



# SUITCASES for AFRICA

## News Letter

Summer/Fall 2016



### Table of Contents

Page 2-4 ...Shitochi Goat project

Pages 5-7 ... Shamberere Firewood Project

Page 8 .... Emalindi Cow Project

Page 9.....Shanyinya Community Update

Page10 ...Education Sponsorship Program

Pages 11 - 13.... Thanks to our Donors & Volunteers

Page 14...New Contest

Page 15 .... Christmas Donation Gift cards

Pages 16 - 20 .... Coming Events

Page 21... HOW YOU CAN HELP



H  
A  
P  
P  
I  
N  
E  
S

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P  
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The latest updates on our sustainable projects and an exciting new contest!

## Shitochi Goat Project: Phase 2 Launches!



**Good news! The Goat Project is doing well and the first phase goats are thriving! Four of the first group of goats are expecting babies and the caregivers are doing a great job of caring for their personal goats and the 2 additional male goats for breeding.**

**SFA is now funding the purchase of the next 11 females and 2 more males so that every member of the group will receive their own goat. We welcome all donors who would like to help us with this project. A female goat costs approx. \$100. Donations of any amount will help also with the construction of sheds for shelters and training of the new owners by a Livestock Specialist. The goats require vaccinations as well. The following page contains Susan Nanjala's progress report and photos.**



**We are excited by the hope this project is bringing to this community.**

## What is CCTD?

By Susan Nanjala, Project Administrator



Community Centre for Transformation & Development Program is a local CBO (Community Based Organization) based in Western Kenya, Kakamega County. The organization has been in existence for several years focusing on health, water & sanitation, HIV/AIDS and orphans & vulnerable children. Our main partner is **SUITCASES FOR AFRICA (SFA)**. Through our partnership with SFA, hundreds of children and

families have benefited from monthly feeding programs and educational sponsorship programs assisting vulnerable children to go through primary school & high school. Together we also install wells for safe drinking water which improves health for needy families, communities and institutions. For a specific sharing, I will focus on two groups which benefited from feeding programs for several years. The groups are SHITACHI OVC (orphans & vulnerable children) GROUP and SHAMBERERE ECD School for OVC's. For several years the groups received food rations on a monthly basis which was a boost to family food security. The support improved the nutritional status of vulnerable families mainly affected by HIV / AIDS and poverty.

However, this feeding intervention was not sustainable and in 2015, **SFA** and **CCTD** resolved to assist the groups with sustainable projects that will provide a source of livelihood. After joint discussions, sharing and consultations with the groups, SHAMBERERE chose to venture into the **Sale of Firewood** and SHITACHI chose to **Raise Goats** at the family level. The two projects successfully kicked off in February 2016:

Thank you SFA, donors, friends and Well Wishers in CANADA and beyond who contributed so generously and made these projects a success.

