



Delivery of our new cows



## this month's smileys...



A huge thanks to the wonderful Felicity Henderson for another substantial donation to fws of \$355.95. Her consistent fundraising efforts at work at EnviroAg in Armidale, NSW, have resulted in a total contribution of an amazing \$3467.75 over the last four years!!!



Check out these happy snaps of the delivery of our new cows. The bovine additions to Kesho's family (and importantly - sustainability) have put a smile on everyone's faces!



Got an old laptop you're not using anymore? Would you love to give it a second chance at life? fws is here to help! We would love to accept donations of laptops to take to Kesho Leo, to support the fws staff learning and IT skills. Give Kelsey a bell at [kelsey.schwabe@foodwatershelter.org.au](mailto:kelsey.schwabe@foodwatershelter.org.au) to find out more.



Congratulations and thank you to our long-time supporter Sue Bidwell. On the 20th March, Sue gave a very successful presentation to the Moss Vale Quota Club, about the work that fws does. There were nearly 30 people in attendance and they were so impressed that the club donated a cheque for \$300 at the end of the talk. Sue was also then invited to give the same presentation at the District Quota Conference in June, and generated media interest, with an article in both the Southern Highlands News and Highlands Post. Thank you, Sue and Quota, for your efforts to support and promote fws, and your generous contributions of time and money.

## Meet June – Kesho Leo Nurse



June at work, checking blood pressure

We are very happy to introduce you to June Allan Taylor, our newly employed Tanzanian Kesho Leo Nurse.

June's interest in nursing began when she was just 11 years old. While visiting her mother in hospital she saw the way the nurses cared for people (and also liked their uniforms!) and thought 'I would like to help people in the same way one day'.

### Why did you choose to work with fws?

After many years of working in hospitals, I wanted to be exposed to, and work within, the community again. I also wanted to gain experience working with an NGO, as I hope to continue to be involved with NGO's after I retire.

### What have you enjoyed so far about working at Kesho Leo?

It is the first time I have worked with foreign volunteers, and they are very cooperative and loving. I have got more experience working with computers, and have developed my skills with the help of Josh and Jacinta, who are very good teachers. I also love the fresh veggies grown here on the farm, and I have learnt a lot about composting toilets!

### What do you enjoy most about your role?

I like staying with patients, and being able to treat and help them. I especially like counselling people and talking to them- I like to talk!

### What do you do to wind down after a hard day's work?

I relax and listen to music or watch the news. I also like to go to the movies sometimes. I live with my daughter and grandchild, so of course I like to spend time with them, and also look after my son when he gets back from a safari!

## Permaculture Kesho Style



Well, the much anticipated permaculture course finally happened last month - and boy, did it go off with a bang! There was an overwhelmingly positive response, much learned by everyone and money raised into the bargain! There were 29 students in attendance,

representing 9 countries including Kenya, Tanzania, Uganda, South Africa, Germany, England, New Zealand, the US and Australia. Everyone thought Steve Whitman (the instructor) was terrific and we even made a profit for Kesho Leo.

**"fws** and Steve Whitman have given me the resources to design holistic and sustainable farm spaces... and I made some great new friends as well. A great experience, an amazing way to build connections with people from all walks of life. I'm so happy I did it."

Some of the highlights of the course include:

- Our Tanzanian staff was quite involved. Moses and Val taught a session on rocket stoves. John taught lessons on organic Integrated Pest Management (IPM) and demonstrated how to make organic sprays and compost with ingredients from the farm. Mudi led a permaculture focused site tour of Kesho Leo and managed logistics throughout the course. Kesho Leo House Mamas were paid to provide 3 lunches.
- We provided opportunities for various other NGOs to show off their sites and local experts and instructors presented on various topics.



**"Our life starts from the soil, if we improve the soil we improve our lives."** (a Tanzanian student)

**"As a commercial farmer and forester I have benefited greatly from this course. This gives me affirmation and direction for remedial and future design and implementation."** (a South African student)

**"This course helped to equip me in finding solutions for a more natural lifestyle, to educate my community and to be part of a world-wide trend in taking care of the environment I live in."** (a German student)

**"Steve was an excellent trainer and the camaraderie at the course was very nice, as is the emailing post-course. We all shared a lot of information and continue to do so."** (Erwin Kinsey from local NGO Global Service Core)



**"I thought the networking and resource exchange was excellent. Thanks again y'all."** (an American student)

- The networking amongst the students was great and is continuing, as they return to work in their schools and other NGOs.
- Following the course, an Arushan local (Emmanuel Motta) is working with a community up on the base of Mount Meru to implement permaculture solutions.
- A PhD student from England has written an article about **fws** and the course and has applied to return to work on linking the current Kesho Leo permaculture and health programs.
- We've been asked to write an article for an upcoming permaculture book.
- We've been contacted by the Massachusetts Institute of Technology (MIT) and Global Alliance for Africa Vijana Centre. They are interested in partnering with us in the future.
- We had one donor provide sponsorships of \$2,850!

