



SUITCASES for AFRICA

News Letter

Fall, 2013



Transformations!

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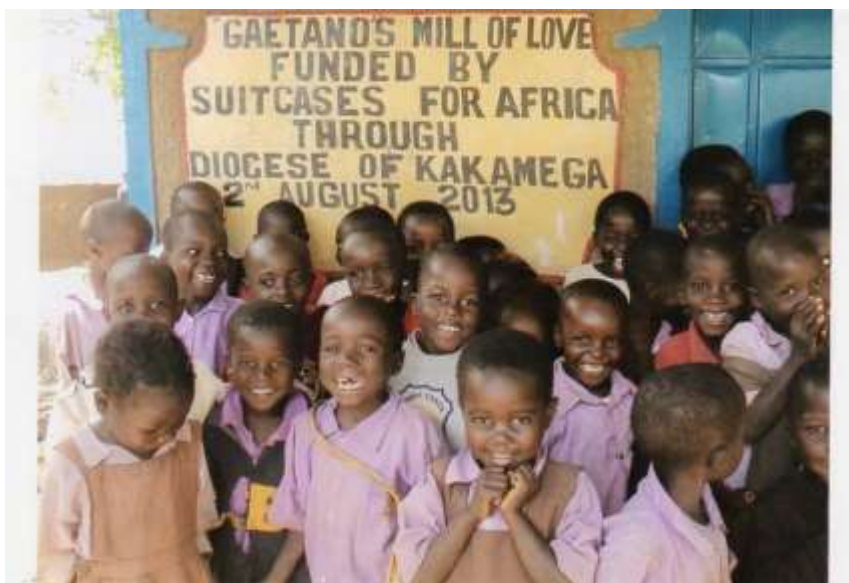
Cards & How You Can
Help



Now three years into our feeding program in Shamberere community, we can clearly see the results in these happy, healthy children above. This has been a year of many wonderful transformations within our community projects. Please read on as we share the good news and thank our donors for making a difference in the lives of so many. Asante Sana!

A Loving Son Funds a Posho Mill.....

in memory of his
late Father



Fabio Paziente, who lives in Italy, contacted SFA with a wish to fund a project that would assist the community of Sacred Shrine in memory of his father Gaetano who passed away in 2012.

Previously in 2010, a well was funded in this struggling rural community in memory of Gaetano's brother Rosario Castrogiovanni by the brothers' family. Fabio thought it would be very meaningful that the two brothers would now both be remembered in the same community. With this legacy of love the mill will benefit the entire community. The SFA team of Wendy & Michele had the great pleasure of celebrating the grand opening of the mill during their September visit to the projects.



Profits from the mill will go toward funding a feeding program for early childhood students in this community. The profits are already coming in and the benefits are being felt immediately.

Gaetano's Mill of Love Open for Business



Thank you Fabio & Friends

St Paul's Primary School Gets a Facelift!



Students and staff at St Paul's School in Mwireembe had a great morale boost when the entire school was painted this summer through an SFA grant. The cheerful blue paint will also protect the building from the elements. We also thank our administrator David for obtaining the donation of paints from a local Kenyan company promoting a local contribution.

We think the students look happy ...don't you?



The Shanyinya Early Childhood Project Continues



Thanks to a generous donor and his friends & family, the young children in this program are receiving on-going assistance to develop a better learning environment. When the program began, the children sat outdoors with no learning materials. The first donation of school uniforms and shoes came last winter (please see our Winter Newsletter). By this summer the project was extended to fund the purchase of chairs and desks for the 50 children.

Wendy & Michele were fortunate to be able to bring many library books and school supplies with them when they visited in September. There was much to celebrate and in true Kenyan style they sang and danced and gave thanks. The community wished to send a thank you to their Canadians sponsors and friends.

Joyful photos speak a thousand words on the following page.....

Distribution of the new desks and the colorful chairs bring smiles to all.



"Don't spend your precious time asking "Why isn't the world a better place?" It will only be time wasted. The question to ask is "How can I make it better?" To that there is an answer." ~ Leo Buscaglia

The Beraldo Family Medical Centre's Community Outreach Programs are Underway

The first two outreach programs are helping to relieve the torment of Jiggers which are endemic in Kenya. Whole villages are incapacitated by this tiny parasite.



What is a JIGGER?

