

THE MUKOLO

ZAMBIA

mini MAG

COVER STORY

Focus on conservation:

Billy

*Conservation is...
a way of life!*

What's Cookin?
*Steven's Moskono -
scones beyond comparison!*

A BIRD'S EYEVIEW

*Some perspective on
where we are!*



Beneath the armor of skin and bone and mind,
most of our colours are amazingly the same -
Aberjhani



THE MUKOLO

Dear readers,

As I was getting my ducks in a row for the next issue of **THE MUKOLO**, I heard the story of Billy-the bird and it gave me goose bumps! Not merely because of the emotion, but because Billy reminds me of Benjie - the founder of TOUCHING AFRICA FOUNDATION TRUST. See, Benjie is quite a rare bird. Not a queer bird, per se (though jokingly I might say so) and he definitely is not one that tries to rule the roost. Simply, he is the type of guy who is willing to wing it in order to help his neighbour. He is always in fine feather, no matter what the weather; he can get as silly as a goose and sometimes even have bats in the belfry - but in the end what matters most is that he will take lost chicks under his wing and watch out for them like a hawk. I know, 'cause I'm his little sister!

Though you may argue that one swallow does not make the summer in the face of such extreme destitution, we somehow have the conviction that our action isn't entirely for the birds. We believe that it sometimes takes one cuckoo to start a craze. After all, birds of a feather flock together and if you are reading this, chances are you are a caring cuckoo yourself!

As I near the end of my swan song, let me take a moment to thank all of our faithful readers for their support and encouragement. You are the ones that allow us to spread our wings!

Now let's talk turkey - how about liking us on Facebook on your way out? How about sharing the link with your friends? The best way to help the dead ducks is to tweet the word!

Let me finish by reminding you that a bird doesn't sing because it has an answer, it sings because it has a song! Are you ready to sing along?

Kind regards,
Lila Ferrer

A Word from the editor

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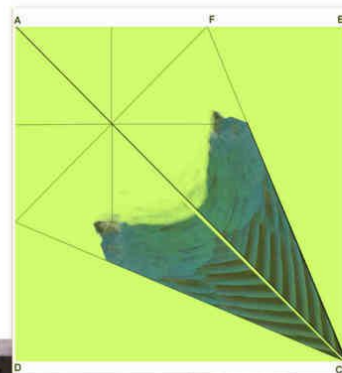
BITS & PIECES

You may quote me

Did you know?

Kiddies' corner

Thank you note



BENJAMIN'S BULLETIN BOARD

Dear friends,

It is winter in Zambia. The nights are cold and the days are warm. No rain, no floods and much less wildlife. Migration season has come and gone leaving us with a much quieter environment at sunrise, the time of day when the birds usually break into song. The little Robin still sings one of its many songs to wake us up and sometimes even imitates an alarm if we stay in bed too long! We still see the yellow open-billed storks fly over the Zambezi in large flocks and, of course, our yellow-bellied greenbul couple comes to eat at our table.

But we almost miss the beautiful snakes that we sometimes encounter under our beds or in our thatched roofs, like the mamba and spitting cobra. Winter is not their thing. Even if the days are warm, the nights, when they are most active, are too cold for them. Furthermore, With the river-level much lower, the tiger-fish don't bite as a fisherman would like it to. Yes, it is winter and it is a time of rest for man and beast!

At TOUCHING AFRICA We love conservation, but conservation is a very difficult concept to implement here. The animals we see as a treasure, are often perceived by locals as a threat. To prevent the elephants from destroying the crops their solution consists of shooting, whereas planting peppers around the crops would be sufficient discouragement. In the same way the Sable antelope, which is worth a fortune, is killed to serve as food during famine. Effectively preserving wildlife is a very challenging task here. Yet after 4 years, our efforts are starting to pay off. Our conservation farming methods have proved to locals that big trees do not necessarily need to be removed, that compost works and that fencing is an effective measure against hippos.

We hope that, through our work, you will also be inspired to make efforts, wherever you are, to preserve our beautiful God-given environment!

Best regards,

Benjamin

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WEATHER-OR-KNOT**AVERAGES FOR THIS TIME OF YEAR**

TEMPERATURE:	Min 2°C Max 25°C
WIND:	None to moderate
RAINFALL:	None
SUNRISE TIME:	6h30-ish
SUNSET TIME:	18h00-ish
FULL MOON:	12 July 2014
DAYLIGHT TIME:	Approx. 12 hours

NEWS FEEDS**FRENCH
AM-BEE-TION**

Renaud is one of those precious jewels that you sometimes stumble upon. He is young, intelligent, ambitious yet humble and has an eye for opportunity. Representing the French AETS group, the purpose of his visit was to explore possibilities of agricultural collaboration as well as giving some basic, sound advice.

His workshop on bee-farming was very well received and appreciated, as his approach was down to earth and amusing. For instance, he had participants hold flowers at a distance from each other and explained the need for cross-pollination in order for the plants to reproduce. This helped the locals to understand the role that bees play and that, in order

to uphold vegetable farming, they have to consider, preserve and encourage these little bee-ings. For largely uneducated people, this is a major eye-opener! Their usual approach is to completely destroy beehives in order to harvest the honey. Now they begin to understand that these practices have to change.

Thank you, Renaud, for this seed of knowledge that you have sown! We hope to see it mature and bare fruit in order to expand both agricultural and apicultural activities!

O SOLAR MIO

We are all familiar with the song "O sole mio", made famous by singers such as Luciano Pavarotti. The Neapolitan song-title means "my sunshine" and takes on a whole new meaning if you rely almost solely on the sun for all your electric needs!

After 4 years in Zambia without proper lighting and almost no appliances, the arrival of a brand new refrigerator and freezer functioning with solar power, was something worth singing about! As their old acquaintance, Len Weyers, and engineering friend,

Matthias Schmidt, were installing the equipment, Celesté was already making modifications to her shopping lists. She now can store frozen foods and keep the perishables in a safer and more long-term storage facility than the range of iceboxes that were used before. The best thing that can happen to them now is a cloudless day, and there are plenty of those here in Zambia! As the before-mentioned song says: what a beautiful thing is a sunny day!

**FLOWER-POWER
COMBATS MALARIA**

It may come as a surprise, but many people in remote areas fail to connect malaria with mosquitoes. This lack of knowledge makes the combat that more difficult.

We have recently been in contact with the JC Flower Foundation who distributes mosquito nets in Africa. They have also distributed nets in our area.

We hope that many similar initiatives will come to our region so we may combat malaria effectively!

Billy

the yellow-bellied greenbul

In human terms, life in Zambia can be a solitary one. Transport is a tough "tamelêjtje", communication can be complicated and human relations need constant work and dedication. Yet there are so many things that make this life-in-the-bush worthwhile. Such as the wonderful wildlife surrounding us. While conservation and "reaching out" to our animal friends are among our objectives, we have been surprised to see nature also reaching out in friendship to us!

It was during a dry spell that the Du Preez family first met Billy. They were having breakfast in the thatch-roofed open-air dining-room area when a yellow-bellied greenbul (*CHLOROCICHLA FLAVIVENTRIS*) swooped down on an unsuspecting apple close-by.

Startled by this apparition, they looked at the bird, and the bird looked back at them. It seemed to have hunger written all over its little green crown-feathers!

Benjamin junior took a small handful of dry 'pap' (maize-meal porridge) and pushed it in the bird's direction. "Naaah," said his Dad: "it won't take it." Yet, a second later, the greenbul snapped up the 'pap' and flew away!

At lunchtime they were having their meal when the greenbul suddenly appeared and sat itself down on the bamboo screen directly behind Benjamin Jr.

