

The Kindu Trust

Summer 2009 news



Positive developments at the Kindu Trust!

Since we last wrote to you, the world has seen many changes and, as we are always keen to move with the times, this has also been a year of change for us! However, the developments happening at the Kindu Trust are far removed from the doom and gloom that we see on our news programmes each night, instead these are positive changes that are keeping us moving forward in the right direction.

We hope you enjoy reading our news!



Kassahun



Marta



Fante



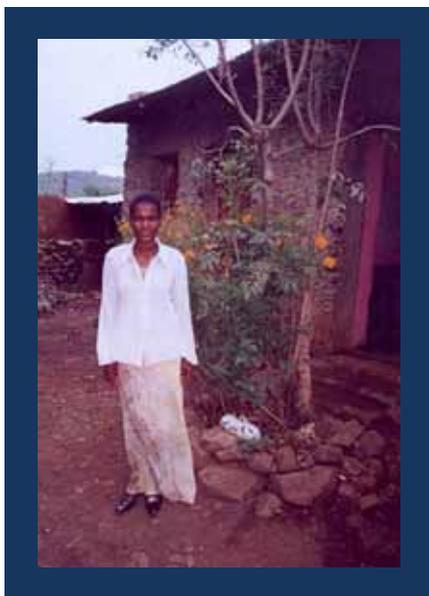
Marcy

Long term project sustainability is one step closer!

When Kate Fereday Eshete first started the Kindu Trust over 10 years ago, one of the long term goals was that the project should become fully sustainable in order to assure its longevity. Over the past 6 months our team in Ethiopia has been gradually relieving Kate of much of her workload, with such success that she now feels able to hand over the reins, which will enable her to spend more time with her family. By August 2009 the team in Gondar (pictured left) will have responsibility for the day to day running of the sponsorship programme. We would like to take this opportunity to thank Kate for the 10 years of hard work, perseverance and dedication that she has shown to the people of Ethiopia. In acknowledgement of this, Kate has agreed to accept the title of Honorary President of the Kindu Trust, and will remain in close contact with us in this new role.

We are so proud of our team in Ethiopia, as they have proved fully capable of stepping up to the mark. This has been evidenced by the huge volume of sponsor information packs that have been mailed out since October 2008. Communications between our UK office and our Ethiopian office have also improved, and we now keep in almost daily (electricity permitting!) contact.

From Ethiopia: supporting Sinidu Terefe



Sinidu and her sister came to Gondar after their mother died from a farming injury. Their father had already died in the military. The sisters were looked after by their grandmother until Sinidu became sick with tuberculosis at 10 years old, and they were left at Gondar hospital where they lived until the Kindu Trust found them and took them into care.

Sinidu was taken to a foster house funded by the Kindu Trust, where she made friends and was given some pastoral care and support. This was a turning point for Sinidu because as a young woman with no parents, she would have been unprotected and isolated, and might have found it difficult to get regular work.

She then moved into a rented home with her younger sister Etsegenet where they looked after themselves, cleaning and cooking and doing all the household chores between them. Her tuberculosis was successfully treated although she still suffers from asthma.

Sinidu has been a good student, and studied very hard with a tendency towards biology and mathematics, and hoped to be a doctor one day. She was accepted to Haremaya University to study agriculture and horticulture, the subjects allocated to her by the Ministry of Education (which allocates subjects to all university students). This will equip her with a degree and the possibility of good job prospects to support herself and her sister, and perhaps future studies if she chooses.

New Website and Logo!

Our long-awaited new website is now here, thanks to a generous donation specifically given for this purpose, and we have a brand new shiny logo to go with it – one that we believe reflects the forward-looking trajectory of the Trust. We will be keeping the website updated with the latest news from Ethiopia and your sponsored families. In addition, thanks to the services of PayPal and JustGiving, we are now able to accept one-off donations and monthly subscriptions all at the touch of a button. Check us out at www.kindustrust.org.