The **chigoe flea** or **jigger** (*Tunga penetrans*) is a parasitic arthropod found in most tropical and sub-tropical climates and has been inadvertently introduced by humans to sub-Saharan Africa. At 1 mm long, the chigoe flea is the smallest known flea. Breeding female chigoes burrow into exposed skin on the feet of mammals and remain there for two weeks while developing eggs, during which time they swell dramatically, sometimes causing intense irritation. After this point, the skin lesion looks like a 5- to 10-mm blister with a central black dot, which is the flea's exposed hind legs, respiratory spiracles and reproductive organs. If the flea is left within the skin, dangerous complications can occur including secondary infections, loss of nails, and toe deformation.

SUITCASES FOR AFRICA has been funding outreach anti-jigger & ringworm clinics through the Beraldo Family Medical Centre in the Emalindi Parish in Kenya.

While in Kenya in September Wendy and Michele heard of the devastating effects of jiggers. Some infected people cannot walk due to the pain of jiggers



and the deformities caused by untreated wounds. Fr. Paul and the Outreach team of the Medical Centre treated 192 students for jiggers and 402 for ringworm at the first outreach clinic. Ninety homes that were infested with jiggers have been sprayed with anti-

jigger chemicals. Once the whole family and the homestead have been treated all participants will receive a pair of flip flops to assist in keeping the soles of their feet away from the infected soil & sand. The second clinic has already commenced and there is a third clinic scheduled for early in the New Year. Thank you to the Beraldo Family for funding this important outreach project.

Community acknowledgment:

"Our sincere thanks go to the Almighty God who inspired the Suitcase for Africa Organization to sponsor this noble project that will bring release to the poor pupils & families of Holy Cross Parish Emalindi."

The Educational Sponsorship Program is Thriving



Susan Nanjala is shown celebrating with students who are in the SFA education sponsorship program. On this special celebration day, and thanks to a partnership with Bata Shoes, each student received a new pair of shoes. Wendy & Michele spent a memorable day enjoying a special meal that was funded by some generous donations from Canadian friends. Each student was also given a bag filled with toiletries and a few sweets.

Another highlight of the day was when every student received a letter of encouragement from their sponsors. Esther, Lawrence & Michael assisted the



children to write notes that were brought back to Canada.



We would like to take a moment to send an **ENORMOUS** thank you to Susan for the great work she is doing for SFA on the ground in Kenya. We are very fortunate to have her expertise, focus, compassion and work ethic! Esther, her assistant, is doing a great job alongside her. Together they are an excellent team!

The 1st Annual SFA Walk-a-Thon

Hello everyone!

We had the pleasure of hosting a very successful 1st Annual Suitcases for Africa Walkathon on Saturday October 19th at Centennial Park in Dollard des Ormeaux. We had a beautiful day with walkers coming from Montreal, Abitibi and Virginia. All ages came to support us and celebrate with us. We are delighted to tell you we raised \$4,165. We thank everyone for their generous donations. We would also like to thank the following Pte. Claire Village businesses: Euro-Marché (for the donation of food and beverages), Soko Boutique and Ten Thousand Villages (for the donation of gift certificates).

The money raised will help us continue to support our projects in Kenya which are really making a difference in the lives of many people. We will be holding our second Walk-a-thon in the fall of 2014 and will keep you informed.

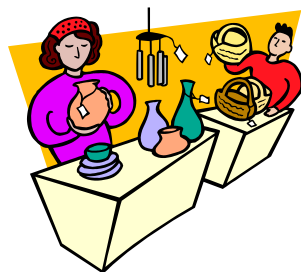
From: Julie Caron & the SFA team



It's a rendez-vous next year!



Coming Events



St. Edmund School Holiday Fair

November 9th 10am 3pm

We would love to meet you and share our stories. Stop by our table at the Fair and view our Christmas Donation Gift cards which make a meaningful present for family, friends or teachers this Christmas. All Occasion cards and note cards are also available. You can see the lovely Kenyan jewelry and crafts brought back for purchase or buy a ticket for a chance to win a hand carved wooden Noah's Ark full of animals. Two by two of course!

CURVES Craft Fair



4th. Annual Craft Fair at CURVES 275 Elm Ave., Beaconsfield
Supporting NOVA West Island and SUITCASES FOR AFRICA

Nov. 14th. 8am-8pm; Nov. 15th. 8am-6pm;

Nov. 16th. 8am-2pm

Two great causes deserving of great support!

