

Dear friends,

This time, to share a glimpse into one of the many UPLIFT activities – that of refresher courses for the mentors – let us go straight to a recent mail from UPLIFT:

The mentors' refreshers were successfully conducted in both Zombo and Nebbi [districts]. First there was demonstration of teaching steps and later a quotation was meditated. The quotation of the day was from Matthew 5:14-15 :

YE ARE THE LIGHT OF THE WORLD. LET THY LIGHT SHINE. NO ONE LIGHTS A CANDLE AND PUTS UNDER A BOWL. HE INSTEAD PUTS IT ON A LAMP STAND FOR EVERYBODY IN THE HOUSE TO SEE.

The analogy of light was used to mean knowledge and all participants were made to understand that as mentors, they are the givers of knowledge, and that they should always share their knowledge by teaching others, and that if they hide that knowledge from others it becomes useless.

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I am tempted to sidestep with an association. Coinciding in time with the above, I received another email greeting from a Ugandan friend. She used to work wholly on a volunteer basis with UPLIFT many years ago, before the 'localization' of the UPLIFT Board to Nebbi in 2010. Having worked professionally with several other organizations, after a few years' hiatus my friend recently embarked on a temporary volunteer service for another NGO. They provide care for vulnerable teenage girls (orphans, AIDS related and otherwise) as well as training them for life skills (two are nursing babies) and for income generating activities.

Why do I mention this? Because my friend passed 80 a couple of years ago. Once a life enthusiast and volunteer, always one...? No one can do everything, but everyone can do something – be it for these girls, or for the victims in Gaza (a reference to our guest at last year's FUP annual general meeting)—or like us, having chosen UPLIFT.



With this in mind, we are happy to follow up our February letter and affirm that with our recent membership in FOKUS a concrete step toward a *Norad* application has been taken. Less than a month ago, Michael made a visit to Uganda and had fruitful meetings with Dr. Hizzaya and Mark Ssemukasa (who is UPLIFT's program officer). Only this week, a 'concept note' was submitted to FOKUS – a 7-page summary of a draft budget and narrative project application to Norad for a 3-year project. If considered worthy of endorsement, FOKUS will include the application in its joint submission to Norad on behalf of nine of its member organizations, who also intend to apply . Our new Women's Advisory Committee will follow up, as the next step in the process may be decided by mid-June. A thriller to be continued!

Mid-June is also time for our AGM – this year on the 16th, in Lillehammer. Anyone from overseas care to join us? We can't pay your fare, but will gladly offer room and board. 😊 We're counting on the same beautiful summer weather that we have had in May (an all-time record in S. Norway).

Warm regards, on behalf of the
Board of Friends of UPLIFT (Norway)
Gunnar Lange-Nielsen