New UK office!

It feels like each time we send out a newsletter we are informing you of a change of details, as we strive to find an inexpensive location as a base for our UK volunteers. However, this particular move has a more permanent feel – our address is **The Kindu Trust, St George's Church, Crayford Road, London N7 0ND**. At Christmas, we also told you of our renewed commitment to increasing efficiency in communication. To help us with this a UK-based volunteer, Hannah Marcazzo, has joined our team – as some of you have already discovered. We are incredibly grateful to the work she has done to date, making huge strides with our UK administration.



Hannah

Office upgrades in Ethiopia – bringing our team into the 21st Century!

The Kindu Trust has always operated on a tight budget, but we have realised that sometimes it is not always the best idea to cut all the corners. So, we have started upgrading the office in Ethiopia – we now have two new laptop computers (replacing two unreliable and slow machines), two digital cameras (replacing our 35mm film cameras), a scanner and a backup hard drive. This will save on filing space, and allow us to create backups of the school reports and drawings the children have made, in case these get lost in the post. It may also allow us to send occasion photos of children by email, for example if they receive a gift parcel. Thank you to those whose non-sponsorship donations made this possible.



Kate and Marcy putting together an information pack in Ethiopia



Spread the Kindu Trust word – become a FAN!

The Kindu Trust has a fan page! If you are a member of Facebook find us by searching for The Kindu Trust and become a fan. Our aim is to spread the word of the amazing work that is being done out in Ethiopia to as many people as we can – and what better way than to reach out through the social networking phenomenon that has been sweeping the globe for the past few years.

Call to action: How can you help?

1) If you have received this newsletter through the post, it is probably because we do not have your current email address. **If you would like to support our paperless office vision, please send us your details.** If you do not have an email account, please be assured that we will continue to maintain our communication by post. Thank you!

2) Do you know anyone who would like to sponsor a child? We have a number of children on the waiting list who we want to support. Sponsorship costs just £16 a month – the equivalent of a trip to the cinema for two!

3) Do you have a special skill or a dream to hurl yourself out of a moving plane? Can you bake, run, swim or sky dive? We would love to hear about innovative ways you can think of raising money in aid of the Kindu Trust!

Kate Fereday Eshete

helping the needy and inspiring change in Ethiopia

Gondar Tel +251 (0)58 111 6511 E-mail kfe@ethionet.et www.kateferedayeshete.net

Until 30 September 2009 PO Box 1500, Gondar, Ethiopia

From 1 October 2009 PO Box 10, Debark, Simien Mountains, Ethiopia

August 2009

Dear Supporter

EXCITING CHANGES

The Tara Centre and Empress Mentewab School continue to amaze and enchant visitors:

- ◆ "Inspiring... truly an island of excellence that should become a lighthouse." David, UK
- ◆ "The minute you enter this beautiful place you feel the good energy and vibes." Lee and Eitan, Israel
- ◆ "The projects here are fantastic and a real credit to the obvious dedication of the staff and organisers." Nichole, UK
- ◆ "Tara Centre is a colourful centre. I did not expect it would be like this. I found it very impressive. You can do more and more things. You have a vision." Mulugeta, Ethiopia
- ◆ "An inspirational place... marvellous to see the good organisation and happy children. I loved to see the playgroup area with their own shop and the bright classroom with lively pictures." Suzanne, UK
- ◆ "What can I say and what can I suggest? The [sponsorship] project is awe-inspiring and it was a huge privilege to spend the day with you." Jan, UK
- ◆ "A very impressive organisation - far more interesting than tourist destinations." Jasmine and Bridget
- ◆ "What a beautiful surprise this day! We saw people walking with monkeys [Tara Centre staff exercising the rescued monkeys]... and our guide brought us to this place. A place full of hope!" Cocky and Marit, The Netherlands
- ◆ "...a terrific project. Wonderful what you are doing... so good to see a cheery and bright schoolroom and yard that obviously take children's needs for creativity into account." Cynthia, USA

