



SUITCASES for AFRICA

News Letter

Winter 2011



Our Valentine Thank You Edition

Table of Contents

Page 2

....Lukhule/Mukumu
Home Community
Well opens!

Page 3 Your Help
arrives in Emalindi.

Page 4
....Emalindi Poultry
Project

Page 5
..... Mukumari Well
Coming Soon!

Page 6
... Educational
Support Program.

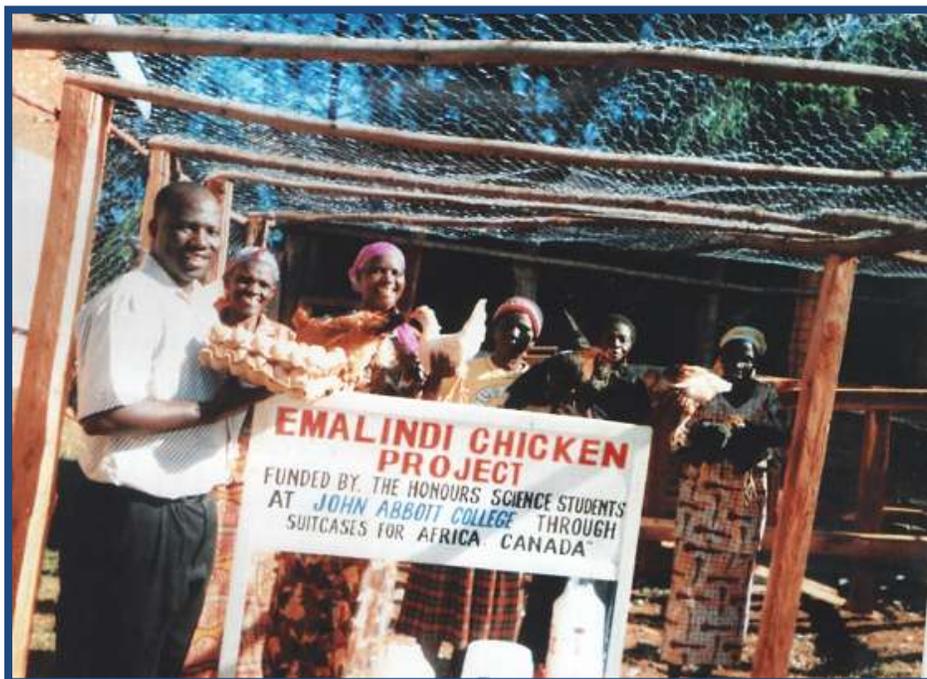
Page 7
.... Hearing Aid
Program Update

Pages 8 -12
... Many to Thank

Page 13
Family Pasta Supper!

Page 14
... David's Corner

Page 15 -16 ..How You
Can Help.



Emalindi Community Poultry Project Up & Running!

**We Start 2011 with a
BIG THANK YOU!**

Thank you to all our supporters for your great
response to our fall newsletter.
Please read on for the good news.

