



THE PROTEA

Elizabeth Bowers Zambia Education Fund

Vol. XX No. 2

Breaking the cycle of poverty through education

December 2025



A Legacy of Light and Literacy



Carrying the Light Forward

For more than two decades, Beth's legacy has grown into a living network of literacy, leadership, and opportunity in Lumwana West in NW Zambia. With your continued support and generosity, EBZEF has helped more than 300 Beth's Girls complete secondary school and nearly 50 Beth's

Ladies continue onto college and vocational training—graduates who now give back as skilled professionals and inspiring role models.


Over the years, our shared commitment has grown into a full learning environment, from preschool through secondary school with furnished classrooms, a fully stocked and lighted science lab, housing for teachers, laboratories and clean water, and a 20,000+ volume, solar-lit library serving the entire community for research, reading, and gatherings. 



The Next Chapter: Lumwana West Leads the Way

With EBZEF's mission milestones achieved, we are preparing a thoughtful transition to a community-led future, sustaining the gains that we made together and helping the community move forward with confidence.

A qualitative, community-driven assessment, including interviews and conversations with Beth's Girls, educators, local leaders, village chiefs, and other partners, will document our accomplishments and help guide future learning and local ownership.

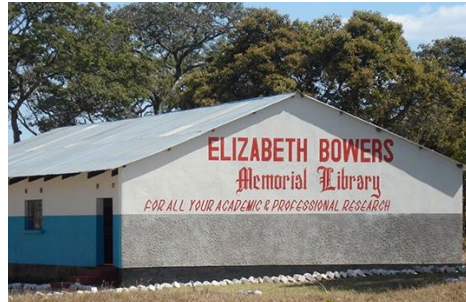
EBZEF is talking with World Vision to engage its Citizen Voice and Action program to equip the community with advocacy and resource-mobilization skills to continue supporting education after EBZEF's role ends. 



Nursing School Graduation


DOUBLE YOUR IMPACT!

Every dollar matched up to \$10,000 through December 2025!



A Celebration of What We Built Together

When this program is completed in the next year or so, a community celebration will bring together Lumwana West tribal leaders and families, EBZEF, World Vision, donors, government partners and other supportive institutions to celebrate our successes.

For Beth's Ladies now in college, EBZEF is committed to seeing them through to graduation. Beth's Girls and Beth's Ladies make us proud of our part in helping to realize their tremendous potential to encourage the paradigm shift in the community's view of the education of women. 


Join Us for This Final Chapter

Ongoing support from you, our EBZEF friends and family, will help sustain this transition—ensuring scholarships for current Beth's Ladies recipients, equipping families with practical governing skills, and continuing the story we built together. Sharing Beth's vision for light and literacy for Lumwana West by forwarding this newsletter, posting a highlight, or inviting a friend to discover Lumwana West's journey will keep Beth's legacy alive. EBZEF will continue to share updates as this final chapter evolves and the transition takes shape. Thanks for joining EBZEF and Lumwana West for this last leg of EBZEF's most successful journey. 



Science Lab Commemoration

A Huge Thank You

Of these twenty-two Beth's Ladies pursuing advanced education, nine will graduate in 2025, nine in 2026, and four in 2027. All the girls thank you for being such supportive, caring, and generous sponsors. 

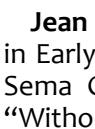


Beth's Ladies

TEACHING



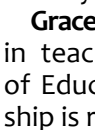
Charity Mashata: (4 of 4) Teaching Certificate upgrade to BA degree, Kwame Nkrumah University. "I believe one day I will be able to be in a meaningful position educating and influencing policy formulations, especially ones that bridge gender gaps and conflict."



Jean Mutepuka: (1 of 2) BA in Early Childhood Education, Sema College of Excellency. "Without you, I wouldn't be at this wonderful level. I really appreciate you."



Belindah Kalumba: (1 of 2) BA in Literacy and Language Education, West East Institute. "The thing I enjoy most about my studies is that I am not like the way I was before going to school. Secondly, I have more knowledge on how to teach young ones."



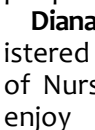
Grace Mutambila: (year 3 of 3) in teaching, Solwezi College of Education. "Your sponsorship is really helping me."



