

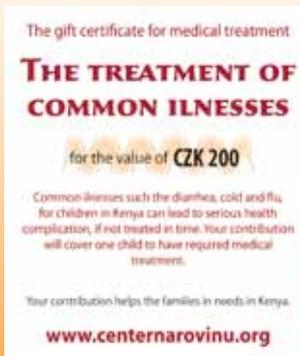
Dear adoptive parents, dear supporters and friends of Center Narovinu,

we are glad to come with another, autumn, bulletin. As Christmas time and gifts giving are getting close, we introduce you an offer of the Fair Shop and we will be glad if you remember our store when planning the Christmas shopping. The profit will again allow us to take further steps in the development of the Kenya Island of Hope Community Center. We also have a

donation SMS, so you can either support the community center one-time or permanently from your cell phone. Thank you in advance for your support. We wish you beautiful autumn days.

Simona Heřtusová on behalf of **Narovinu Centre**
simona.hertusova@adopceafrika.cz

Fair shop - these are presents with the story



Christmas is getting close, remember our shop when planning the Christmas shopping. You can find our offer on the page 8. For those who do not want to give material presents, we have gift certificates "Give Health", "Give Education" and "Give Hope." We thank you in advance for your support. E-shop: <https://www.centrumnarovinu.cz/fe-rovy-obchudek>



Community Center ISLAND OF HOPE can be supported by DONATION SMS



Write the message to the number **87 777**:
DMS TRV OSTROVNADEJE 30
DMS TRV OSTROVNADEJE 60
DMS TRV OSTROVNADEJE 90

The SMS price is 30, 60 or 90 CZK, the recipient of your help will receive 29, 59 or 89 CZK each month. We will receive the amount monthly until you decide to cancel the order.

If you send this message to the number **87 777**
DMS OSTROVNADEJE 30
DMS OSTROVNADEJE 60
DMS OSTROVNADEJE 90
you will support our project on the one-time basis.

Permanent SMS will not burden your budget and it will better allow us to achieve our long-term goals. Thank you for your support!

www.darcovskasms.cz

Who is in the team of Center Narovinu?

We would like to introduce our volunteers and new support for our team in Nairobi



It all started in 2005, when I adopted my daughter Editka through the Narovinu Center. She started to go to school back in January 2006 and she is growing with my son Martin. This year, they will both graduate from secondary school. When I got an email in spring 2006 offering a course for volunteers, I did not hesitate and took part in a weekend course in Svaty Jan pod Skalou and I have been volunteer coordinator of the adoptions since then. I still remember the crazy feeling of happiness when I closed my first adoption. Also, since I am an economist, I am now a member of the board of administration of Narovinu Center. By the way, we visited our girl with my son in 2009 and it was a great experience!

Vlasta Pauke Dobešová



Greetings to all Bulletin CN readers. **My name is Jiří Štancl. I come from Litomyšl**, where I live now and I am a design engineer.

I decided to adopt a 7 years old boy from Africa in 2016 and this was the beginning of my cooperation with Narovinu Center. At the moment, I support CN as volunteer coordinator of adoptions. The core of my work is communication with adoptive parents – I inform them of situation in Kenya, the children treated within the health insurance, delivery of their letters and packages for children and of potential payment. For me, this work combines two activities I always highly valued and wanted to do myself –volunteering and communication with people. Relationships and communication with other people are on the top of my values which is why the friendly atmosphere and the smiles of happy children are the best compensation for me. As one African saying states: „If you want to go quickly, go on your own, if you want to get far, go with your friends“. My hobbies are culture and sport. I play guitar, piano and harmonica. I also spend a lot of time with amateur theatre group. I like playing football and I feel best when I can climb high hills and spend time walking in the high mountains with great view.



My name is Lucka Strnadová (only few months ago my last name was Mrňáková). I live in Prague, but I grew up close to Kutna Hora and I like coming back. I am volunteer coordinator of long distance adoptions of Narovinu Center. I answer emails I get from the adoptive parents as well as from the office. Apart from being a coordinator, I also organized several fund-raiser concerts together with my family, last one in November 2017 with singer Zuzka Janiššova and Melissa band. I am also an adoptive sister of 2 girls from Kenya and I am always very happy when I get new letter and photos and I can be in touch with them. I would also like to travel to Kenya to visit my girls and I hope it will happen one day. For

three years now, I have been working as tutor in school nursery. What makes this work great is the fact you never know how the kids will surprise you and every day is just different. In my time off, I like to sing, I am now singer of Melissa band from Kutna Hora. I also do classic singing, theatre and when I feel tired, I go to gym.

