



The Catherine Bullen Foundation

Making a difference in rural Namibia

NEWSLETTER

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British Foundation provides a 'first' for Namibia

The following was published in 'The Namibian' on 9 June 2011.

'Houses built of sand' not as idiotic as one would think according to the Catherine Bullen Foundation who with their ngo partner, The Komeho Namibia Development Agency are pioneering an innovative and environmentally friendly method of construction in Namibia. Known as 'Ecobuild' it utilises tightly packed sand bags instead of bricks which in-fill a timber framework. The inner and outer walls are then lined with cement over a wire mesh to form solid walls.

Originating from South Africa, Ecoconstruction, the company responsible, has built a number of buildings using this method. However, the Foundation has scored a first in Namibia with this type of construction with the building of its latest project, a kitchen for the Omuhaturua Primary School Hostel in the Omaheke region which started in mid May. Roger Bullen, Foundation Trustee commented 'we are very enthusiastic about this method of construction. The sand bags are being filled by women from the village who are paid for their work and this puts money back into the local economy.' Jason Kasuto, Ecoconstruction's Namibian representative reported to the Foundation, 'the women were very excited to have contributed to the development of their community while also being remunerated. In fact what was very interesting to see in terms of the bag filling activity was how entire families came to assist their mothers in bag filling, it brought about a sense of ownership, in addition each family was very protective of their set of bags filled. Ms Magdalena Koveka held the record for filling the most bags, a total of 1,550!'

The Foundation is also providing a paved shaded area with furniture for the pupils to sit and eat their meals in comfort. Currently the meals are cooked on outside fires with the children squatting on the ground to consume them amongst domestic and farm animals that roam around the pots which is far from hygienic. It is planned to officially open the canteen and kitchen in October 2011.'

So after two and a half years of fundraising and project meetings, construction commenced on 9 May 2011. Since then we have been receiving frequent progress updates either via email or Facebook. With regards to the latter with the use of mobile phones, it is amazing how this technology has progressed in the short space of three years in Namibia as we were not getting this kind of feedback when the clinic was being built. There follows a series of pictures showing progress so far.



The women from Otjimanangombe village filling the sandbags



The timber framework waiting to be in-filled with compacted sandbags



Compacting the sandbags within the timber frame



One of the completed walls waiting to be lined with concrete.



Walls are lined and roof is on.



The nearly completed inner courtyard which will be a shaded area with tables and chairs where the children will eat their meals.

International School of Paris

In May, Roger and Linda travelled to Paris to update the International School of Paris on the Foundation's work during the past year. A hectic day was had at the school giving nine presentations to the junior and senior schools.



Roger Bullen receives a donation from ISP's Junior school.

For the third year running, a party of students under the leadership of Cyrille Lavelle arrived at Omuhaturua Primary School in early July and stayed there for a week carrying out a programme of improvements including decorating and tiling classrooms and refurbishing the school library. They also distributed metal trunks, blankets, backpacks and shoes to the pupils which had been purchased in Namibia with funds raised by the students through events in Paris. Sadly, this was the last visit to the school by the students as their programme of overseas visits is being assessed to ascertain where they should commit to in the future. Hopefully it will be another school in the Omaheke region of Namibia. The Foundation will obviously keep in close contact with them and we thank them for their fantastic work of the last three years.



The children with their new backpacks donated by the International School of Paris.

Fundraising

Yard Sales

These have been limited due to the bad weather and stock has been building up. However, the good news is that due to a change in work commitments we are able to recommence car boot sales. So hopefully if the weather is good we can undertake a few of these before the end of the season.

West Mersea Street Party

The Royal Wedding on 29 April gave Mersea Island Fundraiser, Eric Straughan an excuse to organise a street party with a fundraising theme and we were invited to attend with a stall where we raised £105 by selling muffins.

Colchester Lions Fun Day

This was held on the first Sunday in May in blazing sunshine for a change, in the Lower Castle park in Colchester. We took along a china breaking stall which proved a big hit in more ways than one. After a very exhausting day we had raised a magnificent sum of £171. We are returning again with the same stall in September when they hold their classic car event. No doubt they will keep us well out of the way of the cars!

