

Friends of Kenya Schools and Wildlife

November 2011



The first FKSWSafari, January 2004

Ten Years in Kenya

February 2012 will mark the tenth anniversary of John’s and my first trip to Kenya. After three unforgettable weeks our guide, Mike Lawrence, asked that the donation we offered him for his work in rural communities take the form of support for a nursery school program. Although we didn’t know what he had in mind, we agreed. When Mike came to visit us in Oregon several months later, he asked us to add three more nursery schools to the “program” and suggested that we start an organization and give it a name. The idea intrigued us and within weeks, became a reality as Friends of Kenya Schools and Wildlife was born.

Even without experience in non-profit work, John and I knew that the emerging project would require money. So we donated \$100 for scholarships for

a girl and a boy in one of the villages to attend primary school. Our 2003 summer wedding provided our first fundraising opportunity and we requested donations to FKSWS instead of gifts. With some of the \$4000 we received, we returned to Kenya the following January with eight friends. Working with the Longicharo community at Lake Baringo, we helped build a nursery school for the village. By the end of that safari, we had given scholarships to students in five communities and promised to build a nursery school in the isolated village of Kachiuru.

In the past eight years, having expanded from an initial focus on nursery and primary school education, FKSWS has used roughly \$250,000 in donations to support projects that address other challenges: clean water, income generation, nutrition and food security, health and sanitation and protecting the environment. Sadly, Mike passed away in 2006. Today, our partnership with Kenyan NGO, Network for EcoFarming in Africa (NECOFA), is critical to our impact in the six rural communities. Director Samuel Muhunyu has been a guide and partner in our joint efforts to assist rural people to transform themselves and their communities.

With heartfelt gratitude to those who have supported and encouraged our often naïve efforts and to our many donors for your generosity over the years, we say “THANK YOU” for helping us to make the world a better place.



2004 - Nursery teacher Grace Lebene teaches under a tree at Longicharo.



2011 – Grace with students at the Longicharo-Kirepari Nursery School on Kokwa Island

Grace Lebene, Kirepari Nursery School Teacher

“In the beginning, the parents didn’t know the importance of education. But since 2004 when you started being with us, they knew the importance and they started bringing their children to the nursery school. I had 30 children. Even the neighbors from Rugus brought their children, and then I had 50. We continued up to the clashes then we came to this island, Kokwa Island and started again.

Because you constructed this new classroom and gave us the school lunch program the parents continued bringing their children. We also have the snacks for break. You sponsored me for the Early Childhood Education Course. I spent two years in the course in 2008 and 2009 and I got a lot of experience. I graduated with my teaching certificate.

From the other side of the island parents brought their children to my nursery school. And the enrollment increased from 50 to 70. At that time, I was alone and I was teaching 70 children. It was in fact very hard, very difficult but I kept trying. In 2010, we got the second teacher, Thomson Leserlei. We divided the class into two...the middle and the top class. Mr. Leserlei took the top class and I took the middle.

I can see our community’s lives have changed. Before, the children didn’t have uniforms, but now, you can see the parents changed their minds. Some are able to buy uniforms. They even know how to clean their children. The children used to be dirty but now they are clean because they wash them. The people brought their children here because the education is different than in the nursery school on the other side of the island. Our children know how to read and write but not at the other school. Our children who have completed nursery are now the leading children in the primary school.”



Teacher Grace Lebene

FKSW donors have given funds for: 2 nursery schools, classrooms, partial teacher salary for Grace and Thomson, a school lunch program, a water catchment system, toilets, desks and benches,

Tuinuane Community, Molo



Monicah Busore with her children at her home in Tuinuane Village

During the post-election violence in Kenya in 2008, thousands of people were violently driven from their homes. More than 12,000 Internally Displaced Persons (IDPs) found their way to camps in Molo, the home town of our partner Samuel Muhonyu and FKSWS's base in Kenya. I spent two months with Samuel and his colleagues as he worked to support the people in those camps and to improve the quality of their lives.

In 2009, IDPs who had lived in the large Sawmill Camp outside of Molo town for over a year and who had no homes to return to created Tuinuane Village. For three years, NECOFA and FKSWS have supported this community in a number of ways. The 816 residents, members of six different ethnic communities, now have homes and vegetable gardens and are raising crops on the community owned farm land. In October, we visited several residents at their homes to hear their stories and learn about their new lives.