I feel privileged that my life path led me into circumstances that enable me to have the pleasure of helping others. As the years slide by, I am increasingly conscious of how important it is to spend days, hours and minutes to best effect. I want to use more of my time working towards changing people's minds and habits for the communal good, prompting them to think about their lifestyle and the impact it has on the those around them and the planet, our shared home. As the world population spirals towards a predicted 9,000 million by 2050, Ethiopia's 77 million recorded in the 2008 census will more than double to 174 million. There is a lot of work to be done in Ethiopia on responsible living, alleviation of all the aspects of poverty that stunt people's potential, and the eradication of harmful practices that cause untold suffering.

As a life-long resident of Ethiopia, I want to ensure solutions are implemented to solve some of the social and environmental challenges faced by Ethiopians. To do this, I need to free up more time. The project that has occupied me day and night for the past ten years is the Sponsorship in the Community Project, which helps almost 400 vulnerable families, orphans in foster care and young adults in full-time education across the northern Ethiopian Highlands, from Addis Ababa to Tigray.

The end of the three-year rental agreement for the current Tara Centre premises approaches, and I have decided to take the opportunity offered by the contract termination to reassess my priorities towards my work and my family. In October my family and I shall move to the remote village of Dib Bahir, about 120 kilometres north-east of Gondar, where we have a small organic farm, Sebkana Farm. We chose the area because of its outstanding natural beauty and also because my husband, Asenake, has many relatives there.

The Tara Centre has three main community projects. In October these will split up, and will continue to run and expand at new locations. I'll continue to manage the two smallest projects and will hand over the largest - the Sponsorship in the Community Project - to The Kindu Trust team in Gondar and London.

continued overleaf...

(1) Sponsorship in the Community Project

I shall be leaving the Ethiopian end of the project in the capable hands of enthusiastic and hard-working colleagues such as Marta Bekele, who has worked with me for ten years, and Kassahun Demissie, who joined us four years ago. Funded 100% by The Kindu Trust, the project will relocate to other premises in Gondar.

(2) Empress Mentewab School

The school will relocate to Dib Bahir and serve poor children from the village and surrounding rural community. I shall remain headmistress and plan to develop the school to provide pre-school and infants education from February 2010, and primary grades from September 2011. The school will also have community facilities such as a hall (for meetings, drama, music, films) and a public library. Visitors will be as impressed by the new Empress Mentewab School in Dib Bahir as they were by the Tara Centre in Gondar.

For the forthcoming academic year, 25 high achievers amongst those children (Gondar beneficiaries of the Sponsorship Project) who attended Empress Mentewab School last year will be placed in private schools in Gondar, fees covered by The Kindu Trust; other former pupils will join their nearest state school, which is free.

(3) Animal Welfare Project

The Canine Birth Control and Monkey Rescue activities (these are separate to The Kindu Trust) will also move to Dib Bahir.

Please note that all future sponsorship payments relating to the Sponsorship in the Community Project should be paid direct to The Kindu Trust (www.kindustrust.org) and not to me. I shall be grateful to receive donations for my work, for Empress Mentewab School at its new rural location, and for the animal welfare activities. Until I have organised a bank account in Debarq (the nearest town to Dib Bahir), please continue to use my Gondar bank account number (see Tara Centre News). When Empress Mentewab School has been registered by Debarq Education Office, it will have its own bank account.

Despite retiring from the Sponsorship in the Community Project, I am very keen that it should go from strength to strength, to continue to help more families and to cover school and training fees for beneficiaries. To do this, The Kindu Trust needs more funds and more sponsors.

