



# THE PROTEA

Elizabeth Bowers Zambia Education Fund

Vol. XVII No. 1

Breaking the cycle of poverty through education

May 2022



Elizabeth Rachel Bowers (1979–2002)



## A Celebration of Spirit



Twenty years ago our beloved daughter Beth passed on. Her spirit continues to move us to support her legacy in the remote rural village of Lumwana West, Zambia. Many of you have been with us on this journey to illuminate the lives of the remarkable young Zambian women Beth met as a Peace Corps Volunteer two decades ago.

Those of you who knew Beth will forever celebrate the influence she has had on your lives. Many of you who did not know her have been inspired by the story of her life to support EBZEF's programs on the other side of the world.

For all of you, we have prepared a celebration of "A Life Well-Lived" insert to affirm Beth's legacy as a seeker after "global peace and understanding." This newsletter is an affirmation of the influence Beth's spirit continues to have on the world. 🌸

## EBZEF Representative

Recently retired Secondary School Headmaster, Mr. Mbongo Njolomba, has now become EBZEF's official Representative in Lumwana West. Without Larry's wisdom, insight, guidance, and administrative assistance, EBZEF could not have functioned as successfully as we have for so many years. We are grateful for his continuing enthusiastic support! 🌸



Mr. Mbongo (Larry) Njolomba

## Secondary School Update



12th graders

Mr. Njolomba reports the number of students in grades 8-12 at Lumwana West Secondary School for 2022 is 636 (305 girls/331 boys) who are "timetabled and attend lessons." The number of seniors coming just to take exams (320) gives a grand total of 777.

Larry adds, "Even when there are still more students coming the school has stopped enrolling because it can't take any more in the limited space. Currently we have a student volume of about 130 students per classroom." 🌸

## DOUBLE YOUR IMPACT!

Every dollar matched up to \$5,000 through July 2022!



## Secondary School Construction



The boys' ablution block (lavatory) is now complete with septic tanks and flow away zone. It includes sinks, urinals, toilets, wash tubs, and showers. With running water, it is a significant source for sanitation against Covid.

The new three-classroom block is almost complete. Larry says, "The whole electric system is finished and tested." This includes interior and exterior lighting as well as power stations for other electrical needs. "The testing is done using a generator fueled by petrol. All classrooms already have this provision. But even when the classrooms are nicely fitted, we don't use the system because we don't have power." Petrol is prohibitively expensive.

EBZEF is looking into fitting classroom buildings with solar power to enable use into the evening. This could significantly increase use for "evening classes, computer classes, science experiments, and many other activities." These projects will help ease the over-crowding of the Secondary School. 🌸



Boys' lavatory complete



Three-classroom block lighting installed



Painting classrooms




Married teachers' houses

## Houses for Teachers



Mr. Njolomba insists that, as important as solar power is, "the issues of classrooms and teacher accommodation are more urgent." EBZEF has helped to construct six houses as homes for nine teachers. EBZEF will help build a family house for \$15,000 in 2022. Larry assures us that both parents are teachers for more "bang for our buck!" 🌸

## Scholarship Updates


In spite of an appendectomy, a dorm room robbery, a resit for an exam or two, and a term repeat, Beth's Girls continue to work hard and enjoy their classes. They have proven to be outstanding students and effective professionals in their chosen fields. Beth's legacy is flourishing! 



### First Year Students



**Lydia Njolomba** is in year 1 of 3 for a BS in Sustainable Natural Resources Management & Climate Change at Copperbelt U. "I am grateful for making it possible for me to become the responsible environmentalist I have always wanted to be."

**Regina Lalulu Chilufya** is in year 1 of 3 in Registered Nursing at Mukuni Nursing Trust Institute. "Thank you for the mercy you have shown into my life. My studies are going well." 




### Congratulations, Graduates!

**Caren Kabulayi** graduated in Clinical Medicine from Northwestern U. College of Health & Applied Science. She will study ophthalmology at Levy Mwanawasa Medical U. "Thank you for the encouragement, support and love you have shown me in achievement of my dream. I have become a clinical officer because of you."



**Joy Salumawu** graduated as an RN from Eden U. "I want to thank our sponsors for granting me the opportunity to be independent in life. I am a proud holder of a diploma in general nursing."



