

Kesho Leo Mamas Sewing Group
Gladys, Helena, Mary and Oliva



Selling products to visitors



Sherida



Elizabeth

this month's smileys...



Run for **fw** . <http://www.foodwatershelter.org.au/run-for-fws.aspx> get out your joggers! See page 4 for more details.



The PDC (Permaculture Development Course) has kicked off incredibly well on June 4th with Kesho Leo Manager Mudi and Kesho Leo Farm Manager John providing fantastic site tours to a variety of participants ranging from ex-pat lodge managers, to PhD students, to Masai warriors. All are taking advantage of the opportunity to network and Steve the PDC instructor has described the first day as "flawless!".



Continuing with all things permaculture do you want to learn about the innovative designs fws have used at Kesho Leo so you may be able to incorporate them into your own permy life? Read about the amazing water storage approaches used at **Kesho Leo** as well as how to use old tyres when installing **water tanks**. Both pieces are written by fws Permaculture guru Robert Cork and can be found at the Permaculture Research Institute of Australia (<http://permaculture.org.au/>).



Its nearly tax time! End of financial year is a great time to show foodwatershelter your ongoing support with a donation, please visit our donate now tab on the website to have a look at the many options for you! <http://www.foodwatershelter.org.au/donate->

Sewing to Success

Now in its second year of operation, the Kesho Leo Mamas Sewing Group, is treading away steadily and successfully, with its range of products, skills and sales continuing to grow.

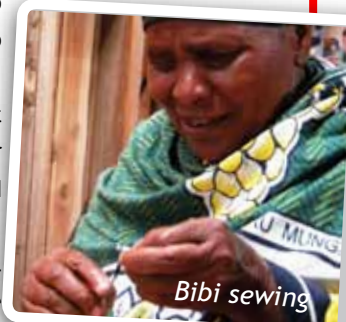
As part of a long-term goal for Kesho Leo to become economically self-sustainable, the Mamas Sewing Group, was established as a small business initiative to generate an income for the project, ensuring all funds received are put directly back into the operation of the business (purchase of materials/equipment/training etc). With no real experience in sewing, the mamas are continually learning and be up-skilled through on-site training from local seamstresses and/or 'fundi's (experts in a particular field) with hope of generating their own income from the skills they learn over the years at Kesho Leo.

The sewing group consists of the Kesho Leo house mamas who take turns in sewing each and every month. Part of their regular working roster, 2 mamas sew everyday for up to 4 hours making a range of items including, purses, pouches, bags,

kitchen aprons, cushion covers, bean bags and even outdoor hammocks! Twice a week, in the afternoons, they are also provided with training from a local seamstress where they learn the latest local fashion designs such as African skirts and shirts for adults and kids and learn how to make patterns for future use (and hopefully orders). Most recently, the mamas were re-visited by an ex-volunteer, Bec McQueen, who brought with her a new wrap around skirt pattern and new and simple bag/pouch designs for the mamas to learn from - once again another great and beneficial sewing workshop - thank you Bec!

So far this year, the Mamas Sewing Group have reached sales of up to 1,131,000 million Tanzanian Shillings (approx. \$710AUD) - an encouraging figure to both the mamas and Kesho Leo to continue with their efforts.

Whilst these talented women not only use this group to grow their skills, they also use this time to build friendships, share stories and laughs, and offer support for one another, all of which empower them to become strong and independent leaders in their community.



Bibi sewing

Building knowledge, hope and skills

Worldwide, and in particular Africa, we are faced with a severe HIV/AIDS epidemic that continues to cause serious health and development challenges. Whilst there are many International efforts to combat HIV/AIDS, fws (based in Arusha, Tanzania) has joined the effort by calling upon Global Service Corps (GSC) to assist in using Africa's most powerful weapons against this disease - prevention and behavioural change.

Last month, Kesho Leo hosted GSC for a week-long HIV/AIDS Education and Prevention Program for the mamas, kids, staff and volunteers. The training sessions included information on HIV transmission and prevention but also covered treatment of opportunistic diseases, life skills, stigma and the importance of healthy living through good nutrition. Each session was conducted in either Kiswahili and/or English and was adapted to different age groups and gender.

