

News from Lacor

SPECIAL
KID'S EDITION



Once upon a time in Uganda there was a big hospital called Lacor, set right in the middle of the savannah. Actually, it is still there today. It is a very good hospital, and every year it treats thousands of children... This is how our story begins. Read it with your children and grandchildren: there are lots of games for you to play together, you'll find out what it's like living near the Equator, and all about how valuable this hospital is. Tilly the baby gazelle will be your guide in this special edition of News from Lacor, created especially with children in mind.



A BIT OF GEOGRAPHY

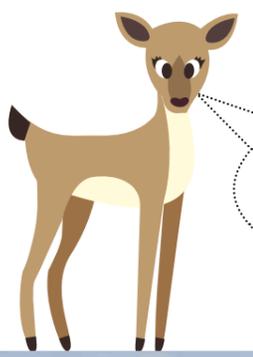
Lacor Hospital opened its doors 60 years ago: in the beginning it was very small and it didn't have many beds. Now it is big, and it has 500 beds. It's in Gulu in Northern Uganda. Let's find out more about this beautiful, green country.



UGANDA

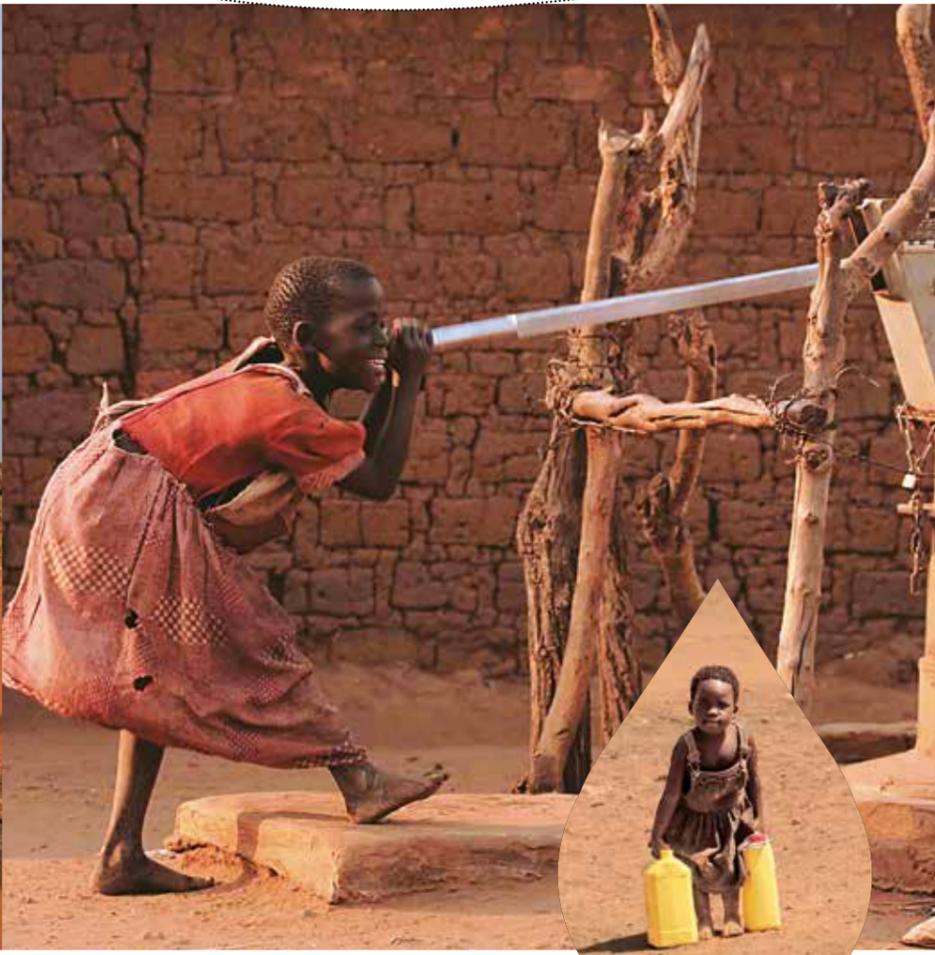
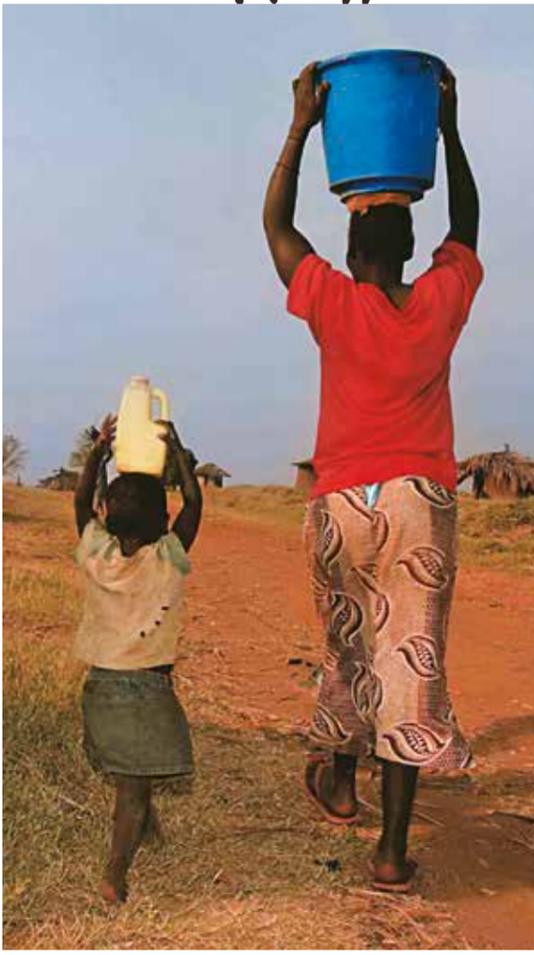
SURFACE AREA 241,000 km ² almost as big as Great Britain	ALTITUDE 1000/1200 metres above sea level	CLIMATE Mild to warm, from 20 to 28°C	LANGUAGES 30 languages, including Acholi which is the language spoken in Gulu
CAPITAL Kampala 1.5 million inhabitants	MAIN CITIES Jinja, Gulu, Entebbe with its international airport, Moroto, Soroti	INHABITANTS 35 Million, average age of 16	CURRENCY Ugandan Shilling. 4,000 Ugandan shillings are worth 1 Euro

