



# The Backwash



The Rotary Club of Edmonds

Tuesday, September 11, 2007

**Editor:** Kirk Greiner  
If you have any comments or questions, email the editor.

**Carol's African Travels - Part I**  
*by Carol Kinney*

[Carol Kinney's recent travels to Africa to help underdeveloped areas in Africa were so intriguing, I asked her to share with me, and you, her story. It follows in several parts, some of which will be in the next issue - Editor]



## Nairobi/Kisumu/Rabuor Village Kenya Rabuor Village , Kenya , living with a Luo family for 2 weeks

In Rabuor Village, Kenya, a small village north of Kisumu on the shores of Lake Victoria. I was welcomed into Loyce's loving Luo family like a long lost relative. Such love and welcoming was an incredible gift. I have been corresponding with Rosemell (Loyce On'gudi's mother) (Loyce is the President and founder of Rabuor Village Project) for 4 years and to finally get to meet her was a dream come true. Rosemell, was as loving and sweet as you can imagine a wonderful mamma from Africa. I ate at the family table every day for 2 weeks. The food was fresh and healthy including milk from the cow, eggs from the chickens and greens from the garden. The main staple was ugali, a corn meal like bread/pudding that was used like rice. In addition we had beef stew and fresh tulapi fish from lake Victoria, green grams, (lentils) with a tortilla like bread often served with pineapple, banana and mangoes for dessert.

The family compound is organized as follows:. The main house set back and includes a hall way with a living room, dining room combination, a kitchen and 3 bedrooms. There is no electricity, but the room is lit in the evening by solar powered lights. There is no running water but water is brought by pitcher to you at the table for hand washing. The other houses in the compound included the families of the son's. The first son and his family occupies the house on the left of the gate as you come in, the second son and his family has the house on the right, and the third, on the left again. Currently there are 2 sons and their families living in the compound. The last born son has full blown Aids and his wife (22 yrs old)is HIV positive. They lost their first daughter at age 2 to Aids/Malaria, however their 2 year old son is not positive. The rest of the compound includes 2 cows in the back in wooden corral , a chicken coop with about 12 chickens and a small enclosure off the ground for goats and sheep. Every morning the cow man comes and milks the cows and takes them to a small pasture next to the house compound. The latrine is in the back corner, clean and

### Future Speakers

**Sep 11 2007**

Ken Gaydos  
"Medic 7"

**Sep 18 2007**

Lelie Kaplan  
"Edmonds Public Library"

**Sep 25 2007**

Ron Sher  
"Third Place Books (store)"

**Oct 2 2007**

Aaron Reardon  
"Cashing in on the 2010 Olympics"

**Oct 9 2007**

Ellen York  
"Ettiquette in Today's Work Place"

**Oct 16 2007**

Chris Keuss  
"Future of Harbor Square and Old Safeway Site"

**Oct 23 2007**

Eric & Karin Butler  
"From a dream to a business success"

**Oct 30 2007**

Rick Steves  
"Europe through the Back Door"

### Upcoming Events

**Medic 7 Support- Ken Gaydos, Director**  
Sep 11 2007

**Third Place Books - Ron Sher**  
Sep 18 2007

**Rotary Foundation Seminar**  
Sep 29 2007

**Board Meeting**  
Oct 3 2007

**Rotary Academy Orientation**  
Oct 17 2007

### News

Edmonds Waterfront Festival

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fine. The main home in the compound has the front door open all day and there are people coming continually to the home. They just walk in and sit down and start talking to whoever is there. These include neighbors, people who are looking for glasses, students who want to report to Loyce, women selling chickens, friends of Wesson (Loyce's Father) grandchildren playing soccer and doing homework. It is a hub filled with family and community activity!

The 4th son moved out of his home within the compound with his wife and 2 children 9 months ago. His compound is about mile down the road. He built a small mud house in one day as is Luo custom. They are living there until he finishes his larger house. He has two sons and his wife teaches at the RabuorNursery School. He has planted mango, banana, passion fruit, and he has a small kitchen garden with kale, chard and other vegetables. He has chickens and plans on getting a cow soon. The oldest son has started his own compound right across the road from mom and dad. He lives there with his wife and 4 children. It is an amazingly close community of family and friends.

### **Carol's African Travels - Part II**

*by Carol Kinney*



### **Rabuor Village , Nutrition Assessment Project**

While in Rabuor I conducted a nutrition assessment training for 3 health workers. I met with three of the health care workers in the village, the nurse and two pharmacy workers several times over a period of 2 weeks to conduct training and begin process of determining the nutritional status of the nursery school children.

