



Newsletter July-September 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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Φεεδβαακ!

Dear Friends,

We are still new at this newsletter business. We would love some feedback on our content and layout. Tell us what works and what we can improve on. We will put your recommendations to use as best we can. Thank you!

The KACCAD Team

Letter from KACCAD Team

Dear KACCAD Volunteers, Friends and Well-Wishers;

This has been a busy and exciting quarter with some great projects completed and underway, new sponsors and team members and so much more. We are excited to share our successes with you and also to include you in our growth by giving you information about programs that can use your help. Our accomplishments over the quarter include sponsorship of a new student, construction of five spring wells, our move of the KACCAD office and staff housing and establishment of an HIV/AIDS home based counseling and support program. We are pleased to welcome two new volunteers from Real Uganda and to thank Sarah Riley for the tremendous work she did with us from June 15-July 15th. Thanks goes out as well to the many contributors who gave KACCAD support over the quarter.

We were happy to receive Rudy Schaser, Executive Director of With God's Little Ones in our office in July. With God's Little Ones is a nonprofit volunteer run organization based in Missouri, USA that provides services in Uganda, Cambodia, Nicaragua and Ghana. Their mission is to provide support to the most vulnerable members of society-children, girls and women- in the developing countries listed above. Some of their projects in Uganda include: providing treated mosquito nets, support for income generating projects, sponsoring students to attend school, feeding orphaned and vulnerable children (OVCs), giving seeds for family gardens, distributing livestock to widows and caretakers and water projects.

Rudy Schaser brought us a donation of books which we are putting to use and facilitated our connection with Reverend Rudolph and Carol Kurz of the United States who are now sponsoring a Nursing student, Bukirwa Constance, who is attending courses at Mengo Hospital close to Kampala. Constance writes of herself:



Page 1 Bukirwa Constance in her nursing uniform at Mengo Hospital

Page 2 Sarah. Makumbi feeding chickens provided by Kurz family

“I am called Bukirwa Constance, 22 years old. I was born in the family of Mr. and Mrs. Makumbi. My Dad passed away when we were so young. May his soul rest in peace. So mummy managed to pay for us to go to school upto this level... With your support, I will be able to finish my studies as an enrolled nurse, upgrade as a registered comprehensive nurse and one day I will reach my dream of being a Dentist. Here I will be able to help my younger sisters and brothers and also other people who need help especially here in Africa.”



The Kurz donation also enabled her family to start chicken rearing for income generation. The Kurz family provided 200 chickens, food and medications for the chickens to the Makumbi’s family! This project will help the head of household, a widow of HIV/AIDS who is herself infected, meet the basic needs of her seven children and put them in school. This combined support is giving the family the means to meet their own needs, a gift that is insurmountable and that keeps giving. Constance and the Makumbi family send their thanks to the Kurz family: “What an affirmation of the virtue of humanity! May peace enfold you. We will always be forever grateful for your love, care, support and encouragement.” KACCAD also sends thanks to the Kurz family and to With God’s Little Ones for your support and sponsorship. Thank you!

Another thank you goes out to Dixon Church of Christ in Chicago. Since 2001, Dixon has worked with KACCAD to provide school sponsorship for 48 Orphaned and Vulnerable Children (OVCs) in Wakiso and Mpigi districts of Uganda. Their support has had a tremendous impact on the lives of children and youth who, without their help, would not have been able to attend school. Presently Dixon has made new commitments with its funds so the church is no longer in the position to support this program. We very much appreciate Dixon’s past support and are now looking for new sponsors to keep these youth in school. Please look later in the news letter for information on how to sponsor a student.

The other projects we are going to feature in this newsletter would not have been possible without the support of our volunteers from Real Uganda. Brittany Walsh from the US and Sofia Graflund of Sweden will be working with us for two and three months respectively. Brittany is a graduate of the University of Colorado where she studied psychology and History. Before coming to work with KACCAD she worked for two months with an NGO in Ghana where she developed experience teaching about HIV/AIDS. We are excited to put her skills to work as we continue to carry out HIV/AIDS counseling and testing, sensitization and, as of September, home visiting programs.



Brittany, Sofia and Amanda at September 7th HIV testing event

Sofia Graflund is from Stockholm, Sweden. As a lawyer with a focus on human rights she is a great fit with KACCAD. We are putting her to work in and out side of the class room. Like Brittany, she is helping with our HIV/AIDS and life skills programs at three schools, for various community groups, doing home visits to people living with/affected by HIV/AIDS and so much more. She has also independently sponsored a child being raised by a single mother to go to school and helped KACCAD raise funds for construction of five spring wells! We are so pleased with the great work being done by our volunteers and for the support of their friends and families.



