



# ConnectSwiss

Building a brighter future in rural Africa



## END-OF-THE-YEAR NEWSLETTER

### Children's Support Centre Emurembe

*Following the lifting of all Covid-19 restrictions, the Centre opened to in-patients from 19 April 2022. The Centre had already received requests from the Ministry of Health to admit children for treatment for malnutrition. Within 4 weeks of opening for in-patients, 22 children had been admitted for malnutrition, including 3 sets of twins. They all gained significant weight in a short time.*

*Fifteen of the most vulnerable families also received maize to take home. Around 40 children receive high protein flour and have a check-up every 2 weeks at the Centre. Free out-patient services provided an important role in first-line malaria treatment, particularly during recent months when other health facilities ran out of treatment.*

*A special promotion to grow pumpkins began in October as we look for alternative ideas that could help poor families increase food production and nutrition at the same time. Pumpkin is rich in Vitamin A which is often lacking in the typical local diet of mostly dried maize. Cooking demonstrations took place and mothers, dads and grandmothers enjoyed tasting new pumpkin recipes.*



Josephine, age 10, is ready to go home after gaining 2.5kg.



*Every pumpkin contains enough seeds to grow at least 50 more so there's no need to buy seeds.*



# Escalation in Food Prices

Across Kenya, staple food prices remain high due to low local availability following successive below-average harvests, high demand and increased transportation costs. In 2021, a 40kg bag of maize cost Ksh 2800 (CHF 25), today, in 2022, it went as high as Ksh 6000 (CHF 55), a 115% increase that is impossible for most families to buy.

Many families are suffering as they look for small jobs to try and earn some money to put food on the table for their children.

We continued throughout the year to sponsor 2 porridge programs at Kigama Primary and Kakemer Preschool children, feeding more than 600 children every day. We also gave 214 children at 4 pre-primary schools, one tin of maize each for their families.



## Maize Distribution to Preschoolers



The children each brought their own bag to school and were given one goro-goro (2kg tin in Swahili) of maize. This can feed a family of 4 for about 3 meals to make ugali, their staple food. "ugali" (below with spinach)



**Kakemer Porridge Program**

## Helping the most vulnerable

Besides a lack of food, poor families are also lacking basic items like soap and even bedding for their children.

In early November we distributed maize, soap and some blankets to very vulnerable families.



# Training Centre in Emuhaya

Fred is the Manager of the training centre in Emuhaya. They held outdoor agricultural courses during COVID-19 and recommenced computer package courses in May 2022. Here is Fred congratulating a student who recently finished her 3 month course in computers and leadership training.



## IVS - Academic Day with Parents

During the second term parents and guardians are asked to come to school to review the progress of their child at International Village School. The student comes with their parent (or guardian) and meets each subject teacher to talk about their progress and how they can improve in all areas. The parents also have discussion groups and a representative is chosen from each class to be present on the parent teacher association of the school.



# Volunteers in Kenya



*It was nice to see visitors back in Kenya after a long absence and we hope to welcome more volunteers over the next few years. Bill, Carole and Lisa visited for a few days from the States and gave a helping*

*hand at the Children's Support Centre, Jumpstart and IVS. Lisa is a retired nurse so our Clinical officer, Antonella enjoyed her time with her. Lisa also kindly donated her stethoscope to Joyce, our Outpatients Supervisor (see photo below). Carole who is a retired preschool teacher, gave a helping hand at Jumpstart while Bill, a carpenter and a boat captain, helped out in repainting the play house he built in 2012 at the Children Support Centre. He also gave a knot making lesson at IVS, whilst Carole enlightened our students on the American education system, and Lisa gave basic first aid demonstrations. Photos clockwise from above:*

- *Playhouse with a new coat of paint*
- *Carole helping to paint the playhouse*
- *Captain Bill gives a knot tying lesson*
- *Joyce using her new stethoscope from Lisa*
- *Lisa letting a student listen to their heart beat with her stethoscope.*
- *Teacher Hustings discussing the New York Times newspaper with the students and visitors.*



## Sewing School

Monicah (back row in blue blouse) has been the teacher at the sewing school since it opened in 2008. Here she is with her students who received sewing patterns from a donor overseas. Below is Phoebe a beginner student sewing with a cement bag instead of material.



