



Health Education Africa Resource Team

The Pulse

HEART KIDS FOR SCHOOL

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"They will tell you everything that is happening here."

- Colossians 4:9

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MEDICAL CAMP AND HTC SERVICES IN NYAMUSI



HEART in partnership with Nyamusi Village Care, a community based organization, Auburn

Grace church and UCD medical Team sponsored a medical camp for the community in Nyamusi, Nyamira County from the 2nd to 4th of June 2011. In collaboration with the District medical officer of health and his personnel, the event saw that the community's immediate medical needs were addressed.

The team conducted medical check ups, diagnosis and had a pharmacy set up to provide medicine. The most serious cases were referred to the district hospital. Also set up were HIV/AIDS voluntary testing stations.

The three day medical camp had a target of attending to 1500 people but only 1277 people were assessed and treated. The VCT stations attended to 140 people who were tested for HIV/AIDS and counseled.



Dr. Flynn with the Nyamira district medical team.



UCD intern Qynn attending a patient in Nyamusi.

Those found positive were referred to nearby clinics for further check up and assistance.

Every member of

	MALE	FEMALE	TOTAL
ADULTS	150	642	792
CHILDREN	255	230	485
TOTAL	405	872	1277

the community who came for the medical camp was attended to thanks to Pastor Julius and the District medical officer for availing adequate personnel.

The medical camp provided a good learning ground for the UCD medical team as

most of the cases were only known to them from books. "I have never seen Scabies. This was my first time." said one of the medical student. The Medical camp was also used as a platform to launch a food security program in Nyamusi. Sponsored by the Auburn Grace

Church under the leadership of Pastor Phil, a greenhouse project was installed in the area. These would also mark the first greenhouse put up in the HEART's second phase of the Greenhouse project (more on page three).

"I have never seen Scabies. This was my first time."



The gift of Shelter



*Rose Okeyo, and her family
infront of her old house.*

The need for shelter is basic. Every being needs a safe place to rest their body and minds. Thus when it came to HEART's attention that some of KFS beneficiaries were living in structures that were worn down either from accidents or being up for too long, we knew we had to step in and with the help of HEART teams we have been able to save the situation.

On the 26th April 2011, during the Easter holiday Rose Okeyo and her children who had been living in a leaking house were able to get a new house and a pit latrine thanks to HEART through Bob Stern's family. With the support of the community led by Nyakach KFS patron, Bishop Yusuf Gowi, the house was constructed from the ground up.



*Above: Rose Okeyo, with Bob Stern
Family and Isaac Mzee infront of the
newly built home.*

*Below, The Bayside Church team with
the family of James Raiti in Manga,
Kisii.*



In Manga, James Raiti (12years) had been enduring a badly dilapidated grass thatched hut as shelter for years. James who is an orphan in our KFS project, (NY/ny/403) lost his parents to HIV/ AIDs. His two sisters dropped out of school and were married at the age of 14 and 12, respectively.

James's youngest sister Esther Mongina's marriage was unsuccessful and she returned to the home with 3 children; Ezra Raiti (9 years), Hellen Nyamoita (8 years), and Faith Kerubo (5 years).



The five had been living in their parents' old dilapidated grass thatched house, with a tattered roof and broken walls. Rain often filled the house as the grass thatched roof was worn out and lined with gaping holes. They had no bedding whatsoever. The family didn't have a toilet (choo) after theirs collapsed and depended on their neighbors.



*Community members and vol-
unteers busy building a house.*

Tuesday 28th of June

HEART Team from Bayside church in California was more than willing to make sure James, his sister and her children had a nice shelter, toilet and bedding. The Team did not just fund the materials but were at the site



working tirelessly to make sure that the day's goal was met. The community had dug the pit for the toilet and came in large numbers to assist in building the home.

FLORENCE GETS SHELTER TOO !

On 23rd June 2011, we received a heartbreaking report from Bernard Oseko our area administrative co-ordinator in Manga that one of the

KFS beneficiaries in the area by the name Florence Monda KFS # NY/ny/138 had her house burnt down by an alcoholic uncle. Florence and her grandmother lost everything including four goats that she had so far gotten from the KFS project. They were left with no alternative but seek refuge at a neighbor's house .

HEART team and the community together came to her rescue and built a house for her. Courtesy of Kari Hazen's family, the team bought a bed and bedding, table, two chairs, blankets for the family.

