



Empowering Young Kenyans

Newsletter

www.kenyaeducation.org
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KEEF AGM 2024

Sunday, October 20, 2024 at 1:00 P.M. PST

All members of KEEF are invited to attend the AGM either via ZOOM or via telephone.

To receive a meeting package and instructions on how to join the meeting, please contact:

Dick Glassford, Treasurer
keefcan2010@gmail.com or,
1230 Saturna Drive,
Parksville, B.C. V9P 2X5

An informational package will be sent to you on October 11th. If you have any questions, please email us at keefcan2010@gmail.com or call Dick at 1+604-970-3446

KEEF ANNIVERSARY PROJECT UPDATE

KEEF has now raised \$13,500 towards our 20th anniversary project - only \$6,500 to go in reaching our \$20,000 fundraising goal.

Thank you sponsors!

You are truly making a huge difference. The lives and dreams of over 150 secondary and post secondary students, their families and communities are being realized.

Life changing... Asante sana!

GOAL: \$20,000



BRENDA'S RIDE FOR KEEF

By Janice Trenholme, KEEF Board Member

Having had two brothers already, I cannot remember a happier day of my life than when my sister, Brenda Trenholme, was born! And since then, both she and my brother Blair have made me very proud of all their volunteer work. Blair has done a lot for Rotary and Brenda has not only volunteered for KEEF in Kenya, but also has done 6 major bicycle rides across 5 continents:

- In 2016 Brenda rode her bicycle 12,000 kilometres (the length of Africa) from Cairo to Cape Town, which took 4 1/2 months;
- In 2018 Brenda completed a 5 month, 13,000 km ride across 10 countries from Beijing, China to Istanbul, Turkey, including the stunning and remote Pa Mir highway in central Asia;
- In 2022 Brenda rode from Buenos Aires, Argentina to Santiago, Chile and down to Tierra del Fuego in the southern tip of the S. America (riding about 6,500 kms over 2.5 months);
- In 2023 Brenda rode for 8 weeks across the Himalayas from northwestern India to Katmandu, Nepal. The ride was over 3000 kilometres long and the height climbed was 51,000 vertical metres;
- In 2024 Brenda will complete crossing the S. American continent (which she began in 2022). She has started at the northern tip in Cartagena, Columbia, and will be cycling for 3.5 months south to Salta, Argentina (about 6,000 kms).



Besides the incredible adventures on her bicycle, Brenda's Rides for KEEF have provided the chance for her to show her slides throughout British Columbia – and to give back to the wonderful world she explores. From her many presentations Brenda has raised more than \$50,000 to help provide education to inspiring children in Kenya whose families cannot afford to send them to high school. (It costs only \$600/yr. or \$50/mo. for tuition, room and board – and without which these children would continue to live with daily food insecurity and could never attend high school).

Brenda is inviting the public to come out to enjoy hearing about her adventures, other cultures, history and the challenges of cycling across the Himalayas from India to Nepal, and to help support the youth in Africa who are financially poor and have done tremendously well in their grade 8 final state exams.

The first presentation will be on Thursday, Nov.7 at 7:30 p.m. at the United Church in Comox (250 Beach Drive). Please tell your family and friends about this.

Brenda will be making other presentations throughout B.C., and KEEF will let you know as soon as these dates are confirmed.

Needless to say, I could not be more proud of my younger sister, Brenda!



KEEF STUDENT STORIES

Jalia's Medical Journey

Dear KEEF,

Reflecting on my educational journey, I'm profoundly proud and grateful for the unwavering support you have given me.

I encountered KEEF while in 2nd year of my medical school. To be honest, I was at the verge of dropping out because of financial constraints. Having come from a dysfunctional family, this was almost impossible for me.

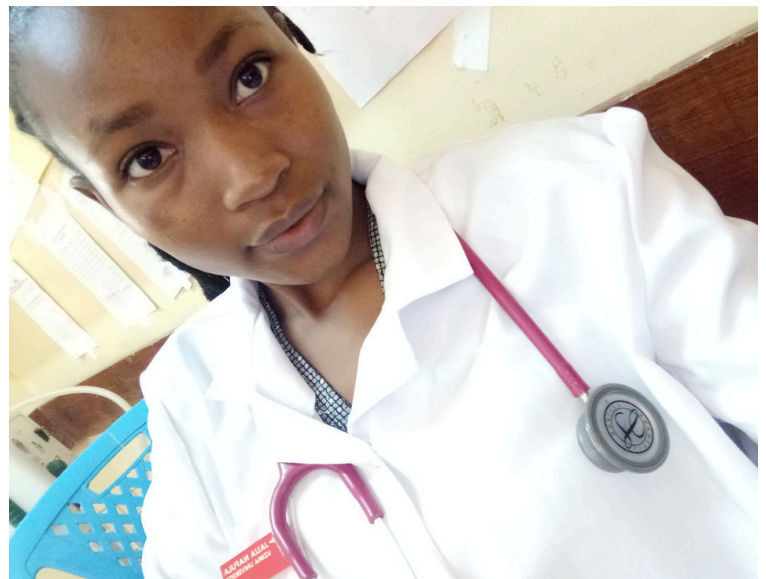
From the early steps to the pinnacle I've reached, you have walked this path with me.

Because of your support, I have managed to get through my medical school. Because of your generosity and kindness, I will be able to graduate this year in November as a medical doctor.

As I look back, I see the immeasurable impact of your support on my achievement.

Thank you for believing in me and making my dreams come true.

Attached are some of my photos in med school.



KEEF STUDENT STORIES

Hudson's Transformative Education

My life is proof of the transformative power of education – as are the lives of many other boys we went through the KEEF scholarships. Nic, Bonny and Dickson are some of my friends, we went through the program together and there is a stark contrast between us, who got the opportunity, and those who did not.