Congratulations to Corky and all involved in getting this course off the ground. What an incredible ripple effect such sharing of knowledge can have. And watch this space for details on the next Kesho permaculture course scheduled for June 2013.



Husseini the askari / piki piki driver talks about his work

## When I Grow Up

As part of their 'When I grow up' unit this term the chekechea kids have been learning all about different jobs, and have been lucky enough to both visit, and be visited by, nine different 'grown-ups' - to learn all about what they do!

To begin with Pateli, Kesho Leo's own 'mkulima' (farmer), took them on a tour of the 'shamba' (farm). It was then off to see Vale, our 'fundi' (tradesman), who gave a fine demonstration of some woodwork techniques. Next up



Measuring height

was local artist Nisetus, who had the whole class riveted for nearly an hour with his knife painting skills - he was so interesting even the mamas came to watch. Local police officer John did an amazing job of engaging all of the children's attention, and if you ask them now about being a policeman they can all show you a very serious salute!

At our Community Health Centre nurses June and Jacinta explained the use of many instruments used in the clinic- and a lot of fun was had by our mini doctors and nurses

treating patients on the clinic's brand new bed. Of course our very talented Mamas had some skills to share as well, with Eliza and Sherida teaching all there is to know about being a 'mshonaji' (seamstress). Husseini had the kids giggling with stories about driving his piki piki (motorbike) and being an askari (security guard). To finish off the unit a very enthusiastic Mazao, using a bottle for a gearstick and a bucket lid for a steering wheel, took them through the ins and outs of driving a taxi!

All the visitors received a written thank you letter from the students, who were very appreciative of all that they

learnt - and now have a lot to ponder about what they'd like to be when they grow up.



Checking out the instruments



## fws shopping

There are some very interesting new items on the **fws** shopping list - all shapes and prices. You might like to get together with friends to claim a dearer item, or purchase a smaller item for a friend as a gift. A few items are listed here, or go to <http://www.foodwatershelter.org.au/shoppinglist.aspx> for the full list.



### ☑ **Child Protection Policy Training Course: 3 x \$320**

This course is run through Arusha Mental Health Trust. This comprehensive training is essential to help our social welfare team to support struggling families within the community and promote the rights of children.

### ☑ **Social Work Degree for Tanzanian Staff: \$1,500 per year (2 year course)**

This two year course will equip Lucas Mayoba with a degree in social work. Lucas has worked as our community development officer for over three years and has already learnt a mountain load from other staff, volunteers and his practical experience. Now, he wants to gain formal qualifications in this field and we would LOVE to support him.

### ☑ **Qualified Caretakers (annual): 2 x \$3,300**

As **fws** develops the social outreach program, and gains the License to House Children, we think it is appropriate to add 2 qualified child caretakers to our social welfare team.

### ☑ **Food Dryer: \$65**

This food dryer will help Kesho Leo develop its repertoire of small business. These small businesses help Kesho Leo to become self-sufficient and reduce our reliance on donations. Go on, give a hand up!

## Kwaheri (goodbye)

### Tanzania

- Stacey Joseph finished up as Communications Manager last month, leaving a fabulous legacy of building and maintaining excellent communication between **fws** teams in Tanzania and Australia. Thank you Stacey, for your positive energy and hard work. We'll all miss you!

## Profile

**Shaun Coggins**

**fabulous  
fws financier**



### What do you do for fws?

A

I am the volunteer Kesho Leo Finance Manager in Tanzania since January this year.

### What does your role involve?

A

Managing the cash, processing payroll, tracking income and expenditure and compiling financial reports for management.

### What do you enjoy most about the role?

A

Working and building friendships with local staff, the Mamas and kids and other fantastic volunteers. Helping locals provide for their families and become financially independent. Getting my hands dirty with cash again - little or no electronic banking here! And last but not least, just hanging out in and around the very welcoming local community.

