



**Able & Willing**  
INTERNATIONAL EDUCATION FOUNDATION

**Press Release**  
Contact: Jim Carpenter  
[carpenterj@jeffersonmd.net](mailto:carpenterj@jeffersonmd.net)  
301-371-5263

<http://AbleAndWilling.org>

## **Puma's Kitchen To Celebrate Best of 16 Years in Congo**

### **Frederick, Maryland**

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. The event takes place from 4 pm to 7 pm on Sunday, November 14, 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.

The biannual event is known as Puma's Kitchen. Puma, the Boy Scout name of Mbuyu WaMbuyu, the founder of Able and Willing, has been the principle chef at Puma's Kitchen since 1998, using recipes he learned from his grandmother in Zaire (now the Democratic Republic of Congo). For the first time, two accomplished chefs will be interpreting Puma's traditional Congolese menu as Puma is still in the Congo directing projects.

The menu will feature over 16 meat and vegetarian dishes in a self-serving buffet.

"We are fortunate to have the talents of two fine chefs, Gerald Lohnas and Ted O'Donnell", said Charles Schultz, a resident of Mt. Airy, who, like Chef Lohnas, has assisted Puma in the biannual dinners for many years. Mr. Lohnas has received training at L'Academie de Cuisine under the guidance of Chef Patrice Olivon, a former White House Chef, and continues to assist in Chef Olivon's classes. Chef O'Donnell has worked under graduates of The Culinary Institute of America and L'Academie de Cuisine. He has opened multiple restaurants in Bethesda and one in Frederick in 1989.

In addition to the great food, diners can enjoy multimedia displays of Able & Willing's work in Congo, purchase African made clothing, and listen to stories from board members with plenty of experience in Africa.

"We have ample reason to celebrate this year", said Jim Carpenter, a resident of Jefferson, Maryland, who has accompanied Mbuyu to Congo on four trips to teach and install computer labs. "We've completed a major project to connect one of our school campuses to the electrical grid powered by the mighty Congo River." Mr. Carpenter noted the strategic importance of cheap electricity to power the school's workshops, computer labs and classrooms to teach job skills, promote local enterprises, and earn money for building schools in areas of need.

"Another landmark to celebrate", said Shannon Murphy, an Able & Willing board member from Boonsboro, MD, "is that businessmen in the Congo invested money and other support in the project. Their investment was critical since the cost of the electrification project far exceeded Able & Willing's resources. Joint participation of local groups acting for their mutual benefit, and the trust that it must be based on, shows others in Congo a way to lift themselves up from the bottom of the economic ladder."

“Financial participation of the school’s neighbors demonstrates strong faith in our mission,” noted Dr. Dan Ottemoeller, a previous resident of Frederick who accompanied Mr. WaMbuyu in 2002 and has worked in Africa for many years. “There were only skeptics in 1995 when the first classroom was being built in a poor village,” said Dr. Ottemoeller. “Now the campus offers preschool through technical school and the local people can see the benefits and positive changes in their lives.”

### **About Able & Willing**

The Able & Willing International Education Foundation is dedicated to building self-supporting, self-governing schools in areas of need throughout the world. Incorporated in 2000, headquartered in Frederick, Maryland, and run entirely by volunteers, Able & Willing is a non-denominational, non-profit, 501(c)(3) and is a one-of-a-kind, grassroots organization. For more information, see [www.AbleAndWilling.org](http://www.AbleAndWilling.org).



**Preparing African dishes for Puma's Kitchen, a biannual dinner event held at the Way Station in Frederick, are (L to R) Mbuyu "Puma" WaMbuyu, Gerald Lohnas, Iwona Mielzynska-Lohnas, Randy Williams and Letty Carpenter.**