

# SSAAP Quarterly Newsletter

## Zambia: Summer 2020, Edition XXX



This Edition is dedicated to the United States of America: vast possibilities and transformational awakenings reside in the land of red, white and blue: blue sacred waters, white twinkling stars, red burning passion. The Land of the Free has been Home to those Brave enough to stand in the center of its deepest and darkest Truth. United We Stand, yet Divided We Fall: this is an absolute guarantee.

America: May you slow down long enough to catch your breath and reflect upon that which matters most to you: justice, integrity, honor, and a Homeland we can be proud enough of to hand over to our great-great-great grandchildren one day. Thank you for being the roots of my tree. When you suffer, I suffer; when you rise, I rise. Everything is possible in America; we are the land of opportunities – the greatest of all residing in the potential within each and every one of us. We Love you, U.S.A.



## Zambia: May 24, 2020 ~ Home



This is our African family, on the day we arrived home in our village in Zambia – after the quarantine, after South Sudan, after Ethiopia, after Sierra Leone. We were gone eight months but it had been a lifetime; when we arrived with all of our luggage I was so overwhelmed with happiness and relief that I cried, cathartically sobbing and shaking whilst smiling – and above: this is their reaction to me sobbing with joy. ☺ I cry more when I am happy than when I am sad. Tears are one of the best detoxes that exist.



Our outrageous amount of luggage, above, outside the door to our home in the village. There are three trays of eggs there, too, although not visible in this photo.

## Zambia: April 29-May 8, 2020: Quarantine in Lusaka

The Addis Ababa, Ethiopia-Lusaka, Zambia flight was 6+ hours with a 1-hour layover in Harare, Zimbabwe on April 29, 2020.



We were undoubtedly the only passengers in the airport at that time.



And so we just enjoyed our quiet time and wrote in our journals at the ticketing counter and, no doubt, were the first to check in by 6:30 a.m.! The airport is one of the only things in my life I am on-time for – even early!



We ditched all our overweight bags (and didn't have to pay any extra for them, which was wonderful, as traditionally we always have overweight baggage) and got ready to go to the gate. The only hiccup was when I checked in, the woman insisted that the only passengers allowed on the flight were either Zambian Residents or Citizens. As Radi and I have a Work Permit, due to expire on 18 May 2020, we applied for our Residency in August 2019 and are now waiting for those documents. The lady eyed our Permit and the two receipts I have for both Radi's and my Zambian Residency and looked at me skeptically. The COVID has brought out a skepticism in people – at least in this part of the world: people don't have trust in one another like they used to it seems.



I never have been so relieved to get on a flight in my entire life. Ethiopia was not the right place for us to be as foreigners and in the midst of a worldwide emergency. We just wanted to leave Ethiopia and go home to Zambia. Above, Radiance is on the telephone with my mother Gail – who helped us every step of the way.



The flight had 18 people on it. Most of the passengers were Chinese people – minus Radi and I, a disabled elderly Zambian woman and her husband, a young Zambian girl probably in her 20's, and a Zambian man about my age. The whole middle section was covered up so that no one could sit in the seats even if they wanted to.





Later, at the quarantine site, a Zambian doctor was telling me that he thinks Coronavirus will be like HIV – no vaccine and no cure, because the mutated RNA on the DNA strand is very, very similar to that of HIV. He told me that the West may have to learn to cope with Coronavirus the way we have learned to cope with HIV in Africa. Africa has incredibly adapted to HIV; I am proud of Africa concerning HIV. It is easy to get ARV's (anti-retroviral drugs) which boost the immune system and prolong the HIV-positive person's life. We have HIV-test kits even at the most remote rural health centers, and although it has taken decades to reduce the stigmatization towards HIV-positive people, we are almost to the point where people are comfortable around people who are HIV-positive. It has taken a long time and a lot of suffering here, but even in the 16 years I have stayed in Zambia I have seen the upward curve.



Ministry of health  
REPUBLIC OF ZAMBIA

**TRAVELER HEALTH QUESTIONNAIRE**

Traveler's details		Health Information
Full names*	CUMMING Heather	Do you have any of the following symptoms? (please tick all that apply) Fever <input type="checkbox"/> Diarrhea <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Rash <input type="checkbox"/> Bruising or bleeding <input type="checkbox"/> Vomiting <input type="checkbox"/> Cough <input type="checkbox"/> Headache <input type="checkbox"/> Sore throat <input type="checkbox"/> Muscle pain <input type="checkbox"/> Breathing difficulties <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Jaundice (yellowing of eyes and skin) <input type="checkbox"/> Temperature reading: 37.0°C
Age	40	
Country of original departure	Sierra Leone - Ethiopia	
Passport number	489549344	
Occupation*	Humanitarian Aid field worker	
Flight/Vessel number/name*	ET 873	
Seat number*	15 K	
Countries visited in the last 30 days*	Ethiopia	
Reasons for visiting Zambia	Resident	
Duration of stay	1-2 years	
Contact Number in Zambia	097555178	
Alternative Contact Number:		
E-mail:	heatherflower@gmail.com	
Address in Zambia*	Kalomo	
The traveler hereby certifies that the information he/she has provided is true and that he/she subjects himself/herself to further assessment at a designated health facility (if he/she has any signs and symptoms listed above). If the traveler does not have the symptoms listed above, they must be followed up either by telephone/mobile phone or physically at a place of destination in Zambia for a period of 14 - 21 days. In an event that you develop any of the above symptoms within 14 - 21 days, please contact the nearest health facility.		
Signature of traveler: Heather Cumming		Date:
FOR OFFICE USE ONLY		
<b>Post Health Official details</b> Name: Province: Point of entry: Telephone of institution: Mobile Number: E-mail: <b>Health facility details if traveler referred</b> Name of Health Facility: Examining clinician: Tel no. of examining clinician: <b>GENERAL COMMENTS:</b>		

Our quarantine paperwork.



Ministry of health  
REPUBLIC OF ZAMBIA

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Traveler's details		Health Information
Full names*	CUMMING KADANCE	Do you have any of the following symptoms? (please tick all that apply) Fever <input type="checkbox"/> Diarrhea <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Rash <input type="checkbox"/> Bruising or bleeding <input type="checkbox"/> Vomiting <input type="checkbox"/> Cough <input type="checkbox"/> Headache <input type="checkbox"/> Sore throat <input type="checkbox"/> Muscle pain <input type="checkbox"/> Breathing difficulties <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Jaundice (yellowing of eyes and skin) <input type="checkbox"/> Temperature reading: 36.5°C
Age	10	
Country of original departure	Sierra Leone - Ethiopia	
Passport number	592319433	
Occupation*	Child	
Flight/Vessel number/name*	ET 873	
Seat number*	15 L	
Countries visited in the last 30 days*	Ethiopia	
Reasons for visiting Zambia	Resident	
Duration of stay	1-2 years	
Contact Number in Zambia	097555178	
Alternative Contact Number:		
E-mail:	heatherflower@gmail.com	
Address in Zambia*	Kalomo	
The traveler hereby certifies that the information he/she has provided is true and that he/she subjects himself/herself to further assessment at a designated health facility (if he/she has any signs and symptoms listed above). If the traveler does not have the symptoms listed above, they must be followed up either by telephone/mobile phone or physically at a place of destination in Zambia for a period of 14 - 21 days. In an event that you develop any of the above symptoms within 14 - 21 days, please contact the nearest health facility.		
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<b>Post Health Official details</b> Name: Province: Point of entry: Telephone of institution: Mobile Number: E-mail: <b>Health facility details if traveler referred</b> Name of Health Facility: Examining clinician: Tel no. of examining clinician: <b>GENERAL COMMENTS:</b>		



**Form B: COVID-19 DAILY MONITORING TOOL**  
Complete for each high-risk person or contact of a confirmed case

Details of person being monitored				Details of health official (monitor) completing this form		Date form started	
ZNPHI Identifier	Date of birth	DD/MM/YYYY		Surname	Name	DD/MM/YY	
Surname	Name			Role	Facility name		
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female ( <input type="checkbox"/> Pregnant)	COVID-19 risk factor	<input type="checkbox"/> Travel to affected area (Where?) <input type="checkbox"/> Contact with case		Email address	Telephone number		
City name or case name	Date of travel or last contact	DD/MM/YYYY		House number	Street		
Medical conditions <input type="checkbox"/> Heart disease <input type="checkbox"/> Lung disease	<input type="checkbox"/> Kidney disease <input type="checkbox"/> Diabetes	<input type="checkbox"/> Immunocompromised <input type="checkbox"/> Other:		Town	District		
Contact number	Alternative number			Next of kin name	Next of kin contact number		



**Instructions for completion:** Begin filling on day of monitoring (i.e., if monitoring starts on 3<sup>rd</sup> day after arrival, start on day 3). Mark "Y" if symptom present and "N" if not. If any symptoms are present, contact supervisor immediately discuss next steps. If person has a thermometer, ask them to take their temperature and provide the value.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	
Date (DD/MM)														
Fever	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Temperature (°C)														
Cough	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Shortness of breath	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Chills	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Myalgia/body pains	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Sore throat	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Diarrhea	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Initials of monitor														

Disposition:  Case closed after 14-day monitoring period  Case referred to supervisor for further assessment

Notes:

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Surname	Name			Role	Facility name		
Sex <input type="checkbox"/> Male <input checked="" type="checkbox"/> Female ( <input type="checkbox"/> Pregnant)	COVID-19 risk factor	<input type="checkbox"/> Travel to affected area (Where?) <input type="checkbox"/> Contact with case		Email address	Telephone number		
City name or case name	Date of travel or last contact	DD/MM/YYYY		House number	Street		
Medical conditions <input type="checkbox"/> Heart disease <input type="checkbox"/> Lung disease	<input type="checkbox"/> Kidney disease <input type="checkbox"/> Diabetes	<input type="checkbox"/> Immunocompromised <input type="checkbox"/> Other:		Town	District		
Contact number	Alternative number			Next of kin name	Next of kin contact number		

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Day	1	2	3	4	5	6	7	8	9	10	11	12	13	
Date (DD/MM)														
Fever	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Temperature (°C)														
Cough	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Shortness of breath	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Chills	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Myalgia/body pains	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Sore throat	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Diarrhea	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
Initials of monitor														

Disposition:  Case closed after 14-day monitoring period  Case referred to supervisor for further assessment

Notes:

Ministry of Health  
Zambia National Public Health Institute

ZNPPI

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**Interim 2019 novel coronavirus (2019-nCoV) patient under investigation (PCI) form**

*As soon as possible, health care workers should complete this form for all patients with symptoms consistent with 2019-nCoV. If you have questions, contact the CDC Emergency Operations Center (1-800-458-5231) or your local health department.*

Today's date: 27/01/2020 State: Heath North West District: North West Case ID: \_\_\_\_\_ State: \_\_\_\_\_ County: \_\_\_\_\_

Interviewer's name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Physician's name: \_\_\_\_\_ Phone: \_\_\_\_\_ Pager or Email: \_\_\_\_\_

Sex:  M  F Age: \_\_\_\_\_ yr  mo Residency:  US resident  Non-US resident, country: Zambia

PLI Criteria: \_\_\_\_\_  
 Date of symptom onset: \_\_\_\_\_

Does the patient have the following signs and symptoms (check all that apply)?  
 Fever  Cough  Sore throat  Shortness of breath

In the 14 days before symptom onset, did the patient:

Spend time in Wuhan City, China?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input type="checkbox"/> Unknown	
Does the patient live in Wuhan City?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input type="checkbox"/> Unknown	
Date traveled to Wuhan City	Date traveled from Wuhan City	Date arrived in US
Have close contact* with a person who is under investigation for 2019-nCoV while that person was ill?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input type="checkbox"/> Unknown	
Have close contact* with a laboratory-confirmed 2019-nCoV case while that case was ill?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N <input type="checkbox"/> Unknown	

Additional Patient Information

Is the patient a health care worker?  Y  N  Unknown  
 Have history of being in a healthcare facility (as a patient, worker, or visitor) in Wuhan City, China?  Y  N  Unknown  
 Is patient a member of a cluster of patients with severe acute respiratory illness (e.g., fever and pneumonia requiring hospitalization) of unknown etiology in which nCoV is being evaluated?  Y  N  Unknown

Does the patient have these additional signs and symptoms (check all that apply)?  
 Chills  Headache  Muscle aches  Vomiting  Abdominal pain  Diarrhea  Other, Specify \_\_\_\_\_

Diagnosis (select all that apply): Pneumonia (clinical or radiologic)  Y  N Acute respiratory distress syndrome  Y  N  
 Concomitant conditions (check all that apply):  None  Unknown  Pregnancy  Diabetes  Cardiac disease  Hypertension  
 Chronic pulmonary disease  Chronic kidney disease  Chronic liver disease  Immunocompromised  Other, specify \_\_\_\_\_

Is/was the patient hospitalized?  Y  N Admitted to ICU?  Y  N  
 Intubated?  Y  N On ECMO?  Y  N Patient died?  Y  N

Does the patient have another diagnosis/etiology for their respiratory illness?  Y  N  Unknown

Respiratory diagnostic results

Test	Pos	Neg	Pending	Not done
Influenza rapid Ag <input type="checkbox"/> A <input type="checkbox"/> B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Influenza PCR <input type="checkbox"/> A <input type="checkbox"/> B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RSV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H. influenzae	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parainfluenza (1-4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adenovirus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Test	Pos	Neg	Pending	Not done
Chlamydia/Neisseria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coronavirus (OC43, 229E, HKU1, NL63)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A. pneumoniae	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C. pneumoniae	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other, specify _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Specimens for 2019-nCoV testing

Specimen type	Specimen ID	Date collected	Sent to CDC?
NP swab			<input type="checkbox"/>
OP swab			<input type="checkbox"/>
Sputum			<input type="checkbox"/>
BAC fluid			<input type="checkbox"/>
Tracheal aspirate			<input type="checkbox"/>

Specimen type	Specimen ID	Date collected	Sent to CDC?
Stool			<input type="checkbox"/>
Urine			<input type="checkbox"/>
Serum			<input type="checkbox"/>
Other, specify _____			<input type="checkbox"/>
Other, specify _____			<input type="checkbox"/>

\* For UNICEF reporters, use SARS2 or NITEL subject identifier.  
 \* Fever may not be present in some patients, such as those who are very young, elderly, immunosuppressed, or taking certain medications. Clinical judgment should be used to guide testing of patients in such situations.  
 \* Close contact is defined as: (a) being within approximately 6 feet (2 meters) or while the case or case close to for a prolonged period of time (e.g., healthcare personnel, household members) and not wearing recommended personal protective equipment (i.e., gloves, gowns, respirator, eye protection); or (b) having direct contact with saliva from another (e.g., being coughed on) while not wearing recommended personal protective equipment. Close to refers to the definition of close contact as defined for the time being, including situations such as walking by a person, are considered close contact and do not constitute close contact.

version 1.0 January 11, 2020

Then, like cattle, we were shoved into a line in the interior of the airport and the line led to a room where they were taking people's mucous with a swab up their nose to test for the virus.