WATER FOR LIFE

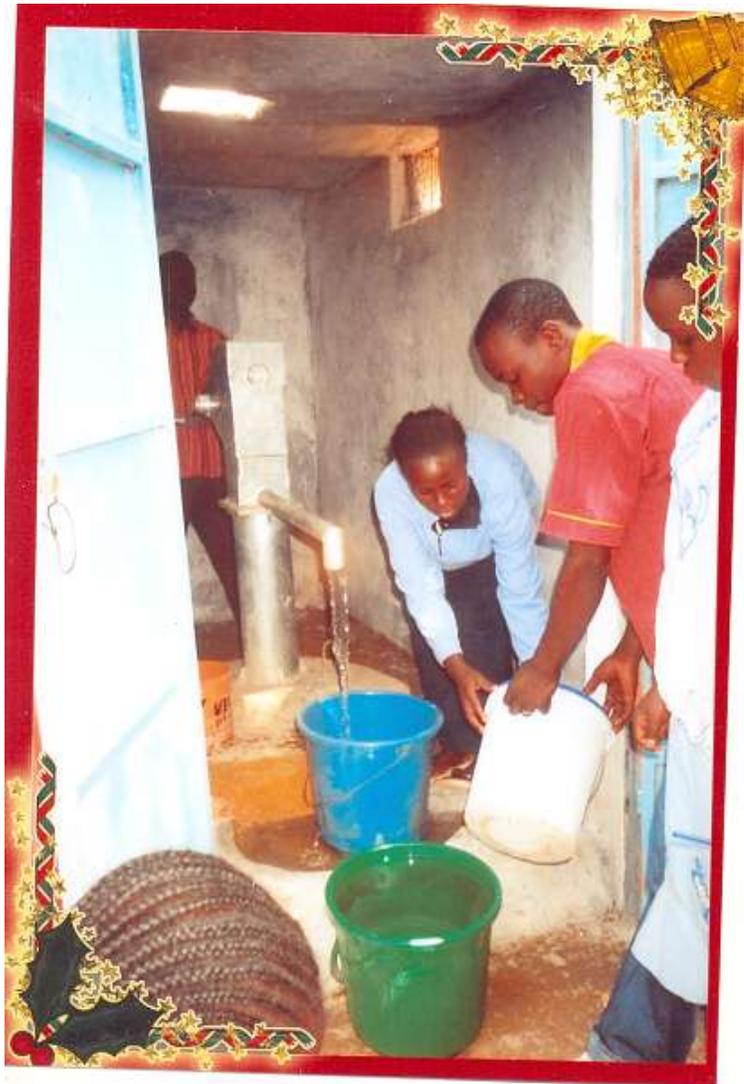
Helping impoverished communities in rural western Kenya to obtain access to clean water is becoming a reality! Thanks to your response to our last newsletter two new wells have recently been installed and three more water projects will begin soon.

A Christmas Well for Likhule Community & Mukumu Children's Home

It was a special Christmas this year for The Likhule Community and Mukumu Children's Home as the new Community Well was completed and opened the week before Christmas. In the photo people can be seen filling up their containers after attending the local church where the well is safely situated. It is enclosed to protect the pump and is open during daylight hours to the entire community and can support close to 500 people.

"Clean water in this community means that the people will be healthier and won't have to spend hard earned money on doctor's visits and expensive

medication for water-borne illnesses. Clean water is fundamental and in this case it will help the community lift itself out of poverty and ill health. With your help hundreds of people are now enjoying this right for the first time. On their behalf, thank you." David Eshihuula



Help Arrives for Emalindi

In our Fall Newsletter we explained that SFA has had a strong four year link with Fr. Paul and this wonderful community. (For more information on the back stories in previous newsletters, please visit our website at suitcasesforafrica.com). We are delighted to announce that with funds recently donated by a corporate sponsor, we have been able to begin installing a well in the Mwirembe sub parish in Emalindi.



Our administrator David has been overseeing this well project and he found this area to be one in desperate need, describing it as *"the hinterlands where no help comes."* People must walk for four kilometers just to haul dirty water from the river. He watched the people pack this river site from dawn at 5 am until 7:30 pm (past dark) every day. In this photo young boys are accessing stagnant water for domestic use.

"To avoid congestion and long queues at the only water spring available in the community these young boys seek the cheapest alternative of getting water. The same source is also used by livestock . It is expected that at the end of the project these young boys will be relieved of such trouble".

David Eshihuula, SFA administrator in Kenya

Emalindi Community Poultry Project Up & Running!



The Community Poultry Project Funded by Honours Science Students at John Abbott College is pictured here. The chickens are already laying eggs! This project will help with food sustainability in Emalindi parish which has long been a problem due to the high level of poverty and illness in this community.

