



# NEWS



Medical Centre Team



Fokko Doyen and Frank Walter Steinmeier

Cargo Human Care e.V.

June 2016

## OVERWIEV

### General Assembly

> Income / Expenditure

> Sponsorships

→ Page 2

> Account balance 2011-15

> John Kaheni Residence

→ Page 3

> Medical Centre

> Mothers' Mercy Home

> What a day! Thank you,  
Frank Walter Steinmeier!

→ Page 4

> Mature Wine for fresh  
perspectives

→ Page 5

CHC Ärzte report:

> Medical Camp Masai Mara

> Dentist mission in Nairobi

> Visit by Esther

→ Page 6

This is how CHC works

> Gauff Consultants

> 2nd Office City Run

→ Page 7

## Dear Members and Friends of Cargo Human Care,

Many of you already received a comprehensive insight into all CHC's current developments at our General Meeting on 11MAY16. There is an article on this on the next few pages.

The complete minutes and our presentation are available on our internet page [http://cargohumancare.de/wp-content/uploads/2015/05/Protokoll\\_CHC\\_MV\\_2016.pdf](http://cargohumancare.de/wp-content/uploads/2015/05/Protokoll_CHC_MV_2016.pdf)

. If you wish, we will also gladly send both to you.

On the evening of the General Meeting, we launched the sale of 1,000 crates of wine for the benefit of CHC. "Old wine for young life". We do not want to withhold the, admittedly somewhat bizarre, story behind this action – enjoy reading it. The "Wine saves Life" club together with the vintner Martin Steinbach, is organising the sales and delivery in favour of CHC. You can now order online.

We never tire of pointing out that without your active and dedicated support, it would be inconceivable to help those people in Kenya who have all grown so effectively dear to us. Though we have for a long time now concentrated on collecting money in Germany and worldwide in order to finance our local projects, every now and again there is a need for goods donations such as clothes for a certain age group for the children at MMH, or, more recently, the jigsaw idea. The response to our request was overwhelming and we were able to make a number of children very happy. However, another private donation from one of the CHC sponsors also was cause for great joy. We presented a young woman in a wheelchair and under our medical care, with a professional knitting machine. She will be using it to try to earn her living.

Why do we not want more such goods donations? This is a question we are often asked. The answer is unfortunately sobering: it is a Kenyan customs problem that stops us to carry donated goods to Nairobi.

A further request in the March newsletter also quickly became a success. Two members contacted us and expressed their willingness from now on to always donate the €200 costs for the additional nutrition for our children in the MMH, during the month of their Birthday. Heartfelt thanks and congratulations is all I can say!

The first trainings for the young inhabitants now already living in the John Kaheni Residence have already taken place, much to the delight of the trainer and participants. We plan to gradually fill all 24 living spaces over the next few months and are very satisfied with the progress there.

On the medical front, we can report on our first Medical Camp in the Masai Mara, which took place thanks to great support from Gauff Consultants.

And finally, a tip: do not forget to register for this year's Office City Run on 25th August. Even if the city of Frankfurt has authorised double the number of runners this year, we are no doubt that these 900 runners will really turn up at the starting line – and not just because of the great prizes that can be won.

With best regards also from our patron Frank Walter Steinmeier.

Your FD

Fokko Doyen, President CHC

**Save the date**  
**25.8.2016 Office City Run**

## Cargo Human Care Association's General Assembly on 11th May 2016

### A successful year 2015 – well-positioned for 2016

There was good news to announce. CHC is financially well set up and also ready for the year 2016 and the expected tasks and expenditures.

#### Income and Expenditure in 2015 in thousand Euros

| Income                         |              | Expenditure  |              |
|--------------------------------|--------------|--|--------------|
| Donations (of which 274,7 FAZ) | 495,2        | Building costs (217,3 - 38,6 Refunds for the church) | 178,7        |
| Membership fees                | 54,7         | Acquisitions MMH / MC                                | 3,3          |
| Calendar sales                 | 18,2         | Repairs (7,3 -18,7 Refund)                           | -11,4        |
| Sponsorships                   | 80,8         | Medical care   | 85,7         |
| Interest                       | 1,2          | Personnel costs MMH / MC                             | 57,7         |
| Patient share                  | 22,5         | Running costs / Security                             | 35,1         |
|                                |              | Sponsorships   | 76,4         |
|                                |              | Child Care (ChiCa)                                   | 18,7         |
|                                |              | Marsabit / Caroline School                           | 2,4          |
|                                |              | Operating costs                                      | 17,4         |
|                                |              | Calendar production                                  | 7,1          |
|                                |              | Advertising costs                                    | 0,9          |
|                                |              | Administrative expenses                              | 2,4          |
|                                |              | Bank charges   | 0,7          |
| <b>Total</b>                   | <b>672,6</b> | <b>Total</b>   | <b>475,1</b> |

### GA 2016

The regular income from the fees of more than 500 members, as well as the 210 sponsorships ensuring the young people's education, are especially valuable for the work that CHC carries out daily in Nairobi.