Here we are on the bus to the quarantine site. We were told we would stay there anywhere from 4-8 days, depending upon how long it took them to read our test results.



This is a new facility for the Ministry of Health, not yet used, that the Chinese had built and is still being constructed. When Coronavirus hit, they decided to use it for one of their two quarantine sites for passengers coming in from the airport. The second quarantine site they closed down, as it was too far from the airport, so this is the only remaining site. They have another site at the University Training Hospital (UNZA) for truckers going in-out of Zambia, after they come through the borders they are quarantined each time; and a final site at Levy Mwanawasa Hospital (named after our third president of Zambia) for Coronavirus-positive passengers and other people here in Zambia who are positive with the virus.



They put us in the Labor/Maternity ward ;), then served us our meal upon arrival. We still had some leftover airplane food so that was fun.



The dinner was delicious. Zambians cook *n'shima* (white lumpy maize, their version of bread) with relish or *cisyu*: sauce, then the leafy green is called *rape* and these are white fish, fried. Cucumbers on the side. It was our first *n'shima* in eight months and we were elated.



View into the courtyard from our window.



Door to our room (above, left); Radi organized our bed so that we could share this one small hospital bed ;) (above, right). She is almost as large as me now. That night, I fell into a comatose sleep and woke up in the morning with the sun streaming in; we were back in Zambia, and it

was that kind of relief I imagine Dorothy had when she arrived home in the *Wizard of Oz*. I woke up *so happy* to be in Zambia and vowed that we would take whatever obstacle came our way ~ we were just so happy to be back.



This was what Radi woke up to: a man who came in the room to take our blood.



View from outside our door (above, left); the staff was horrified by how much we had made ourselves at home... and shocked when I told them we were having so much fun, we didn't care if we never left, as well that my kitchen in Ethiopia I had carried with me back to Zambia, and that I was washing all the produce in the sink then drying it on the floor (above, right).



They were impressed and shocked to see we had hand-washed our own laundry, and hung it around the room to dry. I told the staff all about SSAAP, and the Lead Doctor made a photocopy of our brochure, saying what a wonderful project it is for Zambians. Then I told him we were having so much fun, and that we would write a report to Zambian Ministry of Health

praising this quarantine and this facility, and that this was the best quarantine ever ;) I suspected the healthcare workers were told not to interact with the quarantined patients, because many of them seem nervous to interact with me. I also saw we seemed to be the only foreigners; the rest of the quarantined patients, as I caught glimpses of them through the windows of their rooms, were all Zambians. We were the only Westerners there – the others having gone to stay at expensive quarantine lodges. I think the Zambian staff were surprised we chose to go there. I told them we would be sad to leave, as it had been so healing.

We ate our breakfast at 8:30 a.m.; lunch at 12:30 p.m.; dinner at 6:30 p.m. The meals were healthy: vegetables, *n'shima*, white meat, fruit. I took a daily nap and felt deeply restored. This experience was nourishing for both Radi and I; we spent quality time together and watched movies, laid in bed together snuggling, worked tirelessly on long division (with remainders and with decimals), silently read. There was even a hot shower and so I have been bathed 2x/day and just letting the hot water ooze all over my scalp and my skin. It was immensely restorative and I knew I would remember it always as one of the most positive and special experiences of my life.



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## *Update on Nyinenyang Village, South Sudan [via Ethiopia]* *SSAAP Project Site*

I wish to add a section in our newsletter regarding the South Sudan (via Ethiopian border)-SSAAP project site. I have discussed this issue with numerous SSAAP supporters, but wanted to be very official in making sure I told everyone on our mailing list about the current situation with the site. After deliberated thought and discussion on this project site, SSAAP's Board of Directors –U.S.A., as well Heather and Radiance have decided this project site does not qualify for partnership with SSAAP for the various reasons:

1. *Mutual visions, shared heart, thus true support for one another in the daily challenges of working in rural village areas of Africa. SSAAP needs to have partnership with*

other organizations, whether locally-based with an equally-energetic work ethic and mutually-shared visions. Otherwise partnership is not sustainable and can even be damaging. We discovered at the Nyinenyang Project site (in southwest Ethiopia, approximately 20 minutes from the South Sudanese border) that SSAAP was willing to work harder and without equally-shared energy for the mission and vision of the project. Radiance and I spent most of our days waiting for meetings with our partner organization, or trying to absorb the pain from their broken promises. To say we were disappointed is an understatement; the journey from Addis Ababa, the capital city where we flew into Ethiopia, to the South Sudanese border is a 2-day journey, then another 4-5 hours from the town nearest to Nyinenyang Community: Gambella town. As one of SSAAP's Board Members stated, quite simply: "That's too much effort for you and Radiance to make, even just in getting there, for people to just waste your time while you are there."

2. *Trusted local partnerships are a necessity for sustainability of projects in rural Africa.* SSAAP needs to have partnership with other organizations which respect SSAAP's funding, its funding sources, and the limited resources that we have. The partner organization should, ideally, assist SSAAP in saving as much money as possible – rather than waste finances on things that the communities can provide. A perfect example of a partner organization that works to help SSAAP save funds rather than waste them is Grace Children's Foundation (GCF) in Sierra Leone. Taylor, my lead counterpart with GCF and National GCF Coordinator, is always working to minimize administrative costs for the project so that we have as much money as possible on the project in the villages itself. Our partners in Nyinenyang Community hired people to plow fields and cultivate land without SSAAP having seen the site prior to this (to add insult to injury, the site was less than 3 km outside of Nyinenyang Community and SSAAP never works with sites less than 10 km from town), without SSAAP's approval, and without any community meetings – then expected SSAAP to pay for the labor of the workers. When I refused – as SSAAP must have proper community entry in any village in order for a project to prosper in that respective community – my main counterpart called me a 'cheat' and a 'liar'; he even made threats to take me to the police or to court over this issue and that he would find a way to prevent us from leaving Ethiopia until he got 'his money'. I held strongly to SSAAP's policy, but vowed to myself – and promised my daughter – we would never again put ourselves or SSAAP in a position whereby people we thought we could trust and depend upon in a foreign nation would be the very people who would put us in harm's way. Life is too precious to be so risky –

especially if you consider that SSAAP's consciousness is centered around Love, and all things done in the name of Love. Thus, SSAAP has to Love Heather and Radiance as much as it Loves the people it serves! Without this piece, no success.



3. *Empower the most marginalized, vulnerable, destitute members of a society – not the country's government!:* SSAAP works with African governments in the following ways: through immigration issues/visas/work permits; through certification and documentation of the project with the government; through meetings with various members of government sects (i.e. meeting with Ministry of Agriculture representatives if the program is a water-based initiative; meeting with Ministry of Education representatives if the program is an educationally-based endeavor); through generally supporting the governments by assisting those in hard-to-reach areas. Thus, the governments of the African nations SSAAP is servicing are colleagues in this right – but to call them 'local partners' would be a misrepresentation or inaccurate. What SSAAP considers to be local partners are people who stay, day-to-day, with SSAAP, knowing the ins and outs of the project: its strengths, weaknesses, issues, target communities, etc. As the government resides hours or even days away from the hard-to-reach areas where SSAAP works, depending upon them to be our local partners would be a disservice to the local people. Most government officials found in the rural/remote areas do not come from these areas, as they are government employees and are moved around by the government at-will depending upon where they are most needed.

Another aspect of working with a government body as a partner to SSAAP poses the issue that as government workers in hard-to-reach areas that SSAAP serves are not local to the area; thus, their interests are for the government rather than the local people. As SSAAP's interest is *only* in the local people, we have found that when the government plays the partner role with SSAAP, this dis-empowers the local people. Government workers are educated, employed, and not local to the communities SSAAP serves; the local people think of government employees as a different genre than themselves and are typically intimidated by them due to their education, employment/wealth, and cannot relate to them. When this



dynamic occurs, the local people do not feel free *within the scope of a project designed only to serve them* and the project is then owned, more or less, by the government rather than the local people.

In SSAAP's setup, the decision-makers for the project are the very community members themselves: farmers, students, women artisans, headmen, headwomen, chiefs; we wouldn't have it any other way! When the village people are empowered and awoken to their own strength, intelligence, and capabilities, only then have we changed the face of Africa and the calamity of poverty. This is SSAAP's sole mission: *to empower the people of rural Africa*, and we cannot do this effectively if we form partnerships with those who intimidate the local beneficiaries of the project.

At our Nyinenyang Community project site, SSAAP's local partners were members of the agricultural sect of the government. Although they were locals to Nyinenyang Community (the centralized hut for multiple village areas, which also had a clinic) they did not represent the remote villages SSAAP works in. They were not advocates for the local people but rather people who wished for the communities to see that they had brought the project to them, and then sought to control the project – as was the case with the land cultivation example. With SSAAP projects, we do not pay project beneficiaries to cultivate their own land or to receive a borehole or to receive aid from SSAAP in any form. The only contracts SSAAP has made since its origin has been with well drillers in Zambia and well digging contractors in Sierra Leone, as well with artisans in both nations SSAAP employs to produce local artworks for our fundraisers in the U.S.A. as well for our partner organizations in the U.S.A. The idea of paying a local beneficiary to cultivate land prior to receiving a huge farming project from SSAAP is unheard of, as we do not pay beneficiaries to receive SSAAP's aid! Multiple beneficiaries ought to have been cultivating the land, first of all; second of all, they ought to have worked with SSAAP first and foremost to receiving any kind of aid through multiple community meetings; third of all, communities cultivating their own land in anticipation of a project from SSAAP ought to be the community's contribution (SSAAP requires 25% in-kind contribution to all its programs). When I explained this to the lead government counterpart in Nyinenyang, he did not understand in any way SSAAP's version of development, as well did not respect it. As his version of sustainable community development was not compatible with my own, and with much consideration between myself, my daughter, and SSAAP's Board of Directors-U.S.A., we

concluded that this project site would best be left for another development aid project to work with that has a different philosophy than SSAAP.

4. *Less red tape, more freedom:* I wished to work not only with agriculture projects, but also with the rural health center/clinic in Nyinenyang Community with the latrine projects as I mentioned in the newsletter: the open defecation, for me, was the greatest hindrance from true sustainable development. When I went to the rural health center/government clinic, I was told to talk to a director, then a permanent manager. Then I was told to go to the government headquarters in the center of Nyinenyang Community *to apply* to assist with latrines in remote communities. I wasn't sure I had heard correctly: that the funding organization needed to apply to the government to help their people in ways the government was not currently funding/assisting. I had never heard of anything like this before, and was unpleasantly surprised. And obviously SSAAP did not apply to the government to help the rural people with latrines in an effort to combat open defecation – but rather dreamed of being in a village or country whereby governmental red tape wasn't sealing out opportunities for the poorest, most marginalized members of their society.



5. *Happiness is my mantra.* We cannot be effective in any work – voluntary work, (such as parenting), or paid work (such as employment) – if we are unhappy. We are not thriving, or living at our highest light when we are unhappy. We indirectly cause others to suffer too, when we don't Love life: our colleagues, beloveds, spouses, children, employees. Such is the Nature of the interconnectedness of the human spirit. I realized that during the time frame SSAAP was at the Nyinenyang Community project site (March 28-April 26, 2020) how little I laughed and how dulled my spirit had become. Radiance and I had traveled such a distance, gone out of our way when we could have gone straight from Sierra Leone to Zambia during the global pandemic, and no one seemed to use the opportunity of our presence to work with us or keep their promises to

commitments they had made to meeting with us. Once we got to the city (Addis Ababa) just a few days before flying out, I saw how tired and sad I looked, and the wrinkles seemed to deepen upon my face and there were frown lines around my mouth. It made me sad to see myself so haggard. I realized then that honoring my happiness – as well Radiance's – is as important as bringing a community water, or ensuring that we eat or sleep well. Happiness is a vital need – right up there with thirst and hunger. Without it, we are the walking dead – in a comatose purgatory where we are neither alive or dead. I can think only of a site visit with Taylor in Sierra Leone, hanging off the back of a motorbike on some jungle village pathway, calling out to me not to let the community forget to sign our 'Community Agreement' form just as he almost gets slapped in the face by the hand of a palm tree, and smile instantaneously. I have only to think for a fleeting second about the Office Hours in Zambia and people pushing each other to try to get further ahead in the line to meet with me to talk about the project and how they can apply for a loan or to be sponsored to school, and smile while tears of joy simultaneously prick the corners of my eyes. *That is what this kind of work is about.* I work tirelessly, with every cell of my body, on this project ~ and happiness is my salary. I am truly happy in Sierra Leone – despite the sweltering heat or the conduct of the hot-headed Sierra Leoneans waiting to tell me off in Krio!; I Love Sierra Leone. And Zambia – well, my Love for this nation will be evident as you read through this Zambia Edition XXX SSAAP Newsletter. I don't have words for how much I Love Zambia: the peacefulness of the people, the strength of the people we stay with in Simwatachela Chiefdom, how happy we are to have a simple life in the village. We must protect and honor, as well nurture, our happiness in Africa or else we cannot handle the intensity that Africa is. I realized that the Nyinenyang Community site partner(s) had not respected my daughter and me as human beings, but rather as dollars. There was no concern for us being foreigners in the village in the midst of the Coronavirus, or how we would safely get home to Zambia. I can safely say that the family we stayed with on the compound where our hut was we miss, as well a friend we made in Nyinenyang Community; otherwise, we felt no Love from the people there. Living without Love over a prolonged period of time damages various parts of ourselves: our health, our energy level, the effectiveness of our work, the health of our families – but certainly our work as the entire reason we had come to Nyinenyang Community to serve was born from Love – but the Love wasn't reciprocated to us.

I told Radiance: “Life is just too short for this. We will find a third project site that is as great as Zambia and Sierra Leone – where we Love the people and they reciprocate the Love. But we won’t find that here in Nyinenyang – not while our main counterpart is calling me a liar and a cheat and threatening to take me to the police to get ‘his funds’.”

