



Investing in Kenyan Co-operative Development for Education, Health, and Economic Vitality

Highlights of 2019 – (online format)

Teaching a team to Drill – Water for life

Dan Chepkwony is KKFC's Water Project Manager based in Kenya. In March 2018, he completed a short drill training course in Kenya where he learned the fundamental concepts of well drilling. We had also planned for Dan to enrol in a hands-on drill training course in North America. As we explored possible course options, we were introduced to Lew Hough who had recently retired from Living Waters International (LWI), a charity based in Houston, Texas. During his time at LWI, Lew was responsible for all their drill training programs. His extensive experience included drilling for water in numerous countries using the same drilling rig as KKFC had shipped to Kenya in 2014. With Lew's offer to volunteer his time to lead a drill training course in Cherangany, we were able to train an entire team including Dan.



After several days of providing hands-on training (which meant the students and Lew were completely covered in mud), Lew and KKFC chair Blair McKay sat back and watched our four-person team drill a test hole. In the photo above you can easily spot Lew – he is the guy in the middle with clean pants! Dan and his crew have recently started drilling a well at our Transcend Running Academy facility. Next year, we hope to continue using our drill crew and rig to provide clean water to more communities and schools in Cherangany.

Water Project at Murguiywo Primary School

Nell Van Walsum (KKFC director) and Blair McKay (KKFC chair) visited Kenya in late 2018. They planned to work with Dan Chepkwony (KKFC Water Projects Manager) to drill a well using our small drill rig at Murguiywo Primary School. The only water available for students at this school was a river about two kilometres away. The children and their families were experiencing a variety of water-borne diseases due to the poor quality of this water. Nell, Blair and Dan met with teachers, families and the school's Board of Management to learn of their current situation and need for water. They determined that KKFC's drilling rig was too small for this project. Fortunately, Wesley Korir (KKFC cofounder, and former MP for Cherangany) was able to arrange for our team to meet with the County Government's Minister of Water



(equivalent to a Provincial Cabinet Minister). We learned that the County had a large drilling rig that was sitting idle, due to a lack of funds for fuel and other supplies. After a few meetings, we agreed to use their drill rig and drilling crew with KKFC providing funding for fuel and supplies. Within a few days of our initial meeting, a geological survey had been completed and less than a week after Nell and Blair arrived in Kenya, drilling had started.



Nell's expertise was invaluable in helping the county drill crew learn how to improve their drilling and well installation practices. Dan was also able to observe the crew and learn how to properly construct a sanitary seal at the well. Once drilling was complete, Dan and Blair worked together with members of the community to install a hand pump. Within 2 weeks of Blair and Nell's arrival, Blair and Dan pumped the first water from the well amid cheers and singing from numerous school children and their parents! Dan has continued to work with members of the community to

create a local water committee and to ensure the continued operation and maintenance of the pump. When Blair revisited the well in March 2019, he was pleased to hear that the school had noticed a significant improvement in the health of their students. The principal reported that student absentee rates were much lower due to access to clean water.

Canadian Volunteers play key role in our Dairy Project

Dr. Karen Galbraith has been a very active volunteer with KKFC since she first became a director in January 2014. Karen and her husband, Steve Dolson of Legacy Holsteins, have played a major role in our Cooperative Dairy Development project in Cherangany, Kenya. Karen's first trip to Cherangany was in June of 2014 when she accompanied Blair McKay



(KKFC chair) on a fact-finding trip. Following that trip, KKFC shipped a container of dairy equipment to Kenya. Our dairy project was made possible by the financial support of our KKFC donors coupled with a grant from the Gaylea Foundation in 2015. Karen returned to Kenya in 2015 with her husband Steve and again in February of 2019. On both of these trips they offered workshops for farmers at a wide variety of locations including local farms, churches, a conference facility, the cooperative offices or simply outside in the shade of a tree (see photo). Topics of discussion ranged from breeding and nutrition to the best management practices for the dairy cooperatives. Karen and Steve believe that as a result of the workshops they led in 2015, there has been a significant increase in silage making, ensuring that cows are able to receive better energy rations during the dry seasons. On their most recent trip, farmers reported that mastitis infections had been reduced as a direct result of their workshops. Steve and Karen also saw an



increase in the use of Artificial Insemination, which is due to the support of KKFC and Semex Canada. There is a strong desire for information as the Kenyan farmers are eager to learn and discuss all elements of the dairy industry. The farmers were also excited to receive copies of Canadian Dairy magazines. In addition to working with dairy farmers,

Steve and Karen also visited students at local high schools and helped establish 4H clubs at two schools. Beginning in January 2020, KKFC will also be providing scholarships so that high school graduates may continue their education at an Agricultural college in nearby Kitale, Kenya.