### Sponsorships: The central pillar of CHC's activities regarding education and development.

#### Schooling for MMH children:

**103 children:**

**69 sponsors:**

- School fees
- Used to cover secondary school (years 9-12), since 2014 also primary school (years 1-8)
- Costs are 30 € per child/month

#### Medical sponsorships for children (aged 4-25 years, MMH area and MC patients)

**61 children**

**97 sponsors**

- School fees, partly special schools and career education
- Additional medical care
- Partly auxiliary means and support for living expenses
- Costs between 25 € and 75 € per child/month

#### Training sponsorships for MMH leavers (Alumni 2013/14/15, all >18 years' old)

**46 children**

**56 sponsors**

- Fees for training institutes and materials
- Living expenses (rent, food, transport)
- Pocket money
- Costs for accompanying development programs
- Costs between 150 € and 250 € per child/month



## GA 2016

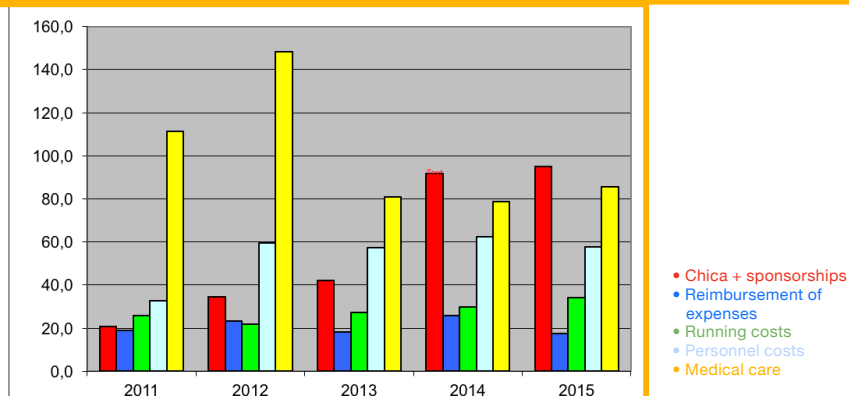
Due to this reliable income we can plan over years and we are able to implement well thought-out long-term concepts.

The great dedication of a number of foundations and companies, as well as Lufthansa Cargo, enables CHC to push forward with projects in which we break new ground and can shape the future.

At this point, we warmly thank you for your sustained trust and generous support. The money entrusted to us is used purposefully and we place great value on voluntary work. We are proud to state that only 0,5% of all expenditure in 2015 was spent on administration.

## Account balance over the past 5 years

## Account balance 2011-2015



11.05.2016  
Seite 64

Cargo Human Care e.V. Mitgliederversammlung 2016

## GA 2016 The John Kaheni Residence

The year 2015 was especially characterised by the John Kaheni Residence (JKR) project. After the financing of this project was secured mainly through the FAZ's Christmas fundraiser, and the building lot was provided by the Anglican Church Diocese Mount Kenya South, implementation started quickly. Building began in April 2015 and, for the official inauguration on 29.11.2015, a Lufthansa Cargo MD 11, the D-ALCH, in special livery, landed in Nairobi. An eye-catcher and since then a worldwide ambassador for CHC, which draws great attention.



Catharina (Kiki) Pfeffer and Falko Eidner gave us an excellent gift with the short film they made of the JKR opening ceremony. You can find it under <https://vimeo.com/164715682> and naturally linked to the CHC web page. Take a look – it's worth it!

