



NEWS



The new stables



Always here for the children

Cargo Human Care e.V.

December 2013

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Dear Members and Friends of Cargo Human Care,

December is the month in which we look back at what has happened this year in CHC

The Year 2013.

... for CHC was characterised primarily by large investments. Investments in new buildings at the Mothers' Mercy Home and a second school in Marsabit, in which Gerhard Meyke and Joachim Pfeffer were mainly involved. More on this in this newsletter. A much more important investment, however, is the one in the future of „our children“. This year, we have focused intensely on preparing career training for the 18 young people who will be finishing Secondary School in December. Many of you are prepared to sponsor them, thus laying the foundation stone for a secure future for our eldest year. Under the motto “Education cannot be replaced by anything other than more education”, the ChiCa-Team, Dr. Corinna Röhrich and Kerstin Wientzek together with Werner Hildebrand, developed a detailed plan. We will be reporting on its implementation in 2014, for sure.

.....was marked on the medical side by very positive trends. A stable number of treatments of people who, without CHC, would not be able to afford to see a doctor. We continue to carry out around 2000 treatments a month in our Medical Centre. This year, we have started also offering physiotherapy and cancer prevention for women. We are making major progress in the field of ophthalmology thanks to the generous support of the Kröner Stiftung. On the cost-side, we were able to achieve significant reductions on the bills from the Nazareth Hospitals. This is important; as otherwise, all our expenditures are dramatically increasing.

2014 – How will things continue?

We will, naturally, continue to put all our efforts into the current projects, and will remain a reliable partner to all the children in our orphanage, those children in our spon-

sorship programs, the many patients in our Medical Centre and the school children in Karare. Together with them all, we will keep the CHC flag flying high. On the medical side, we are planning to have a Dental Hygienist as part of our preventative medicine focus, and psychotherapeutic counselling for our traumatised children.

Members often ask us: "What can I do to add to the success of CHC?" We have found tasks for many of you and now have a large group of "volunteers". We are pleased about every person who wants to join. There is something else you can do too: if you like what CHC are doing, then please advertise this in your community. Recruit one or a number of new members to the association, and if you are successful and lady luck is on your side, then you might well be rewarded. We will raffle a MD11 simulator flight at our Members Meeting in 2014. All those who have recruited members for our association will be included in the draw. The more you recruit, the better your chance of winning! Or why not give the gift of an annual membership at Christmas or on a different special occasion? We will send you an attractive presentation certificate. More details are included in this Newsletter.

Firstly, however, we wish you happy holidays and thank you very much for your loyalty and support

Your Fokko Doyen / 1.Chairman CHC
(On behalf of the entire CHC Board)

Fly the MD11 in the flight simulator Campaign: Members recruit new Members

A Primary School for Karare

By Gerhard Meyke

Following the successful implementation of the Nursery School, a Primary School will also start up in the next school year.

The now finished Primary School building was accepted as complete on 21.11. Apart from two missing drainpipes and windows that did not close well, there were no large issues to note in the building. The necessary adjustments will soon be made and school operations can begin with the start of the new school year in January. Until then, thanks to a generous donation from the Kröner Stiftung, we will be organising school furniture, uniforms and an initial supply of training material and stationery. Final acceptance will take place at the end of the contract, in May 2014.



In the classroom

Impressions of Karare

By Dr. Thomas Berger

During an interim acceptance visit of the new primary school building in Karare / Marsabit, we also had the opportunity to see the Nursery School on the first school day after the holidays. The class was not yet complete, as not everyone had yet returned to school from their holidays. The children were particularly attentive during lessons, though the visitors from Germany were a pleasant diversion. The children come from the neighbouring villages, consisting of small huts that are mainly used for sleeping. There is no electricity, no water and no mobile phone reception; it is almost impossible for us to imagine a life without these amenities that we take for granted. Water is especially valuable here. It is either delivered by tanker truck or carried to the villages in 20 litre canisters, from water sources some hours away. Medical care, especially in an emergency, is very difficult to arrange. The nearest possibility for treatment is in Marsabit, 30 kms away. A bus drives twice a day from Karare to Marsabit.

