

Flo's Project Kenya 2011

Helping African women & children impacted by HIV/AIDS

August 2011

Habari

Yes, we are back from Kenya, already!

Its amazing how fast our 3 weeks went by.

We visited with old friends and made new friends.

We also did quite a bit of travelling across the country.

The scenery was spectacular; some areas were lush and very green while others were parched and dry.

Sometimes the roads were nice and smooth and at other times, it was challenging.

In Mombasa the weather was hot and humid while in Lake Nakuru it was hail soccer scores storms and rain.

We visited with the women of The Ecumenical Centre then met the moms, caregivers and children at Villa 16 & Mwatate Children's Rescue Centre.

Please see reports in newsletter.

For our vacation, we enjoyed Massai Mara, The Elephant Orphanage, The Giraffe Centre, The Animal Orphanage, Mamba Village, Tsavo East National Park and Lake Nakuru.

Special thank you to Kamal who treated us like VIP

Asante Sana to all who made my first trip to Kenya rewarding and memorable, it was an opportunity for me to meet the recipients of our donations. I saw compassion, genuine love and appreciation when I visited the orphanages.

Albina is to be commended for opening her heart and home to these kids, for to some of them she will be the only mother they will ever know. It was amazing to see how grateful they were for what was given to them. One girl was so happy with her clothes that she was smiling from ear to ear when she modeled one of her dresses for us. You could see the genuine appreciation – it was 'priceless' – it warmed my heart. This makes me realize how fortunate we are in Canada for the abundance we enjoy.

Mr. Kariuke is also to be commended for the work he is doing with the Mwatate Children's Rescue Centre. Congratulations on acquiring the land for

and our new BFF (best friend forever) Willie.

Victor, you are one in a million. Thank you for everything! Looking forward to seeing everyone again soon!

If you are interested in sponsoring any future projects mentioned in the newsletter, please contact me.

To all our donors, thank you for your generosity.☺

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your new home!

The Women at the Centre were also thankful for the water tanks they received. It was a sight to behold that morning when they all congregated to collect their tanks. Some came with straps/rope or by whatever means necessary to get their 'treasures' home.

Everyone was happy to see Flo again – that familiar face. This brought a level of comfort to them to know that she still think about them and is willing to continue to help and visit often.

Keep the good work up Flo!

I was fascinated by the animals we saw on the Safaris and the parks we visited. The mountains and valleys were awesome! I really enjoyed my visit.

Thanks for giving me the opportunity to visit with you and thanks to all the folks in Kenya who made it memorable.☺

.....Ingrid

Ecumenical Centre, Water Tank Project...

A big thank you to all of our donors who helped us raise enough money to buy a 250 liter water tank for the 150 families of The Ecumenical Centre. By the time we arrived in Kenya, the price of the water tank had skyrocketed. With a bit of negotiations we bought 127 - 210 liter water tanks. Your donations bought 87, the registration fees

bought 10 and The Ecumenical Centre Fund another 30.

The Centre determined who received the tanks. As usual, there were prayers, singing and dancing. The women later took out their straps, latched up their tanks, hung them on their heads/necks and went home very happy. The women are now ready for the rainy season. 🍀



Ecumenical Centre, Micro Loans - *the women at work...*

All 18 ladies who were approved for micro loans received the funds to start their businesses. The total amount loaned was \$1,262 or 81,000 Kenyan shillings. We visited with some of the women to see how they were doing. All of the women are so very happy they can now provide for their families.

Some of the women have already repaid their loans in full, while others have defaulted. The Centre is creating a "Wall of Fame" to showcase these members who have already repaid. After a private chat, the defaulters have promised to make every effort to repay their loans. They were reminded that by repaying those loans, it will benefit other members who are already approved. Hats off to Esther and the Team Leaders of The Ecumenical Centre. 🍀



Visit to Villa 16

Albina and the children welcomed us with hugs, kisses and their customary handshakes.

It was such a pleasure to see them all again and get caught up.

We brought them books, games, snacks, food-stuff, school supplies and toiletries.

Another 4 HIV positive children were brought to Villa 16; now there are 12 boys and 8 girls in residence.

Not one single child has contracted malaria since the mosquito nets were put up.

The children are taking their anti-viral medication but will need some goat's milk to boost their immune system. This will be a future project.

Two of the teenagers attend boarding school and will need assistance with school fees for 2012.

Some of the boys have grown so tall, they have outgrown their beds.

These young men are now sleeping on the floor of a small shack located next to the home.

Villa 16 would

like to build 2 separate dorms for the teenagers; one for girls and the other for boys.

The younger children will continue to live in the home with Albina.

The teenage girls would like for us to spend a night with them.

I will arrange a sleepover for my next visit.☺



Victor holds the youngest child

Rabbit Project: Villa 16.....

Villa 16 would like to breed rabbits. This will help generate some much needed income for the home.

The start-up cost of \$350 will buy 10 rabbits

and the materials to build the rabbit pens.

Rabbits breed very quickly and within 3 months these 10 rabbits will increase to about 50.

Please help me kick start the Villa 16's Rabbit Project.☺





Enjoying a glass of water



The water pump



Water Pump: Villa 16....

On Sunday Aug 14th, after a 2 hour nature walk and "Champagne Bush Breakfast" we went over and met Mr. Willie Mwadilo; the Manager for The Sarova Salt Lick and Sarova Taita Hills Lodges.