“My name is Monicah Busore. I lived in Kuresoi before the post election violence in 2008. When we lived in the Sawmill IDP Camp we knew we were temporary. When we heard about the idea of buying a piece of land together, the idea was very appealing to a number of us and each family contributed 7,000 Kenya shillings (\$70) out of the 10,000 (\$100) we were paid by the government for resettlement so that we could procure the land. The little amount we bought in the beginning was not enough, so we negotiated with the landowner for a bigger amount of land, 19 acres on which the village is. Then we subdivided the land into plots. When we were paid the second installment of 25,000 shillings (\$250) from the government, we paid the balance that remained. The Danish Refugee Council has also helped us with material for construction for houses and toilets.

We have lived together harmoniously since we met, because we were all victims, ejected from where we lived and when we found ourselves in that state, it made a lot of sense to just form a brotherhood. So far, the bonds are still very strong. When there's an issue, the committee calls a meeting of the villagers and when we are together, we'll deliberate on the issue in question and come up with a direction to go, what needs to be done, what actions and who should do it. The challenges here are schooling, because the primary schools are very far and the secondary schools, too. Another issue is water, it's far and there is not much available. Also, food is an issue for me because I have a baby and so I can't go far to the farms and have to find my food locally. I'm happy living here with the others. I feel that I live with my fellow Kenyans and we have become a big family.”

Since 2008, FKSWS donors have given funds for two nursery school classrooms, desks and benches, and a water catchment system at Tuinuane.



Tuinuane Nursery School with new water catchment system and a new fence.

Endonyio Sidai Primary School Continues to Grow



A fifth classroom takes shape at Endonyio Sidai Primary School



Students enjoy the new netball court

Endonyio Sidai community members are working together to realize their dream: a primary school for their children. Constructing one classroom a year since 2006 with assistance from FKSWS and the Kenya Ministry of Education, the parents are thrilled that students in grades 1-4 are able to attend school just a short walk from home. Previously, they hiked down a 1,000 foot escarpment to the nearest school each morning and back up each afternoon. A classroom for fifth graders, under construction now, should be completed by January. Community members also built a toilet and just installed a fence around the compound with funds from FKSWS.

Three government teachers and one teacher hired by the community comprise the instructional staff. The community also supports two nursery school teachers who each receive the equivalent of \$55 a month and has sponsored both teachers to attend classes to earn their Early Childhood Education Certificates. With a recently awarded certificate in Special Education, Head Teacher Jeremiah Kitesho is making an effort to include students with disabilities in classes...an uncommon practice in Kenya. Last year, a number of students here had the top marks in the district.

In the coming months, NECOFA will work with the school committee to initiate a school garden project and plans to donate neem trees for planting in the school compound.

Since 2004 FKSWS donors have given funds for two classrooms, a water catchment system, toilets and a fence around the compound. Nineteen students currently receive primary school scholarships.

Community Health Worker Training for Kokwa Island

When nurse Stella Lenguris leaves Kokwa Island for supplies or goes home for the holidays, there is no one to take over her duties. Even when she is on the island, the volcanic terrain is rough and she cannot reach remote villages during emergencies. Few community members seek early medical attention for themselves or their children, coming to her only when cases are advanced. Because of unfamiliarity with medicine, some community members do not take medication as prescribed.

Although Stella works out of a well-stocked dispensary, as the only health professional on the island she is incapable of identifying and attending to all the medical needs of this marginalized community. Last year during a medical camp conducted by FKSWS, NECOFA and the Kenya Ministry of Health, we identified the training of community health workers as a critical need.



A doctor from the Ministry of Health explains to CHWs how to use their registers.

The ten new health workers will record information in health registers and file reports with Stella at monthly meetings. After about 6 months, the CHWs will attend follow-up classes. Because the community cannot pay them a salary, they will consider forming a Self-Help Group. NECOFA and FKSWS will help the group with an income generating project to bring in funds to support their livelihoods as they provide service to community.



Nurse Stella and health workers with new registers.

In September, a man and a woman from each of the five villages on the island attended a week long Community Health Worker training which gave them skills to link the villages and the health system, educate community members on healthy living, disease prevention and how to seek medical attention, and to map community health needs. The curriculum included: communication skills, working with people of different ages, first aid, malaria, sexually transmitted diseases (STD's) and HIV/Aids, TB, water and sanitation and field work, including mapping of households to capture demographic information about each family on the island. For most of the trainees, this was the first time they had ever attended a class of any kind. At the end of training each trainee was issued a certificate.



Community Health Workers at the end of training.

Esther Leweri Talks About Her Role as a Community Health Worker



Esther Leweri from Kasian Village

“First I want to say that I appreciate the training. This is the first training I have ever had and I learned a lot. Thank you. In the beginning we were just at home, not doing anything but now that we’ve had the training, we know what to do to help families in terms of health. Now I know what to do as an individual member of my family. I am doing the work at home and now I’m in a position to take the message to the community at the household level.