Unfortunately, not all children are yet sent to school by their parents. Hopefully, due to the two schools constructed by CHC, in the long-term, more and more children from the surrounding area will have the chance to attend school.



Village near Karare

CHC on TV - Live and in colour



After ZDF (Main TV channel in Germany) screened a number of short reports about CHC in the past few weeks, a third report, this time 30 minutes long, was aired on ZDFinfo. A fantastic documentary, which portrayed two of our doctors not only at work in the CHC Medical Centre, but also in their daily lives here in Germany. This is now available online in the media library:

<http://www.zdf.de/ZDF/zdfportal/programdata/08f09dee-c131-3898-beea-3efa0cea90b0/20244674?doDispatch=1>



CHC helps and you do too!

Social and medical sponsorships

By Anke Gaußmann

CHC's medical sponsorship programme has existed since two years now. In the meantime, 40 children outside of the Mothers' Mercy Home, are supported. Around half of them have a physical handicap such as blindness, deafness or a chronic disease such as insulin-dependent diabetes mellitus. The other wards are from extremely poor families living near our orphanage.

We enable all children to attend school where they are given a warm lunch, and clothes.

Finding the right school is a challenge for our Social Worker, Rachel Kamau. Schools for disabled children are rare in Kenya. 38 godparents from all over the world help us in many ways, through regular payments or a lump sum. Some support several children, others have pledged to financially support our Social Worker. The children are currently drawing and writing „Christmas presents“ for their sponsors. The picture shows a family that we are now also supporting. The mother works for less than 2 € a day as a day labourer. The two elder children have received a rare sponsorship because of their academic performance. Our godfather now supports the youngest one with 20 € a month. That is sufficient to cover school, clothes and food. Thank you to all sponsors at this point.



The following report by our Social Worker, Mary, alerted us to the plight of this family. Mary works in MMH and not only cares for the kids, but also looks after needy families in the vicinity. She regularly visits these families and researches the reasons for their problems on behalf of CHC, so that we can provide aid where it is most needed.

Report of CHC Social Worker Rachel Kamau

POOR FAMILY FROM NDUMBERI

Elizabeth Nyariera is a 32 year old widow born in 1982. Her husband died in 2009 leaving Elizabeth behind with three children. Elizabeth's husband was a casual laborer and when he died he left the family without any form of security. Elizabeth has been struggling since then to bring up her young family which has proved to be very difficult especially because she cannot get a job. She is a primary school drop out without any form of skills training. Elizabeth and her three children live in Ndumberi in Kiambu. The first born Fredrick Ngenya was born in the year 2003 and is now in class one, Roding Mubia is the second born boy, born in the year 2004 and is now in Nursery school and lastly Jeremiah Kigoci youngest, born in 2008 a year before their father died.

All the children go to school at Generation Star Junior Academy a private local school where Fredrick and Roding have gotten a scholarship although it's not clear how long the scholarship will last. For Jeremiah the mother is required to pay 1200 shillings per month which she raises with a lot of struggle from well wishers and still unable to clear all of it.

On lucky days the mother will make at most 200 shillings from casual work which she uses to buy food and saves up some for the rent. They live in a very small and distressing house which the mother pays 400 shillings for. Most of the times they will sleep hungry because the casual jobs which the mother depends on is not guaranteed.

The photo above shows Elizabeth and her 3 boys outside their house.



Something is happening in Nairobi

By Gerhard Meyke

Extension of our buildings at the Mothers' Mercy Home

Extension-work on the Mothers' Mercy Home began in March this year: the new construction of a kitchen, including a bio-gas plant, new outside toilets for the children, a launderette for the unbelievable amount of washing generated by 113 children, and new stables for our livestock.

These are cows, goats and rabbits that not only expand the menu, but also provide raw materials for the bio-gas plant. The topping-out ceremony for the new buildings was held on 27.5.2013 and celebrated together with the German Embassy. In the meantime, work has finished and almost all deficiencies have been removed. The toilets for the children have been in use for some time now, and the move of the animals into the new stables will take place in the coming days.

