



NEWS



Possible borehole site near Karare



Gerhard Meyke and Joachim Pfeffer in Karare

Cargo Human Care e.V.

June 2012

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Dear Members and Friends,

The Cargo Human Care Association has existed as a registered charity organisation for five years now. We reported on the highlights of the past year and our plans for the immediate and long-term future at our annual General Assembly of May. The minutes have since been sent to our members and are also available on our homepage. A related article by Renata de Witt is included in this edition of the Newsletter.

We have meanwhile considerably increased our areas of activity and tasks and will continue to tackle smaller and larger new projects in future. Thus, the active participation of committed members is becoming more and more important. The latest example is the task of the CHC School Officer, mentioned in the previous newsletter. Thank you to everyone who expressed their interest in this job – we have since named a small group of Lufthansa Cargo staff that will take up this project and breathe life into it. What is important for us is that our children and school classes get a realistic impression of what life is like for children living in the Mothers' Mercy Home. More details on what is planned will be communicated latest in the next newsletter.

The active cooperation of a number of members meant that we were able to limit the amount of work on the shoulders of all involved people. Due especially to the purely voluntary association work, we were able to permanently keep our administration costs on an exorbitantly low level – this edition includes an interesting figure regarding these costs, shown in the box on the left. One example, due to the voluntary work of our translator Brigitte Gledhill and our website designer Karin Thormählen, we are able to communicate in English and - that's brand new - present the English summary of our homepage on www.cargohumancare.com.

I would also like to give you an update on our current plans for Marsabit. I recently flew to

www.cargohumancare.com
the English version now online

Marsabit together with Gerhard Meyke (responsible for Finance and Building Projects in the CHC Board) and Joachim Pfeffer, a dedicated employee of the Gauff construction company, who had already given us good advice on the construction of the security wall. We all returned to Nairobi in the evening, deeply moved by our visits to the two villages Karare and Komboi. In short: CHC can really do a lot to help here!

Two long-term projects will now be taken up in Karare:

- **Construction of a Nursery School** with two classrooms, so that at least the youngest children are spared the long march (many kilometres) to school. Building work will start soon.
- **Construction of a well** close to the village. "Water supply" has up until now mainly taken place on the heads of the village women; they collect the water from a watering hole a number of kilometres away, and carry it back up the hill to the village. A lot of preparation work is required before we can commence work on the well. Joachim Pfeffer is constantly on the ball.

Both projects will be financed partly through your donations from our „CHC-Hunger Help“ request, but also through the huge support of the charitable trust, the Kröner-Stiftung, who transferred a number of large donations to use at the beginning of the year, with a view to further support to come for this important water project. My heartfelt thanks to the Kröner family at this point

THANK YOU to all of you for your continued, great support of our current and future projects.

Your Fokko Doyen 1. Chairman CHC e.V.

A mere **0,8%**
of the 2011 Expenditures went
towards administration costs.
A sensational quota!

Help for traumatised children in The Nest

By Veronika Rabe-Sievers

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The aim of my work as a Physiotherapist is to teach the carers how to deal with children who have been classed as particularly noticeable by the paediatricians. The special challenge is always to find out what kind of support each individual child needs most urgently, in order to compensate

the physical and mental abuse it has experienced. A detailed report (in German) on the work of the Physiotherapist at „The Nest“ can be found at

www.cargohumancare.de/Arzt_03_12.html



Inauguration of the Laboratory on 15th May 2012 The Medical Centre's medical productivity has been significantly increased.

By Anke Gaußmann

Our laboratory consists of a photometer and microscope. With these, we can check blood count, electrolytes, inflammatory markers as well as kidney and liver function, and diagnose or exclude important infectious diseases. The laboratory supports our antenatal outpatient clinic as well as the children's surgery, both of which have been built up by our nurses. A young Kenyan laboratory technician, Mr. Solomon Kinyanjui, manages the laboratory. He is supported from Germany by a volunteer, Sylvie von der Brelie, herself an experienced MTA.



Training Sponsorships

No one can take from you what you have learnt

By Axel Völkert

This is the motto which drives CHC and the project Chica (Children Care) to ensure that the children in care at the MMH are not only provided with the basic needs of food, shelter and health, but are also given the utmost support when it comes to education and vocational training until they are ready to make their own way in life.

We have therefore provided education sponsorships since 2010 for those children going on from primary school to secondary school. Secondary school is fee-paying in Kenya and yet, without a secondary school certificate, it is almost impossible to get a job. The only possibility in that case, is to earn a living as a so-called "casual". Naturally, this is →



without health insurance or social security, is poorly paid and can be terminated at any time.

Sparing the children from this fate is only possible through the fantastic support of our school sponsors. We have awarded a total of 56 sponsorships to interested and helpful sponsors since we began offering them in 2010, and have thereby secured the four-year education at the secondary school for these children.

The age structure in the MMH means that more children are

moving to secondary school each year. Next year, 18 children will require education support and another 14 in 2014.

Four children from the class of 2013 have already received sponsorships and we would be very glad to receive requests for sponsorship for the other 14.

If you would like to support a child, you will find all the necessary information at

www.cargohumancare.com/Patenschaften.html

We support chronically ill and socially disadvantaged children. A special kind of sponsorship.

By Anke Gaußmann

These children need our special support. They are given the opportunity to attend special schools (e.g. for blind children), and receive particular treatment such as physical therapy or speech therapy for speech disorders. We sometimes also support the relatives caring for a sick child.

