



NEWS



At the schoolbus



Werner Hildebrandt with students

Cargo Human Care e.V.

March 2013

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Dear Members and Friends of Cargo Human Care,

We have a lot of plans for 2013 and want to be at least as successful as we were in 2012.

2012 was – as we now know – an excellent year for CHC. This figure alone proves it: 24,408 patients were treated in our Medical Centre! Our donations which amount to 301.000€ are also something to be proud of.

There is a further piece of CHC internal news from the old year that I would like to share:

After naming Joachim Pfeffer as „CHC Member of the Year“ at the opening of the Nursery School in Karare, we also presented this award to Kerstin Wientzek at a small ceremony in December. Kerstin has been extremely dedicated to ALL activities concerning our children in the Mothers' Mercy Home over the past few years. She has untiringly supported our children – not just during the three Summer Camps, but certainly especially in this regard. We would like to say a heartfelt THANK YOU for this, dear Kerstin.

What tasks await us in 2013? There are two main items:

1. Construction of our new kitchen in the MMH, with a Bio-gas plant. Gerhard Meyke went through the tenders chosen by the contractor, locally in February, and made further preparations. We expect to lay the foundation stone in the 2nd quarter of 2013.

2. At the end of this year, the 19 eldest children of the MMH will leave Secondary School. This means an enormous task for CHC as we want to ensure the sustainability of our work and that these children have a secure future. Our new social worker, Mary, supported by Werner Hildebrandt, has sat down and worked out concepts for this. More on this in this newsletter.

Arctic Ultra Spendenlauf:

Jörn Theissig and Christoph Kurth started running for CHC on 3rd February in Whitehorse, full of optimism, energy and in superb shape. Unfortunately, after about one third of the route, adverse conditions and as Jörn said, “too much warm weather“, meant that the two had to give up.

Your miles were not donated in vain, as the British runner, Peter Gold, heard of the CHC charity run and spontaneously decided to continue the race for us and to carry the CHC running shirt through to the Finish in Dawson City.

That alone shows what legendary team spirit existed amongst the participants: everyone helps everyone else.

Peter made it to the Finish together with the CHC running shirt – congratulations and again - thank you Peter!

If you would like to know more about the CHC activities and talk to us and other members, please come to our General Assembly on 24th April 2013 at 19:00 in the Lufthansa Cargo canteen, entry via the airport gate 26.

Or simply visit our homepage <http://www.cargohumancare.de> and now also on facebook www.facebook.com/cargohumancare

Asante Sana
Your Fokko Doyen

Save the Date :

General Assembly 24th April 2013
in the Lufthansa Cargo canteen,
reached via Tor (Gate) 26

Christmas in the Mothers' Mercy Home

A little late, but wonderful

By Dr. Corinna Röhrich

We celebrated Christmas in the MMH on 5th January. In the morning, the house bull was slaughtered and served in a huge lunch at midday. There were mountains of food for each child and it was all eaten up.

Almost all children were back in the MMH; many somewhat thinner than before, but all happy and healthy. At Christmas, the children spend time with distant relatives and family members in the neighbouring villages.

The atmosphere was very relaxed and happy and everyone had a lot to tell.

The presents were distributed after the meal and this was a big event this year.

We had bought the majority of the presents, according to age groups, in Nairobi.

This went down well and the young people were really delighted with them.

The boys were given wallets and belts, the girls received bags or watches.

The little ones again received the lovingly decorated bags with coloured pens and glitter stickers, which Kerstin had arranged this year together with Mrs Berg.

This was exactly right choice for the little ones, whose eyes shone.



" The flying crew from Neukölln"

The Sonnen-Grundschule's Musical landed safely.

By Martin Schlingensiepen

After many rehearsals and wonderful decorating work, it was finally ready: on 26th and 27th February, Class 4B of the Sonnen-Grundschule (Sun Elementary School) in Berlin Neukölln performed their musical "Die fliegende Crew aus Neukölln" (The flying crew from Neukölln) in front of more than 400 students and 200 adults. The musical journey around the world also made a stop in Africa. Reason enough for the elementary school to promote CHC and their projects in Kenya and collecting a number of donations. The musical was a complete success and can be viewed on You Tube under "Die fliegende Crew aus Neukölln". In recognition of the continued support over the past two years from the teachers, parents and students of the school, Martin Schlingensiepen handed over a certificate of thanks



Asanta Sana, to the classes 4B, 1A and 4A.



