



Dining for Women

Food for Thought

March 2009

BeadforLife

Uganda

Everyone respects me. I am looking to start another business to make sure that my future is bright. My relatives come and see my house and they are amazed that I did not die of AIDS. My children are in school so my happiness is great.
--Jane Oundo ~ BeadforLife

EDUCATIONAL THEME: *Refugees & Internally Displaced Persons (IDPs)*

Our featured program empowers women who have been internally displaced from war and are afflicted by extreme poverty.

REFUGEES AND INTERNALLY DISPLACED PERSONS (IDPs)

A *refugee* is a person who, owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of their nationality, and is unable to or, owing to such fear, is unwilling to avail him/herself of the protection of that country.

An *Internally Displaced Person (IDP)* is a person (or group of persons) who have been forced or obliged to flee or to leave their homes, as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recognized state border. *In other words, they are refugees who were forced to flee their homes, yet have remained in their own country.*

International humanitarian organizations are responsible for assisting and protecting refugees. Until 2005, this was not the case for IDPs. International law stated that it is the responsibility of the government concerned to provide assistance and protection for the IDPs in their country. However, as many IDPs are displaced as a result of civil conflict and violence and live in countries where the authority of the central state is in doubt, there is often no local authority willing to provide assistance and protection. In 2005, the Office of the United Nations High Commissioner for Refugees (UNHCR) signed an agreement to assume the lead responsibility for protection, emergency shelter and camp management for IDPs. Today the UNHCR oversees clusters of organizations working at global and local levels from headquarters, regional, country and operational organizations.

IDPS IN UGANDA: Africa is the region with the largest IDP population; 11.8 million in 21 countries. Of those, Uganda and Sudan have the most IDP's. Current estimates indicate that there are more than 869,000 IDPs in Uganda. Taking into consideration the underestimated number of IDPs living in more urban areas which are difficult to track, a more accurate estimate of Ugandan IDP's is one and a half million.

The high number of IDPs in Uganda is due to fighting in the northern region between the government and

Fast Facts

34 million people worldwide are displaced by war.

At least **24.5 million** of those are Internally Displaced Persons (IDPs)

70 – 80% of IDPs are women and children

In Uganda an estimated **1.5 million** people are IDPs due to the war in Northern Uganda

80% of Ugandans live in extreme poverty – less than \$1/day

a sectarian guerilla army, The Lord's Resistance Army (LRA). The LRA, led by Joseph Kony, formed in 1987, is engaged in an armed rebellion against the Ugandan government in what is now one of Africa's longest-running conflicts. The LRA is accused of widespread human rights violations, including murder, abduction, mutilation, sexual enslavement of women and children, and forcing children to participate in hostilities. A UN secretary for humanitarian affairs has called the war in Northern Uganda the, "largest neglected humanitarian emergency in the world." Today, 1.5 million people have left their homes and are living in filthy camps, slums in cities and in other parts of the country.

Research conducted in 2005 on the Acholi tribe IDPs living in Kampala indicated that:

- 33% of IDPs came to Kampala from 1988-1996, in 1997 and in 2000.
- 70% of IDPs came to Kampala directly; those who went to another location first often left because of food shortage.
- The average household is 5-6 persons
- 80% of the houses are one room only
- 71% work for cash and most are quarry workers and security guards
- 75% eat one meal per day; typically cereals and occasionally vegetables and/or fish but rarely meat
- 79% have an illness requiring health care (which they have little or no access to)
- Language barriers and ethnic discrimination affect access to jobs, timely health care, and legal services

BEADFORLIFE'S IMPACT ON IDP's: In 2004, through a chance encounter with BeadforLife's founding members and Millie Grace, a member of the Acholi tribe who is also an IDP and a skilled beader, BeadforLife was created. The very first group of beadners enrolled in BeadforLife was from the Acholi tribe. These women were living in a Kampala slum, called the Acholi quarter. 100% of this first group of beadners were IDPs who fled to Kampala because of the war in Northern Uganda. Their stories are often heart-wrenching, yet their hard work, determination and resiliency are truly inspiring.

Cue BeadforLife DVD To watch, listen and learn more about these inspiring women, watch the BeadforLife DVD, play the Overview (6 minutes) portion of the DVD
<http://www.beadforlife.org/video/6DVDstream.html>

BEADFORLIFE'S STRATEGY TO BROADEN IMPACT: *Market Linkage* is BFL's newest strategy for reaching thousands more Ugandan women living in rural areas who are or have the capacity to make beautiful products. BeadforLife will connect them to buyers from the US and be involved in this relationship for some time as the two parties build trust. BeadforLife will insure the quality and timeliness of the product. They will develop the capacity of one or more coordinators (within the group or through an NGO) so that when BFL steps out of the middle, the producers and buyers can continue to work together in a sustainable and ongoing way. BeadforLife then has the capacity to reach the next group of women.

