



makindu

CHILDREN'S PROGRAM

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NEWS FROM MAKINDU CHILDREN'S PROGRAM

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A shared vision across the globe. When people truly share a vision, they are connected — bound together by a common aspiration.

Letter from the Director

Greetings to friends of the Makindu Children's Program. I have had the pleasure of being the Stateside Executive Director of the Makindu Children's Program (MCP) since July 2007. Most recently, I had the great opportunity of traveling to Kenya with Steve Randolph from the MCP Board to meet with staff, visit families and get to know some of the children. Please read about our trip in: "Makindu" and "First Impressions-Nairobi."

A second goal of this trip was to increase MCC's resources by cultivating partnerships with community development agencies within Kenya. To this end we met with the Kenya Directors of Peace Corps, Heifer International and Mercy Corps. Agencies such as these can provide technical assistance for small business and community development projects. More in-depth information follows in the article "Growth and Partnership Opportunities."

The children are beautiful and thriving! In the past 18 months, the children's center has increased the number of children served to more than 400! MCC now has two satellite locations; both are in "the bush," more than two hours' walk from MCC. Because of this, we will be working with staff and community committees to increase access to resources by developing additional transportation options. This will improve the children's access to medical care and nutrition, while also increasing MCC staff's ability to get out into the field.

With your support, we will be able to continue providing many essential services as the community becomes strong enough to become more self-sustaining.

Thank you/asante sana,

— Lou Enge



Mutinda

At only 13 years of age, Mutinda Phyles was a standard five pupil at Makindu A Primary School and had become a nurse but without any training. Mutinda had to drop out of school to nurse his ailing mother who was bed ridden. His elder sister couldn't be of help because she was also down ailing. His only other brother Masila, had just turned six and was too young to help.

Mutinda decided to nurse his mother at the expense of schooling, cooking, changing his mother's soiled clothes, taking care of his younger brother, and assuming all other household needs.

Since Mutinda's mother belonged to a support group, the group noticed the suffering of the family and applied to MCC for inclusion of Mutinda and his brother Masila into the program. The application was successful and accorded both Mutinda and his brother admission in June 2006. But as fate had it, the mother passed on in August 2006 despite all the effort by Mutinda.

Caring for his ailing mother was a very difficult experience for Mutinda, and even worse was losing her to the cruel hand of death. Both experiences left him traumatized, withdrawn, and an unfriendly child. When he was approached to consider going back to school, he refused; instead preferring to spend his time hunting birds and fishing in the nearby Kiboko River. He did not want to talk to anyone.

The trauma was too much for him to bear in the home under his grandmother, and he had to find a new place in his maternal uncle's home, who was the only person he preferred >>



Upcoming MCP Events to Mark on Your Calendar!

June 14: Swahili Import in Eugene (in Fifth St Market) music, wine & cheese, update on the kids. Open house style event from 4-7p.m. % of proceeds from Swahili sales benefit MCP. Donations encouraged.

June 28 & 29: Salem World Beat Festival, in Salem on the river front, look for the African Village.

July 3: Swahili Import street fair event – 128 NW 12th St. in Portland, update on the kids, % of proceeds from Swahili sales benefit MCP. Donations encouraged.

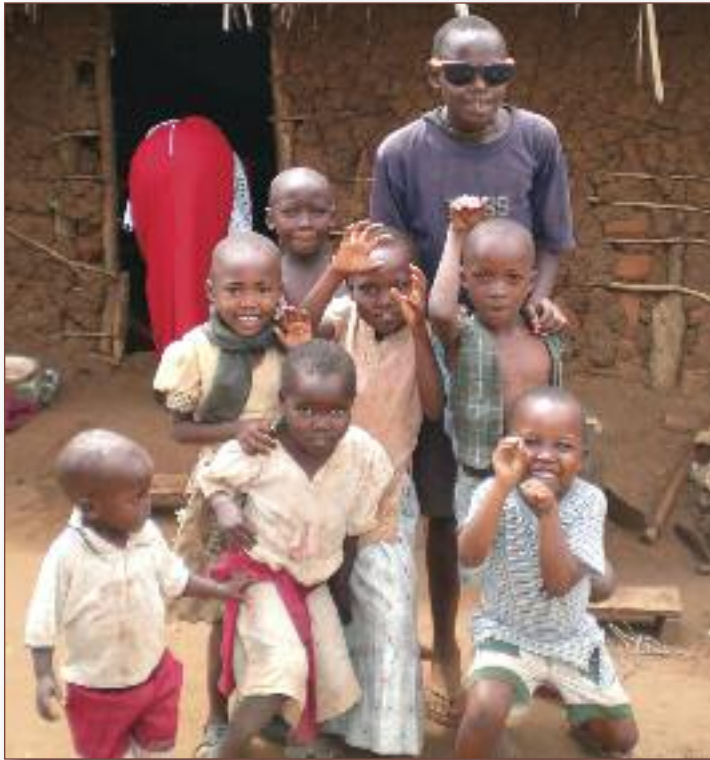
August 11-21: Proper Walk in Africa.