NURSING



Mailen Mutambo: (3 of 4) BS in Nursing and Midwifery, Chreso University. "What I enjoy most about my studies is the opportunity to make a positive impact on people's lives through health care."



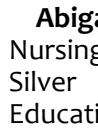
Diana Mulongoti: (3 of 3) Registered Nursing, Ideal School of Nursing and Midwifery. "I enjoy learning how theory connects to real life practice. Understanding the science behind nursing makes me more confident when applying in clinical areas."



Brenda Sambaulu: (3 of 3) Registered Nursing, Kaleni College of Nursing. "I want to make sure I impress you because it's not an easy thing to sponsor me since grade seven to this stage."



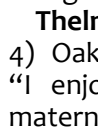
Regina Kalulu Chilufya: (4 of 5) Registered Nursing, Mukuni Nursing Trust Institute. "I really appreciate what you are doing for me."



Abigail Njapawu: (4 of 4) Nursing & Clinical Medicine, Silver Maple College of Education & Health Sciences. "Without your support I would have not been able to achieve my dreams."



Kerron Chilumbwe (Kabongu Musenga Chilumbwe): (1 of 2) BS Degree in Public Health Nursing, Ndola Nursing School. "I'm passionate about community engagement, particularly in engaging communities in health promotion initiatives that empower individuals to take control of their health and well-being."

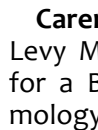


Thelma Sambaulu: (4 of 4) Oak University—Nursing. "I enjoyed working at the maternity ward and the cancer ward where I would want to major in palliative care."

MEDICINE



Anipher Mbimbi: (1 of 2) Bachelor of Science in Public Health, Mosa University. "Thank you for lifting and breaking cultural norms by showing the world that women can lead as well."



Caren Kabulayi: (4 of 6) Levy Mwanawasa Medical U for a BS in Clinical Ophthalmology. "I am graduating in 2027 with a degree in Ophthalmologic Surgery. I even know how to do procedures like cataract surgery, removal of a foreign body, and a stye—all because of your support. Thank you."



Christabel Sweta: Master's of Public Health (1 of 2), University of Lusaka. "Our studies are shaping us in the best way possible to help us make a change in our communities."

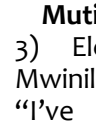
Visaka Kapalu: (7 of 7) Lusaka Apex Medical U, BS Medicine and Surgery. "I will be forever grateful to my sponsors for your continued support towards my career."



TECHNICAL



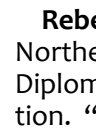
Karen Kamulosu: (5 of 5) Computer Science, University of Zambia. "What I like most about my studies is knowing that everything now and in the future is basically about technology."



Mutinta Chilumbwe: (3 of 3) Electrical Technology, Mwinilunga Trades Institute. "I've thoroughly enjoyed my studies, especially the hands-on experiences that have allowed me to apply theoretical knowledge in practical settings."



Margret Kambili: (3 of 3) Electrical Engineering, Northern Technical School. "Electrical engineering is cool. You can't see Electricity, but our present day lives depend on it."

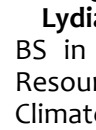


Rebecca Lubeba: (3 of 3) Northern Technical College—Diploma in Metal Fabrication. "Your support and encouragement have always been the driving factors in my life."

GENERAL



Chisanga Chilufya Gift: (4 of 4) Degree in General Hospitality (catering), Mushili Skills Training Center. "I really appreciate your sponsorship. It is making my dream come true."



Lydia Njolomba: (3 of 4) BS in Sustainable Natural Resources Management & Climate Change, Copperbelt U. "What I love most in my studies is that it's not only theory based but also practical. Thus, I tend to put into practice what I learn."



Ethel Kawaya: (4 of 4) Public Administration, National Institute of Public Administration. "I am thankful to my sponsors. I enjoyed being at university." 



Library Update

“The library is operating very well with the newly stocked books and other resources. Learners are using the library as the centre for their academic research,” Librarian Sandra Kamulosu notes. “The library has improved academic excellence in Lumwana West.” She adds that the team eagerly awaits the release of new books aligned with Zambia’s updated national curriculum. ☞

Secondary School

Solar power and new equipment are transforming education at the Njolomba Science Centre. “Learners are able to study during the day as well as at night. This is because the solar power is working throughout the day without any challenges.”

