The 6th Proper Walk to benefit the Makindu Children’s Program was a wonderful success! In July/August of last year, 10 Americans, nine Africans and 22 camels completed the 10 day, 150 mile trek from Suguta Marmar to Lake Turkana. Walkers endured five nights of rain (and the accompanying mud), heat, extremely challenging terrain, and elevation gains and losses (4,000ft up to 8,500ft and then down to 1,200ft at the Lake). The 2012 Proper Walkers have raised $125,000 for Makindu!

My relationship with the people in Makindu, Kenya began back in 1977 when I arrived as a Peace Corps Volunteer. The two years I spent in Kenya truly changed my life for the better. It was there where I met my lifelong friend and MCP board colleague, Steve Randolph, who was also a Peace Corps volunteer. While there I had a dream of someday walking the entire Rift Valley. For years, it was just a dream until - much later - in 1998, I met Winnie Barron in Makindu. She was just starting the MCP. I asked her how I could help, and she said, simply, “I need money.” That’s when my dream of walking the Rift Valley - and helping the children of Makindu at the same time - became a reality.

Since 2002, twenty-five Americans have participated in the six Proper Walks. Ten of those folks have gone on more than one Walk, four on three or more! My friend Steve has joined me on three Proper Walks. The Walks have covered over 950 miles in Kenya’s Northern Frontier District. Trekkers have encountered wild animals, snakes, traditional tribes, flooded rivers, and bandits. The 2004 Walk was documented by writer, Tim Cahill, with his featured article in the September 2005 National Geographic Adventure magazine - “A Proper Walk in the Kenyan Bush”. Tim came again on the 2012 Walk – this time he is writing for the AARP. We have matured.

Great thanks to all of you who have helped in the support of the MCP through the Proper Walks. They have truly been Adventures for a Cause.

Michael Farley
MCP Board Co-President
A Terrible Choice: Water or Medical Supplies?

You can make a difference.

The price of potable water is out of control in Makindu with costs rising unpredictably and exponentially, resulting in the Makindu Children’s Centre Board having to divert money from essential services such as medical supplies to paying the water bill. Here are the facts in Winnie Barron’s own words, “The Makindu Children’s Centre currently gets its water from the community reservoir tanks in Makindu (one of which MCC financed for the town), which is pumped from a spring a few kilometres away. The Ministry of Water was so grateful for MCC’s contribution that it made a deal to sell water to us at the ‘family/individual’ rate, instead of the ‘institutional’ rate (‘family’ rate is 3-4 times less expensive). This agreement lasted until water rights in Kenya were privatized recently, resulting in skyrocketing water prices that continue to rise unpredictably. Many local people who were purchasing water before can no longer afford to do so. Every day, the Centre faces the same terrible choice as local families: if we continue to pay exorbitant prices for water, we have to cut back on something else, such as medical supplies, electricity, or food.”

Dealing with the Crisis

Not willing to be at the mercy of the unscrupulous private water company, the MCC Board sees installing a borehole on Centre property as the most logical way out of this crisis. A borehole would ensure a steady supply of potable water to the Centre and eliminate the necessity of cutting back on essential services to the orphaned and vulnerable children who depend on MCC for their very survival. Water from the Centre borehole could be sold to local villagers and small businesses at reasonable, predictable rates, thus generating income for MCC. “In other words, the borehole would not only save MCC a ton of money, now being diverted from desperately needed services to our kids and their guardians, but it would also become a sustainable income-generating project for the future,” says Winnie. The borehole will be solar powered, which will also supply enough electricity to power all other Centre needs, saving the center even more money, and contributing to its increased self-sufficiency. All money currently going to electrical and water needs will then be available to augment essential services.

The First Steps

MCC has now completed the first necessary steps in getting a borehole. They have finished a hydrological survey, and submitted the necessary permit fees. Now, our goal is to raise the money to get this borehole done! Once all the money is raised, the borehole could be completed in only a few weeks time. Total costs to install the borehole, including drilling, piping, pump, materials, all solar and labor, are $30,000 USD, a relatively small amount to make such a massive difference in the lives of so many.

