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*Unity is strength, division is weakness.
~ Swahili proverb*



Notes from the Field

The Transformative Seed of Hope

By Nereah Obura, P4P Assistant Program Coordinator

Climate change causes food shortages which leads to nutrition deterioration and poor nutritional status, especially among children. Poorly funded nutrition programs in the Migori

region (where P4P works) have caused growth stunting in 26.4 percent of the region's children, according to a European Union report in 2014, slightly higher than Kenya's overall number of 26 percent. Little girls are greatly affected with a 14 percent greater risk of malnutrition, wasting, stunting and low body weight. If these challenges are not addressed before a child reaches two years of age, it is irreversible.

Partnering for Progress' Power of Milk (POM) program has done a great deal to support the vulnerable communities in Kopanga and Giribe and has changed the destiny of children who would have otherwise lost precious lives to effects of malnutrition.

And now, P4P is expanding POM and employing a multisector approach to reach beyond its initial goal of providing nutritional supplements and education to these at-risk children. This is the story of Sivia and her family, whose lives have been greatly impacted by P4P programs.



Sivia is a four-year-old who is the fourth born in a family of five children and is a beneficiary of POM. Prior to her enrollment in POM, her parents confirm that she was frequently admitted to the hospital due to severe malnutrition, yet they were afraid to enroll her in POM, mistakenly thinking that the HIV negative child would contract HIV.

After several visits with the family, P4P Nutrition Assistant and Community Health Volunteer Charles Otieno convinced Sivia's parents to enroll her in POM. Charles' intervention involved health education on proper nutrition, food supplements and taking anthropometric measures to monitor Sivia's progress. Sivia thrived in POM.

"Dine onge P4P, nyathinani dine osetho chon," Sivia's mother said. Translation: "If it were not for P4P, my



child would have been long dead.”

To avoid relapse, P4P's program has been expanded to provide healthier food for the entire family. Two chickens are given to every child that goes through POM to provide protein and supplemental income for the family.

At the end of the program, Sivia's family was given a hen and a rooster. This family took good care of the birds, and within no time, they laid and hatched 10 chicks. When the family took them to market, their sale netted 2,950 Kenya shillings, about \$30 US.

Sivia's family added 50 Kenya shillings which they had saved and were able to purchase a ewe with a lamb. This small group of chickens and sheep has multiplied, greatly transforming the lives and providing economic empowerment for the household.



Joash, Sivia's father, also attended a four-day training course on improved farming techniques and use of fertilizers. For the first time, he was able to harvest 14 bags from his one acre. The typical yield is about two bags.

"I thank God and P4P for saving the life of our daughter, Sivia, and the knowledge we got from the program has helped us raise her with ease," Joash said.

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Click to donate by Pay Pal or mail donation checks to:
Partnering for Progress, P.O. Box 28191, Spokane, WA 99228. Thank You!



A Legacy of Adventure and Generosity

This year a substantial collection of authentic African art will be featured and sold at P4P's 10th annual Into Africa Auction, thanks to the generosity of Bob and Pat Pedersen, parents of an extraordinary man, Darin Pedersen.

The Spokane native was a global thinking, outside-the-box kinda guy. By the time Darin was in his late 30s, he'd worked as a structural engineer and project manager in over half a dozen African countries, the United Arab Emirates, and Pakistan building American embassies and consulates for an international construction firm.

"He loved the challenges and adventure of living and working overseas," Darin's father Bob Pedersen says. "He was a true global thinker who wanted to be where the action was."

He also loved art – everything from carvings to carpets to masks to textiles – and collected hundreds of objects from every country.

“He would walk into a little shop and fall in love with everything on the wall,” his mother Pat Pedersen says. “Then he’d buy it! I think he also knew he was supporting a local artist or craftsman.”

Pat and Bob visited Darin when he was working in Togo and Ghana and learned firsthand how compassionate and generous Darin was with the local people he met through work. At one point, he paid the medical expenses for his driver’s son, then the funeral costs when the child passed away.

In 2012, Darin reconnected with April, his long-time sweetheart. They married, moved to Islamabad, Pakistan, and had a son they named Owen. Four months after Owen was born, Darin died of a heart attack. He was 39.



Pat and Bob’s home is filled with stunning pieces from Darin’s collection, and April brought many items back to the states. But there was overflow, more than either family could house.