September 12-14: Eugene Celebration booth and parade entry.

October 5: Auction at Beacon House (River Rd, Eugene), 2-5 p.m.

October 31: Halloween Ball, live music at Cozmic Pizza, 7 p.m.

For more information about any of these events call Lou at 541-729-3707. House parties are on-going. Call Lou if you would like to attend host a house party. Check back for updates to the calendar at www.makindu.org.



talking to. Although Phyles Mwanja was the registered guardian to Mutinda, it became necessary to involve others in trying to bring Mutinda back to life. He had developed a phobia/anger towards MCC's social worker and would throw stones at her and others from the centre.

The struggle took nine months of patience and endurance to bring him back to school and the Centre. Mutinda has now made new friends at MCC, he is happier, plays and bonds well with his peers and has become friendly with the social worker he could not earlier face. He has never missed a day of school since going back.

Mutinda's younger brother Masila is also thriving: he is now a healthy, active, playful child, and is back in school (previously he was much too ill and weak to attend).

— Patricia Katunge
Makindu Social Worker

Makindu

After safe passage via bus from Nairobi over about 200 km of what might, generously, be called a bumpy road with its numerous diversions for ongoing construction, we finally arrived in Makindu, a "truck stop" town in Kenya along the Mombasa Highway between Nairobi, Kenya's capital, and Mombasa, a popular coastal town. Makindu consists of rows of small stores, restaurants and a scattering of vegetable stalls along dirt paths off the highway.

After the long bus ride, finally, the reason for the long journey was evident – all of these beautiful children! Makindu Children's Center (MCC) has been a growing, community-based organization for almost 10 years, and is now providing services

to more than 400 children orphaned and other particularly vulnerable children. MCC provides cooked meals at the center, monthly food boxes, and medical vouchers to be used at the local clinics and hospital, pays for school tuition, books, uniforms, vocational training skills, crisis intervention and psychosocial support. These services are paid for by donor support and foundation grants, including a grant from USAID.

On land donated by the Makindu Division (local government similar to a county), Makindu Children's Center has built a nursery schoolroom, offices, kitchen and large dining hall. Also developed by MCC is a large, community water reservoir with a distribution system that provides potable water to over 20,000 villagers.

We drove and bicycled to home visits with six guardian families and their children. One single grandmother was caring for nine grandchildren in a two room earthen hut. One of her grown daughters had died of AIDs and another had run away to Mombasa, leaving grandma with nine children in total. This grandmother had a warm twinkle in her eye; despite the job she'd been handed. In the home were bedrolls hanging from the ceiling, which are unrolled onto the dirt floor at night. There is no cold food storage, no electricity, no running water and she and the children must carry water in buckets from a spigot located near the center of town.

Once a month over 100 guardians walk, sometimes many miles, to MCC for a support meeting. There are over 250 guardians. Most of the guardians are women (originally grandparents or neighbors of the children). These women dress colorfully, most speak Swahili or Kikamba and their lined faces show a calm dignity.

I was touched by their expressions of thanks for the services provided by MCC. The guardians repeatedly expressed their gratitude before discussing their own needs or concerns. Among the concerns shared by the guardians were: the need for a transitional program for older kids leaving MCC, small business development assistance, request to integrate detergent into food baskets, request to serve more children, provide more insect netting and bedding, older guardians need additional care including bedding, eye care, and shelter improvements. Some are 70 and older. These guardians are the core of support for the children. These are the nurturers who provide homes for the children.



