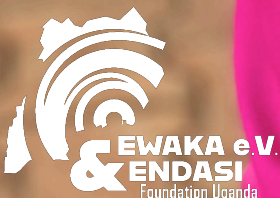




EWAKA ENDASI NEWSLETTER

SEPTEMBER 2023

ENDASI FOUNDATION



Germany Update



Dear members, patrons and supporters of Ewaka and Endasi,

I hope you are all well! We, Lucas, Verena, Basti and Freddy are doing very well and mastering the daily business of the association without any major obstacles. So we just send our best regards and hope you enjoy reading the third newsletter of the year! The only announcement we have for you is the exact schedule for this year's school programme.



From calendar week 36, i.e. from 4 September, we will again be touring Germany with the four-member team from Uganda, consisting of Assumpter, Ivan, Ken and Vanessa, and various German education advisors for six weeks, offering our project week in various schools - and that's exactly where we want to invite you. At the end of these weeks, we will hold a closing event in the schools, where not only the pro-

ject and the team will be presented, but also we board members and other members of the team will be present. We would like to invite you to these closing events to meet you in person!

We will be at the Ratsgymnasium in Osnabrück from 04.09. to 08.09., then from 11.09. for a week at the GSG in Göttingen, then from 18.09. in Hürth at the GGS am Clementinenhof. The first trip to Southern Germany will be in calendar week 39: we will be in Landshut for a week from 25 September at the Hans Carossa Gymnasium, followed by a short week, after the Day of German Unity, in Groß Schneen near Göttingen at the GGS and finally we will be at the Kurpfalz Gymnasium in Mannheim from 9 October.

If you are interested, please write an email to vorstand@ewaka.org and ask for the exact dates! Members and patrons from our file will receive the information with an invitation in the weeks before the events if they live near the school locations.

We are looking forward to all those who come and visit us during the weeks! Many best wishes from us, enjoy the rest of the summer and hopefully we will see you soon.

Your board,
Lucas, Verena, Basti and Freddy

Uganda Update



Another three months have passed and, as always, a lot has been going on at Endasi.

First of all, school has started again. The usual routine has returned with Term 2, where the children are schooled from 8am to 3pm and then looked after in the afternoon with the volunteers' programme. As usual, they regularly go swimming, bake, do handcrafts or sports with the children. Sometimes they also go on smaller excursions. In mid-July, for example, the volunteers took the children to the centre of Jinja for an ice cream.

At the beginning of last June, we received a donation of field hockey sticks and balls from the hockey department of MTV Braunschweig and „Best of Hockey“ Braunschweig. Since then, the volunteers have been offering regular field hockey training for the children. They have great fun with it and are very happy about the new input in the sporting field.

In addition, Kato has meanwhile recovered since his return from hospital at the beginning of May. For a long time, he was not allowed to sit in a wheelchair again. But after being in the hospital a few more times to check his recovery, he is now completely fit again and can concentrate on regaining his strength.



Finally, some very nice news: our eldest, Tracy, has been accepted at the „Jinja School of Nursing and Midwifery“ and will start her 2.5-year nursing training there in mid-August. Everyone is very happy about this success and Tracy can hardly wait to start her training.



Storytime



Hockeyday and visitors from Kampala

In May, we received a donation of hockey sticks and balls from my (Volunteer Weike) home club and our hockey shop in Braunschweig at Endasi.

The children were already very interested in the sport because they knew that I play hockey in Kampala. Therefore, since the materials arrived, we have been training together regularly and most of them have also taken great pleasure in learning the tricks and practising them. A fellow volunteer from ASC Göttingen started a hockey project in Kampala at the same time as me, where she also teaches the kids in her neighbourhood the basics of the game. Since the children are at a similar level and the same age, we decided to organise a joint hockey day with all the children in Jinja.

We drove together from ENDASI with lots of good vibes, water, bananas, and loud music for about 20 minutes to Walukuba, where we met the group from Kampala at Walukuba West Primary School.

We already know the headmaster of the inclusion school for hearing-impaired children from previous projects. Therefore, he allowed us to use the pitch of his school for that day. So, we enjoyed the school-free, sunny day there together with lots of hockey, dancing, and delicious food.

Of course, the children first had to get used to each other, but after a few hours spent together, that was forgotten. By the end of the day, many of them seemed to have been best friends for years and even now the children keep asking when they will be able to see the group from Kampala again.

Despite the heat, the day was a complete success. And what is the proverb?
You always see each other twice in life.