Another feature being tested is the ability to track the producer all the way through the supply chain. This means that a shopper could buy a basket at Macys, go to a website and enter a code from the tag, and see a photo and story of Teopista in Lira who made the basket and is able to send her children to school because of the income she is earning. With the help of MBA students at the University of Pennsylvania's Wharton School of Business, BFL will launch the first product this year, and may look at 1-2 other products to launch in smaller circles.

As part of BeadforLife's work to identify products, they recently had the chance to visit Lira in Northern Uganda. (This is in the region that until recently was terrorized by rebel soldiers from the LRA) They went to see a project in which 1,600 women gather shea nuts from wild trees, and press them into shea body butter. BeadforLife met with about 50 women in a rural area two hour dusty drive from Lira Town. When the women were asked how many had a relative killed or abducted by the rebels, *every single woman* raised their hand. One adolescent girl had been abducted with eight others and was the only one to survive. All who survived the raids had been forced to flee their homes and move into camps guarded by army soldiers. At this time, there is relative peace in the region, and the women are moving back to pick up

the pieces of their lives, living in small mud huts, farming and collecting nuts. The possibility of partnering with BeadforLife to develop their shea nut products and perhaps double their income is a tremendous opportunity and one BFL hopes will become a reality in the fall of 2009.

DISCUSSION POINTS

- *Discuss BFL's Poverty Eradication Model and how affordable housing is an integral component of this plan. As one beader says "If you own a home, you are never really poor."*
- *Living in extreme poverty is incredibly challenging in and of itself, how do you think being a refugee or internally displaced person (IDP) presents even greater challenges?*
- *What are some of the key components of the BeadforLife model? How does each of these contribute to BeadforLife's success in helping women with the skills and supports needed to lift themselves out of extreme poverty?*
- *How did the BeadforLife video, being able to touch, purchase and wear the beads, and/or reviewing the materials provided impact you personally?*

MEETING RESOURCES

Program Videos:

BeadforLife DVD: included in BeadParty Package or download streaming video at <http://www.beadforlife.org/video/6DVDstream.html>

Meet the beaders: <http://www.beadforlife.org/2beaders.html>

More on affordable housing efforts: <http://www.beadforlife.org/3affordable.html> and/or watch the Friendship Village Video: <http://www.beadforlife.org/video/6DVDFriendship.html>

NBC Nightly News: <http://video.aol.ca/video-detail/selling-beads-and-making-a-difference/1957620157>

Magazine articles:

[The San Francisco Chronicle: Bead-making helps Ugandan women shed poverty.](#) Describes how BeadforLife parties provides, "an opportunity to get a discussion going about extreme poverty and how if we work collective, we can change people's lives". It also describes how BeadforLife provides an income to women in Uganda to build homes and send their children to school.

[Family Circle: Treasures From Afar: How A Souvenir Necklace Inspired Three Women To Improve The Lives Of Ugandan Families Halfway Around The World:](#) In May 2006 *Family Circle* featured BeadforLife in a three page article with great photos. It was a tremendous outlet to share the story of the beaders and BeadforLife, reaching over 4 million subscribers. This coverage has made a great difference to how many American families know about the project and has greatly impacted the sales of the beader's jewelry.

Visit the BFL website for more links and listings of magazine articles: <http://www.beadforlife.org/6media.html>

VOICES

Through trying times their extended families remain intact; involved with one another in love and commitment. Their tribal ties provide a sustaining community. Although they have few possessions; they are rich in traditions, values, and belief in a spiritual presence. They are grateful for appreciation or happy occasions. They readily adopt children whose parents have died though they often struggle to feed their own. No one is left out. Please take a moment to meet BeadforLife members. They have much to teach us. Their stories, while full of loss and difficulty, show determination, beauty and indomitable spirit.

Acan Grace is the mother of five children, including twins Ochen John and Sheila. The twins were less than a year old when she joined BeadforLife 30 months ago.

Several years earlier, Grace was forced to place her oldest son, Innocent, in a children's home because she wasn't able to feed all of her children. Grace fled Northern Uganda when rebels threatened her village. She is now divorced but her ex-husband does pay school fees for two of her children. Grace's home measured only about 5 by 10, but it was tidy and always incredibly clean.



