



Kenya Education Endowment Fund

- Empowering Young Kenyans

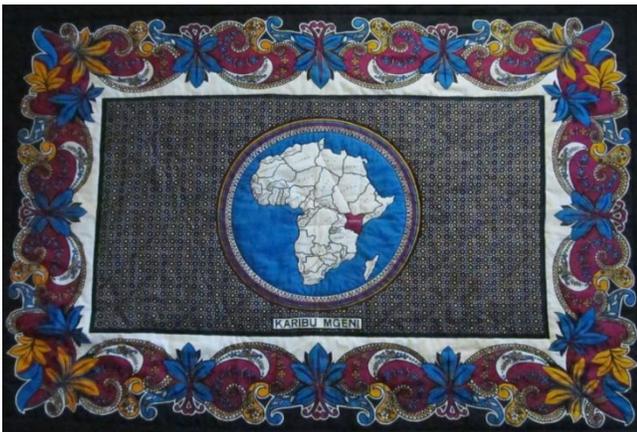
www.kenyaeducation.org

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KEEF Newsletter #15 January 2016

Remembering Marie MacKay October 22, 1938 – July 16, 2015

As one of our founding members, we expect to find frequent references to, or the influence of, Marie throughout KEEF's operations. As readers will see by the various articles and comments throughout this newsletter, that is an understatement. Marie was always "front and centre," in photographs, in meetings, and in her commitment to the causes she embraced. KEEF was fortunate to share her energy and determination for over a decade. It wasn't all smooth sailing, but what a great journey, and what a great legacy she has left us. D.R.



African Quilt – Karibu Mgeni (Welcome Stranger)
by Ann Avery of Nanaimo, approx. 44"x64."

This is one of three quilts commissioned by Marie in 1997. Marie brought the material from Kenya and asked Ann to make a quilted jacket with a rooster design, and two quilts – the one pictured and another with a dove design.

With the permission of Marie's daughter, Tania, KEEF is willing to sell this quilt, with proceeds going to the KEEF Endowment Fund which Marie initiated in 2013. Please contact us if you are interested. See page 7 for KEEF's contact details.

Update on KEEF Volunteers

Alinda Ware has been in Kakamega since October, and will remain until the end of March. Alinda is also involved with an online education company in Kakamega, but generously devotes a good deal of her time to KEEF.

KEEF Board chair **Dick Glassford** and his sister **Beth Gilman** spent over two weeks in Kenya in November and were heavily involved in the workshops.

Dick has returned to Kakamega for the month of January, along with partner **Janice Trenholme** to assist with student interviews and selection, and new student/parent orientation. They will be joined for two weeks by **Moneca Gabriel**.

From mid-February through mid-April, **Sally Gellard** returns for a second time as our main volunteer.

Do you have an interest in visiting and volunteering in Kenya?

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Reminder to Sponsors: secondary student fees must be paid in January. If you have not already sent in funds for 2016, please do so as soon as possible. THANK YOU!

GLOBAL CHANGE FOR CHILDREN

GC4C partnered again with KEEF last fall to install a water system at Koyonzo Secondary School. While KEEF and GC4C fulfilled their contract obligations, there was a local delay which we hope Dick Glassford is able to rectify this month. We also hope to negotiate a new project with GC4C in 2016.

Please note GC4C's annual fundraiser on January 28. See www.gc4c.org for details.

Tour d'Afrique



For more information on the tour,
check out:

<http://tdaglobalcycling.com/tour-dafrique>

KEEF needs a new web master

Our long term web master is retiring soon. If you know of someone who could take on this work. please let us know.

An Extraordinary Cycling Journey for KEEF

Dr. Brenda Trenholme writes:

From January 15 until May 14, 2016, I will be riding my bicycle 12,800 km with **Tour d'Afrique** from Cairo, Egypt to Cape Town, South Africa. In doing this, I hope to raise funds for **KEEF**, the **Kenya Education Endowment Fund**. Our support profoundly alters the lives of students, their families and often their communities.