The CHC running shirt was saved and made it to the Finish Arctic Ultra – Through ice and snow for Africa

On the 15th February, the last remaining runner of the race made it to Dawson City after a good 700 km. The Arctic Ultra Charity Run 2013 of our two members, Dr. Christoph Kurth and Jörn Theissig was almost a complete success. Their Motto was "Through ice and snow for Africa" in order to raise money for CHC and especially for our orphans in the Mothers' Mercy Home in Kenya. This part of their adventure worked out very well; by the end of February we were able to collect almost 40.000 EUR on our special bank account. A big thank you to all sponsors who supported us in this superb activity.

Of the 70 starters in the Yukon Arctic Ultra, more than 30 already had to give up after the first three days, or were taken out of the race because of frostbite and exhaustion. 2 runners out of 18 managed the distance of 300 miles and only 14 were able to successfully complete the 430 miles. Unfortunately, after considering the conditions at length, and after having completed 233 km, Christoph and Jörn also had to drop out of the race at the beginning of the 5th day. Even under optimum conditions and going non-stop on skis for more than 26 hours solid, they would not have reached the next checkpoint by the given time-limit, despite being fit and well. It was unlucky that our two sportsmen were faced with extreme winter weather on their section, which severely hindered their progress on cross-country skis and where they had to erect an emergency bivouac. This sadly threw them out of the time limit. After all the training and the considerable preparations, it was a huge disappointment for them.

Yet, at Checkpoint Pelly Crossing, they were to experience the legendary spirit of the Yukon Arctic Ultra, where all participants always support and help each other despite the tough race conditions. One of the participants, Peter Gold from England, was so enamoured by the idea of the charity run and both our CHC runners' dedication to the cause, that he spontaneously declared that he would take over and finish our Arctic Ultra charity run for CHC and the children in Africa.

Jörn and Christoph handed the CHC running shirt over to the newly nominated ambassador of the charity run, Peter Gold, and Peter promised to bring it through ice and snow for Africa to Dawson City. On 15th February he reached the Finish shortly before midnight. A very special thank you from all of us to Peter for his fantastic achievement and commitment to CHC.

All details of the run are found on the <http://www.arctic-ultra-spendenlauf.de> homepage, under the tab "Tagebuch" (Diary). On behalf of all CHC members, we warmly thank Christoph and Jörn for their wonderful spirit and the living of their dream for our children in Africa.

You cannot carry out a dream, you can live it.

It is not yet over. The project carries on. Christoph and Jörn will continue to collect donations for CHC through lectures on their adventure. If anyone is interested in helping or has ideas on how to go about this, please contact us.



Physiotherapy in our Medical Centre

By Dr. Anke Gaußmann

Since 1st February, Peter Waweru, a physiotherapist, is working in our Medical Centre. He is on site on an hourly basis and has brought his own equipment.

Peter is a state-certified physiotherapist and convinced of our work in Kenya.

He heard of us through joint contacts at the Nazareth Hospital, and contacted us to find out if a self-employed physiotherapist could be of use in our Medical Centre.

This is a great help for our patients who are poor and "without wheels". The long way to the Nazareth Hospital some 25 km away, where patients formerly had to go for physiotherapy, is no longer necessary.

A physiotherapy session costs us around 3 €, by the way.

We hope that this is the start of a long and fruitful cooperation to the benefit of our patients.



Standing on their own feet – the future for the school leavers of 2013

Projects in the MMH.

By Werner Hildebrand

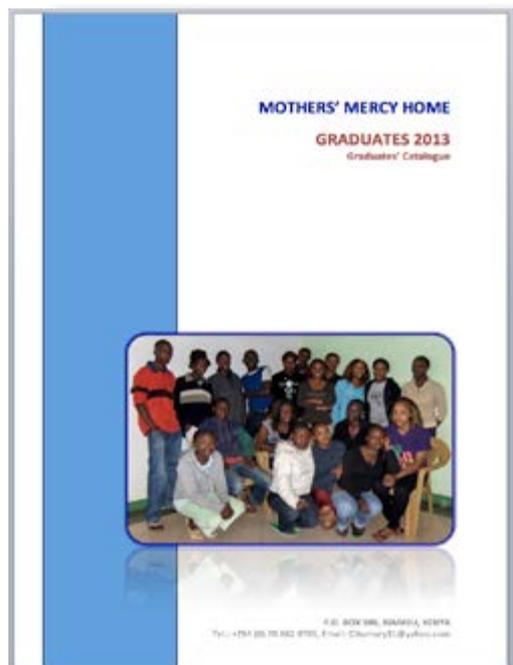
What is to become of the „Seniors“ of the Mothers' Mercy Home (MMH) once they finish school? This question will require an answer come November 2013 for 19 young people between the ages of 15 and 18 years. CHC aims to accompany all children to an independent and safe future. The task given to me and the reason for my project mission in Winter 2012/13, was to develop an „Exit Strategy“ and illustrate how the aim can be achieved.