The functionality of the kitchen will be tested and, as soon as sufficient bio-gas can be produced, it will start proper operations. With the implementation of the new kitchen, cooking on the wood fire in the old MMH kitchen will soon become history. The process, whilst being rather photogenic, generated a lot of smoke and was therefore environmentally unfriendly.



Final works at the bio gas plant

Cow-dung as an energy resource

The new bio-gas plant helps environmental protection

Since a few weeks, cow dung has been being bought for the initial filling of the bio-gas plant which will act as an energy source for our new kitchen. The tank is already more than half-full and will probably be producing gas from mid-December. From the beginning of December, the respective lines from the orphanage and the Medical Centre will also be connected. A test-run of the cooking facilities with a purchased gas-canister, already took place at the start of December too. The hobs can be run on low pressure (biogas) or positive pressure (gas bottles). In addition, an 8m³ reserve tank will be installed in the next few days. With the installation and operation of the bio-gas plant, we can do away with the damaging use of the limited wood resources.

Our Medical Centre in Nairobi - There were many changes in 2013

Anke Gaußmann und Dr. Thomas Berger

37 doctors now work with CHC. In 2013, 2 Ophthalmologists, an ENT specialist, a paediatrician and 2 general practitioners joined the team.

By the end of October, we had dealt with almost 20,000 cases, treating around 5000 patients in total. On 38 occasions, a team consisting of 2 doctors was dispatched to Kenya, supported by dental assistants and a laboratory technician. At times we were able to achieve a great deal using only very little resources. For example, our small, very shortsighted patient who now strolls through Nairobi sporting pink glasses, (We reported on this in our last newsletter). Sometimes our help came too late. Our patient, Peter, a young man with insulin-dependent diabetes, passed away in the late summer due to concomitant conditions (renal failure, high blood pressure and optical changes leading to blindness).

We have a new Senior Nurse, Joyce Njeri, on the team. She has been managing our MC very competently and with a steady hand since May 1, 2013. Since the early summer, nurses Milka and Felicitas have also strengthened our Team.

Joshua, our Social Worker, carries out various tasks in the community and in our Medical Centre.

Our nurses and Joshua are getting more involved in the community, providing health education and prevention programs, establishing, for example, a Diabetes self-help group. Sister Felicitas is building up a cancer-screening clinic.

We are planning to collaborate with the Kikuyu Hospital, a church hospital, in order to set up an HIV clinic in our Medical Centre.

We were able to reduce our costs, especially inpatient costs. We accomplished this by involving the Kenyan health insurance.

For 2014, we are planning more doctor missions, closer cooperation with our partner hospital and collaboration with institutions to improve the surgical care of our patients with ear, nose and throat disorders and ocular diseases. Two dental hygienists will supplement the dental services.

In the spring, we want to take our local team on a trip to



The Medical Center Team

Lake Naivasha.



Still looking for a gift?

The 2014 calendar or a CHC Annual Membership is always a good choice!

„Take Care“ – the Motto of the 2014 CHC calendar always fits!

Start. Land. Help. That is Cargo Human Care. In the 2014 calendar, our calendar team made the projects in Kenya their theme and captured the world of CHC, showing the manifold activities in Africa.

CARE is always the main focus.

The wall-calendar measures the usual 48 x 29 cm – this time in landscape format. It consists of 12 coloured month-sheets, in German and English language, and costs 12 € plus postage (15€ altogether). Order now at: <http://www.cargohumancare.de/Kalender>. The calendar is, of course, also available from the usual sales points internally at LCAG.

Many thanks for your support



CHC Annual Membership 2014

A wonderful surprise for your loved ones and excellent support for CHC.

You will receive a quality, personally signed certificate that you can present at special occasions such as Christmas, birthdays or anniversaries. A CHC annual membership is available from € 24.