Benjamin took a handful of 'pap', presenting it in the palm of his hand, slowly approaching the wild little bird. Everybody held their breath... The greenbul twisted its head in several directions, eyeing the 'pap'

and the family-members, weight-shifting constantly from desperation to distrust. Then, at last, it leaped forward onto Benjamin's hand, grabbed the 'pap' and flew off again! The bird was instantly named Billy... But this is not the end of the story!

See, they have a cat... A beautiful black cat, called Beauty. And, yes, Beauty and Billy struggled to get along. To make things worse, Billy started to tag along his little offspring, nicknamed Billy-the-kid, and Beauty licked her lips in anticipation!

As Benjamin jr. returned from a workout one afternoon, he heard the muffled cries of a baby bird.

Looking around, he saw Beauty crossing the lawn with Billy-the-kid in her mouth! Keeping his cool, he waited until Beauty softened her

grip, then he gave her a push and grabbed the baby bird! It was already dark, so he kept the baby boxed-in with him in his tent that night.

The next morning he set tiny tweety free, but the latter's flying skills were still very mediocre. It did succeed, however, to make it onto the roof of the dining room.

All of a sudden Billy and his wife appeared and started to feed and care for the baby. Eventually they flew off into a tree, chirping their joy!

Since that almost fateful day, Billy has adopted the Du Preez's. He brings his wife every mealtime and if dinner isn't served in their hanging basket, they chirp insistently, perching on the beams above the table threatening to drop tiny (yet effective!) bombs... Three babies have come, grown and gone to live their own lives somewhere out there. A happy story with a happy ending in the present continuous!

As you can see, conservation is a way of life. It's about being aware and being willing in order to discover what a rewarding task it is!

FIN



Something ABOUT CONSERVATION



One Two Three – hug a tree!
 For and Five – keep the
 endangered alive!
 Six Seven Eight – save our wildlife,
 why wait?
 Nine and Ten – let's love nature
 again!

TREES

For many years now, massive exportation of beautiful trees has been on the increase. While many justify the situation by emphasizing the abundance, we need to underline the rapid deforestation as well as the impact that its loss will have and already has on nature as well as the Zambian communities. Examples: The seed of the Rosewood (**Muzauli**) has high nutritional value and is priceless in times of drought and famine; Kiaat (**Mukwa**) is the principal wood used as rafters in traditional housing methods; Mahogany (**Mwande**) prevents erosion. We need to act before it is too late!

ANIMALS

Many people might think that the decreasing crocodile (**Kwena**) population is good news, but it has disastrous consequences. A direct result is the increase of tiger fish (**Ngweshi**) numbers. As a carnivore, the more they are, the more they prey on other fish species and, consequently, other fish species are decreasing in number. Thus, a valuable food-source for man is diminishing. Adding to the problem is the shooting out of the hippos (**Likubu**). Hippos take digested grass into the river that serves as food to certain fish species. Decreasing food-sources causes locals to shoot Roan-buck (**Fumbo**) for food. This very scarce animal could be of much worth to the community if preserved, but in the face of famine and immediate need, the species' survival is not taken into account.



BIRDS

One of our personal favourites is the fish eagle (**Ñwanyi**), but the decrease in fish is affecting their numbers – what a sad day it would be if the beautiful call of Zambia's national bird should no longer be heard! Another beauty is the brightly-coloured masked weaver (**Taha**). It nests and lies eggs on islands in the river, which locals raid in a desperate attempt to survive. At the current rate, their days may be numbered...

AND...

Decreasing numbers of Bream (**Litapi**) has a major incidence on malaria, since this fish feeds on mosquito larva.

Snakes, such as the python (**Mboma**) are used by witchdoctors to make "muti" (medication). When these natural predators of potential pests such as rats and mice decrease, you can imagine the consequences!



We pay a high price for disturbing the delicate balance in nature... isn't it about time that we wake up and smell the roses – while there still are roses to smell??



WHAT WE DO

AGRICULTURE

In our last **MUKOLO** we have told you about Terrence, our neighbouring farmer, and how we were helping him to get started on tomatoes. Recently we have followed up on this initiative by planting cabbage where the tomatoes used to be – remember, cultures must be alternated on any given patch of earth so as to preserve the field's nutritional value.

In a matter of a few days we have planted about 6000 cabbage plants, doing everything manually, from tilling the ground to watering and fertilizing.

Black and white, big and small worked together as one under a scorching winter sun.

The men bore holes with sharpened sticks into the hard ground and our kids followed, eagerly dropping baby cabbage plants into

the holes.

Esther (Terrence's wife), myself and whoever else was available followed to tuck the babies in, forming little "pools" around them in the ground so as to keep the water close to the roots.

Afterwards Louwnique, Stéphane and co. watered close to the stem to create a suction-effect, anchoring the plants solidly in the ground.

After spending hours watering the fields with a hosepipe, day in and day out, we decided that it was time to upgrade our technique!

Benjamin went to Katima in Namibia to buy driplines, an outing that took a whole day.

Katima is not that far, really, but you first have the sandy bushroad to negotiate for about an hour, then the main road



with its impressive amount of potholes (more like dongas, really...). Next up is the border crossing, which can take a while, and once you've done your shopping, you have to do all of the above in reverse order again!

When the pipes finally arrived at Liseli Farms (with a 4x4 buried somewhere underneath) these second-hand drip-lines had to be untangled, sorted and fixed into place – another 3 days' work!

BUT, at long last, they were installed and doing what they are supposed to do – leaking that is, yet only on the desired spots.

As you can see, we have had a lot of fun, which has inspired us for our upcoming project on Kennet, our other neighbouring farmer-friend's fields.



Be sure to check out our albums on Facebook! We will tell you more about these projects in the upcoming **WIRES!**

CONSERVATION



If we love our children, we should care for the world they live in and will be living in! Their heritage is our responsibility... We have lost many treasures in nature through

ignorance. Now that we know what to do to heal our planet, we must apply and share that knowledge. On page 4 there's a story the whole family will enjoy about our greenbul bird-friend, and on p11 a special origami feature for the

kids! As you fold away with them, discuss recycling, up-cycling and using environment-friendly products.

Awareness must be awakened and, after all, conservation begins at your doorstep!

EDUCATION

Say the word "education" and the 1st image that comes to mind is that of a school or a teacher. The school of life, however, is not one that can be confined to a classroom – and it should not be either.

Our desire to equip a school-structure for the local children is a lovely dream, but one that seems to be escaping us like a mirage on a hot, tarred road! From basic infrastructure to trained teachers and adequate material, we still lack most of the essentials.

Despite this, we have recently had the chance to do workshops with some of the local children, distributing pencils and crayons sponsored by a school in France and showing them how to draw and colour. We had to physically show some of them how to hold a pencil and were actually stunned to realize how little exposure they have to, what we consider to be, diurnal activities.

They shyly outlined their hands on paper, drew pictures of themselves, which they coloured, and signed their names. The more exuberant ones ran around, showing off their art! The more timid grasped their new treasure tightly as if they were afraid that

we would take it away again!

Thus, despite lack of a formal 'school'-structure, we do not neglect opportunities to educate "otherwise". Take, for instance, the example of the dripping lines we have mentioned under AGRICULTURE. As much as the concept of fencing has astounded the local villagers (we have told you about our fencing-project some time ago), as much does the wonder of self-watering-lines amaze them. You must understand that their ancestral methods are very time-consuming. For generations and generations they have chased cattle and hippos from their crops using whips and gunshots, having to guard their fields constantly. Fencing changes the odds!

They used to have to carry heavy water-jars wherever they needed it and watering even a small patch could take hours.