Corpus Christi Parish Kenyan Market

Sun. Nov. 24th at 11:00 am

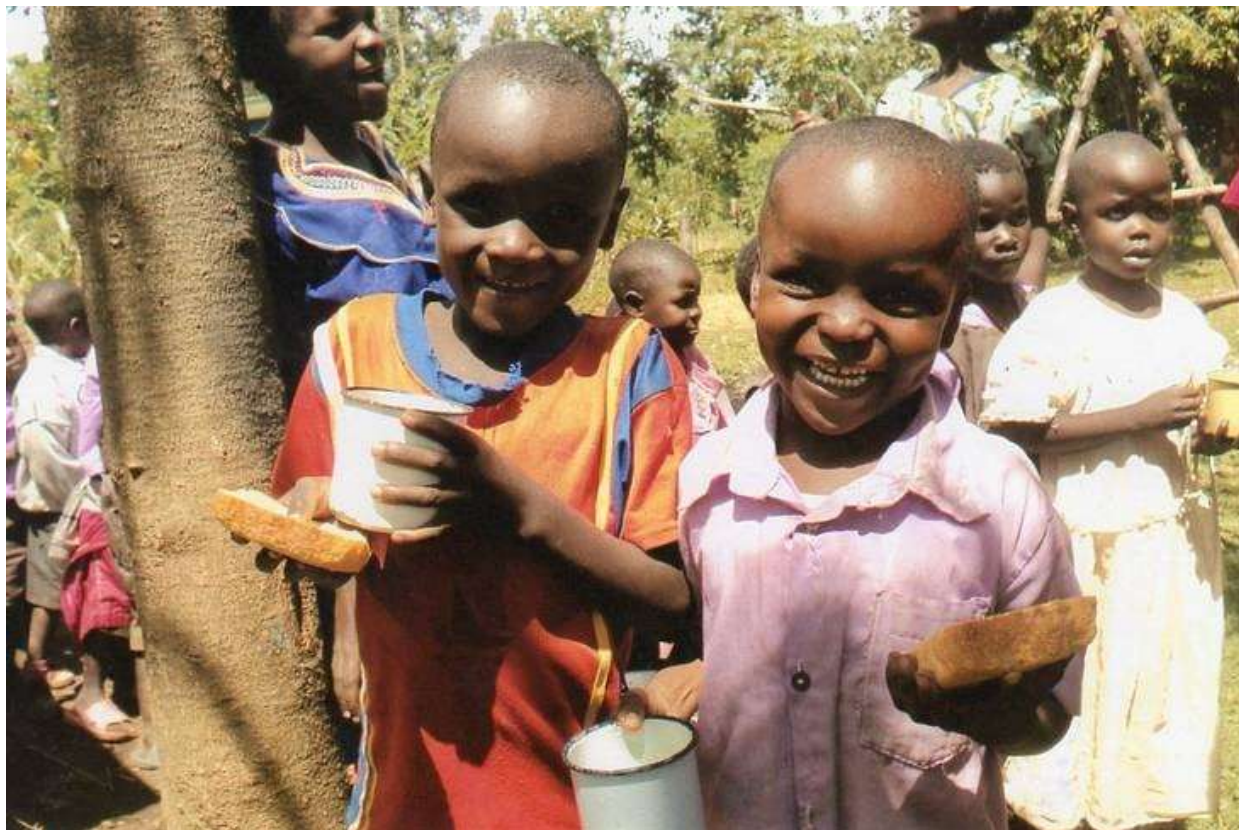
16 Pacific Ave, Senneville

Corpus Christi Parish invites you to come along and support our projects after the 10:00 am. Mass on Nov. 24th The parish will host a Kenyan Market with many items for sale such as clothing, handbags, baskets, jewelry and artwork. SFA will have the new 2013 Donation Gift Cards available for sale in English & French. You choose a project to support for \$10 or more and give it as a gift to someone on your Christmas list. This thoughtful gift will change lives forever.



Something for everyone at the Kenyan Market!

Thanks to you, SFA is Making a Difference: One Child at a Time. One Community at a Time.



How Canadians are Helping in their Own Way

SFA would not be able to realise the wonderful projects taking place without the help of many Canadians who are finding ways to get involved. We thank them for sharing their ideas, time and talents in many simple and creative ways. We are proud to introduce some of them to you today on the following pages. THANK YOU!

A Heartfelt Thank you from a Kenyan Community

September 26, 2013 was a very special day for the Kafode Community - specifically at the Kamuchisu Dispensary. This was the day that Joshua's Well was officially opened. It was truly a day of celebration and thanks giving for all of the partners who assisted in making this dream a reality.



Wendy brought best wishes from Mr. Francis Scarpaleggia, MP representing Lac-Saint-Louis. The community sent back this message to Joshua.....

"Joshua, you are a very special person to us and you have left a mark that will be remembered by generation after generation. Your project has resulted in the achievement of one of our goals - to provide clean and safe water to the community members."