Hello, **my name is Markéta Zlá** and I am 34 years old. I like children, nature, travelling, horse riding, sports, taking photos and many other things. I graduated from secondary school of hotel management and faculty of safety engineering. I lived for 5 years abroad and travelled all around the world. I also had many jobs, starting with working on the farms, being cab drive, working in winery up to being an assistant to manager. At the moment, I work



in logistics department of international company, but I will be on maternity leave starting in December. I have been volunteering for various humanitarian organizations since I was 19. I became a coordinator of adoptions in Narovinu Center after I adopted my boy 12 years ago. Becoming a coordinator made me not only to meet amazing people who want to help others, but I can also share experiences and learn interesting things about new cultures. The volunteering works is fulfilling and it helps me to develop further. Hezký den všem.



Hello to everyone, my name is Marie Niederhafnerová and I am one of those people that try to make a world a better place for all children in it.

I am pediatrician, but now I enjoy being mother and I am on maternity leave with my son Jiřík and my daughter Anička.

I have many interests. I like to walk in the woods and in the mountains. I like to travel to the world of phantasy and history, sing with birds, dance in the rhythm of Scottish and Irish dances and together with my husband, we are reconstructing an old farm. I spend quite a lot of my time off organizing camps for children. My cooperation with Narovinu Center started 5 years ago when we „adopted“ with my husband a boy named Moses whom we still support and believe in his positive future. Half a year later I travelled to Prague to an amazing seminar for people interested in cooperation with Narovinu Center and I became a volunteer. Since 2015, I have been a volunteer coordinator of long distance adoptions. My task is to communicate with parents who adopted African children. I help them to solve any kind of issues that might happen on both Czech and Kenyan sites. I like the moments when I share some positive news with adoptive parents, for example that their child was accepted to good school or they celebrated some other life success. These are the moments when you know this all makes sense. I am happy I can be part of this great project.

Introducing new helping force in Nairobi



Dobry' Den, Jmenuji Se Betty Munene.

I joined Centrum Narovinu in March 2018 as a social worker under the Island of Hope Rusinga project, for a period of one month. Currently I coordinate the college and post high school students. My work mainly entails updating the table of college students, verifying the information in the database about college and university students, add missing

information in the table and gather admission letters and fee structures from the college students as it is not possible to release the money without having either documents'. I also get to socialize with the students on a one on one basis on the activities they are involved in aside from school. I am enjoying my work here, my colleagues have been of help and they are fun too. Besides work I love watching movies, hanging out with my family and friends-I am a very jovial person and a free spirit. Recently I have developed interest in adventure.... so let's see how that turns out. And ooh I love eating, in my next life I will be a chef.

Club of Friends of Adoption

We have so far supported 54 children who have lost support of their "adoptive parent" from the Friends of the Adoption Club account, where people can contribute both regular and irregular amounts of money identified by the variable symbol 800 and to where any overpayments, that "adoptive parents" gave us from completed adoptions, are sent.

We are very grateful for any donations to the Friends of the Adoption Club, because supported children do not have to interrupt their school attendance and they can complete another trimester of their study. Specifically, 37 children will be able to complete a whole primary or secondary school year, 5 children will be able to complete the final year of their elementary school and another 12 students will be able to complete the final year of their secondary school.

Hana Jodasová



Specifically, these children are:
Violet Ndungwa Mukonyo (40400), Shaban Mgodo Baraza (40476), Christopher Omondi (40487), Mary Ngii Mwinzi (40624), Peris Wanjiku (40708), Venus Eunice Wanjiru (40710), Paul Dzuya Mwinga (40844), Collins Onyango (40892), Praise Amani Mukonambi (40946), Clifford Omonci Owino (40949), Stephen Otieno (40950), Mary Saidi (41002), Janet Kuvuna Mbaji (41032), Charles Munuve Mutiso (41081), Steven Macharia

Kihonge (41127), Calvin Otieno (41179), Mercy Lumayo (41193), Chrisantus Malala Juma (41231), Kennedy Mayero (41243), Isaac Keya (41439), Stevin Andiego (41493), Agnes Nduta Irungu (41662), Naomi Muthoni (41669), Rose Mwangi Kadenge (41738), Devin Osoro (41749), Treazah Muhonja (41786), Faith Nduku (41825), Monica Anyango (41841), Ariel Owiyo (41844), Robert Ochieng Otieno (50286), Paul Odhiambo (51148), Francis Ooko Ounga (51326), Clement John Otieno (51417), Chrispine Ochieng (51429), Debra Achipi Obote (51443), Jane Wanjiku Mburu (51512), Agrey Adeka (51516), Bonface Omondi (51643), Eillen Akoth Odero (51728), Wicliffe Ochieng Okuku (51733), Collins Ochieng Mboya (51737), Clinton Otieno Olulo (51746), Rumsfeld Zakayo Sakwa (51763), Tacquine Okoth Omogo (51775), Wiranya Kassim Abbas (51834), Ibrahim Yusuf (51862), Amir Sadik Hussein (51901), Cavine Odhiambo Ochieng (51979), Vera Spencer Adhiambo (52057), Susan Muthoni Wambui (52099), Hannsleaky Oluoch (52130), Goretty Akinyi Otieno (52300), Vena Mokeira Ongoi (52441), Favour Omondi Okado (52628).