In speaking with some of the participants, feedback was very encouraging and positive; a Kesho Leo house mama said that she has learned "how to prevent from getting HIV/AIDS, and secondly how to stay with someone infected with HIV/AIDS. I will also teach my children to be transparent. I'm not afraid of telling them about HIV/AIDS and using prevention." Others commented that they will no longer stigmatise or be afraid of people living with HIV/AIDS but rather share the information they have learned, encourage testing and support people by building friendships.

During the kids training sessions they were also taught about the difference between each gender and the changes their bodies go through; women's menstruation period; sperm and fertilization, including interactive games to pass on the main messages.

At the conclusion of each training program, all participants were invited to get a free HIV/AIDS test which saw 55 participants being tested.

We hope that the Kesho Leo residents and workers will continue to care and support their community members living with HIV/AIDS and help close the knowledge gap to keep future generations safe from this disease.



Training sessions



Kesho Leo's Community Health Centre

With a shortage of clinics and health care services in Sinoni Village - Arusha, Tanzania and often overcrowded and/or under-serviced hospitals or clinics in the town centre, it's no wonder why Kesho Leo has ramped up the pace of completing its very own Community Health Centre (CHC).

For the past two years, Kesho Leo has been providing its residents and workers with health care, education and support through its Community Health Program which comprises a small Community Health Centre (now almost complete!) and a Health Education and Promotion Program



Health volunteer Jacinta and stocked cupboards

reaching to the wider community. The program offers educational classes and workshops for adults and children, including HIV/AIDS training and awareness, nutrition, water hygiene and more. By offering these programs Kesho Leo believes that it will enable the residents and community to better care for their own health and empower them to understand health care issues, know the risks and treatment options and act appropriately with regard to their own treatment.

The Kesho Leo CHC is now also in its final stages of recruiting a local Tanzanian Nurse, who will be supported by newly arrived Health Volunteer, Jacinta Bongiorno. Whilst we wait for this position to be filled, the CHC has built a brand new patient bed and waiting benches, received a lick of fresh paint in the washing room and the cupboards restocked and cleaned ready for its official opening.

Big thanks to Kesho Leo visitors, Terri and Don Liebentritt, Jacque Stephens and Kerry Priest (most nurses themselves) who donated medicine and equipment to the CHC.



Jacinta treats Elizabeth's wound



Mini Olympics

In the spirit of this year's 2012 Olympic Games in London, **fws'** Kesho Leo Early Education Centre teamed up with the local Engosengiu Primary School and held their very own 'Mini Olympics' for their Chekechea (Kindergarten) and Pre-Primary classes.

After months of practicing, the event got off to an early start on the local school oval of Engosengiu Primary School in Sinoni Village, Arusha. Around 156 budding mini-athletes adorned their team colours and name badges and were set into teams of 13 for a morning of organised sports and fun, including: walking/baton/hurdle/running/marching relays; archery; pole vaulting; long jump; gym and balance beams; finishing off with champion relay races for both classes.

With much enthusiasm and energy, the students took on each interactive activity with big smiles and vigor, and some with a bit more of a competitive edge. It was a day made up of chants, cheers, and high-fives and students were able to have some active fun, make new friends, learn new games and maybe discover strengths they never knew they had! At the end of the event students were each handed a participation certificate for completing the Kesho Leo and Engosengiu Mini Olympics.

The day's success could not have been achieved without the shared master planning of **fws'** Education Volunteer, Jenny Ferris and local **fws'** Education Manager, Regina Mrema in partnership with the teachers of Engosengiu

Primary School - asante sana (thank you very much)! Also, thanks to all the Form 1 leaders from Edmund Rice Secondary School and the fws staff and volunteers who supported and cheered on the participating students on the day.

Kesho Leo looks forward to strengthening the relationship between the local school Engosengiu and work together in the continuity of shared activities and learning between their Chekechea and Pre-Primary classes. The teachers have already started planning their next event together 'Literacy Day' to be carried out in the coming month!

Run for FUN and fws!

Get out your runners for **fws'**!

Last year we raised over \$4000 in the Sydney **fws'** City 2 Surf team and this year we have not only Sydney teams available but also Melbourne, Perth and Brisbane. Our goal is to raise \$15,000 for fws!

Whether you run, walk, jog, dance, skip or bring the family along to do it with you - we don't mind - as long as you get involved! And if you can't be there in person, don't fret - because you will be able to show your support by donating to any of the teams!