Paul Kataka,
Secretary/Project coordinator
KAFODE Community Based Organization

A Family Affair

The Taylor Family, of Pincourt, are long-time supporters of SFA projects, including sponsoring their Kenyan child Walter. This summer the



Taylor children, Nolan, Madeleine and Griffin decided they wanted to hold a Lemonade Sale to raise funds for more projects. They had a great day, stopping only when they ran out of lemonade. They raised an astounding \$81 with their enthusiasm and were great good will ambassadors for SFA!

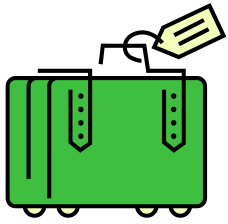
An early summer lemonade sale was also run by brother and sister Catherine & Mathew Trepanier of Beaconsfield. They raised an amazing \$60.00. They wished the funds to buy shoes for those without any. We also thank all of those thirsty customers who supported the children. You helped to make their first efforts to assist those less fortunate a very positive experience.



Pet Sitting



Young siblings Marijke & Cael Domanski continue to donate the proceeds of their summer job small-pet sitting. This year they asked that the \$93.00 earned go toward food and water projects. Thank you both for your kind initiative. It will make a difference for many children. Lucky pets as well!



Searching for Storage Space



Suitcases for Africa would like to thank Marc Belair of Valacta for donating warehouse space at his company in Ste. Anne de Bellevue for the last 4 years. It was a great help to us. Now the company is expanding and in need of the space for new offices so SFA is looking for a new location to store books, school supplies and medical supplies that are donated. It need not be a very large space but should be easily accessed on the West Island. Please contact us if you are able to assist us. Thank you

Thank you Dr. Weary and Staff



from left: Darlene, Dr. Weary, Meropi, Wendy & Toula

Over three thousand dollars was donated to Suitcases for Africa by Dr. Weary and her dental clinic staff following their successful charity event held on June 7, 2013. Thank you for all your hard work and dedication to our cause. The money will go towards improving dental services for many isolated people in Kenya.

Mike's Garage Sale

The picture on the right shows Mike Oosterhoff welcoming shoppers to his annual spring garage sale in Salmon Arm British Columbia. Mike industriously raises money each year for several education sponsorships with CHES and Suitcases for Africa. Thanks to Mike SFA's story has spread to the west coast of Canada!



Union United & Beaurepaire United Church Luncheon

On October 6th, a joint church service was held with the congregation of Beaurepaire United Church joining the congregation of Union United in Ste. Anne de Bellevue. The Outreach Committee of Union United served a luncheon and the proceeds were divided between SUITCASES FOR AFRICA and the Commitment to Caring Fund at Beaurepaire United.



Thank you to all who helped to make this a success with the end result being that each group received a cheque for \$211.30. Pictured are Rev. Ron Coughlin & Rev. Vicki Cowan.

Wyman United Church Members Knit with love



"It is with great pride that I submit another suitcase that has brought joy and purpose to so many in our congregation at Wyman. Forty blankets of squares done with undying pleasure by people who have found a satisfaction of accomplishment that they forgot they had. I wish you all a Happy Holiday Season and God Bless you all at Suitcases for Africa and the work you do"



*Loney Montemagno,
Chairwoman of Mission & Service at Wyman*

Many Thanks to Soko



Popular store Soko, located in Pte. Claire Village, held a November Shopping Night to benefit SFA projects by donating 25% of sales that evening to support our work with orphans. \$1,000 was raised that evening.

Owner Michele had only just returned from a working trip to the projects in Sept/ Oct. Michele enjoyed the entire experience fostering a personal connection to all the projects, community members and children she met. She has many a story to tell. Thank you to Michele & Gordon for your tremendous support and generosity in holding these events.





MARISA SGRO, B. Pharm.
Pharmacienne-propiétaire / Pharmacist-owner

2963, boul. St-Charles
Kirkland (Québec) H9H 3B5
T 514 694-3074 F 514 694-4764

affiliée & affiliated with:
uniprix

Polysporin Donation

Thank You!



**Pharmacie
Feldman & Messias Pharmacy**

5462, av. Westminster
Côte Saint-Luc (Québec) H4X 2A5
T 514 489-4809 F 514 489-8085
pharmacie.csl@unipharm.ca

affiliée & affiliated with:
unipharm

SFA would like to extend a huge thank you to Colin Winn at J. Walter Advertising, the pharmacists above and to everyone who responded to our request for Polysporin. As you can see from the photos all recipients were thrilled to accept this valuable cream to assist with so many skin issues that are prevalent in such a hot climate. Sister Bernadette from Pandipierri Clinic, Sisters Cunera & Susana at Beraldo Family Medical Centre, Peter Roeser, Kakamega Diocese Healthcare Co-ordinator and Sr. Josephate of St. Joseph the Worker, all gratefully accept Polysporin for their facilities.

