

UZINDUZI

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Lead story

My last month in Kenya for now.....
-By Karin Masnicza

I am happy to share in this newly designed and freshly inspired newsletter of Relief Foundation my thoughts about my leaving Kenya. When I think of Relief Foundation and the time that I have spent there I think of the many people that have enriched my life during those years and I feel deep gratitude towards each of them.



Karin Masnicza (center) receiving a gift from a section of Relief Foundation staff.

There was Wafula; he is such a great and inspiring person.

I think without him and his ability to

bring people together. Savier and me would not have been able to start off Relief Foundation, as we were able to do in the presence of this great peace maker and mediator.

And Ignatius, the quiet and deep motivated trainer and coach that in his very own way started projects like the "Child Empowerment Training" for the teachers which are still running. His input of the first hours was so essential and important for the further growth of Relief and its projects.

Our Tamalaje Project for youth empowerment by entrepreneur skills and personal empowerment would have been not the same without Dominic who started off that project. Inspired he was of the possibilities of human capacity

and he merged this with his tailoring skills

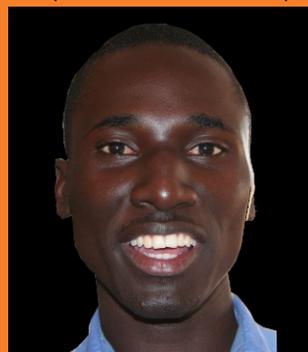
and enriched Relief in many ways.

Also Margaret was a woman of the

first hour. She cleaned and cooked for students, coaches and trainers and was a great friend to my family and

especially our kids for a long time.

When Transformational Breathing



Ignatius Ochieng

became a part of Relief Foundation also Vincent and Daniel blossomed, having found their passion in their lives. They became great teachers to many, including me.

Also Patrick Kamau is fresh in my mind, with his kind patience for all his computer students using NLP skills to teach IT.....

Relief could not have been what it is without this two very important people: Naomi and Eric. Both compassionate lovers of personal growth. They were present for Relief in a time when financial challenges would have made many decide to leave their workplace, but not those two. They stayed with us as long as they could.

Then there was help and support from my own home country, the Netherlands with several people that came to visit and enriched Relief.

Marco and Jacqueline, they gave us so much love and knowledge and the wonderful tool of Transformational Breathing, which has helped in the meanwhile so many people. Not to forget Annemieke who enriched with her reflexology trainings the community hairdressers to have more tools to enhance their businesses.....

Two other very dear people can't be forgotten to mention: Marianne and Remco are the mother and father not only of their two beautiful children but also of Kipepeo. Both very valued friends gave one year of their time voluntarily to Relief to set up that project and contributed since then in many ways towards the further development of Relief from the Netherlands. Marianne's passion for Kenya will soon again be fulfilled. Welcome back to Kenya my "zusje"!

Another Dutch guy whose heart is in Kenya with Relief is Theo. He was the first one that without a blink of an eye said yes, when I ask him to certify my first NLP group and

contributed to Relief and me as a person in

so many ways since then.....you are an amazing person. I can't forget to mention my Kenyan Father: Wellington, a steady and still present great personality who with his

experience, wisdom and faith has lifted Relief Foundation through so many challenges as we have experienced them on our journey.

I am so happy that you are still committed to Relief, as you were on the first day we met.

And I am even happier that you agreed to become the new Chairmen of Relief. I know Relief in great hands.....your hands.



wafula wanyonyi

Also Priscah is inseparable from Relief. She is the angel for all the kids, youth and parents to whom she has committed her great coaching skills. What would we do without you Priscah?

And the ever smiling (unshaved) face of Paul! You have inspired so many people in those trainings. Wondering if you are aware how important you are, to so many people.....

6 Years ago I left the day to

day activities of Relief Foundation and of course in that time many great people have enriched Relief with their enthusiasm, spirit and talents. I did not come to know you so well, but see the fruits of your work in the well-visited workshops, trainings and projects you have organized and facilitated during your time with Relief.

In those years I have mainly looked at Relief from the angle of a board-room-table together with my dear friends Dina, Hadas and Wellington. Not to forget Claire and Rob who have contributed in their board-member time greatly with their expertise and enthusiasm. And my dear Marianne van Helden our Dutch board-member. She knows how to save us, when we seem to drown with sending us donations from the Netherlands.

Yes, much has happened in all those years. And the memories I have of all those wonderful people are dear to me and will be with me no matter where I will go. They have formed me and contributed greatly to me, to be the person I am today. Words can't measure up to what I feel for each of you.

Yet there is one person, not yet mentioned....without that person Relief Foundation could not have been realized. My very dear friend, colleague, inspiration and husband Savier. You are the one person that is the nourishment for Relief. We all have grown through you. In your very special way; you have given space and trust to our capacities and dreams to manifest. Not many people are able to be so present without taking space as you are. Selflessly you donated your strengths and capacities to Relief Foundation. For Relief to become what it is in its essence: The Place to discover your own strength, your own dreams and passions.

What I think of my time at Relief? It was a blessing in countless ways. My respect and gratitude towards all of you stays in Kenya for good and I wish all of you the very best and a bit more than that for your future.

Much love Karin

Relief Foundation and Israel for Africa partnership

-By Paul Otieno

Serving the community is quite a noble cause. Most people who have been involved in community work will agree that it is more of a call than a profession. No amount of remuneration can fairly match the tireless efforts, sacrifice and dedication that are often required in order to make a difference in the lives of the target populations.

No organization can be a one stop shop, though, in offering its services to the community. For maximum impact to be realized, a comprehensive and multi-faceted approach is needed. This can only be possible if different players come together to build and strengthen each other's capacity through technical, financial and moral support.

One of the latest developments towards this end at Relief Foundation is the new collaboration with Israel for Africa (IFA). The two organizations have tailored a unique program that seeks to lift the living standards of the young people through personal empowerment and Agri-business. The target beneficiaries are youth groups based in the community. Relief Foundation

identifies these groups and offers training in personal development. It also works together with IFA during the appraisal stage to choose the best groups that eventually benefit from the program. IFA organizes training in farming, evaluates suitability of the groups, conducts field visits to ascertain preparedness on the ground and provides the farmers kit that includes; greenhouse, fertilizer, seeds, pesticides, water tanks, pipes and protective gear.

When the produce is sold, the proceeds are ploughed back into the respective groups' coffers for sustainability. This way the groups don't have to rely on donors to fund their programs. This is one of the most effective ways of empowering the youth socially and economically. As IFA spreads its wings further to reach other parts of the country and the entire continent, we can look forward to a time when the youth in Africa will not only feel empowered but will also have resources to show for it.

Upcoming event	Dates	Venue
Business and Personal Life	12 th June to 10 th July 2013	Relief Foundation Centre
Success Training		
18 day NLP practitioner starting in September 2013.		

**Kipepeo
childrens home:-
Requests for 3500 euro for
the next six months to
Start off with at least 10
children opening on
1st August 2013**



Personal empowerment training at Relief Foundation.

Getting Involved.

- . Volunteer to support one of our own project.
- . Commit to adopt a child at a monthly fee.
- . Organize fundraising activity to support a project.

Contacts.

info@relief-foundation.com
paul@relief-foundation.com