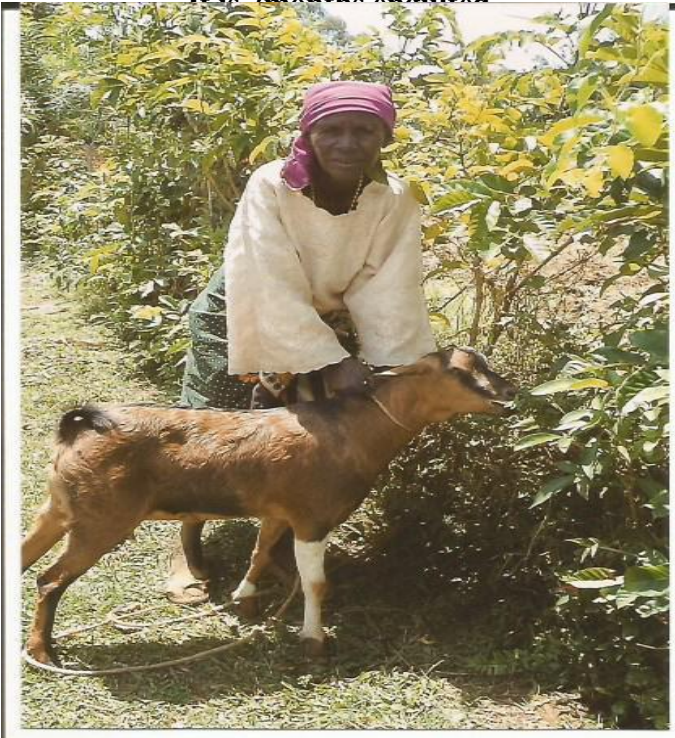
## **SHITOCHI GOAT PROJECT update:**

### **Report by Susan Nanjala**

This first group received 11 female cross breed goats and 2 grade male goats to service the females. Half of the group members received a female goat each and the 2 males were kept by two families. The goats were purchased in February 2016. The families will benefit from the milk as a source of protein. It will also be an income generating activity with the sale of replicated goats. The droppings also provide a source of manure. One of the goats had a kid in the end of July and 4 more are engulfed (pregnant). The members who received the goats are very happy and managing the goats well.

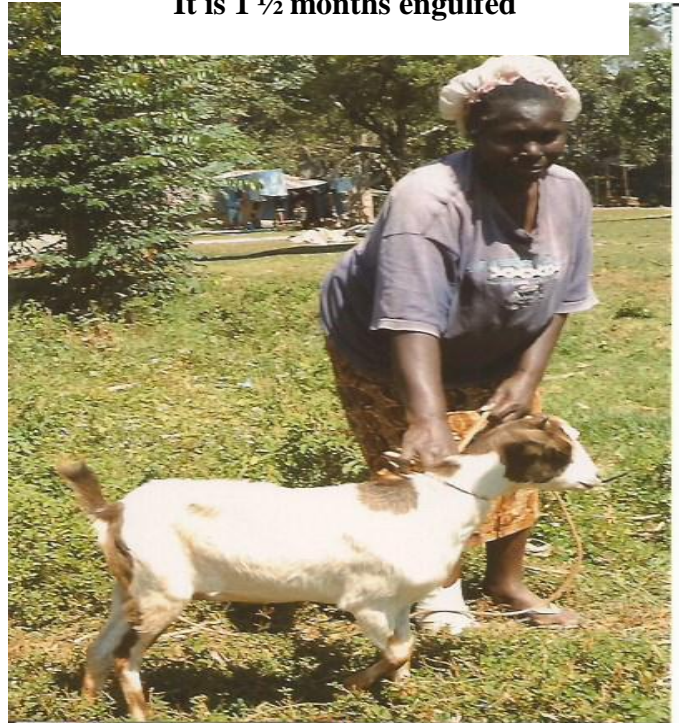
**Caregiver JEDINA with her goat.**

**It is 3 months engulfed**



**Caregiver Hellen with her goat.**

**It is 1 ½ months engulfed**



## SHAMBERERE FIREWOOD PROJECT Update: Report by Susan Nanjala

The project funds donated were used to assist the group to construct a storage building, purchase a power saw machine, and to have capital to purchase the first trees. This enabled



the group to manage the project with ease. Since the start of the project in February 2016, the following are the achievements:

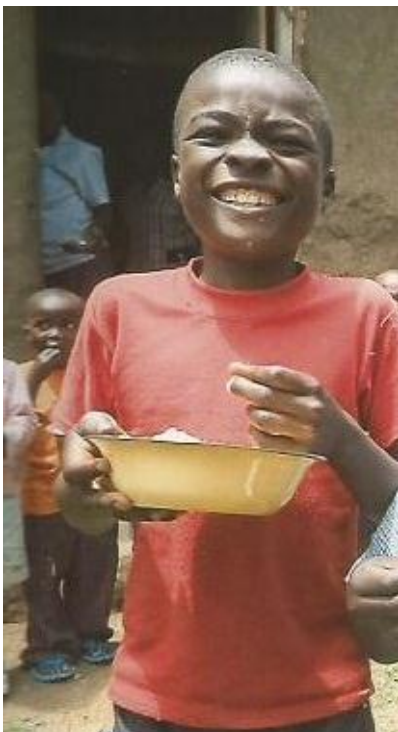
1. A school feeding program has been initiated using money generated from the sale of firewood. The power saw is sometimes hired by locals and this provides a valued addition to the main project.
2. Before this project the children were sitting on the dirt floor but now the group has been able to make desks for the children.
3. The group was able to lease  $\frac{3}{4}$  of an acre of land and planted maize and beans. The harvest is currently being used for the school feeding program.

