



THE PROTEA

Elizabeth Bowers Zambia Education Fund

Vol. XX No. 1

Breaking the cycle of poverty through education

May 2025



Lumwana West Njolomba Science Centre

Secondary School Update

Attendance at Lumwana West Secondary School is strong in 2025 with a total enrollment of 356 students (190 boys; 166 girls). Grade 9 total = 60 (30 girls, 30 boys); Grade 10 total = 99 (47 girls, 52 boys); Grade 11 total = 37 (24 girls, 13 boys); and Grade 12 total = 160 (65 girls, 95 boys).

Secondary school classes began late this year due to the new curriculum soon to be implemented, with students reporting for classes on February 10th. Teacher Sandra

Kamulosu reports, "The new curriculum is competency-based so that students at our school stand a better chance of learning with hands-on lessons because of the laboratory.

"The Science Lab has changed the learning situation in Lumwana West. Especially that learners have direct observation on the experimental lessons in science. Lately the school has produced high grades in science that have seen pupils passing to the university."

DOUBLE YOUR IMPACT!

Every dollar matched up to \$5,000 through July 2025!

Drought Eased

Basic School Headmistress Ireen Sandu reports, "At this time the drought has eased. We now have enough rain in Lumwana West. Crops have grown well as has the Pre-School field of maize. We are expecting more bags of maize as we harvest this year. The rains have been through and through; no more drought. The community is very involved in farming with much improvement. The food situation is



still critical as of now. It is likely to improve next year after harvesting.

"With funds EBZEF sent to us, we have managed to grow 4 hectares of maize field. The field is about 10km from school. We found a fertile land where we involved community vulnerable women who helped us cultivate. The maize is coming up green, and we are expecting a bumper harvest. The women were empowered; we gave them cash money which has improved their livelihood."




Women's Day Message

Beth's Lady Anipher Mbimbi


Celebrating the strength, resilience, hard work, and incredible achievements of women of EBZEF everywhere. Women who inspire, uplift communities, and drive change. To all the amazing women in my life, thank you for your inspiration, courage, and your unwavering spirit. Your courage and determination inspire the world. Keep breaking barriers! You are powerful and unstoppable. Thanks for being part of my story and the reason behind my smile and lifting. Wishing you a day filled with love, appreciation, and the recognition you deserve. Your strength is unmatched, your voice is powerful, your impact is undeniable.





Mission Accomplished


Beth's Girls'/Ladies' accomplishments are an affirmation of EBZEF's mission as they move from poverty through education to the professions of their choice. With them move their families, their communities, and their country. You help make this possible. 

TEACHING


Charity Mashata (4 of 4) Education, Kwame Nkrumah U. "I look forward to complete this journey successfully. Thank you for making my dreams a reality." 


Jean Mutepuka (1 of 2) BA in Early Childhood Education, Sema College of Excellency. "Your sponsorship is wonderful. Without you I wouldn't be at this level. What you have done in my life I cannot manage to count." 


Belindah Kalumba (1 of 2) BA in Literacy and Language Education, West East Institute. "It's my pleasure to kneel and thank you. You don't know what you have done to my life. Am called Madam Kalumba because of you." 


Grace Mutambila (3 of 3) in teaching, Solwezi College of Education. "Your sponsorship is really helping me. I thank you." 


NURSING


Mailen Mutambo (3 of 4) BS in Nursing and Midwifery, Chreso University. "I'm grateful for your ongoing support. I appreciate your encouragement, sponsorship and interest in my educational journey." 


Diana Mulongoti (3 of 3) Registered Nursing, Ideal School of Nursing and Midwifery. "Without you I couldn't manage. There are so many challenges being a student. Am trying hard." 

Brenda Sambaulu (3 of 3) Registered Nursing, Kaleni College of Nursing. "Thank you for always being there for me. You are my everything. Without you I wouldn't have reached this point." 


Regina Kalulu Chilufya (4 of 5 yrs) Degree in Registered Nursing, Mukuni Nursing Trust Institute. "Am grateful to my sponsors. My parents are really poor. Without your help I couldn't have reached this stage." 


