

Friends of Londiani

Volume 1, Issue 9

November, 2006

WELCOME!!!

Welcome to the FOL Newsletter. This contains our latest updates from Kenya, and details of our latest fundraising events.

Our website is www.friendsoflondiani.com and we will continue to update it with the latest photos, news etc.

Please feel free to copy and pass this newsletter onto anyone you know who is interested.

FRIENDS OF LONDIANI CONTACTS:

ADDRESS:

9 Cois Cuain, Mosestown, Whitegate, Co. Cork

EMAIL:

info@friendsoflondiani.com



FOL Receives World Recognition

Through The Outstanding Young Persons of the World (TOYP) Program, Junior Chamber International (JCI) formally recognizes young individuals who excel in their chosen fields and exemplify the best attributes of the world's youth. Honourees selected in past years have represented the heights of progress in numerous human endeavours. Many have gone on to even greater achievements. All have continued to serve humanity in a variety of ways.

In 2006, JCI received a total of 145 entries for the TOYP program from 42 national organizations and countries. The entries were all carefully evaluated by the judges. The international panel of Judges was composed of Guy Sebban, International Chamber of Commerce (ICC) Secretary General; Tony Jones, Anheuser Busch Director; Michael Madnick, UN Foundation Senior Vice President; and Lars Hajslund, JCI President.

Maria Kidney, Director of Friends of Londiani is among the recipients of the TOYP Award. She will receive an award for Humanitarian and/or voluntary leadership at an Awards Ceremony during the 61st JCI World Congress in Seoul, Korea in November

This Award is recognition of the work that FOL is doing in Kenya and we would like to thank all those who have supported us since our beginning.



From left : Henrick Verway (President JCI Cobh) Maria Kidney, Suzanne Corcoran (National President JCI Ireland) at the recent Irish TOYP ceremony in Tullamore, Co. Offaly.

1	FOL Gains World Recognition
2	Christmas Gift Collection
3	Updates from Kenya
4	SSIA
4	Website News
5	Education Bursaries
6	Annual Fee
7	Updates from Kenya
8	Harambee 2007

CHRISTMAS GIFT COLLECTION

As part of our annual Christmas appeal we have calendars, Christmas vouchers and Christmas Cards available for sale.

Christmas Cards:

We have packs of 6 Christmas cards and envelopes available for sale at €3.50 per pack.

2007 Calendars

Our 2007 calendars are now available. They are a month per page, and contain coloured photos of the people, place and projects in Kenya. The cost per calendar is €7.00.

Christmas Vouchers

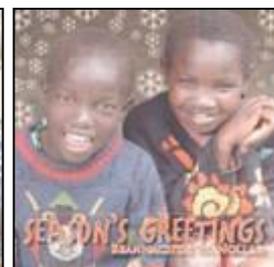
Our Christmas vouchers are printed in colour this year and can be purchased in several different amounts. These can be given to family and friends, and the type of voucher will be printed on it, as well as some information as to where the money will be spent. There are 7 different types of vouchers outlined below:

All vouchers can be purchased in any amount between €10 and €100.

Types of voucher:

1. Contribute towards the cost of Primary education in Kenya
2. Contribute towards the cost of Secondary education in Kenya
3. Contribute towards the cost of Third Level education in Kenya Education
4. Contribute towards the cost of medical projects in Kenya
5. Contribute towards the cost of HIV/AIDS Education Programmes in Kenya
6. Contribute towards the cost of a fresh, clean water supply in a village in Kenya.
7. Contribute towards the support of Bethel Children's Home in Londiani

If you require any of our Christmas goods, please fill in the following form and send together with a cheque made payable to "Friends of Londiani", to 9 Cois Cuain, Mosestown, Whitegate, Co. Cork, Ireland or contact us on sales@friendsoflondiani.com



FRIENDS OF LONDIANI CHRISTMAS APPEAL

Name: _____

Address: _____

Telephone: _____

Email: _____

Item:	Quantity:	Amount:	Total Enclosed:
Calendars		€7 per calendar	€
Christmas Cards		€3.50 per pack	€
1. Primary Educ. Voucher			€
2. Secondary Educ. Voucher			€
3. Third Level Educ. Voucher			€
4. Hospital Voucher			€
5. AIDS Educ. Voucher			€
6. Water Voucher			€
7. Children's Home Voucher			€
Add Postage 20% of cost (calendars and cards only)			€
Total Amount Enclosed			€

