

If you're having trouble viewing this email, you may [see it online](#).

Share this:    

**P4P**  
PARTNERING FOR PROGRESS  
health • education • water



*"Earthworms will dance." ~ Joel Salatin*



## **Field Notes - Agricultural Project**

**By Seth Okumu**

Ugali is the main staple food in Kenya. It is made of ground cereal flour and boiling water. This is mixed to form a hard paste. It can be enriched by adding margarine or milk. This delicacy can then be served with any food, or used as bread during

tea time.

Even though ugali can be made from several cereal grains, ugali made from maize (corn) flour is the most common. Homes both in cities and in rural areas have this in most meals, every day.

Farmers have a compelling need to grow maize to feed the nation.

Farmers can only be productive if they have the right information and factors of production. Changing weather patterns, low level of agricultural education and the high cost of inputs (e.g., seed, fertilizer, water) have challenged many small scale farmers.

P4P is collaborating with 10 farmers in Kopanga this season to help them get inputs and training with a focus on improving their harvest. This will ensure they have enough to eat, and surplus to sell to meet other costs like school fees.

The 10 farmers have gone through a five-day training on maize farming and have been given the farm inputs sufficient for one acre of land. The planting has been done and through our part time agricultural officer; we are monitoring the progress of the farmers.

---

[DONATE NOW](#)

Click to donate by Pay Pal or mail donation checks to

Partnering for Progress, P.O. Box 28191, Spokane, WA 99228. Thank You!

---



## Trip Report

### Another successful journey!

The group of volunteer travelers in September included Fleur Coulter, Lindsey Morris, Beth Sheeran and April Lalis. They are pictured here with Seth Okumu (left) and staff members of Frate Tours, local transportation, and the Maranatha Center, local accommodations.



This small but mighty group treated patients at the Ogada Clinic; distributed Days for Girls kits, reusable sanitary towels; toothbrushes and P4P bags for each of the Community Health Volunteers. They reported a successful travel experience and were impressed with the resilience and warmth of the people of Kopanga.



The group was able to observe the Power of Milk Nutrition Program in action while onsite. Twenty malnourished infants at a time are enrolled with weekly classes for the caregivers and appropriate nutrition for all. Volunteers went on several home visits; one moving story is from the mother of twins. Mama Quinter, as she is known, is blind and has been so from a young age. She was blessed to give birth to twins. She is dependent on others for the most basic things such as cooking food and getting outside of her hut. Her children have been in the Power of Milk Program and continue to gain weight and thrive. She expressed strong faith and the hope that she will be able to earn wages to care for her children one day soon but is thankful for the help that the Power of Milk Program provides to her family.



**Planning is already underway for two trips in 2016, the first**

slated for Feb. 19-28th. Contact Sandy Ivers at [sivers@comcast.net](mailto:sivers@comcast.net) or at 509-467-8702 if you are interested in this life-changing experience!

---



## Meet Ashley Lenz

### Finance Committee Treasurer

Partnering for Progress (P4P) has its first mother-daughter volunteer team, Ashley Lenz and Carla Altepeter. Mom and Board member Carla suggested her daughter Ashley as a possible Finance Committee member, and she joined the committee in May 2014. Ashley was elected Treasurer in November 2014.

As a Certified Public Accountant with an undergraduate degree in Accounting and a graduate degree in Professional Accounting from the University of Milwaukee, Ashley is well qualified to assist P4P with its financial goals. She is currently Chief Financial Officer at bankcda, a community bank in Coeur d'Alene, Idaho.

“What P4P has accomplished since it was founded in 2008 is quite remarkable,” Ashley says. “It’s inspiring that this organization

started with one medical trip. It was on that trip that the founders realized a need exists thousands of miles from where they live. And with that, they did something.”

“We all know that the people of Africa need help just to survive, but we don’t exactly know how or where to start. That’s what Stacey and Sandy did differently – they actually did something and put together a great group of people to get things done. That’s what I respect about this organization. I am inspired by the lives we save, the malnourished babies who are brought back to health through the Power of Milk and the lives we change through our scholarship program.”

Ashley is an avid runner who completed a half marathon this year and she and husband Dan scored three triathlons last summer. She also likes traveling (Kenya is on her radar), biking, golfing and spending time at Liberty Lake’s Rocky Hill Park with Dan and their two puggles, Oscar and Daphne.

---



## A Fond Farewell...

Two treasured women have stepped away from the Board of Directors, at least for a time. **Sandy Ivers** and **Patti Krafft** are taking a much-deserved break while continuing their many committee duties. Each has devoted countless hours to guiding this organization and we celebrate that their leadership continues in other ways. Volunteers are the lifeblood of our organization, and we are profoundly grateful to these women for their contributions.