WATER

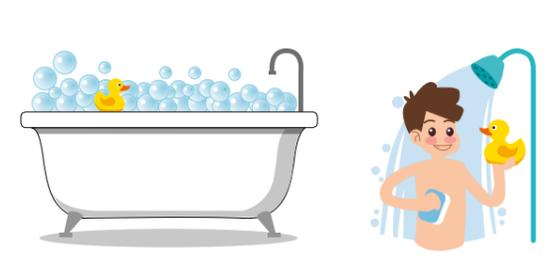


There is no running water in most of the houses where Ugandan children live. No taps or showers. Not even bottles of mineral water. They have to walk all the way to the nearest well to get water to drink or for washing or cooking. And these wells can be a long way away! Even the little kids have to collect water. Kids just like you go to the well, fill up several plastic containers, and they carry them all the way home, even if the containers are heavy. And even if they have a long way to walk in the sun.

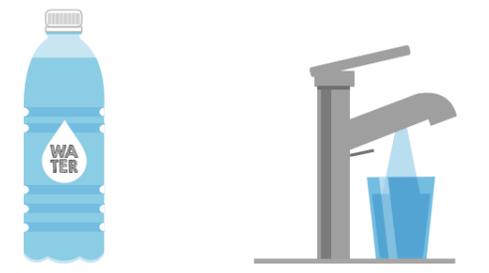
That's pretty impressive, isn't it? What about you? How do you help your mummy?



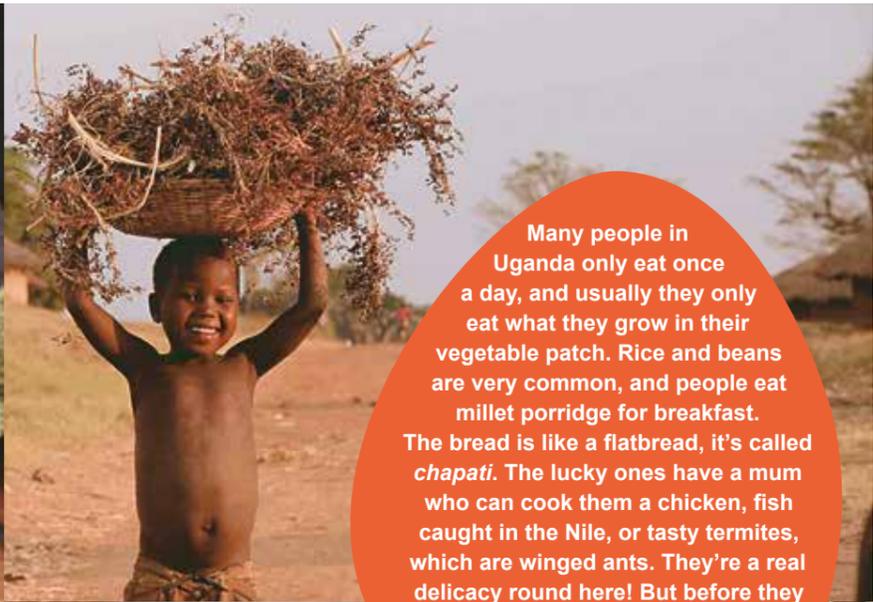
HOW DO YOU WASH



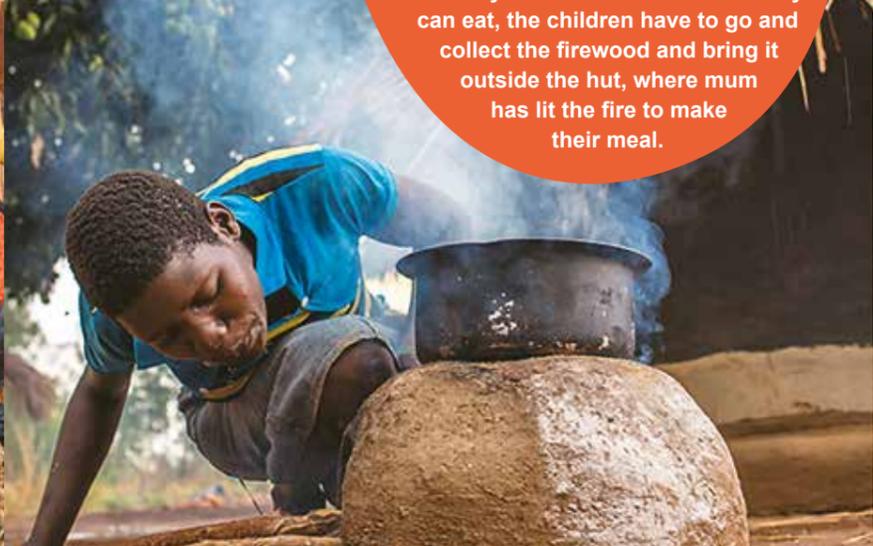
HOW DO YOU DRINK



FOOD



Many people in Uganda only eat once a day, and usually they only eat what they grow in their vegetable patch. Rice and beans are very common, and people eat millet porridge for breakfast. The bread is like a flatbread, it's called *chapati*. The lucky ones have a mum who can cook them a chicken, fish caught in the Nile, or tasty termites, which are winged ants. They're a real delicacy round here! But before they can eat, the children have to go and collect the firewood and bring it outside the hut, where mum has lit the fire to make their meal.