UPDATES FROM KENYA

- ★ There is a new girl in home called Helena who is 3 years old
- ★ Lucy has retired as Headmistress of the Secondary school, but she is still on the Board of Directors for the school.
- ★ Lucy has learned to drive!
- ★ Midleton and Carrgaline Guide Units are organising Christmas presents for the children in the home again this year. Thank you to all the Guides, Leaders and Parents involved in this project.
- ★ The home has a new income generating project sponsored by Friends of Londiani – it now has a maize grinder and hopes to make an income from this to contribute to the costs of running the home.
- ★ Ndubusat Primary School Report from Charles Bii- *“Initially i.e 2001 – 2003 the performance of the school was below half the mean standard score in the National examination (KCPE). In 2001 the mean score was 239.1, 2002 – 243.69, 2003 – 241.68. In the years 2004 – 2005, the performance of the school improved greatly. This was due to your effort in financing the renovation of the wooden buildings and the completion of the permanent classrooms. Thanks to friends of Londiani (FOL) for the assistance - classrooms now are warm and motivating to learners. We expect more improvement this year.”*
- ★ School enrolment has increased due to improved facilities and there is now a total of 458 pupils in Ndubusat Primary School (255 Boys and 203 Girls)
- ★ Literacy classes for people in Lelsothet are ongoing. These are been run by the Marafiki Wa Londiani group in Lelsothet
- ★ Total number of Community Groups under FOL in Londiani now is 20.
- ★ The staff of Ndubusat Hospital will begin training in November to enable the hospital to become a Voluntary Counselling and Testing (VCT) centre for HIV/AIDS
- ★ Work is continuing on Ndubusat Hospital to complete the remaining buildings there. The Ministry of Health are working on registering the hospital in Kenya.
- ★ Peer Education is continuing in all villages, and more community groups are forming on a regular basis.
- ★ Education bursaries will continue in 2007, and we hope to add more students to the scheme, depending on funds raised over the next few months.
- ★ Anna, FOL Director in Kenya has attended some HIV/AIDS counselling courses. These will allow her to continue her Peer Education work.

Benditai Village



Londiani Town



Women from Benditai



Government Savings Accounts - How will you spend yours?

Saving with an SSIA account was a very good decision. Now you could make another very good decision – to send something to the Friends of Londiani. This decision can make a BIG difference to the lives of the communities where Friends of Londiani works in Kenya.

Think about what your money can do in Kenya:

- ★ It costs just €120 per term to fund a child's secondary education in Londiani. There are 3 terms in a school year.
- ★ It costs €50 per child to sit for the Form 4 examinations each year.
- ★ It costs €50 per month to provide enough beans to feed the children in the Bethel Faith Home.
- ★ It costs €500 per month to pay the staff in the Bethel Hospital, Ndubusat.
- ★ It costs €200 per month to run the Ndubusat Hospital.
- ★ It costs €400 to install a water tank in a village in Kenya.
- ★ It costs €200 a month to maintain the peer education projects in Kenya.
- ★ It costs €40 to buy a lightening arrestor which would help protect communities against the effects of lightening.
- ★ It costs €160 to plant and maintain an acre of land for maize planting in Kenya. This can provide food and income for several families. A lot of our self-help groups are renting land with our help as income generating projects.
- ★ It costs €800 to build a classroom in a remote village in Kenya.

The list is endless.....

If you would like to make a donation for any of these specific reasons, or to any of our projects you can lodge money directly into our fundraising account in **Permanent TSB (Bank Sort Code: 990701 Account Number: 84666541)** or send a cheque or postal order to Friends of Londiani, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork. Please make all cheques payable to "Friends of Londiani"

Alternatively you can donate online on our website – www.friendsoflondiani.com

If you would like more information please contact us on SSIAAppeal@friendsoflondiani.com

PR LEAFLETS

Friends of Londiani has launched a new colourful PR leaflet which explains what we do in Kenya. These are available on request.