**Gracious Chilumbwe** graduated in nursing from Northwestern U. College of Health & Applied Science. "Thank you for your love and kindness and for everything you have done to help me become who I am today." 



## Continuing Studies

### TEACHING

**Priscovia Sangenjo** is in year 4 of 4 for a BS in English & Civic Education from Chalmers U. "We as Beth's Ladies appreciate your love and kindness. I am so grateful for your continued support."



**Jean Mutepuka** is in year 3 of 3 in Early Childhood Education at Zambia College of Education. "Thanks so much for your good support. Without you, I could not be able to do this."



**Belindah Kalumba** is in year 3 of 3 in Early Childhood Education at Zambia College of Education. "I really thank you for the support. Without you some of us we could be nothing." Belindah and Jean are both Teaching Assistants at Lumwana West Pre-School.



*"This seed planted 20 years ago has grown into a tree of knowledge for ever more souls." —Julie Varga*

### MEDICINE

**Anipher Mbimbi** is in year 3 of 3 in Clinical Medicine at Eden U. "I extend my appreciation to EBZEF for the vision to educate a girl child from a typical African village. I desire to do midwifery or public health."



**Karren Kamulosu** is in year 2 of 7 in Medicine & Surgery at the U. of Zambia. "Being at the best institution in Zambia is a great privilege. For that I will work hard. I am deeply appreciative of your support."



**Christabel Sweta** is in year 5 of 6 for a BS in Pharmacy at Apex Medical U. "Thank you for your continued support and wishing the other Beth's Girls all the best."



**Visaka Kapalu** is in year 5 of 7 at Lusaka Apex Medical U. "In the 5th year I will graduate with a degree in human biology from pre-clinical classes to clinical classes. At the end of 7 years I will graduate with a degree in medicine and surgery as a general human doctor. Thank you, I love you!"



### NURSING

**Lucy Mutepuka** is in year 3 of 3 at NWU College of Health & Applied Science. "Studies are going well. Thank you to all sponsors who give me this opportunity."



**Thelma Sambaulu** is in year 3 of 4 at Oak U. "Thank you, not just at university level but starting from primary until now. This is how far your help is still taking me. Out of all that you are doing for us may you find joy, happiness, and peace."



**Kerron Chilumbwe** is in year 3 of 3 at Ndola Nursing School. "You have inspired me. I wish to give back to the community when I attain my goals. I will help others in need."



**Abigail Njapawu** is in year 2 of 3 in Nursing & Clinical Medicine at Silver Maple College of Education & Health Sciences. "Am thankful every day for this opportunity. I want to be an inspiration to others. I will help young girls to be who they want."



### TECHNICAL


**Margret Kambili** is in year 2 of 3 at Northern Technical School for a diploma in Electrical Engineering. "Thank you for the kindness and love you have for me. My new program has been going well although it's tough, but I will challenge it because it's my dream career."



**Rebecca Lubeba** is in year 1 of 3 at Northern Technical College for a Diploma in Metal Fabrication. "I am enjoying my classes. We go in the workshop with full personal protective equipment twice a week. Thank you for your help since grade eight to college level. I am who I am today because of your support."



### PUBLIC ADMINISTRATION

**Ethel Kawaya** is in year 2 of 4 in Public Administration at the National Institute of Public Administration. "The love and support I receive from the sponsors really make me work extra hard." 





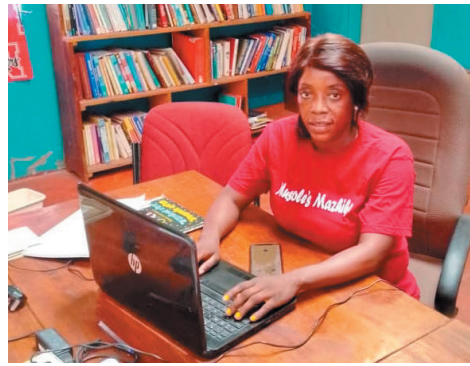


## Library Update

Librarian Sandra Kamuloso reports, "During the Corona virus pandemic we had 15–25 people use the library every day. Our work has now gone back to normal. Pupils and community members are accessing the library. The reading level is high as compared to past years."

