



# COMMUNITIES WITHOUT BORDERS



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Supervisor at House of Moses orphanage receives dolls with joy.

*Hope, love, inspiring, life-changing, community, eye-opening, friendship, awesome, uplifting.*

*These are some of the words our travelers used to describe their experience in Zambia this summer. Read on as three travelers share their stories...*

## Teachers to Teachers: A Growing Bond

By Amy Archibald

We are in awe of our fellow Zambian teachers. They routinely teach 40-70 children in a single classroom, in a second language, a monumental task for even the most intrepid teacher. Yet these educators teach with remarkable passion and poise despite the lack of space, supplies and resources. It is so moving to see their dedication as well as their deep love for all the children in their care.

Maria Haynes, Ruth Hickox-Litchfield and I have had the pleasure of leading teacher training workshops for CWB pre-school teachers in Garden, Chawama, Ng'ombe, M'tendere, Mandevu, Bauleni and Fumbelo for the past 6 years. The workshops are a wonderful, collaborative experience fulfilling many teachers' needs, and an invaluable opportunity to make dear friends. Often the workshops are their only opportunity to receive formal training. They come excited and energized to learn mathematics, handwriting, speech, vocabulary, literacy, phonics, reading, and much more.

We keep going back to Zambia because we can see the difference our efforts and donations make in the lives of so many. It is uplifting

to see the promise of providing an education to children whom otherwise would go without. We look forward to forging our bonds of friendship and bearing witness to the progress these teachers make in the coming years!

### A Word of Thanks

As our new school year begins, we reflect on the incredible gifts these three teachers have given to CWB. Maria Haynes, a speech pathologist and Ruth Hickox-Litchfield, a reading specialist, both teach in the Lexington public schools. Amy Archibald teaches kindergarten in Billerica. In addition to developing and leading teacher workshops, Ruth has spearheaded an effort to bring hand knitted dolls to orphanages throughout Lusaka, delivering over 500 dolls this summer alone. Maria has raised invaluable funds through the purchase and sales of crafts made by women in our communities. Amy developed a comprehensive curriculum to train non-teacher travelers to teach in preschools and coordinates the collection and packing of 100 pounds of supplies per traveler. CWB is a better community because of their energy, enthusiasm, and leadership.

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Proud students receive certificates in Bauleni.



Ruth Litchfield, Maria Haynes and Amy Archibald at CWB fundraiser at Flatbread Pizza in Bedford, MA.



Erika Pond assists in the Healthy Learners screening.

## Promoting Healthy Learners

By Dr. Lise Johnson

Healthy children are better students. This summer CWB put these words into action, piloting the Healthy Learners Program (HLP) to provide evidence-based preventive health care for our students. The HLP pilot included: health screenings run by the Zambian NGO Angels of Mercy; a health promotion workshop for teachers; and a health needs assessment and program evaluation conducted by faculty and medical students from Harvard Medical School and the University of Zambia.

Controlled chaos described the lively scene as 458 children attended screenings at six CWB family support homes. They were weighed, measured, given a physical exam including vision screening, and tested for schistosomiasis, a dangerous parasite infection. All children received vitamin A supplementation, deworming medication, and when indicated, vaccinations, medications, and referral to government clinics. Many thanks to the CWB travelers who assisted Angels of Mercy in this herculean task!

Three amazing instructors led by Ignacious Bulongo, the Ng'ombe Health Clinic supervisor, kept our teachers engaged and excited to learn the many ways they can impact students' health through good hygiene and sanitation. Teachers are now working eagerly on classroom health promotion "action plans".

Finally, the HLP team, led by Harvard medical student Samsiya Ona with mentorship from CWB physicians Lise Johnson, Cherie Noe, and Dick Bail, conducted over 200 detailed health needs assessments, interviewed key stakeholders and experts, and is now partnering with noted Zambian pediatrician, Dr Mary Ngoma, to assess the results of this summer's work. One conclusion is already clear: the Healthy Learners Program is off to a great start!

## Reflections

By Katherine Bell

This year brought many exciting new experiences. After finishing my freshman year at Colby College I was fortunate enough to have the opportunity to travel with CWB to Zambia. I was so excited about going on this trip having heard so many wonderful things from past travelers. This year the trip proved unique, given the size of our group. We started

the trip with 4 members from the Wellesley Village Church, went up to 6, and then down to 3. Our small numbers allowed us to more fully experience the village as it is day in and day out. Within the first few days the women and children of Fumbelo embraced us as family. My favorite memories are sitting with the teenagers and women making beautiful beaded jewelry, walking the 45 minutes to school alongside our Fumbelo peers, watching the 9<sup>th</sup> grade graduates learn to ride their new bikes, and talking to the children in our candid interviews. Additionally, this year we visited other CWB partner communities. This camaraderie gave a unique depth to my experience, enabling us to share joys and struggles, as well as appreciate the unique qualities of our sister village.



Wellesley Village Church members, Janet, Sarah, Eva, Katherine, Pam, and Alan strengthen ties in Fumbelo.

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### AFRICAN ORGANIZATIONS IN LUSAKA, ZAMBIA

Society for Women and AIDS Zambia  
Zambia Nsunga CWB

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Bauleni Community  
Chawama Community  
Fumbelo Community  
Garden Community  
Linda Community  
Mandevu Community  
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### IN SOUTH INDIA

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

## Contact Us

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