost 11% of people tested receive HIV positive results. As is true for children, the elderly and other people with weak immune systems, water borne disease pose a serious threat to those living with HIV/AIDS. Even the healthy suffer from preventable water borne disease yet these vulnerable populations are at severe risk from contaminated water. Many people in our community, especially those living with AIDS, can not afford to go into Uganda's capital, Kampala, for testing let alone to buy fuel to boil their water or to purchase safe water. As result, sickness is often a vicious cycle limiting resident's ability to farm and do other work for food and to cover living expenses and resulting from resident's inability to buy what is not freely available - *clean water*. People in our communities are dying of preventable water borne diseases. These realities make it clear that well development is of fundamental importance in the district.

Wakiso District is blessed with plenty of natural springs. These bubble up from the ground and feed small ponds. Due to their abundance, reliability and the high water quality, spring wells are common in Wakiso District. They have proven to be most economical, sustainable and long lasting of all wells constructed in our area. It is upon this background that KACCAD seeks support for spring well development for wells in Wakiso District of Uganda.

Since July 2007 KACCAD has developed 13 spring wells in Wakiso District. Community members have show tremendous support for spring well development forming work and maintenance committees and assisting with site clearance and building. Women, children and men work together to complete wells. Community support both makes these projects possible and shows that they are sustainable as beneficiaries demonstrate their commitment through their work.

KACCAD will work with community members and our team of technical builders to complete manual labour for each spring. We will be the intermediaries between your group and the community providing you with photos and a final report of completion. A well sponsored by your community group will be engraved as you wish. We also invite you to visit and help with construction along with beneficiary community members.

The community receiving the well will be responsible for well maintenance. They will maintain work crews for cleaning and other maintenance. Residents will receive training from Wakiso District on how to maintain their well. An advantage of spring wells is that repair and maintenance costs are usually low and can thus be met by beneficiary communities. KACCAD will work with communities and the district to cover major repairs.

With the avid support of community members and leaders all wells built by KACCAD have been completed in two to two and a half weeks from the starting date of site clearance. We are able to build more than one well at a time using hired technical labor and with support from recipient community members. A well built with your support will be completed in no more than three weeks unless weather conditions prohibit speedy completion. A report on the success of the project will be submitted to your group via email within a month of completion.

To construct a spring well it costs \$1,900 dollars. This money goes to pay for materials, technical labor and for KACCAD's work organizing and overseeing the project. To break this down, we can build a

spring well that will serve approximately 845 people with 38 donations of \$50 or 19 donations of \$100. In the United States you can easily spend \$50 on a good dinner for two or \$100 on a new pair of shoes. As it's the holiday season please consider spending your money instead on a gift that keeps giving health to hundreds of people. Let us know if you have any questions or require additional information about well construction. A budget is attached along with this newsletter.

Institutional Support

KACCAD has gratefully received support from a number of national and international organizations as well as private donors. We wish to sincerely thank the following institutions that have enabled KACCAD to facilitate the above mentioned projects:

- *With God's Little Ones* (USA): Sponsorship of internet for the KACCAD office, of an HIV/AIDS affected widow in starting chicken rearing and of her eldest daughter in attending nursing school, November 2007.
- AIDS Information Center: Provision of Voluntary Counseling and Testing services, 2007
- Donors from Sweden: Construction of eleven spring wells in Wakiso District, September-December 2007
- Port Townsend, WA Peace Movement and friends: donation for spring well construction, Ssumbwe, Wakiso, June 2007.
- Centre for Spiritual Awakening in Olympia Washington 2006/7 donation of food for HIV/AIDS OVCs
- Peace Corps Uganda (USA): volunteer HIV/AIDS and health educator 2006- 2008
- Operation Pass Along; a Ministry of Hillspeak (USA): donation of books
- Dixon Church of Christ (USA): sponsorship of 48 OVCs 2001-September 2007 and donation of funds for maintenance of piggery project in 2004
- World Bank Book Project: donation of 2,500 books for schools including Gold Max Primary School, Genesis Primary School, Nursery Primary School, Bulenga Modern Primary School in 2003
- Technical Centre for Agriculture (Netherlands): provision of text books on livestock farming, agriculture and technology 1999 and 2002
- Department for International Development, DFID small grant scheme British High Commissions Fund: provision of funds and resources to launch the tailoring project, and piggery Demonstration Farm 2000-2001
- Uganda National Health Consumers Organization (UNHCO): training community health workers and birth attendants in HIV/AIDS prevention
- Vraag En Aanbod Internationaal (Netherlands): donation carpentry tools for the youth, 2001
- Book Aid International United Kingdom in collaboration with Kyambogo Institute of Teachers' Education and: donation of 700 text books to Nicaragua Primary School and Kikaaya Collage in Bulenga, 1998-1999
- Other public institutions, Wakiso local governments and international donors: ongoing support

