



ANNUAL REPORT - 2013

CANASSIST AFRICAN RELIEF TRUST

Annual Report from the CanAssist African Relief Trust

Highlights of 2013

Contents

Getting back to basics	3
Contact us	5
CanAssist projects funded in 2013	6
Financial narrative 2013	8
Financial comparison with other NGO's	9
ReMeet our Field Representative: Dan Otieno	10
Remembering Benter Odhiambo	11
Volunteering in communities in East Africa	12
Communities in East Africa supported by CAART	13
Looking ahead	18
Reprint of <i>A Thank You for Elva's Stem Cells</i>	20

**photos on front cover - Mama Benter Odhiambo, Mbita, Kenya,
Well repaired by CanAssist in Ibura, Uganda,
CanAssist-funded latrine in Kamin Oningo, Kenya*



Getting back to basics

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

The original trustees were:

Judith Adam, Kingston, Ontario

Kate Budd, Whitby, Ontario

John Geddes, Kingston, Ontario

Marie Richardson, Kingston, Ontario

Mark Waldron, Kingston, Ontario

As CanAssist grew, so did the time demands on the trustees. An expanded board of directors was formed with the addition of Evelyn Bowering, Michael Dent, Danna Dobson and Mary Drinkwater. Over the year, the group struggled to define the governance structure that would best suit our needs and origins.

The trustees, recognizing that they ultimately still carried the full responsibility to direct CanAssist activities, decided that going back to the original trust model of governance would serve the organization best.

At the end of December 2013, Mark Waldron and Kate Budd, finding that the time required to work actively on CanAssist business was more than they could fit into their personal and professional lives, announced they would resign once suitable replacements could be appointed. Evelyn Bowering and Michael Dent were appointed as trustees. The “Board” was dissolved, and Danna Dobson and Mary Drinkwater have remained active in supporting committee work.

Beginning in 2014, the CanAssist trustees will be as follows:

John Geddes — Director of Operations

Evelyn Bowering — Operations Deputy

Michael Dent — Treasurer and Finance

Judith Adam — Deputy Finance

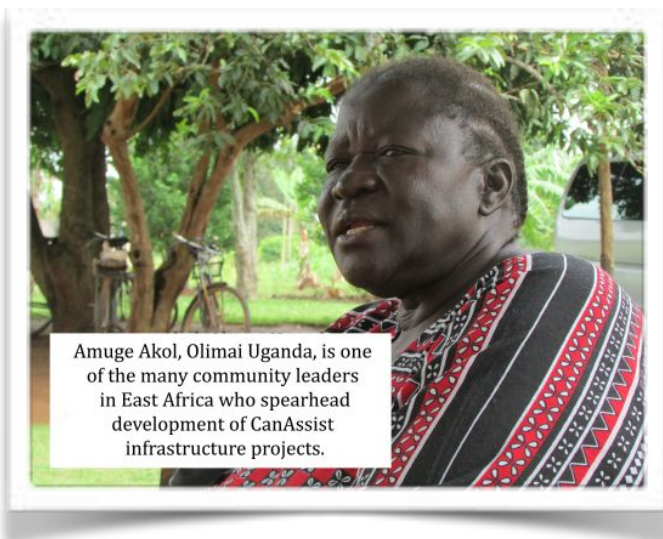
Marie Richardson — Chairperson and Governance

The trustees will meet in committee with the many volunteers who assist throughout the year to accomplish the work that CanAssist does in East Africa.

The trustees are grateful for all those who help keep CanAssist moving ahead. We particularly wish to thank Kate Budd and Mark Waldron for their support and impetus building our organization to where it is today. We also appreciate the time and energy that Mary Drinkwater and Danna Dobson have dedicated to the work and decisions made by our board and for their continued support and participation in CanAssist work.