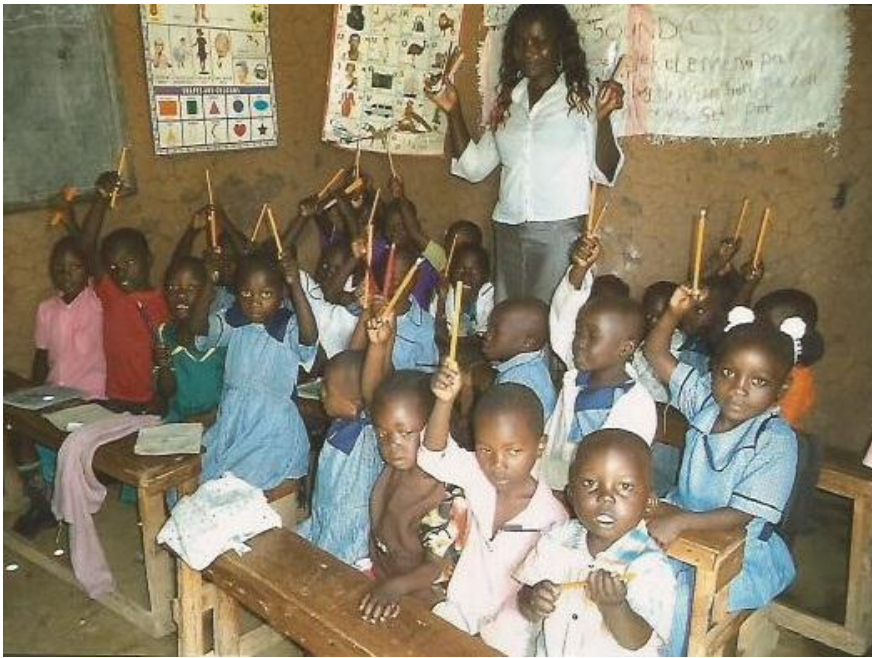




This photo shows the harvest of maize which will provide lunches for the early childhood development program run by the group. The income generated by the firewood project will sustain the program.

Enjoying lunch with the teacher (left) and the group chairwoman (right)





The children are enjoying the new desks. They were purchased from the first profits of the firewood project. The new pencils distributed from the 2016 container were a big hit too!

Thank you for being a part of it all.



**A picture is worth a thousand words!**

## The Emalindi Cow Project update:



We are pleased to announce the recent purchase of another cow for the Emalindi Cow Project. This project will assist the community in developing a sustainable source of milk for the nutritional needs of the children. This project will also become a source of income with the sale of surplus milk. The cow is carrying a calf which is a great bonus. They will join the first cow and calf for a total of 4 animals. It is our hope this will be a good start for this poor community. Pictured above are: Fr. Paul on the right with the farmer who sold the cow in the center.

*“No one is useless in this world who lightens the burdens of another”*

*Charles Dickens*



## Shanyinya Community Update



Thanks to the generosity of Air Canada Vacations and an extended family in Canada, the once struggling community of Shanyinya has been assisted by sustainable development over a period of several years. Help arrived first in the form of a community well which was funded by Air Canada Vacations Co. The well was installed in memory of a young girl, Isabella, who died of AIDS and water borne illness. Each year a memorial celebration takes place with child centered events in the community. Over several years through the assistance of an anonymous Canadian family more help arrived. They funded a poultry project, a cow project and assisted in the development of an early childhood center. Their impact helped the community by improving the lives of all, especially the children. More recently they have funded new desks, chairs and school uniforms. Library books and school supplies which were sent in the 2015 container also brought much enjoyment. This spring the funding of warm new sweaters for all the children has completed our work here. The community members have been good stewards of all the projects received and the cows have now grown to four in number. The milk and eggs combined with a small vegetable farming project now provide a meal for the children each day and extra milk, eggs and water are sold to maintain the education center. Though it is always hard for us to say goodbye, we know they are well on their way and SFA must now move on to assist other struggling communities. THANK YOU to our wonderful donors for making all of this support available to change their lives.