Coming Soon.... **TAXDEDUCTIBLE Donation Option**

From the United States you will be able to make tax-deductible donations to KACCAD from the comfort of your home as soon as next month. From any where around the world you will be able to make secure donations to KACCAD. Look out for more information soon!

KACCAD's Holiday Wish List

The holiday season is upon us. We sincerely hope that you are enjoying time with family and friends. We invite you to also remember KACCAD during this season of giving. With hope for more growth over this next year we are looking for help to get up to speed with our computer technology. In order to expand the life of our computer we need to purchase a Universal Power Supply (UPS) a battery/stabilizer. With the instability of our power supply our computer is wearing out quickly. To give a picture of the Ugandan power supply, imagine this: you are working on your quarterly newsletter and in the course of one hour the power goes off unexpectedly twice. It than stays on for two hours and you are on a roll than it goes off

and stays off for the rest of the night. Welcome to Uganda! This, needless to say, is really bad for our computer. In addition to a UPS, we also are in need of a new hard drive (100 GB). This is necessary because one of the two hard drives installed in our computer is old and breaking. Now we are operating at half capacity. Lastly we have mouse and power strip problems. I am not talking about our furry friends who do occasionally grace our household but our computer mouse. The total cost for these mentioned items is around \$200. Please let us know via email if you want to be our angel and help us get up to speed.

Sponsor a Student

KACCAD is looking for sponsorship for 46 students we have sponsored since 2001. Education is one of the best, longest lasting ways to change the life of a person as it increases one's potential for improved income and quality of life without requiring constant aid from the government or NGOs. As gathered from interviews KACCAD conducted in 2006, an estimated 51% of people in our service area are illiterate. This figure is based on the percentage of interviewees who either dropped out of school during primary education or did not attend at all. People without an education do not have equal access to services and employment. This is crippling to their ability to provide for their family and themselves. Your contribution can help us give children a future to dream about. Sponsorship of a primary student for day school is \$75 a term (every 4 months), \$175 per term will cover school fees for a secondary student attending day school and \$200 will cover boarding school fees for a secondary student. This money will cover tuition and enable KACCAD to pay for postage and transport to keep sponsors in touch with their student/s. People who choose to sponsor students will receive a receipt for school payment and a report card from the student each term. A photo and letter written by the student will also be sent to the sponsor at the beginning of their sponsorship. Sponsors will have open communication with the children they support which KACCAD will help facilitate. If you are ready to change the life of a child by helping them get in or stay in school please contact KACCAD for details.

Volunteer opportunities with KACCAD

Join the KACCAD team in serving most vulnerable community members in Wakiso District of Uganda. There are many opportunities for sharing your skills. We invite you to come live and work with us in Kikaaya Village, Wakiso District. Volunteer opportunities are available to people 18 years old and above. We invite volunteers during any part of the year. As primary languages in our area of Uganda are English and Luganda, volunteers must speak English. We ask for a resume from volunteers and a list of skills/interests. Volunteers will be involved with projects including: pig and poultry house construction and repairs; home repairs; health/HIV/AIDS sensitization; home visits to families living with/affected by HIV/AIDS; youth and child education; animal rearing support; water and sanitation (including well construction) support; vocational skills development; and other work that can help us transform our community. Support and instruction from the KACCAD team will help all volunteers conduct work that will transform lives of people here as well as their own lives.

Our fee for volunteers is \$650USD for the first month and \$550USD per each additional month. The fee covers support while you prepare for Uganda, airport pickup, transport to Kikaaya, food and accommodation while volunteering, supervision, and a donation to KACCAD. The fee does not cover airline tickets, visas, vaccinations, leisure activities, or medical services. We are also open to accept volunteers for periods under one month.

We will provide a suggested packing list and other support to volunteers who choose to work with KACCAD. If you require this or other information please don't hesitate to let us know. You can find out more about KACCAD at www.volunteerkaccad.org. For more information about volunteering with us see our website, email us or visit www.therealuganda.com for information about volunteering with us through the Real Uganda.