



# NEWS



Cargo Human Care e.V.

September 2012

## Dear Members and Friends of Cargo Human Care,

This month we can report on two real CHC milestones from August: SummerCamp 2012 and the construction of the school in Marsabit.

On 13th August, I was able to experience the opening of this year's **Summercamp** in the Mothers Mercy Home at first hand and see how much our 111 children were looking forward to this week. The fact that the Summercamp is into its third year and has become THE annual event for our children, is thanks to a whole host of extremely dedicated volunteers – of which, by the way, a great deal are from Nairobi. Some of the local helpers such as Moses, for example, in the wood shop, continue to actively work regularly with the children afterwards. For our children the SUMMERCAMP is not just about having fun and a change of scene from the very strenuous Kenyan school-life, it is above all a professional orientation and preparation for training or study for those older children who will be leaving Secondary School at the end of 2013. For the younger children, it helps them to discover their interests. My heartfelt thanks go out to the whole Summercamp team led by Dr. Corinna Röhrich and Kerstin Wientzek. The Summer camp has become a fixed topic in the CHC program. Together with internship experiences in local companies in Nairobi, it will surely expand the children's horizon in the coming years too. Read about the Summercamp in Dr. Röhrich's review and the mail from our home manager, Paula. In addition, there is an article on internships by Kerstin Wientzek.

One week later saw the start of building work on our little **Nursery School in Karare**. I am sure you remember our successful CHC Hunger Help activity a year ago. The money collected at the time was only partly needed for the two villages near Marsabit. The much larger part of your contributions is now being used for sustainable, longer-term projects: the construction of a well and a small school.

After completion of the planning and tendering thanks to the amazing support from Joachim Pfeffer from the German company Gauff, we received four offers from building companies from Marsabit. The choice was quickly made and the foundation stone laid on 20<sup>th</sup> August already. We will keep you updated. The first pictures of the new building site in Karare please find in the Header. The plans for the well are also underway. The hydrogeological survey has been done and we have an offer for a solar-powered pump. We are now just waiting for the offer from the drilling company and will shortly come to a decision. Thank you, Joachim, for your fantastic support in both these (and other) projects.

Since a few weeks we are offering each of the 430 miles of the **Yukon Arctic Ultra Charity Run** for „sale“. If you decide to support Jörn Theissig and Dr. Christoph Kurth's activity by purchasing a mile, you will receive a mile certificate from us. The 100€ will go 100% to Cargo Human Care. Simply select your „favourite mile“ on our homepage [www.cargohumancare.de](http://www.cargohumancare.de). More on this in the article „Through Ice and Snow for Africa“.

Would you like to specifically help one young person in Kenya? Then I to suggest a look at our **sponsorship program** for needy children from the vicinity of the orphanage. Already 27 such sponsorships could be arranged in the past months – each one is different, both in terms of financial cost as well as required aid for the individual. Interested in sponsoring? Anke Gaußmann will gladly arrange this. Read her article in this publication.

Heartfelt thanks for your varied support

Your Fokko Doyen / 1st Chairman CHC e.V.



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# Summercamp 2012: all about sustainability!

By Dr. Corinna Röhrich

How does the solar-panel on the roof of the MMH work, exactly? What are chives? How can I use hydropower? These were questions that the children and teenagers in the MMH may not have asked themselves as yet. Sustainability was the overall theme of the different workshops on offer this year. All offers were well-received and met with great enthusiasm. In addition to the theory, there was a lot of practical craftsmanship. Proofs of this are e.g. the new kitchen garden, various wooden games, solar lamps and the freshly painted school benches. The afternoon was free for all kinds of games (sack-jumping has now also come to Kenya), team competitions in football and volleyball and, for the first time ever: the „Mothers' Mercy Superstar“ contest. Children could sing and dance – just like their international idols – in front of a strict jury; a great stage for the young to show us what they can do well.

Sustainability is a broad topic. The children and teenagers in the Mothers' Mercy Home learnt much about it in the week from 13.08 – 17.08 – irrespective which of the 7 workshops they chose. The most important “lesson” for our protégés, however, is the sustainability and durability of CHC. We have organised and carried out the Summercamp for the third year running now and it has thus become a fixed part of MMH. The children and teenagers have learnt that they can count on us; that we are here for the long-term and stand firmly behind them, accompany and support them. And that, latest in August each year, we come back again to them. A little stability, as important for the MMH as it is for each of us.