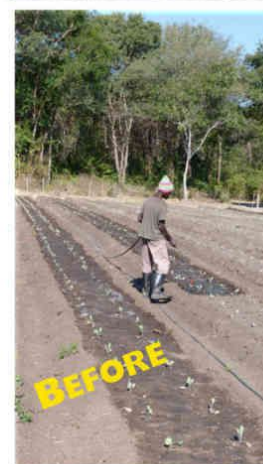
The impact of these new techniques that Benjamin is teaching

them, in terms of saving time and energy, is absolutely mind-boggling to them.

It implies that they can cultivate more than before, in number and variety. It means that they can eat better, lead healthier lives and raise healthier children. To us it may seem like a drop in the bucket, but it does change lives durably and effectively!

As with all skills acquired in life, though, the saying that 'everything is easy if you just know how', is applicable! Before you can know how to correctly use dripping lines or effectively fence a field, you have to learn how to do it. And that is where we are at now: the impartation of that knowledge.

Yes, living is learning, and learning is living. Once we grasp this simple truth, we realize that a world of opportunity awaits and that our possibilities become endless!



THE MUKOLO

Skills development

There is no milk tart in the world like that made by the homely hands of a 'boere-auntie'. We have known that for generations and yet, somehow, there are fewer and fewer who can still cook like the 'boere-aunties' used to cook. The shameful truth that an 'instant-everything' society must face up to is that, if skill is not taught or transferred, it eventually disappears and becomes a 'once upon a time' story.

In a world where we constantly rely on the easy-fix solutions, it did me a whole lot of good to spend some time in the remote parts of Zambia, where quick-fixes do not exist. For lack of equipment and materials, mostly, but sometimes also for lack of knowledge.

Before we went to Zambia I was thinking which skill I possibly could impart through a workshop of some kind. At the same time I was preparing for our time there and, as a woman, I had to provide for... uh-um... some recurring things that men do not have to worry about. As I was stacking my stock of damsel-doodahs in my suitcase I thought about the Lozi women and wondered how they managed? Intrigued, I finally dared to ask and the answer left me in a stunned, reflective silence.

I do not think it appropriate to explain HOW they manage, but I can tell you that we modern society girls ain't got a clue how lucky we are to have easy-fix solutions at hand.

These ladies have no supermarket to run to beyond the next tree, and,

moreover, very little money to spend. Therefore they do what they can and use what is at hand, with often disastrous results in terms of personal hygiene and recurring, even sometimes life-threatening, infections.

I wanted to help. So I came up with the idea that we could teach these precious women how to make reusable sanitary pads using towels, soft fleece and plastic inserts. Inventing an easy, hand-sowable pattern, I started to cut all the towels and fleece-blankets I could spare into small rectangles for the project. As I was throwing out more packed clothes to make extra space in the suitcases, I all of a sudden realized that this was not



going to be of much help, as most of these women do not even possess underwear...

Back to square one!

Refusing defeat, though, my pattern evolved into a tanga-like all-in-one piece of washable, reusable underwear. Sure, it's not French lingerie, but heck, it is better than what they have had so far! Besides, once in Zambia, Celesté-the-seamstress improved my amateur-attempt and together we organized a workshop with a handful of local women.

We were a bit nervous as to how this effort would be received, yet the general reaction surpassed our greatest expectations!

Most women there had never seen sanitary pads before and were quite intrigued by the concept. They thought that our idea could work and soon they were stitching away with the needles, thread and material we had provided. The following day one of the ladies brought back her finished product and we were amazed at how very neatly she had worked with a simple needle! She told us that they were all very much inspired and would like to continue making their own underwear, the only problem was that the right type of material is scarce and expensive in their region.

The long and the short of it is that we need your help! The alternative solutions that these ladies use at the moment imply huge health risks. We want to help them change their situation for the better.

We would appreciate donations of towels, fleece or soft cotton material, thread and needles and if possible panties. As for the latter, though all sizes are welcome, do not hesitate to think big...!

We have also done a fabulous knitting workshop presented by Ouma Onie (me and Benjamin's mom) that we will tell you more about on our website.

The women were enchanted by the knitting-lesson and have been seen afterwards knitting beanies everywhere – while they cook, while they walk and even while they are working on the fields!

If you want to support them by sending knitting needles, wool or anything else, please contact us on our Touching Africa Zambia Facebook page, or by mail at lila@touchingafrica.org for details.

HEALTH



In the previous edition of **THE MUKOLO** we have posted a photo-story called the Bush-doctor. It showed how our local dentist-friend pulls teeth in a very natural setting: birds singing, hippos splashing in the background, an ordinary chair cleverly positioned so that the sun may serve as spotlight for the task at hand...

As I put the story together, I smiled at the thought of how people would react to the pictures!

A few months later we were on our way to Zambia when my husband suddenly broke a tooth. I have never seen him more eager to get a tooth repaired, obviously fearing an 'African' intervention! Shortly after our arrival in Zambia, my husband and I

How many things can I tell you about healthcare in Zambia that you do not already know? You know, for example, that many people die of malaria every year, especially during the rainy season. You know that African children suffer from malnutrition which greatly affects their physical development. You also know, I hope, that for every doctor they have, you and I have 10 or more healthcare-providers. You know these things so well, probably, that hearing about them might not stop you in your tracks anymore. We have become used to the idea that, in Africa, some people suffer. "That's life."

were commissioned to go fetch the dentist and his wife with the barge on the other side of the Zambezi. I somehow expected an eerie stranger with a queer smile and a chainsaw... but was delighted to meet a cheerful 'grandpa' with a compassionate heart and a very reassuring manner.

We spent the day organising the patients and running the open-air consulting room.

Doctor Lourie, who intervenes entirely free of charge, would first receive successively each patient in order to assess the situation and to inject a local anaesthetic.

Once the twenty-something patients have all been sufficiently numbed, we would start the row-call again to extract the infected teeth.

Technically the anaesthetic is the most painful part of the procedure, yet most of

the patients didn't so much as blink. Even the children simply sat down courageously and faced the giant needle without the least sign of apprehension. I was stunned.

MY kids would certainly not surrender like that!

I then realized how a bushdoctor-experience-on-paper can never replace a real, live intervention – and that's only as spectator!

My natural reaction was: "Lourie, what can we do to improve the situation?!"

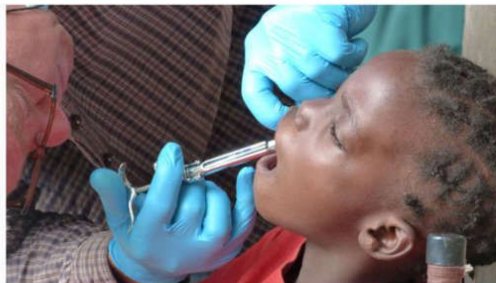
Sadly the answer is: "Not much."

Prevention is difficult because few locals brush their teeth. The real culprit, though, is the western diet that has been introduced progressively, with sweets taking its toll in terms of tooth-decay.

However, we can continue to alleviate their suffering via dental interventions. For the time being that is

what we will be focussing on. As long as partners of TOUCHING AFRICA ZAMBIA financially support medical interventions, we can help. Even so, in the long run we hope that we might be able to change set ways through education.

We have thought about doing workshops with the children around healthcare. If you would like to contribute to this, then you can send us toothbrushes, toothpaste and fluoride (for kids). Contact us for details at lila@touchingafrica.org!



Widows & orphans

warm and friendly, in another reserved and cold, in yet another unpredictable and erratic. In the Congo they can be loud and exuberant and in Zambia we find they are mostly humble and discreet. Despite our differences, there is one thing that we all need: love. Love can be expressed in many different ways, but you still need interaction to express and receive love, which is problematic when you are an isolated individual, like widows and orphans often are.

A typical day in Zambia for a local family starts by getting up early. For those who do not go to school, there is much to be done: kindling the fire, cooking, fetching water, washing, tending to the animals and watering the crops – to name but a few.

