

Lifestyle

Chloe Grace Moretz on her darkest role yet – **Page 25**



Aspen ambassador lends a hand in Uganda



Sense of purpose: Kristy Simons (back row third from right) with 5...

Carla Confidential
**Carla
Zuill**



Career move ultimatum

Dear Carla: My husband has a good career and is doing well financially. When we got married, although I didn't want to, he asked me to stop working and become a stay-at-home mom. Now that our children are in elementary school, I returned to work despite him not wanting me to.

Last year he was promoted at work and I was proud of him for what he achieved, but now I am upset with my husband because he has been offered yet another career opportunity and he is considering accepting it. This time, he will be required to move out of state. Because of his line of work, once he moves he will become mobile so he thinks it's best that I remain here with the children and we commute to him twice a month. I think this is too much to ask of me and I told my husband I think he is being selfish. We have a good life here and need for nothing so I don't see why he seems never satisfied professionally. I feel he should have moved all over the place while he was single ... why wait until he's well into his marriage. I love him dearly but I've told him that if he leaves it may be the demise of our relationship. Do you agree? — **LOSING MY HUSBAND**

Dear Losing: Funny how some situations people complain about, others would do anything to be in! Your husband is obviously a go-getter and his hard word is not going unnoticed. I think you are being a little hasty and should be a bit more open-minded and supportive of him. Instead of just writing the situation

Hope from a hospital

By Jessie Moniz Hardy

Kristy Simons pictured shiny floors, private rooms and paved driveways when she first heard about Uganda's state-of-the-art Kiwoko Hospital.

The reality was so different from her fantasy that she now laughs thinking about it.

"Kiwoko Hospital definitely did not look like King Edward VII Memorial Hospital," she said. "It is on 25 acres. There are no private or semi-private rooms. The wards are just big rooms. There can be anywhere from ten to 50 people on a ward. Everything was in separate little buildings such as male ward, female ward, maternity, and neonatal. It was a shock. There was a dirt road leading up to the hospital and an open-air market going on outside the gates."

Ms Simons went to the African nation as an Aspen ambassador. The re/insurer sends several of its employees to the Nakaseke hospital each year to view Aspen-funded ISIS Foundation programmes. ISIS is a Bermuda-based charity that works to improve lives in remote areas of Nepal and Uganda.

The Kiwoko hospital is top-of-the-line for its district in Uganda. People come from miles around to use it, particularly the neonatal intensive care unit.

"The ambassador programme gives us an opportunity to see what our contributions to the ISIS Foundation are doing for the various projects at the Kiwoko Hospital and the nearby community," said Ms Simons, assistant financial controller at Aspen Bermuda Limited. "I have wanted to go to Uganda since Aspen began offering the trip in 2008, but it wasn't until this year that I felt it was the right time."

She spent a week at the Kiwoko Hospital, viewing a different programme each day. One memorable day was spent playing with children in an HIV/AIDS clinic. The children ranged in age from toddlers to teenagers.

"That was the day I broke down," she said. "I was looking into their innocent little faces and thinking that could be my child — I have a 12-year-old son, Khyri."

"I think they come in every two or three weeks to get medication, or additional food if they need it.



Definitely not like KEMH: The gates of Kiwoko Hospital

FAST FACTS:

Forty-five out of every 1,000 infants in Uganda in 2012 died before reaching the age of one.

In Bermuda, only two out of every 1,000 infants died by the same age.

The Ugandan statistic represents a considerable improvement since 1990, when the infant mortality rate was 104 deaths out of every 1,000 babies born.

Roughly one in ten women in Uganda become HIV-positive by their late 30s. About one in ten men are infected by their early 40s.

An aggressive public awareness campaign in Uganda that urged medical treatment and monogamous sexual relationships led to an encouraging drop in infection rates in the 1990s. Unfortunately, recent studies show that the AIDS rate is on the rise again.

We spent the morning playing with the children and interacting. It gave them a chance to just be children."

The children in the clinic were happy and healthy, for the most part, but she could imagine the struggles they would have to go through in their lives.

"We also spent time with a group of HIV-positive ladies that are helped by the hospital," Ms Simons said. "We had a chance to sit and talk with them and discuss their

lives before and after contracting the disease and to find out how they are now coping with providing for their families. Many of these women were able to take the necessary medication to prevent the transmission of HIV to the babies. These amazing ladies have formed a co-op through the Kiwoko Hospital where they make jewellery, weave baskets, placemats and other goods in order to provide for their families."

One of the trip's lighter moments

came when the Aspen ambassadors took a ten-mile walk around the hospital.

"One of the things that struck me was how independent the Ugandan children were compared to children in Bermuda," said Ms Simons. "They would be out walking with their friends, just having fun, or you would see five-year-olds looking after babies. You would also see five- or six-year-olds out gardening on a Saturday morning instead of sleeping in or going to swimming lessons or whatever, as children in Bermuda do. As a parent, that struck me."

The trip really opened her eyes to how privileged we are here.

"It really puts things in perspective," she said. "It just showed how much we take for granted in Bermuda. You see people living in mud houses and you see what we have here. In western society we want more all the time. We are not happy no matter what we have because we want the next thing. These people are just happy to be living."

For more on the trip see www.isis-group.org/general/aspen-ambassadors-trip-2014.

fare. Discuss what would be ideal during the holidays and see how it all works out. Your husband has afforded you a good life so I think it would be selfish of you to give up because things aren't in your favour. Don't get me wrong, I see your point, but I think in order to reach a happy medium you guys have to meet in the middle. All the best to you.

Dear Carla: My child's best friend is always at my house spending the night. I treat him as if he is one of my own. The last time he stayed over he made a mistake and damaged my iPad. I told his mother and she just brushed it off. She apologised but did not offer to repair it. I am a single mother just like her and I think that she should have made an effort to compensate me for the damage her son caused. I told my son that in light of what happened his friend will not be sleeping over for awhile and of course he is upset with me. I don't want to hurt him but I can't afford accidents like these again. Am I overreacting? — **CRACKED SCREEN**

Dear Cracked Screen: Yes you are overreacting. Big time. My daughter's friend damaged my brand new laptop once and it hasn't been used since. What I did do however, was let my daughter know that she should not be expected to use any of my electronic devices while her friends are over. Don't ban the child. Limit access to electronics.

Dear Carla: I have a teenage daughter and I think that she is considering having sex. I ask her all the time if she is interested in boys in that way but she says no. However I came across an e-mail exchange between her and a boy and he is asking her to consider it. While she didn't say yes she didn't say no either. I've always told her that there is nothing that she can't tell me so I'm disappointed that she has not discussed her potential interest with me. I don't want to say anything to her because I don't want her to know I saw the e-mail but I feel we have to have this discussion. What should I do? — **I FEEL LIKE A SNOOP**

Dear Feel Like a Snoop: There's no need for you to tell her what you saw. Instead initiate a general conversation and explore where her mind is. Ask her open ended, non-accusatory questions and listen to what she has to say. Use this an opportunity to remind her about safe sex and ways to prevent contracting STDs and becoming pregnant. Do not let her know you saw the e-mail ... she may not trust you again after that.