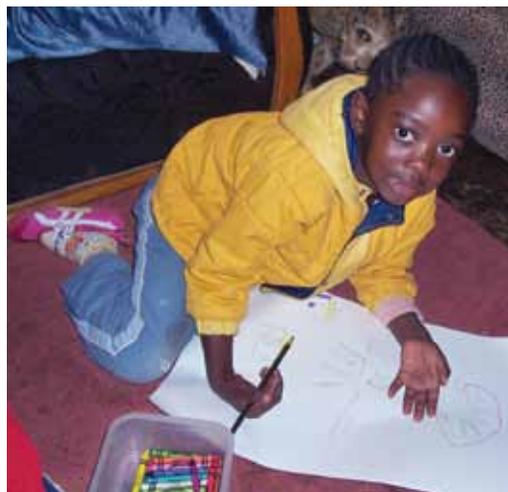


*Our partners at SWAAZ have long recognized the immense psychological burden that orphans and vulnerable children of Zambia suffer and requested our assistance in addressing this issue. ... the Tree of Life is a type of collective narrative therapy designed to provide psychosocial support for traumatized children.*

## CWB Partners Travel to Zambia

On June 28, 2011, forty-two travelers from five different CWB partner communities embarked on the 7<sup>th</sup> annual trip to Zambia. The trips are lead by CWB president Dr. Bail and board member Brita Gill-Austern, director of recruitment and travel. In addition to checking on operations and meeting with our sister organizations, SWAAZ and ZANCOB, the trip affords the unique opportunity for individual donors from the US to teach students, meet caregivers firsthand, and offer assistance in ways not possible from 7396 miles away. The experience of traveling to Lusaka is often described as life changing. This year marks the 6<sup>th</sup> year of traveling with CWB for Maria Haynes from First Baptist Church in Lexington. She states “nothing compares to witnessing what these people deal with every day while demonstrating such dignity, grace, and joy. We learn and receive so much from them!”

The stories below highlight some of the opportunities explored on this summer’s trip.



*Student at the Tree of Life Workshop*



*Health screening in Chawama*

### Board of Directors

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## Tree of Life

Our partners at SWAAZ have long recognized the immense psychological burden that orphans and vulnerable children of Zambia suffer and requested our assistance in addressing this issue. In response, Wendy Haskell, Professor of Social Work, began to do some serious research. She discovered the Tree of Life; a type of collective narrative therapy designed to provide psychosocial support for traumatized children. The tree is used as a metaphor to give children the knowledge that they each

*Continued on page 2*

## Changes in Chawama

This year the women of Chawama requested help in sprucing up their family support home. Under the supervision of Tom Murphy, handyman extraordinaire, and with assistance from Kennedy Chifolo, one of the college students supported by CWB, a team of six energetic young men and women painted the building inside and out, much to the satisfaction of the Chawama women.

Another highlight of the trip included childhood health screening, carried out by the nurses from the government-operated Chawama Health Center. Across Africa schools

*Continued on page 2*



Head teacher John Mukosa and Supervisor Mary Theo in front of the newly painted Chawama Family Support Home.

### Changes in Chawama, from page 1

can be vital actors in preventive health care, obviating issues of distance, access and cost. Though CWB does not have sufficient funding to directly purchase these services for our children, several of our partner groups over the last three years have opted to make additional contributions for this purpose. First Unitarian Society of Newton (FUSN) funded the screening and asked SWAAZ to arrange it through the Health Center which is one mile away. Providing access to preventive health care can be a cost-effective way to improve school performance and decrease absenteeism: for example, de-worming medication can be provided to children twice yearly for as little as two cents per child per treatment. Dr. Lise Johnson, Chief of the Newborn Nursery at Brigham and Women's Hospital is studying school-based care in order to advise what might be the best policies for CWB.

### Tree of Life, from page 1

have roots, strengths, a caring community, and gifts that they may give to others in the future. The program was first piloted with teachers, guidance counselors, and other adults in two workshops in 2010. The participants were so ebullient that this summer we conducted the program with five groups of children from as young as 6-8 years old in Ng'ombe, to street children in their early twenties at the Fountain of Hope. Our goal was to assess whether this intervention could be a practical and economical way to assist the children that CWB supports. The results were very encouraging! Children easily engaged with the metaphor, willingly shared details of their lives, and were uniformly enthusiastic about their experience. As a result, we have enlisted the help of an organization called REPPSI in Southern Africa that is willing to provide training and materials to make this important intervention available to more of our children in the future.



Improving student health

### Harvard Medical School Awards Dr. Bail

Dr. Richard Bail, President and founder of Communities Without Borders, has been selected as the recipient of the 2011 Harvard



Medical School and Harvard School of Dental Medicine Dean's Community Service Faculty Award for his work with Communities Without Borders. The award was established to recognize

"outstanding individuals whose dedication and commitment to community service have made a positive impact on the local, national, and global community." Dr. Bail was honored at an Awards Breakfast on September 12, 2011 at Harvard Medical School and Communities Without Borders will receive a \$1000.00 donation from Harvard in his honor. With his usual humility, Dick stated that the award was a complete surprise and that praise should go to all of the partner communities who make this incredibly important work possible. Kudos!

*The award was established to recognize*

*"outstanding individuals whose dedication and commitment to community service have made a positive impact on the local, national, and global community."*

### OUR PARTNERS

#### AFRICAN ORGANIZATIONS IN LUSAKA, ZAMBIA

Society for Women and AIDS Zambia  
Zambia Nsunga CWB

#### PARTNER COMMUNITIES IN ZAMBIA

Bauleni Community  
Chawama Community  
Fumbelo Community  
Garden Community  
Linda Community  
Mandevu Community  
M'tendere Community  
Ng'ombe Community  
Simukanka Village

#### IN SOUTH INDIA

Tamilnadu Community

#### USA PARTNER COMMUNITIES

Brockton Neighborhood Health Center  
Eliot Church, Newton  
First Baptist Church, Lexington  
First Parish Unitarian Church, Lexington  
First Unitarian Society in Newton  
Friends of Simukanka  
Pilgrim Church, Lexington  
Union Church, Newton  
Harvard Vanguard Health Center, Watertown  
Wellesley Village Church  
Congregational

### Contact Us

Could a community in which you live or work be linked to a community in Africa? Are you interested in learning how to help? Please contact us:

**Call:** 617 965-4713

**e-mail:**

[info@communitieswithoutborders.org](mailto:info@communitieswithoutborders.org)

**Website:**

[www.communitieswithoutborders.org](http://www.communitieswithoutborders.org)

**Facebook:**

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**Mail donations to:**

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63 Pickwick Road, Newton, MA 02465  
*or donate on the website*

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