"The population is increasing nearly every day because of the secondary school; hence, library usage is also increasing, especially for the learners. The replacement of the solar power system has also played a major role. We now have power throughout the day. Hence, we can use all the library electrical appliances."

"Our challenge is that we lack books in certain fields, such as agricultural and natural sciences, Zambian languages, and leadership." The EBZEF Library Committee is seeking an additional Rotary Club grant to build the Memorial Library collection. 🦋



Sandra with new computer



Food for Pre-School Children

## Pre-School Update



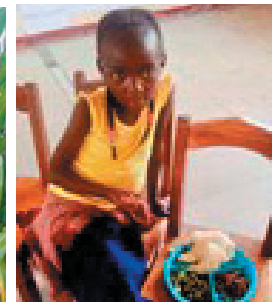
Basic School Headmistress Ireen Sandu reports, "We currently have 142 children in pre-school—68 boys and 74 girls. This year most parents have brought more children to pre-school. Even those who were saying they had no food to give their children are now happy to see children eating different types of food."

A generous grant from Baal Dan Charities is funding Lumwana West's Early Childhood Education food and garden project for two years. The parents were educated on child nutrition while young learners receive a balanced lunch every day. For some little ones this is the only meal of the day.

As with successful past programs, the children are learning to grow their own food. The grant funded seeds and fertilizer; the children supplied the planting and watering efforts. 🦋



Children's maize field



Kapenta, vegetables, fried eggs, & Nshima



## Beth's Lady



Gloria Njolomba and class

Gloria Njolomba graduated from SW Solwezi Teacher Training College on May 28, 2021. As per her scholarship agreement, Gloria has found a way to "give back" to her community.

"This is my grade 9 class after their last paper of exams. Am happy to volunteer at my former Lumwana West Secondary School as I wait to be employed in government. Instead of staying home, I decided to do this so that I gain more skill in teaching." 🦋

### CHARITABLE GIVING

If you are age 70.5 or older, and must make mandatory distributions from your tax-deferred IRA, you are eligible to make tax-free donations to qualified charitable organizations.

*Please consider EBZEF in your giving plan.*

## GlobalGiving

EBZEF is a Top-Ranked nonprofit business with GlobalGiving. See our fund-raising profile at:  
<https://goto.gg/43633>



## HELP SUPPORT EBZEF

Designate EBZEF as your charity of choice on AmazonSmile at: <https://bit.ly/ebzefsmile>

Check out our website at:  
[www.ebzef.org](http://www.ebzef.org)

Connect with Twitter at:  
[www.twitter.com/EBZEF](http://www.twitter.com/EBZEF)

Partner with eBay for Charity at:  
<https://bit.ly/ebzefebay>

Join our Facebook page at:  
[www.facebook.com/EBZEF](http://www.facebook.com/EBZEF)

In OR, WA, ID, AK, designate your Fred Meyer Community Rewards at: <https://bit.ly/ebzefm>

In OR, dedicate your BottleDrop refunds to EBZEF at: <https://bit.ly/ebzefbottle>

**Tell Your Family and Friends About Us**

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## GIVE A LIFE-ALTERING GIFT!



Help change lives and offer hope to Beth's Girls and their community in NW Zambia.

So little goes so far:

- \$25 funds classroom blackboard
- \$40 funds books for Library
- \$50 funds 1 mo. library watchman salary
- \$125 funds 1 mo. pre-school aide salary
- \$500 funds graduation fees
- \$600 funds Library computer
- \$2,500 funds year of college study
- \$3,600 funds classblock solar system
- \$15,000 funds family teacher's house

Amounts vary due to fluctuating exchange rate between US \$ and Zambian Kwacha.



## “The Gifts She Gave Me”

By Stephanie Beers,  
School friend

My first memory of Beth is from 8th grade English class when she presented an oral book report on *The River Why* by David James Duncan. Beth's description of a young boy's connection to the world as he stood in the river fishing still stands out to me thirty years later. It was the first time



I saw Beth express her complete love for life and everything around her. It also demonstrated how mature and well-grounded she was at such an early


age. I've read this book multiple times, thinking of Beth and taking away new lessons every time.

Beth was many things: world traveler and farm girl, varsity cheerleader and black belt in karate, choir performer and fisherwoman, fun-loving friend and valedictorian, beautiful storyteller and empathetic listener.