HOUSE



Hidden in the tall grass of the savannah are the thatched roofs of the huts where many Ugandan children live. It's dark inside because the windows, which are called "wang ot", "eyes of the house", are few and small. But if you looked carefully, you could see the mats on which you sleep, some stools to sit on and earthenware pots to preserve food.

CAN YOU MAKE ME DINNER THIS EVENING?

MALAKWANG

This is a popular dish also recommended to mums who are breastfeeding. The recipe is called "Malakwang" after the green leafy vegetable that is the base of the sauce.

INGREDIENTS

- 700 GR. SWEET POTATOES
- 700 GR. CABBAGE OR SPINACH LEAVES, SIMILAR TO MALAKWANG
- 1 TOMATO, DICED
- 1 ONION, FINELY CHOPPED
- 2 CUPS OF HOT WATER WITH A PINCH OF BICARBONATE
- 1.5 CUPS OF PEANUT BUTTER
- SALT, PEPPER, CHILLI PEPPER

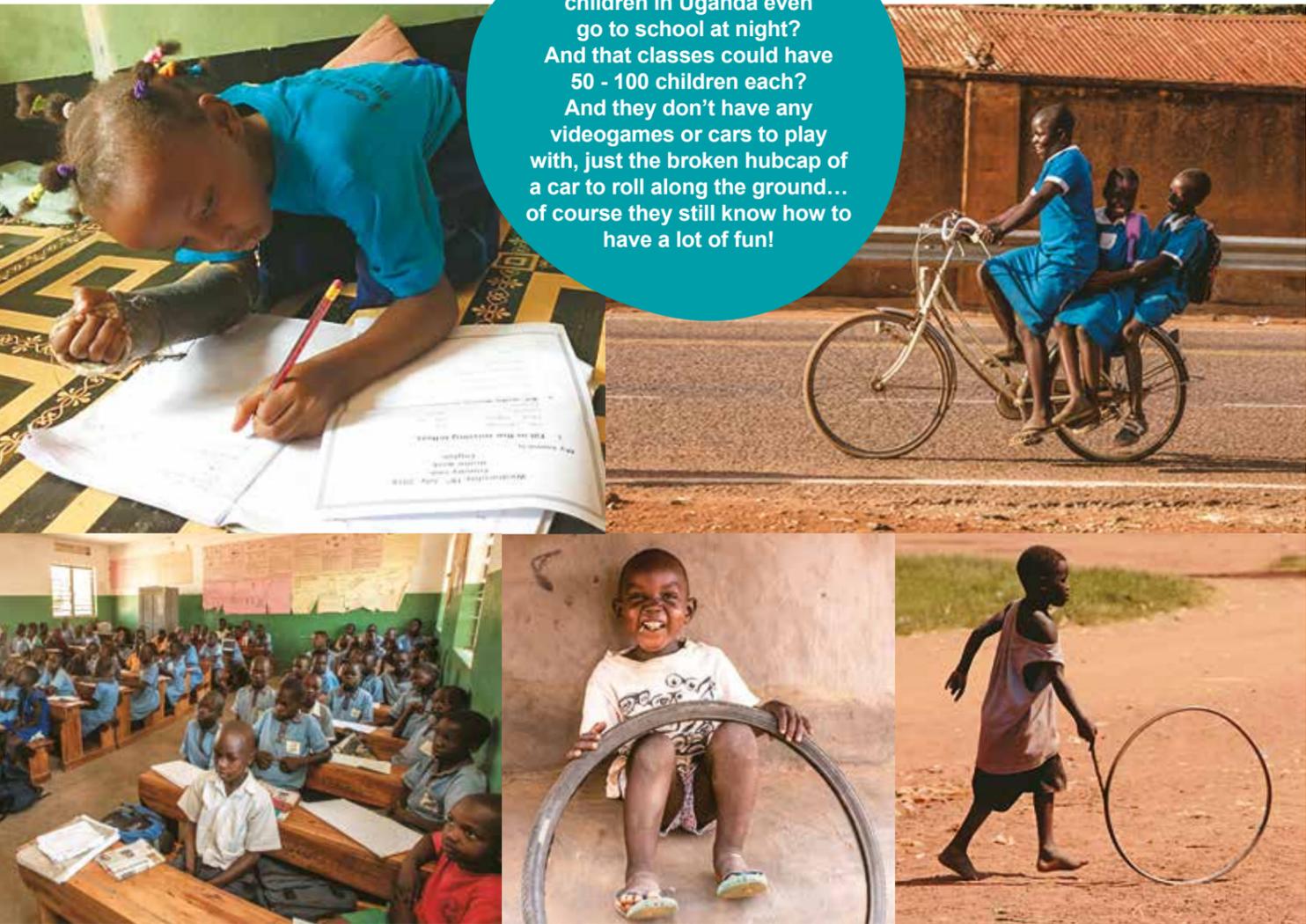


Peel and cook (boil or roast) the sweet potatoes. Wash and slice the spinach or cabbage leaves. Put them in a big pan. Cover and cook, leave them to wilt, stirring from time to time. Add the hot water, tomato and onion and leave to simmer for 10 minutes. Dilute the peanut butter with a ladleful of the broth, then add to the vegetables until you have a soft mash. Add salt, pepper and chilli pepper to taste and serve with the sweet potatoes.

