

What's new at Likii Tender Hearts

ISSUE 1

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WELCOME

Dear Friends,

We made it into the New Year and you are receiving our first issue of 2017 newsletter. In October 2016 we published and circulated our very first newsletter which was filled with our projects updates. With God's blessings and your generous support we trust that our efforts will continue reaching and making more positive changes to people's lives in Likii Village and adjacent villages.

We invite you to read some of our beneficiaries stories, our successes and upcoming projects.

WELCOME AND MAY 2017 AND MORE YEARS AHEAD BRING SUCCESS IN YOUR LIVES.

With gratitude,

Likii Tender Hearts Family

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“Her mother-in-law and brothers-in-law wanted to take away her husband’s retirement”

A DETERMINED HEART

Jennifer Kanana was born in Nturukuma village which is adjacent to Likii village in Nanyuki. Since her parents could not afford the cost to purchase the desk and chair that were needed at the school closest to her parent’s farm, she was forced to drop out of school in grade 6. It was not long after that she befriended a young man and they decided to get married and they were blessed with three children. Her husband passed away in 2000 from influenza which was caused from working outdoors without adequate clothing or shelter for long periods. She was left to raise her three children and she would later lose her one son at the tender age of 10 years from an illness. Now a widow and single mother, her only means of survival was dependent on the small retirement funds or what we call in Kenya the National Social Security Fund (NSSF) that her husband had left behind. Her mother-in-law and brothers-in-law wanted to take away her husband’s retirement but God did not allow this to happen. When her brother-in-law went to the NSSF to claim the funds, the government official refused because they knew his brother had left behind a wife. Faced with these challenges from the government, the in-laws decided to gang up as a family with the intent to chase her from the homestead where she had lived all her married life. They succeeded in chasing her away and eventually Kanana together with her children moved back to her parent’s home. To raise the funds and continue supporting her young family she performed manual jobs including working as a farm-hand in various farms including Likii Flower Farm which is about 6 Kms from her parent’s home where she was paid \$50 a month or \$2.50 a day. When her mother-in-law passed away there was an issue with the land ownership. Originally the land had been bought by the Catholic Church



and given to the family as a gift but the land had never been subdivided. To sub-divide the property equally everyone needed to come up with Kshs. 11,000 or \$110 and since Kanana was entitled to her husband’s share, she needed to get that money. Her real brothers who also resided at her parent’s farm now began getting impatient with her presence and constantly kept asking when she would be going back to her late husband’s home. Prior to most of these challenges one of her employers had recommended Likii Tender Hearts (LTH) as an organization that would offer free training in various home craft. In 2007 Kanana became one of LTH first beneficiary when she enrolled in our training center to learn the art of knitting and dressmaking. Kanana who is partially deaf did not let this derail her thirst for learning and making a difference in her family’s life. With great patience and persistence from both LTH instructors and Kanana, she acquired a skill to knit and began making simple sweaters for her daughter who was by then a teenager. She also made sweaters for her oldest son who was in his early twenties and had been struggling in life after dropping out of school in grade 3 because Kanana could not afford the cost. Today at 31 years old he works for

different farms around Nanyuki town. Her daughter is now 22 years old and she also dropped out of school and works as a waitress in the city. Kanana has a young son who is 5 years old from a different relationship and is determined to improve his chances in life by knitting better quality sweaters and sell to customers. Kanana is what we call a career student and continues to take refresher courses in knitting and dressmaking on a weekly basis at LTH learning center. Meanwhile, she continues to work at odd jobs to secure \$110 to help in sub-division of her late husband’s share and get a title-deed. With the title deed she is assured that her family will have a place to call home. Lucy Kigano who is a director at LTH sat with Kanana on June 23, 2016 when she came to the training center to continue with her refresher courses.

HAVEN FOR MOTHER AND BABY

“preparing the well-being and health of young pregnant women.”



Likii Tender Hearts is borrowing a model developed by the Catholic Charities of Spokane in providing much needed support to young pregnant women in becoming able and informed mothers. The management of LTH was part of the congregation at St. John Vianney Catholic Church in Spokane that listened to a presentation given by the Director of Catholic Charities of Spokane on their various programs including Child Birth and Parenting Assistance (CAPA) program.