## Don du Choeur sponsored springs



Through Don du Choeur's Aqua sponsorship program that started in 2013 and was completed in 2017, the community gained access to 5 clean water points with 2 protected springs, 2 shallow wells and a water tank at St. Lukes Special School.

All springs and wells are being used by the community every day.



## JumpStart Pre-Primary



Rose (left in the photo) has been in charge of JumpStart since 2008. Every year 25 children are sponsored receiving free pre-school education.



# Holiday Recipe - Kenyan Donuts - Mandazi

Our American visitors visited the kitchen at IVS and enjoyed learning how to make these Kenyan donuts that can be enjoyed with a cup of tea!

## Ingredients

- 2 cups of warm water
- 2 tsp. baking powder
- 4 cups all-purpose flour
- 1/2 cup sugar
- 2 tps. vegetable oil
- Pinch of salt

## Making the dough

1. In a mixing bowl, combine the flour, baking powder, and the sugar.
2. Mix the water and the vegetable oil. Gradually add this mixture to the flour while kneading into dough. Use additional water if necessary.
3. Knead for about fifteen to twenty minutes until a smooth and elastic dough is formed and let dough rest for several minutes.
4. Divide the entire dough into six equal round balls and spread every ball onto a flat surface maintaining a circular shape of the dough.
5. Cut the flattened dough into four equal parts.
6. Repeat steps 5 and 6 until you have finished all the dough.

## Frying the donuts

1. Heat a few cups of vegetable oil in a skillet or deep pot.
2. Carefully put dough quadrants in the hot oil.
3. Take care and turn the dough a few times until they are golden brown all over.
4. Fry only as many together as they can float in the oil without touching one another.
5. Once completely fried, take them out and place on a paper towel to drain.

Enjoy your donuts and please send a photo to [info@connectswiss.com](mailto:info@connectswiss.com), we will publish the best mandazi creations in our next newsletter!



# Children's Support Centre International Village School

Over the years 1000's of children have been treated at our Children Support Centre, thank you to our donors who help toward their treatment ensuring they live a better & healthier life.



The School opened its doors in 2008, educating 100's of children. Special thanks to many private donors, including Friends of the International School (FOTIS in Geneva) and Tushirikiane (Spain).



## Become a ConnectSwiss Member

Anyone who shares the objectives of our organisation can become a member of ConnectSwiss and belong to a non-profit organization that alleviates poverty and provides high quality education for some of the poorest people in East Africa. Membership fees help cover administrative costs so that 100% of donations go directly to the projects.

As a member you will be able to contribute to the development of new projects with your ideas, donations and/or sponsorship. For example, members can contribute their expertise and ideas by providing network support, writing funding proposals, helping ConnectSwiss accomplish its tasks and much more.

Other benefits of being a regular member include receiving our newsletter, as well as having access to ConnectSwiss Annual Report and Accounts.

Membership costs only:

- United States: USD 50 per year
- Switzerland: CHF 50 per year
- U.K. GBP 40 per year
- Europe: EUR 45 per year
- Rest of the World: USD 50 per year

### Asante Sana —Thank you — Merci!

Thank you for your wonderful support in 2022.

**2023 brings new needs and your generosity will help children in need.**

If you know of anyone who would like to help a malnourished child be restored to good health (CHF 30 per month) or sponsor the education of a student at IVS (CHF 50 per month) please visit:

<http://www.connectswiss.com/get-involved#donate>

## ConnectSwiss

is a registered Swiss charity  
(CH-550-1067424-1)

[www.connectswiss.com](http://www.connectswiss.com)  
E-mail: [info@connectswiss.com](mailto:info@connectswiss.com)

If you wish to make a donation, please indicate the project for which the funds are intended, and your name and address for receipt.

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