6. *If you cannot trust someone/something during an emergency, then you cannot trust them at all.* Ethiopia was probably one of the worst places on the globe we could have been during the crux of the outbreak; had I known, I would have worked with the airline while we were in-transit from Freetown, Sierra Leone to Addis Ababa, Ethiopia in Nairobi, Kenya and insisted we fly straight from Nairobi to Lusaka, Zambia – as the ticket I originally purchased was: Freetown-Nairobi-Addis Ababa-Lusaka. I should have known better. To say we saw an animal/fear-based side of humanity is putting it politely; literally, save one man who I am still convinced is an angel who helped us from Nyinenyang Community all the way back to Addis Ababa then to the airport for our flight, the majority of the people were disgusted to have us in their nation, convinced that as foreigners we were carriers of the virus and would infect them. We experienced hatred and cruelty both in Ethiopia as well in the South Sudan border site: people calling us names, throwing things at us, spitting at us, refusing to allow us to enter their shops or purchase from their shops, people glaring/whispering/shouting at us in public. It was horrific and shed light on the way that this particular nation perceives foreigners during a time of emergency – instead of helping them, they are stigmatized; if we had gotten sick with the virus, how would we have been treated? I don’t even want to think about it. I don’t believe Love should be conditional: in any situation, in any relationship, in any context. And if foreigners are Loved in Ethiopia when things are ‘normal’ and the foreigners are bringing wealth and money and hand-outs to a country but when the going gets tough and the whole world is faced with this pandemic, the first people who are treated badly are the same foreigners who have helped the nation, then it is time for Heather and Radiance to leave. And I don’t even have bad stories – not compared to much I heard about the Chinese residents in Addis Ababa, Ethiopia. I heard many things – and potentially these things are just rumors – but that many of the Chinese were not only stigmatized but abused: physically and emotionally, and were assaulted by local people. Again, I don’t know how much of this is true, but what I do know is that a lot of short-sightedness exists in minds of those who have not developed their hearts accordingly, and because the virus began in China, the Chinese were stigmatized

more than any other group of foreigners living in Ethiopia. It is all very sad to report, and again – this could have just been hearsay; I can only report as fact what happened to Radiance and I. It was one of the hardest periods of our lives – much worse than when we were in Sierra Leone during its Ebola Outbreak from February – July 2014. Even during the Ebola Outbreak in West Africa we were never *ever* treated this way; if anything, the Sierra Leoneans wanted to protect us from getting sick with *EBOV* (Ebola virus) and were more worried about us than they were about themselves. I wish I could say that Ethiopians had treated us as nobly; I cannot. During the time of COVID, when we should all have been coming together as a human oneness, we were discriminated against, stigmatized, and treated inhumanly.



We have decided that this past South Sudan border/Ethiopia experience is part of our lifelong learning in our World School and that we can be just as grateful for the unpleasant experiences we have had as the pleasant ones; if anything, suffering brings us to a higher space inside ourselves but only when we can have a breakthrough from its pain – rather than a breakdown. Both are possible, but it's more a matter of our consciousness and whether or not we allow pain to break us or shape us.

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### *Vision for SSAAP's Third Project Site*

I have been longing for a third project site for some time; SSAAP has enough resources that we can share with three parts of Africa – but no more than three sites. And I have enough energy

that I can organize three programs in three parts of Africa – but not four! While I have enough work with just the two project sites in Sierra Leone and Zambia, I know I can do more.

I have always wanted to work in the Sudan, long before it was even divided into South Sudan and North Sudan. I have numerous friends in the U.S.A. who are Sudanese, who have shown me photos of the pyramids in Sudan that are not well-known, or photos of Khartoum: where the Blue Nile from Ethiopia meets the White Nile from Egypt, or photos of the dry deserts where there are various villages located and the people are literally starving for water. In fact, my paternal grandmother used to talk to me about the Sudan – maybe this is where I got the idea, from my childhood! Anyhow, I was \*hoping\* the South Sudan border (via Ethiopia) project site would quench my thirst for the Sudan, but now that I cannot guarantee we will ever return to that part of Africa, the Universe opened up a different door for SSAAP.



We made a Sudanese friend in September 2019 in-transit between Zambia and Sierra Leone on an extended layover on our *Royal Air Maroc* plane ticket to Cairo, Egypt – and one day just before closing Radiance and I met a Sudanese man just next to Sphinx. We got to talking and I told him about SSAAP. He was eager and enthused, telling me he knew of some Sudanese villages around the Egyptian/Sudanese border that needed a water well. I asked him if drilling for water on the great Sahara was even possible and he told me it was – moreover, that one water well costs, in Sudanese currency equivalent, no more than \$1000 USD. Then I explained to him that as a U.S. passport holder, getting a visa to visit Sudan is so difficult; I have been trying since I made my first Sudanese friend from Khartoum in 2010 when Radiance was an infant at Victoria Falls in Zambia. I explained to him that SSAAP working in the Sudan was too good to be true!, and gave him my business card. The man has called me everywhere I have been since: in Sierra Leone, in Ethiopia, in Zambia. He is persistent and serious about these water wells. We spoke two weeks ago and he asked me if after the virus Radiance and I would travel to the Sudan where he had already boasted about our project and many, many people were enthused.

I reminded him about the issue of the visa, to which he replied: “That’s taken care of.”

I was flabbergasted. “What?”

“Don’t worry,” he said, “I have already sorted it out. I organized your visa already – also for your little girl. The next time you visit Egypt, we will meet at the Sphinx again and travel together on the train to the South of Egypt [called ‘Upper Egypt’ as the Nile runs south to north] and I will help you with the visa when we reach the land border of Egypt and the Sudan, and help you enter. Then we can travel to the villages I have already informed about your project – there are about twelve, so far.”

So, the next time we travel to Sierra Leone, we will travel on *Royal Air Maroc* (which is not only the worst airline I have ever used but is also the cheapest way to move from Zambia to Sierra Leone) which has layovers in both Cairo and Casablanca, and we will have another extended layover, this time hopefully for three months, conducting an initial site visit in the northern region of the Sudan by visiting these twelve villages – as well hopefully meeting with some well drilling companies, as I am still not convinced that drilling for water in the Sahara would actually work! Anyhow, I am elated by the dream of the third and final project site for SSAAP to be located in the Sudan.



Moreover, the meeting place – outside the Sphinx – couldn’t be better! It will be so nice when the threat of the virus diminishes and we are free to move around the world again – all of us. The limitations the virus has placed on every world citizen’s life has been a learning curve for each and every one of us, to say the least ☺



### *Shedding Light: Urban vs. Rural Africa*

This is quite overdue, as I ought to have explained all of this long ago and apologize for my decade-long delay in doing so, as this is the source of great confusion between people who have not traveled to Africa; whenever people tell me that they have visited or stayed in Africa, my first question is always: “*Where in Africa?*” followed by my next question: “*Did you stay in town or in the village?*” The second question is just as important as the first, if not more imperative.

My Peace Corps boyfriend (2004-2006) used to tell me that when he left his village and went to town or to the city, each and every time he experienced culture shock. He was very sensitive, a feminine-minded male, and quite perceptive of people and his feelings. He said that the city and the village in Zambia were essentially like two different nations.



To follow is a small chart I made with the help of my daughter: Radiance and my African father: Gibson. I apologize if it is too generalized, but I wanted to present some kind of a scope for those who have never traveled to Africa, or specifically the SSAAP countries of Zambia and Sierra Leone – as it is difficult to generalize the whole of Africa.





## *Village Versus Urban Africa*

### *Village*

Traditional / tribal

Use of no technology or solar technology

Leadership roles through traditional leaders such as chief, headman, etc.

Use of local/tribal language

Large majority without phones

Grow their food

Informally-educated through hands-on

### *Town/Capital City*

Western

Use of electricity or solar technology (but uncommon)

Government leadership

Use of National or European language the country was colonized with (i.e. French, English, Portuguese, Afrikaans [mixture of Bantu and Dutch]) or language that unites the diverse tribes of the nation together (in Zambia: Nyanja; in Sierra Leone: Krio)

Difficult to find anyone without phone

Buy their food

Formally-educated in schools, universities, institutes, etc.

Typically use bartering as a form of currency (people are cash-poor; wealth [their 'bank'] found in forms of staple crops [Zambia: maize; Sierra Leone: rice] or animals [cattle, goats, sheep, pigs, chickens, guinea fowl])

Use cash currency

Houses built from local, indigenous materials

Houses built from imported or purchased materials

Traditional law applies

Western/formal law applies

Time represented by positions of sun/moon

Time represented by clock

Cook over open fire

Cook with brazier and charcoal or electric stove top

Utilize traditional/herbal medicine through use of traditional healer ("medicine man"); allopathic medicines used but not as common

Use of allopathic medicine



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Of course, the previous chart is filled with vast generalizations – but I think this is important to clearly show the differences between the two ‘worlds’ in Africa – specifically because many Americans have never traveled to Africa. For example, the best medicine man I have ever worked with resides in the town of Port Loko, Sierra Leone (I included him in one of my recent newsletters! – he is incredible!) so I cannot state that there are no medicine men using traditional medical approaches in the towns or cities of Africa, as I have been the patient for a very competent medicine man in urban Port Loko. The chart doesn’t encapsulate every situation, as it is meant to provide a general direction only for those who have never visited Africa, so kindly take it with a grain of salt! As well, there are sometimes areas that are ‘in-between’ town and village, say small developments with houses that have grass roofs on the paved road, that sell local vegetables to vehicles passing by, that are not part of a formal ‘town’

or 'village' that in the U.S. we would classify as peri-urban. These areas would fall into the chart half-half, just an approximation.

I have had numerous visitors come to Zambia and fly into large urbanized scenarios such as Livingstone or Lusaka, and as we drove from the airport to the guest house, feel their hearts sink with sadness, passing the strip malls or seeing the familiar logos for the South African or Western chains we all know so well: *Pizza Hut, Woolworth's, Subway, Shoprite, Spar, Pick-n-Pay, Hungry Lion, DHL*, just to name a few. "I thought I was going to the village," the visitor says, thinking that with all the Western chains in the town or the city that there was no way that the world I have presented in all of my newsletters could also exist – *here!* "Just give me a few days," I tell the visitor, "and you will be so far deep into the village you will have forgotten what day it is – and that's one thing SSAAP can *promise* you." ☺ Just as a side-note, this is the \*excuse\* I always use when Radiance and I seem 'out of it' or not kept up with the modern times (although I always do my best to do so) when we are in the U.S. or even in the towns or city: "We live in a village in Africa – please, give us some latitude here."

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### *SSAAP-Zambia Microloan Program*



... far and away SSAAP-Zambia's pride and joy, our greatest success story. This project has been the bulk of SSAAP's work since our return to the village on May 24, 2020.



The Loan Program process began on June 2, 2020 when people repaid their loans from either June 2019 or September 2019 before we left for Sierra Leone.





The success rate on loan return was almost 100%! SSAAP's policy is that loans are always due back on a Tuesday (SSAAP Office Hours day). The person has a few 'buffer days' between Tuesday and the following Monday when the first 10% interest (*'kuyuungiiziizya'*: 'interest' in ciTonga) is charged. That whole first week the interest is 10% of the total loan. The following week, another 10% is assessed.



A great deal of people were late, and SSAAP held steadfast to its policy of 10%/weekly late charge on the loans. We excepted the rule for only two people: our headman (*'Sibbuku'*) who is very ill and cannot walk, and a lady named Regina who stays very far away and also cannot walk. Otherwise, everyone else followed our policy. SSAAP used the interest from late loans to

generate more loans, and the people learned never to be late again as the interest policy is real – and costly for them!



The people came in numbers to return their loans. There is only one man who hasn't paid back his loan, as of today (July 22, 2020) and as the loan was due on June 2, 2020, his interest is 7 weeks late and his loan was for 200 Kwacha, the interest to-date is 140 Kwacha. I have spoken to him on the telephone multiple times and he promises to return the loan 'juunza' – meaning 'tomorrow' the last four times I have talked to him; the local *Neighborhood Watch* (village's version of police) knows about the issue and even the headman of his particular village, Simoono Village, knows he owes the project money. Otherwise every single loan from 2019 has been returned!



Other than the late fee (interest) charged on these loans, there is no fee for the loans and they are interest-free [unless they are late]. Gibson, my African father, had the idea of the late penalty as the 10% weekly interest charge stating he "...know(s) his own people and without some kind of penalty they will surely return the loans late as Africans do not have the same concept of time as Westerners." ;)



Even the returning of the loans had to be organized systematically as there were so many people returning loans, we didn't want to lose our order of who had paid and who still owed.



As I know most of these people personally and they are very, very precious to me, I cannot reiterate enough how much this project means to me. It provides means to support people's creative endeavors as well supplements their daily lives and SSAAP loses nothing monetarily on this project. The money just circulates in a Loan Pool and the greater the Loan Pool the more loans we can give out, but SSAAP has not lost money on this project, and the interest generated from a few late loans (probably totaling less than \$10 USD) simply goes back into the Loan Pool to help more people by giving out additional loans! As for the one man who still owes SSAAP (he is a carpenter) I am sure he will pay it back as the justice system in the village is that of peer pressure/social pressure and in the end works more effectively than the police force does in urban Africa. The simple terms I explained it to them in: "Within the loan you pay back to SSAAP now comes your next loan, as well someone else's loan. Help yourself and help your community – pay it back." So I can honestly claim that getting back 99.9% of these loans from September 2019 has been completely painless – and within the context of the vast poverty of Africa, that is saying a lot!



Upon returning their loans, they sign a clause written by my hand on the back of their form stating they returned the money on the date they returned it, followed by their signature or in many cases: their thumbprint. This protects them, I explain to the groups, that in the future if I go crazy (!!!) and forget that they have returned their money, they have proof that their loan was indeed returned and they can hold it against me for having lost my mind ;)





Kindly note that not only have all the individuals mentioned in this section of the newsletter given SSAAP permission to use their stories, but also *requested* that I tell all of our supporters about them! They want you to know how much you have impacted their lives, so I am the courier for their message and reiterate their voices to you.