"An elevated site for construction of the coop was selected to avoid mud that can easily promote filthiness and disease. A bigger coop was constructed to provide enough space to prevent the hens from pecking each other. Enough space was also provided to cause them to supply enough eggs. The coop was constructed near a house to allow an electrical inlet to the coop to keep the coop warm during cold seasons. The construction of the coop near the house is also to provide water inlet to the coop. Plenty of space was left around for the chickens to run and for the keeper to maneuver around. A chicken wire with small holes was selected to keep rodents, wild birds and other predators away".

David Eshihuula

See our section ``How Canadians are Helping`` for more on the JAC students who made this a reality for this community.

On Our Wish List ... A Community Well for Mukumari...Now Fulfilled!

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 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.



Grace and her clinic patients will soon have clean water! The John Jackson Memorial Well donated by his loving family begins construction this February. More on this well in our next edition.

Did You Know?

According to Kenya Well's Trust "A Person living in Kenya uses about 10 to 20 liters of water per day. A Canadian uses about 326 liters (86 gallons) of water per day. Canada alone controls about 20% of the earth's fresh water". SFA is committed to water projects for Kenyan communities.

*Our New Educational Support Sponsorship Program:
Introducing the first group of 26 students.....*

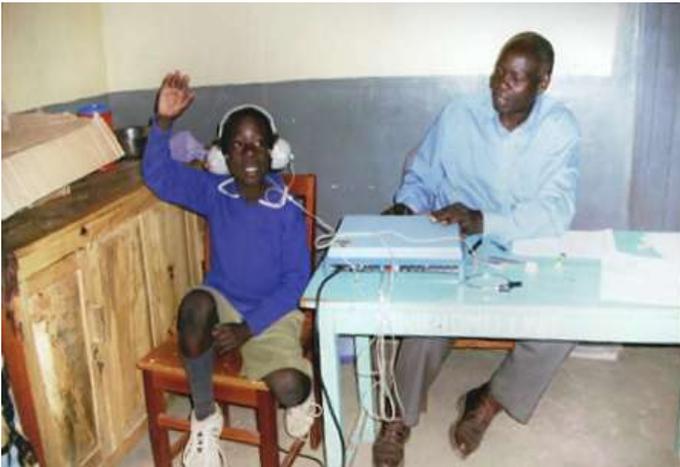


We are happy to present the first children chosen to start up this new Educational Support program in 2011. This program will enable orphans and vulnerable children at risk of dropping out of school due to poverty, to be sponsored by our donors. They will receive a school uniform, shoes, school fees, supplies and one meal a day. It is a gift of hope for a brighter future. As the sponsors follow their child's progress through 2011 we are certain it will warm their hearts.



Hearing Aid Program Expands

The addition of 12 more children to the Hearing Aid Program has been made possible in part by the numbers of people who purchased Christmas Donation cards with this program as their chosen gift. It is opening up the world for these children who formerly lived in silence. Academic achievement has greatly improved for the children in the 2010 pilot project. Four of those children did extremely well and have gone on to High School in Jan.2011. We wish them well!



Pictured here is a child from Mwickhomo School undergoing a hearing evaluation.

The 12 new students to benefit from The Hearing Aid Program. We now have 24 who have been fitted with hearing aids.



Faith First Gift of Friendship & Peace



The level five children at Corpus Christi Church had an evening presentation to their class by Darlene Anderson. The topic was about challenges and difficulties that can be experienced by impoverished children in Kenya. Slides, videos, stories and discussions were about issues such as the lack of

clean accessible water, shortage of food and poor access to education and how they can be addressed when many work together for positive change. The class of children then made peace doves that were fashioned from two red & white paper maple leaves. A message of friendship was written on each and they were sent off to the 35 children of Mukumu Home. They were received with great joy.



Mukumu children writing letters back to their Canadian friends.