My goal for 2016 is to **raise \$20,000 for this worthy cause, and** - 100% of money donated goes to the children.

See page 7 **How Can You Help?** for options for giving to KEEF. **Be sure to add a note that your donation is for Brenda's Ride.**

Details of Brenda's ride are also on our web site:

www.kenyaeducation.org



Follow Brenda's Blog at

<https://brendainfrica.wordpress.com>

Vancouver Foundation Update

Establishing a KEEF Endowment Fund was a long held vision of Marie MacKay, and she was very pleased at how quickly the fund grew from 2013 to 2015. The Fund continues to grow, thanks to you, our generous donors. This month **we will provide the first student scholarship** of \$600 from Fund earnings! The Fund will take that student through to graduation – a total of \$2400.

Also, we recently received a generous estate bequest, so in January 2017, we expect the fund to support **several new students**.

The intention of the fund is that the capital invested by our donors will remain in the fund, and the earnings will provide an ongoing source of scholarships to students.

Donations can be made to KEEF or directly to the Vancouver Foundation in the KEEF name. Donors can also make gifts of publicly traded securities – contact the Foundation for details. Just go to www.vancouverfoundation.ca and follow the links to search for the Kenya Education Endowment Fund.

Please don't hesitate to contact us if you have any questions.

The Marie MacKay Prize Giving Day at Masinde Muliro University of Science and Technology, School of Nursing

By Victor Alutseshe

Victor is in third year, taking a Bachelor of Science in nursing degree in Kakamega. He was the first recipient of a scholarship provided – through KEEF – by the Canadian Nurses for Africa. [Photo used with permission. Search Facebook for more about CNFA]

At our School of Nursing there is a special day for recognizing and awarding impeccable performance. This is a day set aside every year for the recognition of the best five performers in each class. These are the students who appear on the Dean's list for showing exemplary performance in academic and clinical performance. Only the outstanding students are rewarded on this day. These five students in each class must also be all round individuals who actively participate in class, study groups, as well as demonstrating competence in practical performance in the hospital. This special day is called the Marie MacKay Prize Giving Day.

I first heard of this day when I was a first year. During the event, the Dean started by giving us a brief introduction on the importance of this annual event. He explained that Marie MacKay (R.I.P) was one of the people who helped establish the School of Nursing at our university back in 2008. She even donated most of the books that are in our library, most of them from the BCIT (British Columbia Institute of Technology). Marie therefore initiated the prize giving day, which is held annually. Initially, she was financing it herself. However, when she started experiencing health problems and could not come to Kenya anymore, the lecturers decided to continue with the day. They contribute the money to facilitate the event and make it



successful. The day was therefore named The Marie MacKay Prize Giving Day.

When I attended for the first time I watched with a lot of admiration as the top students in each class were awarded. I promised myself that I will work hard to be among the students awarded when my turn comes at the end of my first year when my first results will be out.

I worked hard both in class and in the hospital during practical. I was sure that I will make it since I have always been a smart worker. When the day finally came, I was proud to be awarded as the fifth best student in our class. It was something I had dedicated my efforts for the whole year and it was quite an achievement. This gave me the push to work even harder during my second year.

In my second year, I worked even harder and was sure that I would make it again to appear on the Dean's list. On 15th October 2015, it was another day of award. This year was also another high for me as I was ranked the third best student in our class. This was a feat that marked my hard work and dedication. I am currently working

extra hard to ensure that come next year I need to repeat my earlier success and make it even better.

This special day has been one of my greatest sources of motivation because it feels really nice to be recognized and awarded regardless of the endeavour. I always look forward to this day and work hard every day knowing that my efforts will be rewarded during the Marie MacKay Prize Giving Day. To this day, the name Marie MacKay means a lot to me as it reminds me of the two certificates I have that I have received for my first and second year performance. Though I never got a chance to meet Marie MacKay (R.I.P), her name has become a source of motivation to me. She is a nurse that I definitely want to emulate.