— Lou Enge

HIV Services in Makindu

MCC received a grant from the Center for Disease Control, and in June 2003 started the very first AIDS project within MKU. The centre provides free and confidential HIV counseling and testing with trained counselors, AIDS education and awareness, an HIV library of materials, and a safe and supportive recreational facility for street kids... the hope is to entice them away from the dangers of the streets, to encourage them to get back in school, and to have a support system available to them.

They also provide mobile VCT (voluntary counseling and testing) services, going out to multiple rural regions, and offer night VCT along the highway to be more available for the many international and local truckers traveling through MKU. Because the facility is located along this main Nairobi -Mombasa highway, there are people stopping in from all over east Africa, and Asia, who are traveling to or from the Indian Ocean port.

The center became hugely popular and successful, so much so that we had to find another organization to keep it up and running, allowing us to focus our energy on our children's centre. Thankfully, we were able to get the organization Hope WorldWide (another NGO who works specifically with HIV/AIDS) to take over the management of the HIV centre. It continues to be very successful, and is now expanding.

There are now other AIDS projects regionally that provide many services that Hope WorldWide coordinates with, and the attitude of the community has drastically changed in the past few years... no longer such a deadly secret, with less stigma, and much more hope.

On a more personal note, since the inception of our program, four of our children have died... and all four died of AIDS. We knew these children were HIV positive, and knew they would not be with us long on this earth. Emma Rose was only



1-1/2 years old when she died; she loved just to be held, and would snuggle in as close as she possibly could. Her body was weak, but you could still feel the strength in her heart's embrace. Mwasya died at age 6, and was ever mischievous, joking and smiling throughout, and always with a stubborn and strong resolve. We then lost Kibibi at 16 years of age, who knew about AIDS, and knew she would someday die of the disease. She became quite an advocate for the other children, encouraging them to continue in school and to plan for their future (Kibibi was featured in the 1999 Eugene Register Guard series). This young lady was one very graceful, courageous, and resilient soul, with wisdom far beyond her years. Most recently, Ndunge died at eight years of age after just entering MCC, and sadly before the advent of ARV's (anti retrovirals) in Kenya.)

— Winnie Barron

HIV/AIDS in Sub-Saharan Africa

In Africa, HIV and AIDS are so wide spread that in one way or another, entire communities are impacted. If individuals aren't infected with HIV themselves, they are nonetheless "HIV-affected": they care for someone who is infected, they earn less, they grow less food, they send fewer children to school and they are unable to care for all of the vulnerable children.

THE IMPACT OF HIV/AIDS

According to UNAIDS:

- The number of people living with HIV worldwide was 33.2 million in 2007.
- 2.5 million people were newly infected in 2007 and 2.1 million died of AIDS-related illnesses.
- 22.5 million, or over two-thirds of those infected, live in sub-Saharan Africa.
- In 2007, more than three quarters (76%) of all AIDS-related deaths occurred in sub-Saharan Africa.
- The majority of people (61%) living with HIV in sub-Saharan Africa are women.

OUR COMMUNITY-BASED RESPONSE

The effects of HIV/AIDS on the community of Makindu are wide spread. There is not an individual that is not affected by the pandemic to some degree, so strategies for prevention and intervention must be community-based and fully integrated. This is why MCC services include providing for the basic needs of the vulnerable children within needy households in the community, thereby strengthening the fabric of the entire community. We have funded and developed a clean water system and are working to expand business development opportunities, access to potable water and basic sanitation, and other resources crucial to changing the course of the epidemic.

Growth and Partnership Opportunities

In the past 18 months, MCC has increased the number of children served from 150 to more than 400. The larger outreach has been possible due to a renewable grant from USAID. With this new growth comes the obligation to make sure we are providing adequate care to the new children, many of whom walk two hours to receive medical care.



The USAID grant provides monthly food boxes to the additional families but

doesn't provide adequate or balanced nutrition to some of the poorer homes. Because of this, our 2008 fundraising goals must be focused on increasing the food distributions to these families. We must also focus on improved transportation by working with staff and community committees to develop strategies to increase access to medical care, as well as increase MCC staff's ability to get out in the field.

One of our goals on this trip was to increase MCC's resources by cultivating partnerships with development agencies working in Kenya.

