



# LUA NEWS

## The Lift Up Africa Newsletter

### Brief Updates

#### ABC 20/20

Congratulations to our partner Donna Thorson of the Community Health Africa a Poverty Solution (CHAPS) segment on ABC's 20/20. LUA works with CHAPS which has been developing a solar vaccine refrigerator transportable by camel. If you missed the segment check it out on ABC's 20/20 website and look for Kenya Camel Trek Saves Human Lives.

#### Nancy Ellen Crooks Foundation

Set a goal of 1,000 solar cookers to be placed with families located in remote areas of Kenya by December 2011. They are well on there way with 150 solar cookers distributed last month.

#### Peaceful Home for Children

Peaceful Home for Children are working to build greenhouses. The revenue from the sold produce will go to sustaining supplies and food for the children at the home. More on this project in upcoming newsletters.

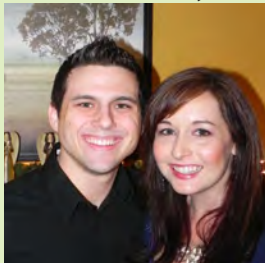
#### Harvard Dietitian Partnership

Rachel Blaine is a registered dietitian and doctoral student in Public Health Nutrition at Harvard University. She is passionate about child health and will be volunteering with Lift Up Africa to develop culturally appropriate nutritional recommendations for Sanchat's feeding program which serves daily meals to up to 500 children.

These recommendations will be specific to age (ranging from infancy to adolescent nutrition), and will encompass guidelines for foods to serve, local produce to consider cultivating in their organic farm, and appropriate food safety guidelines that should be adhered to during the preparation of meals. Rachel will spend this summer coming up with the guidelines and collaborating with experts around the world.

In January, Rachel and her husband Kevin will visit Gilgil, to partner with Sanchat's staff on nutrition recommendations, food safety,

and to assess the nutritional status of the children. If you have a background or interest in nutrition and the work Rachel and Kevin are doing we would love your involvement.



Rachel and Kevin

Any support will be life changing.

### Issue #12

### Spring 2011

Jambo (Hello) ,

Lift Up Africa has been hard at work connecting people, resources and Knowledge. Below are three articles from the Stanfield Family on their trip, experience and passion. Also, exciting news about a new dietitian joining the LUA team!

### Connecting People: Boston to Kenya

Lorraine Stanfield  
Milton, MA

Our family of five traveled to Kenya over spring break. It gave us the chance to visit some of the projects funding by LUA, a nice way to lend a sense of purpose to a family vacation. One of the places we visited was the AIC Children's Center, a facility serving special needs children in a largely Masai region south of Nairobi. The center is in a beautiful spot, rolling hills dotted with green trees surround the red roofs of the school and the hospital. When we arrived local women had prepared a pot of delicious chicken for our lunch. Most of the women were dressed in traditional garb with flowing African fabric and large earrings hanging from elongated ear lobes. Very different from the lunch ladies back home!

Joseph, a physical therapist at the center, gave us a tour of the school. A slender young man with a friendly smile he explained about the changing demographics of the patients. There used to be many children who had had polio, but now there are more children with cerebral palsy, for example. He showed us the wheelchair shop and proudly introduced us to his colleagues in the physical therapy department.

Curious about his background I asked how he came to work there. He explained that he is Masai, too, though he doesn't dress in the traditional fashion. As a child he attended the inclusion school on the hospital's campus. He grew up knowing people with disabilities and felt inspired by them. One teenage friend was a boy who had suffered a severe burn. His face had been disfigured. As Joseph put it "he was all teeth". At lunch time, in particular, the other children shunned him, but Joseph liked to sit with him. He decided thereafter that he wanted to help people with disabilities, and he grew up to live out that dream.



Joseph working on refurbished wheelchairs

In all our travels we met people who were dealing with issues great and small with an tremendous amount of grace. Men walking down long dusty roads dressed in suit and tie, children chanting "Education, education, education, education is my life", teachers surviving on a pittance of a salary in order to improve their skills and that of their students. It was a very hope filled trip.

Grace Stanfield  
Age 12

When my parents told us we might be going to Africa, I was so excited. I kept on saying how I really wanted to go, and it would be the trip of a life time. As the idea got more realistic, my parents started planning what we would do in Kenya with Amanda who works with Lift up Africa. I started packing two full weeks before we were even going.

I had so many fantasies about what we were going to do, and places we were going to see. Amanda had told my family what we were going to do in Kenya; go to Hamomi, see a safari, and go to a school for kids who are outcasts in their tribes. It was very hard for me to imagine how we were going to this, but I still tried very hard. When the day came to go, I was still scrambling to make sure I had everything; yet I still forgot some stuff.

