



*SUITCASES for AFRICA*

*News Letter*

*Fall 2018*



## Happiness is Going to School!

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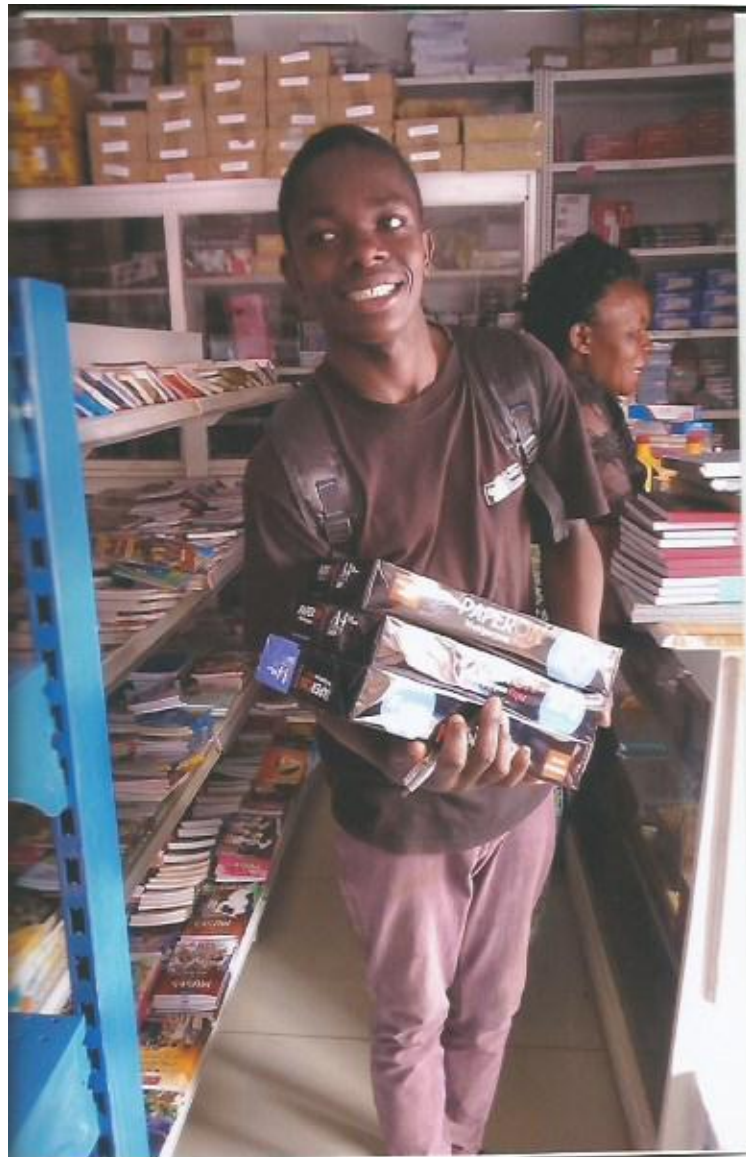
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In this Newsletter edition we are happy to share photos of the sponsored children from 2018. The gift of an educational sponsorship with SFA has changed the lives of many children over the past 8 years.

