



Friends of Kenya Schools and Wildlife

Partnerships for Education and Wildlife Preservation

July 2009

Terra Madre African Safaris

Since the first FKSWS Safari in 2004, forty seven people have traveled to Kenya with us to participate in these wonderful adventures. Although each safari was unique, they've all involved development in rural communities. In 2004, activities focused on education...building schools, providing and delivering primary school scholarships and educational materials, and supporting nursery school teacher salaries. Today, in addition to education, FKSWS works to eradicate extreme poverty and hunger, promote gender equality and empower women, reduce child mortality, combat disease, and ensure environmental sustainability. FKSWS Safari participants are able to see work in progress and hear community members speak about how the quality of their lives has improved significantly as a result of project activities.

In January, during a three day trip to the Masai Mara Game Preserve, the Safari group sat around a table, cold drinks in hand, and decided that these safaris should have a new name that reflects the expanded scope of our activities and experiences. We talked about how much of the work in the villages has to do with food... food security, access to food, farming practices, school gardens, community gardens and production of indigenous crops and how good, clean and fair food is a basic human right. We reflected on how much NECOFA and FKSWS have been influenced and supported by Slow Food International, and how it was at the first Slow Food International Terra Madre Conference in Torino, Italy in 2004 that John and I met Samuel Muhonyu, our closest colleague in Kenya and an International Councilor with Slow Food. It seemed only natural that we would call our safaris ***Terra Madre African Safaris***. Please join us in January of 2010 for our next ***Terra Madre African Safari!***

Edonyio Sidai School

Change has also come to Edonyio Sidai, about an hour south of Nairobi. In 2004, 15 nursery school students met daily in the community's dilapidated church. Older children attended the nursery school because they didn't have uniforms and shoes required to attend primary school. In 2006, the community began constructing a new nursery school classroom with materials provided by FKSWS. When the class was completed, they took up a collection and used the funds to add two

additional classrooms for 1st and 2nd graders to save them the arduous walk to the primary school 2000 feet below on the floor of the Great Rift Valley. Not only is it a long walk for little legs, but wildlife in the area can be dangerous. Today, thanks to donors, the older children have shoes and uniforms and attend the primary school. Fifty seven nursery students and the 1st and 2nd graders learn closer to home in their new classrooms. The community would like to begin a fourth classroom for the 3rd graders, but with their own funds exhausted, they have asked FKSWS to help them.



Edonyio Sidai School - 2009



Karunga Women at Lake Nakuru National Park

The Molo Wool Project

The Molo Wool Project has a new name. **Natural Fiber Arts of Kenya** reflects an expanded array of fibers being used by the members. After a 3 day training in silk cocoon processing at the National Sericulture Station in Thika, the members of this project have added silk to their fiber menu and will begin raising silkworms and using silk to create new products for sale. In January, we took 39 women from the Karunga Women's Group to Nakuru National Park to see in person the animals they have been knitting for two years. Most of them had never seen live zebras, giraffe, buffalo or rhinos and they noticed particularly the differences between males and

females, the colors and the true sizes. They made a delicious lunch for all of us which the baboons were eager to sample! We presented to members of 4 women's groups and students at 4 schools the spinning wheels and looms purchased through donations from individuals and from Thrums LLC, a non-profit based in Colorado that supports women in developing countries involved in fiber arts. We have plans for ongoing skills training and hope to establish a community center where the women can keep their equipment, have classes and teach others.



Tents and new houses

Tuinuane, Molo

At this time last year, following the post-election violence, the 860 people of Tuinuane Village were internally displaced people (IDPs) living in a large camp near Molo. With no homes to return to, the 177 families decided to pool 7,000 of the 10,000 shillings (\$128) each was given by the Kenyan government for resettlement. They would purchase land, build homes and have small plots on which to grow food. They planned to use funds from the second installment of 25,000 (\$320) to complete the purchase. The Danish Refugee Council built toilets, and NECOFA donated educational materials, benches and desks for a nursery school. Living in tents as

temporary homes, they prepared land for planting. With the rains approaching and the funds from the government not forthcoming, the leaders consulted Samuel, who helped them advocate for their payments. In late March, the land was purchased, divided into sections and people drew numbers for their own plots. Construction began on homes. The community's final wish was for assistance with water. Their supply is a river, 2 miles down a steep hill and they asked for the installation of a pump to bring it up to the tank. The exertion of carrying water up in jerry cans each day was excessive and the time great. The community provided labor and FKSWS supplied parts for the construction and installation of a hydraulic ram pump which now delivers water to the village. Thanks to the Makindu Water Project for funding!



Hydraulic ram pump and its water engineer

FKSW/NECOFA Internship Program

During February and March, Eugenean Jordan Roney worked with NECOFA as the first participant in the new FKSWS/NECOFA Internship Program. On May 15, Gabe Olson, a 19 year old student at Gonzaga University left for Kenya and will be working with NECOFA until August 6th. A third intern, Meghan Quinn, left on June 27th for 3 weeks in Molo. The following letter from Gabe offers a glimpse of his activities and experiences.