This very same lifestyle can be exhausting if you are a single parent. Often, there are simply not enough hours in the day to get it all done! With insufficient time to take care of the activities generating an income, a precarious situation may soon develop, which is often the case of the widows in our region.

Even under the best of circumstances, life in Zambia is challenging. Imagine what it is like, then, when a catastrophe strikes. Take for example the famine that we have

had during the last year. Failing crops obliged families to get food elsewhere and, living in a remote area, shopping was not really an option. Instead, families spent a lot of time finding food in nature. Fishing, collecting rosewood seeds or even harvesting edible leaves on the riverbank, were some of the most common methods.

Times like these are hard for everybody, but it most certainly is worse for the widows and the orphans. Why the orphans? After all, the Zambian culture always embraces an orphaned child, seeing to it that someone takes him or her in! Well, unfortunately there are those that adopt children with the sole purpose of sending them to work in their stead. Thus, in a time of famine, these children would be

those who work hardest to gather in food.

TOUCHING AFRICA FOUNDATION TRUST has a very soft spot for the widows and orphans. In the Bible God tells us in no uncertain terms that He wants us to take extra special care of them. Therefore that is what we try to do.

Until recently our capacity to help was limited to what we as a family could spare to share, but some time ago the group AFGRI has offered to donate 180 bags of corn in order to help us achieve our goal. That is a ton of food... No! NINE tons, to be precise! It should allow us to care for local widows for roughly one year!

I don't hear you gasping or shrieking, so I'm not sure that you are understanding the impact that this will

have on the community!

During the next year we will work closely with the village chiefs and pastors of the 5 surrounding villages. They know the need better than we do and will distribute accordingly.

Allow me to express our gratitude toward AFGRI, and in particular those guys who have worked hard to make this donation possible: Wayne Wind – Executive Country Manager in Zambia, Hercu Bloem – MD Africa Business, and Chris Venter - CEO. You have not only donated food, you have accomplished much more: you have demonstrated love in a very tangible and practical way! On behalf of all those affected by this gift: thank you from the bottom of our hearts!

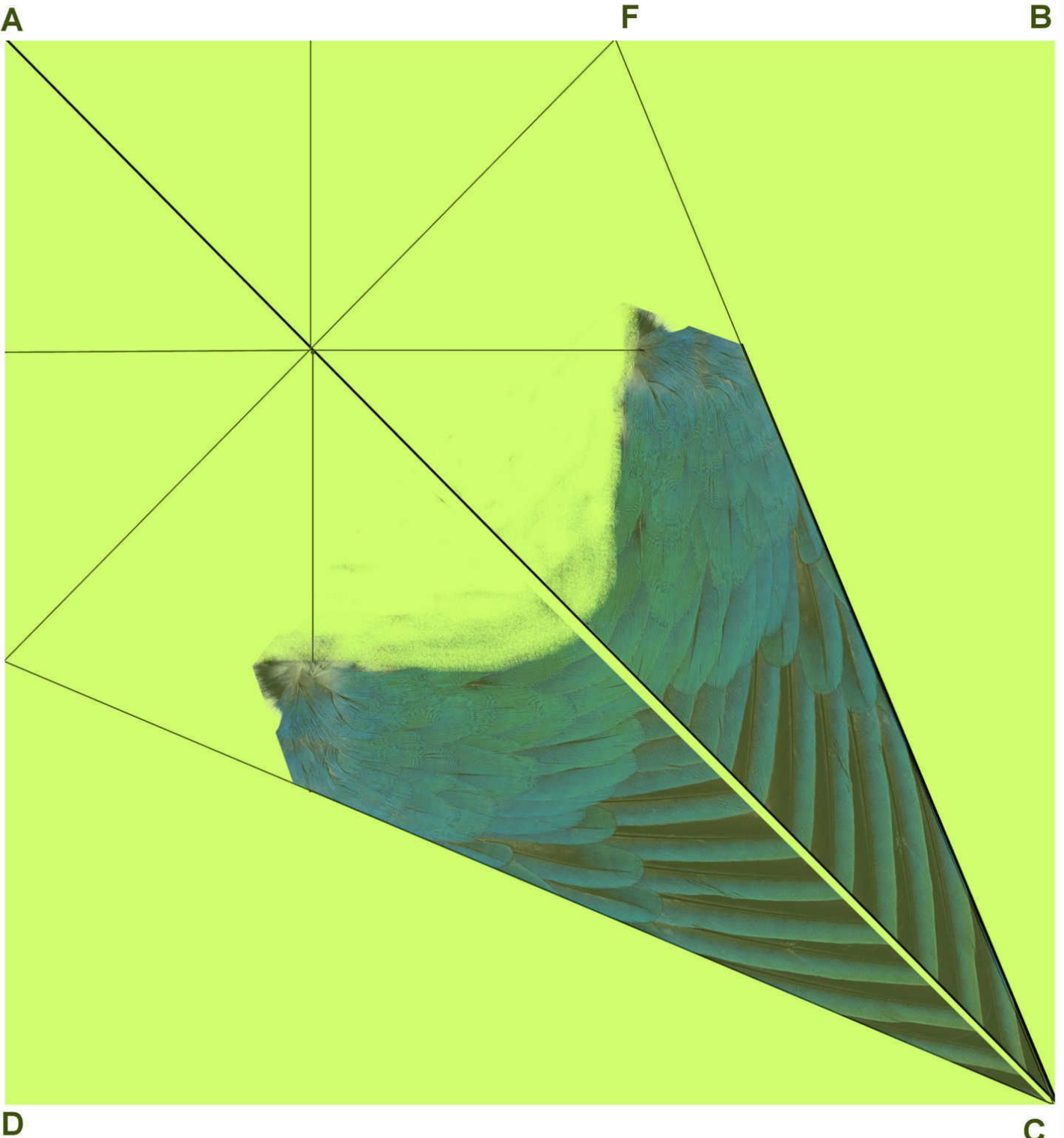


Bird on the Wire



want to convey through this fun activity, is that there is a whole wild world out there trying to survive despite the 'wires' of modern life being spun around them like a malicious spider web. We encourage you to fold these little greenbuls, snap them and post them on our Facebook page with the title "Wired for conservation!".

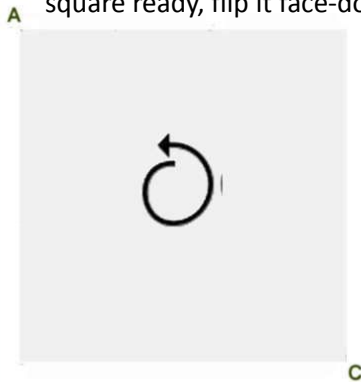
The message we



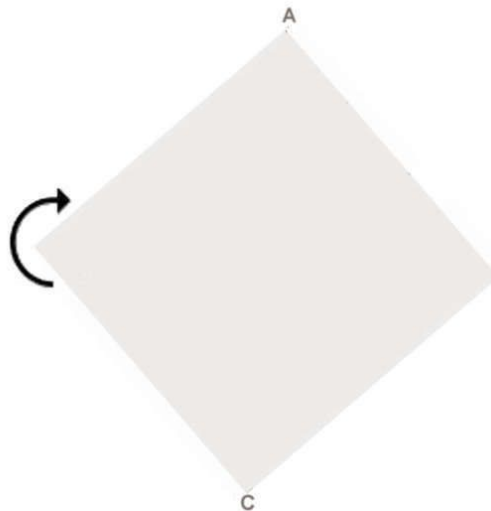
THE MUKOLO

Touching Africa Foundation Trust
ZAMBIA

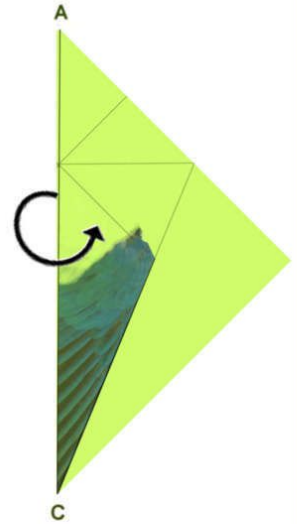
Either print the origami-model we provide, or get crafty by using any old piece of paper, decorating it afterwards with feathers, paint or whatever. Once your origami square ready, flip it face-down.