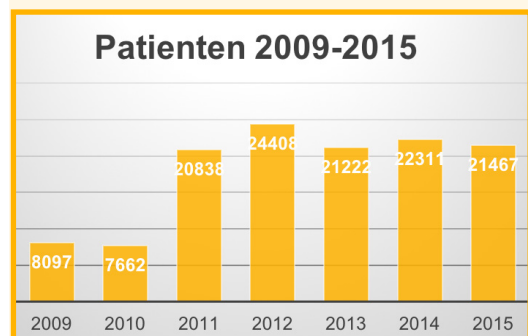
Particularly gratifying is the fact that the building costs for the JKR will be around 50,000 € less the estimated budget. Our thanks go to the project team under Gerhard Meyke and Joachim Pfeffer, who managed the construction project so effectively and successfully. In parallel to the building work, Werner Hildebrandt and his team worked on the concept of the residence as a community residence. The first alumni moved in in April and the group is professionally guided in their personal development by the JKR team of three, consisting of the Program Coordinator & Youth Councillor, Mary Wanjiku, the Social Worker, Monica Wambui and the Caretaker, Dan Kiragu.





## GA 2016 News from the Medical Centre

With the employment of Dr. Boniface Irungu, we now have a Kenyan doctor who, together with the Medical Centre's team of 12, ensures continuous medical and general health care.



In addition, 50 German medical specialists carried out 71 voluntary missions locally and treated 6,581 patients. The number of treatments in our Medical Centre has levelled out at around 21,500 per year.

New are the „Medical Camps“, where our German specialists, together with some of the local team, carry out consultation hours in neighbouring locations. In the three camps that have so far been carried out, 611 patients were treated. For one very special camp, a team flew to the Masai Mara. You can find the detailed report on this in our newsletter.

## GA 2016 Mothers' Mercy Home



At the Mothers' Mercy Home, the established team of three Mothers, Grace, Leah and Mary, together with Senior Social Worker and Assistant Administrator, Charles, Social Worker, Father James, as well as the entire kitchen, laundry, cleaning and garden team, all ensure that the 120 children aged 3-18 years are well cared for. The volunteer ChiCa Team from Germany is very involved in providing support through a number of ideas and active participation in campaigns, various camps and arranging career internships in Nairobi and the surrounding area. Valuable trust has been built up through regular exchanges and personal contact to the children and staff at the MMH. This makes it possible to identify the children's requirements and talents, and to specifically encourage them.

## What a day..... !

### Our Patron Frank Walter Steinmeier

*By Fokko Doyen*

Right until the very end, because of Middle-East politics and possible related appointments for Frank Walter Steinmeier, it was not completely certain that the meeting would take place... and then everything worked out excellently after all on the verge of the "Spargel-Symposium", a child psychiatry specialists' conference in the Beelitz sanatoriums near Berlin.

We met FW Steinmeier at 10 a.m. in a small round in glorious sunshine, and were able to hand him his CHC certificate. He was again very interested in our work, as he had been when we first met him, and we had enough time to update him on all the latest developments in the JKR and on e.g. the Medical Sponsorships. Anke Gaussmann, doctor and member of the CHC board and her team who take care of the Medical Sponsorships, Claudia Ratzla, Birgit Fandrey and Güner Dogramaci, as well as my personal photographer, Franka D., were all present alongside me. During the official part of the event, Steinmeier gave an impressive speech to the around 200 conference guests, also mentioning our involvement in Kenya. After all, the symposium was centred around children and healthy eating – and about obesity... – and here Steinmeier reported interesting facts from his latest travels to Mali and Niger, regarding the conditions there and the plight of the child soldiers who are certainly far from worrying about this particular conference topic – their first concern is whether they will live to see another day.

A successful event. Thanks to Dr. Maike Pellarin who again superbly arranged the meeting with our patron. Dr. Maike Pellarin, Head Physician at the AHG Children's and Youth Clinic at the Beelitz sanatoriums, is a specialist in child psychiatry and has since several years also been working for CHC. As we care for a number of children and young people in Nairobi from very poor and problematic conditions, who in part were badly abused prior to coming to us at the Mothers' Mercy Home and are thus traumatised, Dr. Pellarin's work is not only very welcome but also a blessing for these young people.



## Mature wine for fresh perspectives

The Wine Saves Life Association and CHC jointly packed wine for a good cause: 1,000 surprise boxes containing rare wines await adventurous connoisseurs

By Anke Trischler

The Wine Saves Life Association has supported Cargo Human Care since a few years now. The Wiesbaden society's motto is: helping can be very easy. Already the equivalent value of a bottle of wine can be spent towards need children and young people, directly and simply. The association was founded in 2001 and acts like a foundation. „We are closely linked to CHC since a few years now and are delighted to be able to cooperate even more closely in the anniversary year of Wine Saves Life“, says Joachim Binz, first chairman and club founder.

