



SUITCASES for AFRICA

News Letter

Fall 2010



Welcome!

Fall is well underway and some wonderful events are coming up in November which will help us raise much needed funds for our latest projects.



Table of Contents

Page 2

... **WATER! SFA**
Targets New Wells
for 2011.
... Well for Lukhule.

Page 3

... Water for Emalindi.

Page 4

... Our wish list: a Well
for Mukumari.

Page 5

... Launching 3 New
Feeding Programs.
... Our Educational
Support Program.

Page 6

... How Canadians Are
Helping.

Page 7

... Introducing Our
Agents In Kenya.

Page 8 -9

... Coming Events.

Page 10

... How You Can Help.

WATER FOR LIFE

Helping impoverished communities in rural western Kenya to obtain access to clean water will be one of SFA'S main goals in the coming months

Please join us and learn more in this edition of our newsletter.

**WATER IS
ESSENTIAL TO LIFE**

- Over one billion people lack safe water.
- Three billion lack sanitation.
- Eighty percent of infectious diseases are waterborne,
- One child dies every 8 seconds from waterborne disease.



This summer our visits to communities that lacked access to clean water impressed upon us the need for SFA to commit to making well installations and water harvesting projects our main goal this year. We have prioritized three communities in urgent need. They are the communities of Lukhule, Emalindi, and Mukumari. Read on as we introduce them.....

Lukhule Community Well

We owe a great deal of thanks to our local community for helping us to build a better life for Grace and the 35 orphans who live at The Mukumu Children's Home (please visit our past newsletters on our website for this inspiring story). There still remains one very



Lukhule child

serious problem for them which must be addressed however. The children must still walk to the river for unsafe drinking water. Since our visit there in July we have learned from Grace that a total of 5 children have now been admitted to hospital with Typhoid. One young girl named Isabella who has full blown AIDS came very close to dying. Rather than install water for just the Children's Home SFA has decided to install a community well nearby so all residents of this very poor community called Lukhule can also share and benefit. It will serve over 500 people on a daily basis. We send our heartfelt thanks to the fundraising team at St Edmund Church for their "Memories Charity Auction Event". Funds raised that evening will enable this life saving project to go ahead. They should have water by Christmas as the work gets underway this week.

A New Water Project for Emalindi Community

SFA has had a strong 4 year link with this wonderful community, starting there with a Feeding Program in 2007 and adding a co-op farming project in 2009 .We met Fr. Paul early on and we were touched by the very evident love and compassion he has for those suffering in his parish. His community is leading in the poverty index as the poorest in the whole district with the very basics of life such as access to food, water, shelter and education lacking for them. The rate of HIV/Aids is also highest here and medical care is



unattainable for most. Fr. Paul uses his own modest income to pay for their care and even their burial in some cases. In the week before our arrival this summer he paid for two young fathers to be admitted to hospital in their final days to ease their suffering. The heavy burden he carries and his sorrow were very visible to each of us. We are prioritizing this community to receive a source of clean water to be installed hopefully early in the coming new year.

The UN declares 2005-2015 "WATER FOR LIFE" as the International Decade for Action and sets the world agenda on a greater focus on water-related issues.

"WE shall not finally defeat AIDS, Tuberculosis, Malaria, or any of the other infectious diseases that plague the developing world until we have won the battle for safe drinking water, sanitation and basic healthcare" Kofi Annan, United Nations Secretary- General.

On Our Wish List... A Community Well for Mukumari

This summer the team visited a remote community called Mukumari. It is located near the edge of the Great Rift Valley. The 3,000 people who live there have no access to clean water. They must haul dirty river water great distances. It was here that we met an incredible nurse practitioner named Grace. She is the only medical help for miles. She delivers all the babies, and often travels great distances on foot up the mountains to do so, or to visit the sick. She lives and works from a run down clinic with few medications and even worse...has no access to water for her work or for herself. Even her latrines at the clinic were not useable. On the day we met she had delivered a baby and at 5pm still had a huge line up of sick children waiting to see her. Some were very ill with malaria. A long evening of work lay ahead of her. We immediately went out the following day to purchase her a sturdy bicycle so she could at least save time. We were astounded that she could remain so spotless and professional under the circumstances of her work. We really hope to begin here with a community well that will serve the community, the clinic and a small local vocational school.