Sofia with Sam Musisi’s family



Brittany and Sofia with children at the construction site of the Kikaaya well

On the third of July KACCAD officially opened our first spring well constructed with support from Port Townsend, WA community members and other friends from the US. This was a very exciting event, as district officials and community members came to help us open the well. Community members were energized to see the fruits of their hard work recognized by the district and other visitors. We also received representatives from Peace Corps in August. Mary Olinga of Peace Corps Uganda and Melissa Chipili from Peace Corps head quarters in Washington DC visited the well, KACCAD office and our new housing and office location.



Amanda, Derrick and Sarah at the grand opening of the Sumbwe well

Visitors Mary Olinga and Melissa Chipili from Peace Corps with Derrick at the completed well

Melissa washes her hands at the well



Within the month of September KACCAD has been able to build seven spring wells! We, and the communities we serve, are so excited for this development. These wells serve 250-2,000 plus people each- including children, students (some are used by entire schools) women and men. The first well completed was built with support from Sofia's family, the Graflunds. This well is located in Kikaaya Village. The other four wells were built with support from HELALE, a family of Sweden and the Stenke Family supported us to build another spring well. These wells are located in Bulenga "B," Bulaga and Nakuwadde villages. Beneficiaries of these projects showed their strong support and commitment to construct and maintain the wells by doing site clearance, assisting the contractors and forming committees that will be responsible for well repairs and maintenance. Within the same day that people were informed that a well was going to be built in their area they started clearing the site. Local leaders worked along side residents. Children as well as men and women pitched in to complete site clearance in two to three days at each site. They also worked to support the contractors helping each well to completion within two weeks. As with our first well, we also got support from the Wakiso District water and sanitation department which provided sensitization on well maintenance, use and water purification.



Natural springs in Bulenga "B" and Bulaga before development

Children and men at work at Kikaaya site



Children collect water at wells in Kikaaya and Bulenga "B" after their completion

The addition of two new volunteers to the KACCAD team has enabled us to start a home based counseling and support program for people living with HIV/AIDS. This is a program we have wanted to start for a long time but have not had the resources or personnel to carry out. Musisi Sam, one of our volunteers, also works with a counselor group called Bbiira AIDS Community. This group is made up of trained HIV/AIDS counselors who are working within their communities to provide psychological and other support to families and people living with HIV/AIDS. All of these counselors live and work in Wakiso District. Their work as counselors is done on a voluntary basis depending on their time and the resources they have available. Seeing that these counselors are volunteers from within the communities they are serving, they both are a great resource yet face severe challenges in their work. They know their service area and thus can give support to those who need it most and visit homes without drawing attention to someone's HIV/AIDS status. At the same time, as independent counselors who are not getting paid and do not have access to resources, they can only give what little they have and have limited time. Sam is coordinating with counselors working throughout Wakiso Sub-County (our target area) and within Wakiso District. He is connecting our volunteer team with counselors and clients so as to give more support to people living with and affected by HIV/AIDS in our service area with the help of counselors who already have established relationships with these clients. We are working with the counselors to assess the needs, advice and provide some basic resources to clients.

In September we were able to provide soap, posho (corn meal that is a main food here), rice, sugar, condoms and seeds (thank you Theresa Marquez and Organic Valley friends for seeds) to 14 families through this program. Thanks goes out to the Milholland family for their donation which was used to buy the listed food items and soap. We welcome other donations for this project. Items that will be useful include seeds of plants that are known here and can grow in Uganda, fabric, clothes and bedding, shoes, toiletry items, menstrual pads, games and toys for children and school supplies. We welcome used as well as new items. Seeds that will be useful include squash and pumpkin seeds, cucumber, beans, carrots, tomato, melons, corn and greens. If you have questions about other items you would like to send please do not hesitate to ask. We encourage you to organize with your church or community group to collect listed items and then to send them in bulk via freight to our P.O. Box. Donations for purchase of these items will also be much appreciated.