Before getting the opportunity to go back to school after dropping out for lack of school fees, I had lost hope for a better future. I saw myself doing only low paying manual jobs when I grew up like many boys ahead of me who did not have an education. I did not dare to think big as I knew the only key to success was education.

However, after a year of staying out of school and having resorted to working as a barber in the city, came the turning point of my life. I met one of the KEEF agents who then accepted to take me back to school. I joined high school, did very well and joined university where I graduated with a Bachelor of Environmental Science degree. This gave me back the power to dream and think big.

"One of the biggest impacts that the education had on me and my other friends I benefited together with is giving us the power to dream and think big. All Nic, Bonny and Dickson are doing well in their respective careers and myself, I have been able to build my career as a researcher with one of the international research institutions based in Kenya."

Education is the most empowering force in the world. It creates knowledge, builds confidence, and breaks down barriers to opportunity. For children in Africa, it is their key to open the door to a better life and I am glad I got one. All children deserve to receive this 'precious gift' of education.

Thank you KEEF.





**we are
planet
hope**

A NEW, SMALL FUNDRAISER

By Shelagh Armour-Goldbolt, KEEF Board Member

KEEF's Fundraising Committee has explored a small, long term fundraising opportunity. All proceeds in 2024 will support our 20th Anniversary Kuimarisha ("to lift up positively") Project at St Augustine Rosterman Secondary School in Kenya. Ongoing, they will add to our Student Support & Operations Fund. Readers may find this fundraising option beneficial to both their home and to KEEF. Several of our board members have tried it with satisfaction and we have received our first commissions from those orders.

Tru-Earth is a family-owned, BC-based company. One of its goals is to offer products that encourage the reduction of plastics going into recycling bins, the land fill, and our oceans.

Many of their products are hypo-allergenic. Packaging is minimal, fully recyclable, light for shipment by Canada Post. Tru-earth sends KEEF 20% of all purchases (pre-taxes and shipping) made through our special link: <http://tru-earth.sjv.io/kenyaeducation>. (You will not see this confirmed on the site after your order is accepted.)

Tru-earth "eco-strips" products range from laundry "eco strips" (also great for travel or camping trips) and fabric softeners to toilet bowl cleaner, a multi-surface cleaner and dishwasher tablets. (Other brands of individual detergent pods are plastic wrapped.) As well as giving charities and non-profit groups the chance to receive commissions when supporters purchase via their specific link, Tru-earth has a program that offers a month's free laundry strips to a low-income family, through local service organizations, for each \$25 worth of products sold.

Whether you are already a Tru-earth customer or want to try a product or two, please consider using the special link above to submit your order and support KEEF. Questions? Contact Shelagh, 604-415-9397 or shelaghag@shaw.ca.

BIKING TO SCHOOL

By Shelagh Armour-Goldbolt, KEEF Board Member

Many of us have memories of bike rides with friends – to school and for fun at parks, lakes or beaches. For KEEF day school students, a bike is much more than fun – it can be life-changing, offering time and energy saved for study and essential home/farm chores, a way to carry water jugs a long distance for the household's needs, or to take a second family member to school. KEEF lends Buffalo Bikes to supported secondary students with an especially long walk to school. This may be a new bike (\$200) or one previously used and returned after graduation, now refurbished (\$100) for a new student to use. Heavy duty Buffalo Bikes are designed and built for durability and easy maintenance/repair by a non-profit organization – a subsidiary of World Bicycle Relief – which is well aware of the challenges of unpaved roads in rural Africa. Assembled in Kenya, they feature puncture-resistant tires, heavy gauge rims, reinforced spokes and a rear carry rack that will hold 100+Kg. Wycliffe Anjawa, a KEEF Kenya volunteer, will be trained to be the Buffalo Bike mechanic in Kakamega.

Kenyan day school students start class early (6:30AM) and the school day is long (until 4:30 PM). Rural road conditions are often rough and secondary schools distant. All this means a sturdy loan bike for a KEEF secondary student is a significant contribution to their ability to learn. Looking for a gift idea? Use our new Gift Catalogue (see page 6) to order a new loan bike or to cover the cost of refurbishing one for another student to use/borrow. A gift card can be sent to you to tell the recipient of your gift what it can provide for a student living many kilometers from their secondary school.

A Message from KEEF Canada Board Chair

By Alinda Ware, KEEF Board Chair

Thank you sponsors and donors for supporting students through our scholarships, bursaries and projects. The KEEF Canada and Kenya Boards and the KEEF Alumni work together to offer 'a hand up' to as many young people as possible.

Please click on the links below to learn how our current projects are doing this. The food security project is an exceptional project as many impoverished families do not compost their animal and vegetable wastes. They put plastics, vegetable and all other wastes into the same pit or pile and burn it when necessary. The first phase of this project consists of developing a demonstration composting system and garden at a local high school that can then be visited by the community and KEEF students. The vegetables can be used to help feed staff and students and sold in the local market. The Kuimarisha Project will benefit the 479 students and 23 staff at Rosterman and, indirectly, their families.

Thank you for your generosity. Have you ever considered travelling to Kenya and seeing what we are doing firsthand? Let me know and I'd be happy to share my experiences.

How to access our KEEF video gallery:

Click on the underlined title for each link, which will re-direct you to the corresponding video.

[Link 1: Kuimarisha Project: KEEF 20-year Anniversary](#)

KEEF...
A registered
Canadian
charity

Kenya
Education
Endowment
Fund



[Link 2: KEEF's Gift Catalogue](#)



[Link 3: Food Security in Kenya: Soil Regeneration](#)