Being so accomplished could go to someone's head, but that was never the case with Beth. She remained humble. What stands out the most is that she appreciated and learned from her experiences and respectfully shared her learning with others who needed it along the way.



Beth fly-fishing

Beth taught me many things by example: respect, courage, strength, empathy, persistence. I thank Beth for the gifts she gave me during her life, especially as I pass her lessons on to my two daughters. 

## The Elizabeth Bowers Zambia Education Fund

*One life made the connection.*

*Now many carry on the vision of caring.*



**Our Mission**  
EBZEF empowers women, children, and their community in Lumwana West, Zambia, to break the cycle of poverty through education.

## Our Vision

Elizabeth Rachel Bowers (1979–2002) shared her compassionate spirit with the people of her village as a Peace Corps volunteer. The education legacy sustains Beth's vision of service and global awareness by empowering young women to build positive change from within, to become leaders and educators, and to improve the quality of life in their communities.

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## Remembering Beth

By Dan Irvine,  
Beth's Peace Corps Supervisor  
EBZEF Board member

I knew Beth during her Peace Corps training and at her post in Lumwana West. Though she died in a tragic bicycle accident, no one associated with EBZEF would doubt Beth has been fully with us the past 20 years. Beth's vision was to serve the girls of Lumwana West. Her inspiration and energy have kept us all going. Her determination has led to the amazing success of over 300 girls in that humble place. The grace of these beautiful things is her living gift to us.




Sorting fingerlings in Zambia

I see Beth as a person of consequence. Her importance, her relevance, is tangible. Her bright, courageous being is animate. Her achievements are growing. Beth's defining characteristic is that she is consequential.

Beth was fearless, her life an adventure. She traveled to a place some might call inconsequential. Her light uncovered

simple joys and a generation of girls who believe their world can be better. She knew these people deserve opportunity. She was delighted to live and work with them. Beth's example continues to instruct us.

I've come to know Beth quite well. I see her courage and passion in her family and friends and in so many who have been touched by her. I see her work in the Memorial Library, the secondary and pre-schools, and most of all in Beth's Girls. Her girls have radically changed Lumwana West for future generations of girls to have equal opportunities. I see Beth's broad smile, the laughter in her eyes. We're old friends now. 





# 20th Year Celebration of Elizabeth Rachel Bowers

(April 5, 1979 – March 6, 2002)



## "A Life Well Lived"

Whenever I pass through Lumwana, I always see you smiling. You are always in my heart. Your spirit is with me forever, together and apart.

You showed me your hard work through your way of living on earth, waking up early in the morning, going for a jog, making friends with poor people in the community, showing me how to love and care.

Without you my life will be like a bottle without water, just air.

You were a Gift from God I never asked for, but you came as a surprise.

Whenever I see a Peace Corps Volunteer I always remember you.

—Prudence Masanyinga, First Beth's Girl



Building fish-feeding structure



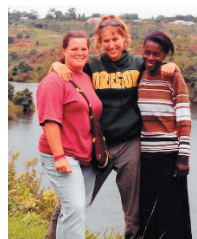
Beth's village family outside her hut



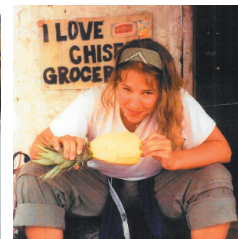
Setting up fish food nets



Beth with host family



Peace Corps Friends



Enjoying local pineapple

*"I want to feel as though I have accomplished something, and that I have helped other human beings in some way."* —Beth Bowers, Peace Corps Aspiration Statement



## "A Zeal For Life"

Amy Anderson, PCV in Lumwana West before Beth

"Beth was a beautiful person with a zeal in life that drew people to her. Whether it was in the village or among the group of people she came to Zambia with, a room was never dark with her smile and cheerful attitude in it.

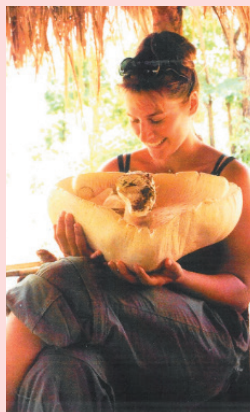
"Beth wasn't someone who needed to be the center of attention, but someone whom everyone else in the group sought out. Her warm, always smiling personality drew people to her. She was such a positive influence for the group.