Sarah and Amanda perform a role-play about teen pregnancy

Women perform role-plays at Hajji Kiyemba Memorial Tailoring Institute

Sam Helps instruct students

Other aspects of our HIV/AIDS program slowed down during this quarter because schools were out for half of August and September. Before schools went on break, Real Uganda volunteer Sarah Riley helped Amanda and Sam do some fun programs at Hajji Kiyemba Memorial Tailoring Institute, the Kikaaya Vocational School and Kikaaya College- all located in Kikaaya village. Our classes focused on HIV/AIDS and condom use for the secondary and vocational school and the reproductive system, menstruation and decision making for the women's school. Using Sarah we were able to teach two classes at once at Kikaaya Collage. This was really helpful because before her addition to our team Amanda Milholland and Musisi Sam, our HIV/AIDS educators, were only able to teach one class a week and thus it took six weeks and sometimes longer for them to get back to a class. At the women's school the highlight of our teaching during the quarter was introducing the parts that make up the female reproductive system, having them draw these parts; explaining the mysteries of menstruation; introducing a design for making home made menstrual pads and the women's performances of role-plays on HIV/AIDS, Sexually Transmitted Infection (STI) and early pregnancy. Some photos of the women acting are shown. Over the quarter KACCAD taught 18 classes to groups including the women's group, boy and girl scouts and students at the three schools mentioned. We were able to reach over 150 new people with HIV/AIDS information and to provide continuing classes to students at those schools. These numbers do not include those reached through sensitization at HIV testing events which we will discuss later. Amanda also helped lead a life skills soccer camp with her fellow Peace Corps volunteer Hannah Gardi in Iganga District and provided HIV/AIDS training to new Peace Corps volunteers in Luweero in August.



Towards the end of September we resumed our teaching at all three schools. Brittany and Sofia helped teach and thought on there own doing presentations relating to SIT infection and prevention, HIV/AIDS and gender roles... Amanda, Brittany, Sofia and Sam also did HIV/AIDS sensitizations for community groups receiving HIV testing through our partnership with AIDS Information Center (AIC).

In the last newsletter we discussed our challenges with continuing the HIV/AIDS Voluntary Counseling and Testing (VCT) program. We were told in July that we would be required to pay the counselors and fuel costs in order to continue receiving testing services from AIC. Though we highly value this service, we were not in the position to continue the program if we had to pay. Derrick Luwaga, our Executive Director, met with the Director of AIC to discuss the situation and they were able to come to agreement on the importance of the service and formalized a partnership in July. We are now offering VCT twice a month at different locations in the Wakiso District, focusing on the sub-county. We and the community we serve are thankful for this in-demand service. VCT events were held on September 7th and 25th with over 100 people attending each event. September 7th attendance was 112, 98 were tested, and 10 people tested HIV positive. On September 25th the attendance was 124,40 tested and 10 tested positive.



Amanda and Sam provide sensitization at HIV testing event

We have one more success to announce. We changed housing and office locations. Our previous housing and office space was in the heart of Bulenga. It was loud and busy. Our Peace Corps volunteer Amanda was sleeping very little as she was living next to two bars; Derrick and his family were similarly missing sleep. In such a high traffic area our work was also affected by regular interruptions and many visitors in the office. With support from the Milholland family we were able to shift our entire operation and all the core volunteers into one location. We are now based in Kikaaya Village just out of Bulenga. It is quiet and beautiful. With a change in environment we are working even more as a team, leaving us in better spirits to carry out our work. THANK YOU Milholland family! What a difference a good nights sleep makes! This move also comes with another change. KACCAD has prioritized providing housing to its staff. We are unable to provide salaries but are now at least providing housing and food to core staff. This has taken a lot of stress off of staff members, allowing us to put more focus on our goals and dreams as an organization. We see this as a great move towards our sustainability and continuation. Also worth noting, we are surprisingly paying the same amount for our new place as we were for all the other units we were previously renting yet now we love where we live and work.

Exterior and
Office



We extend one last thank you. Thank you Operation Pass Along of the US for your donation of books this quarter. The encyclopedias and health books have been especially helpful for our work. We have also set up a small resource library in our office that is available to our work crew and community members with this donation. Thank you!

So that's the scoop. We continue to work hard to make change and empower vulnerable people in our communities. As always, there is more work to do yet we are thankful to see families drinking clean water, people learning their HIV status and about HIV/AIDS, student's stepping up to participate in lessons, more partnerships fostered and so much more. Thank you Real Uganda for giving us volunteers to help make these successes possible. Thank you also to all those who contributed over the quarter to help us sponsor new students, start an income generation activity for a family, provide resources to people living with HIV/AIDS and to get into a new house and office. Your support is invaluable and much appreciated. We hope you enjoy the newsletter. Please let us know if you have any questions or want to lend your support. Take care.