“Hi Everyone,

It's been 3 weeks since I came over to Kenya, but it literally feels like I've been here for a couple days. All of the amazing opportunities I've experienced along with the special chance to live on my own completely removed from our everyday world and surrounded by some extraordinary people have made this the trip of a lifetime as I learn and grow everyday from the world around me. It's hard to characterize the... education that I've gained from being here, but... all I can say is that after this I will never see the world the same way. Spending time here literally changes one's perception about everything, it not only makes you realize how blessed we are economically in the US, but it gives you a completely new way to approach life in which you look for the best... no matter what and live in the present every second of everyday. It's a little ironic because I feel like (I) already approached life as such, but it reinforces that belief times a thousand for me as I get to open my eyes in a new world every day.

From the second I got on the ground we were working, as after my 4 hour drive to Molo from Nairobi we had a meeting about the work that I'd be doing while here. That is a good summation of the life of Kenyans, always working. The project that I'm working on is called the Molo River Project. Teamed with Willy, a student from Maseno University of Kenya, our job is to survey the river and create a report on the causes of its extremely decreased flow in recent years, so NECOFA (the NGO I am working with here) can create a campaign to save the river. What makes this project a real challenge is that the survey starts in ... the hills where the river starts, and continues all the way to the river's end in Lake Baringo. This 300-kilometer river, including all the streams that feed into it must be documented, including interviews with government officials and community members as we are tasked with getting “the whole picture”. Working 50-hour weeks has increased steadily into 60-hour weeks. Today... I was picked up at 7:30 and dropped off at 6:30. It is amazing to get to travel from the mountains all the way down to the bush and talk to people about their lives and their livelihoods. It is an interactive tour of a large portion of a country that I have so much to learn about. I am really excited to actually make a difference here, as this report (in theory) will be able to help thousands of people, who are now facing serious problems due to the lack of rainfall in this country, to access water.

It isn't all work though, as I am able to relax on Sundays (Kenyans don't take Saturdays off), and enjoy different aspects of the land. I have become very close with John Wachira, a co-worker, and he took me to where his house used to be before the violence in the country a year and a half ago forced him to vacate the land. I also spent last Sunday going to church with him. This was quite an adventure for a number of reasons as I was the first Mzungu (white person) to ever attend this particular church and it was Wachira's first time to church in many years, making his wife Margaret extremely happy. After church I got to spend the day with his family who I have become very close with. I am extremely happy...”



Tuinuane nursery school students



Cook Rhoda Lekisika and new kitchen

Lake Baringo

Dramatic change has occurred at Kirepari (formerly Longicharo). In 2006, tired of the continual threats from outsiders to their safety, the community permanently relocated to Kokwa Island where residents of the two existing villages graciously welcomed the them. It became apparent almost immediately that FKSWS would also need to welcome the entire Kokwa community into *its* family. This welcome embraces the entire island of about 1,200 residents! Consequently, FKSWS and NECOFA activities here have expanded in breadth and depth.

Education: Nursery school teacher Grace Koinale now teaches 56 students in the rebuilt nursery school and attends teacher training during breaks between terms and. Her favorite class is child psychology. The children are fed a nutritious lunch prepared daily by cook Rhoda Lekisika in the new school kitchen, completed in February. The new toilet and small football field near the school are used by

children. Forty five students from the community attend Kokwa Primary School thanks to scholarships provided by donors. Sixteen of the older girls sleep in a newly renovated dorm instead of returning home in the evenings, again, thanks to donations that covered the boarding and renovation costs. The school also has a new toilet.

Nine year old Mulan Lekaranga, deaf since birth, now attends Ochii Primary School, about 2 hours away. In school for the first time in his life, Mulan attends classes for students with hearing impairments, but when he reaches 3rd grade, he'll move into a class with hearing students, all of whom know sign language. The Roosevelt Active and Caring Teens class provided 8 years of support for Mulan, including hearing tests and evaluations. We visited Mulan at his school in March and found him to be happy and progressing nicely. He has an expanding repertoire of signs, and uses them to communicate with his classmate and his teachers.



Mulan Lekaranga proudly displays his work created a great interest in farming among community members. Samson Chebii, the school committee treasurer, started a household garden last summer and has been successful in harvesting tomatoes and other vegetables which he sells to the community and to shops on the mainland. Others, inspired by his example, have started their own small gardens. It's not easy to grow crops on this volcanic island with little soil, but Chebii is currently expanding his garden to grow more of everything...corn, tomatoes, cow peas, kale, and beans. He even planted two orange trees!



Samson Chebii's garden

At the Kokwa Primary School, the 4K Club tends a school garden where each club member has his or her own small plot. The children grow cow peas, green grams, kale and other vegetables to supplement meals at school and home. Last year they harvested and sold cow peas to cover the costs of their national achievement tests at the end of the year.