Today: After joining BeadforLife, Grace quickly became one of the best beaders in the whole group, rolling exquisite small beads in beautiful colors. Grace is always among the top sellers, and her income has made many changes in her life. Her son, Innocent, is back at home and enrolled in school. She has built a new home that is slightly larger than the last. And, a new baby came into her life.

When a police officer heard weak cries coming from a dumpster, he dug around and found an infant wrapped in a dirty blanket. Although Grace lives on a modest salary, she immediately agreed to take the baby in and named him Gift from God. She calls the baby Gift. Gift is now growing into a toddler and is quick to smile at everyone.



Laker Fatuma Fatuma, 33, has a broad smile and twinkle in her eyes that immediately creates a sense of fun and warmth. Yet she has overcome enormous difficulty. As a young teen, she was captured by the rebels who were waging war in the north. Living with them for several years she bore two children before she was able to escape and make her way to Kampala. There she moved into a slum along the railway tracks. She picked coffee beans for 40 cents a day, not enough to feed herself and her children. "You work so hard and have nothing after a long day. If you do not get paid you do not eat," she says of that time.

Fatuma later married a man who was an "askari," a night watchman. When she was pregnant with their youngest child, her husband was killed when thieves attempted to break into the office he was guarding. Alone with four children, she did everything she could to feed them.

Today: When she started rolling beads for BeadforLife she hoped to make about \$30 a month. Instead she earned almost \$100. "I was not expecting this good fortune. Everyone who bought beads has taken care of me."

When Fatuma joined BeadforLife her industrious nature came alive. She bought a popcorn machine and started earning a second stream of income. She now has built a house in Friendship Village and plans to buy a "boda boda," a motorcycle used as a taxi. She is well on her way out of poverty.

Juliette was born in a village in rural Uganda. Her mother died when Juliette was three or four years old. Her father remarried a woman who would torment Juliette. She gave her many tasks to accomplish threatening to not send her to school but instead to make her stay home and carry water and clean the house. Around the age of 8, Juliette's father died of AIDS. At this time Juliette's step-mother would make her sleep in the outhouse, locking her inside. At 12 Juliette ran away to find a relative in Kampala that she might live with. She was soon recruited to work in "clubs" (prostituting herself in order to eat). A particular man took her home to be his girl friend. At 16 she had a daughter with this man. At 19 she managed to get herself sponsored to finish high school. She told the boyfriend that she was moving out. One night he came and knocked on her door. When she opened the door he threw battery acid on her face and body (a practice that is common in Africa in order to retaliate, torture or shame others). The acid literally burned the flesh



right off the bone, burned her eye out, and her ear off. She ran screaming into the night. She spent 6 months in the hospital recuperating from this terrible crime. At one point the boyfriend came around and asked her if she still loved him. The police have done nothing about this crime.



Today: Juliette has joined our latest group of beaders, which decided to name their group "Suubi" which means "Hope." She is very religious and believes in the importance of forgiveness. She sings beautifully and has a radiant smile that charms and warms all those she encounters. She is working her way out of poverty as one of our beaders and she believes that her future can be bright and filled with hope, despite the terrible disfiguration.

Juliette today, holding a photo of herself at the age of 12

For more stories, please visit our web-site at <http://www.beadforlife.org/2beaders.html>



BOOK CORNER

Nonfiction:

Cultur & Customs of Uganda Ken M Otiso, of Bowling Green, KY 2006. A concise chronology of the history, then chapters on religion, media, housing, cuisine and dress, roles, marriage/family, customs, lifestyle & music.

They Come Back Singing: Finding God with the refugees Gary Smith, SJ, 2008. A Jesuit Priest kept a journal during his stay from August 2000 until August 2006.

Uganda Child Soldiers: First kill your family... Peter Eichstaedt 2009. Tells of the children who are induced to the Lord's Resistance Army.

Beyond Humanitarianism: What You Need to Know About Africa and Why It Matters. Princeton N. Lyman and Patricia Dorff, Council on Foreign Relations, 2007

Describes the African continent's ongoing struggles, but also its ever-increasing victories, and it lays out plausible solutions that could make a huge difference in Africa.

The Shadow of the Sun Ryszard Kapuscinski, Vintage, 2002.

A Polish journalist who has written about the continent for more than three decades, Kapuscinski provides glimpses into African life far beyond what has been covered in headlines or in most previous books on the subject.

Fiction (available on Amazon.com):

Waiting Goreti Kyomuhenda, of Hoima, Uganda 2007. A novel about the last year of Idi Amin's rule. Effects of war on women and the resilience of Uganda's people are emphasized.

Gravity of Sunlight Rosa Shand, of Spartanburg, SC, 2000. A woman who lived in Uganda for 10 years tells a love story.