I know that the water we’ve been drinking has not been clean and that we’ve been suffering from diseases related to water, like typhoid and diarrhea. We never knew it was the water that was causing the diseases. Initially we were drawing the water directly from the lake but now we know it needs to be cleaned. Even if you don’t have anything to treat the water with you can boil it to kill the germs. People now have started boiling water.

The issue of sanitation, now we know the importance of a family having a toilet, even if it is created by using local materials. Before, everything was just done anywhere, but now we know it is nice to have a toilet in the family for good sanitation. We know the dangers associated with that and at least each family should have a toilet. At the training, there was a demonstration of how to wash hands. It’s a nice practice. We demonstrated how to wash the hands and they are doing it.

We also learned about the issue of litter. That it is a breeding place for mosquitoes. Initially we were just throwing things around but now we are very cautious about cleaning the compound. Now that we are doing the sensitization of the community, maybe in the near future, malaria and other diseases will decrease. The women say to me, ‘we have been with you in the village for a

long time and we have never been doing this.’ And then I explained that this is what I learned at the training and that this should be done. So when I first gave the information in the village, I got a lot of questions. But now I’m doing this in my home first and they can see that it is good to do. Now my biggest responsibility is to sensitize the community about what I have learned and that they should do all of these things to prevent diseases.”

Since 2004, FKSWS donors have given funds for the construction of a community water filter to remove excessive fluoride and bacteria from the water, two medical camps, medication for the treatment of TB and malaria, micronutrients and a healthy snack for the Kirepari Nursery School students, solar batteries to operate the refrigerator at the dispensary (for storage of vaccines), family planning training for Stella Lenguris, Community Health Worker training, household water filters, toilets at the Kirepari Nursery school and toilets for the greater community.

Kokwa Primary School Scholarship Recipients



Kokwa Primary School



Janet Lemukut is 14 and in the 7th grade. For the past 3 years, she has received a boarding scholarship at Kokwa Primary School which covers her room and board. Janet says that when she was a day student, returning home each evening, her marks were low...they didn't even reach 300 (out of 500). Since she's been boarding, her marks have improved so much and she is now in the number 1 position in her class. She's hoping that her marks will be good enough for her to be able to attend secondary school the year after next. Her favorite subjects are science and math. Janet is also a member of the 4K Club.

Meshack Lekasuisui is 14 and in the 7th grade. He says that his scholarship pays for a new uniform and shoes every year, which is important because he's growing very tall. The scholarship also covers school fees he has to pay. With the small amount left over after these expenditures this year, he bought a goat that provides milk for his family. Meshack loves science and is a member of the 4K Club*. He likes working in the school garden.



Mercy Leparsupore is 13 and in the 6th grade. Mercy has a boarding scholarship and says that since she began boarding this year, her marks have risen a lot and now she is number two in her class. She is grateful to have one of the 10 new bunk beds provided by an FKSU donor. Previously she was sharing a rickety wooden bed with another girl and it was very difficult to sleep. Now she sleeps well. She likes boarding because she has more time to study.



Lenkwe Lenamura is 14 and in 7th grade. Lenkwe is grateful for the scholarship he receives because he loves school and the scholarship helps him to buy his uniform and shoes. Lenkwe's favorite subject is math. He is a member of the 4K Club and likes working in the school garden. With a little money leftover from his scholarship, Lenkwe bought chickens to help his mother with the chicken project she is doing with the Kowka Women's Group. She now has a flock of 8 chickens and his family benefits by eating the meat and eggs, and also by selling what they don't need.



*The 4K Club is similar to 4H in the U.S. The Ks stand for "Kuungana Kufanya Kusaidia Kenya" (Coming together to Work to Help Kenya)



Some of the scholarship recipients at Kokwa Primary School



Boarders with their new beds

Since 2004, FKSU donors have given funds for 62 primary school scholarships, 20 boarding scholarships and 2 secondary school scholarships at Kokwa Primary, windows, doors, curtains, bednets and bunkbeds for the girls' dormitory, the 4K Club school garden project, a solar pump for the garden and renovation of a school toilet.

Lions and Tigers and Bears.....



Rahab Wangui works on a rhino

...are just some of the more than 50 products created by women in the Karunga Women's Group. Since the formation of the Molo Wool Project in 2007, sale of their hand knitted animals and woven rugs and baskets have brought in more than \$26,000 of income for members of the group, enabling them to pay their children's school fees, buy clothing and even purchase small plots of land and build homes. After three busy days with the women in October, we brought home several hundred of their wonderful animals to sell for them.

In 2010 FKSWS loaned the women \$1000 to start an indigenous tree nursery. The seedlings are now mature and with money from recent sales, the group has bought a piece of land, the first step in fulfilling their dream of having a building where they can set up their looms and spinning wheels, store their supplies, have an office and gather for knitting and meetings. In order to raise funds for the construction, they want to rent a piece of land that they could farm collectively to share food and income from the produce at end of season.