The organisation of The Kindu Trust is in better shape than it has been for years. It has a proactive Board of three trustees (Matt, Brian and Tom), a shared office in London with an efficient part-time voluntary administrator (Hannah), and an experienced team in Ethiopia. Thanks to Marcy's efforts in Gondar, the backlog in sending out report packs to sponsors has been cleared. However, to ensure the continuing success of The Kindu Trust, we rely on your help:

- ➔ **More Active Supporters Needed!** It is its supporters who make all the Trust's work possible. They play an important role in raising money and helping run the Trust. With all the changes that are occurring, now is the time to reinvigorate our fundraising efforts to boost the work being done in Gondar. Please refer to The Kindu Trust's website, or contact the Trust if you have fundraising ideas and are able to get involved.
- ➔ **More Sponsors Needed!** The Kindu Trust needs more sponsors to commit to supporting the poor families, orphan children and young adults it helps. Too many of the disadvantaged on its caseload have no sponsor. Aid is paid out from general funds for humanitarian reasons, but there is no regular contribution coming in to cover these particular cases. In addition, we have a long list of vulnerable cases waiting for a sponsor. If every supporter found one individual or family amongst their relatives, friends or work colleagues who would agree to be a sponsor, we would no longer have to turn away poverty-stricken families from help they so desperately need. The infrastructure and resources are now in place to cope with many more sponsors in a way that would not have been possible a year ago. So please help. Ask the new sponsor to contact The Kindu Trust to arrange the sponsorship.

My family and I are excited about our new home in a remote rural community north of the Simien Mountains. Life is going to be very interesting. You can follow our progress on my website. I shall remain in touch with you through my new role as Honorary President of The Kindu Trust.

With thanks for your continuing support and best wishes from a green Gondar (it's the rainy season until September).



Kate Fereday Eshete (Mrs)

Don't forget – find one sponsor this month!

Tara Centre News

Issue 5
July 2009

News Snippets

Christmas Joy

Santa Claus (Kate's husband, Asenake Eshete) visited the Tara Centre at Christmas-time to give children presents.



Here, an orphan girl receives a doll donated by a supporter.

Clothes, Books, Toys

Supporters continue to send clothes, books, games and toys, which are used in Empress Mentewab School or given to beneficiaries of the Sponsorship Project.



Here, five schoolgirls receive blankets sent by a UK donor.

For information about what is needed, please see the 'Donate' section of Kate's website.

Contact Details

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From 1 October 2009
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E-mail
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Bank Details

Bank
Commercial Bank of Ethiopia

Address
International Banking
Division, PO Box 255,
Addis Ababa, Ethiopia

Branch
Gondar Main

Account Number
30900

Account Name
Catherine Fereday Eshete

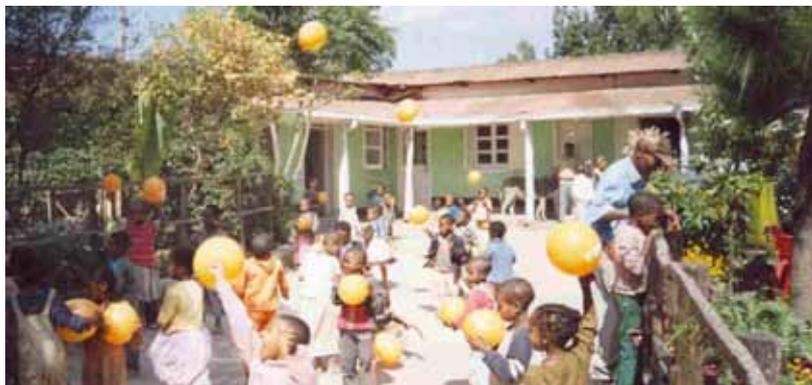
SWIFT Code
CBETETAA

IBAN
none

Projects to Expand in New Locations

The Tara Centre community centre in central Gondar is now in its fifth year. This will also be its final year, as Kate Fereday Eshete, Founder and Manager, explains:

"My family and I have decided to move north to farm and to continue developing Empress Mentewab School and our animal projects in a rural setting. So in September or October, after the rainy season has ended, the Sponsorship Team (Kassahun, Marta, Fente, Habte, and Peace Corps volunteer Marcy) will relocate to smaller, cheaper premises in Gondar city. They will continue to run the Sponsorship in the Community Project, which helps almost four hundred families



playtime at the Tara Centre with orange balloons donated by a Dutch supporter

across the northern Ethiopian Highlands. The Sponsorship Project, which is the largest and longest-running project at the Tara Centre, will be completely funded by The Kindu Trust (www.kindustrust.org). At the same time, the school and animal projects will move north to Debarq *Woreda* (county) with me. For half a decade the Tara Centre has provided all these projects with ideal conditions in which to grow; the next step is to split and transplant them to new locations where they can flourish and become more effective in alleviating poverty and suffering. These exciting changes will also create opportunities for fresh innovation."

Training: Fuel-efficient Stoves

GTZ-SUN: Energy is a German NGO working on sustainable use of natural resources for improved food security. In December it ran a three-day course at the Tara Centre on the production, installation and use of biomass cooking stoves.

Biomass fuels constitute 95% of Ethiopia's energy consumption. The widespread use of firewood has serious effects on environment and health.

GTZ's stove design benefits poor families: it is 50% more efficient than cooking over an open fire, flames are contained (so minimizing the risk of fire accidents involving infants), and smoke is channelled away from the cook's face (reducing eye/respiratory irritation and disease).

Fourteen trainees completed the free course and one couple later set up a stove-making business.



trainee using a mould to make a stove flue

Empress Mentewab School

In June the school year ended with a party and prize-giving. The 64 Grade 1 and 2 pupils sang and performed drama for parents. Kate, the headmistress, presented the House Cup to Mr Achaw, the head of Bruce House, which scored highest in the various inter-house competitions held during the year.

The furniture and equipment will be moved 120 km north-east of Gondar, to the village of Dib Bahir, where the school will serve the local rural community. It will initially have pre-school and infants classes, with primary grades added from 2011. "I'm being given an attractive greenfield site on which to construct new buildings," said Kate. For a copy of the school plan, please contact her.



school outing to Lake Tana



Kindu at work

Landing on His Feet

On St Valentine's Day in 1998 Kate met a destitute street boy called Kindu. The encounter inspired her to set up The Kindu Trust in England. During the past eleven years, the charity has raised more than £500,000 to help poor children and young adults in Ethiopia, including Kindu.

"Kindu has grown into a tall, good-looking 18-year-old and he now lives in a rented room in a family compound," says Kate, who took Kindu out for lunch recently. "He has just completed Grade 10 at school and is looking forward to starting Grade 11."

Kindu has a part-time job as a waiter in a city-centre café. In June he served juice and cake to Empress Mentewab School pupils when they visited his café for an end-of-year treat.

Kindu would like to work in healthcare in future. He is particularly interested in the manufacture of prosthetic limbs because he used to help out at a leprosy hospital where his former foster father was an engineer who designed and made artificial feet.



schoolgirl choosing a book to buy on a visit to a bookshop



Goshu caged and miserable

Monkey Rescue

Having rescued from the Gondar area and returned to the wild 21 illegally-held monkeys and baboons, work has now started on helping captive primates in Addis Ababa. Kate found two adult Anubis baboons being held in a 2 m³ cage at a recreation park there. In June, Goshu and Tehunay were transported north and set free in a nature reserve.



Goshu and Tehunay free at Lema Limo Nature Reserve

News Snippets

Car Crash

In January, whilst transporting four Patas monkeys and three Anubis baboons to Alatish National Park on the border with Sudan, the driver dozed off and his Land Cruiser left the road, hitting a tree. Kate and three staff members suffered minor sprains and cuts; the animals were bruised.



The driving conditions were perfect apart from the heat. Ethiopia has one of the world's worst road accident records due to poor driving standards.

Rains claim Lives

In June, Mr Abebaw, a social worker, was drowned. As it crossed a river, the bus he was in was swept away by a flash flood. All 18 people in the bus were lost. Mr Abebaw's body was found downstream three days after the accident. He leaves a wife and three-year-old son.