## Exciting News in our Education Sponsorship Program

When Suitcases for Africa first set up the Educational Sponsorship Program, our goal was to assist needy students with their school fees, supplies, uniforms, books and a small daily lunch. Little did we know how successful this program was going to become! In the beginning the students often took two years to achieve success in each academic year. Now that is rarely the case. Students are experiencing success in so many areas and are actually getting quite competitive with each other for top marks. Our initial goal was to see students attain their primary education which meant that they would be eligible to go on to technical training or apprenticeship programs. Level (grade) 8 was our goal. Much to our delight and surprise most students began to excel and it was no longer good enough to assist them with just primary education. Thanks to our more than generous, dedicated sponsors high school was now open to them. It is with great pride we take note that in 2017 we will have two students in Form 4 – the highest level of public education.

We are pleased to announce that we will be setting up a **Higher Education Scholarship Fund** this year. We have yet to work out the fine details but we anticipate working with Susan – our Kenyan administrator – to develop the criteria for application to receive a partial scholarship for higher education.

If you are interested in donating to this next endeavour in our education program please contact us at our new email address: [info@suitcasesforafrica.com](mailto:info@suitcasesforafrica.com)



## 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, 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!



## Spring Plant, Bake & Market Sale

We extend our thanks to all who helped to make this year's Plant & Bake Sale a huge success. The plants were numerous and varied thanks to our generous gardening friends and everyone enjoyed the great selection. Thank you also to the great bakers who once again answered the call. We send a special thank you to Tara Lee Gooding of "Precious Delights" for donating their beautiful cupcakes this year. [www.preciousdelights.weebly.com](http://www.preciousdelights.weebly.com)



We were able to raise \$1400 thanks to all of you!



We can hardly wait for next year!



## Comedy Night 2016

A huge thank you once again goes to Neil Janna for bringing such amazing talent with him to entertain us all at the 10th. Annual Comedy Night which was held in May. The laughs went on throughout the night and everyone went home buzzing about the calibre of the comedians.

Thanks also to Louise Cavalier and her day care/after school program team for supplying the creative decorations that helped transform the school gymnasium – as always they outdid themselves! A big thank you also goes out to Kelly for once again steering this great event to another huge success.



## Our First Trivia Night for SFA

On June 18th, A group of us gathered in Hudson for our first Trivia Night. Andrew Dumas was the host and quiz master for the evening and we thank him for his expertise. He challenged everyone on various topics with questions that kept the teams searching their memories for the answers. Thanks to Michele, Gordon, Wendy & Richard everyone managed to have a wonderful evening. This is a fundraiser that we hope to repeat in the New Year – keep watch for details.



## Knitting with Love

We would like to thank Amanda Pierlet for her kindness. She knitted much love into the dolls we will take to Kenya to comfort and bring happiness to the children we meet. Amanda knitted 60 dolls over the summer months. At 90 years young she is an inspiration to keep doing what you love for others.





## Our Exciting New Contest!

SFA is excited to announce a new contest thanks to the generosity of Rhian Wilkinson. As a member of the **Canadian Woman's Soccer Team** which recently won the **Bronze Medal** at the **2016 Rio Olympics**, she has won the hearts of all of us. Rhian is a wonderful role model for our youth because of her dedication, strong work ethic and sportsmanship. At SFA we know Rhian as a great humanitarian as well as she has personally supported SFA over the years.

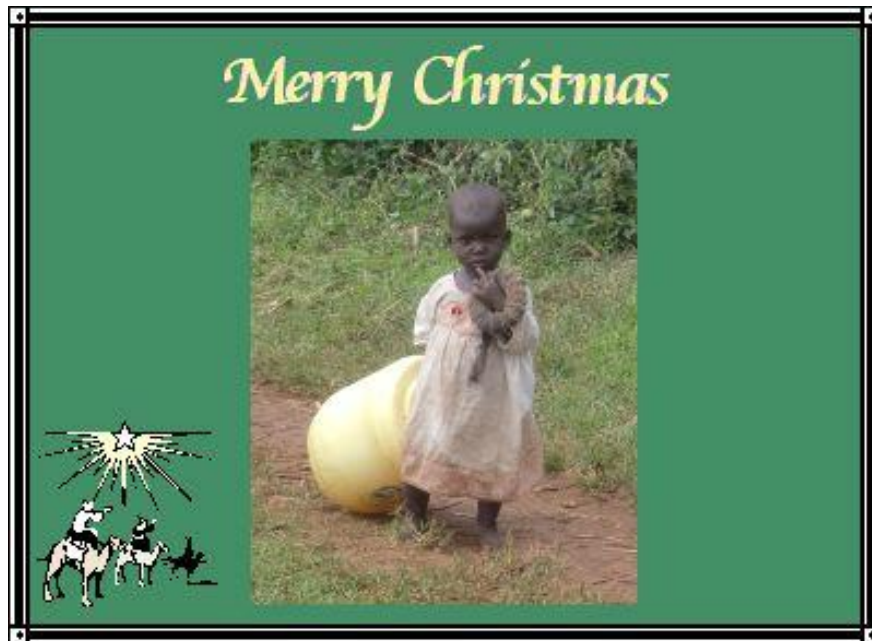
**Rhian has donated a signed pair of Nike Magistra cleats with a fly knit woven sock to be won in our contest.**