Text: Weike



baking and decorating cookieees!

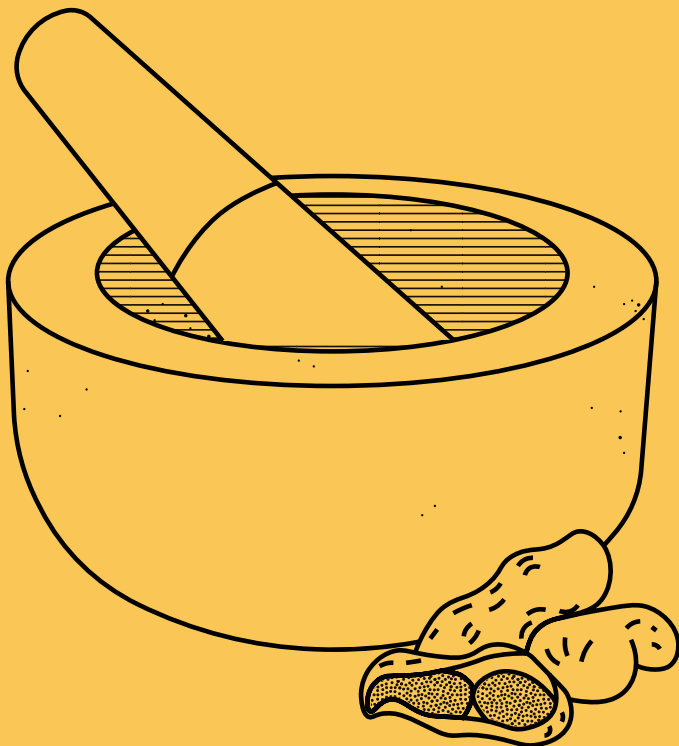


Yummy, yummy



„Ground nut“ or „G-nut“ is the name for peanuts in Uganda. Roasted groundnut is a very popular snack here, but it is also often made into a purple-coloured, very tasty sauce, which is one of Uganda's national dishes.

As always, it is difficult to give exact quantities. Especially with this recipe, it also depends very much on your own preference. What you need is: Gnuts and water.



G-Nut Sauce

- 1. Roast any number of groundnuts. It is important that the skin around the nut itself is not discarded but used. Also, they should not burn, but only turn slightly brown.*
- 2. Pound the roasted G-nuts until a uniform paste forms: the „G-nut paste“.*
- 3. Mix the paste with as much water as you like in a pan without heat until a homogeneous mass in the thickness of your liking is formed.*
- 4. Heat the mixture for 10 - 15 minutes, stirring constantly.*

The amount of water determines the consistency of the sauce. It is therefore a good idea to use less water at first and gradually increase the amount until the desired consistency is reached.

In Uganda, it is usually enjoyed thick with „matooke“, the ever-popular plantain. This is usually cooked and mashed to form a very firm pulp whose unique taste is superbly complemented by that of the G-nut sauce.

Enjoy your meal!

Have you met?



Name

Nyirabashumba Tracy

Age

20 Years (02. August 2003)

Hobbies

Swimming and dancing



This September we want to introduce you to our eldest, Tracy! She has been part of the ENDASI family since April 2015. Before joining ENDASI, she lived in Kamwokya, a district in the middle of Kampala. Tracy has eight siblings and is additionally also a big sister to all our younger ENDASI children.

At the end of last year, Tracy graduated from secondary school and received the “Uganda Certificate of Education” from “Jinja Senior Secondary School”. At the end of July Tracy got admitted to the „Jinja School of Nursing and Midwifery” and is starting her education as a nurse now. After this two-and-a-half-year training, she wants to educate herself further to become a doctor. Her dream is not only to be successful, but also to be able to positively influence the lives of others through her profession.

The love, hope, and care that Tracy experienced as a child through ENDASI are her motivation to one day found her own “ENDASI”. For the future, she hopes that ENDASI will continue to grow and develop.

Dear Tracy, we wish you every success in your training and on your further path. You are a wonderful big sister, and we are happy to have you with us! <3



Final Words

Finally, only one thing remains: THANK YOU!

Thanks to all donors! Thank you to all employees! Without you, stories and news like the one in the newsletter wouldn't be possible. With you we can offer a fairer life to the children every day.

We are always happy to receive suggestions and other news from you. Or maybe even a guest contribution to the next newsletter?

Feel free to contact us through all channels.

All the best and see you in three months,

your Endasi team and board.

www.endasi-foundation.com 
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