They are eager to have the building so that they can receive the gift of an Italian made knitting machine, a very generous donation from Mari Sweaters in Eugene. The machine will enable them to make school uniform sweaters, blankets and shawls for the local market to complement their earnings from the sale of animals.

Another generous gift of \$1,000 through WideAwake.org, will enable the group to plant an acre of mulberry trees, the first step in a project to raise silkworms and harvest the cocoons. These women are on the move!!!



Ruth Wanjiru with her products



Collecting Monicah Njoki's sheep



Dyeing yarn

Since 2007 FKSWS donors have given funds to provide advanced skills training in fiber arts, business and group leadership, dye for the wool, knitting needles, spinning wheels and looms, seedlings for a tree nursery, seedlings to plant an acre of mulberry trees for a silkworm project and an industrial Italian knitting machine.

NECOFA Tree Nursery Brings in Funds for Community Development



Keeping the trees healthy and happy

In November 2009, NECOFA started a nursery of indigenous trees on donated land at the farm of John Munene, a colleague and Chair of the NECOFA board of directors. The 350,000 tree seedlings will eventually be sold to the Ministry of the Environment and other NGOs who have undertaken large scale tree planting projects to help reforestation in significant areas of Kenya. NECOFA will use the income from the sale of trees to support its community development projects.

NECOFA recently received funding for a 3-year project that will begin the restoration of several hundred acres of forest. Working with community forest associations, NECOFA staff will help them to establish bio-intensive forests of indigenous trees in the Mau Ecosystem. One project activity is to plant 150,000 acres in the Koibatek Forest and to

undertake a similar project in the Mariashoni Forest.

These projects will also support 500 vulnerable households including people who are aged and widowed, people living with HIV/AIDS, and people with disabilities and provide each household with 100 seedlings. As another project activity, NECOFA will donate 1,000 seedlings to schools in these areas for windbreaks, fencing and fuel.



John Washira, John Munene and Francis Nioroge Nderitu are coordinators of the project

An FKSWS donor made a personal loan to NECOFA for the purchase of the tree seedlings. The loan has already been repaid through the sale of seedlings.

Milk for two...and only one is a boy...



Happy Holidays!

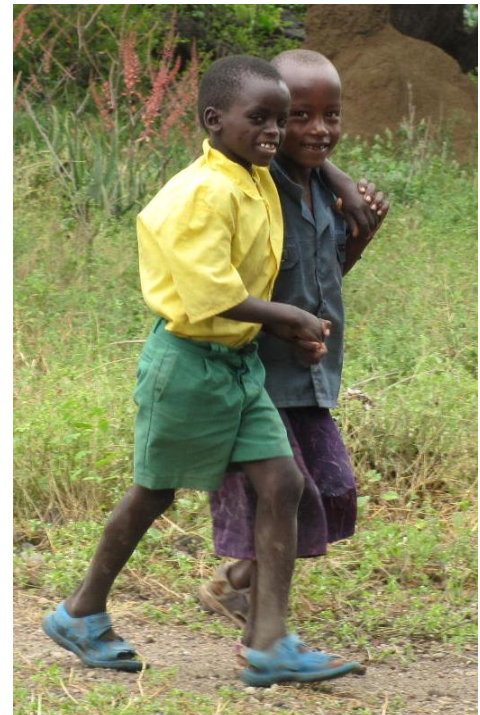
Send a donation to FKS

in the name of a friend or family member. The recipient of your gift will receive a card acknowledging your donation which lets them know that you're helping to improve the quality of life for Kenyan people.

Please consider...

...a generous unrestricted contribution to fund worthwhile projects like the following:

- ❖ 5 metal bunk beds for the girls' dorm at Kokwa Primary School (One bed costs \$113)
- ❖ Salary for two teachers at Kirepari Nursery School (\$300 per term. There are 3 terms per year.)
- ❖ Primary school scholarship for a student (\$50 per year. We encourage a commitment of at least 4 years.)
- ❖ Secondary school scholarship at \$500 per year



It's easy to give! It just takes moments to:

- ❖ Put a check in the enclosed envelope and drop it in the mail
- ❖ Use the PayPal button on our website (www.fks.org)
- ❖ Make a gift of stock. FKS is set up to receive gifts of stock through an account at Wells Fargo Advisors. If you gift highly appreciated stock, you receive the market value of your stock as the gift amount and avoid capital gains tax on the unrealized appreciation. Let us know if you have questions!



Thank You!!!



Friends of Kenya Schools and Wildlife

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