“We saw an announcement for P4P’s auction last year,” Bob says, “and thought that might be a good way to make a contribution to a worthy organization and honor Darin.”

Thirty-two pieces from the Pedersen collection will be displayed and offered for sale at Into Africa this year, a generous and touching tribute to Darin Pedersen.

Honor a loved one by making a gift on their behalf or in their memory to support lifesaving care in Kenya. Your donation will be made in the name of your friend or family member and will go directly toward helping P4P fulfill our mission, changing the lives of children and adults in developing countries.

Honor and Memorial Gifts

Twice the Challenge

By Gordon Jackson

Caroline Atieno had no idea she was carrying twins—until Devis and David arrived two years ago. Struggling to produce enough breast milk for the infants, she sought help at the Giribe Dispensary, a government run clinic that P4P assists. The people there fortunately steered her to P4P’s Power of Milk program.

That’s when things began to turn around. After contacting P4P’s nutrition assistant, Charles Atha, Caroline and the boys were enrolled in the program. And thanks to the government-supplied nutritional supplement known as Plumpy Nut, which the program distributes, the boys began to put on weight.



Now, the boys are also eating ugali, the local maize-based staple, and their weight has stabilized. It is fortunate that they graduated to eating more types of food because last May the government delivery of Plumpy Nut was suspended because of a shortage. Caroline said she hoped that supplies would resume

soon. Travelers from Spokane will resupply the Power of Milk programs' Plumpy Nut stock this month.



Notwithstanding the interrupted supply, the Power of Milk program continues each week with about 40 moms (and a few dads) attending. Even though Charles, our organizer, says we have the capacity to enroll only 30, he says we can't—and won't—ask the others to leave. Despite the lack of Plumpy Nut when Caroline talked with us, the moms come each week anyway for

the educational information they get on nutrition, family planning and other topics, as well as the meal they share and the encouragement they give each other.

“This program is helping a lot of people around here,” Caroline says. Reflecting on her own situation, she adds that she might well have lost one or both of the boys. Now, she says, “I’ll be seeing [my] babies because of the program.”

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Meet Cy Parker, Education and Fundraising Volunteer

Volunteer Finds Good Life Balance in Retirement

By Renee Sande, Communications Committee Volunteer

It pays to listen to your doctor. And often times, that means doing things that are not just healthy for your heart and mind but your soul, as well.

Cy Parker started volunteering for P4P two years ago at the suggestion of her Nurse

Practitioner, Stacey Mainer, who just happens to be co-founder of P4P.

“My experience working for a non-profit was something Stacey thought could really benefit P4P,” said Parker. “And since I was retiring, it was a good fit.”

Cy had recently worked for Eastern Washington University as a program coordinator and as an office manager at Samaritan Counseling Center.



“I did pretty much everything there, including their finances, which Stacey thought would be particularly helpful.”

Cy joined the Education Committee, where she says she does “anything they need me to do.” She also helps with the Civic Theater event, P4P’s annual spring fundraiser, and Into Africa, the annual fall auction.



While Cy has been a Spokane resident since 1976, she knows what it’s like to live in a culture worlds apart from us. Born in New York, her family moved to New Delhi, India, when she was 11 and lived there for five years before moving to Palo Alto, California.

After marrying, Cy moved to Spokane, where she raised her two daughters and has lived ever since. She also volunteers for Spokane Public Radio and is a

SHIBA advisor (Statewide Health Insurance Benefits Advisor), counseling senior citizens on Medicare.

In her spare time, Cy likes to keep mentally and actively fit by coloring, doing jigsaw puzzles, gardening, cooking and reading. She says along with all of that, she's found a good life balance with her volunteering.

"One of the things I love about P4P is that they're a really viable non-profit, simply because with everything they do, there's no waste of any kind," Cy says. "P4P does a really good job of getting their message out so that their mission is accomplished as efficiently as possible."

[Volunteer](#)

A Decade in Kopanga

By Julie Bunker, P4P Volunteer and Kenya Traveler

As I reflect on my work with P4P, I think about the selfless hours all the members of P4P devote to the organization and the impact it has on the people of Kenya.



My trip to Kopanga not only opened my eyes, it changed my life. Before I went to Kenya, I questioned what value I would bring to the people of Kopanga since I had not worked with infants and children. After I arrived, I met the tiny infants struggling to live with so many factors stacked against them. Sometimes there is not enough food; sometimes their mothers didn't know how to properly nourish their babies.