Sincerely,

KACCAD Team

Ways You Can Help KACCAD Grow and Reach Sustainability

KACCAD is reaching more community groups and providing more services than ever before. This is possible because of the tremendous support we get from friends abroad and partners in and out of Uganda. In order to keep growing and strengthen the services we offer, we need help. One of the ways you can help is by donating a laptop computer or assistance setup of internet in the KACCAD office.

At present KACCAD has a desktop computer. This computer serves us well yet frequent power outages and surges limit our ability to work and put all our documents at risk. We would like a second computer so we can store some of our most important documents in case anything happens to our present computer and also so we can do work even when we don't have power. A laptop would allow us to continue on projects-grant writing, request and partnership letters, our newsletter and so much more- when power outage would have us staled in our work. As our partnerships and much of our other work depends on access to a computer, this gift will have tremendous impact on our capacity and ability to maintain and strengthen working relationships. We are looking for a new or used laptop that is at least 1.75 gigahertz dual core, with a 120 gigabyte hard disk, 1 gigabyte RAM, with WLAN access and a card reader port. If you have a computer that fits these requirements and are willing to give it a new life with us in Uganda, please let us know.

KACCAD spends approximately 50,000 shillings (just over \$30) a month just on internet charges and transport to use internet. This estimate does not reflect our time getting to and from Kampala and spent away from other work. A trip to Kampala to use the internet easily turns into an all day task taking us away from projects in the office and within our service area. In order to keep up with our partnerships and communications with international volunteers KACCAD staff members go to Kampala for internet at least once a week. We are looking for support to set up internet in the KACCAD office. Having internet in the office would enable us to keep in better contact with our international volunteers and national and international partners. It would also save time and make our work more efficient. A donation of \$375 a year will allow us to have internet in the KACCAD office. This equates to the same amount we are presently spending on internet and transport. Though this cost is the same as what we are presently spending, KACCAD is not in the position to pay a lump sum each month or year for internet. At present KACCAD staff and volunteers pay out of pocket for their internet time and transport as KACCAD is unable to meet this cost. Your support will help us be more efficient, stay in better contact and will enable

our volunteers to take a sigh of relief as they will be able to stop paying out of pocket for this organization cost.

Your donation of a laptop or support for internet set up will help KACCAD as we continue to server our community and strengthen as an organization. If you have any questions about this request or wish to contribute please let us know. Also Amanda will be in the United States in Port Townsend, WA from the second of October till the 14th. She will be happy to carry a laptop back to us in Uganda if you can get it to her in Port Townsend. Her contact information in the states is Amanda.milholland@gmail.com or 360-385-6525. Email is the best way to reach her and arrangements can be made with her via email. Thank you for whatever support you are able to offer!

Needed Resources

We extend a thank you to all those who have contributed to our programs or for operation costs. These contributions continue to enable KACCAD to both sustain and expand our programs and keep our office and staff housing rent paid. We can't thank you enough! At the same time, supplies run out and we continue to need help on many fronts. Some of our costs are listed below. If you are in the position to help us with office or educational supplies or organization running costs we will very much appreciate your support. You may notice that the rent costs went up since our last news letter. This is because we changed locations and have now placed priority on providing housing for all core members of the KACCAD team. As staff members are not paid, we figure that the leased we can do is prioritize maintaining a good living and working environment for our team. We invite you to help us meet these needs by making a donation or otherwise gifting the listed items. To make a donation to KACCAD please contact us at the mailing address, email address or phone number listed at the top of the news letter. Our bank information also follows. Thank you!

HIV/AIDS Education Program Needs

- Flip chart stand
- Permanent markers \$6
- Female condoms

Other Organization Projects and Costs

- Office Rent and electricity per month \$325
- Piggery attendant per month \$40
- Water for pig farm per month \$35
- Office stationary per month \$40
- Flip chart paper per month \$20
- Internet charges per month (we do not have office internet so use computers in Kampala) \$30
- Outreach transportation charges per month \$70

Sponsor a Student



One of the OVCs from Mpegi District Who was sponsored by KACCAD in partnership with Dixon Church. He and many others are looking for continued sponsorship.