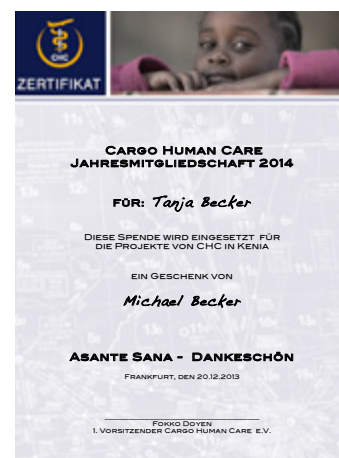
It is easily arranged in two simple steps:

- Send an email to info@cargohumancare.de with the words „Annual Membership 2014“ in the subject line, and include the following information in the body of the mail:
- First name, surname, postal address and e-mail-address of the person you wish to purchase the membership for (so that we can include them in our membership list.)
- Your first name and surname to be included on the certificate.
- Name and address to whom the certificate should be sent. Important!
- Transfer funds to the following bank account:

Cargo Human Care at the Kreissparkasse Gross Gerau

IBAN: DE40 5085 2553 0016 0606 00 / SWIFT-BIC.: HELA DE F1GRG

For those requests including transfers that reach us by 17.12., we will be able to arrange postage still prior to 24.12. 2013.



Members Recruit New Members - Campaign

Even if all CHC projects are carried out with much enthusiasm by volunteers, financial resources are still required to achieve the goals we have set ourselves. For example, we need to be able to reliably pay the salaries of our staff at the MMH or in the Medical Centre, and medical supplies and medication have to be available in required quantities. It is the regular membership fees that provide us with a broad and reliable foundation for well thought-out project planning. This campaign aims to further strengthen that foundation.

This is how it works: For each newly recruited member between December 2013 and the Member's Meeting in April 2014, a raffle-ticket bearing the name of the recruiting member is entered into the draw. The winners will be drawn at the 2014 meeting. The higher the number of recruited members, the greater the chance of winning the main prize.

The main prize is flight in one of Lufthansa Cargo MD11 flight simulators in Frankfurt with one of "our" CHC-pilots. We have also come up with superb surprises for 2nd and 3rd place.

What is taken into account: Each new member recruited by a single member, including memberships he or she has bought as gifts, from the time of publication of this newsletter through to the Member's Meeting 2014.

Important: Please note down the name of the member who recruited the new member on the registration form.

We wish everyone success and heartfelt thanks for drawing attention to our cause.



Within the Simulator



Facts & Figures out of 2013

„How does the MMH actually work? “

Management	Paula is the Manager and good soul in des Mothers' Mercy Homes.
The Mothers	Leah, Grace and Mary have been Mothers at the MMH since almost 5 years. They look after the children 24 hours a day, 7 days a week, making sure they are washed in the mornings and go to school on a full stomach, and sending them to bed again in the evening. They are there for all the small and large worries the children may have.
Social Worker	Charles and Rachel organise the children's lives. They are contact partners for the schools, sports groups and other organisations working together with MMH. In addition, they arrange trips, oversee the CHC workshops (music, needlework, carpentry and games) and are not only respected persons, but also the big brother and sister for many of the children.
Youth Counsellor	Mary is mainly responsible for the „big children“. She manages and is responsible for the training programme for those finishing school, organises internships and traineeships together with the ChiCa working group, and provides moral support in her function as Counsellor, to the young people at a difficult point in their lives.
The Kitchen	Is run by the cooks Peter and Jackson, and provides meals for up to 150 people each day (including our staff in the Medical Centre).
The Launderette	113 children generate rather a lot of washing! In addition to the washing machine, Jane and Grace work nonstop and are helped by the children at the weekends.
The School Bus	Robinson ensures that the children are safely brought to school and enjoys taking them out to events outside the MMH at weekends.
The Garden	Is looked after by Joseph, and supplies much of what ends up on the menu at the MMH.
The Animals	Cows, goats and rabbits are cared for by Phineas and the children.
Order	Hannah, Nelly, Susan, Esther, Mercy and Anastasia keep things clean and in order at MMH.



The MMH-Team

Wir wünschen frohe Festtage und ein glückliches und gesundes Neues Jahr!
 We wish you a festive season and a happy and healthy New Year!
 Twawatakia kila la heri katika msimu huu wa Krismasi na mwaka mpya wa
 kufana ulio na afya nzuri!