



NEWS



Building a new school in Karare



The Team of the Summercamp

Cargo Human Care e.V.

September 2013

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Dear Members and Friends of Cargo Human Care,

“How does CHC actually work?”

Perhaps you have asked yourself “how does CHC actually manage to keep its administration costs below 1%?” The answer is simple, a super CHC solution: “Through the enormous dedication of its association members!”

Not only do the entire board put a huge amount of time and lots of creative ideas into this good cause, but also the many helpers and confident sponsors who, with their almost par for the course commitment and large time investment, have made CHC what it is today.

In this letter, we would like to give you an overview of all the working groups and the people involved who are meant here. From the next edition onwards, we will then introduce their activities one after another.

Perhaps you are also interested in joining and supporting us in one way or another? Just drop us a line – we find something to do for almost everyone.

What other news is there to report?

The fourth CHC Summer Camp took place in August under difficult conditions. It was not very easy, on short notice, to get everyone to Nairobi a week later than planned. Why was this necessary, you might ask yourself? The Kenyan government had announced less than two weeks before the planned start of this much-loved event, their decision to extend the school year by two weeks because of the recent teachers’ strike. So instead of the planned Summer Camp that week, our MMH children had to attend school. But we managed to solve that problem too – we simply postponed the Summer Camp to the following week.

CHC on TV and on Youtube

The German television channel ZDF brought a documentary about us, in “Heute” [Today] and the Mittagsmagazin [lunchtime journal]. If you missed the heute-report, here is the link:

<http://www.zdf.de/ZDFmediathek#/beitrag/video/1961646/Deutsche-Mediziner-helfen-in-Nairobi> and
<http://www.zdf.de/ZDFmediathek/beitrag/video/1986908/#/beitrag/video/1986908/Deutscher-Kinderarzt-in-Kenia>

Another film about our work in Marsabit, was put together as part of a Bachelor-thesis by Catharina Pfeffer and is available on youtube:

<http://www.youtube.com/watch?v=1J7716PU7sA>

Work has started in Marsabit in the meantime on the building measure for the second school.

I would also like to inform you of a change in the CHC Board. We reported on our Annual Meeting and the setup of the new Board in our last newsletter. Meanwhile, we have internally voted in Gerhard Meyke as second chairman.

I wish you all enjoyment in reading the articles in this newsletter.

Warm regards,

Fokko Doyen President CHC e.V.

Take Care

CHC Calendar 2014 – order now
on
<http://www.cargohumancare.de/Kalender>

Summer Camp 2013 – How a new tradition is born in the Mothers' Mercy Home.

by Dr. Corinna Röhrich

When 113 children with shining eyes, collect together in the Common Hall of the Mothers' Mercy Homes, and start the day with a dance, then it is Summer Camp time at the MMH.

Traditions develop through repetition, like the Summer Camp which has taken place annually since 2010. For one week, the children and young people can shrug off their normal lives and gain new experiences in different workshops.

While the smallest children approach the "Little Fingers" workshop somewhat shyly – for them it is their first Summer Camp and they do not yet really know what to expect – the "Bigger Ones" are already true professionals and have high expectations of the "Muzungus" from Germany.

That these expectations are well met, is the reward of all those in Kerstin Wientzek's team, who have spent sometimes weeks in preparation for their role and workshop.

Experiment kits were put to use in front of an amazed audience, discarded bed sheets and uniform blouses were given new life using batik, life-size portraits of the children were created in collage, looms, games and towel-holders were carved out of wood, bracelets and necklaces were made from African beads and the children wove, painted, glued and crafted like mad.

The traditional Njama Choma – this year, three goats were feasted upon with relish - the trip and the Movie Night were attended by absolutely everyone.



For the youth of Form 3, this Summer Camp is at the same time a launch into a new chapter in their lives.

In the "How do I manage my finances" workshop, they learn how to set up a household budget, how to write a CV and how to master an interview.

This is the first important preparation step for their independent life outside the MMH in 2014, once they have completed Secondary School.

And because you should not break with good traditions, the one or the other is already mentally preparing their workshop for the Summer Camp 2014: the targets are high!

A photo-gallery of the Summer Camp 2013, an outline of the workshops and reports from the carers will be available soon on http://www.cargohumancare.de/Summercamp_2013.html



Sponsor urgently sought for chronically ill girl

Christine is an 11 year-old girl, who has been suffering from Diabetes Type 1 since 3 years. This means that, as a result of a simple infection, her pancreas no longer produces insulin. To survive, Christine has to administer an insulin injection under her skin, once every day.

