



REV. PAUL MATHERI, WIFE GRACE, SON NATHANIEL AND DAUGHTER SHARON

panua

Verb.  
Swahili, meaning  
'to expand'

IN THIS ISSUE

*A New Year's Greeting from  
Naivasha*



*As we observe this season, I feel encouraged by the truth that Christ humbled himself and became human so that He could save humanity. Through the miracle we call Christmas, God has chosen to enter into our time, our social location, our flesh and our suffering. Through Panua, God has chosen many faces of children and adults in Naivasha, Kenya to regain their smile. God has chosen the many sponsors who felt called to help an African child through Panua. God has chosen the First United Methodist Church of Winter Park to host these gifts of God's love through the Panua program. I want to wish all of you a Happy Christmas celebration and a prosperous 2012.*

*Grace and Peace,*

*Rev. Paul Matheri Njuguna  
Panua Program Director*

Want to be a part of the upcoming trip to Naivasha?

Find out more on page 2



Looking to connect in Winter Park

More information on page 3



A Taste of Naivasha

Sweet bread recipe on page 5



## Program Highlights

*(September 2010 - November 2011)*

In just over a year since the program initiation in September 2010, Panua has helped transform the lives of the 90 members and their families. Some key accomplishments provided by Panua Social Worker, Florence Wandia, include:

- \* **Food Security** - Supported 90 households with farm inputs and multi-storied gardens and provided agricultural and animal husbandry training. Provided livestock (including donkeys, cows, chickens and rabbits).
- \* **Housing Security** - Constructed houses for 2 families.
- \* **HIV/AIDS Awareness** - Provided counseling and testing to all Panua households. Offered psychological and medical & nutritional support to those infected or affected by the disease.
- \* **Education** - Reintegrated and paid school fees for 14 youth. Supported 2 in computer training. Supplied 34 youth with school uniforms.
- \* **Vocational Training** - Supported 21 youth in vocational training, including: electrical installation, beauty therapy, mechanic, tailoring, embroidery, hairdressing, electrical wiring, and farming.
- \* **Entrepreneurship** - Provided 17 business start-up kits, for the following new businesses: Tailoring, hair dressing, barber shop, carpentry, chain link fencing, embroidery and electrical installation.
- \* **Legal Support** - Assisted 3 youth in acquiring land.
- \* **Spiritual Development** - Held devotional and fellowship time at weekly group meetings, as well as providing guidance and counseling through mentors and local pastors.

MEMORABLE MOMENTS

# Connect with Panua in Winter Park

Some specific opportunities for you to make a difference in the Panua ministry this winter and spring include:

- \* **Support for sponsor letter writing** – Help build relationships between Naivasha and Winter Park by assisting with the collection, distribution & organization of sponsor letters.
- \* **Event planning** – Advocate for Panua by helping plan educational and support raising events.
- \* **Strategic planning** – Be a part of the long-term expansion of Panua by assisting the strategic planning team in one of the following areas: spiritual development, social justice, agriculture & food security, education, health, or measurement.

*To learn more about how to get involved in Winter Park or about going on one of the trips to Naivasha, please contact Jencie Gobel at 407-644-2906 x256 or [jensieg@fumc.org](mailto:jensieg@fumc.org)*



Panua Sunday



Ladies' lunch



Taylor Stokes

## Go to Naivasha, Kenya

Join us as we visit Naivasha and see what Panua is accomplishing there.

JUNE 14-27, 2012

Led by Merrill Frailey, this team will connect with the Panua youth and the people of the Naivasha United Methodist Churches by building relationships and offering spiritual and emotional support and encouragement. Citing one example, Merrill says she plans to gather all Panua households together for a day of special programs and celebration designed specifically for them.



*We go to build relationships, listen and learn.*



Amy McKenna

### Late Summer/Early Fall Medical Trip

Amy McKenna will lead this team, providing medical and dental care to the orphans and youth in Panua and the Naivasha community. Opportunities for future trips will also be explored. Specialties most needed include: General practitioners, nurses, dentists, ENTs, pediatricians, OBGYNs and optometrists.



