



HEALTH EDUCATION  
AFRICA RESOURCE TEAM

**BEAT OF THE  
HEART:**

- **Greenhouse Project Launch in Gucha.**
- **School Bags Distribution in Nyakach.**
- **Community Capacity Building.**
- **Goat Replacement.**

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# The Pulse

HEART KIDS FOR SCHOOL

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

- Colossians 4:9

## Lift Up Africa and HEART Join Hands to Produce a "Greenhouse Revolution"



**Greenhouse Beneficiaries in Nyakach.**

Friday 8<sup>th</sup> October 2010 was a day like no other for the guardians of the Kids for School project in Gucha District. On this day, they witnessed the launching of the greenhouse project in the area. HEART was represented by Programs Manager Mr. Evans Masese and the Field Coordinator Mr. Isaac Mzee, while Larry Donahoo represented **Lift Up Africa**.

It was a happy day for them because not only were they seeing the first step of the greenhouse project come into fruition but also the first greenhouse in the district. "We have seen people coming, and motorists stopping

by to have a look and wondering what it is that we have erected here" said one elderly guardian, a member of the



**KFS Guardians in Gucha working in the Greenhouse in readiness for planting.**

group. He was referring to many people that were also seeing this new farming technology for the first time. The greenhouse is set to benefit forty households in Gucha district. This enhanced farming technique will boost production and provide food security as well as serve as a source of income.

It was not only joy that was evident on the faces of these guardians but also the enthusiasm with which they worked around the plot. "With this greenhouse we are now going to plant tomatoes for sale throughout the year," said

Priscah Makori the group's chairperson.

During the planning phase of this project, Evans told the community that there was not an adequate water source for long term sustainability of the greenhouse and challenged the community to come up with a solution if they wanted their area chosen for this project. They took up the challenge and to the surprise of HEART, the community decided to dig a borehole. This decision was arrived at when they realized that the borehole will serve to reduce costs and also as a



**Greenhouse Beneficiaries in Manga.**



**Beneficiaries of the Greenhouse, HEART's staff and Larry Donahoo of Lift Up Africa in Gucha .**

- **For making our projects a success.. Thank you:**
- **Lift up Africa I&M Bank**
- **Doshi Group of Companies**
- **HEART USA Board**
- **USAID/AED/CAP Kenya**
- **Eden Song Ministries**
- **Friends and churches in both US and Kenya**
- **Community Volunteers**
- **Caris Foundation**

## Changing Lives: Kids for School project



A happy Alice Auma a KFS beneficiary with her herd of our goats in the presence of her guardian Pamela Atto, KFS committee members, HEART's Field Coordinator and Debbie Killen a HEART guest from US.

Kids for School (KFS) project popularly known as "goats and uniforms" is a model project that has been very successful. This project provides female milking or breeding goats and school uniforms to orphans throughout rural Kenya. These children, mostly raised by elderly grandmothers, do not have access to education because they cannot afford school uniforms. The children in the KFS program have excelled by posting impressive improvement and/or high grade scores.



without good grades and the better the school the higher the grades must be ... we are very proud of these children's hard work!

The cycle continues when the first kid goat is presented back to the project for another orphaned child. The uniforms are made by HEART's WEEP project thereby linking the two HEART projects. The goats are providing the household with economic empowerment.

An example is Tosh Nyabuto

a 16 year old whose parents died of HIV/AIDS. This left Tosh in the care of his aging grandmother who is in poor health. She is unable to meet Tosh's educational and nutritional needs. Tosh excelled and passed his class 8 exams in 2009. HEART area Coordinator helped him to secure a place in Nyambaria High School; one of the centres of academic excellence in Kisii region! He wants to be an engineer when he grows up; he has a passion to learn and is grateful to HEART sponsors; **Dale and Janice Young**, for giving him the opportunity for education.

Through this project, children have demonstrated responsibility born out of the need to take care of the goats as they learn goat husbandry. Their self esteem has also improved due to possessing a new uniform and being the proud owner of a goat.

**"Receive my instruction, and not silver; And knowledge rather than choice of gold." Proverbs 8:10**



Above: A beneficiary recites a poem on HIV/Aids prevention during distribution of School bags in Nyakach.

## Distribution of School bags in Nyakach

KFS beneficiaries in Nyakach will never forget 5th day of November 2010. This is the day they gathered with their guardians at Konditi Primary School to receive a donation of School Bags from the HEART team. Present from HEART to witness this event were project manager, field coordinator, HEART driver and Debbie

**Debbie and Roy Killen** were happy to be part of the event and assisted in the distribution of the three hundred kits. They expressed their joy saying the children will comfortably carry and take care of their stationery.



