

The Kellermann Foundation Newsletter

Scott and Carol Are Heroes

We recently received word that Dr. Scott and Carol Kellermann have both been named “Unsung Heroes of Compassion” for 2014 by the nonprofit organization [Wisdom in Action](#). Wisdom in Action solicits nominations of individuals who, through their loving kindness and service to others, have made their communities and our world a better place. In sharing the stories of each year’s Unsung Heroes, Wisdom in Action seeks to increase awareness and inspire others to find their own paths toward compassionate action, thus helping our world become more harmonious, just, and peaceful. His Holiness the Dalai Lama will present this accolade to them at a celebration to be held on February 23, 2014, in San Francisco.

Wisdom in Action’s letter to the Kellermanns stated, “The honorees are a diverse group of men and women, representing different faiths, countries of origin, and ways of working in the world. What is important to us, and to His Holiness the Dalai Lama, are the characteristics you share with the world—your kindness, your quiet dedication to others, and your belief in the importance of caring for your underserved sisters and brothers.... On behalf of



Scott & Carol Kellermann at the 2013 Batwa Challenge Race

the Board of Directors of Wisdom in Action, congratulations and our deep gratitude for all that you have accomplished.”

Congratulations, Scott and Carol! You have always been heroes in our hearts—now the rest of the world will know it, too.

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Uganda Nursing School, Bwindi, Opening Soon

[Uganda Nursing School, Bwindi](#) (UNSB), a proud affiliate of Uganda Christian University, is scheduled to open in November 2013 after all necessary approvals are received.

Construction of the solid, attractive, and functional campus is nearly complete. Seventeen students have been accepted into the first class.

UNSB will be a model center of learning for the developing world, with well-constructed buildings and technological advances such as tablet computers and interactive whiteboards available to the faculty and students.

Many thanks to Jane Anyango (UNSB Head), the staff of [Bwindi Community Hospital](#), Stephen Wolf, James Jameson, Dr. Scott

Kellermann, and Jerry Hall for their key roles in the creation and equipping of UNSB.

Thanks also to the many donors who have graciously supported the school’s construction and who are providing funding for operational costs, faculty salaries, and student scholarships. Their generosity will significantly improve healthcare in southwest Uganda.



Volunteer Corner: Julia Lippert

Contributed by Julia Lippert

I never thought I would end up in Africa as a result of the yearly Rotary Music Competition my piano teacher encouraged me to enter. As a result of that competition, I performed for the black tie Rotary dinner at which Dr. Scott Kellermann spoke a year ago May. Upon hearing of his work in Uganda, I knew I wanted to be a part of it.

When I received the news that I was accepted as the "Community Health Volunteer" with the [Batwa Development Program](#) (BDP), I was equal parts excited and nervous. Would I survive three months in Uganda where I didn't know a soul? Could I accomplish everything my volunteer position required?

After visiting the Batwa communities a few times with Sebastian, the BDP Health Coordinator, to provide mobile health clinic and health education, I wondered what I could offer as a 19-year-old not even half way through her undergraduate studies. However, while in one settlement, I asked Sebastian what the Batwa people were talking about amongst themselves, and he said they were just excited that I was there.



Julia enjoyed getting to know Aida Nantege at BCH

It became apparent through my stay that perhaps the most important part of the lives of the people I was living and working around was building community. Coming from a culture in which it's rare to make eye contact with a passing stranger and where time is money, I found it initially hard but refreshing

to get used to greeting everyone and making time to just BE with the people I was serving and serving with.

Once I accepted that as one person I wouldn't be able to change everyone's lives in 12 short weeks, I embraced every opportunity to become a part of the great community surrounding [Bwindi Community Hospital](#) and the BDP. I hiked to Nteko to help build a new house for one of the Batwa families and sang, danced, and shared riddles with them. I sat under a tree with some Batwa women, holding one of their babies for over an hour. I made friends around BCH while doing data entry for the Adult In-Patient ward and enjoyed movie nights, cheering at football and volleyball games, and of course more dancing! Working every day with them and spending time together after work, Sebastian and the rest of the BDP became my Ugandan family.