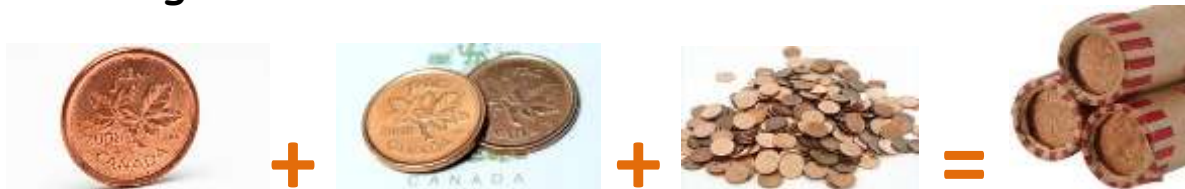




Pennies from Heaven, The Campaign Continues

A handful of pennies can go a long way in Kenya!

Now that pennies are about to become extinct we invite you to liberate them from your old jars and tins so they can be put to one final good use.



We have just passed the \$1500.00 mark with all your penny donations!

Thank you everyone – we are still gratefully accepting pennies!

Please email us at suitcasesforafrica@yahoo.ca to find the closest drop off point for your pennies.

We thank **Soko** in Pte. Claire Village for being one convenient drop off point.

Last Chance to Purchase before the Draw!

NOAH'S ARK

Contest Tickets:

\$5 each or 3 for \$10

For tickets call Wendy at 514 697-5588



Winning ticket to be drawn December 2013

THANK YOU FOR CARING

PRAYER of an AFRICAN WOMAN

I am a woman,
created in the image of God,
with dignity and virtues,
formed by the very hands of God,
given life by God's breath.

I am a woman,
mother of presidents and of workers,
mother of housemaids and ministers,
mother of kings and of subordinates,
mother of idiots and of geniuses.

I am a woman,
farmer, cook, housewife and neighbour.
I work from morning till late at night,
sow and reap under a burning sun,
go off with heavy burdens,
and return home to feed my family.

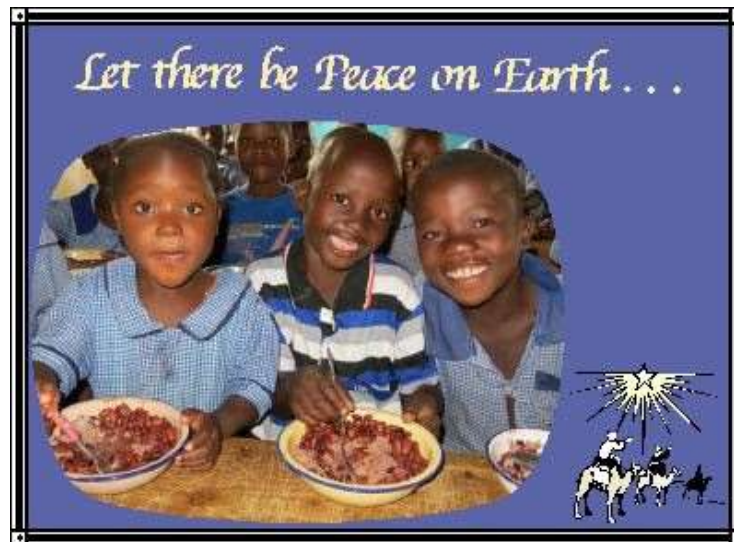
I am a woman,
the heart of the family.
I am loved, and yet oppressed,
held in esteem, and still considered inferior,
caressed and yet beaten,
indispensable, and still overlooked.

I am a woman.
Lord, you created me and you know me.
You know me by my name,
You listen to me, when the world
refuses to understand me.
You know all my worries,
You see my tears and hear my sighs.
You are everything to me.
With you, Lord, there is hope.
In You I want always to put my trust:
as a woman.

by: Grace Eneme



Our Newest Donation Gift Cards Available now in English & French



Christmas Cards



Blank Card



How You Can Help

Follow us on facebook for the latest updates

“Like us” to spread the word to others on social media

- Join us in raising funds and awareness with your own ideas or events.
- Sponsor a project with your school, church, company, family, or friends.
- Make a donation to support our projects. A tax receipt will be issued for all donations of \$25.00 or more.
- View our website for more information.
www.suitcasesforafrica.com
- Contact us at suitcasesforafrica@yahoo.ca



Thank you for Caring!