We visited the Peace Corps office in Nairobi and found the building heavily fortified with barbed wire and a guard. We handed over our passports and the car was searched. A mirrored rod was used to look under the car for bombs. Peace Corps in Kenya sent volunteers home in February as a result of the post election upheaval. Now volunteers are being invited back; however, some will be relocated to more stable regions of Kenya – we hope that some may end up at MCC. Peace Corps will be sending a team to develop postings for the next full group of volunteers scheduled to arrive in Kenya in November. The Peace Corps Country Director is very interested in placing volunteers with MCC to work on small business development, early childhood education, and community health.

We also visited the Regional Director of Mercy Corps, Matt Lovick, who expressed interest in conducting an assessment of community needs in Makindu with a focus on micro lending and small business development. Mercy Corps is primarily working on disaster management at this time.

We also met with a Kenyan staffer administering MCC's USAID grant for the children's center. We talked about how to increase resources and maintain stability at the children's center.

Our final meeting was with the Kenyan Director of Heifer International. Heifer is best known for providing livestock and giv-

ing technical assistance for business development with the goal of promoting self sufficiency. Heifer in Kenya is ready to expand from a project only 25 miles south of Makindu and will consider partnering with MCC.

Agencies such as these can provide technical assistance for small business and community development projects. Through building partnerships we hope to support the Makindu community's goals of developing livestock projects, beehives, and other vocational opportunities so the children of Makindu can one day become self sufficient.

— Lou Enge

Proper Walk 2008 to Benefit the Children of Makindu, Kenya

Michael Farley arrived in Kenya on October 16, 1977, his twenty-third birthday, to begin a two-year stint with the U.S. Peace Corps. His assigned post while working for the Kenyan Ministry of Agriculture was in Makindu, a poor rural community about 150 KM southeast of Nairobi.

He thought he was going there to help, which he did, but in giving that help, got much more than he gave. He taught them about selling their produce, forming a Co-op to get better prices, rotating crops – mundane, practical things. They taught him by example – by being kind, caring, tolerant, and happy to share what little they had. He grew to love the people and their fascinating country, and dreamed of someday walking the entire Rift Valley - from Egypt to South Africa.



His experience while serving with the Peace Corps had an incredible impact on his life. When he left for home in 1980, it was with a vow to return to Kenya. He has been true to that vow, making the trip back twenty times in the past twenty-seven years.

He often visited Makindu and was devastated when he realized that each time there were more homeless, hungry children, most of them orphaned by the AIDS pandemic, roaming the dusty roads and the near-by bush.

In the mid 1990's, Farley became a consultant for the Baraka School, an innovative alternative boarding school



that took “at risk” teenage boys from the streets of Baltimore, Maryland, and flew them to Africa to live and learn at a campus deep within the Kenyan bush.

It was when he was in Kenya checking on the Baraka School that Farley met the folks who had started the Makindu Children’s Program (www.makindu.org), a non-profit organization founded in 1998, now serving the needs of over 400 orphaned, abandoned and other particularly defenseless children in Eastern Kenya. He was impressed – and asked what they needed most. Their answer was simple: “Money.”

On that trip, he also became acquainted with Jasper Evans, a renowned camel expert who has a ranch in Northern Kenya. “Japper,” as he is called, told him about African Proper Walks – treks that involve walking many kilometers in a day, many days in a row. Remembering both his dream of walking the Rift Valley and the plight of the orphans in Makindu, Farley came up with a plan to celebrate his twenty-fifth anniversary of first arriving in Africa, and help the youngsters at the same time: he would do a Proper Walk in the Rift Valley to benefit the children.

After more than a year of planning and soliciting funds, Farley and his wife, Lee Ann, along with Japper and several friends walked up the Suguta Valley in Northern Kenya – traveling 140 miles in 10 days. The Suguta Valley is also known as the Valley of the Black Death because of the volcanic lava flows and intense heat. By noon on most days the temperature is close to 120F. That first Proper Walk in August, 2002 raised \$43,000.

Since then, Farley has organized and led two additional Proper Walks. In 2004, the hikers covered 160 miles traveling down the Milgis River from Haut to Ol Maisor. 2006 found them following the Ewaso Nyrio River Valley for 171 miles. Both were completed in a time period of ten days. Altogether,

the three Proper Walks have raised \$180,000 for the Makindu Children’s Program.