## Our Educational Sponsorship Students

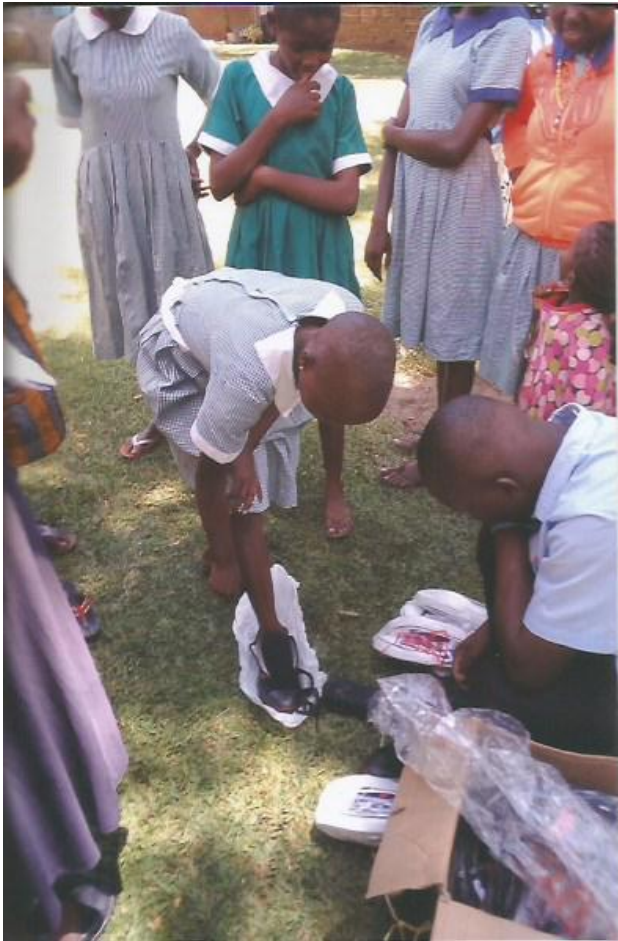
SFA has been running a Sponsorship Program in Western Kenya for 8 years thanks to the generosity of many Canadians. We feel this is one of our best programs. Education is a positive way to bring hope and change to a child's life and to that of their families. It also strengthens and enriches a whole community. Over the years our students have been going from strength to strength and now many have begun high school. Once again this year some of the children will be taking their National exams to graduate in December. This is beyond our initial expectations for them. When SFA began this program our goal was to keep the children in school to complete level 8. The hope was it would prevent them from dropping out in primary school due to poverty or abandonment. We often take education for granted in Canada. We know that in Kenya the possibility of realizing the goal of an education despite their situation is highly valued by our students. We currently have 57 students in our sponsorship program.

## Oh Happy Days! Shopping for New School Supplies!

SFA administrator Susan and her assistant Esther are seen helping and involving the children in the purchase of their newly funded school bags, uniforms, shoes and school supplies.

The sponsorship covers the payment of all school and exam fees. The children also receive a nutritious meal served each school day at noon. This meal is essential to their ability to focus and learn.





## New Shoes!

Although feet that have never been confined to shoes may not be so happy to be in them, the children and caregivers know the shoes will prevent dreaded parasitic jigger infections.



## Sanitary Supplies for Adolescent Girls

SFA supplies the girls in our program with sanitary supplies, underwear and soap to make sure they are not held back from school each month. This is often the case for vulnerable girls who miss one week of classes a month and then fall behind very quickly.



**Thank**  
**You**

## One Nutritious Meal a Day

For many orphaned and vulnerable children, meals are not available in a predictable or guaranteed way. Less than one meal a day is the point beyond which their health and proper development is compromised. Learning does not happen when a child suffers from hunger on a daily basis. SFA sponsors provide one nutritious meal a day to the children in the program. Supplies are purchased in bulk and prepared by a cook on site. The meal is served mid- day at school. This guaranteed meal also lessens the burden on the family or caregiver with one less meal to provide for this child.

Below we see the delivery of supplies to Malava School for the lunch program. The children love to help unload the provisions.



