



P.O. Box 4303 - Frederick, MD - 21705

<http://AbleAndWilling.org>

301-685-3282

For Immediate Release

Puma's Kitchen is Coming Able & Willing Celebrates 16 Years of Building Schools in Africa on March 7

Frederick, MD (February 24, 2010) Friends of Able and Willing, a local non-profit organization, are preparing a traditional African feast to celebrate their work of building schools and promoting education in Africa. This year marks the 16th consecutive year that its founder, Mbuyu "Puma" WaMbuyu, has returned to his native country to organize the development projects. He often brings his fellow Fredericktonians along to help.

The event takes place from 4 pm to 7 pm on Sunday, March 7 in the spacious dining area of Way Station, 230 W Patrick St., Frederick, MD. The event is open to the public on a donation basis. Proceeds will help fund projects in Africa.

Mr. WaMbuyu is the principle chef, using recipes he learned from his grandparents in Zaire (now the Democratic Republic of Congo). The menu features over 20 meat and vegetarian dishes in a self serving buffet. "People can sample whatever they like of the African cuisine and then come back for their favorites, says Charles Schultz from Mt. Airy, MD, who, like Puma, is a professional electrician, "but watch out for the hot sauce (pilipili) at the end of the table, it's a killer". Charles has helped his friend Puma prepare many of these buffets that help raise money for the projects in Congo.

The program will feature stories from Puma and two other Frederick citizens with roots in Africa. Maggie Lusweti, from Kenya, will relate the struggle she faced to ship laptops donated by Able & Willing to a rural school where her father lives in Kenya. Charles Tenga, from Tanzania will talk about conditions in his homeland and his hopes to make a difference there while starting an auto repair business in Frederick.

Mbuyu learned much about cooking from his grandfather who was the cook for a wealthy banker in Zaire (now the Democratic Republic of Congo). Mr. Mbuyu spoke of his life in Congo, "My parents and grandparents and nine younger siblings lived in a small house behind the mansion. I remember helping to prepare fancy dishes for the white family and their guests although we never were allowed to partake. We just waited till morning to hunt for scraps of food."

"I've seen Puma prepare large meals for dozens of people here and in Africa," said Jim Carpenter from Jefferson, Md. "He seems perfectly at home whether preparing food over open fireplaces or industrial sized kitchens. He makes it look so effortless. I think he really enjoys cooking for his friends as a way of saying thanks." Jim has accompanied his friend, Mbuyu, on four trips to Congo to install computer labs.

"Cooking is just one of many of Puma's talents," said Dan Ottemoeller, a former Frederick resident who has helped Puma with projects in Congo. "He designs the school buildings, making best use of local materials. He has mastered many trades, operated a successful generator repair business while teaching at a technical school in Congo before he came to America in 1994. Above all, Puma is an inspirational leader who gives confidence to his Congolese brothers and sisters."

For further information visit <http://AbleAndWilling.org> or call Jim Carpenter at 301-371-5263.

About Able and Willing

The Able & Willing International Education Foundation is dedicated to building self-supporting, self-governing schools in areas of need throughout the world. Incorporated as a non-profit in 2000 based in Frederick, Maryland, Able and Willing is a non-denominational, non-profit, 501(c)(3) and is a one-of-a-kind, grassroots organization.