KEEF Life Skills Workshops 2015

by Dick Glassford

It was 6 years ago when KEEF held the first student workshops. The idea came from KEEF co-founder and retired educator, Alinda Ware. She realized that Kenyan education mainly consisted of learning the "3 R's", along with a few other subjects like geography, Kiswahili, history, physical education etc. But there was no practical or life skills training. In addition, it seemed that most of the learning was done by lecture, with little or no participation or communication from the students. In other words, students listened to their teachers without much interaction, and the emphasis was on obtaining high standings for the school's reputation.

In 2009 Alinda went to work and put KEEF's first Life Skills workshop curriculum together, and the program has been going every November since. For Alinda, organizing these workshops was actually the "second time around." A decade earlier, in 2001, she and her late husband John raised funds and organized the first workshops for CHES in Kakamega (Canadian Harambee Education Society) and those workshops continue to this day.

This year's theme was "Key to Survival," and facilitators developed lessons to provide tools to



The students started arriving at 9:00 a.m. on Thursday morning to register, drop off their textbooks, write their sponsors and have their pictures taken.

assist students in survival techniques. The "Keys" were to provide the students tools for physical, financial, emotional, spiritual, social and mental success,

along with survival techniques.

By 11:30 a.m. most of the 90 students had arrived and were in the dorms getting ready for the commencement of the workshops.

Alinda and Anthony Napali, a former sponsored student and now a Head Teacher gave a wonderful tribute to Marie MacKay, a cofounder of KEEF who passed away in July. Over half the students knew Marie, so the tribute was well received and everyone paid their respects by a minute of silence.



Desert Survival Teams

The workshops started with a simulation game titled Desert Survival. Students had to individually rank items that they felt would be critical to their survival in the desert, and then as a team, rank the same articles that their team agreed by consensus, were important for the team's survival. It was very interesting and a wonderful way to demonstrate the art of team building, critical thinking, supporting one another and communication. In addition it paved the way for the workshops on Friday, and also was a fun learning experience.

Friday was a full day of concurrent sessions where students worked with their peers on exercises and problem solving. Topics like critical thinking, first aid and healthy living, financial literacy, strategies and skills in Math, assertiveness, study skills and some group challenges were presented.

[Continued on page 5]

In the evening, each school entertained us with a skit, dance, song or joke telling. It was a wonderful display of creativity and camaraderie.



Evening Entertainment

The closing workshop on Saturday morning centred on Conflict Resolution. All grades were included in this session and it was wonderful how the students put to use the tools learned to solve a number of scenarios on bullying and conflict.



The Entrepreneurs

Before lunch on Saturday, Alinda introduced a new initiative for students. Interested students had to present a plan to earn Kenyan shillings (KES) while they were on their Christmas break, and ensure that this venture would be kept going while they were back at school in January. If their proposal was accepted, each student would receive a 200

KES loan from KEEF (and they signed a promissory note for the money). In addition, the payback included 10% interest, which would be used to finance an 11th student next year. And then a 12th student the next year, and so on. The excitement from the students when they started working on the proposals was amazing. The difficult part was choosing the top 10 proposals from the very interesting ideas. Each student will be visited by a KEEF Agent in January to see how they are making out. Stay tuned, as this may be one of those initiatives that is a conduit to help students become self-sufficient.

After another hearty meal at noon, students bid farewell and headed home. Later the facilitators had a debriefing and all agreed that this year's workshops were a roaring success. Most of the facilitators are KEEF graduates, KEEF post-secondary students or Kenyan Board Members. Clearly, without the volunteer facilitators who spent hours developing lesson plans and delivering excellent presentations, the workshops would not have been so worthwhile.

Thanks to all who participated, and we look forward to next year's session.