Thank you to Canadian Knitting Friends from St. Ursula Special School



"Dear Canadian Friends, I take this opportunity on behalf of the Teachers, Governing Board and the mentally challenged learners to thank you most sincerely for the support of 38 blankets that you gave to our disabled learners in July 2010. God bless you all as you continue assisting the school in taking care of these intellectually challenged students in our society, so often forgotten. The school wishes you the best of luck in the New Year 2011".



Yours Faithfully, Karani M. Josephat, Principal

How Canadians Are Helping In Their Own Way!



JAC
Fundraiser...Pennies
for Poultry was a
great success!

The John Abbott College Honors Science students amazed everyone with their collection of \$1,135.00 in pennies and that number is still growing. It has enabled the funding of an extra -large, self- sustaining community poultry project in Emalindi. In our last newsletter we told of the great poverty of this community. We invested all the funds in this one region to maximize production and training was given for the members to operate and maintain the project and ensure success. The extra boost to food security will go a long way to feeding many in Fr. Paul Ndasiganwa 's parish. Thank you for the many hours spent rolling those pennies! We also thank their teacher Sharon Rutherford and Manager Suzi Audet of the Ste. Anne de Bellevue branch of the Bank of Montreal for lending their support.

"Thank you to Senneville Shares"

Thank you to the village of Senneville whose pre - Christmas fundraising dinner supports local charities. A donation of \$1,000.00 was delivered to Suitcases for Africa this year to support our work. It is very much appreciated.

St. George's Church Sunday School Cupcake Sale!



Over the years we have learned that no matter how small they are, children can make a big difference in the lives of others. That is the case with these caring children who made cupcakes in the latest of their projects to help the orphans at Mukumu Children's Home. The following quote is from one of their teachers, Liz Glasgow.

"The children led the way as the community of St. George's Church in Ste. Anne de Bellevue engaged in another fundraising activity to benefit Suitcases for Africa. The adults baked and the children decorated many dozens of cupcakes which the kids later sold during coffee hour. Amid laughter, music, sprinkles, candies and colorful icing, the kids and teachers had so much fun creating little edible masterpieces. The icing on the cake: They raised \$400.00 for SFA!"

Thank you boys & girls!



St Edmund of Canterbury Church Breaks Their Record for Turning Toys into Food!



Many thanks go out to Trudy Cardinal-Rapagna of St. Edmund Church, Beaconsfield for heading up a great team of dedicated workers of all ages to set up the 2010 Toy Sale. The funds raised will feed hundreds of orphans in our Feeding Programs this year.

Trudy thanks her team and all those who came out to shop below:

"Hello to all, I just wanted to take a moment to THANK YOU ALL for your tremendous support and efforts to make this year's Toy Sale such a success. We managed to collect \$2,136.82 for Suitcases for Africa. SFA was so grateful and appreciative of all of our support. I was overwhelmed by all of your efforts. It would not have been possible without the collaborative effort made by each and every one of you. A big thank you goes out to all the boys and girls of Loyola and Villa Maria High Schools for their hard work and dedication. A big "Thank you" goes to Joanne Murray and Fr. Joe for allowing us this opportunity to help those in need. Thank you again and may God bless you all."

Corpus Christi Parish Christmas Bake Sale & Raffle

Many thanks go out to the parishioners of Corpus Christi in Senneville. Under the enthusiastic leadership of parishioner Patricia Jackson and Faith First coordinator, Anna Farrow, the parish went into action and baked enough food for an army! Still not one crumb remained at the end of the day. Thank you to all who baked and donated wonderful raffle prizes which left everyone very happy and which also raised an astonishing \$1,119 to feed the Shitochi Community orphans for the coming year!



Come and Join Us at This Event!



SUITCASES
for AFRICA

PASTA DINNER FUNDRAISER!
Beaurepaire United Church
25th February
Two sittings: 5:00 and 6:30
25 Fieldfare Ave, Beaconsfield, Qc

LIMITED TICKETS ARE AVAILABLE
Tickets are \$15.00 and \$8.00 for children under 10
Silent Auction/ African Jewelry

For information call: 514-697-5588 (Wendy)
514-457-3786 (Darlene)



Thanks for caring!