The sponsorships are very different, depending on the needs of each child. Sometimes supplying school equipment is enough; sometimes the sponsors pay for expensive therapies or special aids. We are supported by a social worker in Kenya, who takes care of the sponsored children and often visits them. In early May, we had 16 children in our sponsorship program, supported by 15 sponsors. Our goal is to significantly increase these numbers.

For further information:

www.cargohumancare.com/medizinische_Patenschaften.html



Samuel 17, suffering from Diabetes himself, gave up school in order to look after his two younger siblings.

The 2nd of May 2012 A date that our new children will not forget so quickly

By Dr. Corinna Röhrich

On that day, following a lengthy selection process and many administrative hurdles, the first new children were welcomed to the MMH.

The children were chosen by the ladies of the Mothers' Union, whereby each Chairlady was allowed to present one child from her district. The Anglican Church covers twelve districts in the immediate vicinity of the Mothers' Mercy Home, and 14 children will be able to consider the MMH as their new home by the end of May. The selection criteria are very simple. The

child must be an orphan and fending for itself. Unfortunately, this applies to a large number of children, so it is not always easy to select the few from the many needy, who will be given a new home and a secure future. A recent law states that every child taken up by an orphanage requires a birth certificate – this is a major challenge for the ladies of the church. Lots of visits to offices and public authorities are necessary and the ladies are not always met by sympathetic officials. However, ultimately they were successful and each district is now represented in the form of a new protégé in the →





increased to 113, children needing care, protection and preparation for a good future. We are very pleased about the developments and hope to enjoy the continued excellent support of our members.

Mothers' Mercy Home. In addition, this year 2 children will be accepted from state-run institutions – this is another stipulation of the Kenyan authorities.

The first 10 children came to the MMH on 2 May and were greeted with cake, new clothes and freshly renovated rooms. Is it any wonder that the sweet cake received the most attention?

Each child was given a god-sister or a god-brother who will take care of the newcomers and help them start their new lives.

The Little Ones who came to the MMH in 2010 are suddenly the Old Ones and the previous number of 99 children has

Arctic Ultra Charity Run 2013 – through ice and snow for Africa

By Martin Schlingensiepen

We briefly introduced our members Jörn Theissig and Dr. Christoph Kurth's fund-raising project at our General Assembly. In February 2013, they will participate on the Canadian Yukon in the Yukon Arctic Ultra Marathon (YAU); over 430 miles (which is about 700 kms) on cross-country skis with a Pulk-sled. In taking on this major challenge, they wish to collect donations for CHC; hence the slogan "Through ice and snow for Africa".

One main object of the fundraising is Mile Donations. The goal is to obtain a donation of at least € 100 for each of the 430 miles. Each donor receives an original signed high-quality certificate with his or her specially chosen mile. Tell us your favourite number between 1 and 430 and, if still available, it will be allocated to you. For special miles as 100, 200, etc, we would like to achieve higher donations. Details can be found on the homepage. Start date will be 1 June. For further details on the course and the preparations for the run please find on www.arctic-ultra-spendenlauf.de. The mile auction by paypal can be found on www.cargohumancare.de/Yukon_Arctic_Ultra.html. Currently there is only this page in German but the English translation will be posted online soon.

Please note:

For better administration of the mile auction, a separate donation account has been established at
 Kreissparkasse Gross-Gerau
 Account number: 16066664, Sort code: 50852553.
 Swift BIC: HELA DE F1 GRG; IBAN: DE48 5085 2553 0016 0666 64

When making the money transfer, please also send us an e-mail to meilenspende@cargohumancare.de, stating your desired mile, your address and the name you want to be entered on the certificate, so that we can forward this to you. Please state if you wish the certificate in English language. Your donation will not go towards financing of the run but 100% to CHC to support our work at the medical station and the orphanage in Kenya. Thank you for your support.



1 Mile for CHC



Incomes 2011	316.500€
Donations	78%
Membership Fees	9%
Calendar and Picture Sales	5%
Sponsorships	4%
Interest	2%
Patients	2%
Expenditures 2011	234.300€
Building/Repair/Security costs	7%
Medical aid including staff and deployment costs	70%
Children's Care MMH + The Nest incl. staff costs	9%
Hunger Help Marsabit	9%
Production Pictures and Calendar	4%
Administration costs	> 1%



Art Direction: Redhome Design, Nana Cunz



Healthy Basis! CHC is well set up, strong and robust. General Assembly in the Cargo Canteen on 8.5.2012

By Renata de Witt

Looking back on 2011, it was once again a very productive and eventful year for CHC. The individual Board Members gave sound and comprehensive presentations on what was achieved during the year, what it had cost, where the problems were and what solutions were being sought.

The plans for the year 2012 are also impressive.

- 31 doctors will fly out on 70 missions to Nairobi.
- 14 new children will be taken up in the MMH.
- A nursery school will be built for the youngest children in the drought region, in the North of Kenya.
- A master-plan has been developed for the layout of the MMH grounds including a new kitchen as well as a move to bio-gas as energy-provision.
- Extraordinary actions to attract donations, e.g. the Yukon Arctic Ultra Charity Run and the associated mile auction.

The fact that 59% of the total donations revenues derived from the small to medium regular individual donations speaks volumes:

CHC thrives because so many people participate.

In 2011, CHC managed to cover the operating costs with the current income and even managed to put money on the side for larger investments. For the first time, plans for the coming year, with the exception of one-off investments, include a balanced budget. A healthy basis for a successful future.

Our thanks go to the management and employees of the Lufthansa Cargo Canteen, who provided the appropriate setting for the General Assembly, and the company Hifi-Klang, for the highly professional presentation technology.