The amount of insulin depends naturally on what Christine eats: if she has not eaten enough, her blood sugar drops too far. Christine then urgently requires food. Unfortunately her family is very poor and there is often nothing to eat at home.

We want to enable Christine to attend school and ensure regular meals for her.

Christine's medical care is guaranteed by our Medical Centre. Cargo Human Care also provide free insulin to Christine.

If you are interested in providing a medical sponsorship for Christine, please contact us at info@cargohumancare.de



Clinic for cancer-screening in our Medical Centre

Cervical cancer has declined significantly in developed countries, but not in developing countries. Causative viruses are involved, for which there is a vaccination in Germany. If the infection occurs together with an immune deficiency, a dangerous cancer can very quickly develop. If the right therapy is started early enough, this disease can be cured. This is precisely why we now have a special clinic (VIA) at our Medical Centre, carried out by a nurse who has been specially trained to do these examinations

The nurse's training was organised and paid for by Cargo Human Care.

The clinic has taken place three times so far: each time around 25 women were examined. Around 20% of the patients were classed as abnormal and transferred to cooperating hospital for further treatment. Thus, along with the vaccination clinic and the prenatal clinic, Cargo Human Care provides a further contribution to preventative medical care in Kenya.



Used glasses make eyes light up

When she set off for Nairobi in July, our ophthalmologist, Dr. Nicola Sommer, had a great deal of luggage. She brought around 100 new reading glasses and circa 40 used glasses with her that had been cleaned, serviced and sorted according to strength by an optician. Visual impairments that can be rectified with glasses, are one of the main concerns of our patients in Nairobi. The doctor recalls one experience in particular: a nine year-old boy came to the Medical Centre. The examination showed that he was extremely far-sighted. The only pair of glasses with the right strength were pink. The boy at first looked rather sceptically at them, but once he put them on, he broke out in a huge grin. Finally he could see again.

That was what is important – and not the question of colour!



We are building a school in Karare / Marsabit

by Gerhard Meyke

Education is one of the few things that can never be taken away again, which lasts a lifetime, which does not decrease with use and which doubles when shared.

These are convincing arguments for us to build a Primary School. After we handed the Wings Nursery School over, just a year ago, to be opened, construction work began on a Primary School at the same site.

Completion is planned for the end of October 2013, so that the school can be attended from the start of the new school year, by a further 60 children from the surrounding area.



Extension, maintenance and renovation of the MMH orphanage and the Medical Centre

Not so spectacular but very important for our work

by Gerhard Meyke

A reliable power supply for the Medical Centre

A 3-phase electricity generator was purchased in order to bridge the ever-recurring power cuts in Kenya, and to secure both the work in the MC as well as the water supply. This can be kept in continuous operation and can supply all the power sources as well as the water pump.

A voltage regulator was also installed, which adjusts the high and irregular voltage of up to 252 volts down to 220 volts. This ensures that our medical appliances and other appliances can continue to work, and no longer suffer defects due to too high voltage.

The bathrooms at the MMH are being modernised

Completed in 2009, the orphanage required thorough renovation after intensive use by more than 100 children and due to conceptual errors. This applied primarily to the bathrooms, sanitary facilities, lighting that was unsuitable for wet-rooms and all the skirting-boards that were already rotten in many places because they were made of wood. They were replaced by tile plinths and all joints covered with silicone. The work which started last year already, could only be carried out when most children were out, and was recently completed.

New furniture in the dining hall

Thanks to a generous donation from the “**Kinderhilfe des Swissair Personals**” [Swissair staff for children’s aid], we were able to refurbish and repair all the benches and tables in our dining hall. Of these, two table and four benches were made a little lower so as to serve for our youngest children. In addition, most of the new and very stable wardrobes for the children’s bedrooms, could be paid out of the donation.



Take care – heri na baraka

The Cargo Human Care Calendar 2014 is here.

As varied as the Cargo Human Care activities have become, as diverse is the new calendar. The calendar team has drawn analogies, sometimes funny, sometimes thoughtful, to the projects in Kenya and the CHC's daily tasks.

And the central focus in the theme is always care.