These people leave the compound happy. They pay back the loan, and I give them a date the week following to come and pick up their new loan for double the amount. It truly makes them elated ;)



Moreover, and oddly enough, the Loan Program too acts sometimes as a platform in which people can share their problems, their needs, talk about issues in their lives and maybe even SSAAP can offer some sort of resolution, or way of assistance they had not thought of. It's truly remarkable and I am more thankful for SSAAP's Loan Program than any other project SSAAP

has to offer, save the water wells. I can see changes with my own eyes. I can see people sincerely progressing in their lives – and this makes all the difference.



This is Grace Lungu, pictured above. She had never been given a loan prior and had submitted not one, but two applications for loans: one in 2017 and one in 2019. Her application had gotten lost, and as this was either my fault or Gibson’s fault, SSAAP took responsibility and promised her a June 2020 loan. She left the compound very happy; remember her for later. She runs a scone business, walks around selling scones and has been hoping for a loan to assist her for some time. Since her baby was born she stopped her business, due to complications with the baby’s birth she had to use her money on the clinic visit, so has no capital to begin her scone business again.



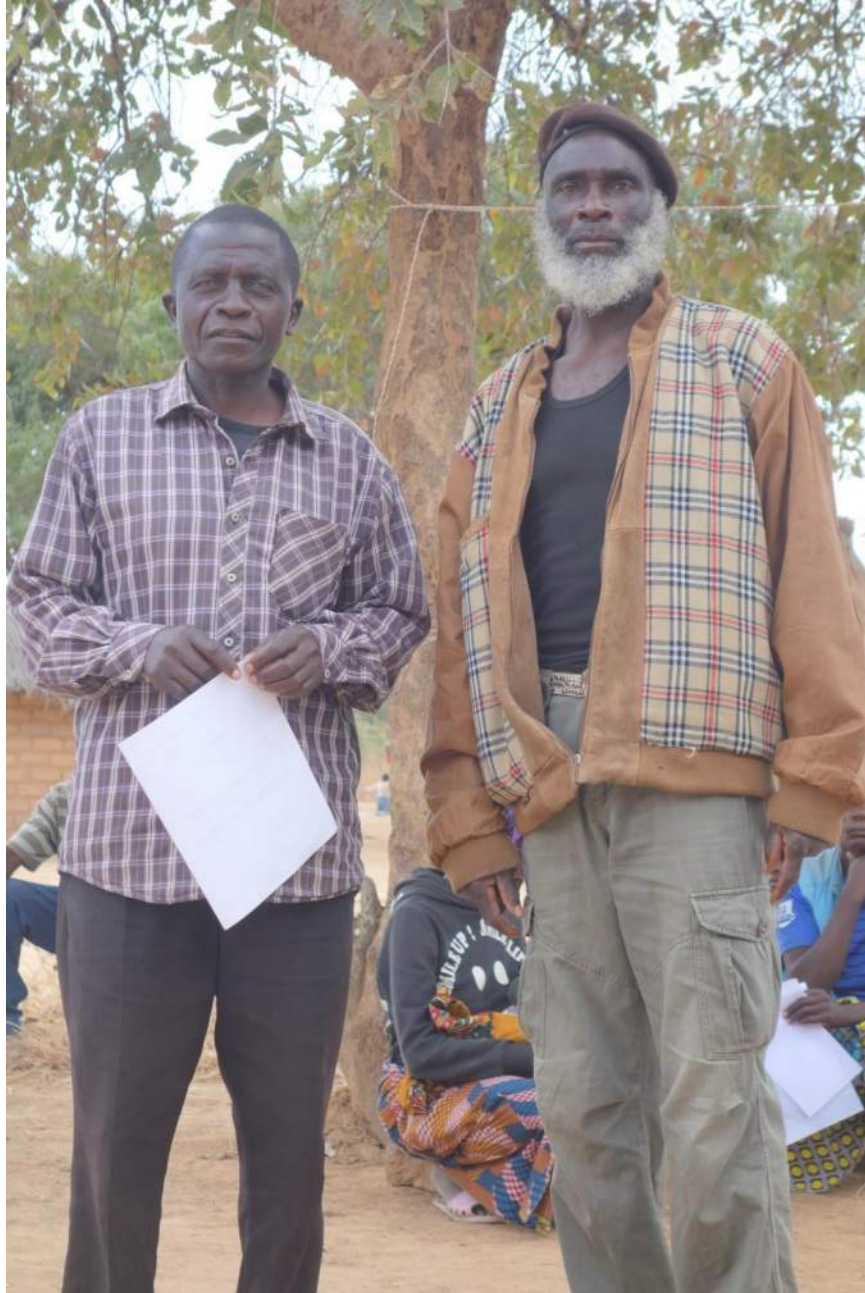
Safe to say that the Loan Program brings out the best in people here – not to mention it makes them so happy to be able to pay it back, to take that responsibility and initiative, and to be promised further assistance. This is truly a remarkable program every way you slice and dice it.



The people in Village-Africa, as I call it ;), are very real. Their problems are real, their Love is real, their goodness is real – as is the promise they hold to uplift the entire society *when resources are provided to them as well entrusted to them*. SSAAP believes in the potential of rural, village Africa.



Matthews Siamyukabe is handicapped and moves around on the back of a bicycle; his grandchildren cycle and he rides on the back. He is returning a K400 loan which will be replaced by a K800.



These men are newcomers; they live an 8-9 kilometer distance from the SSAAP Office and heard rumor about SSAAP's Loan Program. I promised them a June 2020 loan, touched by their perseverance. The man on the left is called Ben and the man on the right with the long white beard is called Smart Falls, named after Victoria Falls where he was born.

Smart Falls impressed me as being an old world ancient African chief: his presence stirring. He intimidated me with his intensity – and as I am usually the one who intimidates people with her intensity (unintentionally), it was refreshing to find someone more intense than I. ☺



People wear their best clothing, their church clothes, to come talk to me and meet me in my Office and this has been very humbling for me as well – that people take the Office and SSAAP so seriously. For that reason I am working to brush-up on my Tonga skills so that we have a stronger common ground.

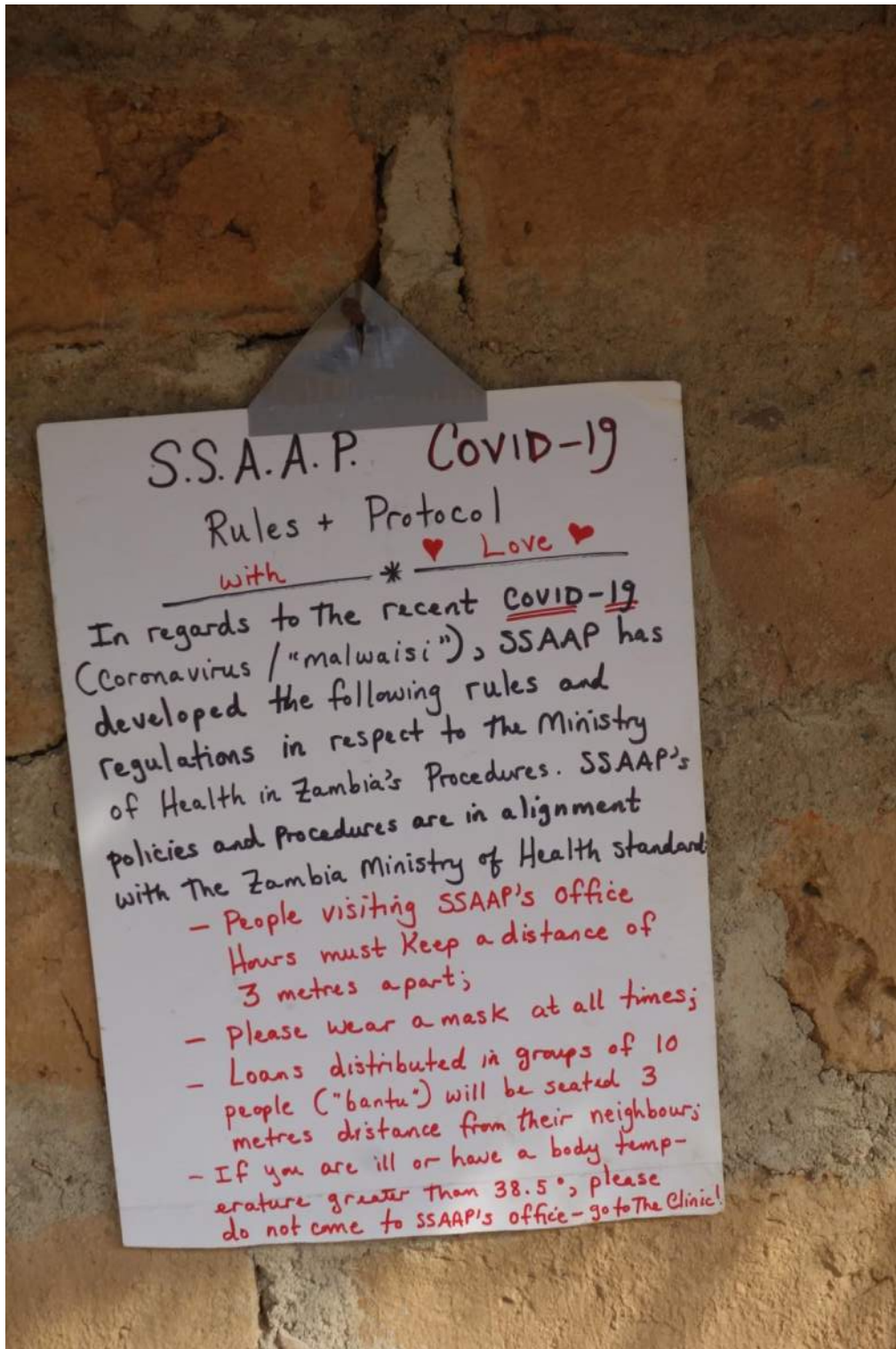


This group of people, who I had already explained we would assist in January 2021 with a loan at 11:00 in the morning, still at 16:00 in the afternoon refused to leave. I firmly explained that I had spent hours – days! – counting out the money that was returned with the money that we would re-distribute in June 2020, and that we had over-exhausted the Loan Pool as it was. I *promised* them a January 2021 loan. I felt so badly but it was their lesson in learning that funds are limited and they will have to exercise patience in receiving a loan just as so many others in line prior to them already had.



Edina Sioni, our personal tailor and one of my favorite women in the village, returned her K400 loan in small change; she will be eligible for a K800 loan a week later and as her husband is a drunkard/beats her and she comes to my house sometimes with black eyes, she uses these loans to feed her children while her husband drinks up all the family's other resources. Her loans are secret; she doesn't want her husband to know she has them as he will steal the money from her to drink beer, and therefore I help Edina on off-hours (non-Office Hours days): Monday, Wednesday or Friday. I adore Edina; she is a few years younger than me but her difficult life has weighed a heavy toll on her. Her 14-year old daughter is currently pregnant and she has a few other grandchildren as well.





And then, a week following, the madness hit: time to re-distribute the new loans. Prior to doing so, I posted the above sign on our Office wall so that people would understand they needed to keep safe distances from one another.



I specifically wrote the sign in English, rather than in ciTonga, as to be extremely specific with the people. There are a few English-speakers in the village, such as this man who works at the clinic, and I knew he would translate to the others better than I could. When I need to be very, very clear about a certain issue or point, I am sure to always use English in order to express myself most efficiently.



The Saturday before the loans were given out on Tuesday, this man: Samson Kayoba, came rushing to our house on his bicycle. He stays approximately 2 hours away and I know his older brother Justin well as I worked with him while I was a Peace Corps Volunteer. Samson's wealth was in his goats (he had about 60 goats) – the Tonga tribe is known for keeping animals (goats, cattle, sheep, chickens, guinea fowls) and their wealth is invested in their animals: like a bank. Unfortunately, Samson was on his way to take his goats to get vaccinated and the vehicle was

overturned, killing 98% of his animals. He was nearly in tears telling me the story, and asked me for a loan. I told him the initial loan of K200 is very small, but that we could help him even though I had closed the application process: I could make an exception for him. He was very, very pleased.



The night before the first day of loan distribution Radi cooked us this meal: beans, rice, green beans, and a few chutneys and pickle relishes we picked up in town. She knew I needed a hearty meal the night before the masses came to collect their loans to keep my energy up as this would be very draining – not only to have so many people come but also to organize the distribution process effectively. And it was difficult – even more so than I had anticipated. People who heard that loans were being distributed came in numbers – people I had never seen before in my life, hundreds of people, people I hadn't promised anything who had to be turned away.



At 07:00 the following morning I opened our door and found all these people outside waiting on our compound, most of them camped out on the cold, hard ground (it is the winter here in Zambia; winter months are exactly opposite U.S.A.'s so our winter here is May-August). I told them the Office was closed and to wait somewhere that was not our compound until 10:00. Africa has taught me about respectful boundaries more than probably any other life experiences I have had.



The Loan Program was out of control all of June. Our Office Hours in June were long, and hard. I could even go to bed without eating all day because I had no energy to start a fire and cook unless Radi cooked for us. The Loan Program is the most well-known and popular of all

SSAAP-Zambia's projects and people come far and wide (some a distance of 4 hours on foot!!!) for a loan of K200, K400, K800, K1600, K3200, K6400... growing exponentially. I gave out two loans of K3200 this year but most of the loans were in the amount of K400 or K800. Thus, we have those two up for K6400 in January 2021 and as long as they pay them back, SSAAP will keep raising the loans accordingly. ☺

We were able to provide more loans this year for two reasons: (1.) I increased our Loan Pool; (2) although terrible inflation had hit Zambia since I left in September 2019 (10 Kwacha = \$1 USD in September 2019; 18 Kwacha = \$1 USD in May 2020), I did not inflate the amount of the loans *as there is no inflation or deflation in the village*. The same pile of tomatoes that cost K3 in 2014 still costs K3 in 2020. The inflation and deflation hits those of us from the village only when we travel to town. ☺ Such is the beauty of the village – it is so isolated from town: two different worlds, really.





Gibson is in the white jacket and helped me organize the chaos of the Office, and Radiance helped me pass out the loans as part of her homeschool (helping her learn to count money, take responsibility, answer people's questions, and humble herself).