Our mission remains to assist impoverished communities primarily, but not

exclusively, 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

The CanAssist trustees are always happy to receive feedback, suggestions, and financial support for the work we do in East Africa. You can contact us at:

CanAssist African Relief Trust,

562 Sycamore St., Kingston, Ontario, Canada. K7M7L8

Email address — info@canassistafrica.ca

Follow us on our website or social media links:

Web site — <http://canassistafrica.ca>

Twitter — @canassistafrica

Facebook group page — CanAssist African Relief Trust



Projects in East Africa funded by CanAssist in 2013

- Sanitation and water for the Kared Fod Dispensary in Migori district, Kenya
- Latrines at Nyatike Village, Kenya
- A permanent classroom at the Adam Nkuyan Primary School, Kenya
- Rainwater collection tanks at the Nyandema Secondary School, Kenya
- Classroom repair, cementing of floors, and furnishings for the S.P. Geddes Early Childhood Development Centre in Osiri Village, Kenya
- Latrines for the village at Osiri, Kenya
- Completion of electrical installation at the Kyabazaala Elementary School, Uganda
- Repair of the pump at the borehole in Kanyawara village, Uganda
- Four rainwater collection tanks for the Olimai Clinic, Uganda
- Sewing machines for a community group in Soroti, Uganda
- Hospital Beds for the Olimai Clinic and the Gombe Hospital, Uganda
- Irrigation system for the Tom Mboya Health Facility, Rusinga Island, Kenya
- Rainwater collection system for a vocational school in Uganda
- Ongoing support for Mama Nora's orphanage in Usa River, Tanzania



Many of our 2013 projects were directly supported with donations to CanAssist from many individuals, families, foundations, and corporations including the following:

The family and friends of Jim Owen

The family and friends of S. P. Geddes

The family of Reg Bowering

The family and friends of Ruth and Don Redmond

The family and friends of Mark Waldron and Lee Ann Cunningham

The Grant Family

Friends of Faye Koshel — a thank you for Elva's stems cells

The Sasamat Foundation — Vancouver, B.C. Canada

The Ontario Teachers' Federation

Elementary Teachers' Federation of Ontario

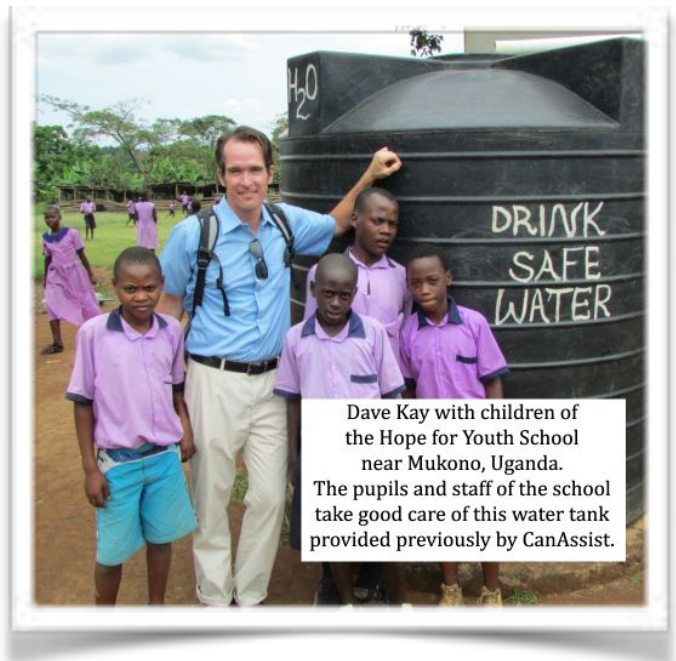
Students and staff of various schools

Mackenzie Financial Corporation

RBC Global Assessment Management

Bridgehouse Asset Managers

Religious Hospitallers of St. Joseph — Montreal, Quebec.



Financial Narrative for 2013

The financial summary of CanAssist African Relief Trust (and any other Canadian Registered Charity) may be found on CRA's website. (At the time of writing, the CRA have received our filing for 2013, but have not updated our statistics from 2012). The financial books of CanAssist are prepared by Michael Dent, (treasurer and trustee) and unaudited financial statements for 2013 and prior were produced by Collins Barrow, Chartered Accountants.