Merrill Frailey

# Spotlights on Success



## Tabitha Wangari

No 20-year-old daughter ever plans on taking care of her ill mother and her 3 younger siblings. But that is precisely the life of Tabitha Wangari, Panua member since September 2010. Tabitha completed her schooling through 8<sup>th</sup> grade, but there was no money for her to continue her studies in high school. So in 2006, she signed on to learn tailoring and dress-making skills through a vocational program, but still did not have enough money to start her own business.

In 2010, when she joined Panua, she received a business start-up kit to open a tailoring business. She received a sewing machine, a supply of fabric, an iron and a pair of scissors and with that, she was able to begin making school uniforms. She was also able to employ 4 other Panua members and business took off. Tabitha has been able to move to a larger shop and buy a more sophisticated sewing machine, giving her the ability to make higher quality clothing, which she can sell in her shop.

Panua has also helped Tabitha and her family with food security through multi-storied gardens and the onion crop grown by the Kinamaba group. She is able to fully support her siblings, ages 17, 13 and 11, and provide medication for her mother, who is extremely proud of her eldest daughter's success. Tabitha has taken full advantage of all the benefits that Panua offers its members, and her life and the lives of her family members show it. She is a pillar in her community, and aspires to design clothing, make men's suits and sew traditional African clothing in the future. With help and support from Panua and fellow members, this determined young lady will no doubt succeed.



## Evans Alveal Mohammed

Meet Evans; not your average 18 year old, but another life changed significantly through Panua. Evans was orphaned at age 5 and was sent to live with an aunt, where he stayed until he had completed the 7<sup>th</sup> grade. His aunt could no longer care for him and he could not continue his studies. At the age of 12, he became a street boy, unloading Lorries (trucks) to survive. Eight months

later, he was able to find meager employment as a water vendor, making just Kshs 100 (\$1) per day.

Evans joined the Kabati group of Panua, dreaming of owning his own donkey and cart to run his own water vendor business. In July 2011, Panua provided Evans with two donkeys. He was well on his way. His working group loaned him money, which he combined with his own savings, to purchase a cart and drum containers for his new water business. He now earns Kshs 300-500 per day (\$4-\$5), making him capable of paying his own rent, buying food and meeting all other basic needs. He has even hired an assistant to help him during the dry season, when demand is at its peak.

For Evans, the next goal is to purchase more donkeys and carts and to be able to employ another worker. With determination, Evans will continue to save his own money and to use loans available through the Kabati group to expand his business. Because of Panua, his life will never be the same.



*Panua is a group effort by many people helping to make a difference in the lives of the Naivasha youth.*





*The Kayole Group*



*Jeff McKenna, Amy McKenna,  
Larry Brown*

## Burns Recipe

Kayole is one of Panua's six Community Groups, located on the outskirts of Naivasha. The group acts as extended family, as the 14 heads of household come together weekly to learn about God, support one another through emotional issues, receive life-skills training, and share their dreams for the future. They also receive money to start a group business, through which they can share profits and give loans to one another. Kayole has one of the most successful group businesses, making and selling sweet fried dough, called "burns." The team visiting Naivasha in June enjoyed them so much that we requested the recipe, shared here.

### Ingredients:

- 2 ½ cups of self-rising flour
- 3 eggs
- 1 ½ cups sugar
- Lukewarm water
- Cooking oil

### Cooking Instructions:

1. Pour flour and sugar in a bowl and mix.
2. Beat the eggs in a separate bowl and add into the flour mixture.
3. Add lukewarm water little by little to the mixture to make a hard dough.
4. Leave it for 15-30 minutes in covered bowl.
5. Roll the dough and cut to the desired shape.
6. Heat the cooking oil in a skillet for about 3-5 minutes
7. Add the shaped burns to the oil until they turn golden brown.

## Panua Receives District Award



At a recent Naivasha District Development meeting, Panua received the award for achieving the best results in changing the lives of orphans and vulnerable children in the Naivasha District. Community leaders in attendance embraced the program's success and began looking for ways to collaborate in the future. One immediate result was becoming eligible to receive relief food designated for orphans and vulnerable children from the Kenyan government. Panua Social Worker Florence Wandia reports that Panua households have already happily shared 15 bags of corn and 8 bags of beans.

We are excited about the For the purpose of developing a strategic plan for Panua; identify, define, analyze and present the situation and opportunity for making Panua self-sustaining (able to generate a surplus), so that Panua can continue and expand its mission of helping orphans to become self-sustaining.



*Florence and kids*