We made a system:

- Selena (Gibson's wife) has all the old applications from previous years. When people come to the Office Hours stating they turned in an old application, she helps them hunt through all the old applications to 'reclaim' theirs: indicating they are still interested and we put them in the January 2021 pile.
- During non-Office Hours, Gibson helps SSAAP by screening the applications, as he knows the people much more deeply than I do. We eliminate applications for husbands or wives of people we have already given loans to (SSAAP's policy is one loan per marriage); beer-drinkers who are so addicted to drinking that they cannot work and therefore cannot pay back the loan; youths under age 20 who have no income-generation activity to repay the loan; people that we do not know who are likely to take the money and never return; known thieves in the village.
- Gibson moves around his compound, located behind SSAAP's, with the forms (as shown above) and puts people into groups of 10-15 people, then sends them over to SSAAP's compound as soon as I am done with giving to a group.
- Heather writes on each person's form: (1.) what their assets are, in the event they cannot pay back the loan; the assets are usually: goats, chickens, a plow, a solar panel, a blanket, or a bicycle ;) (2.) the date that the loan must be paid back [duration of either 3, 6, 9 or 12 months]; (3.) the date the interest begins and indicating the 10% weekly amount for the loan; (4.) a place for them to sign their name either through written signature or thumbprint, agreeing to the Terms and Conditions of the loan. If the person cannot read, I make a point of reading it to them (in ciTonga) so that they know what they are signing. (5.) I pass out the loan, count it twice.
- Radiance keeps the brazier burning and heats bath water for me to bath during the Office Hours break (13:00-15:00); she makes me coffee or tea before the Office opens, and lunch for the break. She also hands out the money when she is free 😊



There doesn't seem to be a good way to adequately or appropriately capture the mass volumes of people who arrive.









Sometimes the people wait at the Office for the whole day, or for hours and hours: even up to 8 hours.



The loans were given out long into the night! Some of the people, having walked for 4+ hours, I did not want to have to ask to return another day, so we just worked until 21:00-22:00. The

biggest problem wasn't the time (I am a Night Owl) but rather the cold: it is our winter here and it is so cold that you can see your breath; as well the houses are built with zero insulation.



The Microloan Program to Zambia is as the Well Program is to Sierra Leone: the projects that make SSAAP well-known to the local people in surrounding areas, and the projects that make me work hardest and stretch my brain to its fullest capacity.



I have this feeling that Love just sits at our doorstep patiently waiting for us to open the door to our hearts to let it inside. The Microloan Program has helped a lot of Love flow through my veins ;), unclogging a tremendous amount of my blockages.



My great thanks goes to the SSAAP office for its effort to serve the different ~~various~~ communities around, over the issue of providing the minimum funds. This will lead me to start business of tomatoes and cabbage, selling them at the nearest local business centre Mapatiza. This will make my family to be on good standard of living. Besides to my side, this office helps also to the various communities to reach on extent of improved standard of living and also it help the government on terms of boosting citizen's needs in the country.

Yours faithful  
TALLEN MUKALANGA

Various letters or reports from grateful Microloan recipients.

June 02/06/20

The Director  
Miss Heather Cummins  
02/06/20

REF: THANKING FOR A SOFT LOAN

With reference stated from the above subject would like to thank your organisation for the giving us a soft loan which has improved our life style. We managed to order Cabbage through the amount we had loaned and made a profit of K50 on top of it which led us to buy a female goat which has offered us two offsprings which will improve our standard of living. Looking forward for a second chance of getting another soft loan. Thank you so much God Continue blessing you

Yours Faith Fully  
Stakambola Emmanuel  
& family

In a nutshell, the Microloan Project for SSAAP offers people who have little to no opportunities an opportunity. These people are at the bottom of the barrel, and opportunities for them come along about as often as Halley's Comet.



Our tangible, measurable results are as follows:

In June 2020, SSAAP provided the following loans:

- 28 Cycle #1 loans @ K200 = K5600
- 48 Cycle #2 loans @ K400 = K19,200
- 36 Cycle #3 loans @ K800 = K28,800
- 5 Cycle #4 loans @ K1600 = K8000
- 2 Cycle #5 loans @ K3200 = K6400

Total Kwacha given: K68,000

In USD, approximately: \$3,778 (using the rate of 18 Kwacha = \$1 USD)

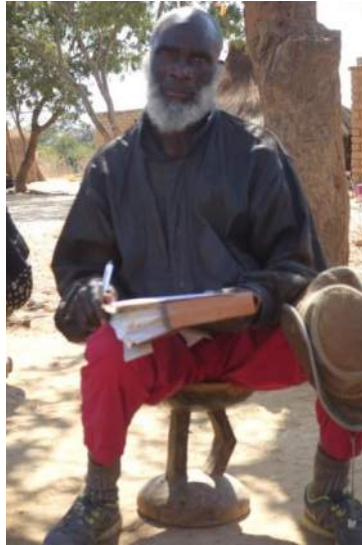
The best part is that most of this Loan Program has been designed by its donors in the States! Working hand-in-hand with SSAAP supporters not based in Africa is essential to the success of all our projects here; this work is about making everyone's dreams come true: the supporters and the Africans, alike. It is visionary, Love-based work we are doing here ☺

\*

The woman pictured below, whose name I cannot remember off the top of my head (all my notes from the Loan Program I left at home in the village) came to me a few days before I gave her her loan. Her son had just finished college and she owed the school K1,400. Her husband had recently died as well, leaving her a widow. She was so disappointed when I told her the first loan, Cycle #1, was only K200. I asked her again: "How much do you owe the school?" She said: "One thousand four hundred Kwacha."

I did the mathematics in front of her, in my head. "Okay. So I give you a loan next week Tuesday of K200: a Cycle #1 loan. You pay it back on September 3, 2020. I give you another loan, Cycle #2, on September 10, 2020 of K400. You return it on January 5, 2021, and I give you a Cycle #3 loan of K800. What does that add up to? Hold on a second...  $200+400+800 = 1400$ . Oh yay! Yay! It works out! Go to the college and tell them you will pay them back on January 6, 2021. Yay!" And I used ciTonga so it wasn't quite so 'excited' !!!, because Tonga is a fairly non-emotional language, but she got the gist ;) So this worked out *perfectly* for this mother, whose name I forget ;)





Smart Falls was part of the last group I gave loans to – at the very end, and I just had to close the program or else Radi and I wouldn't have enough money for food or an emergency until our next trip to town.



This group was more appreciative than all the other groups put together – because I had basically closed the program and reopened it for them; each of them had a separate 'emergency' issue and it just felt really good to help them. Because I could! That's the best feeling in the Universe ;)







That was my favorite Office Hours day of all ☺



Meet Prisca Njebe. She was the last person I gave a loan to – almost three weeks after the rest of the groups. As you can see the compound on the Office Hours is significantly deserted after everyone has their loans. Prisca’s husband just died about two months ago only, fell off his motorbike on the horrible road leading up to our house; she has 5 children and no idea of how she will take care of them. She started a chicken-rearing project on her own but hasn’t enough capital to really buy enough birds to make a profit. As the Loan Program was closed three weeks back, she came to me knowing our loans were completed. I decided I would help her anyway. Unbridled and vulnerable, she cried with relief in front of me.

That’s how much it matters! That’s how much it helps. I don’t have words – but I have this photo. It matters to people *this much* in the village if they get a K20 loan. Totally stranded was

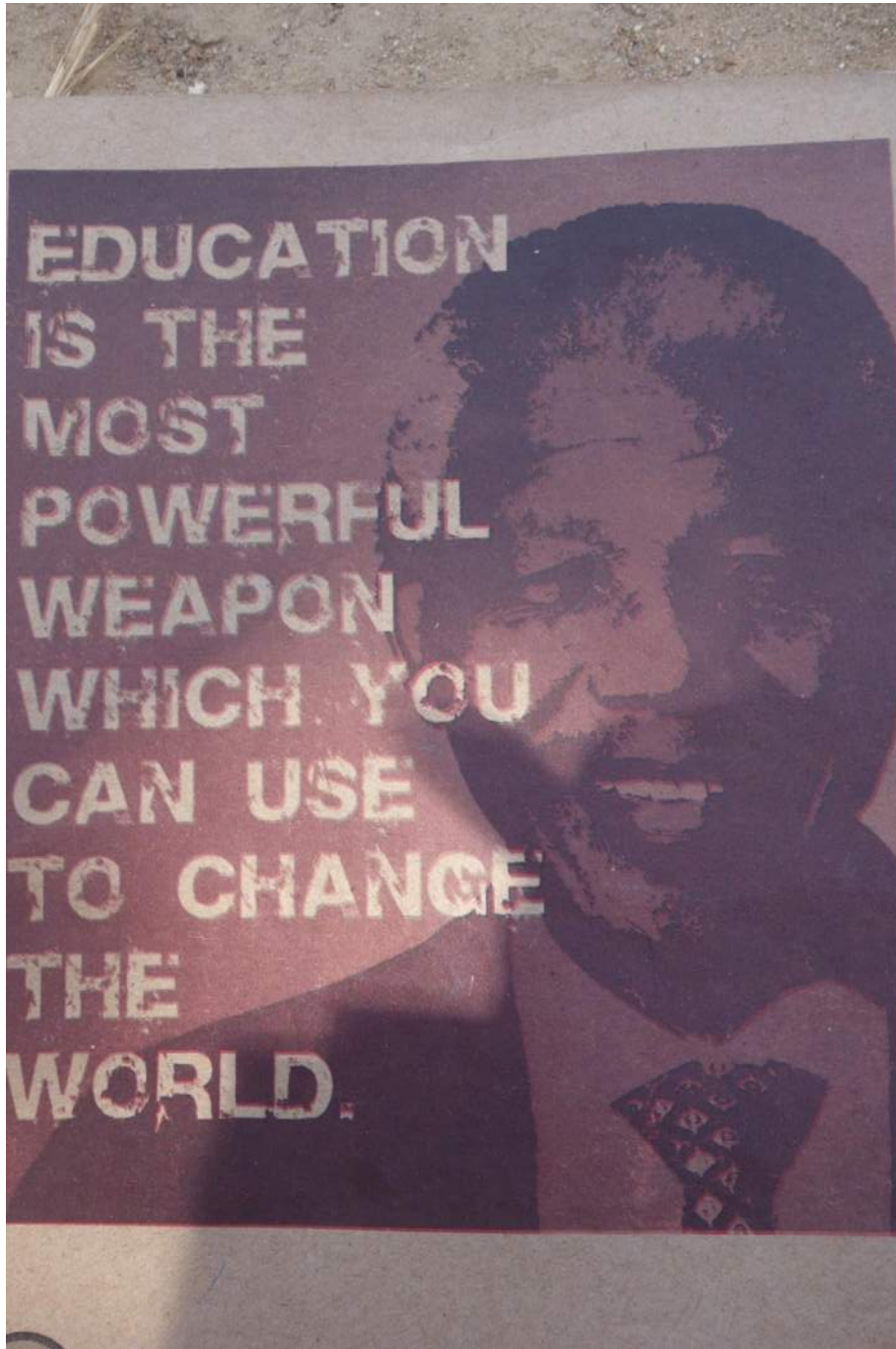
Prisca, and the program gave her hope, it gave her help, and it gave her the feeling she wasn't alone! What the Microloan Project is doing in Simwatachela is impactful and meaningful on infinite realms, so thank you – thank you, *thank you*.



I asked you not to forget Grace Lungu! That's because here she is once more: her scone-making business up and running again, thanks to her loan! She sells each scone for K1 and was just so happy, glowing, the day she came to our house to show us how the microloan had helped her.



## G-MAP Program: SSAAP-Zambia's Adult Education Program



Like the Microloan Program, this program too has been designed by its very donors in the U.S.A. The program is designed for women who are age 35 and above to return back to school, grades 1-7. It is respectfully named to honor its donors, the acronym representing the names of their family members. ☺

SSAAP will be working with *Jokwe Basic School*, which is on the main [bumpy and vomit-inducing] road from Kalomo town (town nearest to us) to our village; Jokwe Basic School is under Zambia's Ministry of Education (the head teachers are paid by the government and the textbooks are distributed by the government) approximately 2.5 km from our home and SSAAP's Headquarters, which is nestled deep into the village off all the main roads as you have seen in the photography content of this newsletter.

SSAAP has been working extensively with the two Head-teachers and the Headmaster from Jokwe Basic School to ensure the program is well-organized prior to its commencement.



The program is open to women only. At this time, no men can apply. In the future, if the program is open to men, the men will be in a separate classroom than the women. Often the women are intimidated by the men because of the patriarchy deeply- and anciently-embedded into the culture so they will not shine at their highest Light if they don't feel free in their own classroom. As well, because the majority of men in the village have been educated, on average, to grade 8 or 9 and most of the women, on average, to grade 3 or 4, this time the advantage goes to the women. © In order for advanced civilization/evolved humanity to truly enhance we need to honor the sacred feminine: *the receptive*, in order to balance the sacred masculine. The energies must fuse together – not collide. Without both essences empowered within us we can never be whole, as individuals or as a collective humanity. That's why world patriarchy needs to phase out, but I am not convinced feminism is the answer. I think at this point balance between the two essences, the feminine principle and the masculine principle, is the most sustainable way forward.

- SSAAP will sponsor 70 women to attend school in 2020/2021.
- SSAAP will pay Jokwe Basic School for each woman for three terms (one year) of school @ K30/term x 3 terms = K90 per student per year. This is approximately \$5 USD/student.

- SSAAP will give each woman a *chitenge* fabric wrap that they may wear for school attendance purposes only. The *chitenge* serves as a uniform for the women.



We visited a large fabric store in Lusaka to ensure we would have enough of the same fabric for all 70 women.



I allowed my Boss ☺ to choose the fabric and have the final say in the matter. The Boss chose the one, above, stating it looked ‘school-y’ and ‘fun’ at the same time, and that it was a unique *chitenge* fabric simply because neither of us had seen any women in the village wear it before!

- School will commence under Zambia’s Ministry of Education policy: schools will open when the threat of Coronavirus diminishes.

- Adult Education Sponsorship includes the women’s commitment to attendance, to studying, and to a serious attitude concerning furthering their education. Upon the ending of each term, SSAAP will collect Report Cards and Attendance Reports from Jokwe Primary School. If the attendance is low for a single student, or the report card shows a lack of concern for her education, the student will be terminated from the program. Her *chitenge* is expected to be returned, and another student will be filled in her place.
- SSAAP will photograph each sponsored woman wearing her uniform, as well collect official receipts from Zambia’s Ministry of Education for each student’s sponsorship.
- In the future, if the program is a success, perhaps SSAAP can sponsor adults from grade 1 to grade 12. Currently, the program is grade 1 to grade 7 only, but we would like to incorporate grade 8 to grade 12 in the future.
- SSAAP will continue the program in 2021/2020, if successful in 2020/2021!, as we already have the funding for two consecutive years for this program! The 2020/2021 program is a trial run, more or less.