I was so happy to find I had much to offer. I could identify infants who were severely malnourished and identify what needed to be done to forward the mission of P4P's infant and child nutrition program, Power of Milk (POM).

Since that time, I've watched POM grow due to the hard work of the teams in Spokane and in Kopanga. Seeing pictures of the many children graduating from POM who are flourishing due to this work makes me proud of my role in establishing the Power of Milk nutrition program.

Equally inspiring, the moms of the POM children have formed an alumni club to promote infant care and work together as a community. Being part of the work P4P is doing in Kenya will always remain with me as one of the biggest achievements of my life.

Traveling for Change - Off They Go!

September's service team left for Kenya on September 14 led by veteran Kenya travelers Patti and Wayne Krafft, now on their fourth P4P trip. The team's ambitious to do list includes:

- Providing medical care
- First aid and health training
- Distributing Days for Girls kits
- Testing water
- Identifying critical needs
- Checking on the agriculture and small business loan program
- Meeting P4P's newest staffer, Nereah Obura
- Taking photos of the community
- Gathering stories of people in our programs to share with P4P supporters and volunteers

Team members include medical personnel Matt Didsbury, an emergency room technician and medical equipment salesman; Ashley Brown, MD, and Sarah Sowerwine, MD, both medical residents in the Providence Family Medicine program; Rae Copsey, CMA at Providence Family Medicine residency clinic; and

Patti Krafft, ARNP and Spokane trip coordinator. “Water boy,” chemist, and trip leader, Wayne Krafft will test water and check on existing wells. Prosthetist/orthotist Bob Miller will assist with water projects. Chrisdee Imthurn will help with feminine hygiene education and distribute Days for Girls (DFG) kits. Linda Hagen Miller will assist with DFG, photograph and collect personal stories from the people we serve.

Check Out These Into Africa Auction Items!

P4P's 10th Annual Into Africa Auction

What's your fancy? There's something for everyone at this year's Into Africa Auction whether you're into sports, travel, adventure, socializing, décor, pampering, wining or dining. Here's a sampling of what we will have available for this year's auction:



Live Auction:

- A beachfront stay at a Vidanta Luxury Resort in Mexico
- Downtown date night with tickets to *Motown The Musical* and a one night stay at the Davenport Tower with \$50 hotel gift card
- Hills Resort lakeside cabin stay and dining gift certificate
- Seahawks tickets to the 'Houston vs Seahawks' Seattle game
- A basketball signed by the Gonzaga University men's team and four tickets to the GU vs. Loyola Marymount basketball game
- Beekeeper consultation with Peggy Clemons and basket of honeybee treats
- Winter weekend get away at Lake Pend Oreille with hosts Paddy & David Carlson, meals included

- Dinner for 8 with the Patti's, a four course dinner with wine pairings
- An evening of British TV Comedy with the Jacksons
- Firehouse dinner for 8 with Spokane's Finest
- African carved wooden table and chairs

Silent Auction (some of our many items):

- Craftsman Cellars wine tasting for eight with two cheese and olive plates
- African clothing, jewelry, quilt and handcrafted greeting cards
- Yummy food packages including bottomless cookie jar, pies for six months, jam basket and more
- Original artwork including Kenya paintings by local artist, Katie Staib, and oil painting by Liberian artist Wilson Fallah
- Four hours of professional tree care from Bartlett Tree Experts
- Living Water traditional lawn program
- Master Gardner gift certificate, gardening package
- EWU football and basketball tickets
- GU Women's basketball centercourt tickets
- Housewarming certificates from Avista
- Pamper yourself with doTERRA essential oil tray, facials, pedicures and more
- Wine glasses and six premium Robert Karl wines
- African masks and artwork (from the Pedersen collection shown below)

With amazing auction items like these, you won't want to miss celebrating A **Decade of Progress** with us at P4P's 10th annual **Into Africa Auction**. It's just two weeks away, **October 7**, 5:30 pm, at the Mirabeau Park Hotel in Spokane Valley.

Individual tickets are \$65 and a table for eight is \$500. Click below to purchase tickets on our secure PayPal account or mail your check to Partnering for Progress, P.O. Box 28191, Spokane, WA 99228. (Please indicate that you are purchasing tickets for the event.) For more information or to make a credit card purchase call (509) 720-8408.

[Purchase Tickets](#)

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