Tickets can be purchased for the **contest draw** to be held before Christmas. A skill testing question must be answered by the winner. Rhian will meet with the winner for a photo when the prize is handed out. Please contact us at [info@suitcasesforafrica.com](mailto:info@suitcasesforafrica.com) to learn where you can obtain tickets. Tickets are \$5.00 each or 3 for \$10.00. All proceeds will go towards funding life changing projects for orphans and needy communities.



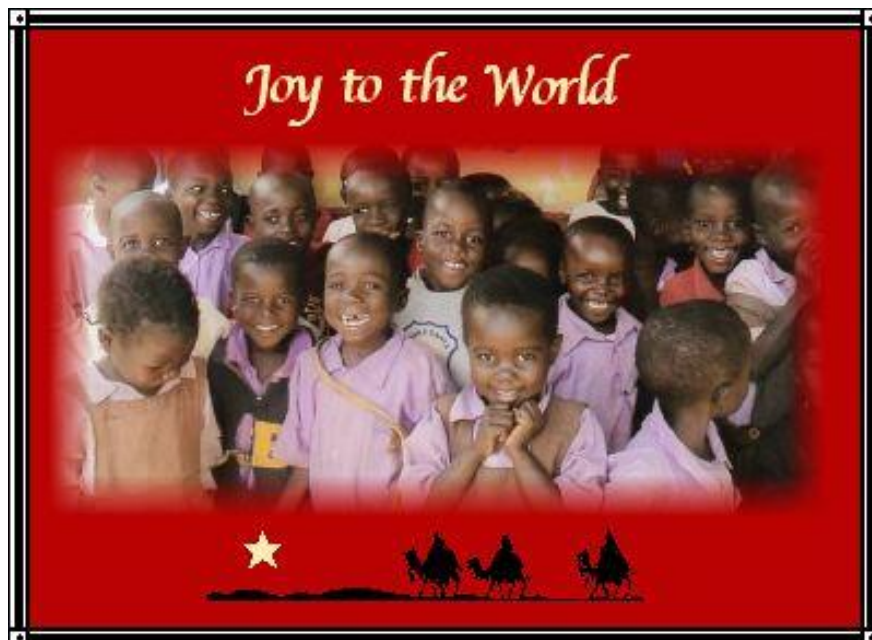
**Thank you Rhian and  
GOOD LUCK EVERYONE!**

## Our New Christmas Donation Gift Cards for 2016



Our latest Christmas Cards are now ready!

Why not consider sending a gift this year that will change the future of a child or a community? You choose a project to donate to and an information insert card describing that project is added to the card of your choice. We have enjoyed hearing the many positive responses from those who have received them.



We have many different cards to choose from for Christmas and other occasions throughout the year. The cards will be available at all of our coming events listed on the following pages or by contacting us at the following:

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

Wendy: 514 697-5588

Darlene: 514 457-3786

## Coming Events....

### **A MUSICAL EVENING OF DISNEY MUSIC PRESENTED BY:**

Kerry-Anne Kutz and her talented students at  
Lakeshore Unitarian Universalist Congregation  
5065 Sherbrooke, Lachine

**October 29, 2016 at 7:30**

Cost: A suggested donation of \$10  
A bake sale will follow the concert.

This is a special event to benefit students in need in Kenya and the Lakeshore Unitarian Universalist Congregation. Harsh times in Kenya have resulted in many hardships for numerous families. Some young teenagers are finding themselves the head of the household and are struggling to stay in school. This concert will assist one such student in particular. This bright young lady and her five younger siblings are trying to cope on their own during these hard times.