Mersea Island Food and Leisure Fair Cake Stall

For the third year running we attended with our homemade cake stall at this increasingly popular event held over two days at the end of May Bank holiday. With homemade cakes being supplied from all directions by our volunteers we were well stocked with goodies and raised a total of £665. Thanks to all those who made cakes and Lil Clarke for helping on the stall.



Linda and Roger Bullen and Lil Clarke on the Foundation's cake stall.

Mount Bures Fete

One of Linda's colleagues at work invited us to bring a stall to this two day event which we attended on the Sunday (19 June). This was the first outing for the Landrover Defender purchased by Roger to replace the Ford Escort which had done sterling service pulling the trailer to car boots and being a general workhorse. Sad to see it go as it had lots of memories attached to it, especially as it took Catherine to the airport this month, nine years ago. The fete was set in the grounds of Mount Bures Hall with lovely surrounding views. We took with us our rails of clothes and for the first time our 'Find the treasure in Namibia' game inviting

people to stick pins into a map where they thought the treasure was buried which turned out to be quite randomly in Windhoek. A total of £82 was raised.



The Foundation's stall at Mount Bures fete.

Bloom'in good garden party

A garden party held on Mersea island on Saturday 2 July raised £700 towards the Foundation's Kitchen and canteen project. Organised by supporters Christine and Mike Robson in their garden in Cross Lane it was blessed with warm sunny weather, and saw around fifty invited guests including the Mayor John May enjoy the surroundings with a buffet lunch and the chance to purchase some of Christine's superb home grown plants and shrubs. During the event, Roger Bullen the Foundation's trustees chairperson thanked Christine, Mike and their helpers and advised guests of the projects progress.



Left to right: Lin Bell, Christine and Mike Robson, Linda Bullen and Nicky Wilmott.

Sponsored 'Giving it up'

Tony Russell, a former Friend's of Namibia member is quitting smoking after over forty years being a smoker. He is asking friends and colleagues to sponsor him to give up to raise money for the Foundation. If you would like to give Tony some encouragement, you can sponsor him on <http://uk.virginmoneygiving.com/anthonyRussell>

Shop Collections

Thanks to the East of England Co-operative Society we have undertaken a number of shop collections at Co-op supermarkets around the area and collected £800 so far.

Schools

St Mary's School, Colchester

On 14 June, the Lower School held its infant and Junior Sport's Day at which the PTA sold Strawberry teas and nominated the Foundation as the recipient of the monies raised which totalled £197.85. This was topped up with a further £15.75 from an Open Air Play.

Great Bentley Primary School

Roger visited the school on 4 July which is endeavouring to twin with Omuhaturua Primary School. He brought with him letters from the latter and talked to the current year 4 and 5's about life in Namibia and what the Foundation is working on. Tracy Cooke, one of the teachers is compiling a book of traditional English stories with the children which will be taken to Namibia in October. It is hoped that the Omuhaturua Primary School will reciprocate by writing traditional Namibian stories to share with Great Bentley.

Colchester County High School for Girls

Catherine's old school continues to support the Foundation. Year 10HB lead by our committee member Helen Barton has been fundraising for us throughout the school year. The girls raised £332.91 with ideas such as sponsored silences and selling cakes. Sophie Brenna the Year representative commented 'as students this charity feels even more important especially knowing someone as special as Catherine was once at our school and such a positive and inspirational charity has come out of such a terrible loss'. The Foundation is also grateful to Year 9PI who raised £141.28 for our projects. This year's Ceilidh will again be held at the school on Saturday 12 November. Tickets remain at £10, so why not start thinking about getting a party up.

Marathons

Ipswich Kids Triathlon

Scott Tatum's daughter Piper-rose, aged 10 yrs, has signed up to compete in a Junior Triathlon which takes place on the 28th August at the Framlingham College in Ipswich. Stacey, her mum, said Piper-rose has always been a very sporty girl, and after meeting Roger and Linda at the Colchester Half Marathon she decided that she wanted to take on the challenge of a triathlon and raise money for their daughter's charity, the Catherine Bullen Foundation. She is training hard and her school, St Georges Junior in New Town, Colchester have helped her raise £236.61 so far. Good luck Piper-rose from the Foundation. You can sponsor her by logging on to <http://www.virginmoneygiving.com/Piper-roseTatum>.



