



NEWS



Cargo Human Care e. V.

March 2012

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Dear Members and Friends of Cargo Human Care,

2011 was a very successful year for CHC and therefore also for all those people in Kenya who depend on our help. The highlight in 2011 for me personally, was being awarded the Federal Cross of Merit on St. Nicholas' Day. This is public acknowledgement of all that which we have achieved in Kenya. I gladly accepted this award as a representative of all the activities our extended CHC family. At this point I would like to again express my thanks to all those who invest a great deal of time and effort in the CHC project and who do this gladly. And many thanks also for the messages of congratulation you sent me. Asante sana!

To name just a few of the highlights of last year, I would like to mention the opening of the new treatment rooms in our Medical Centre, which enabled us to significantly increase the number of patients. The "Summer Camp" took place for the second time in August, in the Mothers' Mercy Home. Here, our children not only had a lot of fun in the workshops, but also gained insight into job perspectives such as, woodworking and sewing, to name just two examples. August also saw the start of our new project "Hunger Help".

Last year's successes encourage and motivate us to tackle even more in the future. We, as Board members, see it as confirmation of our commitment when members and observers from outside approach us with new ideas. People, who are prepared to put in a lot of energy and new ideas and involve themselves in the CHC Project. The best current example of this is the „Arctic Ultra Charity Run“.

Jörn Theissig and Dr. Christoph Kurth will participate in this in 2013. They aim to cover a distance of 430 miles (!) on cross-country skis under extreme conditions and gain sponsors for CHC. More on that in this Newsletter.

What we have set ourselves for 2012:

- In March, 12 children will be accepted into the MMH
- Opening of the „Handcraft Shop“ for the sale of items that have been produced by the children themselves
- We would like to name an Education Officer here in Germany
- Building work on the grounds of the MMH: „Master Plan“
- Establishment of an own laboratory in the Medical Centre
- Long-term help against hunger
- Seal of Approval. Our extremely low administration costs prove that we are serious about helping people in Africa. We want to have this officially certified with a Seal of Approval.

Our Newsletter, which has hitherto been published at irregular intervals, will in future appear four times a year in March, June, September and December, and will include short articles on topics that move us and interest you.

Thank you for your support.

Your Fokko Doyen 1. Chairman CHC e. V.

8,37 Euros

the average treatment costs per patient last year. These include deployment costs, personnel costs, medication and all the transferrals to the Nazareth Hospital.

Doctors call for donations to our „Relief Fund for Special Emergencies“

By Dr. A. Gaussmann, Gynaecologist, Dr. J. Bausch, Paediatrician

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Whitney Akinyi, 2 months old, a small, pretty girl, requires an operation to remove a brain tumour.

The baby was presented to our doctors in the MMH Clinic around four weeks ago by her young parents. They had noticed that her head was growing faster than her older sister's had done or those of the many other children in the neighbourhood. And it was good that they noticed this early on since we unfortunately had to diagnose the start of Hydrocephalus (Water on the Brain). CHC immediately arranged and paid for a quick operation. A bypass outlet for the accumulated cerebrospinal fluid using a delicate tube system was implanted without complications. Unfortunately this shunt as it is known in medical terms, leaks and has to be corrected. However, the problem is that the cause of the Hydrocephalus is a small, benign brain tumour (Plexus Papilloma), which permanently hinders the liquid-circulation. If this is not operated on, in a rather complicated surgical procedure, then the cerebral fluid will crush the brain tissue. Everyone knows what that will mean.

As do the parents. The father (28 years) works as a guard for a security company. The mother (25 years) lovingly cares for both her children at home. She naturally inquires worriedly, knowing what fate looms here.

Whitney only has a chance of reasonably good physical and mental development if she undergoes a large operation on her brain.

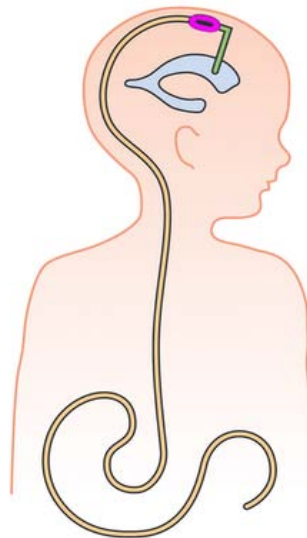
But no affordable health insurance exists for ordinary families. A MRT – a necessary visual examination in preparation for surgery – costs as much as the father earns in one month (€ 170). The operation, anaesthetic, hospital care and all the other costs are unaffordable for his young family, since they cannot live for months without keep in order to pay the hospital bill.