The Workshop Facilitators

Just a Little road Trip by Beth Gilman

When my brother Dick asked me last Spring if I wanted to go on a road trip, I didn't hesitate. After all, we had done a 3-day road trip from California to British Columbia two years earlier and it had been excellent. However, I was soon to discover that a 17-day trip to Kenya was another type of road trip altogether. *[Continued on page 6]*

“Come and see what KEEF is all about,” he said. “I know you’ll love it. We are doing a workshop in November for all our students and they would benefit from your skills.” “What skills?” I asked. “You’ll see,” he replied.



Beth Gilman leads a KEEF workshop

After meeting a number of times with Alinda Ware, we came up with the theme of “Survival” and the workshop began to take shape. We felt that we could teach the boys some survival skills to help them navigate their high school years.

I needed to know a little about the world the boys were experiencing at school, so I asked Sarah, the KEEF Kenya Administrator, to give them an anonymous questionnaire to complete in August, with three questions: “What were your best experiences at school?” “What were your worst experiences at school?” and “How do you think these experiences could have been better?” I was overwhelmed with the honesty of the boys’ responses. The majority of boys described bullying of various forms as the worst experience for them at school. And now I had a topic, albeit one that was challenging to navigate. Equipping teenage boys to deal with bullies in a school system that to some degree supports what we would consider harsh punishment, is not easy.

Over several months I prepared and edited and re-prepared my presentations on Listening Skills and How to Handle Bullying at School. By November, when we flew to Kakamega, I thought I was ready. Ready to learn.

From the moment we headed out on the impossibly bumpy, rutted, dusty road from Kisumu airport to Kakamega with Sarah and our taxi driver Charles, my learning began. And when the day came that the boys arrived for the workshop, I was overwhelmed by their dedication to learning and their gratitude to KEEF.

KEEF IS making a difference in Kakamega. As an organization, they are respected by the schools where KEEF students attend, by the community leaders in Kakamega, and by the families and individuals whose lives are enriched by the possibility and reality of an education.

I was expecting to learn far more from the KEEF students than they were to learn from me. And that was the case. Here is what I learned from my brief encounter as a KEEF agent:

KEEF students love to learn, to laugh, to act and to share;

KEEF students are resilient;

Education is the only way out of abject poverty and hopelessness;

KEEF offers the hope of a better life to communities and families in the Kakamega area by supporting over 90 boys and girls in high

school; and over 30 post-secondary students as well.

KEEF, its volunteers, sponsors and agents are respected in the community.

At the end of my "road trip" with Dick, I had to choose: to allow myself to sink under the weight of sadness for a people who are crushingly poor and who live in an environment of corruption, poverty and illiteracy, or to celebrate the difference that KEEF is making by providing a way forward to those young people that are motivated, intelligent, and determined to improve their lives.

I chose the latter.

Thank you KEEF for your commitment to these young people.

[And we thank Beth for all her contributions to KEEF!]

About KEEF

KEEF was established to provide financial assistance to Kenyan young people to assist them in furthering their education and in developing skills that will empower them and their communities.

KEEF was registered in 2004 under the Societies Act of B.C. and granted charitable status by the Canada Revenue Agency in 2006. # 845413145 RR 0001.

KEEF is a charitable organization, not affiliated with any government or religious organizations. **All of the monies donated to KEEF are designated for educational purposes in Kenya.** Our very low operational costs are covered through sales of Kenyan crafts and other special fund-raising events.

Contact us at keefcan2010@gmail.com or visit our web site www.kenyaeducation.org or Phone Peg Klesner at 604-926-3018

Do you have an interest in visiting and volunteering in Kenya? [From Page 1]

This opportunity provides a rich cultural experience in an extraordinarily diverse country, combined with the rewards of making a meaningful contribution.