Education Projects – Early Years & Scholarships

Margarat Karani is a dedicated Kenyan volunteer who helps oversee our Early Years project in Ngong (near Nairobi). This year, she was able to arrange for two twenty-foot shipping containers to be donated and installed by a Nairobi-based architectural firm. These containers provide dry and secure spaces where more than 50 young children learn basic skills such as reading and writing under the direction of our teacher, Cynthia. We continue to provide a nutritious lunch for these children who live in a slum area just outside Nairobi.



In 2018, we began a partnership with Nzoia church by moving our Cherangany Early Years program to their building. They donated the space and KKFC pays for two teachers, a cook and food to provide lunch for a growing group of eager young learners.



Following this successful partnership and with the fundraising efforts of Nick and Adrienne Cipp, (of Waterloo, ON), we are planning to open our third Early Years program in the village of Kahuho, which is also in Cherangany. During a trip to Kenya in November, Nick and Adrienne were able to visit our two existing Early Years

projects and also meet with Bishop Noah and members of his church in Kahuho. Noah is excited to be working with KKFC to establish a much-needed program for young children in the impoverished village of Kahuho.

High School Scholarships:

In 2019, our program grew to support over 50 students, mostly in the Transcend Running Academy in Cherangany. These students attend Biribiriet High School and we provide housing, tutoring, food and training to build their leadership, academic and athletic skills. We will be working with our six 2019 graduates as they prepare to write SAT tests, hoping to earn athletic scholarships to attend university in the USA.

Volunteer Profile – Tyler Schaefer – Teacher/Runner

Tyler Schaefer and many of his Listowel area running friends have participated in KKFC's annual Harvest Half Marathon for several years. Tyler's group has also been part of KKFC's team at the Scotiabank Toronto Waterfront Marathon since 2017. When he is not running, Tyler teaches at North Perth Westfield Elementary School. As teacher advisor to Westfield's WeCare club, Tyler invited Blair McKay (KKFC Chair) to make a presentation to the club and other groups of students. In the days and months following that presentation, the students at Westfield, led by the WeCare club, raised more than \$1,250 for our projects. When Tyler and his friends participated in our Harvest Half Marathon this year, they were excited to run with Wesley Korir (our co-founder) as he shattered the course record in the amazing time of 1:05:54.



During the race, a group of Westfield students volunteered at a water station where they had the opportunity to cheer for Tyler, Wesley and the nearly 350 other runners who participated in the 5 km and half marathon events. A few weeks after the race, Wesley visited Westfield Elementary School and shared the story of his life from the poverty of his early childhood to the success of winning the Boston Marathon and being elected as a Member of



Parliament in Kenya. He also took time to thank the students for their fundraising efforts and then challenged the cross country team to keep up with him as he ran a 1 km loop around the school at his marathon race pace of 3 minutes per kilometer. (see link below) The students plan to continue raising funds for KKFC.

<https://london.ctvnews.ca/video?clipId=1795072&fbclid=IwAR3w0tLW0SaMjDgxSFdWhoom3PGQuMMAHLHxFFRnMK4e0CgCX9vcFWuB350>

To arrange a school presentation, email info@kenyankidsfoundation.ca)

Harvest Half Marathon and Fundraising Events

Our projects in Kenya are only possible due to the generous support of our many Canadian donors. Our main fundraising event continues to be our annual Harvest Half Marathon in September. After five years in St. Clements, the event was moved to St. Jacobs this year. We also replaced the Quarter Marathon with a five km race. Both races, which now start and end at Calvary United Church, travel through farmland on a combination of paved and gravel roads. A unique feature of the race is a section that takes runners down a beautifully-treed farm lane. We were delighted that Wesley Korir (our co-founder) participated in the event for the first time. Two of his children, Jayden and McKayla, made their 5 km debuts at the race. Wesley's wife, Tarah, still holds our women's Harvest Half Marathon record.

Sharing our Story:

KKFC welcomes opportunities to share our story with local groups. Our presentation at St. Luke's United Church in Cambridge was followed by a fundraising lunch featuring African foods. We also made presentations to the Omas Siskona group in Waterloo, graduate Kinesiology students at Laurier University, and the staff at Laurier's Faculty of Education. Heidi Englehardt, one of our new KKFC volunteers, hosted a screening of "Transcend", the documentary about the life of Wesley Korir, at the University of Waterloo. Wesley was able to attend this event and participate in a question and answer session after the screening.



In early November, we hosted our first KKFC Folk Singing event. Our volunteer "house" band started the evening with 5 guitars and grew to include 2 ukuleles and a piano player before the night ended. We plan to host similar events in 2020. For details of our next folk night visit <http://kenyankidsfoundation.ca/folk>.

If you are interested in having KKFC make a presentation to your group or for help organizing a Transcend screening or other fundraising event, we invite you to contact us at info@kenyankidsfoundation.ca

For more information or to donate, please visit: www.kenyankidsfoundation.ca/donate

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We invite you to consider volunteering at an event or serving on one of our project committees (Agriculture, Administration, Education, and Water). Please contact us at info@kenyankidsfoundation.ca