First, we needed a scale, so after talking to a few people Loyce arranged for a driver and a taxi and we headed off to Kisumu which takes about 40 min. We stopped at the Chemist which was a wholesale medical supply store run by an Indian named Hitesh Haria (in his family for 30 years) we chose a scale (wow \$500. and the nurse picked out another \$500 worth of supplies she needed to stock the dispensary like a blood pressure cuff and machine, thermometers, gauze, saline, alcohol. wound dressing kit and various dressings and anti biotic items. Then the adventure to figure out how to pay for it. Hitesh did not take VISA so he accompanied me to 6 different ATM but the most I was able to withdraw was \$200. So I offer him a \$100 and some \$20's and come up with enough to pay for the scale!

The next day we begin weighing and measuring the children, In the meantime I had given an inservice to the wokers on how to plot and determine Ideal Body weight an determine nutritional status from that. On Thursday I get a ride into town with taxi with Molly, Loyce's sister and we attend a Rotary club meeting in Kisumu. I was later invited to tea with an elder Rotarian, named Sat Jobanputra, who has been involved with International projects for many years. I continued to frequent ATM's accumulating money. Finally on my third visit to Kisumu, I was able to get the money to pay for the final items. Interestingly enough Hitesh came back with the \$100 and said the bank wouldn't take any \$100 older than 2003 so he couldn't accept it. But meanwhile we had talked and I learned that he had a daughter in LA so I said surely she can use it--the old \$100's are perfectly good in our country. So he called her on his cell the spot and she said >yes she could do it. Such is Kenya!!

On Monday we had a health committee meeting and reported to the

>committee that we had weighed and measured all the children who had been in school for the past week and calculated the nutritional status of about 50. Almost all the children had normal nutritional status with about 12 with mild malnutrition. The nurse will work with the community health workers to visit the families of these children and advise them on actions to take to see if we can bring these children to normal range within 3 months. They will re weigh and ensure at that time. Meanwhile on one of our visits to Kisumu we had purchased 4 bicycles, 2 for community health workers and 2 for >youth. At the health meeting, I brought the bicycles out and one of the >community health workers tried riding it. She said it would certainly help her reach more families and in a shorter period of time. As you can imagine I had to try it too--such gales of laughter from the youth to see grannie riding the bike--and a white grannie at that!! such fun.

On the last day I instigated for them to begin weighing the infants that come to the clinic usually about 2-3 a week. For now we will use the adult scale with mom + infant and then mom only for the infant's weight. But I brought the sunflower seed scale in and we all decided if we get a way to hang it in the Dispensary and Molly will make a sling, we can get a good weight for the infants. I also gave them a tape measure to measure head circumference (which is usually used instead of length in helping to determine nutritional status of infants) and we discussed plotting and determining which infants to trace. I gave them a list of questions and told them I will call mid Oct for a report on how they are doing. We became very close in the 2 weeks we worked together. They are dedicated and hard working women and I have been blessed beyond description to be involved with them all.

#### **Club News - Web Site Annex**

*by Kirk Greiner*

If you are interested in what your directors are doing, our finances, what the Foundation is doing or its finances, or more, go to the Club's web site, log on and you will find yourself in the Admin tab (the tabs are on the top bar). In the upper left of the screen is a yellow box. Click on "View Club Documents" at the bottom of the yellow frame. In the next screen, then click of "Click Here to View Documents." You are now in the Annex section which contains lots of Club and Foundation information - Board Minute, Treasurer's Reports, back issues of the Backwash, Club History and more.

Having trouble with the web site. Call Kirk - 425-640-3048.

#### **POLAR STAR**

*by Kirk Greiner*



The sun finally came out. It knew the Rotarians were visiting the Coast Guard Ice Breaker POLAR STAR. Twenty four members and guests of our club were taken by bus to the Coast Guard base, Pier 36, where they enjoyed a picnic type lunch of hamburgers, French fries, vegetables and soup.

From there they went to the POLAR STAR where Captain Ken Stuber greeted them. The ship is 30 years old and in a special commission status with a skeleton crew awaiting our government's decision as to whether or not we want to maintain a presence in the Antarctic. The group was divided into three sections, one first going to the engineroom control, the second to the bridge and the third to see a

video of Ice Breaker operations. After 15 minutes, the groups changed location until they had enjoyed all three areas.

A good time was had by all and Captain Stuber's hospitality was greatly appreciated.