Working in a team together with Mary Wanjiku, who works as a Youth Counsellor in the MMH since September 2013, we visited established orphanages in and around Nairobi, to research „best practices“ when it comes to the reintegration of orphans into society. Large institutions such as „SOS“ and „Feed the Children“ were amongst the homes visited, alongside small, local ones such as Irene Baumgartner's „The Nest“.

The support spectrum ranged from „zero“ right up to dedicated social workers who provide individual care for each person. Some institutions take over the cost of living and getting started, for a certain amount of time.

19 children in focus

The next step was the analysis of the young people's skills profiles, their performance and each individual situation. To do this, we visited their boarding schools and spoke to students, teachers and headmasters and mistresses.



A career-oriented workshop program in the MMH planned for the start of the Christmas holidays, began on 12th November already due to a teachers' strike.

We had defined four projects for this:

- Modernisation of the MMH Shop
- Facts & Figures on the MMH & Medical Centre
- Graduates book „MMH Graduates 2013“
- A report on all activities

Alongside practical tasks, the aim was to experience project work and management as well as getting to know one's own abilities. Plans and results were regularly presented, experiences reflected on and discussed in feedback rounds, and considered in relation to individual perspectives for the future. The young people were committed to the workshop, went through some „ups and downs“ and achieved very good results in the end. We were of the impression that some were very motivated by the workshop, which also was reflected in their school performance.

New challenges for the MMH and CHC

In order to finalise the concept, we now need to define a specific follow-on position for each school leaver, which fits his individual skills and will enable an independent life in the mid- to long-term. To do this, we will be selecting and visiting suitable colleges, universities and career-training institutions during the first quarter of 2013. In parallel, work experiences need to be arranged for all school leavers in 2013. A new phase will commence for the MMH and CHC, whereby a growing group of children will be being cared for and supported also outside the MMH.



Facts & Figures in 2012

- 70 Children attend the new Nursery School in Karare since this year. They are equipped with school uniforms and educational material and furniture for both classes is due to be delivered soon.
- 111 Orphans found a home in the MMH and celebrated a happy Christmas together
- 24.408 Patients were treated in the Medical Centre
- Individual donations – large or small: each one enables practical help in Kenya
- Support in the form of reports, activities and donations, was received from 9 countries: France, UK, Austria, USA, Switzerland, Spain, Germany, Singapore, South Africa

THANK YOU

A heartfelt Thank You to all donors and supporters. We are especially happy to have received so many individual donations as well as the very creative activities carried out to raise money for Cargo Human Care, at the same time drawing attention to us. All these many single donations add up to a very large sum and make it possible for CHC to carry out measures to help the orphans and poor patients in Kenya.

82 Sponsorship

445 Membership

650 Individual Donations

301.000 € CHC Donations 2012

Dankeschön, asante sana, thank you, merci beaucoup, muchas gracias

EVENTS

CHC will be presenting at the „Weitsichtfestival“ (Vision Festival)

It promises to be a colourful, innovative and visionary festival which runs under the motto of „AFRICA“ this year. Among the eight live multivision shows from well-known photographers and adventurers, there are three wonderful Africa documentaries, as well as an acrobatic multivision music show by the ADESA group from Ghana. Not only exhibitors and organisations concerned with the themes of Photography, Adventure, Travel and Outdoor, will present here, CHC will also be participating with a stand in order to show our Kenya projects to a broad audience.

Our CHC paediatrician Dr. Matthias Gründler and Brigitte Kratky suggested and realised the idea. They will be representing CHC at the exhibition. We still require help with manning the stand on both days. Anyone interested should please contact brigittekratky@gmx.de.