Willie is our new BFF, Best Friend Forever.

Willie also does outreach at Villa 16 and Mwatate Rescue Centre.

During our visit, we mentioned the water pump at Villa 16 was broken.

A few days later, Willie sent over his engineer and the equipment to dig out the pump.

They anticipated it will take 6 days to pull up the pump which was situated 246 feet underground.

It came out in one single day!

We were so very excited when we heard the good news.

It appears the pump that was installed was too small for the job; so a bigger pump is needed.

The cost of the new pump is approx \$4,000 and the engineer will be installing it.

The engineer inspecting the solar panels and found them very dirty and requiring maintenance.

He has trained a few member of the community on how to proper maintain these panels.

We hope to replace this pump very soon and provide clean drinking water to the entire community.

If you would like to contribute towards the purchase of the new pump, please contact me.☺



Pulling up the water pump

Some of the children at Villa 16....



Mwatate Chicken Project....

When Joan-Ruth had to cancel her trip to Kenya, she was very disappointed and still wanted to be a part of our trip.

As a result, she made a very generous donation to Project Kenya 2011.

Because of JR's generosity, we were able to set up The Mwatate Chicken Project.

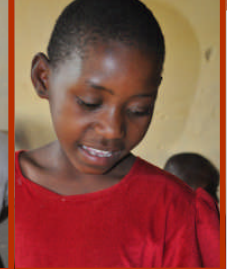
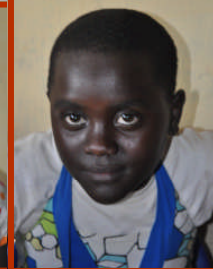
Mwatate built one of the chicken pens and bought a few chickens before we arrived.☺

When the project is finally completed, the pens will house 200 chickens.

The children will now be able to enjoy eggs and sell the excess eggs in the community.

This plaque is attached to the side of the chicken pen.

Thank you very much JR, on behalf of all the children at Mwatate and Project Kenya 2100.☺



Mattress for Mwatate....



The children are now sleeping comfortably on their new mattresses.

Great News!! Ever since the malaria treated mosquito nets were put up in February, none of the children contracted malaria.

We continue to improve these children's lives.

I am soliciting funds to buy new bed sheets & warm blankets for the beds.☺

We received donations to buy ALL 34 high density foam mattresses for the children.

The company provided free transportation from their factory in Mombasa to Mwatate Home; a 2 hour drive.

Mr. Kariuke and Mwatate is donating the old mattresses to needy families in the community.



Mwatate, Let there be light....

Mwatate Children's Home does not have electricity.

We saw what was billed as "The World's Best Solar Home Light".

When you charge each solar light for one day, you receive 16 hours of Led light. The solar panel is waterproof and the battery lasts for 3 years.

We immediately bought 6 of these lights for the home.

Now the children have proper lighting to see to complete their homework projects.☺



Mwatate children need school shoes...

All 34 children received new school uniforms and sweaters this year, however this did not include school shoes.

Please help me buy a new pair of shoes for every child.

Please donate generously towards the purchase of new school shoes for these 34 children.

Each shoe costs approx \$8.00; \$272.00 in total.

The new school year begins January 2012.☺

Painting Mwatate Centre....

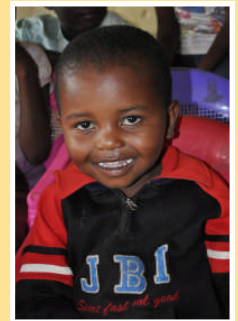
When we visited Mwatate Rescue Centre, the painter was just finishing the mural on the side of the building.

The neighborhood was all red dust, so the white building just stood out. It was a very refreshing sight.

Its amazing how much the dollar does when you live in the rural areas.

It only cost \$100 to paint the inside and outside of the building and pay the painter too,

Talk about money well spent, Thanks everyone! ☺



Mwatate is getting their own home ...

The Taita community living in Mwatate has set aside 10 acres of land to build a Primary School, Medical Clinic and Library. Two acres of this land is designated for building a new home for Mwatate Children's Rescue Centre.

The community is currently drawing up the plans.

The Medical Clinic is already in operation but needs

to be expanded to provide more services.

Currently the Mwatate Children's Rescue Center is located in the heart of town and they are renting the premises.

The rent is paid by well wishers who are not consistent with the payment.

They hope to have the project completed within the next 3 years. Stay tuned!☺



The Mwashuma Group.....

We met Albina's brother, George, when we visited Villa 16 last year. George is HIV positive and because he is taking the anti-viral drugs, he looks and feels much better today.

George has formed The Mwashuma Group, comprising of 15 members who are HIV positive. They meet every Monday.

Earlier this year, Victor bought the group some dairy goats. They have been enjoying goat's milk ever since.

These goats are doing really well and have reproduced.

When we saw the goats, the young ones needed medical attention. We arranged for the vet to treat them.

Their pen was also expanded and a roof added to protect them from the elements.

When we asked members of the group what type of assistance they needed, it was obvious their needs were small and attainable.

George is a barber and needs a barber's kit.



GEORGE

Bernadette, who knits, will send me some scarves to sell for her. Francisca is a bee keeper but cannot afford to buy the bees.

Some are farmers but cannot afford to buy the chickens/seeds/pigs/cows needed.

I will work with this group to help kick start their Micro Loans Project.

It is estimated that the group needs about \$500 start up costs.

Please help this group get started soon.☺

