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



*Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.*

*~ Chinese Proverb*



## Notes from the Field

By Seth Okumu

**Nutrition Project** - All of the children in The Power of Milk Program are progressing well and the drop-out rate has tremendously reduced. There has been an upsurge in the number of parents with malnourished children who are being referred, most likely because of the success stories from the previous clients. Because we have consistently provided data to the government, we've been receiving a steady supply of the supplements plumpy soy, plumpy soup and plumpy nuts and can sustain the increased numbers.

**Education** - Examinations have been purchased and will be administered in July to students in the six primary schools. We have been working with the new partner school Nyamanga Primary. Awards will probably be made the last week of July.

**Water and Sanitation** - Giribe Primary School tank is up and working. Boya Primary received school maintenance funds from the government and will finish building the gutters this month.

**Economic Development** - The vegetable garden project at Giribe has received compensation for seeds that were purchased and, as agreed, P4P will not support the project beyond this point. The chicken project in Giribe is on its way. We have begun recruiting ten farmers for a pilot agriculture project with priority being given to the nutrition clients. See the Economic Development Committee report for more details.



*Cameryn with Seth Okumu, Project Coordinator*

### Meet Cameryn Flynn

#### Board Member and Education Committee Co-Chair

"I am so fortunate to have spent two-and-a-half years working with African people on a variety of projects before joining P4P," says Cameryn Flynn. "My experience in Africa included helping with building management structures in village schools, teaching English as a Second Language (ESL) to Masai secondary students, working in orphanages, and helping establish a small foundation. I eventually spent a full year in Tanzania building an ESL program at a large primary/secondary school with an enrollment of over 1,900 students."

Cameryn traces her passion for Africa to a fifth grade geography class in a rural Montana school and it has taken her to Rwanda, Tanzania, Burundi, Zanzibar and Kenya.

"I felt very much at home in East Africa and am proud to be called sister by many African families. I love the innocence and simplicity of the African peoples' lives and respect their industriousness as they move towards modernization. I humbly know I gained so much from my friends in Africa."

In her years in Africa, Cameryn witnessed many Western groups trying to provide solutions without respecting the local community or asking their opinions, or worse, just throwing money at what they perceived as a problem.

"I am so impressed that P4P does not undertake a project until they have fully engaged the local community," she says. "The projects that are successful are those that teach the people how to fish and don't just give them a fish, and P4P works this premise wholeheartedly. I am also glad that P4P knows the value of having Seth, a Kenyan, on the ground."

Cameryn is the Business Development Services Coordinator at SNAP, a department that provides training, consultation, and business loans for small start-ups throughout Eastern Washington. When not working or volunteering, she enjoys biking,

reading, writing her book and spending time with friends.

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## Economic Development Committee Report

By Traci Anderson, Committee Chair

The Economic Development Committee is starting a pilot agricultural project in Kopanga. Zachary, one of our Community Based Organization (CBO) members, has experience with farming and he is recruiting ten farmers for this project.

Zachary will work with Seth Okumu to select ten farmers. We anticipate that eight will be growing vegetables in small plots and two will have larger one-acre plots for grain. They will be given seeds, instruction and fertilizer. Fertilizer is the key!

There are two growing seasons per year in Kopanga, the next growing season begins in August, so this project will start next month. The pilot project will help develop means to measure production/yield.

In return for the start-up assistance, the farmers will contribute produce and grain to the Power of Milk program, which provides education and food to malnourished infants. This will, in turn, help with P4P's food costs for that group. We hope this is successful so in the next growing season we can repeat this project and more members of the community can benefit from food being harvested and donated. Excess vegetables and grains can be sold to improve the standard of living for families in the project.



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### September Trip

Planning for the September trip to Kenya is underway. Beth Sheeran, trip organizer, says they have lined up a nurse midwife and are **looking for a general practitioner (GP)**. The group will focus on follow-up with the Days for Girls program (reusable sanitary napkin kits), work with local nurses to determine what training they need, observe the Power of Milk project and conduct home visits to see if there are common water sources contributing to malnourishment and water borne illness.

If you'd like to join the group or know of a GP who might be interested, contact Beth at [beth.sheeran@gmail.com](mailto:beth.sheeran@gmail.com) as soon as possible.



**ONE EVENT WILL CHANGE  
A THOUSAND LIVES.**

A dinner and auction to benefit  
Partnering for Progress.

## Don't Miss Into Africa

Our annual fundraising auction, **Into Africa**, is just three months away. Don't miss our eighth annual event, **Saturday, October 10**, at the **Mirabeau Park Hotel**.

The auction is our chance to celebrate you, our supporters and friends, with food, wine and fun and bring you up-to-date on P4P's programs in Kenya. We will have an African-themed menu again this year. Auction items include four tickets to Disneyland, two \$250 Camp Reed gift certificates, getaways, home décor, services, gifts and more.

Ticket prices are \$65 for individuals; \$650 for a table sponsor (includes eight seats, two bottles of wine, table sign and host's name in event signage); \$500 for a table of 8 (includes host's name in event signage). Purchase tickets now on our auction website [intoafricaauction.org](http://intoafricaauction.org) or send your check to **P4P - P.O. Box 28191, Spokane, WA 99228**.

Sponsorships are still available and we welcome in-kind donations for the dessert, silent and live auctions. Please contact committee chair Pat Lynass at 509-723-9534 for more information.

**CLICK TO BUY  
TICKETS**

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### A 19-year-old Kenyan is Saving Lives

When Tom Osborn was a youngster in Awendo, Kenya, he watched his mother grow ill and die from a respiratory condition she contracted by breathing smoke from her charcoal-burning cooking stove. In Kenya, 80% of households cook with charcoal and the World Health Organization estimates that 4.3 million people die each year from inhaling charcoal smoke. In addition, 129,000 acres of trees are destroyed for biomass every year in Kenya.

Tom set about finding a clean way to cook that would not destroy

people's lives. He developed a method to convert agriculture waste into briquettes that are affordable, nearly smokeless, produce more energy than charcoal and last longer than other cooking sources. His company, GreenChar, is now producing and distributing their briquettes throughout East Africa.

Forbes magazine recently named Tom one of "30 under 30" social entrepreneurs. Read more about this incredible company at [www.greenchar.co.ke](http://www.greenchar.co.ke).



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