"I remember one thing above all—Beth's love of nature and the beauty of the sky, birds, trees, and the solitude of it all! Beth preferred to walk the 3 km. to the meeting place so she could watch the sunrise, hear the birds, feel the sun start to warm the earth, and she would talk about them with such awe that it always made you wonder how it's possible for such wonderful things to happen day in and day out.

"I have a quote: 'When you come to the edge of all the light you have and must take a step into the darkness of the unknown, believe that one of two things will happen to you. Either you will find something solid to stand on, or you will be taught to fly.' I think Beth has learned to fly!

"What a beautiful woman she was!

"We found a group of women selling large mushrooms along the road and at that moment Beth was fascinated by them. Later she would buy one of her own and sit and stare at it and hold it with a sort of awe and giddy, almost child-like, wonder. It was an amazing thing to watch her find such beauty in something as simple as a mushroom."



"Elizabeth was a vibrant intelligent lady that gave a very good example to our community. Of late in Africa (Lumwana West) women were considered to be house wives and people that were not allowed to make decisions on their own. But the coming of Elizabeth brought great impact to women that made women realize their value in society. Hence, we celebrate her life together with you. MHSRP." —Sandra Kamulosu, Beth's Lady & Memorial Librarian



## "An American Sister"

Webby Sitima, Lumwana West Friend

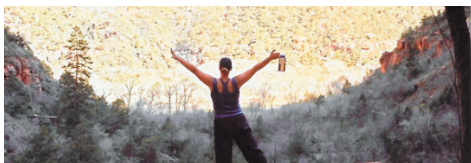
"She refused to have a helper to do her dishes or her laundry. She wanted to do everything for herself. Sometimes we would see her carrying 20-litre containers of water on her head. This made everyone in Lumwana happy. Beth was awesome.

"When Beth was teaching karate in the village many kids were going. It was good because everyone could go—boys, girls, and every age. It was a good example for everyone to see a woman who was so tough.

"Myself, people in the village, and all the fish farmers are so sad and crying to miss a good person like Beth, because everyone loved her. She called me brother and I called her sister. It felt good to have an American sister."

## Explorer

"Beth gave me the Southern Cross late one Fall evening at training camp in Mwekera. I will never forget her or the gifts she opened my eyes to." —Kyanne Geiger, Returned Peace Corps Volunteer



## Beth & Blake



Beth's kitten Blake lived with her in Zambia, then flew halfway around the world to live with us for 16 years.

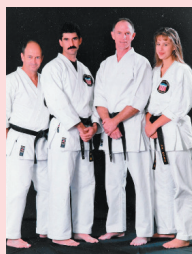
## "Playful, Passionate and Full of Life"

Ellen Maynard, Earlham College Best Friend

"It was rare to find her still, and yet Beth possessed a profound sense of stillness and centeredness. She was playful, passionate, and full of life—a bright energy that seemed to be fed by her ability to know herself and to be grounded in herself in a way that was so incredibly solid. This allowed Beth to have a keen insight into others."



Orange Belt



Black Belt



Pianist



Fly Fisherwoman



High School Valedictorian



Dance Team Member



Choir member



Softball player

"She is still with me, and I am a better person for it."  
—Berkeley Williamson, Beth's best friend



Skydiver



Horsewoman



Cheerleader



Police Cadet



Soccer player



Snowboarder

## Earlham College Graduation



B.A. in Japanese Studies  
May 6, 2001

"I am certain of one thing—she was definitely carrying the spirit and values of Earlham College out into the world when you lost her." —Susan Maxwell, Earlham College alumna "a quarter century apart"

## Beth in Japan

Beth and her pal Bunnyboo on their way to a family semester in Japan. Bunnyboo went to Earlham with Beth, spent another year with her in Japan, went to Zambia with Beth, and now resides at home in Oregon.



Performing tea ceremony  
(Sabbatical Semester)



Beth as Geisha

\*If you'd like to share a remembrance, photo, quote, anecdote about Beth, send it to [ebzefund@gmail.com](mailto:ebzefund@gmail.com), and we may include it in the Fall issue of THE PROTEA.