### Tackling the packing of wine bottles together.

A strong team of CHC and WSL members met at the Schloss Sommerhausen winery, and carefully packed the cartons ready for transport under the guidance of the vintner Martin Steinmann. 1,000 surprise boxes, each filled with six bottles of German wine from previous decades, brought together in a unique collection, now await their recipients. The sooner they are sent on their way to adventurous connoisseurs, the better: the proceeds from the sale go to the CHC Education Program at the John Kaheni-Residence (JKR). Read more about this at:

<http://cargohumancare.de/wein-trinken-und-gutes-dabei-tun>



Wine Saves Life Association, founded 2001. An initiative from friends of wine for children in need. The idea: helping through the equivalent value of a good bottle of wine. Support us with a single donation, by volunteering, as a member paying an annual fee of 72,00 Euro to Wine saves life e.V. Rathausstraße 49 | 65203 Wiesbaden +49(0)6119749070 [www.winesaveslife.org](http://www.winesaveslife.org)

### Drinking wine and doing good at the same time

The wine-collection was put together over decades by a married couple from Würzburg: fervour and a passion for travel – always on the look-out for something special – led to a collection of tens of thousands of individual bottles. A real treasure trove: lots of rare wines and several curiosities. The names of the producers range from the less well-known through to the stars of the German wine scene, such as Bürgerspital, Dönnhoff, J. J. Prüm, Fritz Haag, Müller-Catoir. The elderly collector-couple are in the best of health, which may certainly be a result of their moderate enjoyment of fine wines. Both are now over 90 years' old and have donated their wine collection „to be sold for a good cause“. This is where Wine Saves Life came into play – the social conscience of the German wine community. And WSL came up with the support campaign for CHC. The mature wines are now ready to be converted into fresh future perspectives for the young people at the JKR as quickly as possible.

And this is how it works:

Send your order by email to Wine Saves Life, stating your name, address, date of birth (required by law for the sale of alcohol), telephone number and the number of boxes you would like to purchase to: [info@winesaveslife.org](mailto:info@winesaveslife.org), catchword: CHC 1000.

Or order via the Vinum internet pages:

<http://www.vinum.info/weinsammlung/?cois=de>

For frequent-connoisseurs, there's a special offer: order six boxes and only pay five! While stocks last. The countdown is running. Note: Limited Edition!





## Our doctors report from Kenya

### CHC Mobile Clinic in the Masai Mara

Medical Camp from 24th to 25th April 2016

*By Dr. Magdalene Budach and Dr. Thomas Berger*

The Medical Camp was carried out in the Itolish Mara Primary School in Kilgoris. Kilgoris is a wide-spread settlement with around 2,000 inhabitants who mainly live from cattle breeding. 200 children are taught at the school. They come from the surrounding areas of Kilgoris and often have a long way to school on foot.

On Saturday morning, once we had set up a small „pharmacy“ we had brought along our patients who had not yet made it to the area, who was treated as „vanguard“ by did other patients slowly drift in to our small with David, we treated 166 patients in two with our Medical camp. The children were confident and independent that our child-patients were generally not gravely ill. The obesity, type 2 diabetes and hypertension cy was not adequately equipped for all the skin diseases.



ourselves up a classroom and erected the with us from Nairobi, we eagerly awaited school. The first patient was the chief of Magdalene. Only after he had been seen, outpatient department. In total, together days. The Masai easily involved themselves not timid and came across as much more ren in the Medical Centre in Kiambu. The usual chronic civilisation diseases such as were very rare. However, our small pharma-

We are worried about three year-old Toriken, who suffers from a heart deficiency due to a congenital cardiac defect. After consulting his father, further diagnosis is planned in the Mater Hospital in Nairobi. 9-year-old Ntera is deaf and dumb and has never yet attended school. As a next step, her hearing will be tested in Nairobi.

The Medical Camp in the Mara was very successful overall. Somewhat tired and with lots of positive impressions, we flew back to Nairobi on Sunday afternoon. Many thanks to Joachim for his excellent support, as well as to David and the team from Mara Siria, without whom we would not have been able to carry out this work. Thanks also to the Gauff company who covered the transportation costs.

## Dentist Mission in Nairobi in May 2016

*By Dr. Helga Schaffner*

This is a small insight into my mission at the Medical Center with PD Dr. Diethard Prüfer and the intern, Tim Wiesenbacher, from Nairobi.

The mobile cart and the suction unit work really well. The treatment unit bought and paid for with the support of Plus Dentists, has made it possible to carry out tooth-preserving therapy at the Medical Centre since 2014. We dentists have been given a very good, reliable appliance which still functions very well after 2 years of use. I have ordered small things like service parts, but we are well-equipped with levers and pliers for extracting.