KEEF has about 100 students in secondary schools and about 40 students in post-secondary institutions in Kenya. Secondary students bring in their marks, fee structures and letters to sponsors at the close of each term. Canadian volunteers help

monitor the program, and our office is managed by our full time secretary, Sarah Nabongo.

Volunteers pay their own travel, housing and living expenses, but there are provisions for tax benefits under Canada Revenue regulations. To learn more about KEEF's activities visit our website:

www.kenyaeducation.org

If you are interested in an adventure and a chance to make a difference in someone's life, please contact us at: keefcan2010@gmail.com

Become a KEEF Sponsor: How Can You Help?

KEEF seeks donations of all amounts to assist in our work. The board members and overseas agents of KEEF are volunteers, and **100% of your donations** will go directly to support students, unless you direct them to special purposes such as workshops or operational expenses. We raise funds through special events to cover our low operational expenses.

Our web site has several options for donors, including:

- **Scholarships** Our prime purpose is to provide scholarships for secondary students at an average of \$600 per year, which includes fees and room and board. Ideally, donors will sponsor their student through four years of high school.
- **Student Support** Donations of any amount are always welcome and enable us to "top up" fees as needed, or to provide students with essential items such as school supplies or medical care.
- **Support for Workshops** or other operational expenses.
- **Endowment (i.e. trust) Fund** Established in 2013. Capital funds will be preserved and scholarships will be allocated from fund earnings.
- **Gifts cards in someone's name** See our web site for gift cards suitable for birthdays, weddings, holidays or other special events.

Charitable tax receipts will be issued for all donations.

Donations by cheque: payable to KEEF and mail to: Margaret (Peg) Klesner, Suite 904, 2135 Argyle Ave., West Vancouver, B.C. V7V 1A5 Canada

Donations online: go to www.kenyaeducation.org and donate through **PayPal** or **Canada Helps**.

Jambo Grill 2015 a Great Success

KEEF extends a big “thank you” to all our supporters and donors who helped to make our second Jambo Grill a financial and social success. Over \$6000 was raised through this event. The support of several businesses was especially valuable, and we particularly thank Nash at Jambo Grill for generously hosting this luncheon again. [NOTE: Our luncheon was held in July, but belatedly, we again thank all our supporters.]



Our business supporters:

Jambo Grill on Kingsway in Vancouver, **SURE North Road Copy Center**, Burnaby, **White Spot Restaurants**, Vancouver, **Kal Tire**, Lougheed Highway, **Bean Around The World Coffees**, North Vancouver, **SIR Printing and Photocopying**, North Vancouver, **Barb McDonald**, potter, **Deanna Peake**, Uranta representative.

We extend special thanks to Mr. George Imbenzi, Honorary Consul General at the Consulate Office of Kenya in BC for attending the luncheon.



Our Thanks for Your Generous Support

By Janice Trenholme

Thanks to those who have so generously contributed this year to KEEF!

On July 25, we held another successful “**Jambo Luncheon**” (“jambo” means “hello” in Swahili). 73 persons attended, raising \$6800 for KEEF in just two hours. Of this, \$3700 was donated to our Endowment Fund, managed by the Vancouver Foundation. All contributions to the Endowment Fund remain invested, and the fund’s earnings will provide a continuous source of scholarships for our students. The idea of

www.kenyaeducation.org

establishing this legacy fund came from our late (and much missed) founding Board member, Marie MacKay.

Knowing that your time is valuable, rather than hold another event, we recently held our second “Virtual Concert” -- music of your own choosing, at a time that best suits you.

The links we provided included the **Kenyan Boy’s Choir**, <http://kenyanboyschoir.com>, the **African Children’s Choir**, <https://africanchildrenschoir.com>, **CBC Music**, <http://music.cbc.ca>, and the **Canadian Music Centre**, www.musiccentre.ca.