Tim Cahill, adventure writer for National Geographic, walked with Farley and his team in 2004. His article A Proper Walk in the Kenyan Bush - was featured in the September 2005 National Geographic Adventure Magazine.

“The magnitude and multiplicity of miseries that plague Africa are not subject to any wholesale fix. It seems the only reasonable response is utter despair. Or a person could choose a charity or program and work on that one small aspect in one small place where it is possible to see tangible evidence of problems solved. This is what was happening in Makindu: the orphans had been taken off the streets, lived in the community and were both well nourished and well educated. The Makindu Children’s Program was an example of selfless people doing what they could for others.”

Tim Cahill, National Geographic Adventure Sept. 2005

Farley calls the Proper Walks Adventures for a Cause. Proper Walk 2008 is now scheduled for August 2008. Farley – along with 9 other Americans – will be walking 180 miles through Pokot Country in Northern Kenya. The trek will take ten days. Each of the walkers have committed to raising \$10,000 for the Makindu Children’s Program. In addition, all of the walkers cover the costs for the adventure out of their own pockets (one) of the major expenses is the airfare from the U.S. to Kenya).

What a great experience for a great cause!

Service Safari to Kenya?

Are you a donor who would like to take a brief safari followed by a two day visit to Makindu to meet some of the children and volunteer/work on a project?

This would be a fundraising excursion for donors who could pay their own way and donate/raise \$10,000 for MCC.

If you think you would like to participate in something like this, please e-mail Lou at makindu@peak.org.

First Impressions – Nairobi

After landing in Nairobi, we took a beat-up taxi into the city center that wove across an ever-changing number of unmarked “lanes,” dodging mini vans (called “matatus,” which serve as



the public transportation and carry 15 people), huge trucks and small Japanese cars. Despite the traffic snarl, no one seemed to lose their cool. I didn't hear any honking. The diesel smell made my throat itch as we converged into gridlock approaching each traffic circle, which are called “roundabouts.”

Much of the architecture in Nairobi reflects its colonial heritage and is 1960s style, boxy with white plaster. Lush plant life bursts along the roadside and between buildings, including banana trees, bougainvillea, lantana, hibiscus, palm trees, etc. Many buildings are gated, topped with coiled barbed wire and staffed with guards. Today's newspaper said that four buses were hijacked on the outskirts of Nairobi by thieves who took people's wallets. As the economy has worsened, the incidents of carjacking and other crimes have increased. However, a gated fact of life along with stories of pickpockets and carjackings are joked about in a jovial manner.

Along the sidewalk, people greet each other, including strangers, warmly. There is a relaxed, easy feeling on the street. I haven't been able to reconcile the reality of the street crime with the relaxed, warm culture...but there you have it.

Downtown, the streets are bustling with businesspeople in sports coats, casual cottons and some brightly patterned, indigenous scarves and skirts. There is a huge market in used clothing and in fact, most styles look dated to the 1970s and '80s. This is NOT a modern fashion, consumer-oriented city.

Nightlife in Nairobi is bustling with restaurants and music clubs full of

Kenyans, East Indians and a smattering of Italians, Brits, Americans, and others from all around the globe. Last night we walked ten blocks to a Swahili restaurant specializing in coastal foods. My dish was called “biryani,” which consisted of fish chunks in a delicious sauce spiced with cardamom, cinnamon, cloves, pepper and mango. Yum!

Back in Makindu, however, this vibrant, urban landscape is a world away from the dusty roads and trails that hundreds of children walk each day to receive their basic needs.

— Lou Enge

Vitamins for the Kids in Makindu

Vitamins, vitamins and more vitamins. For his Service Learning Project, Spence Whitehead of Boise, Idaho decided to help the children of Makindu by raising money to buy a supply of chewable vitamins. Spence heard of MCP through a teacher at his school whose stepfather is on the board. The middle-schooler set up a table several Saturdays in front of grocery stores, and collected money for vitamins or vitamins purchased and donated by shoppers. He was able to turn over a full duffel bag, which a board member then transported to Makindu on a visit. Winnie says that the vitamins are not used as a daily supplement as they are in the U.S.. MCP tries to take care of nutrition through high nutritional foods such as pigeon peas, maize and beans, milk and eggs. The vitamins are reserved as a special boost for the children less than 8 years of age and those who are struggling with recovery from chronic illnesses, as well as malaria, worms and the like. Asante sana, Spence!!