NEW WEBSITE

Our website has been re-designed in the recent months. We hope that it is easier to navigate around now, and provides enough information about our projects in Kenya. Any comments please contact us at the usual address.

SHOPPING ONLINE

As part of our website update we have developed an online shop. At the moment this is on a trial run with Christmas goods. After Christmas we hope to sell items such as fleeces, t-shirts, notelets on line. All enquiries to sales@friendsoflondiani.com

FUNDRAISING ON LINE

Friends of Londiani has accepted online donations for over a year now through our website. We have recently signed up to www.mycharity.ie which is an online fundraising website. We hope that this will help us reach our fundraising target of €250,000 for 2007. If you would like to raise money for Friends of Londiani logon to www.mycharity.ie and set up your own page. You can enter your target amount, and the page is created for you. The link to this page can then be sent to your relatives and friends. These contacts can then login to your page and donate to your fundraising target online. Thank you for your support.

EDUCATION BURSARIES

FOL Ireland supports the education (primary, secondary and university) of the children in Bethel Children's Home. Some of the children have already started university education, and more continue to strive for it.

We have also a bursary fund for people in the communities where we work to apply for education. At the moment we are supporting several nursing students, 6 secondary school students, a carpenter, driver and a pharmacist. This bursary funds continues to grow, and we will continue to support education in the communities in which we work. This month one of our bursary recipients Stephen Mainek, will graduate from Tenwek Hospital as a Qualified Nurse.

The following are letters from two students on bursaries to Finch Secondary School, Londiani.

"Dear Sponsor,

I am so much happy and thankful for your kind heart of having decided to pay for me my school fees. I sat thank you again and again. I wish you could feel the way that I feel in my heart for you having thought some thing like this.

I am the first born in my family of four. We all live with our grandmother who works as a farmer and I have a mother who is mentally sick so her work is just roaming around and sometimes she even goes for a whole month without us knowing where she is.

My grandmother is the one who has been caring for us and also pays for our fees which sometimes is a problem and I have to stay home for it thus dropping my performance but from now on I know that through you my dream will come true. I promise to perform well in my studies.

May God bless you in each and every way that you may continue with the same heart of helping.

Thank you very much.

Yours faithfully,

Teresia Wanjiru."

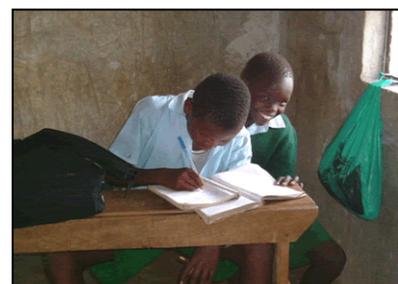
"Dear Sir/Madam,

I am glad to write this letter to say thank you for the fees that I had applied for. This was the biggest problem to me in school because my parents has inability in my family.

I promise to work hard and struggle in class to ensure good use of the money. So that I could get good life in future and be able to help others the way you have helped me. So thank you very much for the help.

Yours faithfully,

Steven Mutai."



Thank you all very much for continuing to support education in Kenya

STANDING ORDERS

Standing order forms are available from Friends of Londiani or downloadable from our website at <http://www.friendsoflondiani.com/donate.htm>

Tax Relief Benefits

From **April 1st 2007**, Friends of Londiani will be eligible for the tax relief under the Designated Charities scheme. Under this scheme we will be able to obtain a refund on the tax paid by individuals who are taxed under the PAYE tax system. This means the value of your donation will be increased, for example if you donate at least **€250** (minimum qualifying amount) in the tax year and paid tax at a rate of **42%**, Friends of Londiani is entitled to a repayment of €181 making your total donation **€431**. Similarly the total value of a donation if you paid tax at a rate of **20%** is **€312.50**.

Thank you in advance for your support.

ANNUAL FEE OF FRIENDS OF LONDIANI

We would like to sincerely thank all the people who paid the annual fee in 2006 and to those who signed up to a Standing Order.