KACCAD is presently looking for sponsorship for the 48 students we have sponsored since 2001 as well as for other students. 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 and NGOs. As gathered from interviews KACCAD conducted in 2006, an estimated 51% of people in our service 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 there ability to provide for their family and themselves. Your contribution can help us give children a future to dream about. Sponsorship for 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, a report card and letter from the student each term. A photo of the student will also be sent to the sponsor at the beginning of their sponsorship. Sponsors will have open communication which 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 more details and to make arrangements.

Sponsor a Family

There are many families in Wakiso Sub-County that are in need of empowerment and start up resources in order to meet their needs for food, health, safety, sanitation and education. As the proverb says, "If you give a man a fish, you will feed him for a day. If you teach him how to fish you will feed him for a life time." Your donation in partnership with KACCAD will give a family both the resources and skills to empower them to earn a living or to support their health. You provide the donation and KACCAD will provide the needed training and connection between your family and theirs. Families selected for your sponsorship were identified based on greatest need during KACCAD's conduction of a base line survey in 2006. Needs and recourses requested by families include: latrine construction, home repairs, purchasing of mosquito nets, construction and stocking of a pig sty or chicken house for income generation for families with over ten dependants and school sponsorship. Many families use latrines that are falling apart and are dangerous to users. Families often can not afford to purchase mosquito nets or do home repairs. Building a pig sty or chicken house will help a family start an income generation activity. Costs for meeting these needs per family follow. If you have questions about any listed project or would like to give to a family to meet needs not listed please let us know.

- Pig Sty Construction, 1 Pig and feeds for the pig for 6 Months \$1,009
- Poultry House, 100 Birds and Food for 7 Months \$1,131
- Latrine Construction-Including Materials and Technical Labour \$694
- Treated Mosquito Net \$15 each x the number of family members (average 10-25 members including orphaned children and other children cared for by families)
- Construction of a three bedroom with kitchen for needy families \$ 2,100
- Spring well each \$1,500 or hand dug well each \$ 2,145

Volunteer opportunities with KACCAD

Join the KACCAD team in serving most vulnerable community members in Wakiso District of Uganda. There are many opportunities for your support and sharing of skills. We invite you to come live and work with us in Kikaaya Village, Bulenga, Wakiso District or help as a volunteer from your home community. Volunteer opportunities are available to people 18 years old and above. We invite volunteers during any part of the year seeing that we have many projects that are on going as well as those connected with schools that run only during the school session. 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 people and families living with/affected by HIV/AIDS; youth and child education; animal rearing support; water and sanitation (including well construction) support; vocational skills development; construction of a health counseling center which will also serve as the KACCAD offices and other work that can help us transform our community. We happily accept volunteers who are ready to learn and work along with us. 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 current fee for volunteers coming to us directly 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, drinking water, leisure activities, or medical services. We are willing to adjust this and other requirements

to fit in with your program. We are also willing to accept volunteers for periods under one month as well as for long durations.

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.

Make Donations to KACCAD

Your donations are much appreciated and put to hard work. We use general donations to cover administrative costs including office rent, electricity, stationary, internet use and transportation. We also accept donations for specific projects such as those that were used for well construction.

From the USA:

BANK NAMES: STANBIC BANK ,
ADDRESS:PO BOX 973 KAMPALA
STANBIC BANK UGANDA, BIC:SBICUGKX
BENEFICIALLY BANK: STANBIC CITY BRANCH
BENEFICIALLY CUSTOMER :KYOSIGA COM.XTIAN ASSN. FOR DEV
BENEFICIALLY CUSTOMER ACCOUNT NO:0140011332501
CORRESPONDENT BANK
DEUTSCHE BANK TRUST NEW YORK NY
ABA:021001033 BIC:BKTRU33
ACCT 04096521

From Germany Euro

BANK NAMES: STANBIC BANK ,
ADDRESS:PO BOX 973 KAMPALA
STANBIC BANK UGANDA, BIC:SBICUGKX
BENEFICIALLY BANK: STANBIC CITY BRANCH
BENEFICIALLY CUSTOMER :KYOSIGA COM.XTIAN ASSN. FOR DEV
BENEFICIALLY CUSTOMER ACCOUNT NO:0140011332501
CORRESPONDENT BANK
DRESDNER BANK AG, FRANKFURT,BIC:DRESDEFF ACCT:499/03178562/00/888

From United Kingdom GBP

Correspondence
HSBC Bank P/C London,BIC:MIDLGB22
ACCT 35769925 Sort Code:40-05-15