At the beginning of 2013 CAART cash and equivalents were \$59,084

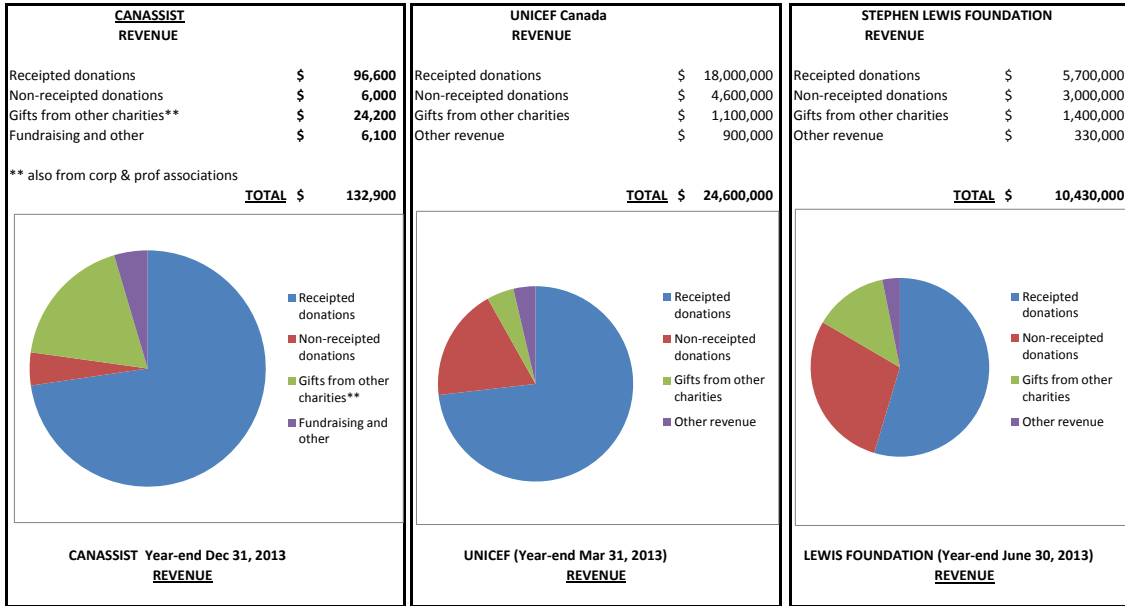
During the year we funded (numbers rounded):

• K1270 Mercy Youth (latrines)	\$2,400
• K1300 Kared Fod Dispensary	\$8,850
• K1310 Nyatike Women's group comm. latrines	\$8,200
• K1320 Nkuyan Adam School	\$6,580
• K1345 Nyadema Water Catchment & Sanitation	\$5,100
• K1350 Tom Mboya Clinic	\$7,600
• K1360 Stewart Geddes School	\$5,100
• K1365 Kamin Onongo Community Latrines	\$1,850
• T1310 Mama Nora's Orphans	\$4,200
• U1305 Kyabazaala Primary – Electricity supply	\$500
• U1310 T.A. Crusade Rainwater Catchment	\$5,580
• U1315 Ibura, Well Repair	\$200
• U1320 Gombe Hospital, Bed Repair	\$5,300
• U1330 Olimai Clinic, Beds	\$2,650
• U1335 Olimai Clinic Rainwater catchment	\$9,450
• U1430 TESO Development, Sewing Machines	\$1,350
• Other	\$514
Total, per 2013 statements	(\$75,424)
2013 Revenue and other income	\$132,906
2013 Expenditures, not including Project Funding	(\$13,505)
Year end unrestricted Net Assets	\$103,061
Outstanding commitments now in progress	
(some now funded, as of March 31, 2014) Totals	\$53,873