"In 2002 Mr Abebaw chose orphan beneficiaries to be helped though the Sponsorship Project in the town of Tikil Dingay, 20 km north-west of Gondar city," explains Kate. "He did valuable work in Tikil Dingay, running HIV/AIDS clubs for young people and eradicating harmful traditional practices in the community."

Twiglet

After rescued donkey, Peggy, died last year, her companion, Twiggy, was left on her own. But on 31 March, Twiggy gave birth to a female foal called Twiglet.

This August, Twiggy and Twiglet will be moving to Sebkana Farm, Kate's farm north of the Simien Mountains, where they will carry out light work with other donkeys.



Twiglet exploring the Tara Centre while mum looks on

True Grit

Tseganesh is a 50-year-old widow with six children. Through the Sponsorship Project, she receives support for her Down's syndrome son, and also for her orphan nephew who lives with them in their tiny hut.

Even with financial help, Tseganesh has to work hard to feed her family. Ethiopia's inflation rate has dropped from 64% last July to 14% in May.



Tseganesh collects firewood to sell, returning late at night from the distant countryside

Birth Control

Dr Ramasamy (centre), an Indian veterinarian at Gondar University, regularly spays bitches and castrates dogs at the Tara Centre. He brings vet students to observe and help with operations. Since 2007 almost 40 bitches and dogs have been neutered. "We have a great need for anaesthetic agents for injection, as these can't be bought in Ethiopia," begs Kate.



spaying at bitch at the Tara Centre

Sponsorship in the Community

The numbers of cases currently being helped by the Sponsorship in the Community Project and on the waiting list for a sponsor are as follows:



a life transformed by sponsorship

Sponsored Cases	*Child	Young Adult	Elderly Person	Total Cases
North Gondar	277	21	4	302
South Gondar	17	1	0	18
North Wollo	22	2	1	25
Addis Ababa	25	4	0	29
Tigray	5	0	0	5
TOTAL	346	28	5	379

Cases (assessed and approved) waiting for a Sponsor
TOTAL 186

* A child sponsorship case is usually a family in which a sponsored child (or twins) is a part. In most cases the sponsorship not only helps the named beneficiary, but also his/her close relatives or foster carers because shelter, water, electric light, cooking fuel (charcoal and firewood), food and clothes are shared. So the benefits of sponsorship reach many more people than the number of names recorded for administrative purposes. Assuming an average case is a family with five members, around 1,800 people are currently being assisted by the project.

Minimum monthly sponsorship fees for sponsors abroad are:

Child (ie, a family) £16 €20 US\$26

These foreign currency figures cover sponsorship payments to beneficiaries, administration and adverse exchange rate fluctuations.

Please enquire regarding current minimum fees for sponsorship of a young adult in full-time education or an elderly person.

Double Trouble

Twins in Ethiopia are very vulnerable and many do not survive. When a poor woman with young twins has insufficient food to eat, she is unable to produce enough breast milk for her babies. Usually one twin thrives, while the other becomes emaciated. The mother often resorts to feeding her hungry infants with other mixtures that she makes in unhygienic conditions. The result is that the twins develop severe diarrhoea and may die of dehydration.



mum washing her twins at the playgroup

"Baby twins are so much at risk that we start with financial support straight away, even before a sponsor has been found for the them," explains Kate, whose twin sister, Mary, lives in the Orkney Islands, in the far north of Scotland.

Volunteers

Helpers from all over the world continue to assist with the projects at the Tara Centre.



Here, Emily (an artist from Zambia) and Laura (a Spanish nurse) play with Kate's three-year-old children, Tomas and Menen, at their leaving party after six weeks' service.

Income 2008-09

Kate's charitable income from donations and sponsorship for her financial year 2008-09 was about 750,000 Ethiopian birr (that is £41,200, €45,000 or \$67,000). Kate's accounts are available upon request.