Abigail Njapawu (4 of 4) Nursing & Clinical Medicine, Silver Maple College of Education & Health Sciences. "I have no words to say, but I thank you for the sponsorship. Am looking forward to graduating and making you proud." 


Kerron Chilumbwe (Kabongu Musenga Chilumbwe) (1 of 2) BS Degree in Public Health Nursing, Ndola Nursing School. "Your support has given me the confidence and motivation to work hard and pursue my dreams." 

Thelma Sambaulu (4 of 4) Oak University—Nursing. "My studies are going well by the help of God through you people. That's why I can never stop saying thank you." 


MEDICINE


Caren Kabulayi (4 of 6) Levy Mwanawasa Medical U for BS in Clinical Ophthalmology. "You have removed me from poverty. I was a nobody but am now somebody with a degree in ophthalmology and an up-coming eye surgeon. You have done great things in my life." 


Christabel Sweta (1 of 2) U of Lusaka for Master's of Public Health. "Thank you for everything you do for me and my fellow Beth's Girls. Our studies are shaping us in the best way possible to help us make a change in our communities." 

Visaka Kapalu (7 of 7) Lusaka Apex Medical U (Bachelor's of Medicine and Surgery). "My sincere gratitude for supporting me throughout my academic journey. I'm forever grateful for your amazing support." 


TECHNICAL


Karen Kamulosu (5 of 5) Computer Science @ U of Zambia. "Thank you for bringing a big change in my life. Your support has given me the opportunity to focus on my studies and grow in my field." 


Mutinta Chilumbwe (3 of 3 yrs) Electrical Technology, Mwinilunga Trades Institute. "Thank you for your support. I enjoy my studies and everything to do with electricity. I have a passion for electrical, and I'm doing my best." 

Margret Kambili (3 of 3) Electrical Engineering, Northern Technical School. "Thank you for your love and support. Electrical engineering is a field where I will never be bored. I get challenged every day, which keeps things interesting. I will also be on the forefront of existing new development in any industry I choose to work in. It's a continuing challenge." 

GENERAL

Chisanga Chilufya Gift (3 of 4) Degree in General Hospitality (catering), Mushili Skills Training Center. "I am grateful for your sponsorship. May God bless you abundantly." 

Lydia Njolomba (3 of 4) BS in Sustainable Natural Resources Management & Climate Change, Copperbelt U. "Thank you for your support. I am excited to contribute towards environmental sustainability and management." 

Ethel Kawaya (4 of 4) Public Administration, National Institute of Public Administration. "Thank you for the sponsorship. Without it I couldn't make it with my studies." 

EBZEF Annual Report

<https://bit.ly/ebzefar>





Lavatory Exterior complete



Toilet and sinks installed

Pre-School Update

Pre-school opened on February 10th, 2025. Headmistress Ireen Sandu reports, “School attendance is overwhelming with two categories of learners: 3–4 yrs and 5–6 yrs. Three classrooms accommodate 45 children each for a total of 135 learners. 75 learners graduated to grade 1. We have enrolled 75 new learners this year—87 girls and 48 boys.”

The lavatory project is complete except for the septic tank currently being built by a skilled laborer from Mwinilunga. Ireen says, “I will be handing over the lavatory to the community. The government and the DEBS office know that EBZEF has done it again. Lumwana pre-school is the only one with a modern Lavatory in the province. This is a great achieve-

ment for both the community and the country at large.

We are grateful for everything EBZEF does to uplift the living standards for the women and children of Lumwana West. The light through our daughter and friend Elizabeth Bowers has made all these things happen. We still cherish and love her forever though we greatly miss her.”



Children having breakfast

The Elizabeth Bowers Memorial Library received a \$2,500 Literacy grant from the Salem Rotary Club. The Library Committee purchased many new books and supplies. Part of the funds have been reserved for new texts that are not yet on the market to be in line with the new curriculum.

Memorial Librarian Sandra Kamulosu reports that part of the library funds have procured an overhead projector for use in making presentations. “The library will purchase new books as soon as the texts are published. In 2 or 3 months’ time we should have new books on the market.”