Children's Books:

Breakfast in the Rainforest Richard Sobol, an excellent discussion of Gorillas with many pictures of life in rural Uganda and life as a Silverback Mountain Gorilla.

Beatrice's Goat Page McBrier and Lori Lohstoeter, Aladdin, 2004.

An impoverished family begins to flourish after receiving a special gift--of the four-legged variety--in this uplifting picture book set in western Uganda. (Recommended ages 4-8)

Africa (Cultural Atlas for Young People) Jocelyn Murray and Brian A. Stewart, Chelsea House Publications, 2007 (recommended ages 9-12)

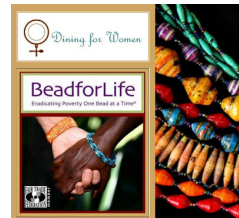
This volume explores the history of Africa, discussing such topics as the ancient kingdoms, the slave trade and the Great Trek. It also surveys present-day Africa in a region-by-region format.

Movies: *The Last King of Scotland*; 1998. Forest Whitaker won an academy award for his portrayal of Idi Amin in Uganda. A Scottish Dr. Garrigan arrives in Uganda as an idealistic young doctor, set on changing the path of his life. Through serendipity, he ends up becoming the personal physical of Idi, then a most trusted advisor. Living inside the ruler's compound Garrigan is unaware of the brutality of the regime until too late...or is it?

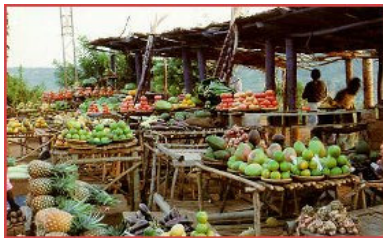
War Dance 2007 Sundance Film Festival. Dominic, Rose, and Nancy are three children whose families have been torn apart, their homes destroyed, their innocence lost, and who currently reside in a displaced persons camp in Patongo. These children attend a school where they can momentarily forget the brutal realities of their lives, as they participate in music, song and dance. When they are invited to compete in an annual music and dance festival in their nation's capitol, their historic journey is also an opportunity to regain a part of their childhood and to taste victory for the first time.

SOCIALLY CONSCIOUS SHOPPING

<http://www.beadforlifestore.org/servlet/StoreFront>



DINING WITH WOMEN: *Ugandan Recipes*



Ugandan Mango and Pumpkin Soup

This delicious soup can be served hot or cold and makes a lovely meal served with French bread and salad. It can be made the day before the party. Serves 6- 8

Ingredients:

- | | |
|---|--|
| 1 small pumpkin (or large can of pumpkin) | 2 big teaspoons minced garlic |
| 6 big ripe mangos | 1 tsp Allspice |
| 2 teaspoons ginger powder or fresh ginger | 1 cup yogurt or cream |
| 1 tsp Spanish paprika | 4 to 5 cups of water |
| 1 tsp rosemary leaves | 5 small vegetable bouillon cubes |
| 1 cup chopped onions | minced chives or parsley or cilantro for the garnish |
| 1/4 cube of butter | |
| salt and pepper to taste | |

1. Heat the butter and add onions, ginger, garlic and sauté on low heat for 5 min. Cut pumpkin into small pieces and add to mixture cook for 5 more minutes.
2. Add all of the other spices and water and cook on low heat for 20 min.
3. Cut off all of the fruit from the mangos and put in blender. Blend and set aside.
4. When the pumpkin mixture is ready blend for 6 seconds.
5. Add the mangos to the pumpkin mixture, add yogurt, and cook for ten more min. Garnish and serve hot or cold.

African Yam and Peanut Stew, with Ginger and Pineapple

A real gourmet treat that just delights the taste buds. Serves 8 and can also be prepared ahead of time.

Ingredients:

- | | |
|-----------------------------|-------------------------------|
| 8 C. vegetable stock | 2 tbsp. vegetable oil |
| 1 large yellow onion, diced | 2 tsp salt |
| 6 tbsp minced ginger | 4 large garlic cloves, minced |
| 1 tbsp ground cumin | 2 tbsp ground coriander |

½ tsp cayenne pepper
1 red bell pepper, diced
4 medium yams, peeled and roughly chopped reserved
3 ripe tomatoes, chopped
1 bunch cilantro, chopped

1 tsp paprika
Juice of 2 limes, more to taste
1-14 oz. can water packed pineapple, juice
5 tbsp smooth peanut butter
Hot sauce, to taste