One of those, who needs to be supported in the future, is Treezy. We would like to tell you her story here.

Treezy Amony Onynago (ID 41375) was born to a single mother who was later married to another man. In this time, her grandparents took care of her. Treezy lives in the Kisumu area. There are seven more other members of the family living with her and grandparents in a single house. The family uses wood for heating, a kerosene lamp for lighting and they take water from a nearby spring. Treezy attends the first year of secondary school but she needs more support. Approximately 4 800 Kč / EUR 200 per trimester could be a suggested amount. The current adoptive parent is not able to send such high payments, so he has ended the adoption process and hopes to find a new adoptive parent to take over this young girl so she will be able to finish her secondary school studies. She has 3 more years to complete these school studies. If you would like to adopt Treezy, please contact the coordinator Mirka Mrňáková, by phone: +420 728 216 230, or by email: mirka.mrnakova@adopceafrika.cz. Thank you.



What are the typical names in Kenya

The names of Kenyan children can change during their lifetime, sometimes radically, which can be very confusing for many adoptive parents. What is the purpose of this? What are the specifics of naming children in Kenya, or more ge-

corresponding to different events, phenomena or objects. For example, children could be named after the season in which they were

born, after their grandparents who had passed away, after relatives, trees, animals, interesting events, famous people who originated from the same tribe/community, of after the place of birth. The names could also be connected to religion. When Christianity came to Africa, children were given biblical names as their first name, African names as their middle

name (based on various circumstances connected to their birth as explained above), and they took the last name after their father. It was also a custom, that women who got married usually changed their last name (their father's name) to their husband's name.



nerally, African society? Children's names play an important part in children's lives and can also affect their position in the society. They can be changed for different reasons.

In the past

In the traditional African society, naming children used to be one of the most important rites of passage. It was a ritual combined with a celebration announcing the birth of a new child and introducing it to a broader family as well as the whole community. It was believed, at that time, that the name would permanently influence the development of the child's personality as well as its upbringing. The names were usually chosen by women. Various communities/tribes gave children different names



As some of the children were named after important historical events, during the independence movement in Kenya many children were named Uhuru - Swahili name for independence. Some names reflected the mothers' experience during pregnancy and birth, for example Bahati meaning "luck" or Imani meaning "faith". Many children in our program of adoption share the same name, for example Omondi, Adhiambo, Ochieng, Wairimu, Mwangi, or Kamau. These are tribal names which originated from the two biggest tribes in Kenya - Luo and Kikuyu. For example, the names of most women that come from the tribe Luo start with the letter "A" and the majority of men's names start with the letter "O".



ir father's name or Christian name, in order to better differentiate between the two names. At this point, the parents also choose names that they want to appear on the children's graduation certificate and other academic documents.

As mentioned above, there are currently no limitations to what names can be chosen for children. As a result of that, some parents or adopted children who have reached adulthood, choose to take names after their adoptive parents to show their appreciation for their support.

Irene Olali

Nowadays

In today's modern society, there are no specific rules for naming children. Parents can give their children two or three African names or one or more Christian or English names. They can name their children after famous singers, political leaders, heroes or other famous figures from their society or the world (in our database of adopted children, we have two Nelson Mandelas, Barack Obama Oduor or David Beckham Odhiambo Duke).

The reasons for changing children's names

It often happens, that the names of children change during their lifetime. Many adoptive parents might have experienced this, and they might have found it confusing. Children's names in Kenya are often changed at the time of registration for final exams at primary or secondary School – at this point, they usually start to use names, which are stated on their birth certificate. They rarely get a birth certificate automatically at birth – their parents can apply for it, however they usually don't find it important and so they rarely do it. The first time they actually need the birth certificate is the time of the final exams registration (nowadays, there are different rules in place, which state that the children must submit their birth certificate at the very beginning of their education – when they enter kindergarten).