The enthusiasm that this program has been met with is truly inspiring. Women have come from far and wide to apply, and to fill out their application forms during SSAAP’s Office Hours. They have articulated to me that they wish to change their world by *reading*, which many are unable to do currently, as they realize now as adults that literacy is the passage into a further universe, a deeper realm, as well literacy is the world wide web that they cannot, at this time, participate in. They want to learn how to read!





Many women have come for this program and are sitting this way because of the COVID social distancing – otherwise they sit closely-knit together, which is how we interact in the village: in close proximity. So far we have no cases of COVID in the rural villages of Zambia; I could be wrong about this, as accurate news about COVID seems difficult to find – I don't know what to believe and what not to believe – but what I have heard is that the COVID is contained only in Lusaka, our capital city, and a few of the larger Provincial Capitals of Zambia ~ not in the rural villages. I feel that Radiance and I are safer here in the village and feel protected by the poverty and isolation of the village: people don't have any cash to travel out of the village and rarely leave, and so there is less opportunity to spread the virus this way. I feel that over the years our home in the Zambian village has provided us safety, protection, good health, and healing: physical, psychological, emotional and metaphysical. Its slow and nonviolent approach to daily living has taught me everything I need to know in terms of my personal happiness, although



they are much more practiced than I am at maintaining low stress and slowing down! I still have so much to learn from the people in the village...



More updates to come regarding this incredible new program for SSAAP-Zambia! Our first Adult Education Program we have ever started and I have my fingers crossed for its success.

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### *SSAAP 2020 Water Wells ('Boreholes')*



Quite possibly the most emotionally-draining project SSAAP has to offer in any of its nations ;), it is also most likely the most important and sustainable project we offer as well – so there is the balance of Nature staring me straight in the eyes. ;) I am currently arguing with SSAAP's well contractor from 2019 to return the parts (handpump, chain, bags of cement) from the wells in 2019 that were dry that we did not utilize the parts on. Part of the congested confusion is because when his company drilled the wells I had already left for Sierra Leone; in the future I will be present for every second of the well-drilling in Simwatachela, as I don't trust anyone to see that every detail is done nobly in this process but me. The wells drilled in my absence in September 2019 was due to a scheduling issue resulting from the presence of many dry

boreholes in Simwatachela due to the 2018/2019 drought; therefore the drilling of the remaining wells had to be done in my absence after I had already left for our Sierra Leone project site. I like to think the chaos I am currently experiencing with the former contractor, as well the new contractors for the 2020 wells will be a passing phase, and that the chaos is a direct result of me not being center-stage in the 2019 drilling process. No matter, as SSAAP's Secretary and Acting Executive Director in the U.S.A. points out to me: "I know this is horrible for you now, but you are doing the right thing – and this too shall pass." ☺



What I am trying to find in a new well drilling company for 2020 I think is impossible; I am looking for people to work with who care about money less and who care about human beings who are suffering for clean water more. I have interviewed several companies during the week-long stay we had in Lusaka in July 2020 and so far, what I want I cannot find: a company that cares about the people in the remote villages getting water and not solely concerned with money – as my father calls it: 'cold hard cash'. Every well drilling company I interacted with I have been left with the taste in my mouth that their hearts are not in the right place – or anywhere near where SSAAP's is – and my child, who runs on her gut, has told me her instincts about most of these companies: they only care about the bottom line as money and don't care about the water for villagers, as well fail to differentiate that SSAAP and other NGOs are service/charity organizations: we are not in this line of work for profit and money-making is not part of our initiative. I want to find a company that is concerned about the livelihood of the rural poor and works with SSAAP not so that they can have a high profit margin, but rather so that they help more people and lower their profit margin, not looking at SSAAP as a way to make money but rather as a way to feel good about their work because there is a cause involved deeper than money; my case to them is that helping others is also their responsibility – it is social responsibility, even if it means they get less profit off of each hole but then that way we can drill more holes, help more people, and they are still making a profit – they just don't have to be greedy, and there is a difference between a profit margin and making money to survive and being greedy. A big difference! One is self-Love (center balance point) and the other is greed (extreme/imbalanced). So, because I cannot find a company that shares SSAAP's

philosophy that when we work for a force higher than the force of money, then money flows. When we work only for money, we suffer more; it can't just be about money. I also believe I am hitting obstacles – again, due to world patriarchy as well because I am young, and the braid pigtails don't probably help much. I am 40 years old but many take me as a young kid. For this reason, I bargain harder and grind my heels into the ground, refusing a contract that has anything less than what the people in the village are worth – and because they are worth gold, I have had to fight *hard* to get what I want: (1.) 5 new 2020 wells and (2.) 3 new wells with 2019 parts (from our partner organization) for a total of 8 wells in 2020. It is disheartening and therefore draining that I seemed to be the only one who has the best interest of the rural village people at heart; but I trust myself ~ or else I could never trust anyone else, and so if the Universe is requiring my mind, heart and spirit on this endeavor I have no choice but to warrior this out with all three parts of me.



My work for the week and a half we spent in Lusaka, late July 2020, was meeting with various well-drilling companies. We ended up gathering quotes from four different companies. I can't remember the last time I worked – or fought – for anything so hard in my life!

Our area is quite dry, and many well drillers refuse even to drill in Simwatachela Chiefdom, so this doesn't help matters much. As well, because we have to factor dry boreholes into the equation, this makes the debating/arguing over the contract even more. Radiance took the photo of me, on the previous page 66, rubbing my temples and shaking my head. This meeting with this particular drilling company was from 7:30 p.m. (19:30) to 10:45 p.m. (22:45); the person

who should get the medal is my child, waiting until 11 p.m. that night to eat her dinner and for just being so patient to suffer through all this with me, on behalf of our beloved community in Simwatachela. It's a lot to ask of a small child and I ask so much of her on a constant basis.



I would say what is such a challenge for me with the boreholes is the long debating process, as well as interviewing various companies for price quotes. Radi and I spent hours and had multiple meetings with this particular company.

Another piece of this complicated puzzle is that I am insisting we work with drillers who have some kind of machinery for detecting water, as the area is so dry and I don't want any more dry boreholes. The company I feel confident to use works with machinery from Germany called 'Ger Detect' (if you want to google it!) but it detects fractures in the ground: approximately how deep the fracture is and where the fracture is located. It tests if there is water underneath the ground at that particular point, but not the *quantity* of how much water is there.



But even with the most advanced machinery, they still cannot guarantee with 100% certainty that there will be an adequate amount of water for a borehole. I can hear my father's voice in my ear: "It's a gamble, Heath." I just hate the 'gambling' / uncertainty piece of the 'borehole puzzle' but with water wells this will most certainly be the case – especially in dry areas, because we don't have technology yet in Zambia that can detect with 100% certainty an aquifer

beneath the ground or a significant amount of water. The two photos below show the *Ger Detect* machine as well the man who operates it for this particular company. We met them in Lusaka.



The water wells are the centerpiece of SSAAP-Zambia, as they are for SSAAP-Sierra Leone, and for this reason I am ready to exhaust my energy and do whatever it takes to help as many people as possible by giving as many wells as possible, and am not going to allow the greed of others to weigh down my consciousness ☺ This is my promise not only to SSAAP-U.S.A. and all of our supporters there but also to the people of Simwatachela, Zambia and Sierra Leone we work with.



Two different sizes of PVC casement pipes (above, left) which are used to keep the hole open after it is drilled; galvanized pipes which pressurize when the hand-pump is moved up and down (above, right).



We finally located our perfect drilling company on 31 July 2020 – after a week of ‘interviews’ with various companies. We chose *Geotechno Rock Rollers, Ltd.* company out of Choma, Zambia (one town north of our nearest town, Kalomo; Choma is approximately 50 km from Kalomo so about a 45 minute drive) and they agreed to every single bullet point on my wish list!



He explained that the machine from Japan detects porosity in the ground; he says there is no machine that sees water in the ground directly. Rather, this machine detects abnormality in the ground through fractures in rocks. He has been doing this work since 1987, and told me that in dry areas like Simwatachela Chiefdom you do not divine for water using copper rods as he says they have “... no interpretation”. He said *everything has to do with the technique and expertise of those who are siting for water and drilling the wells.* Likumbi, in his mid-60’s, is going to be the perfect man for this job; I feel it in the marrow of my bones ☺

I have interviewed so many companies this year because I don’t want to settle for anything less than the best – and I think with Likumbi, I may have found it ;)

SSAAP truly lucked out to find Likumbi as well his company called *Geotechno Rock Rollers, Ltd.*; all of Radiance’s and my interviews, energy and time spent finding the \*right\* drillers for 2020 paid off!



We finalised our Contract for 8 wells for SSAAP in 2020 in Zambia (!!!) on Sunday, August 2, 2020. The Cox Family well is one of our eight Zambian wells in 2020 – I am *elated*, over the moon about this.

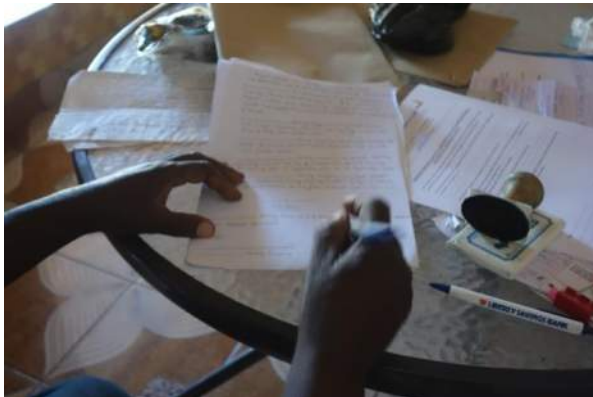


I am so pleased with him. He has honoured every single request/idea I have, and moreover has been in the field doing this work since 1987. He is a geologist and says that he studies the rock of the area when he does water assessments/sitings, as rock is universal but trees are indigenous only of their area. In other words, trees vary by region but rocks are universal throughout the planet. *Master Craftsman*: he has worked in Zambia, Zimbabwe, Namibia and Botswana!





I feel he is helping me, helping SSAAP, having a job where he will benefit financially, and the people will be guaranteed water this year. I hand-wrote my contract with his company, *Geotechno Rock Rollers Ltd.* but his contract with SSAAP he had typed up, and in it stated that at every one of our 8 SSAAP sites in 2020 water is guaranteed: no dry boreholes this year. 😊



We signed the contract (above) and then headed to the village with a truck piled high (!!!) with his water-siting team.







SSAAP paid Geotechno Rock Rollers Ltd. 15% of the total contract prior to Site Assessment; we will pay him 35% when we finish the Site Assessments, then the remaining 50% when all 8 wells are complete.





I am elated to have found Mr. Likumbi – on so many levels. He is tough and strong and fair and wants water for the people in the village as badly as I do – and seems as stubborn as I am in making sure they get it ☺ He is Zimbabwean but grew up in Zambia.

Namunumbwa Village Water Well, Zambia 2020



The community had prepared for our visit by making signs in the trees pointing in the direction that they wished to have the water well drilled.





They took us first to see their current water source: a hand-dug well that is dry 7 months of the year.



The worst part of this isn't simply the dried-out water hole; it is the ladder, pictured below, that the children made *to climb down into the hole to fetch the water*: not only dangerous, but simply tragic. Tragic that people would have to suffer for the simple human right of *\*water\**.





Here is the makeshift 'ladder' the children made, and with an axe carved steps into the wood so that they could fetch their water into the huge hole this way.



Their water situation is one of the worst I have seen in any community since I have been doing this work for the last 16+ years. Imagine having to lower this heavy ladder into a half-dried hole every time you want to fetch water to brush your teeth, bathe, wash your clothing, or cook! It is unimaginable, and as I said, I use the word 'tragic' to describe many of these people's daily living situation. People should not suffer so deeply for a simple necessity like *water*.

Namunumbwa Village is located about 15 km from *Kabanga* (housing a primary and secondary school, also a clinic) and is a centralized meeting point in Simwatachela Chiefdom. Our villages in Zambia are spread apart (unlike in Sierra Leone where everyone lives in close proximity) because of the cattle. Tonga people (we stay with the Tonga tribe) are the cattle-rearing tribe and live apart from one another in order to have room for their cattle to roam and eat the long grasses between the individualized households. This makes location of the water wells in Zambia somewhat of a struggle that SSAAP-Sierra Leone does not have, as in Simwatachela, Zambia the households are all spread out and one has to locate a fair center point *as well* an area that geographically has water, as everywhere beneath the earth does not have water.



Everyone will tell you that the borehole needs to go just behind his house ;) and so you have to use your sixth sense to find a field that is centralized so that everyone in the community can utilize it. Giving just one family a borehole well causes more problems than you can imagine. The community will fight over the water and the person whose house it is behind will take ownership of something that is not his, but rather *the whole community's*. I worked with Likumbi at each and every site to find a centralized location for the wells, also to find two sites for each well site where they could drill twice in the event the first attempt was a dry hole. Likumbi is hunting quartz or amethyst stone at each site to see where there is a break in the rock layer (quartz and amethyst are intrusion stones and always indicate a break in the granite; granite forms a deep and thick layer in the crust that is impenetrable even with a drill bit). So we walked around together at each site: him hunting stone and me hunting equality: wanting everyone to have access to this water point ;)



Likumbi's Water-Siting team and Radiance, my daughter, hanging off the end of the back of the truck 😊





It is my role to work with the community to explain to them their contribution toward the water well: 25% Community Contribution is in the form of labor, and they must come to my home on the SSAAP compound and help repair the roof that the wind blew off, build a new guest house for future visitors, etc. They must learn to give back as well as take from SSAAP, and what I tell them is that other NGO's are different in this way and don't expect anything in return from their communities they serve. But SSAAP is a Love-based project, and we require people to take responsibility in order to ensure sustainability, and sustainability is Love. Therefore they must give back, and the project must be give-take-give-take in order for it to be sustainable. The people, by the way, are always very happy to come help me out. I wouldn't have been here *almost 17 years now (!!!)* if they didn't take such good care of me here. ☺







An example of 25% Community Contribution is assisting to repair the SSAAP-Headquarters roof. Pictured above is our home and the roof has blown off in a few sections. Also you can see the way they knit the dried grasses for the roof, '*masasa*' we call it, as it is woven together in pieces so that when the wind blows it off it blows it off in chunks.