## Connecting People: Boston to Kenya (Continued)

While I was doing the final touches on my packing, I started writing in my journal that my mom go me. When my sister returned from her SATs we got into our car and drove to the airport where we took a very long flight to England and then to Kenya. When we got there someone drove us to our host families house, which was a very long drive. Once we got to the house, we were welcomed by the mom of the family who gave us a great dinner, and showed us to our rooms. The next day we woke, very tired, and drove to the school Hamomi through the slums of Nairobi. The kids welcomed us, many calling "hello" and "how are you?". I sat in on a Swahili class and an English class, which was fun even though I was trying to keep my eyes open, and understand what they were saying.

The next day we walked there, and the kids started clinging to me, literally. I had so many BFFL (best friends for life) and they showed me everything; Kenyan games, some songs, etc. I also showed them some songs and games that I knew, which they loved. When we left they walked us to our house, which was very sweet. We said our goodbyes to our host family, and the cute little girl who lived there, and went on to Machokos. On our way we went to two schools, which were very loving, and made me appreciate my life situation better.

When we got to our destination, Kaliluni, a mountain town above Machakos, we had a total blast. Our host (Sam Muinde) and his friends who were staying with him were very nice, and helped us get settled. On Saturday I hung out with the girl my age, named Nzilane, who was also staying at the house. We walked around, and I taught her how to make friendship bracelets. That whole day we made millions of friendship bracelets in all different kinds of colors. When we left we went to a very very nice hotel, and then we went on a safari. The safari was amazing and we saw so many amazing animals, and also (on the down side) lots of bugs. We had a great trip, and I'm so happy that we went. I learned so much, and made so many friends.

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*Nathan Stanfield*  
Age 15

This spring break, my family and I traveled to Kenya. I've journeyed across the states, ventured to Canada, and visited European countries such as France and England, but I've never really experienced a culture outside of my own. So, at first, exploring a nation like Kenya so vastly different from mine seemed daunting, uncomfortable, and difficult. But I, along with my parents and two sisters, decided to take a leap of faith with the help of Lift Up Africa and try it anyways.

I originally had my doubts. My first night, due to jetlag and lack of sleep, was uncomfortable as I had feared. But, after a few hours of sleep, I was able to pull myself together enough to go the Hamomi Children's Center. At my school, we have an annual Oxfam day; about 10 percent of us enjoy a normal school lunch, about 30 percent of us eat rice and beans, and the rest of us eat rice. Those eating rice have no chairs and eat with their hands and those with rice and beans are lucky enough to have spoons. Before my trip to Kenya, I would have never fully understood how lucky I was to be that small percentage of the world. I would begrudgingly grumble after I was picked to eat rice and beans, not thinking much of it.

Everyday at Hamomi, the kids receive rice and beans with spoons but without chairs; they do not grumble; they do not go to the snack bar after school and buy a candy bar. They are grateful for that bowl of rice and beans, and they are happy to be in that position. I was able to obtain a certain grace from experiencing the reality of more than 90 percent of the world; not only was I hearing the principal of my school tell me how lucky I am, I was actually eating with those children from the PowerPoint slides, experiencing their everyday life at first hand. Not to mention the fact that the rice and beans at Hamomi were actually quite good.

So yes, I now do not take life for granted. But that wasn't the only thing that came out of traveling to Africa. For instance, at the same school, I played soccer with the children for about 4 or 5 hours every day and taught English, Math, and Social Studies to 3rd graders. I love soccer; I play soccer outdoors in the fall and spring and indoors in the winter. I even play with friends in the summer. And although they do not play on organized teams with jerseys like I do, they also love soccer, or football, as they call it.

It amazes me how two completely different people from completely different backgrounds and cultures can find something that they both share a passion for like we did during my stay at Hamomi. I never could have shared that passion in such an awe-inspiring and magical way unless I took that step and traveled to Kenya. My opportunity to share my knowledge in the classroom was also somewhat transcendent and preternatural; I never could have imagined myself switching roles with my teachers and spreading the joys of my education with eager minds younger than my own.

My experience in Africa was, for me, amazing.



*Sam Muinde's home in Kaliluni. From left to right: Lorraine, Sam, Nathan, Burns, Liz, Grace, Nzilane*

### Lift Up Africa's on FaceBook

Please join our circle of friends. We're also a registered FaceBook Cause, another way you can support our work. Lift Up Africa is a 501(c)(3) not for profit organization. Our tax ID is 74-3116756.