



Dear members, supporters and friends of Hand in Hand for Kenya,

As promised in the first newsletter, there are some new photos and experiences to be shared. Next to the volunteers Kira, Simone and Elke whose detailed and diverse stories can be looked up on the regularly updated homepage, there were also some other visitors in the MCC in the first half of 2019: In January, Dagmar Number held a second Medical Camp in Nguluni, as successful as the first one, and she shared her experiences in an interesting and detailed article on the homepage as well as in a beautiful video! This time, not only the Medical Camp was put in focus, but a three-day long training in collaboration with Dr. Ngethe and her team in the medical center of Nguluni was offered. The accents were put on three main points: pediatrics, midwifery and maternal care. Throughout the training, about 70 pregnant women were checked in the medical center and about 1200 patients in the medical camp throughout two days. The acquired knowledge was realized immediately at the infantile examinations. Our team was positively surprised how intensively the local doctors and nurses looked at the children. Consequently, the three-day long training has already shown immense successes. At the same time, the checks of our MCC-children have shown that their health condition has improved a lot in comparison with the years ago. Only two children are in need of nutritional supplements, all of them appear to be way calmer and more balanced. The training and further education of nutrition and food processing seems to work efficiently. More information on this specific topic on the homepage!

Already in February, some further visitors and aides came to visit. Barbara Krohne spoke of her trip with a completely new team from Northern Germany:

*“The love for soccer connects people! It took only a few minutes for the MCC-children and the eight “big boys” – the employees of the Hamburger agency transfermarkt to warm up because of their equal passion for soccer. Since 2017, the football portal supports regularly our Maisha-Mazuri project. In the beginning, they made up for the development of a soccer field out of an unutilized field. They equipped the children with suitable shoes as well as goals and lines for the soccer field. This year, a transfermarkt team visited the MCC to get to know the project on the spot and to intensify the collaboration. As the children were in school, the visitors helped at the ranch, painted*



the kindergarten room in a lovely and friendly yellow in combination with thorough window cleaning and installed the sponsored computer for the Maisha Mazuri – Academy.

After school, nothing else but football counted for them, completed with a big final tournament with and against the Maisha Mazuri- Academy and their successful girls' team. The way to short visit ended with the hope that the connection will sustain and the contact as well as the tournament will be continued next year. If transfermarket reaches its goal to build a new and enduring soccer field with help of their thousands of users, maybe the next Messi will originate from our community!

About two years ago, Peter Riegg and his team of students and graduates from the university Kassel-Witzenhausen have established an ecological agriculture for MCC. Many times since then, interns of ecological agricultural science have supported the gardener Kimeu at the shamba. This spring, Peter Riegg could examine the progress locally. His affecting impressions and skilled suggestions can be looked up at the homepage! Here a short extract of his report:

“The week at MCC was exciting and productive! Jimmy, Kimeu, Matthew, Michael, Joseph, Marcy and I had many constructive conversations and could start some new projects. I'm thrilled by the shamba, our agricultural property, particularly by the banana circles, but also by the acres. The soil has accumulated and mixed well. There's nothing left to see of the excavation work! The huge potential of the seeds in the soil (because of the mast-producing trees *Leucaena*, *Calliandra*, etc.) draws many birds spreading the seeds in the surrounding areas. Nevertheless, there's much to do at the shamba. On the daily bases, two till five workers helped us weeding, yielding compost and seeding. Between the different activities, Kimeu and I explained the individual steps and processes to interested workwomen. In particular, we demonstrated them the positive impacts of the mast-producing trees. They have the possibility to take as much seeding material as they want to make the whole region greener and to improve the nutritional supply of the soils as well as the feed for their animals.”

At the end of our newsletter, Anita Wimmer speaks. She has been the financial expert of our trust for years and this year she was the first time at the MCC and in Kenya:

“After long years of working for the charity trust from Germany, I, Anita, was very excited to get to know the children, employees, Jimmy, the locations with the shamba as well as the new school. The decision to travel with Birgit and Kathrin Walk as experienced Kenya-travelers was a good idea. That has already been visible in the distribution of items of luggage. We four travelers took eight cases full



of chocolate eggs (not recommendable in the heat), ingredients for traditional Easter pastry, books, frame pumps, bicycle repair sets, carpets, tools and most importantly Birgit's utensils for the kindergarten group with us. These materials and equipment have been selected mindfully and with a lot of groundwork to provide playful learning without teacher-centered teaching. Our own stuff fitted luckily in the hand luggage. Vividly imaginably is that Kathrin and her boyfriend Lucas have left some drops of sweat during their train ride from Mombasa to Nairobi during several checks of their cases. On our first morning, we were not only greeted by the institutionalized children, but also many other kids who participated at the Youth Camp during the Easter holidays. Therefore, it was pretty difficult for us to differentiate between the participants of the camp and the MCC-children. Both volunteers Simone and Elke, who reinforce the MCC-team since March have helped us with their experiences. Kathrin and Lucas arrived a few hours earlier and enabled us to start the complete program in the next morning. Birgit shifted her focus towards the kindergarten based on the expansion of the facilities of the kindergarten with materials relevant to Montessori, the improvement of the system of ordering, talks to the support staff about the usage and approach to the materials and exemplary hours with the children (The complete report is also online!) The following photos demonstrate the obvious change:

Kathrin and Lucas were occupied in building shelves and furniture for the kindergarten facilities as well as benches, repairing bikes, doors and a lot more stuff! Meetings with teachers, coworkers and Jimmy, our local director belonged mostly to my tasks – with support from Birgit, Kathrin and Lucas. Moreover, I spend countless hours with Michael who fed me with many information about the accounting system and reporting. Additionally, he organized a tour about the water distribution. In this case, Lucas helped a lot with his technical knowledge.

We had the possibility to spend time with the kids at meals together and at playing time before dinner. One time, Elke and Simone prepared twist bread and rosemary lemonade to show the MCC-family another option to use the grown herbs. We ate together, sang and sat around the open fire till deep in the night. Simone practiced the song "Gickerl, Gickerl, Kikeriki..." with the children and this song next to "Kwa heri Mandela" will stay in my memories forever. We enjoyed the library evening and the common searching for Easter eggs. Another highlight was the walk to the shamba with some of the kids and to Kimeu who manages the agriculture and is responsible for vitamins and minerals in



the menu. I was stunned by the MCC-team that keeps the project alive with brains and heart, comes up with new ideas and creates not only a home for the institutionalized children but provides the whole region with knowledge, economic attractiveness and perspectives. Country, children and people have caused that this journey will have lasting impact and showed us why we are motivated to collect money of benefactors and members of the German trust and to send it the long way to Kenya.”

It is a real pleasure to see and hear how hearty our activists show dedication to work together with the children and the support team in Kenya. It is stroke of luck that we have so many experts out of different branches who “give a hand” in their domain and are willing to use their knowledge and talent to support our project. THANK YOU to all the volunteers and everyone who supports our Maisha Mazuri Children Center energetically and with/or financial aid to make it a children’s center for a better life!