To do the water assessments, they hook their machine (made in Japan) to the car battery in the hood of the vehicle.



A metal rod goes in the center (where they intend to drill the borehole) then wires extend out from the center pole. They nail the wires into the ground and this tests for porosity in the ground.



The machine acts as a 'resistivity meter': it detects porosity in the ground. There is no machine, at this time, he says, that can detect water in the ground. Instead, the machine looks for abnormality in the rock, or fractures in rock. Likumbi explained to me that no one can divine for water in an area like Simwatachela where the water is very, very deep and the land is very, very dry; he says that divining for water here "... has no interpretation". Instead, he is searching for porosity in the rock. He says that a well doesn't need to be drilled 80 meters deep; even at 40 meters if you have porosity you have water, and it has nothing to do with how deeply you drill your hole. He has seen 0.5 liters/second of water at a well drilled 80 meters deep and 10 liters/second of water at a well drilled 40 meters deep.



Here is the man interpreting the data from the machine.



A geologist by profession, Likumbi checks for the stones around the ground. Schist (pictured above), laterite, quartz and amethyst indicate an intrusion in the granite stone, and Likumbi is hunting intrusion as where there is a break in the rock he says you will always find **\*water\*** 😊



Granite is the number one rock in our area that will prevent water shed. That is why Likumbi, during his site investigations, hunts quartz, laterite or amethyst in our area of Simwatachela Chiefdom: these stones interrupt/disturb granite. Where you find quartz, amethyst, schist or laterite you will also find water. Amethyst is the mineral form of quartz (amethyst mineralizes quartz). Schist, like quartz, is an intrusion stone, and breaks apart just in your hand (see previous page). It is also an indication of water in the earth's crust at that point.

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### *Plantation Project: Community Garden and Orchards*

This is a new SSAAP project (!) that one of the new 2020 wells will support. To the family financially supporting this endeavor: thank you for agreeing for your 2020 water well to be used this way. We Love you on so many levels!

So ----> in 2008, a year before my daughter was born, Chief Simwatachela granted SSAAP 140 hectares of land that no one was utilizing or living on in his chiefdom. And because SSAAP has come to Zambia to serve the rural and local poor, there is no cost or tax for this land; had I come here to cultivate the land for my own benefit, then I would have to pay for the land, but because this project is to offer the community development, the land has been donated to SSAAP ☺

In 2019, I learned that the particular chunk of land Chief Simwatachela had offered SSAAP was actually quite dry, and the name of true development is *water* which acts as an underlying current in any project: a river runs through it. The bottom line is that SSAAP cannot do any sustainable project without water for people to drink, cook with, bathe with, launder with, clean with, brush their teeth with; I always explain to people who don't conceptualize a life without water coming through the faucet of their kitchen sink to think what that would be like to go for a day without bathing, without drinking water, without having water to wash your hands or your feet after being outside in the dirty heat all day. You don't feel good at the end of that day. Then I tell people who cannot conceptualize what living without food, unless eating once every two days, is like to try it themselves. Wake up in the morning, don't eat, don't eat lunch, don't eat dinner. *Maybe* you can pull that off on the first day, but on the second day is when the true suffering sets in. (You wake up and your will to get out of bed is gone; most people suffering

from chronic hunger sleep, say, 14+ hours a night – I have noted. They sleep more in order to be awake less because there is suffering in being awake but not in sleeping.) On that second day you are sick from not eating the day prior, and it is sickness on a multitude of levels; most of it is psychological. Radiance gets angry when she is starving: snappy and mean, whereby I just get sad and depressed: I am so low I cannot remember when I was happy and high. Hunger brings us to the lowest state of ourselves, which is one of many reasons why SSAAP is simply dedicated to food and water – our sole mission in Africa. ☺ I had a dear Pakistani friend who used to say to me that food is spiritual because it nourishes the spirit when we eat. So true! We are so fortunate to have food to eat and when we appreciate our food and take it as something even \*holy\* I think it actually tastes better.

Chief Simwatachela decided in May 2019 to grant SSAAP a different chunk of land in an area that was fertile and *has water*. I have decided to take SSAAP to another level, and at this stage I wish to begin to develop the land. It is approximately 89 hectares in size – so still very huge! – and we won't begin to utilize it now, but as this project is lifelong, there will be plenty of opportunities to use it in the future as well.



The first endeavor is to drill the borehole (water well) previously mentioned on the SSAAP land in an area that the drillers can find water. After the borehole is drilled, and we have water there, then the water well is the centerpiece of the Plantation Project, as I call it.

I envision this as a wheel, and at its center is the water well, then around the water well we will have:

- ***Banana Tree Plantation:*** This will serve the most vulnerable members of the society/community: handicapped people, people with various disabilities, widows, girls who are victims of child marriages (we have a few girls in our community who are 13 or 14 years old and already married), people with special-case scenarios. One perfect example is Radiance, my daughter's namesake, who is Gibson's second-born child. Her husband Eugene was incarcerated for 5 years for stealing a cow, alongside two other people, from 2012-2017. In 2019, he stole another cow and the people he stole it from

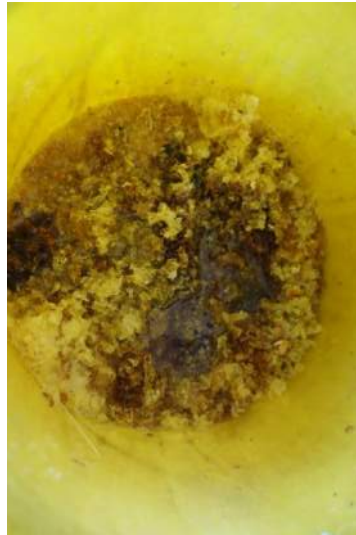
took mercy on him; in 2020 he stole another cow and its owner took no mercy on him, so he is in jail again for another five years. I told Radiance that Eugene is addicted to stealing cows – his drug! – and that he must feel like jail is home more than the outside world is his home, because he keeps putting himself back in jail. Radiance is on her own raising seven children; her oldest daughter is age 14 and already has a child but the father of the child, age 15, deserted her. So Radiance, age 38, is a grandmother. As she is alone, her husband incarcerated, with seven children, I would definitely consider her a vulnerable person. Family members of vulnerable people can work on the plantation and water the banana tree seedlings, then once the seedlings begin to grow the community contribution will be a protective fence and once the trees are large enough to bear fruit: a night watchman as there will be people who come to take the bananas in the night! Night-theft from people's gardens or people's cows or goats is very common here.

- ***Citron Tree Orchard:*** The fruits of the citron family: oranges, lemons, limes, grapefruit are not only very popular but also very uncommon in large numbers in Simwatachela Chiefdom. Many people have a lemon or an orange tree, but only one or two at the most. What we want is to eventually create a market on the main road that connects Simwatachela Chiefdom on one end to Kalomo town and at the other end of the road, near the Zambezi River, an amethyst mine called *Mapatizya Mines*, which is approximately 35 km from SSAAP's Headquarters. The roadside market should offer products that are hard to find, uncommon goods that people are excited about because in the past they could have only gotten them in town. This project will specifically benefit youths who have finished their grade 12 but because the opportunities are so sparse in Zambia, there is no employment opportunity for them. Many youths in the rural areas then move to the urban areas, hunting employment, and find it very difficult to survive in the urban areas – contributing to urban poverty – and feel that finishing their education was in vain.

One of SSAAP's main aims is to boost the village. This is the concept of *anubandh*, or working to promote the village thus that people don't want to leave the village *as everything they need is there*. Promoting the village – not only the people in the village areas but also the healthy, close-to-Nature lifestyle of the village. *Anubandh* is the idea that everything we need should come from an 100-mile radius from us – no more. And that needing something that is farther away than 100 miles means living outside of one's means. *Anubandh* is also an environmentally-connected idea as the transportation of supplies all around the world pollutes Earth with the heavy cost of air contamination. How much fuel does it cost the Earth for an airplane to move a jar of peanut butter from Egypt to sell us in Freetown, Sierra Leone? How much was the planet contaminated so that a *Cadbury* chocolate bar manufactured in South Africa sits on the shelf of *Shoprite* in Livingstone, Zambia so that I may enjoy it? The cost is too high; the profit margin might

be wonderful for the manufacturers of these products, but there is more to be considered than profit, and that is our habitat Mother Earth, and *anubandh* addresses all of this. I believe this is a Sanskrit word and this idea we learned about while we were studying our course on Nonviolence in Ahmedabad, India.

- ***Community Gardens:*** I haven't figured the ins-and-outs of this yet, but have already begun buying seeds. ☺ I want this project to be open to anyone and everyone, and to grow uncommon herbs and vegetables ~ to sell in the village, as well at the roadside market I want to create. Unusual vegetables could include peas, pepper, and basil.



- ***Bee-Keeping Project:*** Emmanuel Mudenda was the recipient of one of SSAAP's Microloans. The honey made by local bees cannot be beat, and is very popular even with local people. Emmanuel is using his SSAAP-Microloan for his bee-keeping project near his house, but agreed to start a larger-scale bee-keeping project on the SSAAP land after the borehole is drilled there. He is enthusiastic that many jars of his honey will sell at the local roadside market ☺
- ***Local tree growing:*** For restoration of the environment, due to deforestation from people cutting trees for firewood or charcoal-making, but failing to replant trees. One section of this land will be used for making forests of local trees (and possibly even a few trees indigenous to Sierra Leone; we brought seeds here from Sierra Leone and are doing a trial run to see if they grow here. My guess is that they will not as Sierra Leone is so wet and Simwatachela Chiefdom, Zambia is essentially so dry). This project is called the *AB-Trees! Project* and is named after its donor in U.S.A.

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### **Other Future SSAAP Endeavors**

The following is a list of projected activities for SSAAP-Zambia in 2020-2021. We anticipate the boreholes being drilled the week of either September 21<sup>st</sup> or 28<sup>th</sup>, 2020. I will be relieved when that is finished as it has caused me great stress – I think simply because it is so important!

- **Organic Composting Program:** This is a project for November/December 2020-ish. The organic composting ingredients exist within the village – it is only up to us (the community and SSAAP in partnership) to learn how to utilize them so that the people in the village never have to spend their money on chemical fertilizers for their crops – ever again!
- **Bicycle project:** Our beloved Board Member found this project for me in 2019 and I was so swamped with work I never explored it – until now! *World Bicycle Relief* is a nonprofit organization operating in Zambia that works with ‘SRAM’ and ‘Buffalo’ brand bicycles, and for every one bicycle SSAAP funds *World Bicycle Relief* funds a second. I need to look into this more, when I get time, and will provide more accurate updates in the next newsletter.
- **Village Chicken Project:** The people in Simwatachela Chiefdom are already coming far and wide for this program, so it might be another Microloan Project in terms of its popularity! A dear friend of mine in Lusaka connected me to a Zambian man in the town of Monze (two towns north of Kalomo: the town nearest to our village which is approximately 4 hours from the village) who works in remote communities. The man travels to the remote communities, provides a training on how to properly keep chickens, how to vaccinate them and build appropriate chicken houses, and leaves every training participant with 100 small chicks to raise. Approximately 8-9 months later he will return to Simwatachela and purchase the same chicken, fully-grown, for K60; the going rate for a large chicken in the village is K45-K50, so the buying price of K60 is quite good, not to mention that the man has provided a buying market for the participants. This Empowerment Package, as he calls it, of the training + 100 chicks costs



K150 and is a Membership Fee. As many people in the village are exceedingly cash-poor, SSAAP is happy to loan each participant K150 for their Membership Fee, then after they sell three chickens can repay SSAAP the K150. Just like the Microloan Program, there is no interest charged on the K150 Village Chicken Project loan unless it is late, then a 10% weekly interest fee will be assessed. The Village Chicken training is scheduled for the 10th of September 2020.

- **Zambia Red Cross NDRT:** ‘Natural Disaster Relief Training’ seminar on August 5-11<sup>th</sup>, 2020 is a workshop that SSAAP has been invited to attend in Kafue, Zambia (town near to the Kafue River). We will learn about natural disasters and although COVID-19 will be a part of this, the training will focus on things like floods, hunger, tornadoes, etc. I will provide an update on this training in the next SSAAP newsletter, as I hope to attend!
- **Human Rights Seminar:** SSAAP is working with a paralegal officer in Southern Province, Zambia to conduct a 3-day workshop in the village. *Day 1:* Basic human rights and explanation of Zambia’s Constitution. *Day 2:* Laws of Zambia and an outline on laws protecting individuals as well as children. *Day 3:* Income-generation ideas, and how to mobilize resources in the village and promote one’s skills and talents. SSAAP aims to host the paralegal officer at our home, in one of the guest houses, at the end of 2020 or the start of 2021 for this Human Rights Seminar, and I will hand-prepare Certificates of Participation for each participant.



*World Bicycle Relief* representative (above, left); our friend who will come to Simwatachela for the Human Rights Seminar (above, right).

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## *Tunsiya-Nsiya: 'Tradition' in ciTonga*

In the next section, Radi and I wanted to share our everyday life in this newsletter and some of the village traditions.



*Village market.* This is how we purchase tomatoes in the village ☺



I have had this Ralph Lauren advertisement from the inside of a magazine nailed to the wall of my hut, now tattered, since before Radiance was born. Ralph Lauren has so much style and I have always adored this ad, because it shows the beauty of both women which is beyond comparison. And the backdrop could be anywhere in the world: Utah or Namibia. To the left you have the gorgeous blonde Caucasian woman – rugged, strong, simple, confidently sitting on her motorbike; to the right is the sensual African woman – sleek, silky, proud, tall, natural, graceful. Neither is more beautiful than the other; their beauty runs parallel. As Osho, the Indian mystic (one of my favorite sages) says: *“Just look around. All is needed, and everything fits*

together. It is an organic unity: nobody is higher and nobody is lower, nobody superior, nobody inferior. Everybody is incomparably unique." As human beings we seem to fall into traps of comparison, rather than seeing the beauty of all that is just as it is.



Our front door (above) in the village; Radiance cooking in our outdoor cooking shelter/kitchen 'cikuta' (below).



Radi is washing our clothes on the washing board we bought in Sierra Leone and lugged all the way back to Zambia ;) She can get the clothes so much cleaner than I can - having learned to wash clothes with her friends in the village as 'playtime' in the village means having fun while all the children are doing their daily chores together. In the corner are the little solar chargers that I charge my phone on.