The wall-calendar has the well-known dimensions of 48 x 29 cm – this time in landscape format. It consists of 12 coloured month pages in German and English languages, and costs 12 € plus postage (total 15 €).

Order now at <http://www.cargohumancare.de/Kalender>

Naturally, it is again also available internally at LCAG

at the well-known sales-points:

Crewproceeding, Building 420, 3rd floor, Room 3.004A

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

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

Thanks to the volunteer work of all those involved, the proceeds go towards the CHC projects.

Many thanks for your support



CHC donates 300 winter hoodies to school children in South Africa

by Dr. Corinna Röhricht

At that beginning of July, when it starts getting very cold and uncomfortable in Johannesburg, CHC sponsored windbreakers for 300 school children. The children and young people living in the Alexandra Township in Johannesburg, always attend tuition on Saturdays. This initiative is organised by Rays of Hope, a project of the Rosebank Union Church. Lufthansa Cargo South Africa and its director Herman Zunker, support Rays of Hope in various activities..

Anita Ferri, a LCAG employee in South Africa, regularly provides tuition and told us about the children freezing, suggesting we supply each child with a jacket.

Makhosazana, in one of the many thank you letters received, explains what a warm piece of clothing means for the children..



SEPA - direct debit

Important information for all members and sponsors whose contributions are paid by direct debit: From 1.1.2014, due to the legal agreement within the EU, we will draw your contribution as a SEPA direct debit. Our creditor ID is: DE21CHC00000575577. Your CHC membership number will be shown as the mandate reference. You can find this already today on your bank drawing-slip where it is shown as the first variable entry. The debit is always drawn between the 14th and 17th of each month and the annual payment is taken in April.

We are obliged to inform you of this. There is no action required on your part. If your account details have changed, you can let us know by email to either:

"info@cargohumancare.de" or "sieglinde.reinhard@t-online.de"



Facts & Figures 2013

How does CHC actually work?"

In this edition, we would like to start with a small overview of our working groups:

Team Doctors	First and foremost, and visible to all, are our 37 active CHC doctors. Only thanks to them is our unique work for the people in Nairobi possible. Dr. Sven Sievers was responsible right from the start for the development of the initiative, and the result is certainly something to be proud of. Anke Gaussmann and Dr. Thomas Berger are now responsible for our team of doctors and the staff at the Medical Centre.
Team ChiCa	ChiCa = Children Care. Dr. Corinna Röhricht and Kerstin Wientzek, together with a whole troupe of very active volunteers, take care of everything to do with "our" 113 children at the MMH. To name just a couple of topics: Summer Camp, Workshops at the MMH...
Team AGÖ	The AGÖ = Arbeitsgruppe Öffentlichkeitsarbeit, (Working Group Public Relations) is managed by Martin Schlingensiepen and is always in demand when it comes to all kinds of media and public relations. This newsletter, including translations, the CHC calendar and all external appearances in flyers, posters and at events, are dealt with here. Karin Thormählen looks after our homepage and facebook.
Administration	Sieglinde Reinhard takes care of all the administrative tasks: membership management, donation invoices, minutes, debiting contribution.
School officers	Mrs Theobald and Dr. Matthias Gründler arrange and maintain contacts to German schools. We feel that it is important that children in German schools learn more about what life is like in Africa.
Cargo Travel Bureau	Three ladies provide excellent support when it comes to booking flights for our doctors, and always come up with a solution when the situation is tight.
Press department	The Lufthansa Cargo press department supports us with internal and external press contacts and has often implemented creative ideas which have not only generated publicity for CHC, but also a vast amount of donations.
Sponsorships	We offer three different sponsorship models. These are managed by: <ol style="list-style-type: none"> 1. Axel Völkert. Since years, he has been looking after the Secondary School sponsorships for our young people at the MMH. 2. Werner Hildebrand, together with our social worker Mary and the working group ChiCa, developed the concept for the training sponsorships. 3. Anke Gaussmann takes care of the medical sponsorships.
Construction projects	Our construction projects are managed by Gerhard Meyke. We can no longer imagine being without the local support provided by Joachim Pfeffer and Bulli, our architects.
Contact in the office at Lufthansa Cargo	Karolina Hättly works part-time at our "office" and is sometimes supported by an internal trainee.

This is a first overview of the topic "how CHC actually works". There are a great deal more involved than are listed here. We will present all the activities of the individual areas of responsibility in subsequent editions of the newsletter.