Health care: In February, 281 residents from Kokwa Island attended an all day medical camp supported by FKSWS and NECOFA at the Kokwa Dispensary. Thirty nine health professionals, including medical personnel from the Ministry of Health and clinics and hospitals in Nakuru, Marigat and Molo volunteered their time to perform an initial community health assessment. Samuel's two brothers, one a pharmacist and one a doctor, coordinated the effort. Throughout the day, residents visited various stations to undergo screening for HIV/AIDs, malaria, TB, diabetes, malnutrition, high blood pressure and cholesterol. Doctors conducted vision tests, two barbers shaved the heads of children and adults and applied fungal medicine to those who needed it. Pharmacists dispensed free medications and vitamins from a mobile pharmacy, and two women talked with girls at the primary school about women's health and hygiene, reproductive health and taught them how to make sanitary napkins. A follow-up report included the following: moderate and severe malnutrition in 85% of children under 5; high levels of arthritis caused by excessive fluoride in lake water; prevalence of respiratory illness from indoor cooking fires and windborne particles. Medics referred some patients for further evaluation on the mainland. FKSWS will fund a follow-up camp to address critical needs. The Roosevelt Middle School ACT class raised funds in May to purchase micronutrients and vitamins for the children and to purchase 3 solar batteries to run the refrigerator at the dispensary. There has been no refrigeration for a year and a half for vaccines.



Kokwa Island Medical Camp

Water: At the nursery school, gutters installed on the roof of the school now carry rain water to a large holding tank. The Makindu Water Project funded 2 foot pumps for Kirepari community and a wind generated pump for Kokwa Primary School to irrigate their gardens with water from Lake Baringo. Thanks to funding from a Rotary International Matching Grant secured by FKSWS last year to install a defluoridation and water purification unit, the Kirepari community enjoys fluoride and bacteria free water. Each family also has a household bacteria filter for their own use.

Motor Bike Report from Thomson In March, Thomson ole Tenges, our Project Manager at Lake Baringo, received a motorbike purchased through FKSWS funds to save him time and energy on his travels between the community projects he manages. Not confident in his ability to operate the bike, he hired an instructor teach him what he needed to know. Here is his first report on how he's faring:

"Under the guidelines of an instructor, I have known some few basics as per the riding of the motorbike. These include the safety measures before running of the engine and also the procedure of running the engine up to the times of take off and also how to stop the bike. After grasping instructions and the safety precautions, up to the moment I have covered a distance of 2500km with the assistance of the instructor in covering distances like to Marigat and Kampi ya Samaki. After assessing the workload before and after the acquisition of the motorbike, the workload has lessened after the use of the motorbike since I can manage most of the schedules in time and afterwards more energy and time saved. After I have complied with all the requirements I am seeing a bright future and I will have a good atmosphere to serve community and the country at large."

Rwanda FKSWS Intern Jordan Roney and I were most fortunate to spend a week in Rwanda with friends from Oregon who work with the Ellen Meadows Prosthetic Hand Foundation. At the Butare Hospital in Southern Rwanda, we helped assemble and distribute LN-4 hands and trained new recipients in their use. Francis Nzioka, the first Kenyan hand recipient, came from Nairobi to help with the training and share his expertise with the LN-4. I was deeply moved by the experience. Jordan and I spent two days in the town of Gisenyi on Lake Kivu and visited the Genocide Museum in Kigali before we returned to Kenya.



Francis Nzioka assists a new hand recipient

Strategic Planning Meeting(s) In February, John and I participated in a 5 day strategic planning meeting with NECOFA and other NGO colleagues in Molo. We came away with a 5 year plan for the FKSWS/NECOFA partnership, including goals, action plans and activities. In February, I participated in a 3 day grant writing workshop led by our colleague Karangathi Njoroge. During March, our team planned next steps for Terra Madre African Safaris, NECOFA/FKSWS Internship Program, Natural Fiber Arts of Kenya and follow-up to the Kokwa Medical Camp. It was a most productive time!

Student Scholarships One hundred and six students currently receive primary school scholarships from FKSWS donors in the communities of Kachuru, Waso, Aitong, Kokwa, Edonyio Sidai and Molo.



Please join us for a Swahili Soiree!!!

A celebration and benefit for Friends of Kenya Schools and Wildlife

This promises to be a lovely evening in Lorane, Oregon on the banks of the Siuslaw River. Explore trails through the rainforest, dine on delicious food prepared by **Koho Bistro's** popular Chef/Owner Kevin Hyland, dance to the exciting music of **Kudana Marimba Band**, sample prize-winning wine from **Territorial Vineyards**. There will be activities for children and door prizes, too!

Samuel Muhonyu, our partner from NECOFA will be our special guest! Intern Gabe Olson, recently returned from Kenya will talk about his project. Former FKSWS Safari participants will be on hand to share their experiences. Come have a great time and help to support the work of FKSWS.

Wear your zebra, leopard and cheetah print outfits!!!

August 15, 2009 5:00 pm

24762 Siuslaw River Rd., Lorane

Tickets \$33 person, \$16.50 for children under 15

OFAM ticket office, 2222 High St., Eugene 541-687-6525

Questions? Call Rich Mitchell 541-942-5459

Asante Sanai



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