



We Are One!



Harambee Kenya

July 3, 2016

Dear Family, friends and loyal supporters,

As I begin to think about returning to Kenya July 12th for 2 months it seems the right time to do some sharing of the incredible changes happening in East Uholo (pop. 30,000) and now Sigomere Ward (total pop. now 56,000). It is because of all our supporters and grants from Rotary International that much change has taken place. But most of all the changes are happening because of the people who live in Sigomere Ward who are willing to work hard to change their lives. I would like to share with you some of the changes I found on my last trip (Dec. 2015-March 2016) and since I came home. Now the last is an important statement. Yes! Now when I am in the states the people we work with continue to grow and change. Two incredible leaders and the people have just put in a spring protection with only general supervision from George Oyeho.

In January, Dr. Gretchen Berggren joined me in Sigomere for 10 days. She has been a medical missionary all of her adult life. She has lived and worked in 22 countries. She is now 82 and is still living a vibrant life. This included riding on the back of a motorcycle to get to meetings with women where she and her friend Carol taught self-breast examination to 500 women and girls. She went to church shortly after arriving. Her comment was : "These are the healthiest children I have seen in Africa." Also as Gretchen rode she noticed some fields looking like this:



The field above is sterile. The farmer has broadcast her seed. The field on the right is infested with the weed *Striga*. Pretty but deadly. Neither farmer will be harvesting even one 90 klm bag of maize for their family. There will be many nights ahead were mothers will settle children into sleep with empty bellies. These farmers still need the opportunity to learn good farming practices

But as Gretchen rode she realized that she was also seeing many fields that looked like the ones below. Abundant and green. These are our farmers. In East Uholo there are 700 of them now. Feeding themselves and their families.



Left to right: Farmer trainer Carilus with farmer, John Ojanja farmer trainer with maize, Jessica Oamo , farmer weeding maize.

We began with 50 farmers out of a population of 700 in 2008 (remember each farmer feeds an average of 5-8 people. We now have trained 700 farmers in organic farming using the Push and Pull techniques taught us by the Kenyan research center *icipie*. They feed themselves and their families. Jessica raises the maize for the four children of her husband who all live in Nairobi and have families of their own. John not only feeds his family, has built a new house but is also sending two sons to university with the proceeds. **Our goal is to reach 2000 farmers throughout all of Sigomere Ward by January 2018. It costs \$20 to train one farmer for a year. We can do this with help from people like you.**



l. to r. Sara leading her community and dreaming of building a new home, Paskalia, leader of the farmer trainers, is successful enough that she hires househelp and field hands to do the heavy work while she trains far and wide. Damar feeding his orphaned nephews and sister as well as his own three children, sending them to school and builing a new house. Letesia, a widow, sending children to college and feeding everyone. The list goes on and on. All started unable to feed their own and making less than 2 dollars a day. They now do not know hunger. They have food security. Several are making \$8 a day.

What did it take? A little knowledge and a lot of hard work! It only costs \$20 a year to train a farmer in organic agriculture practices. They do the rest. You can make a difference in helping to provide training for farmers.

Water and Sanitation:

Big advances in this area too. In February there was an outbreak of cholera in the surrounding area. I am pleased to share that we had none in East Uholo. Everyone kept waiting and no cases ever happened. All around East Uholo (population 30,000) people were going to the hospital and dying. What was the reason we had no cases? Rose Yogo the Community Health Officer of East Uholo had led her 34 Community Health Workers to go to every home compound and talk them into putting in a latrine. After two years of talking Rose was willing to engage the police. There is a Kenyan law that all homes must have a latrine. She would go with the police officer and there would be a heart to heart discussion. The police indicated they would be back in a month and if there was no latrine the homeowner could spend some time in jail. So East Uholo has been declared 100% coverage of latrines. Unheard of in developing countries. Sasa Harambee has done some activities with Rose around health.



Rose at her graduation from a 2 year college. Her father did not send her to secondary school. As an adult Rose went to secondary school and on to college to get a certificate in Public Health. Now she dreams of getting a diploma.

A home latrine with a tippy tap



Cholera and other water borne diseases are defeated by latrines, clean water and hygiene education.

Last year some great kids and their sponsor at a middle school in Bailey Colorado raised funds to protect a spring. They have done it again. We have applied to Rotary for \$10,000 to put in 10 additional springs.



George Muruka celebrates a successful spring protection that he built for us.

The big news is that George Muruka and Rose are directing and delivering the 11 springs. Rose and her Community Health Workers have already identified springs needing protection. They have gotten approval from the governmental entities, they are working with the villagers to get their commitment to pay 100 kshillings each and to bring jungle stones and dig ditches. **The community lead by George and Rose are managing this project.** George Oyeho is being a resource and will monitor the money but it is their project.

So what are we doing here? I have been calling it community development. In a conversation today with George Oyeho he called it **Social Transformation**. That is a far better description. Sasa Harambee through training has transformed lives. The list is growing but we want many to experience what these few I have shared about have experienced.

You may have noticed two logos at the top. As our numbers have grown from 700 people in 2008 to 56,000 people in 2016 the need to grow the organization has become apparent. Prior to Sept. 2015, Harambee Kenya delivered projects funded by Rotary International and Friends of Africa Education. All travel and administrative costs and program costs for agriculture were self-funded. This funding plan is not sustainable. This way of funding is holding back the organization. So a committed few formed a

board. They with Carol drive the changes. Our 501c3 is still Harambee Kenya but we are doing business as Sasa Harambee (Now! We do it Together) There is much social media growth thanks to our young volunteer Techy Dylan:

- evolving website –www.sasaharambee.org
- instagrams to keep folks updated
- reenergized facebook, constant contact and fundraisers.

All of this to get the news to you and to grow our donor base to do the work that needs to be done.

Together we can make the dream of Kenyans feeding and supporting themselves real. Please consider donating if it is right for you. Checks should be made out to Sasa Harambee, 25567 Red Cloud Drive, Conifer, CO. 80433.

And thank you from the bottom of our hearts!

Come and ride with us!

Thanks Curt and Gretchen