## Joining a New School and Making a New Friend

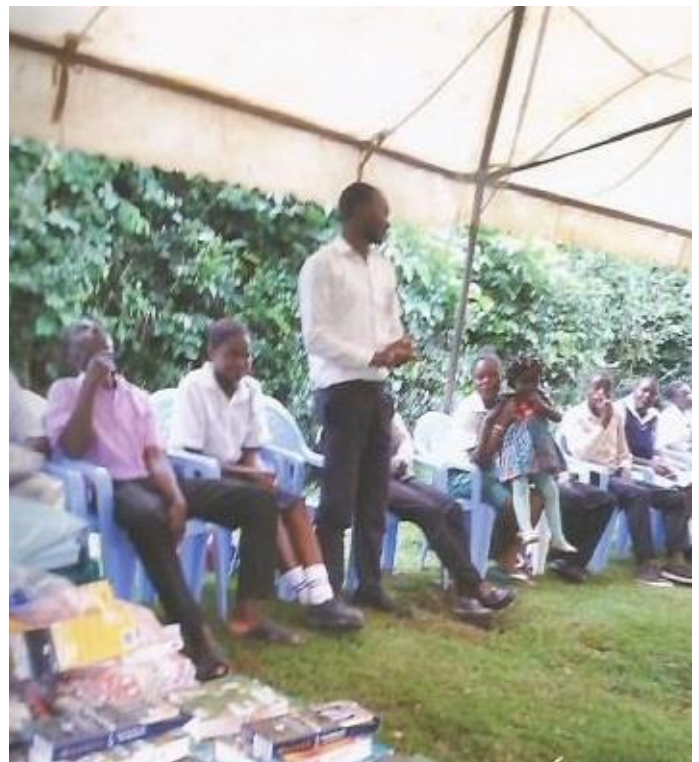


Congratulations Kingsley!

Kingsley arrived at his new school with a new trunk full of supplies. Kingsley was rescued a few years ago from a dangerous situation. Kingsley wrote that he was so thankful to have what he called “a reasonable life”. He threw himself whole heartedly into this new opportunity and worked hard. He is now a top student, a leader among his peers who loves music and singing. We are proud and happy to say he has earned a partial scholarship at St. Peter’s Seminary in Kakamega for his first year of High School. Several SFA donors have joined to make this possible for Kingsley, thank you!

## Mentoring Each Other

Our administrator Susan and her assistant Esther make a great team at the head of this Sponsorship Program. They meet regularly with the students to support them and to identify their individual needs or difficulties. They encourage them to stay focused, to work hard and to aim high. They have guided many children through un-expected hardships, dangers or heartbreak which could easily have derailed them. We are very grateful for their caring way with the children. In this photo Humphrey gives a talk to the 4<sup>th</sup> form students to advise them to work hard and be motivated. By fostering the values of love and support for each other Susan and Esther have created a close bond within the group.





Good luck to all our students in the new term and in the coming exams in December!



## Meetings of the Shitochi Goat Project

Update from Susan Nanjala



The Goat Project began in Dec. 2015. The project was funded in 2 phases over a one year time frame to ensure good management by the group. One female goat was bought for each of 20 families. Another 4 male goats were bought for breeding.

Out of 20 female goats, 17 have been productive and 3 seem to be infertile. The 17 have produced

24 babies, keeping in mind that fertility rates vary. Some have given birth to 1, 2 or 3 kids. Whenever a need arises in a family, they sell off the young ones and address their most pressing basic needs. Since the election year 2017, the inflation rate is high due to the high taxes imposed on the citizens. The needs most often addressed are food and education requirements for the vulnerable children in the households.

The project is well managed by the members who meet regularly to share stories and updates. We follow up/monitor and give any appropriate advice needed.





*“Do not be dismayed by the brokenness of the world.  
All things break. And all things can be mended.  
Not with time, as they say, but with intention.  
So go. Love intentionally, extravagantly, unconditionally.  
The broken world waits in darkness for the light that is you.”*



*L.R. Knost*



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 and their 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!

## SFA's 2018 ANNUAL PLANT SALE Was held on a very ROYAL DAY!

This year was especially fun as we shared our event day with the Wedding Day of the Royals.....

Prince Harry & Megan!

Decked out in our fascinators and jewels, we had lots of fun with those who came along to purchase some of the many donated plants and perennials. Many thanks go to our generous gardening friends for sharing their bounty. Delicious baked goods were also on hand and those tasty donations combined to make a successful fundraiser.



Thank you for helping SFA to assist vulnerable Kenyan children once again.



See you next Spring!





## St. Mary's Walk for Water

by Bethany Hartropp

To celebrate Earth Day and inspired by our gratitude for our access to clean water, St. Mary's decided to have a 'Walk for Water' this April.