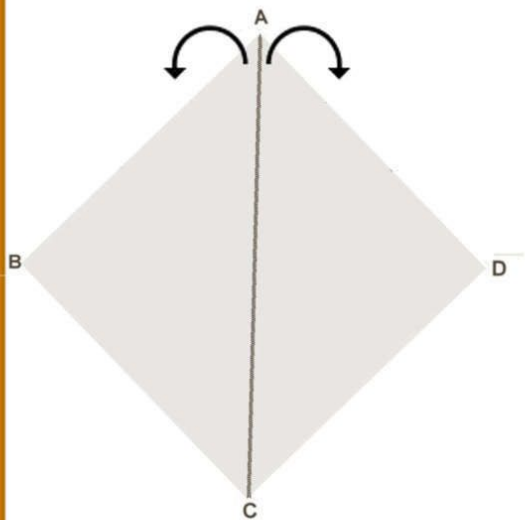
Rotate the paper so you are looking at a diamond shape rather than a square.



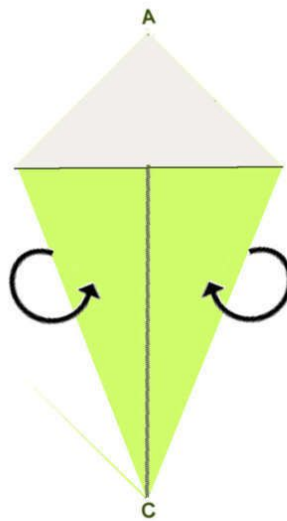
Create a valley-fold from A to C by folding along the diagonal line, as shown.



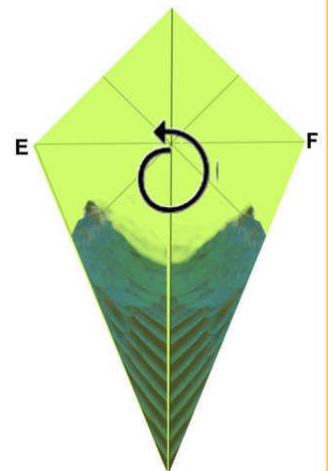
Unfold the paper. Now fold corners B and D toward the centre creased-line you have just made.



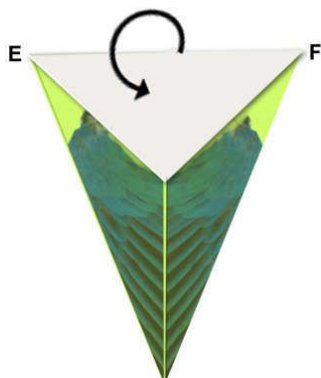
Your paper should look like this. The white triangle represents the back (unprinted) side of your origami-paper.



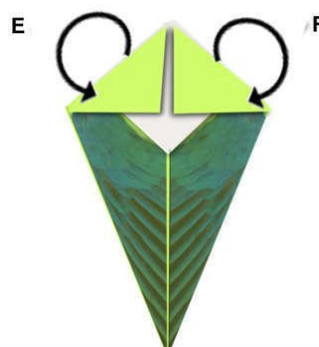
Flip over the page so as to see the front (feathered) side.



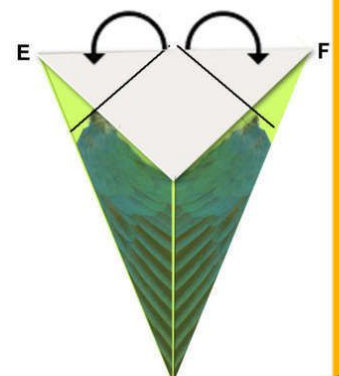
Create a valley-fold along the line from E to F. Crease well.



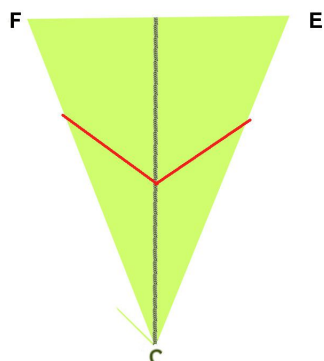
Now fold corners E and F toward the centreline.



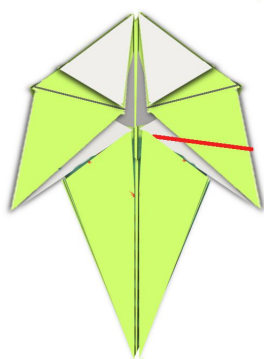
Crease well, then unfold.



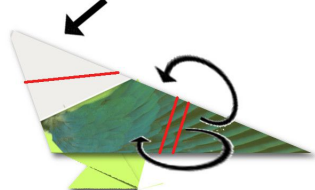
Flip over the page again. You are going to make a squash fold using the crease lines you have just made. Imagine 2 diagonal lines starting at the end of your crease lines and meeting in the middle.



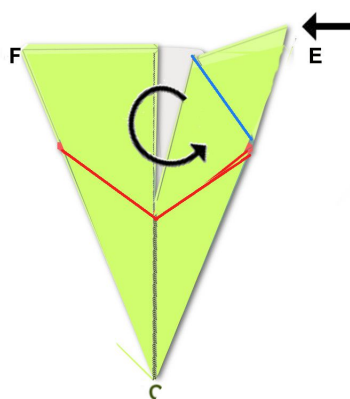
Repeat the same procedure on the other side.
Now, imagine a line as shown below.



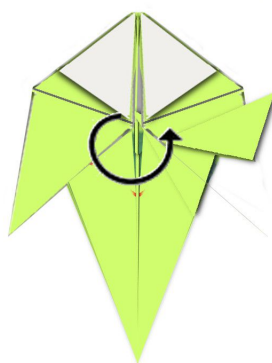
Fold the two sides of the paper together, the legs on the inside. Imagine a line as shown toward the head area. Bend the paper on this line to both sides, creasing well, then push the triangle in between the two layers of paper until a 'beak' appears on the other side.



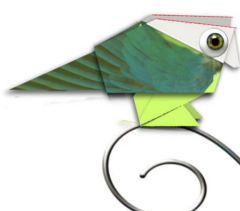
Lift one flap at the top at the centre. Keep your thumb on the imaginary line, then push the corner "E" toward the inside – between the two layers of paper.



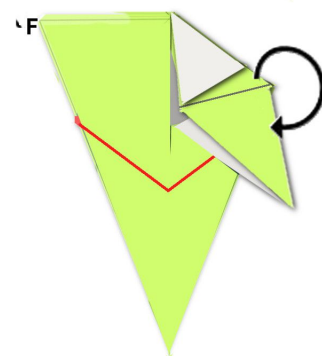
Fold the 'leg' upward on that line. This forms your bird's first 'claw'.



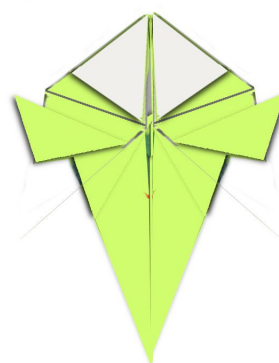
Imagine two lines on the tail. Bend the paper on both lines in both directions. Opening your bird, fold completely back the tail using the upper crease, and then fold it back down again using the other. This is a way of giving an extra dimension to your birdie!