If you're interested please head to the run for fws link (<http://www.foodwatershelter.org.au/run-for-fws.aspx>)

There will be team leaders to keep you motivated along the way and not only will you be raising cash for fws but also improving your fitness and making friends along the way. This is a great opportunity to set a challenge for yourself and to really feel a part of the fws team as you will meet your team members and run/walk with them on the day.

So start stretching those leg muscles and getting ready for the below dates!

Run Melbourne - July 15th 2012

Sydney City2Surf - August 12th 2012

City to Surf Perth - August 26th 2012

Bridges to Brisbane - September 2nd 2012



Images from left to right: participation certificate, Jenny and relay champions, Regina and her students, Lucas, John and Edmund

FWS GIFT CARDS

There's a new addition to the **fws** Shopping List, although this time it's not for the residents of Kesho Leo, but made by the residents of Kesho Leo.

For only \$2 you can purchase a gift card, showcasing a beautiful mural created by children of the Kesho Leo Children's Village, including a handwritten message of your choice and postage.

Now you can purchase Shopping List items on behalf of family and friends, and organise to send a lovely card to the recipient letting them know the difference their donation has made.

A GIFT FOR YOU, AND A GIFT FOR THE RESIDENTS OF KESHO LEO... PERFECT FOR ANY OCCASION!

Visit <http://www.foodwatershelter.org.au/shoppinglist.aspx>



Printers for fws 2013 calendar!

The 2012 **fws** calendar is such a beautiful showcase of the amazing work and growth that has happened at Kesho Leo that we want something so special to hang up each and every year - but we need your help! All profits go directly to our fws operation in Tanzania.

Are you a printing business or know of someone in the industry who would love to help us out by donating the printing of the **fws** 2013 calendar?

Perks would include publicity in the calendar, via *gimme shelter*, our website and social networks. Plus a lovely calendar to brag about!!

If you are interested please contact us for more info ASAP on michael.cronin@foodwatershelter.org.au



Kwaheri (goodbye)

Australia

- Kwaheri to Jess Whiteman who is taking leave from the marketing team. Thanks for all your work during the trivia night Jess

Tanzania

We would like to say a huge thank you to Ashleigh Steven's who came along and gave the social welfare team a huge kick start to the year. During Ash's time at Kesho Leo, she successfully:

- organised HIV education and testing sessions for all the residents of Kesho Leo and the community,
- re-commenced Kesho Leo house mama visiting to orphanages within Arusha to donate their time and skills, and
- got our boys group back on track (after a long holiday period) by providing motivation and support to the boys group staff. Asante sana Ash!

fws Board Meeting

fws volunteers come from all over Australia (as well as overseas!) so when opportunities come up for **fws** meetings it's not only a wonderful time to discuss exciting plans and achievements at Kesho Leo but also a chance for **fws** volunteers to meet others that make up this remarkable team! The recent **fws** board meeting in Melbourne saw new **fws** secretary Meriana join in with her first face to face meeting. After the work was done, old **fws** friends caught up and new ones were made. Thanks to all who made the effort to attend and remember to stay tuned via fb (<http://www.facebook.com/foodwatershelter>) and twitter (https://twitter.com/#!/fws_inc)

If there's anything you'd love us to tell you about **fws**, please don't hesitate to contact *gimme shelter* at gimme.shelter@foodwatershelter.org.au.

Subscribe

If you have friends who want to subscribe, point them to www.foodwatershelter.org.au/subscribe.aspx where they can easily sign up.

Unsubscribe

We're sorry to hear that, but if you really don't want to receive *gimme shelter* anymore, please go to www.foodwatershelter.org.au/unsubscribe.aspx and enter your email address.



volunteer vacancies

Website Developer

- ☛ **time:** 4-6 hours per fortnight (on average)
- ☛ **term:** 6 months initially
- ☛ **where:** Work from your home
- ☛ **salary package:** \$zilch
- ☛ **perks:** New fws website to brag about!

We need one more eager volunteer to work closely to re-develop our online presence with support from a working group including a graphic designer and content editor.

Skills & experience:

- Drupal developer with 3+ years PHP/MySQL development and
- Experience using open source CMSs and developing modules and theming for Drupal 6/7

Does this sound like you? Email volunteers@foodwatershelter.org.au

volunteer vacancies

Run for fws leaders

- ☛ **time:** 1-2 hours per week
- ☛ **term:** approximately 4 months
- ☛ **where:** Work from your home
- ☛ **salary package:** \$zilch
- ☛ **perks:** warm-fuzzies and fun

The run for fws coordinator will be overseeing the running events for Melbourne, Sydney, Perth and Brisbane. You will motivate your team in your chosen city with updates and emails, support them with fundraising strategies and get the team together on the day of the walk/run by organizing a meeting and recovery point.