The necessary daily visit of the mother – living outside of Nairobi to the hospital in order to breastfeed and care for her baby, costs € 5. However, not in a train or regular bus, but in the only possibility: a Matura shared-taxi. Over-crowded and driven by kamikaze drivers, who have exchanged ability for an erroneous concept of faith in God.

We are willing and able to help, but cases like this exceed our annual budget.

This is why we have set up a “Relief Fund for Special Emergencies“. Please help. Whoever invests a few Euros in this case creates something priceless: human capital.

Donations Account: Holder CHC,
Nr. 160 60 600, Sort Code: 508 525 53
Intended purpose: “ Relief Fund Emergencies“



This illustration shows how a shunt is placed so that liquid can drain off.
Source: colbyandaverystory.blogspot.com



Under this header, we ventured into entirely new territory in August last year to tackle the catastrophic drought in East Afrika. Together with Bishop Robert Martin, we were quickly able to build-up the logistics to support 224 families in the two villages Kerare and Komboi. You supported us with the massive sum of € 54,068.04. In addition, a second, completely surprising single donation of € 20,000 was made!

We were able to finance three Food Stuffs transports to the two villages and thus secure the basic food supply for 224 families. In the meantime, the famine has been declared officially ended. The rains have come and people can help themselves. In line with our philosophy „sustainable and effective“, we want to ensure long-term improvements so that these people do not have to suffer lack of water again in a similar situation. So we are starting with the construction of wells. Gerhard Meyke and I will travel to Marsabit this month, together

with an employee of the Kenyan branch of the German construction company GAUFF, in order to explore the local possibilities. GAUFF has been supporting us in all construction projects for quite some time.

We will keep you informed about the next steps in the project.



Dukaa watooto, Or the Children's Handcraft Shop at Mothers' Mercy

By Dr. Corinna Röhrich

On Sunday 19 February, the doors of the Children's Handcraft Shop in the Mothers' Mercy Home opened. How can you learn the value of money, if your home is an orphanage and you will never be sent quickly to the market to buy some beans, rice any mangoes? If you have never had pocket money, or accompanied your mother when shopping? The best way then, is that you earn your own money through work that you have done with your own hands. The brilliant feeling of having created something of value – this, the children at the Mothers' Mercy Home were able to experience in last year's Summer Camp, where they learnt in various workshops, to produce items for sale in Germany. 50% of the proceeds went help people in need in the North of Kenya, the other 50% were spent on a music system for the home. That was the majority vote of the children.

Yet what was learnt once should not be forgotten and therefore the children continued to create, glue, sew and saw, and soon there was a sizeable amount of new products. These are on sale since 19/02/12 in Dukaa Watooto, or the Children's Handcraft Shop to visitors to the Mothers' Mercy Homes.

The shop was opened by the Mothers amongst much dancing and singing, and was stormed by curious children, whose eyes grew large as they recognised their own works bearing a price tag. And the first customers were not long in coming! An excellent incentive for the children, who have good reason to be very proud of their achievements. The shop will be operated as a permanent institution and will improve the small budget of the Mothers' Mercy Home.



Foto: Uli Wenzel

Arctic Ultra Charity Run

2 Cross-country skiers will be racing for CHC in the Yukon Arctic Ultra 2013

The Yukon Arctic Ultra is the coldest and roughest ultra-marathon in the world. Since 2003, it regularly takes place at the beginning of February in the Yukon Territory in Canada. Runners, skiers and mountain-bikers brave the classic marathon route or tackle ultra-distances of 100 or 300 miles, at temperatures of up to minus 50 degrees Celsius. Only every second year does the run go up to 430 miles – equivalent to almost 700 kilometres, on the legendary trail of one of the best-known and most difficult dog-sled race-routes in the world: the Yukon Quest.

700 km – on skis, with sled and tent - in 13 days and nights – through the Canadian winter – at temperatures of up to minus 50 degrees Celsius.

To date, out of 46 starters on the 700 km route, only 17 have made it to the finish – none of them on skis up to now! In February 2013, Dr. Christoph Kurth (45), a senior physician from Emmendingen, and Jörn Theissig (40) a detective from Frankfurt am Main, will be putting in their all to become the first participants to complete the race on cross-country skis.