NOW IT'S YOUR TURN: DRAW YOUR HOUSE HERE

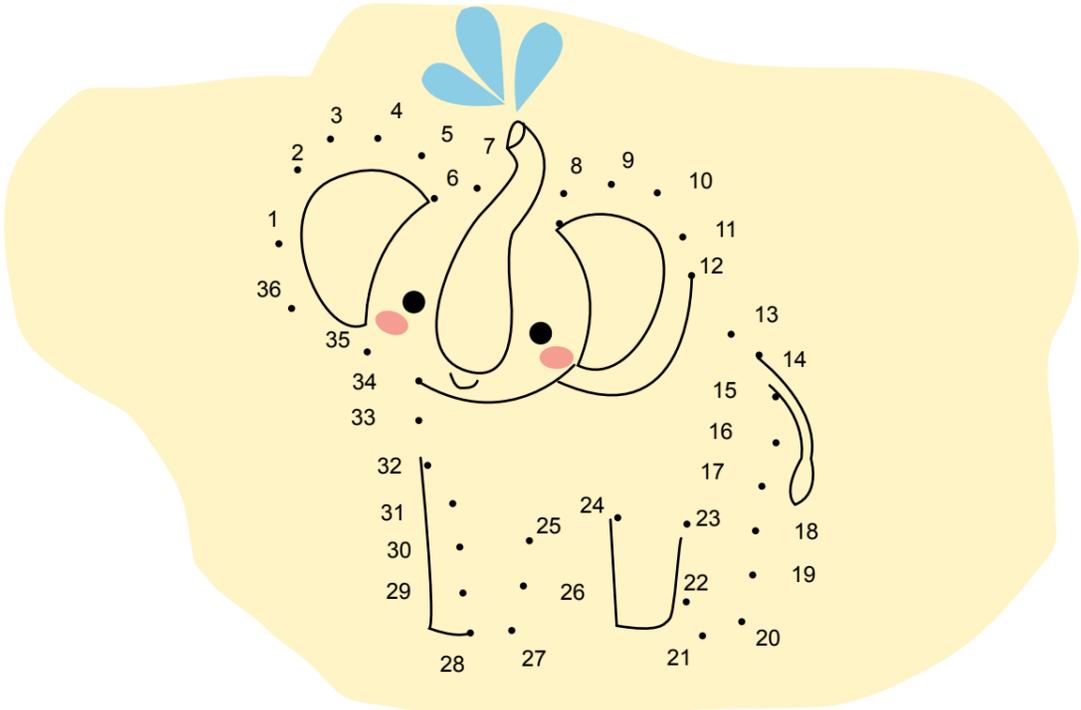
SCHOOL AND PLAY

Did you know children in Uganda even go to school at night? And that classes could have 50 - 100 children each? And they don't have any videogames or cars to play with, just the broken hubcap of a car to roll along the ground... of course they still know how to have a lot of fun!

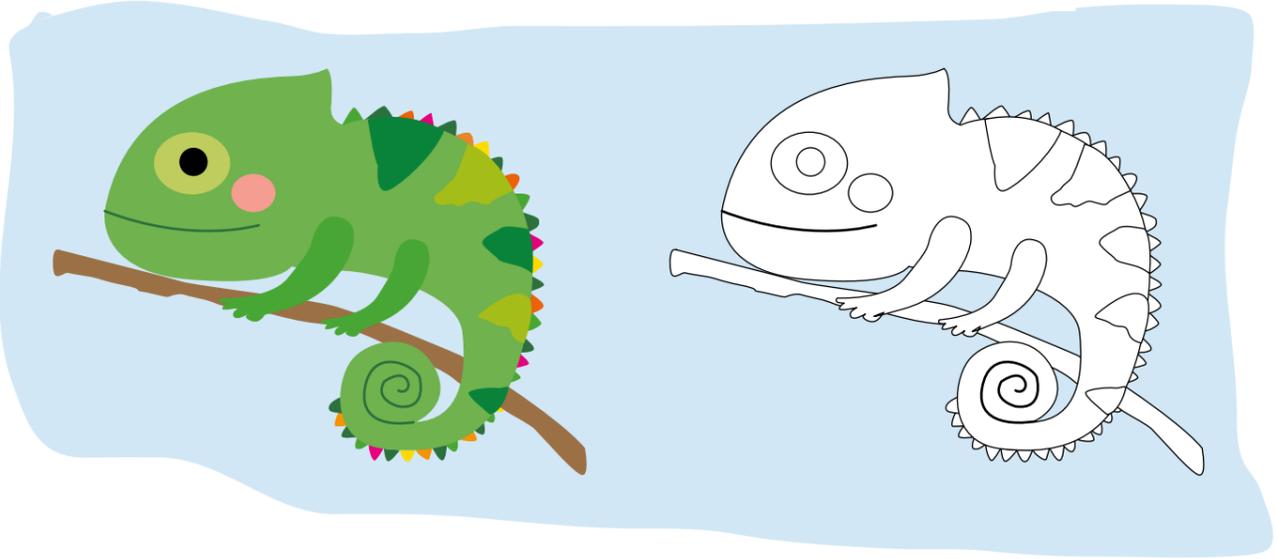


LET'S PLAY TOGETHER!