Nurse Grace with her new bicycle

During the summer visit we were introduced to three new small self help communities in the Kakamega Diocese by Sr. Agnes Khati, the medical coordinator and Susan Nanjala, our Project

*Launching Three New
Orphan Feeding
Programs in January
2011*



Our New Educational Support Sponsorship Program



We are very excited to announce our new sponsorship program which will keep a disadvantaged child or orphan from dropping out of primary school due to poverty. For only \$75.00 per year your sponsorship will provide school fees and all supplies, a school uniform, and one meal a day. A photo and the background information about your child will be given to you along with an update on how they are doing twice a year. If you would like to sponsor a child please contact us early as the new school year begins in January and the children will be chosen well before so preparation may begin.

How Canadians Are Helping In Their Own Way!

The Girl Who Gave Away Her Birthday Presents

Kaitlin Dunwoodie is a seven year old second grader who lives in Pointe Claire and she already has a social conscience. This is her story.

"I decided for my seventh birthday I would like to do something different. I didn't need any more toys but I knew that children in Africa did. My neighbour, Wendy Buchanan, went to Africa this summer and she told me that the children there were very poor. So I asked my Mother if I could invite a lot of my friends to my party and ask them to bring clothes and toys to go to Africa. My parents rented a hall and we invited a lot of classmates - even my cousin Victoria. Wendy came to my party and brought lots of pictures of children in Kenya. I brought my new radio to the party and we danced a lot. It was great fun and we learned some things about Africa. We even all wrote postcards to kids in Kenya. It was really a fun birthday and I hope all the poor children in Africa like all the clothes, stuffed animals, books, white boards and pencils."

THANK YOU KAITLIN!



Carrefour des Aines Senior's Group



Many thanks go out to the group members pictured here with their second batch of squares destined for Africa. They are from rt. to left Bridie Heath, Michelle Menard, Jacqueline Jacques, group president, Annette Hupe, Pearl March & Jackie Barrette.

THANK YOU KNITTERS!

We may have a new knitting project coming soon in our next newsletter this winter. Stay Tuned !

Introducing our Administrators in Kenya



Our work in Kenya would not be possible without the assistance of the highly skilled and compassionate team of administrators we have working in the Diocese of Kakamega. Many of you enjoyed meeting Sr. Agnes Khati when she visited us in Canada in 2008. Sr. Agnes is the medical coordinator for 2 hospitals, She oversees the healthcare workers and links us to the many small communities she feels are the most impoverished and in need of assistance. Pictured on the right. here also with member Mary Morgan is Susan Nanjala who is our projects administrator. Susan researches, and carries out the planning and implementing of the work. She follows up on the ground with continuous visits taking photos and writing up excellent and informative reports.

David Eshihuula has been a highly dedicated and essential member of our team since our first visit in 2006. David is a gentle and hardworking teacher who specializes in working with Hearing Impaired children. He shows great compassion for those children who are marginalized the most by their disabilities. David manages our Hearing Aid Program Through out 2010 David has also worked with great enthusiasm to assist at the Mukumu Children's Home by planning and overseeing it's transformation with the new dormitories, latrines and the maize harvesting. David will now manage the installation of the new community well to benefit the Home and entire Lukhule community. The well will bear a dedication to the late Dr. Ebi Kimanani. In this photo David is pictured delivering medical supplies from SFA to a small clinic in Bakuru which he helped to locate and bring to our attention for assistance with donated shipments of medicine from Canada..



Asante Sana! Thank you very much for your dedication!

Coming Events! Please come out and join us at the following events to raise funds for our projects.