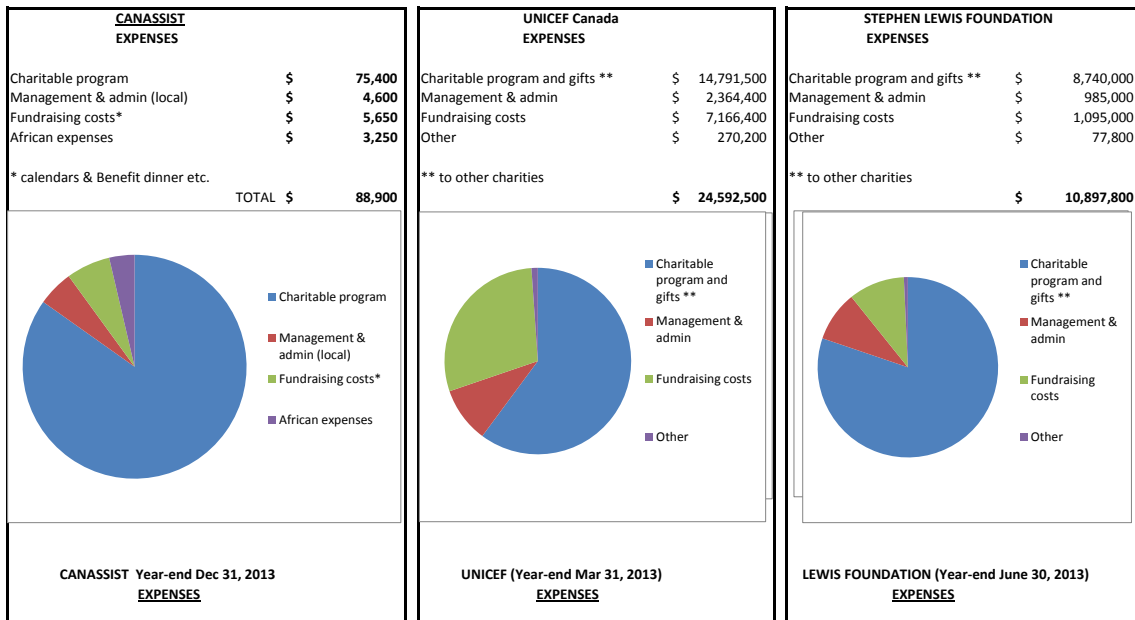
Since inception, a particular donor has covered the cost of administration. The costs of all CanAssist-related travel in Africa are also covered by designated donations. As a result, 100% of all other donations have been transferred to our partners in Africa.

Financial comparisons with other NGO's

REVENUE for 2013 - COMPARATIVE



EXPENSES for 2013 - COMPARATIVE



Daniel Otieno: Our Field Representative in East Africa

We have been fortunate to have, in Daniel Otieno, a responsible and reliable field representative in Kenya. Dan helps link us with our East African community associates, assists with financial transactions in Africa, and participates in both our application process and reconciliation of project accounts.

Last year, Dan successfully completed his Certified Professional Accountant (Kenya) studies, and he has been a friend of CanAssist since our inception. He is familiar with the work that we do in East Africa and has met many of our African Partners and Canadian supporters.

We were delighted to have Dan visit us in Canada in November 2013 (at no expense to CanAssist donors, by the way.) While he was in Ontario, he attended our fundraising dinner, met privately with many of our supporters, visited three elementary schools, three Secondary schools, the Queen's Health Outreach group and the Global Health Group at the Department of Family Medicine at Queen's University.

He saw his first snow in Kingston and visited several Ontario landmarks



including Niagara Falls and the Parliament buildings in Ottawa.

We appreciate the work that Dan does to help us achieve our goals in East Africa. Having a local representative who can be in more immediate contact with our project associates is invaluable to our successes.

Thanks again, Dan.

Remembering Benter Odiambo

In mid-July we were distressed to learn of the death of one of our associates in Rusinga Island, Kenya.

Mama Benter Odiambo was a treasured friend of the CanAssist African Relief Trust. We have known Benter since CanAssist was formed in 2008. The garden at the school that she established, Kanyala Little Stars, was one of our pioneer funding efforts. Benter lent sensible, responsible leadership to the school, the community and to CanAssist as we learned how to effectively partner with communities in East Africa.



We are forever grateful to have had a close association with this wonderful lady and will remember her fondly as we continue to try to improve the lives of men, women and children in Kenya, Uganda and Tanzania.