For 2015-2016 KEEF’s goal is to raise a total of \$20,000 from the Jambo Luncheon and Virtual Concert combined. We still need to raise approximately \$9,000, so please feel free to donate if you can. To find out more about KEEF, or to donate online, go to:

www.kenyaeducation.org

All donations will receive tax receipts.

And thanks again to those who have already fully contributed!

***When you give to KEEF,
you are making a real difference
in the life of a child in Kenya!***



Celebrating Post Secondary Graduation

Brian Bateta was supported by KEEF scholarships in secondary school and with Alinda's assistance went on to complete a post secondary teaching program. This photo was taken at his college graduation last June. Brian's story is truly inspiring, and he is hoping to extend his college diploma with a Bachelor degree, which would make him eligible for a better paying government teaching position.

"SOARING TO GREATER HEIGHTS"

by Brian Bateta, Jan. 2015

First, I want to thank KEEF for making such a difference in my life. KEEF has enabled me to be self-motivated, and pursue a career where I can achieve both personal and corporate goals, and to become creative, proactive, dependable and hard working.

I am Brian Bateta, a Kenyan citizen by birth, aged 24 years. I was born into a family of an unknown number of children, since my father was polygamous (not uncommon in rural Kenya). My mother has passed on, and being the first born, I am really determined to ensure my family prospers.

In the year 2007 I completed the national KCPE exams, (Kenya Certificate of Primary Education) scoring 384 marks. Due to poverty, I was unable to join a secondary school. A month later, I decided to



work for some rich people in the community to earn income, I managed to get 2000 Kenyan Shillings (approx. \$20).

Thereafter, I was given a letter of admission to Bumini Secondary School. I paid the 2000 Kenyan Shillings as school fees, but I was chased away. However, I did not give up. I borrowed a school uniform from my classmates and went back to school the following day. After a serious discussion among the teachers, I was allowed in class at 3 o'clock. Learning started, but under tough conditions.

Surprisingly, I used to walk on foot from home to school, a distance of 10 kms. At school, I was determined. I emerged position 3 in first term and position 2 in second term in Form 1 (grade 8). In term 3, we were given a talk about KEEF by Anthony Napali. Immediately, I applied and qualified to be a KEEF student. Since the year 2008, my life has really changed.

As a KEEF student, I attended a KEEF workshop where I learned about profitable projects. I started my project of chicken rearing without any capital. I visited my relatives and I was given two chickens. After 3 months, they multiplied to 22 chicks and started growing. Through this project, I have been able to educate my two sisters who are currently in Form 2 and Form 3 (grades 10 and 11) respectively.

While I was in Form 4, something terrible happened in my life. My father became insane and

burned all our houses beyond recognition. Everything was destroyed, including our school materials. There were only two weeks remaining before our final exams. I did not lose hope, and went and wrote the exams. I managed to get a mean grade of C+. After explaining the situation to Madam Alinda Ware (a KEEF agent), I was encouraged not to give up. Really, nothing good comes easily!

After secondary school completion, I decided to plant maize on a ½ hectare of land. I got 20 bags of maize weighing 40 kilograms each. I sold the maize for 40,000 Kenyan Shillings (approx. \$400). This enabled me to construct a house of 26 sheets of corrugated metal for family. I continued on with the project of chicken rearing as my father was being treated in Uganda by a well-wisher and he regained slightly the normal status.

There was a time when my chickens were attacked by a deadly disease, and they all died. I did not give up. I started planting sukuma wiki. I inquired about how to manage the project from Madam Grace Lidede (a former teacher and principal) and life continued. I used the sukuma wiki to pay for the school fees for my two sisters.

Through my projects, I managed to save 15,000 Kenyan Shillings (approx.. \$150) in 5 months. I explained the situation to Madam Alinda Ware since I had a desire to join a college. Madam Ware understood the situation and accepted to support my college education. I completed my college final exams in the year 2014 and passed very well with Credit 3. I am aspiring to join a university in order to secure a good chance of getting a job in government schools.