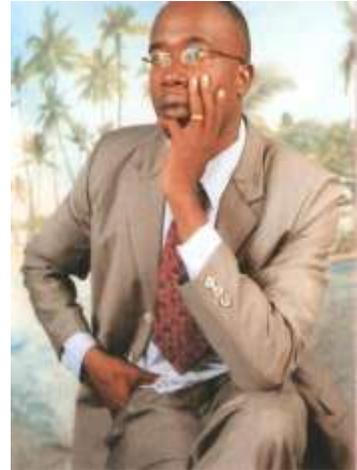
*Supporting
Orphans and Vulnerable Children
in Kenya through
Education,
Nutrition and Healthcare*

David's Corner

Something New on Our Website

Our members have always enjoyed our reports and letters which we receive from our "man on the ground" in Kenya. David Eshihuula has been with SFA since our very first visit to Kenya in 2006.

At the time David was working as a teacher in a special school for the Hearing Impaired. One day while we were visiting at Itegero Primary School David walked a great distance with his hearing impaired school children for a chance to meet us.



He was very eloquent and passionate even at that first meeting. It was obvious his heart was connected to the children and he wanted them to receive help. He taught us how difficult life is for disabled children in Kenya and how they are often marginalised. We also felt an immediate connection to these children and realized that our work must embrace the challenge of helping these children attain their rightful place in society.

So began our work with David and over the last four years David has enabled many excellent projects to come to fruition by his commitment, focus, energy and compassion. His writing paints a detailed picture and gives his unique perspective on Kenya from the inside, which only a Kenyan can share with us. We always find enjoyment and inspiration in his writing and have often wished our supporters could read his informative reports.

WELL NOW YOU CAN!

We are setting up a place on our website called "David's Corner". We shall post there some excerpts from David's past reports and articles on life in Kenya. We will post new ones as they come in. The first piece will be an excerpt of his article on Drilling Wells in Kenya and what it is like to be a girl child hauling water for the family's use. We hope you enjoy them as much as we do.

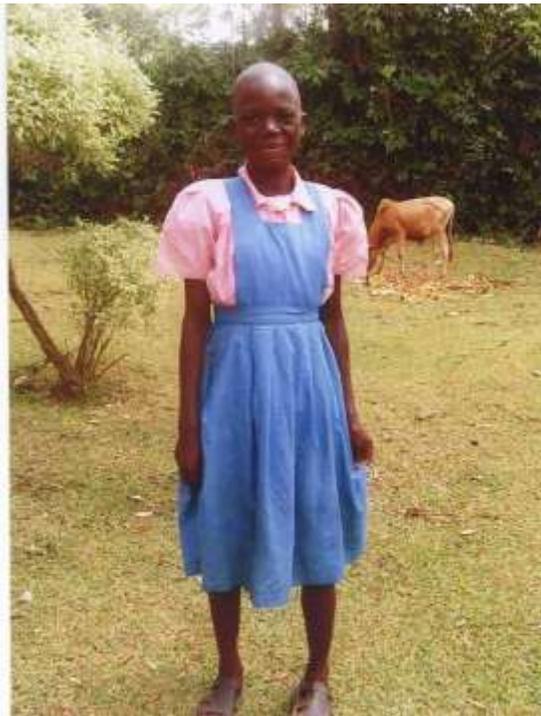
THANK YOU DAVID...Asante Sana.

Please go to www.suitcasesforafrica.com and click on David's Corner.