Photos: HEART's Program manger **Evans Ndemo Masese** and a visiting HEART team member with **Gucha KFS leaders** in their office.



# COMMUNITY CAPACITY BUILDING.

With the goal to empower the local community, tremendous growth in terms of the community development has been witnessed. The once amorphous groups that consisted of different leaders have now registered themselves as Community based organizations (CBO's). The community provided the office space and HEART furnished the offices and equipped them with a computer, printer and a modem for internet connection. HEART has opened KFS site offices in all the

seven locations in remote Kenya. These offices have empowered the communities to fully take charge of the operation on the ground!

We are happy as an organization that the communities have fully



taken up the projects as their own and are now manning these offices.

Through HEART, leaders of these organizations have received training on self sustainability. One of the

CBO's, Wusenyi Kids For School has been able to secure government funding through NACC. This has encouraged the community and raised the hope of achieving their dream.

They have already embarked on project implementation and are grateful to HEART for the assistance extended to them since 2005, which was funded by the **Caris Foundation**. They have come along way!!!

**Photos: . Top Right, Meru KFS Leaders happy in their office. Top left, HEART programs manager Evans Ndemo Masese with Community Leaders in Manga KFS office.**

<p><b>INTRODUCTION</b></p> <p>In this brochure, we seek to address the issue of:</p> <ul style="list-style-type: none"> <li>Infections of new cases of HIV/AIDS.</li> <li>Absolutism among the youths.</li> <li>Drug abuse among the youths both in and out of school.</li> </ul> <p>And we also seek to offer practical advice on how to:</p> <ul style="list-style-type: none"> <li>Build Christian ethics among children between the ages of 8 - 10 years.</li> <li>Provide counselling among the adolescents between the ages of 13 - 18 years.</li> <li>Provide counselling among adults above 18 years on how to live a life of temperance.</li> </ul> <p>We believe the impartation of this knowledge will greatly reduce new cases of infections of HIV/AIDS.</p>	<p><b>8 - 12 YEARS OLD</b></p> <p>In building Christian ethics, children will acquire spiritual knowledge and learn to fear God.</p> <p>This is especially evident in the films and sermons should be on the Ten Commandments from the book of</p> <p><b>EXODUS</b></p> <p>Guiding children who receive spiritual knowledge in their early stages of life in most cases become successful - people in life. Indulgence in immoral practices is minimal due to adherence to <b>EXODUS 20:14</b>.</p> <p>Thus, infections of new cases of HIV/AIDS is</p> <p><b>PREVENTED</b></p>	<p><b>13 - 18 YEARS</b></p> <p>Adolescent youths both in and out of school are the most affected. Their indulgence in immoral sex, drug abuse and absolutism (<b>Mthanga</b>).</p> <p>Adolescent youths are advised to</p> <p><b>ABSTAIN</b></p> <p>from sexual promiscuity. Those in primary and secondary schools are advised to concentrate in their studies. Youths out of school are advised to stay</p> <p><b>DRUG ABUSE</b> and <b>ALCOHOLISM</b></p> <p>This will greatly reduce unwanted pregnancies among adolescents girls and prevent new cases of STDs and</p> <p><b>HIV/AIDS</b> in general.</p>
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**Above: A copy of brochures' used by the CBO's and a communications program in session in Lower Taita**



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**“Empowering the people of Africa to survive the HIV/AIDS pandemic”**



## Solar Revolution



Lift Up Africa funded 150 solar cookers to be supplied to households in HEART’s Kids For School project.. Guardians and the committee members were trained on how to use the cookers. HEART is following up to see the outcome of this initiative .

Solar cooker’s are one of the ways to utilize a natural resource the sun to cook. It is environmentally friendly, reduces dependence on fuel (wood or charcoal) and hence saves trees. It also reduces air pollution as it does not emit smoke. It is so much healthier for the guardians to use the cooker and for the whole household as they are not breathing in the smoke filled air.

Lift Up Africa and HEART join hands again to strengthen the vulnerable.

## Goats Replacement

In the beginning of the year 2010, we had a severe drought in some parts of Kenya that we serve. In Lower and Upper Taita, Meru and Loitokitok some KFS children lost their goats as a result of this. This meant a loss of source of income generation for our beneficiaries and had no way to replace it.

The last quarter of the year we saw lots of blessings. Some of the beneficiaries who had the misfortune of losing their goats had some good Samaritans coming in to replace them. The rains also came. We have been able to replace twenty goats in three areas thanks to I & M BANK. These are in Meru, Gucha and in Taita. Though initially a setback, children are happy again to have their assets back. This means bringing back nutrition as a result of the goat milk and income to the households as the goats reproduce and sold for family income.

**Thank you !!!**



**Photos: Beneficiaries with goats to replace those that died.**