Volunteering in Communities in East Africa

We often are asked if there are opportunities for volunteers in East Africa to work with our community associates there. CanAssist does not arrange international volunteer excursions or placements, but we are happy when CanAssist supporters visit the communities where we work.

Although CanAssist's mandate is to provide infrastructure, we are willing to facilitate connections between the communities where we have worked or have ongoing work in progress and individuals who may want to visit or volunteer with those organizations. All travel costs and arrangements are made by the individual traveler.

Travel in East Africa incurs potential security and health risks. CanAssist well-wishers going to Africa to volunteer or visit CanAssist project associates act and travel independently, at their own risk and at their own cost.

With introductions, volunteers are generally welcome at schools to tutor or teach and to provide support or help to teachers and administrators. Volunteers in clinic settings might help with community outreach and health education or with assessment and documentation of community health needs. Our partners are well aware of their community needs but sometimes can use some organizational/management advice or assistance.

Although we have mechanisms for oversight and accountability in place, CanAssist is always keen to have some direct observation of the community groups with whom we work and to receive feedback as to the effectiveness and management of the projects we have funded.

CanAssist can provide contact names of leaders with these various community groups if an individual wishes to volunteer at their organization. CanAssist's only role in this, however, is to refer the interested volunteer to the organization. Beyond that, any arrangements will be between the volunteer and the African community.

Communities in East Africa supported by CAART

Here are some of the communities where CanAssist is currently working or has had recent association and the organizations in those communities



where we have reliable contacts. A rough location of each vicinity is noted on the map, and there are links to more information about most of these sites on the CanAssist website (<http://canassistafrica.ca>) under the Active or Completed projects link on the left sidebar.

Key to map where CanAssist has one or more community associates:

1. Mbita, Kenya
2. Migori District, Kenya
3. Rift Valley, Kenya
4. Ruriru District, Kenya,
5. Kyabazaala, Uganda
6. Mukono, Uganda
7. Gombe District, Uganda
8. Olimai, Uganda
9. Arusha, Tanzania

Mbita/Rusinga Island, Kenya (#1 on the map)

Hope School — a small, privately organized elementary school with two “campuses,” one in the town and one rurally. We have provided funding for two large permanent classrooms, development of a garden project, and latrines.

Kanyala Little Stars Academy — a privately run school with students up to Class 8. We have funded a very well-organized and productive agriculture project there, helped with school supplies, facilitated a sanitary pad program for young women at the school through a church in Kingston, and are embarking on renovations of two of the old temporary classrooms.

Badilisha Ecovillage Foundation — a Permaculture group on Rusinga Island also interested in many areas of local community development. Through this organization we have provided some sanitation facilities at several of the beach communities nearby.

Tom Mboya Health Centre — A public clinic/hospital facility. We are in the midst of trying to help the support group at this health centre develop a community garden.

S.P. Geddes Early Childhood Development Centre — in Osiri Village across the bay from Mbita. A very small rural early childhood school that we have funded with classrooms, fencing, latrine and supplies.

Kamin Oningo Beach Management Unit — also near Osiri Village. We funded a latrine for this community.

Rachuonyo Schools — There are three schools in the Kendu Bay area about 40 km from Mbita, where we will be providing desks and chairs for the schools (two elementary, one secondary). These schools appear to be very poor. No doubt they would appreciate volunteers.

Migori District (#2 on the map)

Much of the work in this region has been done through Rieko, Kenya. In addition, students from Queen's University (Queen's Health Outreach) visit this community every April/May to do health outreach with youth and women's groups in the district.

St Gorety Secondary School — a day school for about 400 high school students in Mikei village. We have built two classrooms at this school and are currently constructing a computer training classroom at the school.

Nyatike Women's Group — through this group we have supplied rainwater catchment within the community and a latrine at one of the villages, managed by the women of the group.

Nyandema Secondary School — We have provided rainwater catchment and storage for this secondary school.

Kared Fod Women's Group — We have constructed a small clinic/dispensary for this group and provided both rainwater catchment and latrines for the clinic.