**SSAAP Office Hours.** Our office is open Tuesday and Thursday, 10:00-13:00 then 15:00-18:00. In Zambia we use Military Time, Metric System, British English. For Radi's homeschool we're using British English and I realized that the difference in the spellings is because of the accents. Americans have the nasal tone so we write 'realize' but the British use the 's' in 'realise' as

instead of the nasal tone they soften the ends of their words. This photo was taken when the Office had tamed down, ☺ after all the loans were given out. We gave out over one hundred loans in June and 11 of them are due in September 2020 and the others are due back on 5 January 2021.

The lady in the red shirt (on the previous page) is holding a stack of applications for new loans. Those are the new loan application forms for January 2021. SSAAP has approximately 423 new applicants now.



Wild African bush-fruits: These fruits (above, left) grow on the trees around our home and elsewhere in the bush. During the time of drought/starvation (January-July 2019) of last year, people were surviving on these; this was their 1 meal/day. Back in old times, before the introduction of Western food/Western fruit trees, people survived on these fruits and they are full of the natural earth elements: power-fruits, more or less. They provide great energy.

SSAAP roof: Our beautiful A-frame roof (above, right and below) built in 2014. The planks are made of imported eucalyptus trees from the town north of Kalomo, called Choma, and the roof is thatched with dried, tall grasses (*'bweezu mulamfu'* in ciTonga).





The little window in the kitchen area of our house, more or less, became a shrine – with the flowers and stones, and we hang vegetables in little sacks on the walls, also ladles, large cooking items as we have a few shelves for our cooking items but it isn't enough space for our dishes, pots and pans, etc. That is a black-and-white photo of Barack and Michelle when they were in university and first fell in Love. We have a photo of Mandela when he was a young lawyer wearing traditional Xhosa clothing and a photo of Gandhi when he was a young lawyer in South Africa – all in black-and-white – on the walls.

What I have learned from watching Radi grown up: single child with a single parent, just as Obama did; he had a single mother with a single child: the child grows up with many parents/guardians/people they revere as a supplement to the lone parent's efforts. I think Obama's strength comes from the absence of his father and I \*know\* Radi's strength comes from this. Loss has a reversed effect when it is infused with excessive Love and if I had to bet, Ann Dunham (Obama's mother) was obsessed with little Barack – just as I am with little Radiance. ☺ Thus Obama exudes pure Love. And it is easier to Love the whole world because the whole world has helped raise you. I used to enjoy watching Obama interact with the leaders of various nations when he was president; he would constantly touch them when he was talking to them, hug them, talk to strangers like he'd known them forever – traditional 'professionalism' was thrown out by him and thus America's international relations were so high when our leader was someone who Loved the world and felt himself at home all over the world. A world leader should not fear the world or not know how to interact with his own people, let alone people from other cultures and foreign nations and all that is unknown to him/her. Fear-based leaders, found all over the world, are not the way forward; Obama is a Love-based leader and it makes all the difference: he led people with Love and with his heart, and his politics were second to that.



Orange/lemon hybrids from a tree on our family's compound (above, left); one of Radiance's homemade 'Mandala Meals' - a colorwheel of relishes and pickles ('*achaar*' in Hindi) and in its center: a heap of beans and rice (above, right). Radi is an incredible cook - and the best part: she Loves doing it, so I don't feel that I am slave-laboring her 😊 when she offers to cook. I also really enjoy cooking, but days I am very busy - such as Office Hours days - I welcome her help.



The surging beauty of Nature.



There are cats, goats, cows, chickens, guinea fowls around the house all the time. We have 7 cats now ;) Radiance learned how to vaccinate goats and sheep in Sierra Leone and how to vaccinate

cats in Zambia from Gibson, and so she has our cats on a 3-month deworming regiment (*Ivermectin*) and vaccinates them herself, as well if one gets sick she administers an antibiotic (*Oxytetracycline*).



Our bed is really, really snugly ;) Radi fell asleep with her headlamp on (above). We call our bed 'Cloud' because it feels like drifting on a cloud when you sleep in it – and it is so comfortable and heavenly that we can hardly get out of it in the morning and on non-Office Hours days emerge and open our front door at an embarrassing 11:00. The people in the village have been up since 05:00 with their cattle or goats or on their fields and raise their eyebrows, frowning upon their perceived laziness quality in us; no matter how many times I tell them we sleep at 12:00 or 01:00 a.m. because we are on the telephone with U.S.A. or utilizing the quiet time of the night to write letters to SSAAP supporters or to generally just organize the project or tend to Radi's homeschool workbooks, they simply don't understand. They are in bed by 7 p.m. (19:00) or 8 p.m. (20:00) every night. It is a culture-clash that I am not willing to compromise on; we're on separate schedules with the village people due to the diversity in their work and Radi's and my work, and that just has to be okay. ☺ Some mornings we wake early and just read and write and do our work in Cloud because once we open our front door, there are always many interruptions and distractions and we Love the peace and silence of aloneness that the silent nights provide us.



I get tired too at the Office because of using ciTonga all day (above, left). In the end I don't think I am very good at speaking another language. I learned ciTonga in Peace Corps (age 24) and



now at age 40 it is not at all at the level it should be, and my African father Gibson reminds me of that all the time. He wants me to be much more proficient than I am ~ and the one who is fluent is actually Radiance, not me. My grammar is horrible. People understand the gist of what I am saying and I can communicate in the language, which is all I care about, but he is disappointed in me for not being fluent like an African and I know this.

Traditional Zambian meal: n'shima, soya pieces, and a leafy green called 'rape' in English I mentioned previously in this newsletter, and in ciTonga: 'lepu' (previous page, right). We have it too growing in our garden. It grows quickly and easily; you can almost just fling the seeds at the ground and in a week or so, you have lepu growing outside!



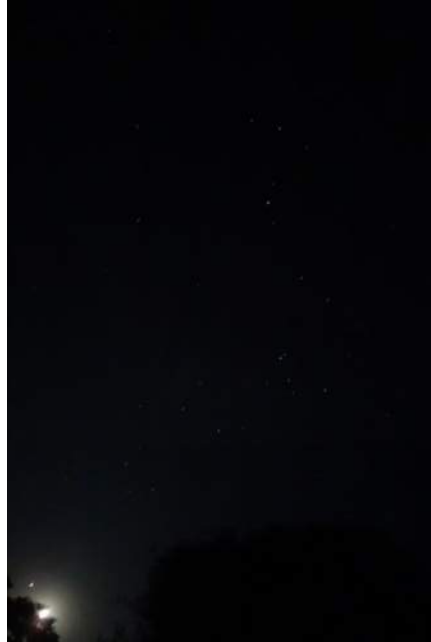
The kids play make-believe with putting blankets in the mango trees (that's their 'house') and building a fire and cooking play-food, i.e. disregarded food scraps from their mothers ;) (above left and right).



These children bring me water sometimes as they know I will empty the water bucket in our house and re-fill it with a toothbrush, soap, piece of candy, or empty bottle/jar they can take home. Radi says our house is 'trick-or-treat' for them ;)



SSAAP's camera is incredible (thank you again Sally and Chris! We Love you!) and with it I was fortunate to capture Scorpio: my favourite constellation. Here is the thing about our house: it is probably, for some, their worst nightmare. Years ago we had visitors come to the site for the project and we just kept driving down the dirt road leading up to our house. They insisted: "Heather, are we there yet?" I said: "No, no!" And the hours passed (it takes about 3-4 hours to get home from the main road). Finally we arrived at night: it was May, and freezing cold, no moon and the sky was black dotted with millions of stars: zero light pollution. And the silence is utter - maybe just the sound of cow bells in the distance, or a baby crying in some nearby village. The visitors got out of the vehicle. I could feel the anger, fear, all the emotions they had- I could interpret: they couldn't mask their anger they felt at me for dragging them into this: the pure and utter aloneness of the village. They had agreed to it yet had no idea what they had gotten themselves into: when you wait in line to ride the roller coaster and intellectualize it until you're up in line and the bar goes over your lap and suddenly your intellect just gets thrown out and all you're left with is your gut instinct. In the village, it's just you with yourself without any distractions, and as most of us don't actually like and certainly do not Love ourselves deep-deep down, the village forces you into this sort of crash course of dealing with everything that is there within you that you had diverted yourself and managed to avoid your entire life. Well, in the village all the lessons slap you in the face. And these visitors were upset with me and although they knew the location of the place, had google-mapped it previously, etc. etc. and none of this should have come as a surprise, it surely did for them. The way I have learned to deal with people's shell-shock of the village is by building guest houses on the compound so that people have their own private space to decompress and process their experience here; we are in the middle of building our second guest house on the compound and a second toilet as well.



Now the moon is rising, creeping out slowly behind the trees and Scorpio crawls higher into the sky: this above photo is fantastic as you can see *Antares*: the great red star in the constellation, which I think I read is in its final stages of burning out ☹️.



We are growing a sweet garden outside our house (one of Radi's science experiments ;) ) with seeds our friends from Italy gave us: pumpkin, sage, mint, peppermint, rosemary, basil, carrots, tomatoes, and some cashew nut seeds I brought here from Sierra Leone. Because of the goats, which eat anything green, we covered it with a mosquito net and it serves as a sort of green house. It looks like Denver International Airport with the white tents all around it ;) Radi sprinkles it with water every day.

Our pots are cut-up bottoms of old water bottles our visitors have brought here and then thrown out. We are pure-blooded resourceful Africans now as other people's garbage is now our treasure and we don't waste anything - a profound idea the Africans taught us, which is simply pure recycling and one of the many benefits of being poor: learning how to be equally-creative as you are poor in order to balance the poverty with the creativity = resourcefulness.



The interior of our house; two rooms: We have one door leading to the sitting room (pictured here) and the bedroom is to the right with just an empty doorway separating the two rooms. There is a tree stump in the center of the house that I sit on when I need to concentrate; we have 5 bookshelves: one for homeschool textbooks Radi has outgrown (saving in case I have another child), one for homeschool textbooks she is currently using or for the future, one of my reference books (travel books/medical books/science books/language books/parenting books/breastfeeding books/tree books/biology), one for Radi's books, then one in the bedroom where we keep our astronomy/astrology/metaphysical/interdimensional/transformational books.



Our indoor kitchen area: Where we prepare food before taking it outside to cook it on the brazier ('imbauula' in ciTonga). Yikes! I just realized how cluttered it looks when I look at this photo, but I am so used to it with things all over the table and the walls that it is just normalcy to me now.

I have recently realized that what is within me should also be without me; I don't wish to pretend to be something I am not. In doing so I am not doing the world a service. Only by being

my honest self can I become pure, and only in being pure can I be Love. I wish to be vulnerably honest in all aspects of my life. Love is my daily practice and my temple is my heart and I go there every day of the week, every minute of the day... every day of my life... that temple stays open all the time, for it doesn't have closing hours... and what I Love about Love is that it is the endless Teacher... we never stop learning from it and the more we think we 'understand' Love the more we realize Love forfeits all logic and that Love isn't something we can figure out in our minds. Love is meant only for the heart – not the brain.

It's the incongruence, the differences between us, that deepen us and enrich us ~ when we don't agree or cannot relate, because it forces the platform we rest upon to be something so much more powerful than agreeing: it has then to elevate to another level – heighten to Love, that is. Love becomes the uniting force. And in the end, none of us are homogenous, anyhow. That's the beauty of it all ;) So I **Love** the people in the village: they are real, the realest people I have ever known, and they Love us too and I can feel that: the energy of Love. I will do whatever I can for them, just as they have done for Radiance and I, until the day I die.

Africa is a Holy land, and never ever let anyone tell you differently ;) – certainly don't take everything you read or hear about the poverty and tragedy of Africa as its full picture, as this is only half the story. And while there is obscene poverty on this continent, there is also a Divine essence here that I believe is the strength of unburdened Nature. Free, wild, roaming, undeveloped, uncensored, unwired Africa. Most frustrating place to survive juxtaposed with the healthiest place we may find ourselves one day when the rest of the world has become too contaminated to survive in any longer. Africa teaches simplicity ~ and simplicity is the hardest Path of all, because to become simple you must shed off all that you are not, get to the center skin. And in the center you find your authentic self – not your personality, because personality is ego: it's for the society, a role we play for the exterior world – but it isn't our inner selves. Authentic self is the essence of our true beings.





The cats serve the role as friends, family, playmates, and protective guardians; catching mice, rats, and snakes – our compound has been rat-free for years now and we haven't seen a single snake since my mother's visit (!!!) in 2017 ☺ She will never forget her encounter with the Black Mamba. The newcomers of the group we brought from Lusaka (above, right); feeding time (below, right) is outrageous. The cats are so loudly meowing that people from other villages can hear them (!!!) and Radi squirts milk into their mouths from this little cardboard triangular carton.





*SSAAP is a 501(c)3 service organization committed to the rural village areas of Zambia, Sierra Leone, and [hopefully in the future] the Sudan – assisting with water wells, agriculture ventures involving cultivation of seeds, garden and orchard projects, animal-rearing projects, and art ventures with local artisans in the remote villages. It is SSAAP's belief that a nation – as well a collective humanity – cannot rise to its fullest light when there exists people drinking contaminated water out of mud holes, or eating once every one or two days. SSAAP has committed its entire service to working with people, through Love, who experience these trauma scenarios on a routine basis which have become their typical daily existence. NASA scientists are currently conducting experiments of how to sustain human life on Mars; technology has created a 3-D printer that can construct functioning human organs; cell phone towers create mobile networks in remote pockets of the world such that someone can call anywhere in the world from anywhere else in the world; and yet even with the most advanced technology we still haven't learned how to be human, because being human is the most difficult task of all – it is the most advanced technology because it is interdimensional. Being human means taking responsibility for our species and helping where we can because we are fortunate enough to be able to do so, and in another cycle the tables might be turned such that those we have once assisted will come to assist us when we need it the most. Nature is Divine balance.*

*Thank you for being an integral part of our work in Africa, for your unconditional Love and support, and for reading my 100-page newsletters. I will try to condense in the future; however, it just feels most natural to pour my heart out, at length, and so thank you for allowing me to share with you now.*

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*Love, Heather, Radiance, Gail, SSAAP's Board of Directors-U.S.A., and SSAAP-Zambia Team*



*"Mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have any boundary, because what will be beyond the boundary? – again another sky. That's why I am saying skies upon skies are available for your flight." ~ Osho*







*Lead with Love and Live by Love ~ in this way never can you fail.*