**Sandy Ivers**, P4P co-founder, formed the Board in February of 2008 and left her position recently. She has been to Kenya numerous times and works on the Communications, Fund Raising and Trip Committees. Sandy also served as the Volunteer Executive Director, Board President and just about every other position. Sandy is a retired teacher and tennis coach and plans to lead the February 2016 trip.

**Patti Krafft** has served on the Board for six years and has traveled to Kenya more than once as a medical provider. She serves on the Health, Fund Raising and Trip Committees. Patti is a Nurse Practitioner with Columbia Medical Associates, specializing in endocrinology, diabetes and metabolism.



## **Into Africa Auction**

***Our 8th annual Into Africa Auction benefit was a fantastic success!*** Thank you to all our generous sponsors whose gifts ensured that every dollar raised on October 10 will go to support P4P programs. Nearly 150 auction attendees enjoyed an evening of entertainment, education, auctions and fabulous African food at the Mirabeau Park Hotel.

Auctioneer Jeff Owens once again urged people to ‘give deeply’ and KXLY Chief Meteorologist Kris Crocker gave her valuable time to emcee our program.

A total of \$52,500 was raised during the evening thanks to the hard work of dedicated Auction Committee members. Led by Co-Chairs Annie Gokey and Pat Lynass, the group also included Patti Aspinwall, Lee Fowler, Sandy Ivers, Patti Krafft, Jodi Magee, Dia Maurer and Courtney Mwangi. Many generous in-kind donations from around the area graced our auction tables.

A special presentation was created by volunteer videographer Andra



Moye. The audience got to see and hear some of our program partners for the first time and learn of the mission and purpose of P4P and its hard work and positive efforts in Kenya.

Board and volunteers helped sell tickets and solicited sponsors and auction items – this truly is a group effort and funds an entire year of programs for 13 villages in Kenya.

Our deep gratitude goes to the donors and volunteers who share selflessly of their time talent and treasure. They send children to school, provide clean water, foster economic empowerment and save lives through available health care! ***Asante Sana!***



# Thank you to our generous SPONSORS!



## *Sponsors continued...*

Anonymous\*  
Trevor & Sarah Ashenbrener  
Dr. Andrew & Helen Biggs\*  
Henry & Marlene Duclos  
Gary & Kathy Felker  
Darlene Fitzgerald  
Sandy & Jim Ivers  
Wayne & Patti Krafft\*  
Sea & Kathy Luu  
Pat & Jim Lynass\*  
Dr. Mike & Stacey Mainer\*  
Dr. Robert & Dia Maurer\*  
Linda Hagen-Miller & Robert Miller

Karen & Dennis Paddock  
Karin & Dan Short  
Bonnie & Dave Stenersen  
David & Heidi Vose  
Susan & Val Taylor  
Char Thomas  
Nancy & Curtis Wickre Family Fund  
William Zobrist III

*\* Table Sponsors*

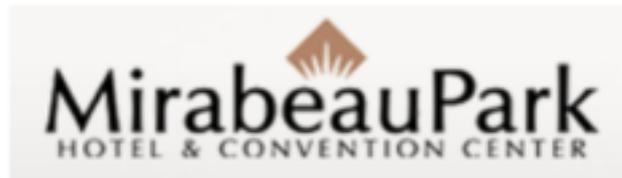
# Thanks to our table hosts for their support!

Julie Bunker  
Barb & Bill Morkill  
Debbie & Pat Stimpson



## *Special thanks to:*

### Kris Crocker and Owen's Auction



Volunteers



Volunteers

*and the many P4P volunteers who made this event possible!*

---

#### **Board of Directors**

Thomas Holman, President

Annie Luu Gokey, Vice President

Ashley Lenz, Treasurer

Greg Connolly, Secretary

Carla Altepeter

Traci Anderson

Julie Bunker

Cameryn Flynn

Gordon Jackson

Carol Miller

Geoffrey Mwangi

#### **Committee Chairs**

Auction Committee: Pat Lynass, Annie Luu Gokey

Communication Committee: Linda Hagen-Miller

Economic Development: Traci Anderson

Education Committee: Cameryn Flynn (Co-Chair)

Finance Committee: Ashley Lenz

Fundraising Committee: Pat Lynass

Theatre Benefit: Barbara Morkill, Sandy Ivers

Health Committee: Beth Sheeran

Water Committee: Jim Ivers

### **Part Time Staff**

Dia Maurer, Executive Director

Lee Fowler, Administrative Coordinator

Seth Okumu, Kenya Project Administrator



**facebook**

send to a  
**FRIEND**

sign up for  
**FUTURE EMAILS**

opt out of  
**EMAILS**

**twitter**

*This email was sent to [p4poffice@gmail.com](mailto:p4poffice@gmail.com).  
To ensure that you continue receiving our emails, please add us to your address or safe list.*

*You can opt out by clicking [here](#)*