Maasai Communities in the Rift Valley, Kenya (#3 on the map)

CanAssist has provided school development (classrooms, latrines) for two very remote schools in Maasai communities in the district between Nairobi and Tanzania in the direction of Lake Magadi — the **Adam Nkuyan Primary School and the Oltaraja Primary School**. These are very remote communities and access is not easy but it would be great to know how these are actually being managed/utilized.

Ruriru District schools in Kenya (#4 on the map)

CanAssist has provided latrines and sanitation facilities for one school in this district (**Mutundu**) and are just commencing a similar project at another (**Twiga School**). These schools are not that far from more developed areas but are underserviced and needy.

Kyabazaala Uganda (#5 on the map)

We have associations with two schools in this community, north of Jinja, near Kayunga. The **BLK Secondary School** has received considerable support from us over the past few years and is a school of about 600 students. Currently we have no active project there. The **Kyabazaala Elementary School** has about 300 kids at it and is very needy. We have provided latrines and rainwater collection for the school. We may have another project there upcoming.



Mukono, Uganda (#6 on the map)

We have had an ongoing association with the Hope for Youth School in a rural community just north of Mukono, Uganda. This school is well managed and welcomes volunteers. They often have a couple of young volunteers from Europe there to do some teaching.

Gombe District, Uganda (#7 on the map)

We have just completed refurbishing of hospital beds at this hospital. They seem very well organized, and the Clinical Officer in charge is approachable and responsible. I suspect this would be a good volunteer opportunity for someone interested in Public Health.

Olimai, Uganda (#8 on the map)

We have good contacts and ongoing association with the Olimai Health Centre, a very rural community health centre in North Eastern Uganda. This community is remote, but we have good contacts in the district.

Arusha Tanzania (#9 on the map)

We have had an ongoing association with **Mama Nora's orphanage**, a very small orphan facility and preschool that is not far from Arusha. We provide some ongoing support here and have built a kitchen building there. Other students have spent some time at Nora's and enjoyed the contact. It is a small facility. We always appreciate an update about how the children are doing and how Nora is managing them.

Looking Ahead

There are a number of factors affecting our projections into the future:

- The drop in the value of the Canadian dollar and an annual inflation rate in East Africa of over 7% in 2013 will continue to influence the cost of our projects.
- In 2013, we had 85 applications submitted by communities in Kenya, Uganda and Tanzania. For 2014, the application committee will review submissions and choose approximately 12 potential projects with estimated total cost of about \$80,000 to be funded from June 1, 2014 to May 31, 2015. Bank charges, inflation and currency exchange fluctuations may increase the cost of that work by 10-15%.
- CanAssist values the contributions made by individuals, corporations, foundations and associations to the work that we do and will continue to keep our donors apprised as to how their money is being spent in East Africa.
- The trustees have decided to increase the role and responsibility of our field representative in Kenya, Daniel Otieno. Dan will be more involved with communication, surveillance, and review of accountability for our projects in Africa.
- With increased cost of mail, CanAssist will attempt to communicate electronically as much as possible with supporters. This means working to have a complete and up-to-date electronic mailing list.

Scheduled significant fundraising events for 2014 include:

Resolution Run — January 5, 2014 (and on Sunday January 4, 2015)

Theatre Night (King's Town Players) — March 11, 2014

Golf Tournament (Camden Braes Golf Course) — June 8, 2014

Mystery Walk (downtown Kingston) — late September 2014

Thank you to Elva's Stem Cells

(Reprinted from the *Kingston Whig Standard*, January 2014)

In mid-November CanAssist received an email from Faye Koshel, a Kingston woman who wanted to celebrate. Five years ago she was diagnosed with acute lymphocytic



leukemia and for months she struggled with chemotherapy. Eventually she received a stem cell transplant from her sister, Elva. This fall, for the first time after more than 65 clinic visits since 2008, her blood was normal. Naturally, she wanted to celebrate. She chose to invite her friends to rejoice with her by sharing with others whose access to life-saving health care was less available.