Fancy an experience like Shaun's? Check out the jobs page for your opportunity!

## Karibu

(welcome)

### Tanzania

- Liz Francis has replaced Stacey as Communications Manager, and is already filling those big shoes admirably. She has hit the ground running, with all Tanzanian contributions to this Gimme Shelter written by Liz - in her first week on the job. Nice!

### Australia

- Kandice Wright is joining in Oz as the new Membership Coordinator. Welcome Kandice!

## Running and riding for fws

On a cold but sunny Melbourne winters morning 6 fws supporters put all their fears aside and ran 10kms in RUN Melbourne, it was an amazing day where some of us ran the longest distance we had ever managed and others made new personal bests.

Most of all we were really grateful to our families and friends for supporting our challenge and together our team collected \$2,200 for the running costs of Kesho Leo. This is a huge support to fws and we hope that we can inspire the Brisbane team to beat us! The excitement of the day far outweighed the sore limbs afterwards. We are already planning next year.

And he's done it again... for the second year in a row Lyndon Beck has cycled the Gibb River Challenge and raised \$1000 for fws while he was at it.

But this year was extra special and record breaking! Lyndon's 14-year old son Leighton rode along with his dad, as the youngest soloist ever to attempt the ride

and together Lyndon and Leighton are the first father and son team to ever complete the challenge. Not only did Leighton ride 478kms but he also did it on a bike he built himself. That's some fws pioneering style, we are so proud of you guys and honoured that you supported fws yet again in your challenge.



Lyndon and son raise over \$1000

## contact us...

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](mailto:gimme.shelter@foodwatershelter.org.au).

### Subscribe

If you have friends who want to subscribe, point them to [www.foodwatershelter.org.au/subscribe.aspx](http://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](http://www.foodwatershelter.org.au/unsubscribe).



## volunteer vacancies

### Sponsorship Co-ordinator

- ☛ **time:** Average 1 hour per week
- ☛ **term:** Negotiable
- ☛ **where:** Work from your home or office
- ☛ **salary package:** \$zilch
- ☛ **perks:** Warm-fuzzies

We need a great communicator and relationship manager to oversee our sponsorship program. You will be responsible for ensuring that all our donors' records are up to date and that donors receive friendly and efficient service and communication from **fws**. You will be responsible for implementing our Families For Families Sponsorship Program. In addition to being a great communicator and super-organised, you'll need to be good with numbers and have the ability to work with various **fws** teams in both Australia and Tanzania.

## volunteer vacancies

### Kesho Leo Project Co-ordinator

- ☛ **time:** Full-time available October
- ☛ **term:** 12 month commitment
- ☛ **where:** Based at Kesho Leo, Tanzania
- ☛ **salary package:** \$zilch
- ☛ **perks:** Warm-fuzzies

You'll be working alongside our Tanzanian Project manager to oversee the running of the Kesho Leo children's village, as well as looking after the welfare of our volunteers in Tanzania and liaising with **fws** Australia. If you're a great communicator and a calm decision maker maybe this is the job for you.

#### Skills & Experience:

- Proven team leadership skills
- success in coaching, mentoring or training others
- ability to manage and contribute to a variety of budgets.

Sound like you? Please email [osvolunteers@foodwatershelter.org.au](mailto:osvolunteers@foodwatershelter.org.au)

## 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!

Sound fun and do- able to you? Please send an email to [volunteers@foodwatershelter.org.au](mailto:volunteers@foodwatershelter.org.au)

## volunteer vacancies

### Finance Manager (Tanzania) 2013

- ☛ **time:** Full-time position
- ☛ **term:** 13 month contract, available now!
- ☛ **where:** Kesho Leo, accomodation provided
- ☛ **salary package:** \$small stipend
- ☛ **perks:** Warm-fuzzies

You'll be in charge of keeping track of all money spent in Tanzania, including developing and managing the Kesho Leo budget. This role also thrives on some strategic oversight of the project, such as identifying new business opportunities and areas requiring development.

#### Skills & Experience:

- Practical book keeping and/or financial management experience
- Attention to detail, organised and independent
- Proficiency in MS Excel
- Experience with Quick Books

Sound like you? Please email [osvolunteers@foodwatershelter.org.au](mailto:osvolunteers@foodwatershelter.org.au)

# 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