Connect the dots

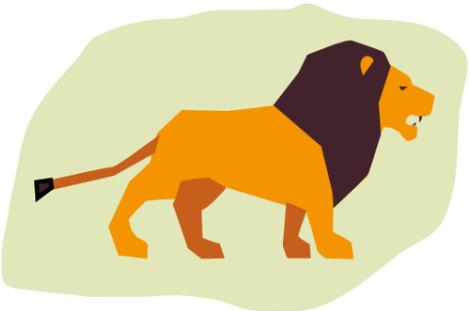


Colour in the chameleon



YOU GOT THIS FAR... NOW IT'S YOUR TURN

- The capital of Uganda is Bombay..... T F
- Lions live in Uganda..... T F
- Malakwang is a vegetable similar to spinach..... T F
- In Uganda it's very cold..... T F
- It can be dark inside the huts..... T F



THE STORY OF AKELLO



MALARIA

In the savannah, children don't get sick with flu like you do. Instead, they have an illness called malaria. It doesn't exist in Europe anymore. It's all because of a parasite which is carried around by the mosquitoes. As they bite people, the mosquitoes also inject the parasite.

Malaria gives people a very high fever, so they have to be treated right away. Lots of children with malaria come to Lacor; sometimes, we have 200 sick children staying in 100 beds in the children's ward. Just think, we look after 80 thousand children in this hospital every year. That's a lot, isn't it? One of those children is little Akello.



Hello. My name is Akello and I'm five. I've been feeling sick and shivery since yesterday. My mummy is worried. She wants to take me to the doctor, but the hospital is a long way away.



To get there, we have to walk a whole day, or we can pay a man with a motorbike, which is called the boda boda. My mum has to go to the market to sell a chicken to get the money to pay him.



The boda boda rushes through the savannah, but I'm not enjoying myself because I feel really ill: my fever is very high, and I feel weak.



At last, we've reached Lacor. It's so big...and there are so many smiley people. I go into a big, colourful room with lots of other children.

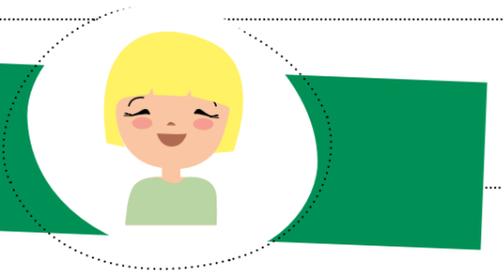


Ouch, that stings! A beautiful lady in a whitecoat tells me it's because they need to find out if I have malaria. Mummy explains the lady is a doctor.



Here I am again. They've given me some medicine and I feel much better. Now I'm ready to go home again so I can run, jump and... help mum to get the water and collect firewood.

