

THE LEMONG'O PROJECT

Nutrition
Education
Health
Employment
In Rural Kenya



SPRING 2019

Volunteers

The Lemong'o Project is dedicated to providing support to the Maasai Village of Lemong'o in rural Kenya in the areas of health, nutrition, education and employment. We are committed to helping the beautiful people of Lemong'o not only thrive, but also prosper.

The Manyatta Committee

April was National Volunteer Month! We would like to honor the volunteers who have made The Lemong'o Project what it is today. When The Project was founded in 2011, it was our mission to help the beautiful people of Lemong'o, Kenya not only thrive but prosper. With the help of countless amazing volunteers, both local and abroad, The Project is making a positive difference in the lives of many. We could not fulfill our mission without the eight local volunteers who make up The Manyatta Committee. The Committee members volunteer their time throughout the year to oversee the programs we have created in partnership with them. **Nutrition:** The Committee facilitates the village school's free lunch program by purchasing the food, transporting it to the village, supervising cooking, and ensuring that each student receives a healthy lunch daily. **Education:** They coordinate payment of four teachers' salaries and provide support to the teachers by listening and working together to find solutions when challenges arise. **Health:** When Project Board members visit Lemong'o each summer, two free medical clinics are held. The Committee helps to coordinate the clinics, volunteers at the clinics, and assists patients who are referred for follow-up treatment. Without the generous support and dedication of the Committee, The Project would be unable to fulfill its mission to support the medical needs of the people of Lemong'o. **Employment:** In advance of volunteers arriving in Lemong'o, the Manyatta Committee conducts interviews with individuals from the community to fill several integral service positions for the comfort and security of volunteers. These positions include: two ascaris (guards) who are hired to keep watch through the night for wild animals; several women who are hired to cook two meals a day, keep the Manyattah clean and collect firewood. These are paid positions awarded to candidates who, in addition to having the required skills, also understand they will be "the face of Lemong'o" - representing their culture and village in a positive light and giving volunteers the best possible experience during their visit.



Amadeus is the Manyatta Committee's chairman. He is a dedicated father of TEN, yet volunteers his time tirelessly by following up with medical referrals from the summer clinics.



Christine serves as the treasurer for the Manyatta Committee. She also volunteers her time organizing and arranging the cooks who feed our visiting volunteers.



Reuben is a long time teacher at the village school and also serves as the Manyatta Committee's secretary. He assists in ALL capacities, big and small to help the Lemong'o Project run smoothly. He is invaluable to our team.



As a board member, Mary is a crucial part of our medical clinics. She has experience helping the doctor organize and distribute medicine and also is a great translator!



Leah is one of the matriarchs of Lemong'o and a positive role model. She is respected for her inner strength, determination, and independent nature.



Grace always has a smile on her face and a chipper disposition. As a committee member, she volunteers her time working to keep the Manyatta area well cared for and the huts maintained.



Leah's hard work and dedication to her community is beyond compare. When volunteers are called upon to help in any capacity, she is one of the first to show up and put forth great effort.



Mary is a strong advocate for the students and teachers of Belgrove Primary, the village school. She values education for all children and encourages parents to enroll their children in school.

"Good deeds
awaken the good
spirit of every soul."
— Lailah Gifty Akita

VOLUNTEERS NEAR AND FAR

LOCAL VOLUNTEERS

Local volunteers consist of more than just the Manyatta Committee. Within the village is an army of volunteers, primarily women, who serve their community. Many of the volunteer roles are viewed within the Maasai culture as "women's work." However, there is a small group of enlightened men who give generously of their time and energy. In 2018, over 75 villagers volunteered. These men and women worked together to prepare the manyatta (compound where visitors stay) for visitors, assisted at medical clinics, translated for visitors, accompanied people to the hospital for additional medical care, entertained visitors, and many other valuable tasks. Their generosity of spirit is evident in their words and deeds.

VISITING VOLUNTEERS

International volunteers coming to Lemong'o have an unprecedented opportunity to experience authentic everyday life alongside Maasai people - many of whom retain customs and traditions passed down through countless generations. Visiting volunteers stay in traditional bomas (huts), and eat traditional meals, all for a minimal fee which is paid to the Manyatta Committee. The Manyatta Committee then decides how to allocate the money. In the past, the funds have been used for medical care, secondary school tuition, and upkeep of the school's kitchen. The people of Lemong'o enjoy having visitors stay in the manyatta and there are always local visitors coming to meet and welcome volunteers. Often times you'll find village women (referred to as mamas) sitting in the Manyatta, doing bead-work, looking at pictures of volunteers and their families, catching up with their friends, and always, always laughing. The experiencing of "hanging out" with the villagers is always one of the volunteers most favorite experiences!



Lisa spent her time volunteering in the school leading special projects with the children.

Since volunteers started visiting Lemong'o in 2007, the community of Lemong'o has welcomed over 100 visitors from the United States, Canada, the UK and Australia to stay in the Manyatta.

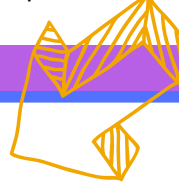
A nurse by profession, Maria volunteered her time assessing and treating medical needs in the community.



A SPECIAL THANKS TO:

ShuzyQ
Whole Beauty Salon
Pepperchines Deli
COSTCO
Accent of Style Salon
Siam Cuisine
The Alaska Club
Anchor Town Dogs
Anchorage Golf Course

Upcoming events



THE LEMONG'O PROJECT



HELP PROVIDE MUCH NEEDED MEDICAL CARE TO THE PEOPLE OF LEMONG'O. DONATIONS WILL FUND 2 FREE MEDICAL CLINICS IN LEMONG'O THIS SUMMER.

SATURDAY, MAY 4 + 6 - 9PM * OPEN HOUSE STYLE
\$25 DONATION PER TICKET INCLUDES 1 DOOR PRIZE ENTRY
PURCHASE BY 4/30 FOR 2 ENTRIES PER TICKET

FOOD * FUN FELLOWSHIP  TAPAS * WINE DOOR PRIZES

11124 OLD SEWARD HWY * NEXT TO SOUTH RESTAURANT

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"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

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