Currently Likii Tender Hearts program which will be launched in 2018 is structured in preparing the well-being and health of young pregnant women by offering them with temporary shelter until such a time the baby is born. Simultaneously the program will offer basic counselling on child care and offer free home craft training that will help in putting food on the table when the baby is born. The program is also looking into ways that will assist the

new mothers in job placements. By using CAPA program as our benchmark, we will be involved in matching the new young mothers with mentors until the child is 12 months old. Both mother and mentor will be encouraged to meet every week and share activities that will be beneficial to the child and mother such as cooking and games. Likii Tender Hearts will remain involved in the young family's life until the child's fifth birthday. CAPA has also introduced a similar project for new fathers that match them with mentors to assist them in taking care of their young family. It is our intention to also involve fathers into our program. We will be looking for volunteers to fill the role of mentors for the new young mothers and fathers as well as volunteers who are willing to solicit for baby's clothing, food, diapers, and maternity wear for the young mothers. The temporary shelter is still under construction and will be complete by the end of 2017.

Preserving Traditions Through Song and Dance

In 1978 during the beginning of President Daniel Arap Moi Administration, a group of twenty women came together and formed the Mwomboko Dance Group. Eight of the original members have passed on and those who are unable to perform due to old age have been replaced by younger people. The group is located in Likii village in Laikipia County.

As a group they have experienced numerous challenges including lack of work due to their age. During their performances they are always hopeful that the government or well-wishers will provide or donate a piece of land where they can all settle. They live in plots which they pay monthly rent and without gainful employment they are concerned that the little they make from their entertainment will not be able to meet the rent. Those members who are assailed by old age are growing weaker and weaker and are unable to cater

for their daily needs. Nevertheless, this is an upbeat group and they believe their talents will not end or be hindered by age.

They are now teaching their children and the youth around the village their songs and dances and in time this young group will be able to master their skills and eventually help them earn a living and hopefully take care of their families and elderly parents. Involving the children and youth in Mwomboko will also be significant in reducing the lure of crime. Through the songs and dance the youth will retain some if not all of our Kenyan traditions, which have been disappearing due to western influences. The major events that the Mwomboko Dancers participate in include weddings, parties, and government events. Please visit our website www.likiitenderhearts.org and invite them to perform at your upcoming events.

Mwomboko Dancers are thankful for the support they continue to receive from Mrs. Kigano and her family and recently they provided them with beautiful purple fabric which they are now using as part of their dancing costume.

Likii Tender Hearts will collaborate with Mwomboko Dancers and [B'Ware](#) to compose song and dance that will educate the young girls on the dangers of being lured by elderly men for sex. Kenya is listed among the 6 nations with the highest number of HIV and AIDS cases among the youth between 15 and 24 years. Bekker et al. reports that 62% of the 2.1 million adolescents infected by HIV/AIDS are concentrated in East and South Africa. We trust that this collaboration between Likii Tender Hearts and Mwomboko Dancers will play a major role in reducing this number.

[Enjoy some of their songs and dance.](#)

Cook's Corner:

For the past 8 years Likii Tender Hearts has shown our appreciation to our supporters in Spokane, WA by inviting and sharing a Kenyan/American Dinner which is held at S. John Vianney Catholic Church Parish Hall on the 1st Saturday in December. In this and ongoing issues we will be sharing with you the recipes that have made our dinners so popular.

Supreme Sauce: Courtesy of Thomas Tamunominipiribo

Ingredients: Chicken Velonte, Heavy Cream

Chicken Velonte

Chicken Stock 2 1/2qt

Roux: flour 4oz

Butter 4oz

Salt and pepper

Directions:

Heat the stock to boiling add the roux, salt and pepper and strain. Simmer for 30-40 minutes

Mixing and making Supreme Sauce

Chicken Velonte 1qt

Heavy Cream 8oz

Salt and pepper

Directions:

Combine the velonte and heavy cream in a pan. Simmer until the sauce coats the back of a spoon. Strain and add salt and pepper. Pour over chicken for each individual's plate.

Shop online

Likii is now 100% online and you can enjoy browsing and shopping some of our most fashionable designs made from Kenyan fabrics, exquisite jewels, and Art. All major credits are accepted including square reader.