How You Can Help



Now You Can Follow Us on Facebook



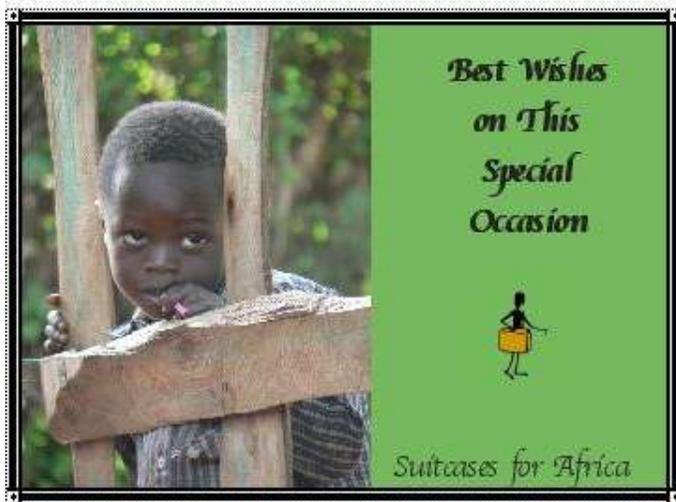
- Join us in raising funds and awareness with your own ideas or events.
- Make a donation to support our projects. A tax receipt will be issued for all donations of \$25.00 or more.
- Purchase our donation cards (see below).

"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, can come to our rescue! We always need volunteers! Send emails to suitcasesforafrica@yahoo.ca

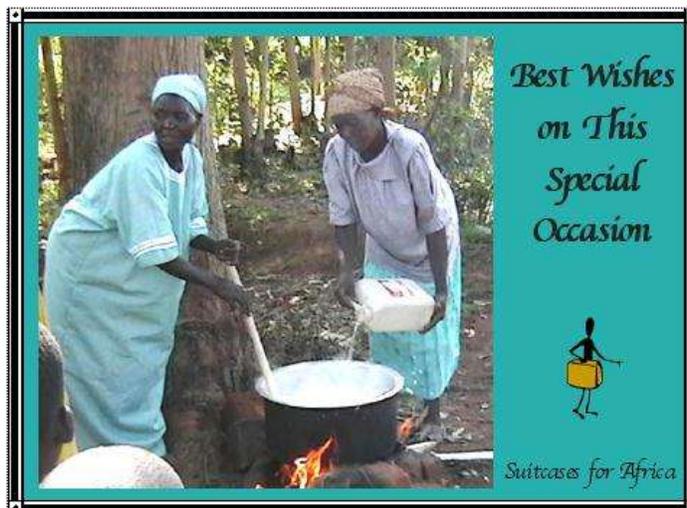
THANK YOU FOR CARING!

Looking for a Special Gift?



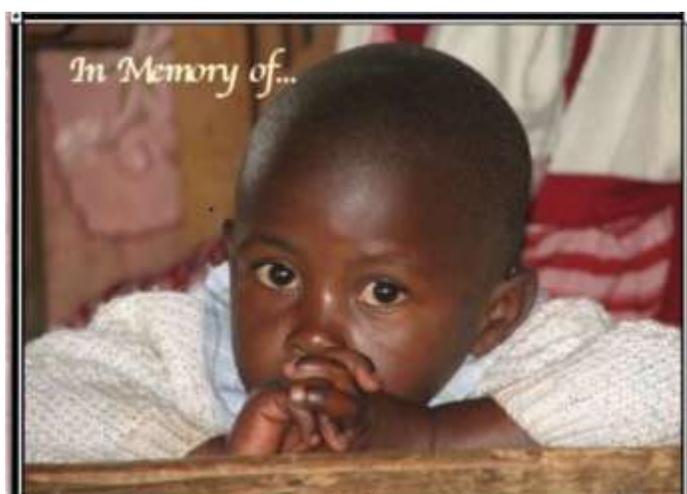
We have All Occasion and Memorial cards available all year.

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 family or friends, as a hostess gift or a thank you for a business contact.



Call Wendy: 514 - 697- 5588
or
Darlene: 514 - 457- 3786.