When applying for a birth certificate, parents can change their children's names. (Sometimes, it also happens that the date of birth on the adoption form does not match the newly issued birth certificate – that is because the parents often do not recall the exact birth date of their children – comment of CN). The name change often happens, because small children tend to get two very similar names, or rather nick names. Upon issuing the birth certificate, the children often start using the-



Asante sana, Africa, and sometimes see you again



Immediacy, enthusiasm, empathy ... I could write thousands of words and still new words would appear in my mind that could describe my monthly experience on the Hope Island Clinic.

As with previous projects in developing countries, coincidence lead me to the project `Hope Island` and I am very fond of it. The work at the clinic has met my expectations with such an "African standard" of the conditions there but the complexity and sophistication of the whole `Hope Island` project has made a huge impression on me. One part of the project could not exist without the other and all in all, it works as a well-oiled machine. Hats off!

But now to the clinic. The most frequent question that people ask me about since my return is: "So what's the difference?" And I answer: "Everything!." The locals are very immediate, and therefore since the arrival of the patient, a confidential bond has arisen between him/her and his doctor.

The illnesses that patients come up with are very different from our common European diseases. Malaria is as frequent as flu in the Czech Republic and because of the water from Lake Victoria, there are very frequent other diseases too, such as - bilharziosis (bilharziosis or also known as schistosomosis, is a parasitic disease involving humans and animals, caused by the Schistosoma genus; Depending on the type of illness, renal failure, bladder cancer, bowel obstruction, cirrhosis of the liver, etc. it may occur without treatment.) You can also find rare, very serious illnesses such as leprosy or cholera.

I will not describe more medical details here, but I have to remember one thing:

When a doctor does not have any of the modern instruments (RTG, ultrasound, etc.), the visual sense, sense of hearing and the sense of touch all become his best devices. Because patients do not have to talk loudly about their difficulties, the doctor must carefully monitor how the patient responds to the various examinations and consider, what this might suggest. Such an investigation requires much greater concentrati-

on and attention than usual, but this concentration, combined with touch generates the best possible relationship between the doctor and the patient. It's always a nice reminder what medicine is all about, what's important and what we should never forget as doctors.

In the course of one month, I had the possibility to work with local healthcare professionals and I admired them for trying to provide all patients with the best care, despite the difficult conditions and especially that they never stop smiling.

Josef Borovka

Other interesting insights from Joseph's trip can be read on the blog: News from Equatorial 2018 at <https://mzungu.webnode.cz/> "

... So I will start with one recommendation to all readers who are playing with an idea to go somewhere. Do not plan, do not think, do not talk and go. What I've been experiencing and seeing every day there can never be experienced in Europe. I'm not just talking about tuberculosis, parasites, HIV patients ... I'm talking about how they live there, what they perceive as their problems, and what their image of the rest of the world is like. And during all this, you will be doing a good thing. So, the question is: What are you thinking about? :)

... By the record holder of the day: I announce that a thirteen-year-old boy who came up with this: One time, a light cough woke him up at night and he had diarrhoea the following morning. Listening to his pneumonia, which was as big as a pig and across the entire lungs, his positive tests of malaria, his benign posterior schistosoma and giardia and so on. `You



have my admiration, son`. `I would not even get up from the toilet with such a horrid mix of things`. `What did you do in the end? He was drinking water from the lake - but where exactly? In Mbit. So, he waved us goodbye with a smile and came back the next week. `Africa, buddy`... "

Health insurance programme in the year 2017/2018



sease patient but had not been on medication for a while. He fell sick and was taken to AIPCA Mahinga Dispensary on 17.2.18. The relevant medication was then administered. Peter responded well to the treatment given but later developed more complications which led to a surgical procedure.

On April 20, 2018, Peter had severe abdominal pains mostly on the right iliac fossa and was rushed to North Kinangop Catholic Hospital where he was admitted. He was tested and diagnosed with appendicular abscess. He underwent a surgery to solve the appendix problem.

Peter was discharged on 30.4.18 in a stable condition. He responded well to treatment and went on with his studies well. His family was very grateful for the support from Centrum Narovinu Health Programme.

There were 905 kids insured in the 2017/2018 medical year. This is 45% of all the kids in the distance adoption programme. The total number of medical cases (treatments) from June 2017 to May 2018 was 743. The most common diseases handled were malaria, upper respiratory tract infection and typhoid.

All the children went through a preventive medical examination.