Annual Fee

The annual fee for 2007 is now due. If you pay the annual fee of **€24 (€2 a month)**, you become a 'Friend of Londiani' for the year. This means we will send you our quarterly newsletter, which will keep you up to date with news from Kenya, upcoming events and project details. The newsletter can be sent out via our emailing list or you can chose to receive it by post. The annual fee covers the cost of running the charity and pays for all the administration costs, both here and in Kenya. It is an important part of our fundraising and we appreciate all those who contribute in this way.

If your annual subscription is due please forward us **€24** or sign up for a **€2 a month** standing order. If you know anyone else who would like to become a 'Friend of Londiani' please ask them to complete the form on our website and send to us by email or post.

If they would like to donate more than **€2 a month**, please feel free to do so, either by cheque, postal order, lodgement or the Standing Order form. **A sincere thank you for your continued support.**

Jan 07

Become a 'Friend of Londiani' for 2007

Name _____

Address _____

Tel: _____ Email: _____

Communications: Which method of communication e.g. newsletters, would you prefer?

Post	<input type="checkbox"/>
Email	<input type="checkbox"/>

Annual Fee: *Please tick which option you have selected*

Cheque for € _____ enclosed

Postal Order for € _____ enclosed

Standing Order for € _____

Lodgement of € _____ made

Please include the completed SO form

*Permanent TSB. Bank Sort Code: 990701
Account Number: 84666541*

All cheques / postal orders should be made payable to Friends of Londiani.
Please return this form to Friends of Londiani, 9 Cois Cuain, Mosestown, Whitegate, Co. Cork
or email it to info@friendsoflondiani.com



The Gift of Becoming a 'Friend of Londiani'

Someone recently asked us if it's ok to pay the annual fee for his girlfriend as a gift. Of course, we would be delighted if you want to use this as a gift.

Feel free to buy it as a gift for as many of your friends or family as you like!

FUNDRAISING EVENTS

4 Peaks, 4 Countries, 4 Kenya -2nd-5th June, 2006



Footprints to Kenya - the Friends of Londiani Four Peaks challenge took place on the June Bank Holiday weekend. On Friday, the teams arrived in Prestwick Airport, Glasgow at 8pm for the beginning of what was to be a very adventurous 3 days! After dinner in Paisley the teams finally checked into the hostel in Fortwilliam at 2am. Dawn woke us at 4am to have breakfast and get ready for the first peak.....Ben Nevis.

We began climbing Ben Nevis shortly after 5am and all teams were on the summit before 9am in the snow and freezing conditions! We even had a live interview with Live FM in Limerick from the summit! From Scotland to the Lake District was a challenge with traffic etc. Teams arrived at different times and so began climbing Scafell Pyke. It

was a glorious evening and the sunset was simply amazing over the peaks. The views were just breathtaking. The last team to descend were having dinner at 1am in the local pub!! The pub owner and local people were just fantastic. Driving into The Heights Hotel at 6am to have breakfast at 8am and be on Snowdon for 9am is some challenge, and a great achievement for all concerned. The weather was amazing walking up Snowdon and the views spectacular from the top. Onwards to Manchester to catch the plane to Cork and head for Kerry....the last peak - Carrauntohill. We were met in Killarney by our support crew who cooked a fantastic meal in the Aghadoe Hostel. It was appreciated by all involved!



Monday dawned at 630am to assemble for the climb to the summit of Ireland's highest mountains.....and what a glorious day it was. All participants and additional supporters from Cork and Castlebar reached the summit before lunchtime. It was a spectacular day! The route chosen was O'Sheas gully which was just fantastic. The views from the top of Carrauntohill were breathtaking, and visibility was just amazing. The tired and weary climbers were energised by the surroundings of the reeks - WOW!

The Kenyan flag has flown on the summit of Ben Nevis, Scafell Pyke, Snowdon and Carrauntohill.

The total proceeds from this event amount to **€30,344**. **THANK YOU** to all who made this event possible - the participants, the support crew and our sponsors. All money raised will go towards our ongoing health, education, hiv/aids, water and development projects in Kenya.

A special word of thanks to Mason Communications Ltd and the Analysys Mason Group within the Datatec International Ltd group of companies for their fantastic support and participation in this event.