The Sunday School spent the morning cleaning dirty water (filtering, pumping, adding cleaning solutions) and then... We walked, thankful for our clean water supply, remembering that millions of people in the world have to walk out their homes, often a distance, to collect clean(ish) water. We walked 300m, adults and children together, empty water bottles in hand, to the local municipal chalet (thanks to the City of Kirkland for their collaboration and support!) where we all filled up and returned to the church for a fun BBQ. Donations were made to Suitcases for Africa on the day, yay! (I also had a challenge with my teen godson about who could carry the most water - we are still debating who won...!)



Wendy visited later in the spring and talked to children and adults both about SFA activities: the children and teens were very curious about the differences between their lives and the lives of children in Kenya. It was wonderful to hear about the great work that is being done and, again, a reminder that we have so much. Also a reminder of what we can share and do. The Sunday School decided to respond to the stories by collecting soccer balls to send with the next trip: we already have 3 full boxes! We will be collecting until the end of December.

Wendy was also kind enough to visit us for our summer camp (theme: Be the Change) and, again, told many stories: thank you for expanding the world view of our campers!

**Thank you, Suitcases, for all your work!**

## Thank you to St Mary's Anglican Church, Kirkland

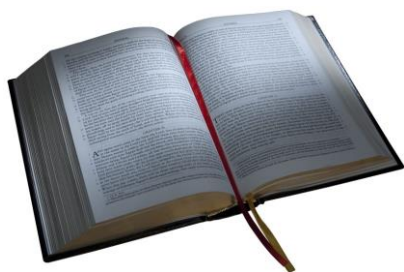
A huge thank you goes out to the talented performers who turned out to entertain the lucky audience at St. Mary's Anglican Church in Kirkland on Saturday October 20<sup>th</sup>.



It was a beautiful afternoon concert put on by (from the left) Marie Landry, Jacqueline Piché, Benoît Paul & Louise Mezzapesa. Hopefully there will be many more opportunities to enjoy such talent!

Thank you all for your efforts on behalf of the orphans & vulnerable children in our Kenyan projects. You can all be assured that the money raised will be put to good use.

St Mary's current mission-motto is:



*"Being the Change,  
Changes the World."*

# Are you DOWNSIZING? CLEARING OUT?

Why not consider this great idea from one of our supporters.....



Just an idea: A gift like no other....

I had this old sewing machine given to me by a friend, yet was not familiar to work with it. Thus to the rescue, I posted it on Kijiji. A young woman from India was interested and after trying out the sewing machine, she was happy to pay and take it home. She recognized this machine as the one she learned to acquire her sewing skills. I was delighted with the exchange, particularly since the machine was given a new life with a purpose. Best of all, I gifted the money to Suitcases for Africa and this way I also honoured my friend. Is there anything in your house that could be converted into a gift to support Suitcases for Africa?



By *Doris*



Brilliant!



## Upcoming Events

### **KERRY-ANNE KUTZ CONCERT**

Saturday, November 3<sup>rd</sup> at 7:30 PM  
Lakeshore Unitarian Universalist Congregation  
5065 Sherbrooke, Lachine



### **COUNTRY TUNES FOR CITY FOLKS!**

Kerry-Anne and her little chicks are singing great country tunes such as "How Can I Miss You When You Won't Go Away?" and "There's a Light At the End of the Tunnel and I Hope it's Not a Train!"

The annual Coffee House is a fund-raiser for Suitcases for Africa which provides many essential services and education for children in Kenya.

Wendy Buchanan and the SFA team will be on hand with beautiful crafts for sale and to speak to us about the crucial work of SFA.

LUUC will provide wonderful goodies as always. It's an evening for everyone so come on out and wear your cowboy hats! **Please leave your ponies outside!**

**Yee-haw!**

**I ♥ Country Music**

**Suggested donation: \$20.  
per person,**

**children 12 and under free**

## Fundraising Shopping Night at Soko Thursday, November 8<sup>th</sup> to benefit Suitcases For Africa



Supporting Orphans & Vulnerable Children  
in Kenya through  
Education, Nutrition & Healthcare



Join us at **SOKO**, located at 319 Lakeshore in  
Pte-Claire Village, Thursday Nov 8<sup>th</sup> from 4-7pm

Many Kenyan handcrafted items brought back from our  
last visit will be available for sale -  
100% of the profits go directly back to the charity!