Skills & Experience:

- Good communicator
- enthusiastic attitude
- creative and resourceful in helping raise funds

volunteer vacancies

FUNdraising Officers

- ☛ **time:** Average 2-3 hours per week
- ☛ **term:** Negotiable
- ☛ **where:** Work from your home
- ☛ **salary package:** \$zilch
- ☛ **perks:** Warm-fuzzies and fun

Fundraising officers work with fws to make fundraising activities happen across Australia. These may be specific projects or events, or ongoing fundraising efforts. You will join the fws fundraising team to be part of a coordinated effort to keep income flowing to fws and on to Kesho Leo.

Skills & Experience:

- Team player and good communicator
- Good time management skills
- Desire to have heaps of fun!

Soundfunanddo-abletoyou?Pleasesendanemailto volunteers@foodwatershelter.org.au

volunteer vacancies

AVI (Australian Volunteers International)

<http://www.australianvolunteers.com>

Volunteering is how many good things start... like fws for instance.

fws was founded by a bunch of individuals who all had at some point volunteered.

fws likes to recommend AVI as source of choosing your personal overseas volunteer experience. Board members Shona and Rob (aka Corky) both started out as AVI volunteers and Kesho Leo has recently been recognised as a potential project which AVI will recruit for. Nice!



For information about these and other current fws volunteer opportunities in Australia and Tanzania, visit www.foodwatershelter.org.au/volunteerwithus.aspx

our project sponsors



fws proudly enjoys the support of the following organisations. Each contributes big, gorgeous dollarage to the various projects at Kesho Leo children's village in Tanzania, East Africa

Golder Trust For Orphans



Golder Associates Corporation is a global ground-engineering and environmental services group. As part of its commitment to sustainability, it formed [Golder Trust for Orphans](#) in 2003, which supports sustainable development projects with a focus on services for orphaned or displaced children and families in Africa.

This makes it a perfect match with fws! In August 2009, Golder Trust generously contributed \$26,800 that enabled fws to install a solar power system at Kesho Leo. Thank you!

solar!

Goldman Sachs JBWere Foundation



In June 2009, the [Goldman Sachs JBWere Foundation](#) awarded a grant of \$19,329 to fws for the fit-out of Kesho Leo's bathroom, laundry, kitchen and sewing room. This enabled fws to deliver rainwater to the kitchen and buy cookware, benches, cupboards and even four kitchen sinks! Other items covered included sewing machines to support a new small business, buckets, toilets, doors, a stepladder

sewing!

Aussies For Orphans



In 2007, [Aussies For Orphans](#) provided fws with grant funding to the tune of \$36,000 to cover the costs of building accommodation for Kesho Leo's families. And in late 2009, AFO contributed another \$1045 towards medical

bomas!

Francis Kealy Fund

Read all about it! In 2010 the Francis Kealy Fund generously donated 9 years of funding to enable Kesho Leo to set up and run a library! The library is initially supporting Kesho Leo residents, students and workers and in time it will go mobile (yes, mobile!) into the local community.

library!

planet wheeler



The [Planet Wheeler Foundation](#) has been incredibly generous to fws, providing the set-up costs for the Kesho Leo permaculture systems and grounds through a \$36,000 grant that paid for things like the biogas system, sheds, livestock and irrigation systems that now provide food for our mamas and kids, and organic produce now sold to bring direct income to Kesho Leo. In 2010 Planet Wheeler again shone with kindness by donating a further \$20,000 to purchase a Land Rover 4WD for safely transporting the Kesho Leo residents. Planet Wheeler was also incredibly supportive in covering many of fws's expenses relating to

permaculture!

Cotton On Foundation



The [Cotton On Foundation](#) has been donating to charities since 1991 and has now formed a relationship with fws. They have kindly contributed USD\$7,490 to help fws expand the solar power system, USD\$15,000 for a new generator and AUD\$15,000

solar!

we're after more friends...

Yep, there's room for you. If you're liking the sound of the work fws does and the innovative, professional and fun way in which we do it, and want to become part of it by becoming a