Kids For School currently helps over 1,725 orphans and vulnerable children throughout rural Kenya. Out of that number, 765 are from Kisii area alone.

"Greenhouse Revolution" Phase III.

The Greenhouse projects have posted positive results and this has encouraged HEART and her partners to put up more Greenhouses to boost food security and economic empowerment in the areas we serve especially learning from the effects of the current drought situation in East Africa.

As a prerequisite for installation of the greenhouse, HEART requires the community to prove there will be sufficient and constant supply of water. The community also needs to donate land on which the greenhouse is to be installed. Before installation, HEART staff verifies that these conditions have been met.



First installation of Phase III was at Nyamusa, Nyamira

District sponsored by The Auburn Grace church. This was overseen by HEART's agronomist, Jared Abuga who made sure that the position of the Greenhouse was perfect to get maximum sunlight and the best soil. While presenting the project, Pastor Phil noted the benefits he hopes it will bring to the community and in particular, in regards to food security and economic empowerment.

Three more greenhouses were installed in Manga, Gucha and Nyakach districts.

As the installation was ongoing, HEART was also conducting a monitoring and evaluation of the project. This has been very beneficial especially in making sure that the Project is a success. Also, new technology to deal with diseases affecting the crops e.g Blight has been introduced. The technology called bagging, ensures that the disease is restricted to only the



plant it affects and does not spread. This therefore ensures that there will be maximum harvest.

HEART is particularly grateful for the renewal of the commitment by our partner Lift Up Africa. Together we can make Africa food secure!!!

"The need there is great – I could see it as we drove along, as children in dirty, torn clothes stared at us from every bend in the road. How many of these were orphans?"

Laureen Seibert, HEART Intern 2011 during a house building trip in Kisii.

Motivation and Mud - Building a Home in Kisii



On Sunday, August 14, the McGregor family, intern Lauren Seibert, Intern Coordinator Katelyn Winslow, and HEART field Coordinator Isaac Mzee loaded up the Land Cruiser and set off on the seven-hour drive to Kisii. The mission for the trip was twofold: to visit Sibia Nyaboke's family (HEART has enrolled two girls in the Kids For School program), and to help build a home for Brian and Christopher Nyanchoka's family.

Building the house is simple: the entire community comes together, and so the work can be done in one day. The frame is built from wood (sticks and branches), and then thick mud is packed into the frame to form the walls. Windows, doors, and a corrugated tin roof are installed to provide protection from the rain. When it hardens, the mud is almost like clay – strong and solid.

So is HEART really needed to build these homes? Yes: HEART used the team's funds to purchase the furnishings for the house and materials for the doors, windows, and roof; HEART also funded the skilled labor for installing the latter. To form solidarity with the people of Kisii, HEART sends volunteers (team members and staff) to help with the basic manual labor.



"We do this to show that it's not just about money," said Isaac Mzee, HEART's Field

Coordinator. "And also to pose a challenge to the community – to say look, we are doing this; you can do this."

After introductions, the team got down to it: tearing down the old decaying house, digging new holes for the posts, packing them with dirt, building the wooden frame out of sticks, and forming a human chain to pass mud balls hand-to-hand until they were packed into the walls. (As they did this, the skilled laborers worked on the roof.)



With dozens of community members to help, the work passed in a blur of sun, sweat, rain, singing, and spontaneous celebration dances.

Finally, after hours of work, a sudden rain downpour, a lunch break of rice and beans, and more work, the house was finished. Dancing and celebrating in the middle of the newly erected home with all the women, the family of grandmother Sibia Nyaboke, Brian and Christopher Nyanchoka, members of the community and the HEART team couldn't keep the joy from showing in their faces. At that moment, cultural differences didn't matter: everyone had built this

house together. You don't have to speak the same language to dance – and laughter is universal!

Before building the house, the team visited one of HEART's success stories: a family in which three girls were enrolled in the Kids For School Program (as well as the "Freedom For Girls" program, which provides sanitary towels so girls don't have to miss school during their monthly cycle). From the original gift of uniforms, a goat, and a house has sprung success and economic stability: baby goats born were later traded for a cow, which now provides milk for the family. The eldest girl, Juliet Kerubo Omwenga, is now in high school, hoping to become a doctor.



Story by Lauren Seibert, HEART 2011 Intern



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