This time, I had more difficult treatments: and cut out chipped teeth and sew up will later remove the stitches. A number of children of imprisoned mothers, called „The I set fillings or removed loose milk-teeth: bribery material for our small, courageous usual, the pulling of teeth. Our intern, Tim, He actively helped out, even when it got the waiting room, held the hands of those little ones onto the operating chair. He is a enjoyed working with him. I hope I was able becoming a doctor or dentist. Cooperation with Milka and the Medical Centre team also worked very well during the entire mission.



thrice we had to carry out open surgery again. Milka from our local medical team, children from the nearby home for small Nest“, were presented for treatment and as always, our soft-toys work very well as patients. Our main task, however, was, as was very involved during all treatments. bloody. He collected the patients from who were a little frightened, and lifted the remarkable young man and we very much to bring him closer to his career wish of

## Visiting my Godchild, Esther:

Together with social worker Mary, we set off on our way to Limuru to see Esther, my godchild from the „Medical and Social Sponsorships“ program. Esther attends Secondary School in Limuru. She was very happy to see us and proudly showed us around all the school classes where we introduced ourselves. „Dr. Helga is Esther's friend from Germany“ ;-). All the children were impressed by that. An extraordinary girl who, with her handicap, has finally found a school where she appears to be accepted. I would like to thank Thomas Berger and Anke Esther. Obviously a great success!



We again tried to persuade her to use the catheter, since she currently prefers to use diapers because it is simpler. It is certainly difficult to talk about such things when you're a young girl in puberty! She was admitted to hospital to again learn how to use the catheter, because if no diapers are available, she is not allowed into class and then misses out on school. She has improved a great deal at school, but there is still room for more improvement! I am very proud of Esther and how she has developed from our first meeting at the Medical Centre until now! She already has various career plans: surgeon, dentist or pilot!!! I am happy to continue supporting her!

## This is how CHC works

Without long-standing supporters, CHC would not have become what it is today. Therefore, at this point, we would once again like to introduce you to one of our partners and sponsors.



### Why do I / we get involved for Cargo Human Care?"

An article by Dieter Gauff / Gauff Consultants

*"The Engineering Firm Gauff-JBG, founded in 1958 and today known as Gauff Consultants, won its first "overseas project" in 1965 in Gabun/Africa. Since then a number of infrastructure projects have been carried out, also in other African countries, mainly dealing with water and sewage, traffic, roads, rails,*

*mobility and IT solutions, environmental protection and energy technology, as well as town-planning and architecture. Our business philosophy is that we are represented „on site“ by branches. The locally resident staff knows the country and the problems of the region, and can thus work and help effectively.*

*Today – over 50 years since the start of our activities in Africa – we can look back on more than 30,000 highly challenging consulting and infrastructure projects worldwide in over 100 countries. The Gauff Consultants company is represented by 27 permanent branches worldwide and employs more than 600 staff for engineering skills and „Made in Germany“ quality – for high competence, German thoroughness and a reliable partnership.*

*Giving and taking is another important component of our business philosophy: „Giving back some of what we have received in Africa.*

***This is where CHC – the Cargo Human Care Association caught our attention. Since years we have taken on the main infrastructure planning for CHC in their humanitarian projects in Kenya – under the Motto „Giving Back“. And due to the great mutual trust and the good cooperation successes – for example, the construction of the Wings Nursery School in Marsabit / Kenya - Gauff Consultants will continue supporting Cargo Human Care's pioneering aid projects as a local partner***

More information on us and our projects is available on [www.gauff.com](http://www.gauff.com)

## The second Office City Run for CHC on 25.08.2016 at 6.30 p.m.

### Helpers and Runners wanted

**PARTICIPATION IS WHAT COUNTS!**

The Lufthansa Sports Club and the "Standort Initiative Neues Niederrad", SINN, invite all running enthusiasts in the Rhein-Main region and especially those employed in the Office City Niederrad and at Frankfurt Airport, to an evening run to Niederrad.

A cool runners' party rounding off the evening, and superb winners' and raffle prizes are really good reasons to take part. But the main prize goes to CHC because the net profit from the event will be 100% donated towards our projects in Nairobi.

Interested? More information and registrations at:

<http://cargohumancare.run>

Individual and collective registrations as well as companies and groups are welcome. Registry deadline is midnight on 22nd August 2016.

We will naturally again need motivated helpers. Those interested please contact us at [info@cargohumancare.de](mailto:info@cargohumancare.de)