How you can help:
With your help, the borehole project will be installed on Makindu property, ensuring a reliable, sustainable water supply for MCC children and their guardians, avoid ongoing water and electrical expenses, generate income for MCC, and offer affordable water to local villagers and small businesses. Please consider donating today.
Specify donations on check or online for MCC borehole.

Mandy Cole
Planting seeds of hope:

One early morning, 12-year old Munira came to the center after days of persistent high fevers, vomiting and lethargy. Despite her severe illness, she had doggedly walked nearly 12 km from her home in one of the more remote villages. (To say that these kids are tough, is an understatement!)

She was very weak and dehydrated, and I hooked her up to IV fluids there at the center, and treated her for malaria. She rested and slept throughout the day, and I then put her on the back of my bicycle in the early evening to give her a ride back to her home; she had already expended more energy than she had that day.

I was quite surprised upon arriving at their compound, seeing that their small mud thatched home had been completely destroyed by the recent heavy rains. Nothing remained beyond a shell of mud, sticks, and cloth. This had happened a few weeks before, and the family was simply “pushing on” as they do, and had not even thought to tell us of their predicament or sought any help. Beyond the remnants of their hut, the child’s elderly grandmother was on her knees in the field, leaning forward with her arms outstretched on the ground, prostrating up and down, and whispering quietly. I asked Munira’s young cousin what her granny was doing, and she responded, “she is thanking God for the rain”.

My initial, typical American response was shock, that this woman would be thankful for the rain that had just decimated her home. Confused, I asked the child, “she is thanking God for the rains that just destroyed your house”? The child smiled and looked bemused at my bewilderment. She giggled and said no, that her grandmother was thankful for the rain that had nourished their planting seeds, and would now provide them food for the next few months. Looking more broadly at the scene, I noticed multiple tiny, green shoots of maize sprouting from the earth all around us.

I had seen only the lost home and destruction, but they saw and grasped the larger picture…and I understood.

There are so many lessons in humility, and in the art of patience and perseverance that forever abound from these folks. Ever since that day, we started providing the guardians with planting seeds each season. Although we cannot guarantee the rains, perhaps these seeds can give them hope, and this in itself is nourishing.

Winnie Barron

Saturday March 9th!

*Mel Brown Trio* plays a benefit concert for the children of Makindu, Kenya
An evening of Jazz, an evening of Hope

The Makindu Children's Program Presents the legendary *Mel Brown Trio*, with Jof Lee and Tim Gilson, and the WOU - Western Hemisphere Orchestra Jazz Ensemble, playing the music of Count Basie. The music starts at 7:30pm at the historic Old Church in downtown Portland at SW 11th and Clay. Tickets are $20 ($10 for Students/Seniors). At the door or online at [www.brownpapertickets.com](http://www.brownpapertickets.com)
Golden Gate Bridge Proper Walk

Have you ever thought about going on a Proper Walk and hiking through the land of the lion and elephant? Now you can by joining a (slightly) tamer version of the adventure for a cause called the Golden Gate Proper Walk. The Proper Walk begins in San Francisco at the southern end of the Golden Gate Bridge 2pm, Friday June 21st and ends Sunday the 23rd.

The Golden Gate Proper Walk Goals are: To raise $20,000 for the aids orphans of Makindu, to educate our community about the effects of the AIDS epidemic in Sub Saharan Africa, and to creating lifetime memories and friendships while doing it. Each walker is committed to raising $1,000 and paying their personal costs for food and reservations (estimated at $125 per Walker)

To walk call Dennis Wininger 415-271-0917 or Lou Enge 541-729-3707

To Donate, go to www.makindu.org and click on the Donate Now button at the bottom of the Main Page (please indicate Golden Gate Proper Walk and a Walker to assign the donation to). If you are interested in being a Golden Gate Walker Participant or to find out more information about the walk, please contact Lou or Dennis. Lou may be reached at Makindu@peak.org. Dennis may be reached at dennis@properwalk.org

The Walkers will cross the iconic bridge, then climb into the Marin Headlands. They will enjoy the hospitality of an evening at the famous Marin Headlands Hostel before following the Coast Trail north for the next two days. There will be two walk options, “Tembea Kubwa” (Swahili for big walk) or “Tembea Kidogo” (Swahili for little walk). Walkers will hike and camp their way through some of the most beautiful, undeveloped land in the Bay Area – Hiking up to peaks with breathtaking views of San Francisco, walking amidst giant redwoods, while battling the elements of a Northern California coastal summer.