Flora Ladies Mini Marathon 2006

This year's Flora Women's Mini Marathon took place on Bank Holiday Monday 5th June 2006. 10 people participated in aid of Friends of Londiani. Thank you all for raising valuable funds and awareness for our charity. Friends of Londiani relies entirely upon people like you to help sustain and develop our ongoing programmes in Kenya.



Evening Echo Ladies Mini Marathon 2006

This year's Evening Echo Women's Mini Marathon took place on Sunday, 24th September 2006 around the streets of Cork. 46 people took part on behalf of Friends of Londiani - including several colourfully dressed male supporters!! Thank you all for raising valuable funds and awareness for our charity. Friends of Londiani relies entirely upon people like you to help sustain and develop our ongoing programmes in Kenya.

Date for your Diary - Kenya Ball 2007

The Annual Kenya Ball will take place on Saturday 14th April in the Rochestown Park Hotel – more details in our next newsletter

HARAMBEE 2007

Harambee 2007 is the latest cross-country community development project organised by Friends of Londiani. We have 85 volunteers from all over Ireland who will travel to Kenya next year to complete a number of tasks. Our selection weekend was held recently and we are now on our way to our first Training Weekend in Galway in November. Our Team members come from all over the country – Cork, Dublin, Sligo, Mayo, Galway, Antrim, Limerick, Waterford, Louth, Kildare and we have some overseas team members from Australia and Canada.

Harambee 2007 Mission Statement

The mission of Harambee 2007 is to work together with the people of Lelsothet, Benditai and Ndubusat to make positive changes in terms of health, education, water supply and food in their community, and to develop and enrich our own skills and cultural awareness.

Harambee 2007 Tasks

Harambee 2007 will endeavour to complete several tasks including:

- ★ Build a community centre in Lelsothet working with members of the community.
- ★ Build classrooms in Benditai and in Ndubusat. Bring running water to Benditai and Lelsothet Work with the community groups in the area
- ★ Organise Summer Camps & Youth Clubs for children in the area.
- ★ Run education programmes on health issues including Water & Sanitation, HIV / AIDS, Hygiene & Health, Malaria & Nets, and Nutrition
- ★ Run computer courses for the Lelsothet community. To assist with renovating the Bethel Children's Home Run adult literacy courses in Lelsothet.
- ★ Assist the children in Bethel Children's Home with reading. Run peer education HIV/AIDS courses.
- ★ Work with the staff of Ndubusat Hospital to complete a medical project including training, immunisation, and administrative skills.

Harambee 2007 Fundraising

Harambee means “togetherness” or “working together”, and this is something that the Friends of Londiani aim to achieve in all our projects. We see ourselves as the catalysts for change in the communities in which we work. Our projects stem from the needs of the local communities as identified by them and with their involvement at all stages.

This project will be our biggest to date, and requires in the region of **€250,000** to complete. All participants will pay their own travel and accommodation costs, and each person is required to raise at least €1000 towards the project tasks.

The coming months will see a number of fundraising events organised to enable us to reach this target including the following:

- ★ November 4th/5th Christmas Cards, Calendar and Voucher selling in Douglas, Cork
- ★ November 10th/11th Christmas Cards, Calendar and Voucher selling in Londis, Newtown, Cobh
- ★ November 24th Sponsored Head Shave, Cummins Bar, Newbridge, Co. Kildare
- ★ November 24th Table Quiz, Market Tavern, Anglesea Street, Cork
- ★ November 24th/25th Christmas Cards, Calendar and Voucher selling in Supervalu, Cobh
- ★ November 25th/26th Christmas Cards, Calendar and Voucher selling in Douglas, Cork
- ★ December 2nd Christmas Sales in Supervalu, Lorcan Ave. Dublin 9
- ★ December 15th “Curveathon”, Curves Cobh, Co. Cork
- ★ December 16th/17th Christmas Cards, Calendar and Voucher selling in Douglas, Cork
- ★ April 14th, 2007 Annual Kenya Ball 2007

Check out <http://www.friendsoflondiani.com/Fundraising/UpcomingEvents.html> for more information or contact us on 021/4662730