Now that I'm home people ask me to tell them my biggest takeaway from Uganda, and I reply without hesitation that service isn't service without taking time to build relationships. When I left Uganda, I was assured by all my new BCH and BDP friends that WHEN I am able to come back, I will have a warm welcome.



Julia, her father (John), and Chris (a new volunteer) visit the [Batwa Experience](#)



Julia with the BDP staff and volunteers

Batwa Education: From Forest to University in One Generation

Prior to 1992, the Batwa tribe lived as nomads in the Bwindi Impenetrable Forest, where formal education was not part of their lives. The Batwa elders taught the children all aspects of forest life—how to hunt and gather food and live harmoniously with the animals and natural environments of the forest.

When the Batwa were evicted from the forest to protect the endangered mountain gorillas, they faced a new, harsh reality. The Batwa had

little training for life outside the forest. They lived in extreme poverty with few skills to handle the new life they faced.

In the 1990s—thanks to the Dioceses of Kinkiizi and Dallas, Diane Stanton, and later Scott and Carol Kellermann—the Batwa began to have opportunities to attend school, giving them a sense of hope and the chance to provide for their families and their future. Over 250 Batwa are now supported annually in education.

This month, **Turyamubona Kenneth** will be the first Mutwa from our service area to graduate from university. Kenneth will receive his diploma from Bishop Barham University College in Kabale, a regional campus of Uganda Christian University.

Congratulations to Kenneth! We hope he will be an inspiration to many other Batwa students to come. We are grateful to all the generous donors supporting Batwa education.

Goat-Rearing Helps HIV Patients

For 10-year-old Scovia, life on earth did not begin with bliss as many would expect. She had contracted HIV from her mother at birth. Her mother has since passed on. Today, Scovia lives under the care of her father, who is also HIV positive. The two are beneficiaries of the [Bwindi Community Hospital](#) (BCH) HIV/AIDS care program, which includes goat-rearing to improve welfare of people living with HIV. In partnership with the [Elton John Aids Foundation](#) (EJAF), BCH has been implementing a goat-rearing program for the last four years. The program is aimed at improving the livelihoods of people living with HIV, especially the poorest.



Scovia and her father with two of their goats

Contributed by
Bwindi Community Hospital

Scovia received her goat in 2011. She looked after it dutifully, and it has now given birth to two kids, giving her a total of three goats. Her father sold one goat to pay for Scovia's school fees and scholastic materials. "I am very happy my daughter is in school as a result of this goat. Our livelihood has greatly improved," he told BCH.

So far 97 people have benefited from the project. Beneficiaries are expected to pass on the first offspring to the next person chosen during patient support group meetings so that more and more lives are enriched. We are grateful to EJAF for this support.

Alcohol Rehabilitation Program

Bwindi Community Hospital (BCH) is making progress with its new service to challenge alcohol abuse. Sadly, Uganda has the highest per-person alcohol consumption in Africa. In Bwindi, alcohol abuse has become a public health concern and is a cause of escalating poverty. Money is often spent on drinking when it could go towards better food, school fees, or income-generating activities such as farming. Many of the patients admitted at BCH have injuries directly related to alcohol abuse, such as road accidents or domestic violence. An increase in new HIV infections has been noted among people with alcohol dependence. Malnutrition is also seen more often among children whose parents are alcoholics.

In line with BCH's vision of having a healthy community, the hospital is developing a new service to treat alcoholism, with a goal to

reduce alcohol consumption in people abusing it and rehabilitate those who are addicted. The program is being created in partnership with Dr. Kieran, who is working with healthcare professionals in the UK and Uganda, using new techniques that have been developed to help in identifying patients suffering from alcoholism.

The program will start in the outpatient and inpatient wards, with the aim of expanding to other areas such as Sexual and Reproductive Health, HIV, and Children's Health. Patients who screen positive for alcohol abuse are given brief interventions that have been proven by the World Health Organization to reduce alcohol consumption by 15 to 30 percent.