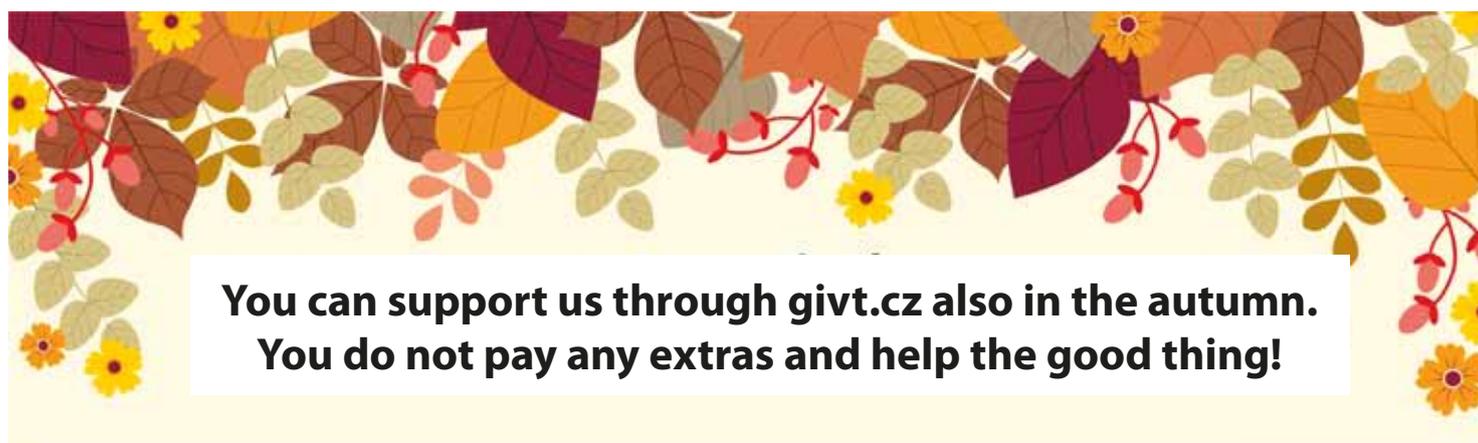
Outstanding Medical Case with a positive end: Peter Mahinda (ID in programme 51606) is a known peptic ulcers di-

The Health Programme is one of the most worthy causes of Centrum Narovinu. It not only caters for the healthcare needs but saves lives too. Were it not for the programme, most of the beneficiaries could not have managed to control their health conditions.

Health insurance programme is the best gift for children.

Next health insurance period will be from June 2019 until May 2020.

Irene Olali



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Tchibo
a víc než 900 dalších...

You can find the Narovinu center on givt under this link: https://bitly.com/Centrum_Narovinu

Do you forget to help for free when shopping online?

Add the GIVT's help to your browser and you will never forget.

Free download link: givt.cz/aplikace

GIFTS WITH A STORY

We prepare for your Christmas gifts already for four years. The original gifts from Fairtrade shop make your friends, employees or company partners happy, as well as kids in Kenya.

We offer gift packages in different values and design. From small bag package option up to bigger gift package in cartboard box with wooden wool. Standard package contains fairtrade coffee and tea from Kenya, which are imported directly, without intermediary companies. We offer products from talc with origin from workshop at Ostrov Naděje too.

Where goes money?

100% of amount goes directly to support our community center Ostrov Naděje on Rusinga Island in Kenya. Community center Ostrov Naděje has kinder-garden, basic and secondary school, orphanage, education centrum with library, farm and health center which takes care about more than 500 children and 15 000 patients of Rusinga Island community.

Gift box – 200 gr coffee beans, 200 gr tea, talc product by specification.

Packed in gift cart-board box, goods protected by wooden wool.

1A / Gift box Coffee, tea, statuette 490,- Kč

1B / Gift box Coffee, tea, statuette 420,- Kč

1C / Gift box Coffee, tea, statuette 390,- Kč

Gift box– option with talc bowl or candlestick - plus 20,- Kč

Gift package in cellophane – 200 gr coffee beans, 200 gr tea, talc product by specification.

Packed in cellophane cover

2A / Gift package Coffee, tea, statuette 420,- Kč

2B / Gift package Coffee, tea, statuette 320,- Kč

2C / Gift package Coffee, tea, statuette 270,- Kč

Gift box– option with talc bowl or candlestick - plus 20,- Kč

We can prepare packages made to measure, according to your wishes –the packages can be enlarged by further

products from Fairtrade shop – wooden, wicker or metal products, jewelry, T-shirts, photographs, gift certificates “Give health” and “Give hope” in amounts from 100 CZK

We can also prepare single packages of coffee or tea 100gr, 200gr or 250gr or talc goods – for your lucky-dip events or to add to your already chosen pre-prepared gift packages.

Don't hesitate to contact us. We will be glad to share more information and we will propose the best choice just for you!

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Gifts with a story www.AdopceAfrika.cz