Hike Option 1 – “Tembea Kubwa” (Swahili for Big Walk)
Friday – Golden Gate Bridge to Hostel (7 miles)
Saturday – Hike from Hostel along the coast trail to Stinson Beach 11 miles then 3 to Pantoll Camp Site (14 miles)
Sunday – Pantoll to Samuel Taylor (18 miles)

Hike Option 2 – “Tembea Kidogo” (Swahili for Small Walk)
Friday – Golden Gate Bridge 2 miles – Ride to hostel
hike to lagoon and/or Marine Mammal Center (2.5 miles)
Saturday – Hike from hostel to beach and coastal trail and back 1 mile – ride to Muir Woods walk to Pantoll 2 miles
Sunday – From Pantoll Camp Site hike to Bolinas Ridge Trail 3 miles – can continue or do a loop on the Cataract Trail 3 miles.
Asante Sana (Thank You) to Our 2012 Makindu Children’s Program Donors!

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Makindu Children’s Program: www.makindu.org
Makindu Children’s Program
15th Anniversary Vision of Africa
Dinner & Auction

Date: 04/12/2013
Time: 6:00pm

Oak Way Catering & Cafe Glendi
123 International Way
Springfield, OR 97477

$50 Per Guest

R.S.V.P by mailing a check to Makindu Children’s Program – P.O. Box 51556 Eugene, OR 97405 or by donating on the website—www.Makindu.org. Please note in the text box or on your check that your contribution is for your R.S.V.P. to the event.

Join us for an amazing evening in support of the children at the Makindu Children’s Program! Travel writer, Tim Cahill and Proper Walk founder, Michael Farley, will tell the story of the six Proper Walks – Adventure of a Cause – www.properwalk.com. The six Proper Walks have covered 950 miles in the Northern Frontier District of Kenya and have raised $500,000 for the Makindu Children’s Program.

Over the past two decades, Tim Cahill has established a reputation as America’s best known (and funniest) adventure travel writer. A founding editor of Outside Magazine, he is the author many books, including Hold the Enlightenment, Pass the Butterworms, A Wolverine is Eating My Leg, Jaguars Ripped My Flesh, Pecked to Death By Ducks, and Road Fever. He has also written three Imax films, including Dolphins and Everest. Tim is an editor at large for Outside Magazine. Tim joined Michael Farley on the 2004 and 2012 Proper Walks. He documented the 2004 Walk with the featured article “A Proper Walk in the Kenyan Bush,” which appeared in the 2005 August National Geographic Adventure magazine. Tim also writes for The Smithsonian, Men’s Journal, The New York Times Book Review, and other national publications. He lives in Montana.

Michael Farley is the CEO of Elk Hill, Inc www.elkhill.org – a non profit organization in Virgina serving children and their families through therapeutic and educational programs. He served as a Peace Corps volunteer in Makindu, Kenya in the late 1970s. Michael has organized and led the six Proper Walks. He frequently speaks to groups about the AIDS pandemic in sub Sahara Africa, the orphans left in its wake and the Proper Walks.
We need your help to keep the Makindu Children's Centre in operation. MCC provides food, education, medical care and a place in the community for the Makindu orphans and their guardian families. Your donations help sustain a grassroots organization that is making a positive impact every day. Here are some ways your donations help:

$35 provides food, elementary schooling and medical care for one child for one month.

$50 provides school uniforms and shoes for 10 children.

$100 provides milk for 100 children for one month.

$200 provides bulk food (maize, beans, oil, etc.) for 59 families for four months.

$350 provides a high school education (tuition, boarding, books and supplies) for one student for one year.

Remember, all donations to the Makindu Children's Program are tax deductible. Please consider becoming a sustaining donor or child sponsor.