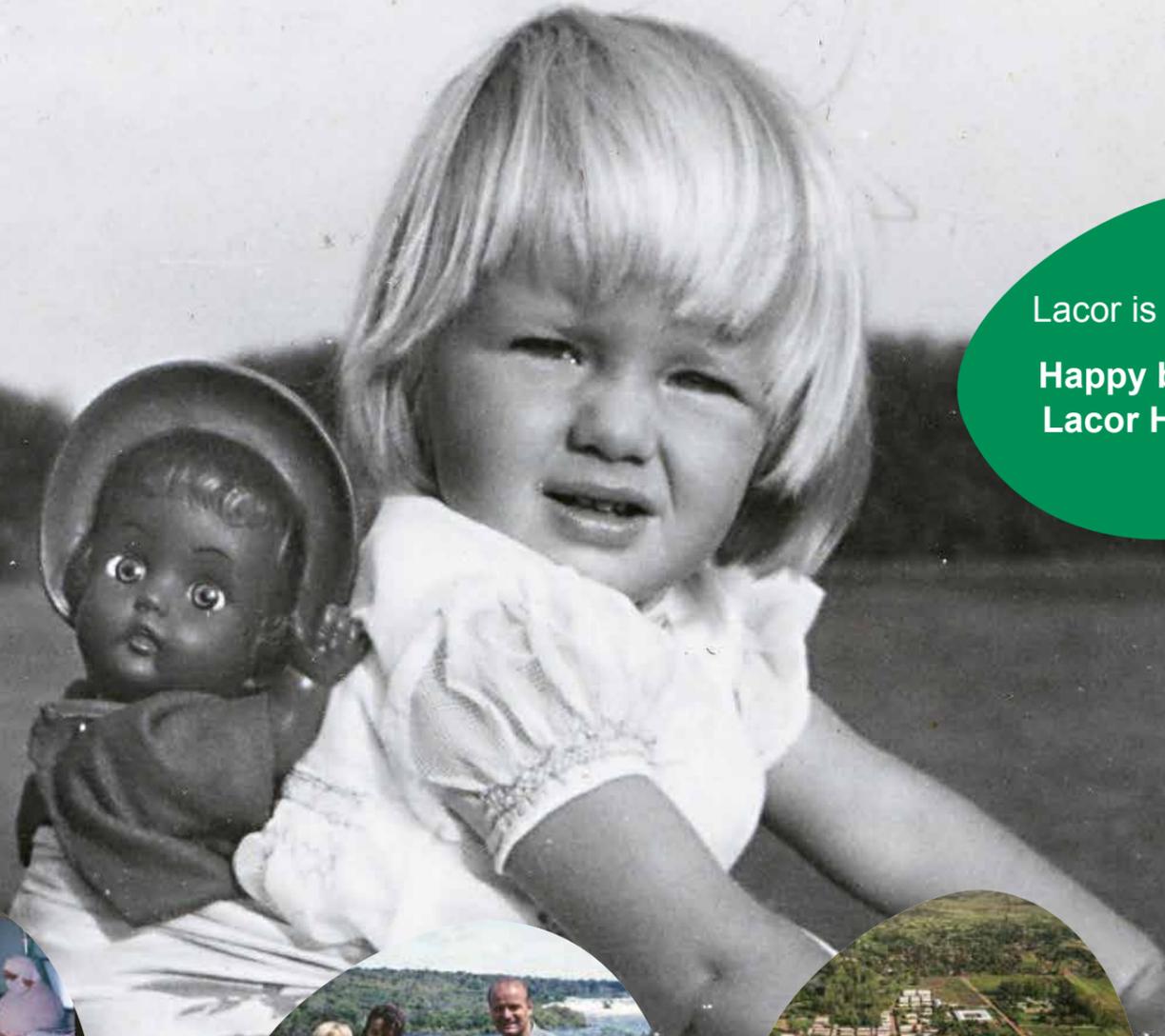
THE STORY OF ATIM



You've followed me all this way, little readers, and now I'd like you to meet a good friend of mine. Her name is Dominique Atim. In Acholi, that means "born far from home". Her mummy and daddy were born a long way from here, but they got married and lived here in Uganda.



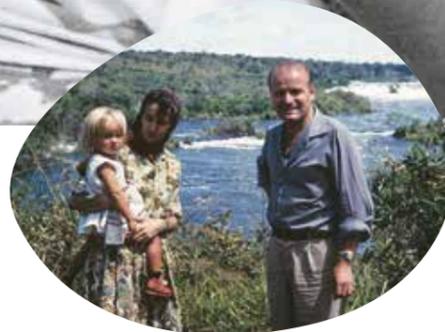
Lacor is 60 today.
Happy birthday,
Lacor Hospital!



Hello, my name is Atim. I was born at Lacor, in Uganda. When I was little, I learned English and Acholi, the language spoken here in Northern Uganda. All my friends were Acholi.



My mum Lucille came from Canada. She was a surgeon. I used to love helping her out in the operating theatre. I used to think other children were really unlucky, because they couldn't live in a hospital like me.



My daddy was called Piero. He was a children's doctor in Italy. He was the one who asked my mother to come and help him in Africa. They fell in love here at Lacor, and they got married here, too.



The hospital was tiny when they first came here. Then Lacor became really big: if you look at it from above, it looks like a town. Inside there are more than 500 beds for sick people, and schools for people who want to become nurses or midwives, who are the ladies who help babies be born.



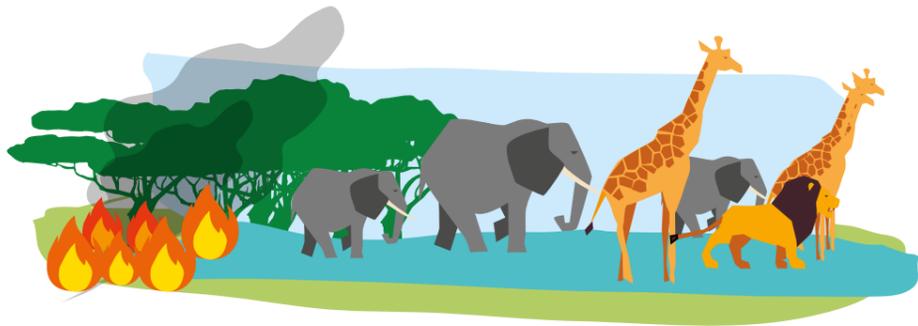
I've grown up, too: I'm a doctor now, like mum and dad, but I don't treat patients. Lacor needs you and me because it costs a lot of money to help so many people.

Can you help us, too?

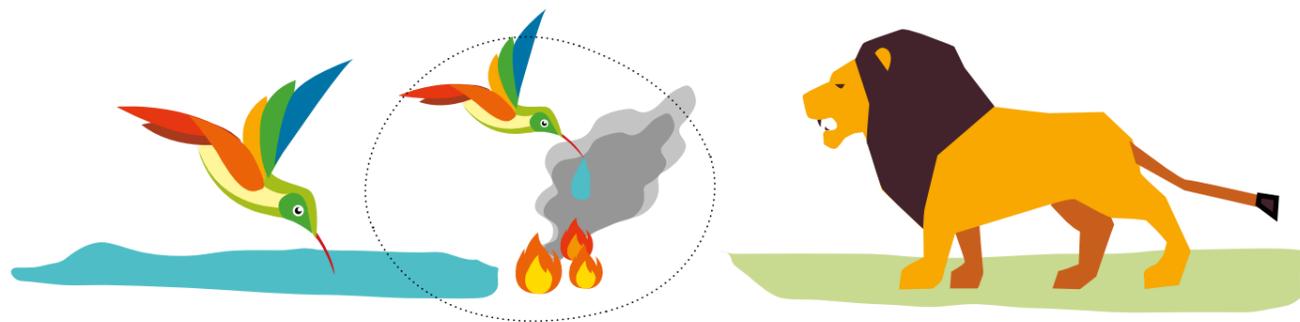




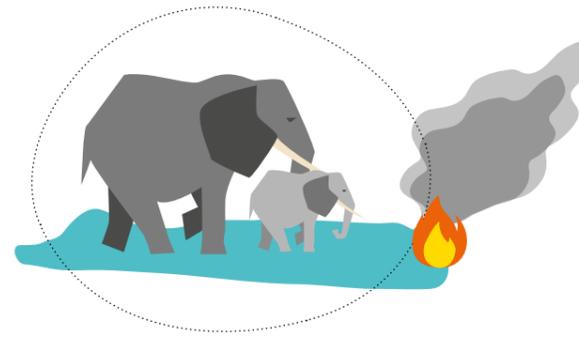
One day, a terrible fire broke out in the forest. The flames were spreading quickly, destroying everything in their path. The animals were terrified and ran away. Lions, zebras, elephants, rhinos, gazelles and many other animals sheltered in the water of the big river, but the water was about to reach the river, too.