1. Heat stock and keep warm while you assemble the soup. In a heavy-bottomed soup pot, heat oil over medium heat. Add onion and a pinch of salt; sauté for minutes, stirring occasionally. Next, add garlic, ginger, and spices and sauté until soft and golden. Stir in red pepper, yams, and salt and continue cooking until they start to stick to the bottom of the pot. Add vegetable stock to cover, bring to a boil, and reduce to a simmer. Cover partially and simmer until the yams are tender.
2. Add pineapple with juice, tomatoes, peanut butter and remaining stock and simmer 30 minutes. Puree the soup until smooth, either directly in the pot with a hand blender, or in batches using a food processor.
3. Return soup to the pot and simmer for a final 10 minutes. Season to taste with more salt, pineapple juice, and/or hot sauce. Just before serving, add chopped cilantro and fresh lime juice.

Sugar Peanuts

In many countries in Western and Central Africa, any town large enough to have bars, cafes, and restaurants will also likely have vendors selling roasted nuts and sugared peanuts. Often the vendor is a girl or woman, balancing her wares in a tray on her head. The peanuts are sometimes sold in recycled liquor bottles that have been collected, cleaned, and packed with sugar peanuts.

What you need

- one cup water
- two cups sugar
- four cups raw peanuts, shells removed; skins can be removed or left on as desired

What you do

1. Preheat oven to 300 degrees F.
2. Combine water and sugar in a saucepan. Bring to a boil, and stir until sugar is dissolved, to make syrup.
3. Add peanuts. Continue to cook over medium heat, stirring regularly, until peanuts are evenly coated, and no syrup is left in pan.
4. Spread nuts out on baking sheets. Bake at 300 degrees F for about thirty minutes to one hour or until sugar is completely dried. Gently stir the peanuts a few times while baking.
5. Remove from oven and place on paper towels, let cool, and store in airtight containers.



Mchuzi wa Samaki (Fish Curry)

One of many traditional Swahili fish dishes from Zanzibar Island. *Samaki* is the Swahili word for *fish* and *mchuzi* means *curry* (or *gravy, sauce, soup*). A fish curry from Zanzibar shouldn't come as a surprise, since Zanzibar is an African island in the Indian Ocean.

What you need

- three or four pounds of firm-fleshed fish (a cleaned whole fish or serving-size fish fillets)
- oil for frying
- one to two cups of coconut milk (canned is okay, see the note about coconut milk on the *Wali wa Nazi* recipe page)
- one large onion, chopped
- two or three tomatoes, chopped
- one or two sweet green peppers (or bell peppers), chopped
- ten cloves of garlic, minced
- one or two teaspoons of garam masala or curry powder
- tamarind paste or powder, to taste (this is essential)
- salt

What you do

1. Briefly fry fish in hot oil (or cook on an outdoor grill or broil in an oven) so that the outside is seared, but the fish is not done inside. Place fish in saucepan, cover in coconut milk and add tamarind. Set aside.
2. Vigorously stir together the onion, tomatoes, green pepper, garlic, and spices. Add to the fish and coconut milk.
3. Simmer slowly on low heat until fish is fully cooked and sauce is thickened. Serve with *Chapati* or Rice.
4. You can also make *Mchuzi wa Kamba*, (Shrimp Curry), by substituting an equal weight of shrimp, however the shrimp do not need to be cooked first.

Groundnut Bread

(West Africa) Yield: 12 1 1/2- to 2-inch pieces

Prepare 1 package ROLL MIX (follow package instructions).

Roll out on a floured board to 1/2-inch thickness.

Spread 1 cup PEANUT BUTTER uniformly over the surface.

Roll up tightly.

Holding index finger at one end of roll, swing the roll around to form a round loaf.

Lift the round loaf onto a greased cookie sheet pan with a spatula.

Allow to rise as directed on the package.

Brush 2 Tbs. MELTED BUTTER over loaf.

Sprinkle 4 Tbs. CHOPPED PEANUTS over top, pressing them into loaf.

Score across the top of loaf with a knife, with lines 1 inch apart for criss-cross effect.

Bake as directed on package for a full loaf.

Break or cut into 1 1/2- to 2-inch pieces when serving.

SOURCES

[http://www.internal-displacement.org/8025708F004CE90B/\(httpPages\)/22FB1D4E2B196DAA802570BB005E787C?OpenDocument&count=1000](http://www.internal-displacement.org/8025708F004CE90B/(httpPages)/22FB1D4E2B196DAA802570BB005E787C?OpenDocument&count=1000)

http://apha.confex.com/apha/134am/techprogram/paper_140503.htm

<http://en.wikipedia.org/wiki/Refugee>

http://en.wikipedia.org/wiki/Internally_displaced_person

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