A picture gallery of the Summercamp 2012, the description of the different workshops and reviews by the carers will soon be available in the internet under .  
[www.cargohumancare.de/Summercamp2012.html](http://www.cargohumancare.de/Summercamp2012.html)





## An email from Paula (Home Manager MMH)

Dear Linda and your wonderful husband,

Warm greetings. What a wonderful and very successful week that has just ended at the Mothers' Mercy Home. This year's Summer Camp was extraordinary. The children learnt so much and my prayer is that they apply the knowledge in their day to day lives. We the staff were not left behind and we are now much more enlightened. Mothers' Mercy Home was like a bee-hive in that ended one week with everybody busy in their projects and the whole team from Germany like always facilitated very effectively. The climax was on Friday afternoon "**Mothers' Mercy Home Super Star**". Joy was written on the children's faces and all the participates as they cheered with excitement. What can we say?

It is difficult to get the right words to thank you. We shall treasure forever every minute that you spent at MMHome. The fact that you sacrificed your time to come and volunteer is really overwhelming.

Thank you very much and may God continue to bless you and your family.

My love



## Looking for internships, training positions and jobs in the area around Nairobi.

### The first teenagers are outgrowing the MMH

By Kerstin Wientzeck

**For CHC, providing orphans with a home and a future means not just offering shelter,** but also preparing the children for an independent life and enabling them to provide for themselves. In July 2013, the first young people will be attempting a start in the working world. They are looking for an employer and have quite a bit to offer: read for yourself.

#### Qualifications the young people have

All are between 17 and 19 years of age and have successfully completed Secondary School. Half of the school-leavers have already done a brief internship in an engineer's office or garden nursery.

#### Jobs being sought

The young people have very different interests. They are looking for trainee positions in artisanal or technical companies, in administration and media industries, in the medical field, tourism or agriculture.

#### Timeline July 2013

The first 19 young people will successfully complete school in July 2013.

#### Support that CHC provides

Career advice and support at the start of working life is very important to us. The young people will be supported by a Kenyan youth worker, starting 1.9. 2012, who will help them in looking for training positions and employment. She will also help out with administrative details such as looking for somewhere to live, registering with the authorities or opening a bank account. She will be the contact partner for a life outside the MMH

#### Employer location

The company should be in the area around Nairobi (radius max. 20 km), as the young people will also be supported by the youth worker during their traineeship.

#### Contact

Do you have a position to offer or do you know of a company where young people can apply to? We would be glad to hear from you. Please contact Dr. Corinna Röhrich and Kerstin Wientzeck at [info@cargohumancare.de](mailto:info@cargohumancare.de)

# Update Medical Centre

By Anke Gaußmann

Our patient base in the Medical Centre in Kianjogu has continued to grow. By the end of July, thanks to our contributors, we were able to treat 14,089 patients and pay for operations for 139 patients. Medically necessary surgeries are performed after the diagnosis by our doctors at nearby Nazareth Hospital and CHC assumes all the costs.



whereby people with diabetes will be taught how to deal with the illness. In parallel, a special diabetic consultation hour will be set up.

### **Hannah, a new nurse in the team**

Since 1st July, a new nurse has joined our team.

We can now treat four patients simultaneously. Hannah is 23 years old and a trained nurse since 2 years. She applied to CHC because she appreciates the independent work and dedication in the community. After her induction, she will support Jacqueline in prenatal care.

Special consultations such as prenatal care held by our nurses are also very well-accepted and highly popular. From September, collaboration with the International Diabetic Foundation is planned

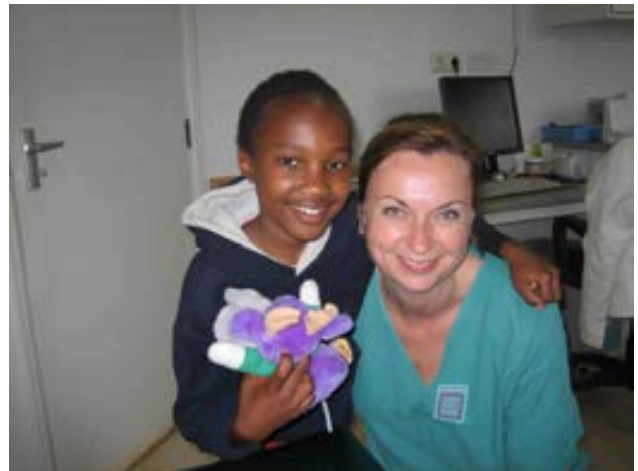
## **Moja, mbili, tatu - one, two, three**

### **Medical sponsorships for children with special needs**

By Anke Gaußmann

The latest sponsorship came about during one of our dentists' assignments. A patient had brought her 12 year old foster child. The girl, Esther, could hardly walk and was just 130 cm tall, but beamed all over her face when she saw the white dentist. The two immediately liked each other. Esther discovered that the dentist could indeed pull teeth, but not speak her language, so she began by teaching her to count in Kiswahili.