Piper-rose Tatum

London to Paris Bike ride – 21st to 25th September 2011

Jeremy Stanton and Robert Thompson have been training hard. On his virginmoneygiving page, Jeremy wrote 'Rob Thompson and myself are cycling from London to Paris on behalf of the Catherine Bullen Foundation in September, doing 320 miles in 4 days. All the money raised will go to this very worthwhile local charity based in Mersea who raise money for health and educational projects in rural Namibia. The training is going well and we have planned our practice routes to include towns/villages with cafes serving full English breakfasts. The weight is falling off me (in dribs and drabs, rather slower than I thought it would).' Again good luck to Jeremy and Robert. You can sponsor them by logging on to <http://www.virginmoneygiving.com/team/CBFoundation>.

Colchester Half Marathon and Paris Marathon.

As mentioned in our Spring Newsletter, Scott Tatum undertook the former and Jeremy Parker the latter raising £200 and £330 respectively, with more to come from Jeremy. Well done, gentlemen.

Donations

We have continued to receive individual donations for which we are extremely grateful. Each donation receives an acknowledgement of thanks from the Foundation and through this newsletter we would like to thank you again for your continued support. Thanks to Roger Cooper who jumped out of an aeroplane (with a parachute!) which prompted his colleagues and partner to collect £115 for us. Cliff Richards (not the singer) who encouraged the customers of the 'Queens' pub at Berechurch to collect £52, also the Earsham Hall café near Bungay which collected £46 and will be holding an event for us in December.

Presentations

If you belong to a club and they are looking for speaker, then the Foundation is pleased to oblige. We have a full powerpoint presentation on the Foundation's work, together with our own screen and projector. Since the last newsletter we have given talks to Mersea Mothers Union and the Mersea Rotary Club. The former made of donation of £90 and at the latter two of their members bought goats!

Forthcoming Events

Saturday 13 August 2011

Stall at Mersea Island Lions Fete, Legion Field, West Mersea

Saturday 27 August 2011

Shop collection – Frinton Co-op – helpers wanted.

Sunday 28 August 2011

Framlingham College, Ipswich

Piper-rose Tarum, aged 10 yrs, competing in the Junior Triathlon, Framlingham College, Ipswich. You can sponsor her by logging on to <http://www.virginmoneygiving.com/Piper-roseTatum>.

Sunday 11 September 2011

Fundraising stall at Colchester Lions Car Show, Lower Castle Park, Colchester. This will be a china breaking stall, so any unwanted crockery would be gratefully received.

Wednesday 21 September to Sunday 25 September 2011

Jeremy Stanton and Robert Thompson are cycling from London to Paris on behalf of the Catherine Bullen Foundation. You can sponsor them by logging on to <http://www.virginmoneygiving.com/team/CBFoundation>.

Saturday 24 September 2011

Shop collection – Tesco Store, The Hythe, Colchester – helpers wanted.

Saturday 12 November 2011

Grand Ceilidh – details to follow

Saturday 10 December 2011

Shop collection – Tesco Store, High Woods, Colchester

If you would like to help at any of the above or organise an event in support of the Foundation, please let us know. We will add events to our list on the website and the next newsletter.

Make a difference!

The Catherine Bullen Foundation is working with local communities to help build and nurture a new life for the people in rural Namibia. Because we are a small charity, our overheads are small and are personally covered by the trustees, so that every single penny donated to us goes to the intended project, with spending strictly monitored by the UK trustees and their ngo partner in Namibia. All visits to Namibia are self-financed and no charitable funds are used for this purpose. Please help us make a difference by making a donation, either on line at www.namibia-aid.org.uk or sending it to the address below.

How to contact us

By Email: info@namibia-aid.org.uk

By Post: The Catherine Bullen Foundation
Pear Tree Cottage
15 Colchester Road
West Mersea
Colchester
Essex
CO5 8RS
United Kingdom

By phone: 01206 383368 (inside UK) or 0044 1206 383368 (from outside UK)

Mobile: 07771 630928
07733 140748