In addition to this highly ambitious personal goal, the two extreme athletes want to use their participation in

this spectacular ultra-run in order to promote CHC's work in Africa, attract new members and collect donations on our behalf. The donated money will go solely to the financing of Cargo Human Care's relief projects and is not intended to support the participants of the Yukon Arctic Ultra.

Exciting information on one of the last great adventures in this world and the Kurth & Theissig 430 team can be found under:

www.arctic-ultra-spendenlauf.de.



Food packages for the Mothers' Mercy Home

The German fruit and vegetable importer Zimpelmann Agentur GMBH, headed by Mr Rene Zimpelmann, recently learned about CHC's work in Nairobi. A good Lufthansa Cargo customer, Mr Zimpelmann regularly imports fruits and vegetables from Nairobi. After visiting Mothers' Mercy Home, he was so impressed that he spontaneously agreed to regularly send fruits and vegetables from his suppliers to our orphanage. Since December, large food packages are delivered to MMH every week and are happily received and enjoyed by the children.

A big Thank You to Mr Zimpelmann and his organisation in Kenya – an excellent example of the dedication this long-standing Lufthansa Cargo customer brings to CHC. This new

kind of cooperation between CHC and a Lufthansa Cargo customer who mobilised his supplier in Kenya to help people in need in their own country, could well serve as a precedent. Just like the manifold activities of Lufthansa Cargo AG.

Tell everyone you know, because every reference to CHC brings in new friends and members.

Lufthansa Cargo, for example, carried out a large-scale image survey amongst its customers last year and donated one Euro to CHC for every feedback received, generously rounding-up the sum at the end. And in the previous newsletter sent to 4000 customers world-wide, CHC activities were prominently mentioned in the preface.

This regular support from the cargo world enables us to plan wisely and ensures the continued implementation of projects.

Save the Date – CHC Annual General Meeting 08/05/2012

The Cargo Human Care Association's Annual General Meeting will again take place in the LCAG canteen this year. We look forward to welcoming you on 08/05/2012 at 19:00 and will inform you about the

current work and projects being carried out by CHC and provide an overview of the current financial state of the organisation. A formal invitation will follow via e-mail in April.

Education Officer Wanted

We have made fabulous experiences in cooperation with schools in throughout Germany. Teachers and students often come to us with ideas and wanting to help CHC. The children and young people are eager and willing to get involved when they learn more about the needs and circumstances of children in Africa and get an overview of the CHC projects. We would like to build a bridge here and provide our knowledge and materials to schools for use in lessons.

We are looking for someone to take care of the many interested students and schools, and to set up and maintain contacts. This is such a vast and exciting topic that it needs someone with head, heart and time. Who is

interested in this CHC task of Education Officer? Please contact us at info@cargohumancare.de



Facts & Figures

Cargo Human CARE – Medical Care 2011

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1,38 € medication costs per patient

The CHC's own pharmacy in the Medical Centre enables medical treatment for a large number of patients.

CHC orders the medication from a very reliable local supplier directly in Nairobi. The average costs for medication were 151 KSH, circa € 1.38 per patient. In 2010, the costs were still at 163 KSH. Unfortunately, our (very reliable) medication supplier increased prices in January by an average of 12 %. This, however, is in line with the general inflation in Kenya.

29 doctors

In 2011, our „Doctor Family“ consisted of 2 Ears-Nose-Throat specialists, 2 ophthalmologists, 6 gynaecologists, 6 paediatricians, 6 dentists and 7 general practitioners.

54 medical missions

A team always consisting of 2 doctors with differing specialisations regularly flew to Nairobi

162 days' medical commitment

Each of our 29 doctors flew 2-3 times to Nairobi in order to serve from Monday to Wednesday at the Medical Centre.

230 days that the Medical Centre was open

Thanks to the local medical staff, continued medical care is also guaranteed at times when German doctors are not present.

21,487 patients

received medical treatment in 2011 through CHC

€ 179,778.57 treatment costs

This includes all medication, personnel costs as well as operations in the Nazareth-Hospital in 2011



Asante Sana!

At this point, we would again like to warmly thank all the doctors, many of whom have actively supported CHC for years already; an experienced team of specialists who regularly close their practices in Germany for 3-4 days in order to work voluntarily at the CHC Medical Centre.