The Lumwana West Community says, “Thank you so much for the help rendered to our community. Indeed, the mission for EBZEF, which is breaking the poverty cycle through education in Lumwana West, is being achieved.”



Qualified Charitable Distribution (QCD)

If you are age 70.5 or older and must make mandatory distributions from your tax-deferred IRA, you are eligible to make up to \$105,000 per year tax-free donations to qualified charities like EBZEF.

Here’s how to do it:

1. Instruct your IRA administrator to transfer funds directly from your IRA to EBZEF at P. O. Box 294, Salem, Oregon 97308-0294.
2. You avoid tax liability, and EBZEF receives the total amount of your distribution—a win-win situation!
3. You have until December 31 to complete your QCD for 2025.

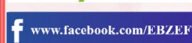
Ways to Support EBZEF



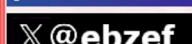
Check out our website www.ebzf.org



Partner with eBay <https://bit.ly/eBay-ebzf>



Join our Facebook page www.facebook.com/EBZEF



Connect with X www.x.com/ebzf



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



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



Raise funds while shopping <https://bit.ly/ebzefgood>

Tell your friends and family about us!

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:

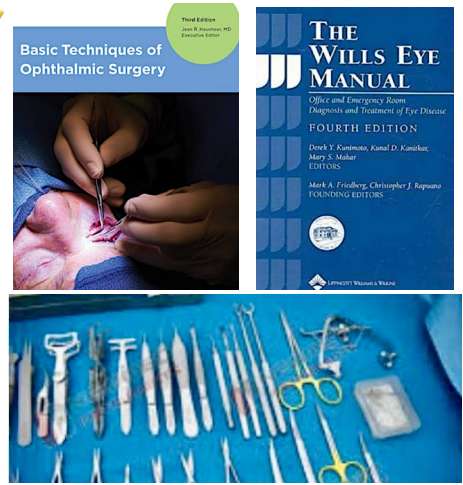
- \$125 funds 1 mo. pre-school aide’s salary
- \$150 funds professional license fee
- \$275 funds college practical/field work
- \$325 funds college exam fees
- \$350 funds textbooks for Library
- \$400 funds college research project
- \$450 funds college graduation fees
- \$600 funds Library computer
- \$3,000 funds one year of college study
- \$15,000 funds family teacher’s house

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



Additional College Expenses

Caren Kabulayi graduated from Levy Mwanawasa Medical U with a BS in Clinical Ophthalmology: graduation fee (\$500) and license fee (\$150). She now studies to be an eye surgeon: tuition/room and board (\$1,450) plus advanced textbook and equipment (\$600). With your support, Caren will graduate as a bona fide eye surgeon in 2026. What a far cry from the village girl that Beth once knew who had no future prospects! 🍀



Surgeon's textbooks and tools



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.

EBZEF | P.O. Box 294, Salem, Oregon 97308-0294 | 503-585-4605 | www.ebzef.org

I met Beth in 1984 when I was instructor at American States Karate. Beth and her family, Gerry, Linda, and Jenny, came to inquire about taking classes. Karate was strict work, not really for little kids. Beth was 5. I had a strict rule—no kids under 6, as I did not want to be a babysitter. I was finally convinced to give Beth a chance to prove herself. That was the beginning of a lifelong friendship that I almost missed because of my rule.

Beth was very serious, looking left and right to confirm she was in step with more seasoned students. She was all business until something funny happened. Then she would show her glowing, infectious smile. She would

Remembering Beth

by Sensei Richard Hall
(2nd from left below)
Shito-ryu Karate



check me first to confirm that it was OK to laugh (God forbid you laugh when I was ready to assign extra push-ups for discipline). Beth was a fast study, always ready to smile or dig in and work harder than anybody in class.

I watched Beth grow into an amazing person over the years. I remember Beth sparring with me one day. She was a full-grown adult at the time and a great fighter (you better keep an eye on her!). Beth is the only student ever to give me a bloody nose! Yep, that 5-year-old with pig tails just bloodied my nose. She was horrified; I was pleased. The world was a better place with Beth in it. I miss her. 🍀