**Latest Update! This event was a great success, raising over \$1000 for these needy students! Thank You!**



## **Fundraising Shopping Night at Soko Thursday November 17<sup>th</sup> to benefit Suitcases For Africa**



**Join us at SOKO, located at 319 Lakeshore in  
Pointe-Claire Village, Thursday Nov 17<sup>th</sup> from 5-8 pm**

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

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



**Come down, have some fun and know that your purchases are making a  
difference! Thanks for caring!**

**[soko@bellnet.ca](mailto:soko@bellnet.ca) 514-697-SOKO (7656)**



275 Elm - (Elm Plaza)  
Beaconsfield, H9W 2E4  
514-694-2070

[mycorefitnessclub@gmail.com](mailto:mycorefitnessclub@gmail.com)



**Suitcases for Africa**



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



## Communauté **CORE**

Community Cares **ACTION!**

### Foire Artisanale et Tombola

Holiday Craft Fair & Raffle

Find some  
unique  
Christmas  
gifts and  
support a  
good cause at  
the same  
time!

**Veillez supporter des initiatives  
sans but lucratifs?**

Venez nous voir chez Club de Conditionnement CORE  
pour notre Foire Artisanale, vente de pâtisseries, et  
tombola au profit de:

Suitcases For Africa and Joshua's Well Project

**Dec. 2, 3, 4, 5, 2016**

## Christmas and Holiday Fairs & Bake Sales

SFA will have a table at the following Fairs in the community. We will be selling our Donation Gift Cards and a beautiful assortment of gifts, crafts and jewelry brought back from Kenya for our African Market. Stop by and say hello to our volunteers who can update you on the latest news from our projects.

### St. Edmund School Holiday Fair

Saturday, November 19, 10am-3pm  
115 Beaconsfield Blvd., Beaconsfield.



### St. Patrick of the Island Church

Saturday, November 26<sup>th</sup> 10am-3:30pm  
278 Shamrock Dr., Pincourt.

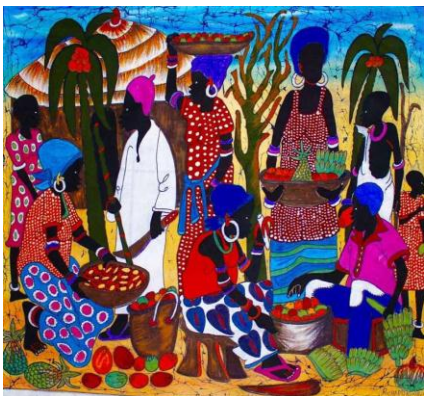
### Core Fitness Craft Fair (see poster on p. 18 for details)

275 Elm St., Beaconsfield, Dec. 2,3,4,5

### Dorset School Christmas Fair Sat. Dec.3, 10 am-3pm

106 Dorset Rd. Baie D'Urfe

## Corpus Christi Parish Bake Sale & African Market



27 Pacific, Senneville

Sat. Dec. 10 after 5pm Mass &

Sun Dec.11 after 10 am Mass

We will also feature a **"Jarbola" Table** at this event. We are asking for your donations of jars filled with whatever you can think of... preserves, jams, baking, craft items, shells, crayons, etc. **Let your imaginations run wild!**

**Drop them off to us or arrange for us to pick them up!**

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

**Thank You and Hope to See You There!**

# Jarbola Fun!

SFA is looking for donations of jars filled with whatever you can imagine! We will be holding a **Jarbola Table** at the **Corpus Christi Parish Bake Sale & African Market** on Dec 10 & 11. We need lots of jars to make it fun and interesting for people who will be taking their chances on winning a surprise.

We invite you to donate jars of preserves, jams, jellies, pickles, baked cookies or goodies, craft items, shells candies, marbles, a gift certificate or whatever you can think up!



## Let your imagination run wild!



Contact us at [info@suitcasesforafrica.com](mailto:info@suitcasesforafrica.com) to learn more or arrange to drop off your jar donations to us. We can also pick them up. **THANK YOU for CARING!**



## How You Can Help



- 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](http://www.suitcasesforafrica.com)
- How to Contact us: [info@suitcasesforafrica.com](mailto:info@suitcasesforafrica.com)

Follow us on Facebook for the latest news and photos at  
<https://www.facebook.com/suitcasesforafrica>

“Like” our page to spread the word on social media.

**Thank you!**