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**P4P**  
PARTNERING FOR PROGRESS  
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*“Good hygiene, enhanced sound well-being.”*  
~ Lailah Gifty Akita, *Think Great: Be Great!*



## Notes from the Field by Seth Okumu

### Community Led Total Sanitation Training

Africa suffers very high incidents of communicable diseases caused by poor sanitation, and one of the largest sources of pollution is human feces. Indoor plumbing is very rare, latrines and outhouses are scarce, and consequently people relieve themselves in open fields, sometimes close to drinking water sources. Even where there are latrines, their usage barely hits 50 percent, meaning half of the population is not using them. There is an urgent need to improve sanitation behavior, but this is not an easy job. As the saying goes, “Any man convinced against his will is of the same opinion still.”

Community Led Total Sanitation Training (CLTS) helps combat the problem. The program works with communities asking them to take the lead in finding solutions applicable to their particular situation. P4P facilitated a five-day training of community volunteers on the CLTS process to help them conduct activities to improve sanitation in their respective villages. The training involved both theory and practical sessions. If well-implemented, CLTS activities transform communities to *Open Defecation Free Zones* and we expect at least two villages to reach this standing in one year. This will significantly reduce the disease burden in both Kopanga and Giribe villages. The benefits of reduced disease burden are unquestionable.



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### **Meet Carla Altepeter, P4P's New Board President**

"I love the continent of Africa," Carla Altepeter says. "The Africans are beautiful people who are so joy-filled even though they have so little. I was amazed at how brave and stoic the people are." In 2005, Carla led a medical/dental missionary team to Uganda, in 2013 she worked at an orphanage in Busia, Kenya, and she has traveled to South Africa and Zimbabwe.

With such a passion for Africa and experience with volunteer trips to that continent, finding her way to P4P seemed like a natural course. Carla and her husband Tom met Sandy and Jim Ivers at a dinner where they shared Africa stories. Spying a potential P4P volunteer, Sandy invited the Altepeters to the annual auction and, as Carla says, "The rest is history."

Her busy schedule as CEO of Numerica Credit Union does not give Carla a great deal of spare time but she has graciously accepted the position of P4P Board President which she will hold for the next two years.

Originally from southern California, Carla lived in Wisconsin for 19 years and served as CEO of a credit union there. She and Tom came to Spokane four-and-a-half years ago so she could take the helm at Numerica. Three of their four children are scattered across the United States and daughter Ashley Lenz, P4P's Treasurer, lives in Liberty Lake. Carla is a golfer who likes to spend time with her husband and family, exercise and drink good wine.

"I like the hearts of P4P's volunteers," Carla says. "They are so committed to helping the Kopanga people improve their lives through access to clean water, health and nutrition education, and sustainable agriculture programs."

Welcome aboard, Carla. Your experience, skills and dedication are great assets to the P4P leadership team.

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## Education Committee Welcomes New Partners

For millions of girls in the developing world, something as natural as their monthly period means putting their lives on hold. Without access to feminine hygiene supplies, girls frequently do not attend school during their cycle. Not going to school means they are likely to fall behind, drop out, get married early, and have children before their bodies are fully developed. Birth complications and a spiral of poverty soon follow.

Partnering for Progress' Education Committee is pleased to announce a new partnership with Marilyn Carothers and the Days for Girls Spokane Valley WA Team which will help girls in Kenya avoid this dismal downward progression.

Founded in 2008 in Western Washington, Days for Girls organizes volunteer teams who sew sustainable feminine hygiene kits. Contained in a drawstring bag, kits include shields, liners, panties, soap, washcloth and a gallon-sized Ziploc® freezer bag which is used for storage/washing. Today DFG has 80 chapters around the world passionately sewing feminine hygiene kits ([www.daysforgirls.org](http://www.daysforgirls.org)).

Originally, P4P's Education Committee purchased kits from DFG's headquarters in Lynden, Washington, traveled to Portland to pick up kits made by Red Threads, or relied on the generosity of small groups of volunteers lead by Florence Young and Barb Hutchison. They were delighted to find out there is a DFG group right in our back yard. Marilyn and her team of 15-20 committed seamstresses have produced over 100 DFG kits.

When P4P distributes kits in the Kopanga area, we teach the girls and school matrons how to use them and give instruction on personal hygiene, puberty and menstruation. The May P4P team will distribute 50 DFG kits as well as provide education, and we hope to distribute another batch in July when our next team goes to Kenya.

**Marilyn hopes to expand her group and is actively recruiting seamstresses.** Contact her through the Days for Girls Spokane Valley WA Team Facebook site. <https://www.facebook.com/Days-for-Girls-Spokane-Valley-WA-Team-109364432768225/>



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**Volunteer**



## Time to SPA

Join us for P4Ps newest and most relaxing “fun” raiser – **A Pampering Social at La Rive Spa at Northern Quest Resort and Casino**. If you’ve never been to **La Rive**, you’re in for a treat. The luxurious getaway is one of the region’s most luxurious, beautifully appointed spas. We’ll mix, mingle, get mini-treatments, enjoy wine and appetizers and give away door prizes. What a great way to kick back and relax, socialize and enjoy your P4P friends and fellow volunteers.

Tickets are \$30 and all proceeds go to P4P! **Save the date: Wednesday, July 20, 5:30pm – 7:30pm**. Tickets go on sale soon.

## When Seth Comes Calling

P4P’s Kenyan Project Coordinator Seth Okumu will be in Spokane September 23 - October 9. He’s a dynamic, insightful presenter and we are arranging speaking venues where he can tell P4P’s story. So far, Seth will be at the Spokane Valley Rotary and Kiwanis Club of East Spokane. Several dates are still open.

Do you belong to a civic group, a club or other organization that would like to hear from him? To help fill Seth’s speaking calendar, contact Dia at [diamaurer@gmail.com](mailto:diamaurer@gmail.com).



## A TripAdvisor for NonProfits

If you love our work, then tell the world! Personal experiences resonate and individual endorsements carry weight, so spread the good word about P4P by posting a review on **GreatNonprofits**. Founded in 2007, GreatNonprofits has grown into the leading provider of reviews and ratings of nonprofit organizations throughout the country. Sort of like a TripAdvisor for nonprofits.

Your personal story about your experience in Kenya or your report on working with P4P here in the states will help us reach potential volunteers, donors, employees, supporters, grant sources and more -- just the folks we need to touch in order to continue our work and raise our visibility in the competitive nonprofit world.

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**ONE EVENT WILL CHANGE  
A THOUSAND LIVES.**  
A dinner and auction to benefit  
Partnering for Progress.

### Into Africa Auction and Dinner Benefit

Save the date for this year's annual fundraising auction and dinner. African dishes will mingle with American fare, the auction tables will be stacked high with intriguing items, your friends and fellow P4P supporters will be there. The Mirabeau Hotel in the Spokane Valley does a wonderful job and will be our venue this year. So please put the date on your calendar:

**October 1, 5:30 PM at the Mirabeau Park Hotel** in the Spokane Valley. *The hotel is holding rooms at the discounted price of \$85 for auction attendees.* Just mention P4P when you book your room.

### Board of Directors

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Health Committee: Beth Sheeran  
Water Committee: Jim Ivers  
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### **Part-Time Staff**

Executive Director: Dia Maurer  
Administrative Coordinator: Lee Fowler  
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