The doctor was impressed by the open and intelligent child. From the foster mother she learned the sad story: Esther was a so-called open spine (Spina Bifida) and was rejected by her parents after her birth. She lives with her aunt, who herself has five children. Although the defect was surgically treated, Esther did not learn to walk until the age of eleven. She needs special leg braces to keep herself upright as her muscles are not strong enough, but Esther is a fighter and finally made it. She now needs to attend a special boarding school to develop further. The medical sponsorship arranged by Cargo Human Care will ensure this.



### **Each medical sponsorship is individual since every child has different needs.**

Status as per 1.9.2012: 27 medical sponsorships exist. The children come from very poor families, 11% are HIV-positive. Children with congenital disabilities have an especially difficult start in life and yet it is often possible to help with very simple means; regular medication or medical aid, or attending a special school. CHC arranges special sponsorships in these cases. The costs of the sponsorship vary and are set depending on the level of assistance required; between 25-75 Euro per month. More information . [www.cargohumancare.com/medizinische\\_Patenschaften.html](http://www.cargohumancare.com/medizinische_Patenschaften.html)

# Yukon Arctic Ultra

## Through Ice and Snow for Africa

By Martin Schlingensiepen



Our two members, Jörn Theissig and Dr. Christoph Kurth, who will be participating in the most difficult marathon in the world in February 2013 – the Yukon Arctic Ultra with a distance of 430 miles or roughly 700 km – are in preparation and following their training plan. Everything is going well. Their efforts to generate donations for CHC with their sporting challenge are also going strong: there have been a number of interviews with various radio broadcasters as well as on television, and press articles about them have also been published. The other project of selling off the 430 miles at 100 EUR per mile has just started. More than 50 miles have already been donated and high-quality certificates sent to the sponsors. We have been able to meet each mile wish so far. Join in either as an individual donor or as a team, and book your own lucky number between 1 and 430, as long as it is still available. Hang your personal certificate up in your office, your practice, etc. to engender interest for our social commitment.

Our target is to generate 40.000 EUR in this way for our orphans and the medical centre in Kenya. Talk to your colleagues and friends about this project and encourage participation. Details are available on our homepage [www.cargohumancare.com/Yukon\\_Arctic\\_Ultra.html](http://www.cargohumancare.com/Yukon_Arctic_Ultra.html)

## Facts & Figures

### Cargo Human Care - The children in the Mother's Mercy Home

#### 111 children and teenagers

currently view the MMH as their home

#### 48 teenagers

attend the Secondary School. They are 14 -18 years old, so-called Full Boarders in a boarding school and return to the MMH at the weekend and during the holidays. Of these, 19 job-starters are looking for internships or permanent employment. They will finish Secondary School in July 2013.

#### 46 children

are between 4 -11 years old and attend the state-financed Primary School.

#### 17 children

are in their last year at the Primary School and will move to the Secondary School in the coming school year. These children are in need of school-sponsors.

#### 25 € - 30 € is the monthly cost

of schooling in the higher school. This includes the costs for the child's food and lodging. The school money is financed directly via the school-sponsor.







Cargo Human Care



**The calendar is naturally also available within LCAG, at the usual sales points:**

Cargo Booking, Building 420, 3rd floor.

Flight Operations, Building 420, 3rd floor from Karolina Hätyy

Press Department, Building 451, 3rd floor from Alexandra Wesser

**It is all a question of perspective!**

**Order your**

**Cargo Human Care Calendar 2013 now!**

Discover something new each month. Every month, the calendar shows a thought from the perspective of two worlds that could not be more different and yet are closely related. Once again, a quality wall-calendar for 2013 containing a selection of expressive photographs of aviation in combination with stunning images of CHC projects in Kenya. It is 48 x 29 cm and consists of 12 colour month-pages in German and English.

The calendar costs 12 € plus postage and if 10 calendars are ordered, the price is reduced to 10 € per piece.

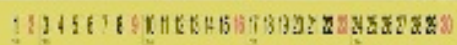
**New: Give a calendar with your personal greetings.**

The special feature this year is a customizable cover-page flap on which you can enter your personal wishes in by hand. The flap on the front page remains blank enabling you to decorate it with your individual greetings and give a personal touch to your calendar. The calendar can, of course, also be bought without this flap.

You can order online from 20.09.2012 at [www.cargohumancare.de/Kalender](http://www.cargohumancare.de/Kalender)

Calendars without a flap will be sent out in October; those with a flap will be sent at the beginning of November.

By purchasing a Cargo Human Care 2013 calendar, you are making an important contribution to the people of Kenya, because thanks to the voluntary work of the calendar team, particularly Marion Rockstroh Krufft and Franka Doyen, and the photographer the total income minus taxes and printing costs go towards CHC projects in Kenya.



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