



CanAssist African Relief Trust
Annual report for 2012

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The CanAssist African Relief Trust was registered as a Canadian charity in April 2008. Our Charitable number is 3251 8211 RR0001.

Members of the 2012 CanAssist Board of Directors

Judith Adam, Kingston, Ontario

Evelyn Bowering, Kingston Ontario

Kate Budd, Whitby, Ontario

Michael Dent, Kingston, Ontario

Mary Drinkwater, Kingston, Ontario

John Geddes, Kingston, Ontario

Marie Richardson, Kingston, Ontario

Mark Waldron, Kingston, Ontario

African Field Associate - Daniel Otieno, Eldoret, Kenya

Our mission is to assist impoverished communities in East Africa with small, sustainable capital projects related to health, education, water and sanitation. CanAssist wishes to improve the quality of life and health and raise the standard of living in those communities.

Contact Us

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Projects funded by CanAssist in 2012

Sanitation projects at four fishing villages in Rusinga Island, Kenya

Completion of a girls dormitory, text books and garden equipment for the B.L.K. Muwonge Secondary School in Kyabazaala, Uganda

School latrines at the Kyabazaala Elementary School in Kyabazaala, Uganda

A community rainwater catchment and storage project for the Nyatike Women's Group in Nyatike District, Kenya

A Clinic/Dispensary building for the Kared Fod Women's Group in Nyatike District, Kenya

School sanitation (latrines and washing) at the Mutundu Elementary School in Ruriru District, Kenya

Ongoing maintenance support and a water pump to irrigate garden for Mama Nora's orphanage at Usa River, Tanzania

Hospital equipment for the Kitare Health Centre - Gembe East, Kenya

Rainwater catchment and storage for the Rwenzori Community Development Organization in Fort Portal, Uganda

Garden irrigation equipment for the Nyaruanda Youth Group in Migori, Kenya

Garden fencing and irrigation, school building (2 classrooms and office) for the Hope School at Mbita, Kenya

Solar paneling, hospital equipment, roofing of maternity wing and hospital beds for the Olimai Health Centre in Olimai, Uganda

Completion of 2 classrooms at St. Gorety Secondary School, Mikei, Kenya

Two Classrooms at the Stewart Geddes Kamin Oningo School in Osiri, Kenya

Financial Summary for 2012

In 2012, CanAssist received \$124,508 in donations and fundraising.

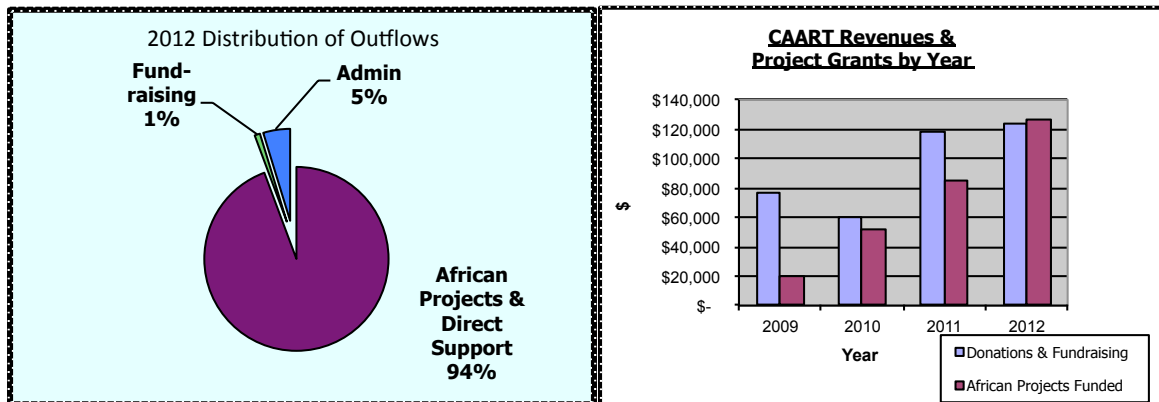
There was a carry-over from 2011 of \$11,937.

CanAssist funded \$126,624 in African Projects (listed on page 4) in 2012.

Expenses, including direct project support in Africa, fundraising expenses, professional fees (accounting) and other administrative expenses totaled \$9821

As of December 31, 2012, approximately \$60,600 was available for allocation to 2013 and subsequent years.

A 2012 statement of financial position was provided by Collins Barrow, Chartered Accountants, 1473 John Counter Blvd., Kingston, Ontario.



Note: Since inception, a particular donor has covered the cost of administration. The costs of all CAART-related travel to Africa are also covered by designated donations. As a result, 100% of all other donations have been transferred to our partners in Africa.

Thanks to Michael Dent and Michelle Roos for preparation of this data.

CanAssist director visits East African partners in 2012

CanAssist supporters or directors who travel to East Africa to visit our partner project sites do so at no expense to CanAssist donors. We are always happy to have our donors/volunteers visit our project sites in Kenya, Uganda and Tanzania.

In January and February of 2012, CanAssist director John A. Geddes visited several partner sites in Tanzania and Uganda. He met with prospective partners in Migori District and Suba District of Kenya and visited established project sites in Tanzania (Mama Nora's orphanage) and Kenya (Oltaraja School, Kanyala Little Stars, Rusinga Island Beach Management Units, Kitare Clinic, Kamin Oningo School, Hope School).

Later in 2012, CanAssist funded projects he visited to complete a classroom at the St. Gorety Secondary School (<http://youtu.be/WIqqFRHsPgQ>), provide rainwater catchment and storage for the Nyatike Interior Women's Group (<http://youtu.be/2OXVm-IXbR8>), construct a dispensary/clinic for the Kared Fod Women's Group (<http://youtu.be/ZNQ8qKihoZM>), expand sanitation for four fishing beach communities on Rusinga Island and construct a garden and classroom at the Hope School, Mbita (<http://youtu.be/NrxuEjoXaMo>).