Sandra shares that the school is “in full operation with all the necessary equipment and materials EBZEF has provided,” helping students build stronger skills—particularly in science and technology. ☞



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 \$108,000 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. ☞



Children gather ripe vegetables from the preschool garden

Preschool Update

Headmistress Ireen Sandu is proud of the preschool garden and the bags of maize the children produced. This is a joyful reflection of how favorable weather has supported learning through hands-on experience. EBZEF Librarian Sandra reports, “This year Zambia has experienced good rainfall; therefore, as a nation we expect to have good food security up to the next farming season.”

After several years of drought, this welcome rainfall has renewed optimism throughout Lumwana West. Reliable harvests mean more stability for families and a stronger foundation for students to focus on their education. ☞

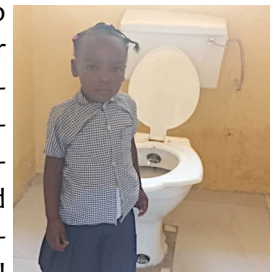


Maize gathered by proud preschoolers

Sanitation

Clean water and sanitation remain priorities for Lumwana West, ensuring a safe and healthy environment for all learners. EBZEF representative Sandra adds, “The school has maintained a high standard of sanitation and hygiene for we have maintained the lavatories clean at all times.”

The mechanized water system “is equally working perfectly,” even supporting small vegetable gardens that teachers tend to supplement their meals. Reinforcing EBZEF’s commitment to sustainability and community well-being, the school stands out as one



Newly built lavatory

of the cleanest and best-maintained in the district—proof that education and health go hand in hand. ☞

GIVE A LIFE-ALTERING GIFT THIS HOLIDAY SEASON!



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
- \$250 funds college exam fees
- \$275 funds college practical/field work
- \$325 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
- Any amount funds Laboratory equipment

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

Ways to Support EBZEF



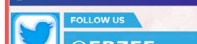
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In OR, dedicate your
BottleDrop refunds to EBZEF
<https://bit.ly/ebzefbottle>



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!



“Education Is Key”

A Graduate Reflects




Beth’s Lady Thelma Sambaulu graduated in October with a degree in Nursing from Oak University. She especially thanks the EBZEF family for helping her achieve her goals.

“Greetings my sponsors. Thank you for being not only my sponsors but my parents. I doubt if my parents would have managed all you have gone through for me since grade eight. I always say thank you to God for connecting me to you people. May God

continue blessing you abundantly and preserving you all because it’s not easy to help. It takes a heart that is willing. You have taught me a lot. You picked me out of the family people didn’t expect and gave me a name that is almost changing my life forever. Education is the key, and knowledge is power. I have seen it. Not everyone has this opportunity. Thank you.”



Yes, helping is not easy—it takes a heart that is truly willing. We thank all of you, our friends and family, for your encouragement and continued support for over the past 20 years. We look forward to continuing this journey with you, as we now walk beside the Lumwana West community, supporting them as they transition to independently carry forward the work we began together. 

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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Memories from Beth’s Journal



(2/19/2002). Yesterday was actually a beautiful day—the sun was coming through the leaves of the trees making sunspots on the ground and illuminating wandering goats searching for food amidst the village. I munched on ground nuts and watched the scene carry on around me, glad to be where I was. Then the guys returned from their fields, one carrying a slasher (it’s the time when everyone is slashing space to grow beans) and the other plucking the strings of his self-made “guitar.”

Remembering Beth



(2/20/2002). It’s 12:30 now. I just ate two delicious mangoes and am now relaxing in this bug-proof hammock, listening to all the little and big live things going about their daily business. Sometimes I wish I weren’t here to talk to fish farmers so I could just kind of assimilate into this village: go to the fields every day, help cook, and just belong. Oh, this time is so precious. How many of us have time to THINK in our daily routines? Or to just be.

I just climbed the big mango tree out back & went to the top for the 1st time. What a view! I had forgotten how much fun it is to climb trees. 