At the same time, the CanAssist African Relief Trust was looking for funds to help a hospital in rural Uganda. The Gombe Hospital is a 100-bed hospital about 50 km from Kampala. It serves people in a very rural setting and, like many government hospitals in East Africa, it receives minimal support, particularly for any infrastructure improvements. Governments in Africa tend to be strapped paying for salaries and supplies so physical needs at a hospital are often neglected. The beds at the hospital were in poor repair, many of the metal frames rusted and the mattresses torn and dirty. Patients who wanted bedding had to bring their own. The cost of providing new mattresses, mattress covers, bedding and refurbishing the frames of 100 beds would come to about \$5000 Canadian.

Faye thought that this was just the project that she would like to support as a "Thank You for Elva's Stem Cells." She arranged a party at a Kingston church hall on a Saturday afternoon early in December. She contacted friends and relatives and

neighbours to let them know of her plans. She invited them to join her to mark her return to good health and, at the same time, contribute to the Gombe Hospital Bed project either directly or by purchasing handcrafts and art items at her party. She

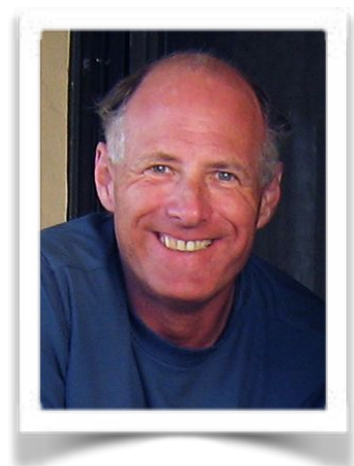


thought perhaps she could raise \$1500 of the money required. She hoped for more.

By mid-December Faye's friends had overwhelmed her with expressions of their delight at her recovery. Before Christmas, CanAssist had received the needed \$5000. We conferred with the hospital and transferred the money. Within days, we had

photos of workers cleaning and painting the bed frames. Soon there were photos of piles of new mattresses, blankets and material to make mattress covers. It was a delightful way to start the new year for everyone - Faye, the hospital, CanAssist and Faye's supportive friends.

In a similar celebration of life, but under different circumstances, the friends of Jim Owen banded together to help CanAssist fund construction of a computer classroom at the St Gorety Secondary School in Mikei, Kenya. Jim was a professor in Pharmacology at Queens who was well loved by his students, colleagues and friends. He died in early November after a struggle with a failing heart. Jim loved computers and things technical so the construction of a classroom in Kenya to help students in this remote area of Kenya become computer literate (and thereby improve their eventual chances of employability) was the perfect way to have him remembered in a very concrete way. Donations to



the CanAssist Jim Owen Memorial have secured the funding off his project and earlier this month, construction started on the classroom will bear his name.

Both of these projects were selected from many applications that were submitted to CanAssist by East African communities and organizations last year. From 85 submissions a committee of CanAssist volunteers chose 15 that we could afford to fund over the upcoming year. Through the generosity of our donors we are in the position now to complete all of these projects at cost approximating \$100,000. The application cycle begins again in March for the 2014-2015 project year.

Earlier in 2013 other Kingstonians also included CanAssist in their celebrations. Mark Waldron and LeeAnn Cunningham invited the guests at their wedding to share in the occasion with a donation to CanAssist in lieu of a gift and the family of Ruth and Don Redmond did the same to mark their 65th wedding anniversary.

CanAssist welcomes donations to mark weddings, anniversaries, birthdays, graduations, memorials, Christmas or any other milestone you want to celebrate by sharing with communities in East Africa. All donated money is spent in Africa and we do our best to ensure that gifts are expeditiously put to use in support of tangible infrastructure to improve well-being in African schools, hospitals and communities.

Some projects unfold quickly and are particularly satisfying. It has only been eight weeks from our first meeting with Faye in mid-November until funds were raised, money sent to Africa, materials ordered and repair done. This week as a result of Faye's thank you to Elva's Stem Cells, patients are being treated in refurbished hospital beds in Uganda.

If your family, group or organization would like to support one of our 2014-2015 projects, please contact us at info@canassistafrica.ca. We will appreciate your support.

We  CanAssist you to help others