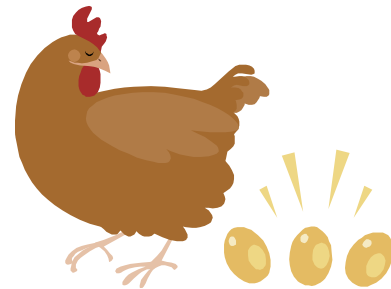
- **St, Edmund School Christmas Fair.Sat.Nov.13**



We will be selling our new 2010 donation cards which make a satisfying Christmas gift to friends & family. We will also have Kenyan jewelry,crafts and jackets.Stop by and say Hello.

- **John Abbott College " Pennies for Poultry Project"**

Put your piles of pennies to good use!
John Abbott College students hope to fund a new poultry project for Fr. Paul in Emalindi. Fr. Paul could then distribute the eggs to the poor in his community. The students will be collecting in large jars at Student Activities and around the campus on Nov.9th & 10th. You may also drop off your pennies at 53 Mte Ste Marie (Miss Darlene's) Ste Anne de Bellevue (mornings or evenings.) or at Corpus Christi Church until Nov.20.



- **Dix Milles Villages Fundraising Night** Thurs,Nov.25 6-9pm



If you are planning to visit or shop at this wonderful fair trade shop, now is the time. It is full of gifts, coffees,music, toys and handicrafts made by artisans from around the world, including Kenya. A percentage of all sales made on this one evening will be donated to Suitcase for Africa so your purchase there will have a double effect. Our members will man the store and be available to answer your questions.

• St. Edmund Church Turns Toys Into Food !

A gently used Toy Sale to be held At St. Edmund of Canterbury Church Hall, Beaconsfield Blvd. on Sat. Nov.27 9:00-NOON.

For the last 4 years the good people of St. Edmunds have donated their time and energy to holding this event to raise funds for SFA's Orphan Feeding Programs. Another way Canadian children are helping Kenyan children. Toys may be dropped off at the hall beginning Nov.1.No Bicycles or stuffed animals please. Come donate your gently used toys & then COME AGAIN to SHOP for something new to you !



• Corpus Christi Parish Christmas Bake Sale

To be held at Corpus Christi Parish, 16 Pacific Ave. in Senneville, Sat. Dec 11 after the 5pm Mass & Sun Dec12 after the 9:30 am Mass.

Come purchase baking for the Holidays and support the parish volunteers who will donate the funds to life saving projects for orphans.

At this event you will also have an opportunity to win a beautiful bedcover shown on the right. It was made by the women in our sewing project in Kayhega, Kenya from colourful African fabrics.



HOW YOU CAN HELP

- Join us in raising funds and awareness with your own ideas or events.
- Make a donation to support our projects. A tax receipt will be issued for all donations of \$25.00 or more.
- Purchase our donation cards (see below).

Looking for a Special Gift this Christmas?
We have three Donation Christmas cards 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.

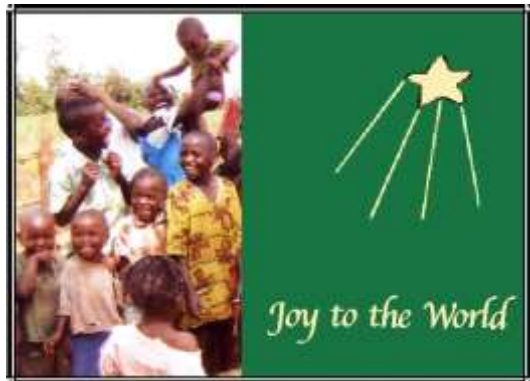
Cards can be purchased for \$10.00 and up and are great as a



gift for a teacher, a business contact, or for friends and family.

Call Wendy at

514 - 697- 5588 or Darlene at 514 - 457- 3786.



"FRIENDS OF SUITCASES for AFRICA LIST"

We are now developing a list of people in the community who might be willing to come out occasionally to assist us with an individual event from time to time. This could include setting up tables, washing dishes, baking or spending a couple of hours sorting, packing etc. If you would be able to help out now and again in this way please contact us. Then if a need comes up for volunteers we can send out a message to our part time helpers and those who are free to can come to our rescue! We always need volunteers! Send emails to suitcasesforafrica@yahoo.ca
THANK YOU FOR CARING!