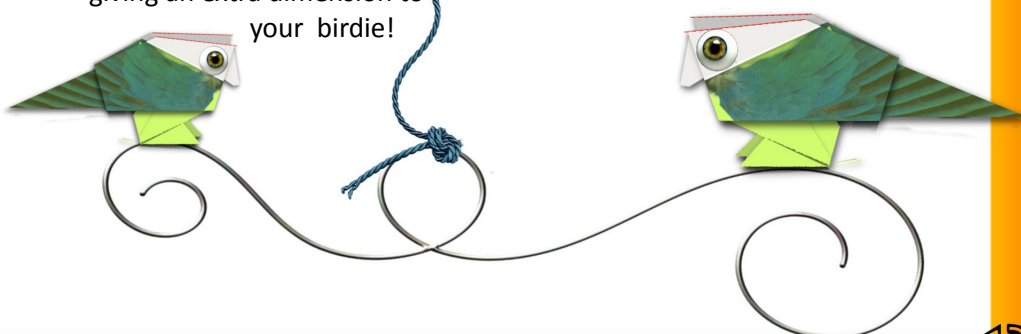
As you do this a triangle will form between the creased lines. Flattening this will form the bird's leg.



Repeat it on the other side.
You're almost there!!



Draw or stick on an eye and find a piece of wire. Either stick the claws to it or thread the wire through the paper. A string or two will complete the project and there you go – your very own greenbul-mobile!



THE MUKOLO

Touching Africa Foundation Trust
ZAMBIA

A Moment in Time

In every issue we bring you **THE MUKOLO** selection of top rated photos. These pics aren't selected for their technicality, but for their uniqueness and what they manage to express. As our focus in this issue is on conservation, we wanted to show you some natural beauty.

If you have photos to share with us, visit our Facebook page, post them and tell us something about them!
<http://www.facebook.com/TouchingAfricaZambia>

As part of our skill-development programme, we are trying to get hold of 2nd hand digital cameras. This will enable us to help develop technical skills in the communities and we might even eventually open a competition for local photographers!



THE MUKOLO

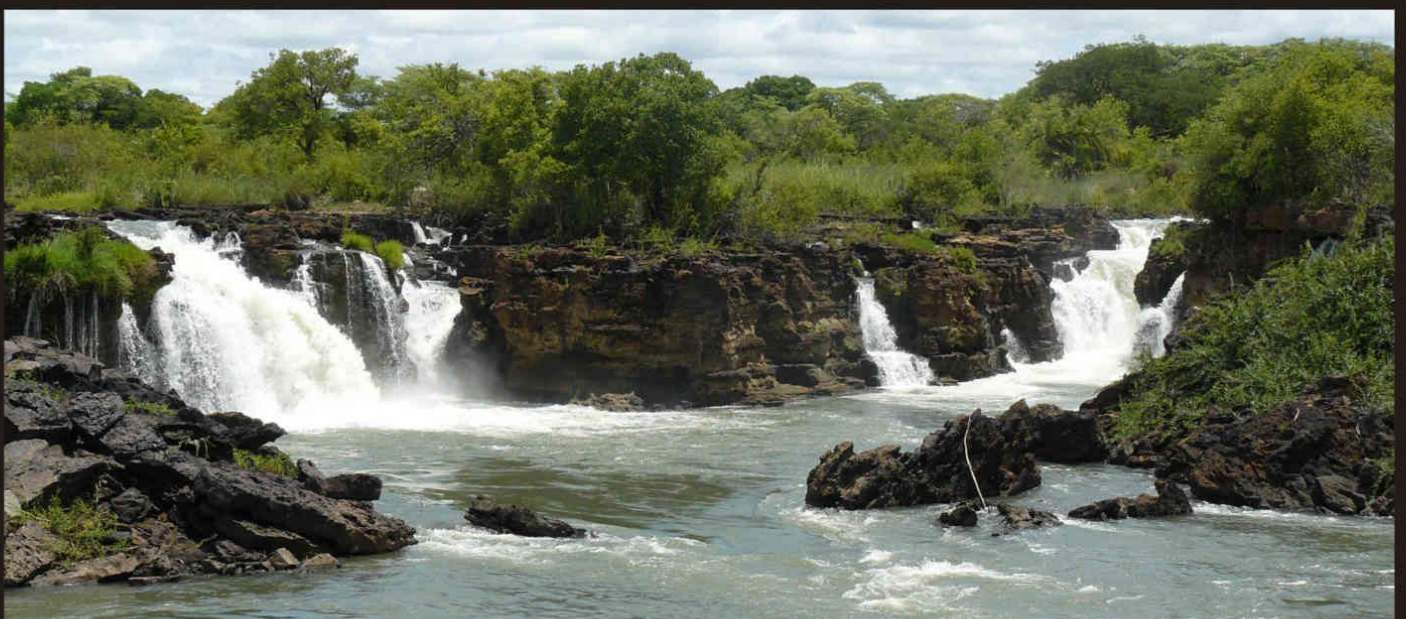
Touching Africa Foundation Trust ZAMBIA



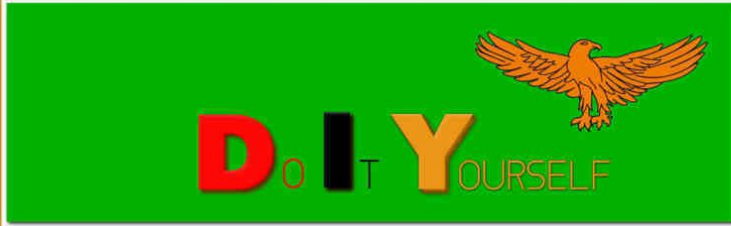
FROM FAUNA TO FLORA, FROM BIG TO SMALL ZAMBIA 'S NATURAL WORLD IS FULL OF SURPRISING WONDERS!



THE FLAME LILY (GLORIOSA SUPERBA), NATIONAL FLOWER OF ZIMBABWE, IS INDEED 'SUPERBA'! BUT IT IS NOW FACING POSSIBLE EXTINCTION DUE TO ILLEGAL HARVESTING AND TRADE.



THE NGONYE FALLS CLOSE TO SIOMA VILLAGE ARE SHAPED LIKE A HORSESHOE WITH WATER GUSHING OUT FROM UNDERNEATH ROCK LAYERS. A SPECTACULAR SIGHT!



Zambia-style

STEVEN'S MASIKONO OVEN

It may not look like much, but what you see on the photo here is actually a highly sophisticated outdoor-kitchen wonder. OK, OK, 'sophisticated' is a big word, but it all depends on the way you look at it:

From a modern-kitchen-mega-technology point of view this model may leave much to be desired. Yet, if your life-reality comprises cooking on an open fire, this little oven may have a very different allure! Indeed to many in South-Western Zambia, Steven's Masikono-oven is the best thing since the invention of the ox-wagon!

In our *What's Cookin'?* -feature, I will tell you how Steven uses his oven to make the best, yes, the BEST scones I have ever eaten... EVER! If you don't have an oven like this, believe me, you WANT one. So let me tell you how to get this baby installed in your garden right next to the BBQ!



Taking a closer look at the basic structure, we see that the main components are:

- bricks (preferably made of clay)
- a corrugated iron sheet
- metal bars
- cement
- metal drum-lids



Seeing that this is a true blue African project, you can improvise in any way, should you not have the required material at hand. Only keep in mind that the oven, like any other oven, gets HOT, so no wood and no plastic drum-lids...