CanAssist supporters visit Uganda in May 2012

In mid-2012, CanAssist supporters Laurel Montrose, James Smith, Lilith Wyatt, Danna Dobson, Chris Eggink, John Lyons and Sue Lyons visited several of our project partners in Uganda, including the B.L.K. Muwonge School, the Elementary School in Kyabazaala and the Olimai Clinic.

They took with them CanAssist funding to purchase text books and garden equipment for the B.L.K. Muwonge Secondary School and medical equipment for the Olimai Health Centre. They visited the Kyabazaala Elementary School where CanAssist was constructing latrines and they "inspected" the new girl's dormitory at the Muwonge School. This project was subsequently completed in later 2012 and is now occupied by students at the school.



A project partner visits Canada

In October 2012, we were delighted to have Peter Nsubuga, from the Hope School in Mukono, Uganda visit us. Peter was attending a conference in New York and through generous support from CanAssist sponsors in British Columbia he was able to travel to Ottawa, Kingston and Nanaimo to meet with CanAssist donors in those locales.

Peter spoke to a gathering at a CanAssist meeting on October 17, and he also visited Sweet's Corners School near Lyndhurst, Rideau Vista Public school in Westport, Kingston Collegiate Vocational Institute (KCVI) and Loyalist Collegiate Vocational Institute (LCVI). The students at all of these schools have supported various CanAssist projects. The Sweet's Corners school was instrumental in funding cementing of the floors at the Hope School - a cure for problematic foot infections with jiggers. (<http://youtu.be/sFas-SjwdfM>). Rideau Vista School helped with water supply for the Hope School and the students at KCVI and LCVI collected money to help put the roof on the St. Gorety Secondary School classrooms.



One of many CanAssist success stories

CanAssist received this report from Tracey Onyango of the Nyatike Interior Women's Group in Kenya. We are delighted with the progress they made since installation of five CanAssist-funded rainwater catchment tanks in their community. Two of these tanks are at schools, one at a church and two at personal homesteads. Adjacent to one of these they have erected a greenhouse and are now selling produce from that venture. They were very proud of their accomplishments which have given them some financial independence, lessened the time and risks of walking several miles to the river to fetch water, allowed young girls to go to school instead of being water donkeys and improved the health conditions in the community by reducing waterborne illnesses like cholera and typhoid.



Here is Tracy's report.

CanAssist support has enabled Nyatike Interior Women's Group to address the overlooked and unpaid economy, where women predominate. Women perform all domestic tasks. They are responsible for the care of children, the sick and the elderly, in addition to performing essential social functions within their communities. Nyatike women's fundamental contributions in their households, food production systems and national economies are increasingly acknowledged. This is due, in no small part, to African women's own energetic efforts to organize, articulate their concerns and make their voices heard. Interestingly, women have started not to be fully economically dependent upon their husbands.

(continued on page 11)

There has been a growing recognition of women's contributions which is translated into significantly improved access to resources or increased decision-making powers. It is noted that the dynamism that women display in the economic, cultural and social lives of our communities through our organization and informal networks has been instrumental into creating new models in women's participation and leadership.

Issues of rape, sexual assault and domestic violence, drowning and crocodile attacks are also beginning to receive due attention/mitigation measures in discussions of women and children health. Also important to note is that women and children are relieved of labour, distance and time they walk daily in obtaining this basic resource. The beneficiaries are now able to translate the time and workload they usually face into education and other socio-economic developments.

Evidence from our innovation, actions and replication has shown important links between improved HIV and AIDS outcomes and nutrition. The establishment of Water & sanitation facilities and the only greenhouse established in Nyatike demonstrates the ability and viability of women in adequately responding to health and nutritional needs in a sustainable way. It is clear that nutrition is necessary to maintain the immune system, manage opportunistic infections, optimize response to medical treatment, sustain healthy levels of physical activity, and support optimal quality of life for a person living with HIV (PLHIV). Good nutrition may contribute to slowing the progression of the disease. Food insecurity and poverty may lead to high-risk sexual behaviors and migration, increasing the risk of acquiring HIV. At the same time, HIV weakens a household's ability to provide for basic needs. Also, awareness on water and sanitation, the community have gained skills and knowledge on dangers of using surface water and benefit of maintaining hygiene and good use of sanitation facilities e.g. VIP latrines as such there is ensured access to equitable water and sanitation services in the community. It is evidenced from the impact assessment that fewer referrals on water related diseases are done to the local health facilities. Thus, it is our assumption that families livelihoods have improved.

The Nyatike Interior Women's Group thanks CanAssist for your support. We hope future partnerships will impact more in the lives of the vulnerable in the East Africa.

Tracey Onyango , NIWG, Kenya



Looking Ahead

In August 2012, the CanAssist Board of Directors met with Dr. Carol Beatty, Queen's University School of Business, to deliberate and discuss strategic planning for the upcoming year.

As a result, the Board decided that in the upcoming year:

- We will be restructured slightly. Two of our members have completed their terms.
- We will streamline our applications process. Having one application period annually to allow for better comparison of applications received and improved budgeting.
- We will revise our governance documents, policy and procedures.
- Until our restructuring and redistribution of administrative duties is complete, we will aim for an annual project budget of approximately \$80,000.

CanAssist will continue to provide responsible support to communities in East Africa in 2013 and rely on the ongoing involvement of caring Canadians to keep this work moving ahead.

We thank our donors and African community partners for their cooperation and support in 2012.