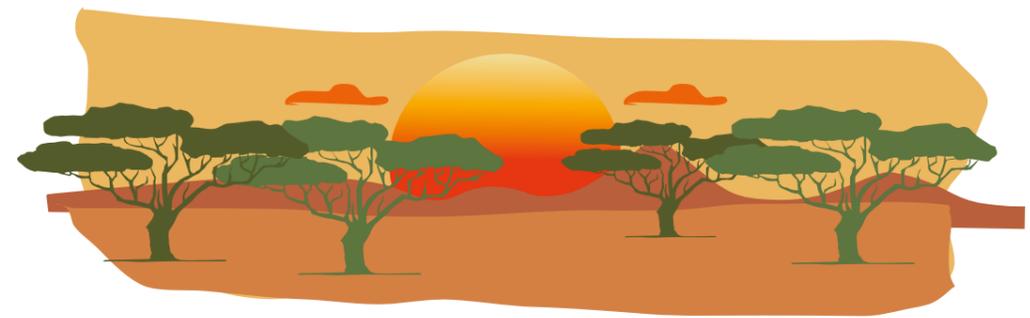
While everyone was arguing about what to do, **one colourful little bird dove into the river.** It picked up a droplet of water in its beak. Ignoring the terrible heat from the fire, it dropped the water from its beak onto the forest. The fire didn't even notice, and fanned by the wind, it continued to destroy everything in its path. But the little bird didn't lose heart. Instead, it continued to dive into the river. Each time it did, it collected a droplet of water and dropped it onto the flames.



A short time later, the lion called the little bird and asked it: "What are you doing?" The little bird replied, "I'm trying to put out the fire!" The lion burst out laughing: "**You're tiny! How on earth do you think you'll put the fire out?**" The lion and all the other animals started making fun of it. But the little bird ignored their laughing and jokes, and dove into the river again to get another droplet of water.



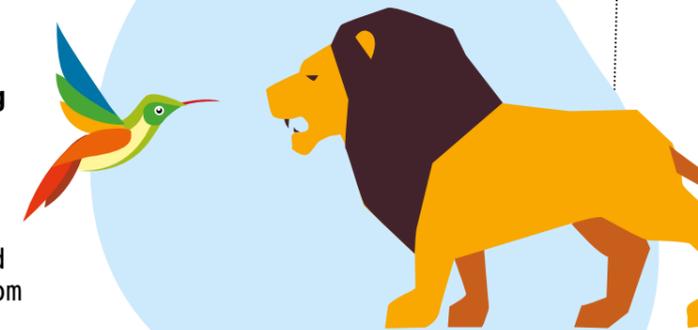
A baby elephant which had been hiding between its mummy's legs until then dipped his trunk into the river. He sucked up as much water as possible, then sprayed it onto a bush which was about to catch fire. A young pelican also filled its beak with water, showering a tree threatened by the flames with the water.



And so it was that all the baby animals started working together to put out the fire, which had reached the banks of the river. Forgetting that they had been enemies for thousands of years, the baby lion and baby antelope, the baby monkey and baby leopard, the baby crowned eagle and baby hare, all worked side by side to stop the fire from spreading.

When they saw how hard the baby animals were all working, the adults stopped making fun of them. They felt so ashamed that they started to help them. And so it was that when night fell on the savannah, the fire had been put out. **Tired and dirty but safe at last, the animals met to celebrate having beaten the fire.**

The lion called the little bird and spoke to him. He said, "**Today we learned that the most important thing is not being big and strong, but being brave and generous.** Today, you taught us that even a droplet of water can be important. And together we can put out a big fire. From now on, you will become the symbol of our work to build a better world, one where there is room for everyone".