— Steve Randolph



The Makindu Quilt

After a full year in the making by The Pacifica Quilters, and several more months on display, the "Makindu in Our Hearts" quilt found a new home this fall. Many thanks are in order to the quilters, the quilt shops that displayed the quilt and sold tickets, and to all those who bought tickets to support Makindu Children's Program. This project raised over \$5,300 for the children of Makindu!

At the October "Taste of Africa" auction, the quilt chose for itself a new owner and caretaker. When it was time to close the oral portion of the event, the auctioneer randomly chose a boy out of the audience to draw a winner from the many quilt tickets sold. This young fellow was most surprised to see that he had chosen at random his father, Mark Bartlett, as the quilt winner! The Bartlett family was quite humbled at the winning of the quilt, as they had only recently learned of Makindu Children's Program. However Mark and his wife have longstanding connections to Africa as Peace Corps volunteers with interest in international health issues, which is in part what brought them to the event. They learned about our program founder Winnie Barron, through a news article, and bought event tickets and raffle tickets on line. Little did they know what might be in store for them there!

As it turns out, Mark Bartlett, MD is a pediatrician at the Mid Valley Children's Clinic in Albany, OR. He has decided to display the quilt this spring at their newly remodeled clinic for children and families to see and appreciate. And so the quilt moves again to a spot where it can continue to connect children



and adults in a small corner of the US (U.S.) with children and adults in a small town in Kenya, an important part of the vision of Makindu Children's Program. Many thanks again to all who participated in the quilt journey and for keeping Makindu in your hearts!

— Lisa Adams



3rd Annual "A Taste of Africa" Auction

The third annual fundraising auction event is being planned to benefit the Makindu Children's Centre. The event will be held on October 5, 2008, from 2:00 p.m. to 5:00 p.m. at the beautiful Beacon House just north of Eugene on River Road. The program will feature presentations from founder Winnie Barron and 2006/2008 Proper Walk participant Steve Randolph, as well as live African music and traditional African foods.

There will be both silent and live auctions, lead by the famed local auctioneer, Sid Voorhees. Tickets for the event are \$25 and will be available soon from friends of Makindu and at www.makindu.org. Our supporters who live outside of the local area can participate in the fun as we are holding an online auction in coordination with the October event! Watch for instructions to appear on the website.

Sponsors and donations for both auction events are being gathered and are greatly appreciated.

— Twila Butler



Thank You

THANK YOU, EX-OFFICIO!! We'd like to thank Ex-Officio for generously donating travel wear for our 2008 Proper Walk participants. "Ex-Officio – 20 years of innovations in travel clothing to enhance your adventure" (www.exofficio.com).

THANK YOU, JUDIE TENN! For your pro bono graphic design work, time, and dedication on MCP auction materials, 2008 brochure and newsletter.

Email Us!

So we can communicate with you inexpensively and quickly please send your e-mail address to Lou at makindu@peak.org.

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makindu
CHILDREN'S PROGRAM



We need your help to keep the Makindu Children's Centre in operation. MCC provides food, education, medical care and a place in the community for the Makindu orphans and their guardian families. Your donations help sustain a grassroots organization that is making a positive impact every day. Here are some ways your donations help:

\$35 provides food, elementary schooling and medical care for one child for one month.

\$50 provides school uniforms and shoes for 10 children.

\$100 provides milk for 100 children for one month.

\$200 provides bulk food (maize, beans, oil, etc.) for 59 families for four months.

\$350 provides a high school education (tuition, boarding, books and supplies) for one student for one year.

Remember, all donations to the Makindu Children's Centre are tax deductible. Please consider becoming a sustaining donor.

I care and I want to share!

I am making a one-time donation of: \$ _____

I am making a monthly pledge of:

\$ _____ for _____ months.

FOR DONATION BY CREDIT CARD:

Name on Card _____

Billing Address _____

City & State _____

Zip _____ Phone _____

Visa MasterCard Exp. Date _____

Card # _____

Signature _____

FOR DONATION BY CHECK:

Please make checks payable to the order of:
MAKINDU CHILDREN'S PROGRAM

Mail to:
MAKINDU CHILDREN'S PROGRAM
P. O. BOX 51556, EUGENE, OR 97405

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