BCH also plans to educate its Village Health Promoters to refer patients who have symptoms of alcohol dependence and want to

Contributed by
Bwindi Community Hospital

stop drinking completely. Treatment options include detoxification with medications and psychological therapies. There are also plans to launch western Uganda's first Alcoholics Anonymous (AA) organization, allowing people with alcohol addiction to meet together in a self-help environment. BCH will also educate the community about the harms of alcohol abuse using radio programs, leaflets, and existing partnerships with community groups, thus increasing overall knowledge about alcoholism and helping people receive services before more damage occurs.

BCH's services to tackle alcohol abuse can bring physical, psychological, and social health benefits to our patients and their families.

For more information, contact Dr. Kieran at kierandin09@gmail.com.

Your Greatest Gift: Creating a Giving Plan

Contributed by Matt Wood

When it comes to giving, most of us tend to be a bit spontaneous. We hear an inspirational story and are compelled to give in that moment. Friends of the [Kellermann Foundation](#) have become caught up in the amazing story of hope and health in the southwest corner of Uganda. Our work in Bwindi continues to grow because of the incredible generosity of dedicated supporters who share our passion for the cause.

As we continue to grow, planning with regard to our resources has become more important

than ever. Having a plan for how to best allocate the generous support of others allows the Kellermann Foundation to be good stewards of those gifts. By being intentional in that way, we can provide more services and resources at a higher quality. The needs are great and deserve our best planning efforts. In the same way, your gifts to the Kellermann Foundation deserve thoughtful planning as well.

Establishing a giving plan is an exercise in stewardship. For some, it's making a commitment to give a major gift, over time, as part of

an overall financial planning process. For others, it involves determining a plan for making a gift upon death as part of the estate planning process. Both approaches make a significant impact on the lives of those we serve in Uganda and leave a legacy that points others to the importance of generous giving.

Please give thought to establishing a giving plan to continue your support of the Kellermann Foundation. Contact Matt Wood at matt@kellermannfoundation.org or (214) 532-8327 if you would like to discuss your options for planned giving.



Providing hope and health in Uganda

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Watch the Batwa Experience Video!



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Hope and Health 2013

Come and see!

Our second annual Dallas Hope and Health event will be held on Thursday, November 14, from 6:30 to 8:30 p.m., at the Church of the Incarnation, Dallas, Texas. All are welcome to attend. Enjoy an evening with **Dr. Scott and Carol Kellermann** and learn more about our work in Uganda. To register for the event, visit our website (www.kellermannfoundation.org) and click on "Hope and Health 2013." For additional information, contact Matt Wood at (214) 532-8327 or matt@kellermannfoundation.org.

Simi Lyss: "A Local Treasure"

The Union newspaper in Nevada County, California, recently ran an article, submitted by Scott Kellermann, that honored board member **Simi Lyss**. As the former president of the board and a long-time friend and mentor to Scott, Simi has been instrumental in shaping the work of the Kellermann Foundation. Simi is indeed a treasure; we are grateful for his insights and contributions.

Read more at www.theunion.com/opinion/7982793-113/simi-hospital-board-community

Batwa Challenge Race

The Kellermann Batwa Challenge 10K and 5K Race held on Saturday, August 17, in Nevada City, California, was a great success. The event was a part of Gold Country Grand Prix and drew runners from throughout the region.

Many thanks to all the volunteers who made the race such a success, especially to **Tamara Hendrick** for her tireless organizational efforts.

Birthday BatwaBaskets

Kathleen Cook Hunter of Dallas, Texas, recently found an interesting, creative way to raise funds for the work of the Kellermann Foundation.

In celebration of her birthday, Kathleen invited friends to share an evening of fun at a special venue. She asked that those attending bring no gifts but instead purchase baskets handmade at Bwindi by Batwa artisans. Her efforts helped spread the word about the plight of the Batwa and raised \$350 to support our work with them. Thank you, Kathleen!

To find out more about BatwaBaskets, or to have them available for sale at an upcoming event, please contact us at info@kellermannfoundation.org or (214) 519-9279.