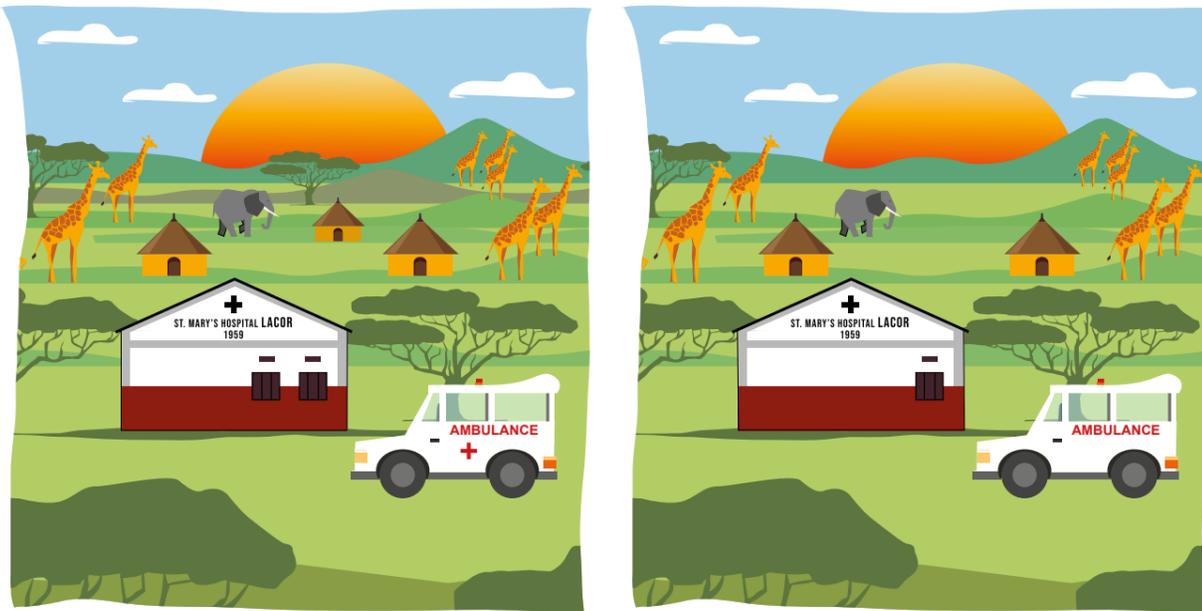


LET'S PLAY TOGETHER

Which of these things do not belong?

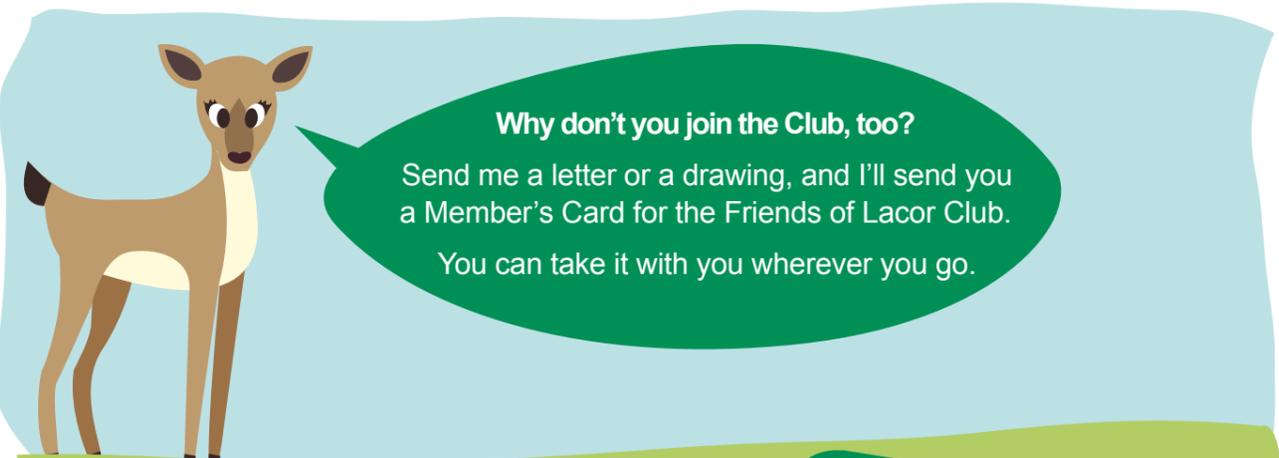


Spot the 4 differences



True or false?

- The malaria parasite lives in Europe T F
- The boda boda is a motorbike..... T F
- Dominique Atim was born in Canada..... T F
- Lacor Hospital turns 50 this year..... T F
- Together the animals manage to put out the fire..... T F



Why don't you join the Club, too?
 Send me a letter or a drawing, and I'll send you a Member's Card for the Friends of Lacor Club.
 You can take it with you wherever you go.

You might be lucky and spot your drawing in the next newsletter.

We'll be picking out three: why not try, you might be lucky!

info@fondazionecorti.it

Send your address with your drawing so we can get in touch with you. Make sure a grown-up helps you.

LITTLE (BIG) FRIENDS OF LACOR HOSPITAL KIDS CLUB

Name.....

Surname.....



It's time to say goodbye.
I hope you enjoyed our magazine,
and that you had fun with the games.
I've told you all about Akello and her trip to Lacor Hospital
where they took care of her.
Did you know you can help us treat
lots of other children just like Akello?



YOUR HELP IS IMPORTANT

Donate directly to LACOR HOSPITAL
Uganda

Also cash with receipt from the administration office



www.lacorhospital.org
info@lacorhospital.org

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The Story
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Tax benefits are applicable to Canadian taxpayers

Donate to FONDAZIONE PIERO & LUCILLE CORTI
Italy

Tax benefits are applicable to Italian taxpayers



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Donate to SOCIAL PROMISE
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Tax benefits are applicable to US taxpayers

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TOGETHER
WE CAN TREAT
ONE MORE CHILD

Hi. Remember me?
I'm the little bird from the African Fairytale.

Here is a piggy bank to build and put on your desk.

Follow the instructions to create your piggy bank.
The coins that you are able to collect
can help us take care of more and more children.



glue here

1

Build your piggy bank.
Cut along the edges and fold along the lines. To open the slot for the money ask for help from an adult and use a cutter. Close the base by folding the flaps in numerical order.

2

Ask your relatives and friends to join you in this group effort to help us treat more and more children.

3

To send the contributions you collected to Lacor Hospital, contact the fundraising base nearest to you:

Africa	Lacor Hospital	info@lacorhospital.org
Canada	Teasdale-Corti Foundation	info@teasdalecorti.org
USA	Social Promise	info@socialpromise.org
Europe	Fondazione Piero e Lucille Corti Onlus	info@fondazionecorti.it

glue here



Lacor Hospital
is one of the major non-profit
hospitals in equatorial Africa

TOGETHER
WE CAN TREAT
ONE MORE CHILD

Hello!
I'm a piggy bank.
I collect money
for Lacor Hospital.
Every coin counts.
Do you want to help?

3. fold, glue and press over 1-2

1. fold and glue here

4. fold and press over 3

2. fold and glue here