THE MUKOLO

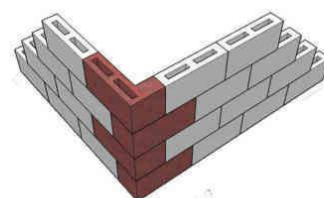


Zambia-style

STEP 1: once you are (very) sure about the construction site, start by levelling the ground. If you want a more solid base, you can first throw a screened cement base. This will provide an easier-to-clean work-environment. Steven's oven, though, has a ground-floor. The clay-ground acts in the same manner as would the clay-bricks, contributing to an even heat-distribution.

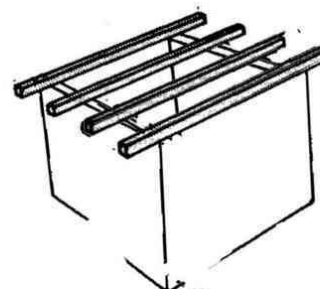


STEP 2: build a 3-walled structure, using bricks and cement, with bricks overlapping for solidity, as shown. It shouldn't be too high, 50cm at most, in order to retain heat. Leave to dry completely.



STEP 3: once your walls completely set, place 3 to 4 iron bars over the structure. These will carry the weight of the "roof" so make sure you rather put too many and too solid, than too few and too weak! It is wise to embed these beams solidly into the walls.

STEP 4: Now you can place your sheet of corrugated iron on the created structure and screw them into place.

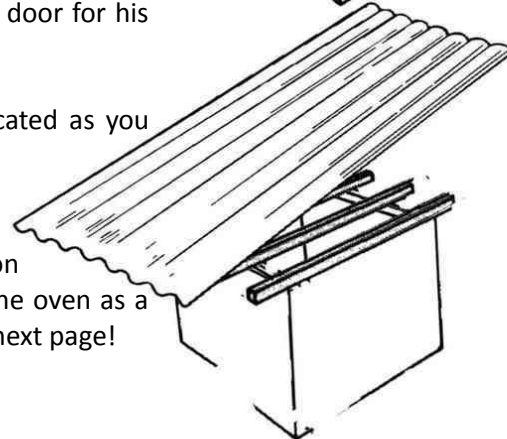


STEP 5: To make sure the heat does not escape from your oven, you need to insulate it with a thick layer of cement. This layer should cover the roof of your oven entirely. Make sure you also fill any holes between the roof and the walls.

STEP 6: Steven has used the metal lids of old drums to form a make-shift door for his oven. However, anything heat-resistant goes!

Now it's up to you to make this project look as laid-back or as sophisticated as you would like it to. Remember, the most important thing in the bush is that it functions correctly!

Even improvised bush-ovens come with a user's manual! The oven's function is explained with the help of our user's manual recipe (that comes with the oven as a freebie!) and is described in full in our article What's Cookin'? On the very next page!



If you do decide to build your own copy of Steven's Masikono-Oven, then please send us a picture or post it on our Facebook page: www.facebook.com/TouchingAfricaZambia!

What's cookin'?

Steven's Masikono

JUST ABOUT 2 KG OF CAKE FLOUR
 BY AND LARGE 10 GRAMS OF YEAST
 MORE OR LESS 2 CUPS OF SUGAR
 ROUGHLY 15ML SALT
 APPROXIMATELY 8 CUPS OF LUKEWARM WATER
 A CERTAIN AMOUNT OF OIL
 (NOW YOU KNOW ALL BUT EXACTLY. DON'T YOU?!!)

Africa is a tough country... or so they say!

Famine, drought, lack of medication, lack of modernisation, wild animals, poisonous snakes... There must be at least 100 reasons why any rational tourist should avoid Africa. Yet the few good reasons that do exist are such very good ones that they will no doubt finally succeed in luring you to our beautiful continent!

I am a sucker for Africa because of those very reasons: the great weather, the wonderful wildlife, not to mention the warm and caring people. There was one more reason I was yet to discover, though, and I stumbled upon it during my recent stay in Zambia: *Steven's MASIKONO!*

Are the English renowned for their great scones? Well then it is only because few people have had the privilege of tasting OUR Steven's delicious scones.

Now... we are going to try to impart the knowledge of this very special recipe to you, but please keep in mind that there are a few things playing a crucial role in this recipe's success that we cannot possibly impart. Such as the powerful African sun bringing the batter to a full boil, and of course Steven's know-how.

If you want to come even reasonably close to making these scones as they should be made, you have to throw precision out the window and let your taste buds (and your primitive instinct) get the better of you!

By the way, my apologies to Mr Nokes, who tries so hard to guide all South Africans away from carbos. Maybe you shouldn't try these if you are an ardent 'Noker,' because you might just never want to 'Noke' again - no(ke) kidding!

What's cookin'?

Let me introduce you to Steven's kitchen!

Some may see it as primitive, others may deem it resourceful. Either way, this is what you do when your possibilities are limited.



Steven uses a large plastic drum to mix the ingredients. First the flour, then the yeast.

Now add the sugar. Steven buys his sugar in pre-packed quantities, one plastic bag containing roughly a cup of sugar. He advises us to adjust the quantities according to taste, but I advise you to do the first batch his way. Entirely. You can always make adjustments to the next 1000 batches...!



The amount of salt, like the sugar, is a question of taste. Steven recommends about 15ml.

The water is added 1 cup at a time until the consistency is 'just right'. 8 to 9 cups should suffice. The consistency must be slightly runny, but not too much, almost like a cake batter.

If, like Steven, you have to do everything manually using nothing more than a large wooden spoon, you might need someone to give you a hand by holding the container!



At last the batter is ready to rest! Steven leaves it out in the direct sun. Within an hour it doubles in volume and literally boils as you remove the lid! Now you know not to underestimate the winter sun in Africa!



What's cookin'?



While the dough rises, Steven puts the "fire in the hole". If you have built yourself a MASIKONO-oven, according to the instructions in our DIY-article, this is what you should do as well. A nice, big, potent fire!

Protecting his hands with clean plastic bags, Steven rubs cooking-oil in all of the little nooks of the pan, his wife lending him a hand.

Steven sells at least 3 dozen of MASIKONO every day, which is the amount you should get out of this recipe, depending on the size of your pans.

While he is filling the last pan up to the rim with batter, Steven's son takes the fire out of the hole.



Timing is essential, since you don't want the oven to cool too much before inserting the pans.

The pans are placed as deep into the oven as possible, there where it is hottest, before taking care to close the oven.

Steven keeps an attentive eye on his MASIKONO.

Baking time is variable, depending on the warmth of the oven.

Generally 30 to 40 minutes should suffice to obtain delicious, golden-brown Zambia-style scones!



There is one, final secret that Steven has decided to share with us: as you take your MASIKONO out of the oven, dab a hint of oil over each one... Hot or cold, you'll never want to eat any other scone ever again!