Besides volunteering to teach people how to prosper in life and also in academic excellence, I am also a singer. My ambition is to become a Professor and I know I will achieve it through determination and hard work. I have skills and I intend to work diligently and positively in order to offer support and other services in a multidisciplinary and multicultural environment. I strongly believe in competence, commitment and teamwork for success in life. Thanks, be blessed.

***Merville Community Members Combine their Donations**

By Peg Klesner

[We ran a similar story a couple of years ago, but since then another group is sponsoring a student, so it seemed important to further encourage this type of cooperation and sharing of costs.

**Merville is a rural community on Vancouver Island a few kilometers north of Courtenay]*

For several years community members in Merville have been very successful in jointly raising funds to support Harriet Chirima, who has just graduated from the University of Nairobi with a degree in Pharmacy.



*Harriet will soon begin her practicum
in a town in the Rift Valley*

The Merville group provided annual scholarships for Harriet all through secondary school and then continued for her four year university degree. In recent years there have been 12 separate donors who managed to contribute to the total.

KEEF has three different community groups that raise donations for their individual students by combining their giving power. With the high cost of living in Kenya and the rise in annual inflation affecting food, transportation, education and health care, we believe it is a positive way to continue to sponsor students.

If donors wish to combine their generosity in assisting students to cover the rising cost of school fees, we highly recommend considering this method by forming small support groups.

***Please contact us if you have any questions about
arranging a shared sponsorship.***



KEEF Board Members at the Annual General Meeting,

Sept. 20, 2015.

L. to R., back row: Dick Glassford, Janice Trenholme, Susan Peake, Don Reimer.

Front row: Shelagh Armour-Godbolt, Anisa Kassam, Peg Klesner, Alinda Ware.

[Not shown is **Vance Hackett**, CPA, CGA, who is not a member of the KEEF Board, but is an extremely valuable member of our team.

Thanks to KEEF

by Otieno Ezekiel

So many of you have helped
Whose doors seemed shut
You have unlocked them,
They are now in schools, smiling,
Seemingly with a bright future,
Because you have paid their fees.

The future rests in our young people
Who have many dreams and visions
But all of them null and void
Without education
So, thanks to KEEF,
For opening doors for the future.

Many parents, guardians and
teachers all over,
Recognize your far reached value for
education

Your sponsorship to students
In our numerous secondary schools
Will forever be appreciated
In this country and beyond.



Ezekiel Otieno

In our March 2015 Newsletter, we published excerpts from Ezekiel's letter to KEEF and asked for a donor to sponsor him through Form 4, his final year of secondary school. We are happy to report that a donor replied immediately, and Ezekiel successfully completed Form 4 and wrote his KCSE national exams (Kenya Certificate of Secondary Education). In the next month or so, the exam results will be released, and we are confident that Ezekiel will do very well.

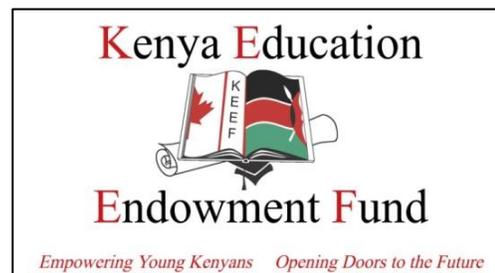


Photo Gallery - Remembering Marie...



A young nurse



Teaching First Aid in Kakamega, Kenya



“Protect yourself” – HIV/AIDS workshop with Dr. Ruby Sokwala



Gift of a kanga from Connie Ochieng

Newsletter Editor: Don Reimer
Please feel welcome to share this newsletter!

Marie at the centre of the garden party, Kakamega 2006

From left:
Sally Gellard,
Roslyn Moran,
Hamesi,
Marie,
Cecilia Kamara,
Tony Rainbow,
Maureen (Mo) Rainbow,
Wendy Reimer

Photo: Don Reimer,
CHES House Garden