While there, get a jump on your holiday shopping - 25% of all items  
purchased at Soko that evening will be donated to Suitcases For Africa!





## Corpus Christi Parish Bake Sale and African Market

To be held at Corpus Christi Parish,  
16 Pacific Ave. in Senneville,  
Sat. Dec. 8 after the 5pm Mass  
& Sun Dec.9 after the 10 a.m. Mass.



- Come purchase delicious baking for the Holidays. The funds raised by these generous bakers will support life- saving projects for orphans.
- Visit our African Market. Choose from beautiful handcrafted gifts from Kenya such as jewelry, decorations, clothes, handbags and more.
- SFA Christmas Gift Cards will also be on sale. Choose a project and save a life with your gift this Christmas.





AND

Beaconsfield  
United Church



Present

## Annual Craft Fair and more

December 8, 2018 10 am - 4 pm

December 9, 2018 11 am - 4 pm

At Beaconsfield  
United Church  
202 Woodside

For information call:  
514-694-2070



Are you looking for some special Christmas Gifts?

Why not support our local artisans and worthy charities while doing your  
Christmas shopping?



Enjoy lunch in our tea room for only \$5.00  
Homemade Soup, Biscuits, dessert, and coffee/tea



Find a sweet treat at our bake sale

AND

Buy tickets for a chance to win a lovely wine basket just in time for the holidays!

Proceeds benefiting Haiti School Project, Joshua's Well, and Fit For Glory

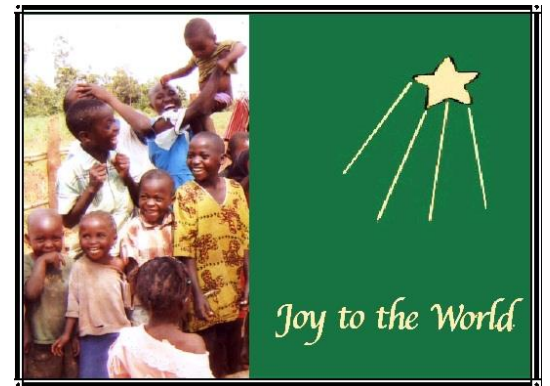
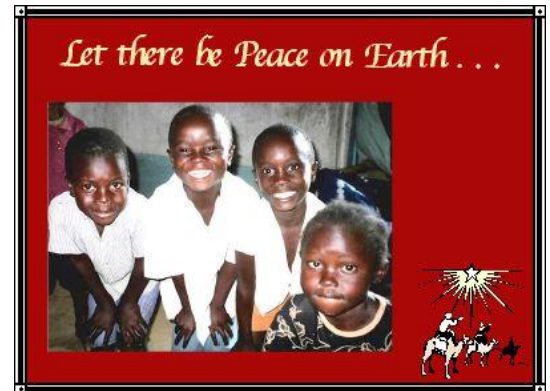
# How You Can Help This Holiday Season

## Looking for a Special Gift this Christmas?

We have many Donation Gift Cards to choose from this year. For each card you can choose an insert describing the project you wish to support.

Then give the card as a gift. We have had wonderful feedback from those who receive them.

Cards can be purchased for \$10.00 and up and are great as a gift for a teacher, a business contact, or for friends and family.



To Purchase call:

**Wendy 514 - 697- 5588 OR Darlene 514 - 457- 3786.**

**For more examples of cards available throughout the year and for every occasion please visit our website:**

[www.suitcasesforafrica.com](http://www.suitcasesforafrica.com)



- Join us in raising funds and awareness with your own ideas or events.
- Sponsor a project with your school, church, company, family,
- 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](http://www.suitcasesforafrica.com)

• Contact us at:

[info@suitcasesforafrica.com](mailto:info@suitcasesforafrica.com)

## How You Can Help Now