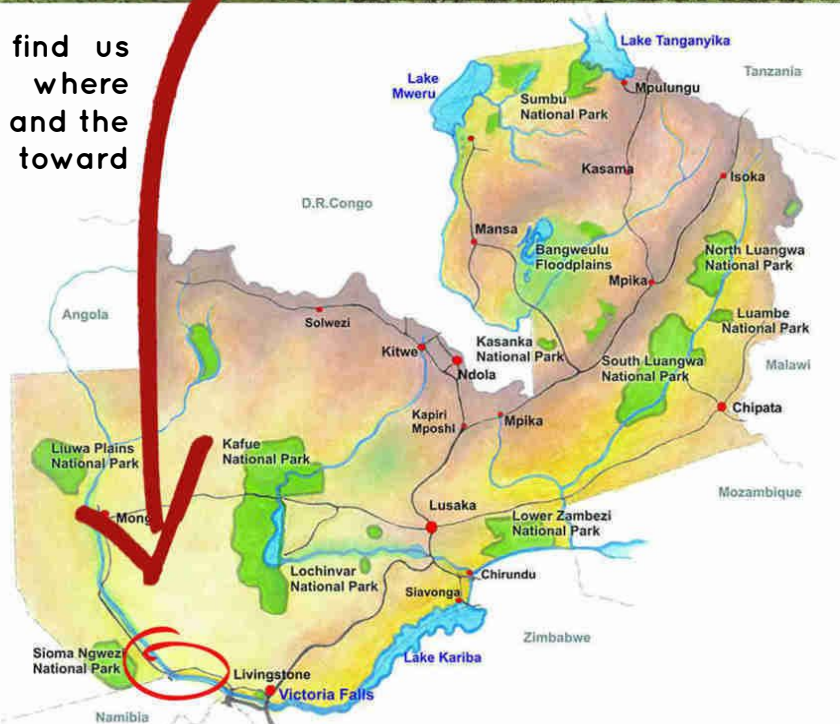
THE MUKOLO

Touching Africa Foundation Trust
ZAMBIA



Zooming into Zambia you will find us down at the bottom-border, where Namibia and Zambia takes hands and the Zambezi gently curves toward Livingstone.

From the Vic-falls it takes a bumpy minimum 3-hour drive, swerving through many-a-pothole, toward Sesheke. From there count another 1-hour-ish drive by means of a full-blown 4x4 track up the river, until you find the hand-painted signpost indicating LISELI FARMS.



THE MUKOLO

BITS & PIECES

YOU MAY QUOTE ME

The reason birds can fly and we can't is simply because they have perfect faith, for to have faith is to have wings!

J. M. BARRIE

DID YOU KNOW?



The African Fish Eagle is the national bird of Zambia and appear on the country's coat of arms. It is an impressive bird with a wingspan of 2m or more and has a distinctive cry that many see as evocative of the spirit of Africa.

A couple mates for life and maintains several 'residences' which they tend to reuse and enlarge over the years - sounds familiar, no? When it catches a fish that is too heavy, the Fish Eagle will either drag it to shore over the water, or even drop into the water and paddle to shore with its' wings! (Undeniable surfing potential!) Interestingly, fish is not their only food. They have also been seen to feed on frogs, lizards, baby crocodiles and even monkeys!

In Lozi they are called Nwanyi.

Kiddies' Corner

You can become involved in helping the poor, even if you are only a little chick! Children in Zambia also love to draw and play, but very often they don't have crayons or toys .

You could send us a drawing , a blank page or two and, if you can, some crayons, then we will give it to one of the local children. It will sure put a smile on a little face!

How about folding the origami-bird that we have included for you, instructions and all, on page II? Once you are done you can take a photo of it and email it to lounnique@touchingafrica.org.

NIT & WIT

Q: What do you call a sick eagle?

A: ill - eagle!

Q: What does the eagle say to his friends before they go out hunting for food ?

A: 'Let us prey.'

We would like to chirp a special tweet of thanks to all of those happy larks that keep Touching Africa Foundation Trust in full flight through their support.

We can not possibly name all, for lack of space, but we would like to let you know how deeply we appreciate your involvement! Baie dankie, merci beaucoup, thank you kindly and a very sincere nitomezi!

THANK YOU

A little bird told me...

The quote that made the day!



About the tomatoes:

*The hothouse is too small!
The tomatoes are too BIG!! Haha!!*

Louwnique du Preez

About the hothouse:



The only hothouse in the world built with teak and kiaat!!!

Piet du Toit



I can hear them grow!

Nick Le Roux

I just spent a week with Benjie on a conservation prac in Marakele, Limpopo and he is an inspiration. A hart of gold and a true humanitarian. My life is richer for having met him. I hope our paths cross again!

Andrew Botterill

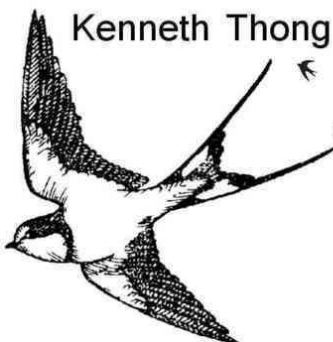
About the MUKOLO:

*Absolutely loved the content!
Great to see the Wit Leeu in action!*

Kenneth Thong

*Julle is GOD
se hart se punt...*

Louis Wentzel



CLASSIFIEDS THE BASIC NEEDS AND PUBLICITY PAGE

AGRICULTURE

- Agricultural equipment: tools, tractors, trailers
- To limit crocodile attacks: Water pumps & borehole pumps, funds toward drilling boreholes for villages.
- Equipment toward fencing in order to protect cultures against hippos and thus making shooting of hippos unnecessary.

SKILLS DEVELOPMENT

- Wool and knitting equipment so local ladies may knit warm beanies
- Materials such as fleece and cotton to make reusable sanitary pads
- Beads, threads and ribbons of all colours for the making of various articles, both as a simple recreational activity and as a possible source of income for the local women.
- Various arts and crafts tools and materials: scissors, materials, thread, buttons, needles, paint, paintbrushes, pottery material, etc.

WIDOWS&ORPHANS

- Clothes and blankets, shoes and jackets, underwear and socks.
- Funds in order to maintain our food-distribution programme in view of the persisting food crisis in Zambia

CONSERVATION

- Binoculars, equipment for research programs
- Experts that may offer local training in conservation-related fields
- Funds toward a conservation programme in order to protect endangered species and bring back lost ones.

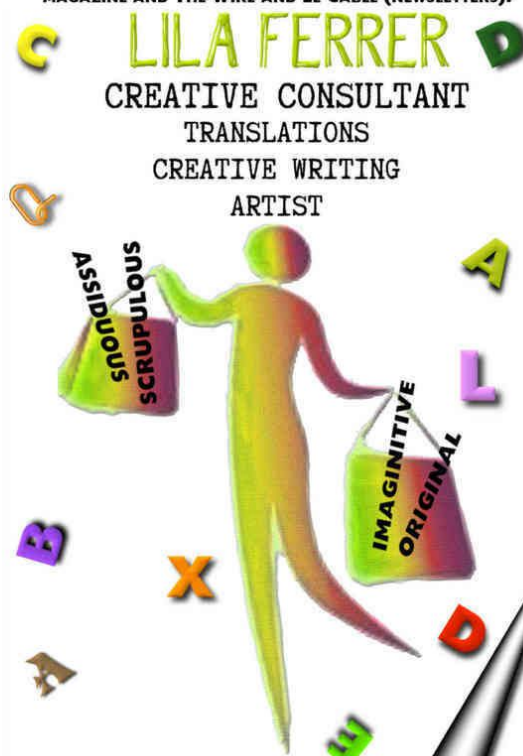
EDUCATION

- Basic school supplies: pens, pencils, erasers, sharpeners, etc.
- Educational toys (Lego) and tricycles, slides and playground equipment
- Funds toward :
 - # educating of local children
 - # our project to build a little school, equip it with books and supplies, train people in the local communities as teachers, etc.

HEALTH

- Medications such as antimalarials,
- Bare necessities such as underwear and reusable sanitary pads for local women.
- Doctors to intervene on site and experts to inform us on various procedures such as the import of medication.
- Funds toward the training and employment of a full time nurse.
- Toothbrushes, toothpaste and old spectacles.

CREATOR, EDITOR AND TRANSLATOR OF WWW.TOUCHINGAFRICA.ORG
AND WWW.TOUCHINGAFRICA-FRANCE.ORG, THE MUKOLO NEWS-
MAGAZINE AND THE WIRE AND LE CABLE (NEWSLETTERS).



IF YOU LIKE WHAT I DO
THEN LET ME DO IT
FOR YOU!