

# Joining Hearts and Hands

[www.joiningheartsandhands.org](http://www.joiningheartsandhands.org)

19th Annual Newsletter

*Fall 2023*



We send you all today Happy Thanksgiving wishes for making Joining Hearts and Hands what it is today. Over the past years we have made Vero Beach, Florida our home base, yet each summer we spend time with friends and family in our northern home of Rochester. Recently we have taken time to walk the nature trails in Highland Park, view the historical architectural beauty in the city and walk the canal path in Fairport and Pittsford. While Marty Cardona has retired from the Fairport school board she continues her work with local and national agencies in support of children here and abroad.

Our friends here on the Treasure Coast of Florida have joined our family of supporters in the north for the much needed work in Kenya and Tanzania. We hope you enjoy this 19th Edition of our Annual Newsletter. It is a testament of what we can do together. We have been blessed over the years as we continue to expand our scholarship program each year and are able to provide life's basic needs that support our educational mission. None of the success of Joining Hearts and Hands would be possible without your support. Together we can do so much!

*Bill, Joanne and Marty*

2



**Please Give Today!**

Our tradition is to give gifts on special occasions to let others know we love them and that we are thinking about them. Many times the gift is not needed, but simply a sign of our love. Why not give a gift in the name of your loved one or friend.

**What better way to express your love than to help save a child in Africa?**

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Amount Enclosed \_\_\_\_\_



Scan above to Donate

**Please Check**

- \_\_\_\_\_ Laptop @ \$250
- \_\_\_\_\_ Water Projects @ \$200
- \_\_\_\_\_ Scholarships @ \$500 per year (4 years)
- \_\_\_\_\_ Eye Clinic @ \$100
- \_\_\_\_\_ Build Classroom @ 10,000
- \_\_\_\_\_ Donation (Undesignated)

**Tear off this page and send your donations to:**

**Joining Hearts and Hands  
601 23rd PL SW  
Vero Beach, FL 32962**

**Make checks payable to Joining Hearts and Hands**

**Or**

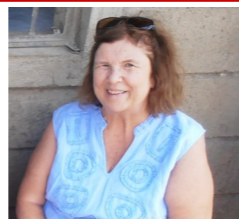
**Donate On-line**

**[www.joiningheartsandhands.org](http://www.joiningheartsandhands.org)**

Sign up for quarterly **E-Newsletters**  
**E-mail:** [wcala8491@gmail.com](mailto:wcala8491@gmail.com)  
**Type:** **SUBSCRIBE** in the subject box



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# 3

## Education is Our Primary Mission Sponsor a Student Today!

Photos of a few of the 250 JHH 2023 Students



Here is what only \$500 per year provides:

- ◆ A full year of High School Education
- ◆ Educational Supplies
- ◆ A life with hope!

Don't Delay! You can send a check or pay on line at [www.joiningheartsandhands.org](http://www.joiningheartsandhands.org)

# The Hierarchy of Needs

Since the beginning Joining Hearts and Hands has had education as our most important focus. Providing schooling, especially secondary education, is crucial if children are to break the chains of poverty. That being said, the conditions of learning must also meet basic human needs. Unfortunately school after school in Africa is not provided with the most essential of facilities. It seems difficult for us to imagine in our country that most children in developing countries do not have even the most basic toilet on the site of their school. Joining Hearts and Hands has partnerships with dozens of schools. The first item of business is to take care of basic human needs, for without addressing issues such as sanitary toilets and proper nutrition, learning is unfortunately down on the list of priorities. Since 2005 we have constructed banks of toilets at up to 10 locations. As of the writing of this newsletter we are in the process of building a second generation of toilets at Lufumbo Primary School and Mbaka Oromo Primary. Below are photos of the progression of latrine construction currently underway in Maseno and Butere, Kenya. As we like to say, “You have to Maslov before you can Bloom.” This refers to Maslov’s Hierarchy of Needs and Bloom’s Taxonomy (6 levels of learning).



The progression of latrine construction from digging the pits, lining the pits with brick, and then the above ground construction



One latrine block prior to receiving finish and then a final structure



## Local Kenyan Graduate Commits to His Community

All of JHH’s construction projects since 2005 have utilized local contractors. This so important not only to the economy of the community but it is also the contractor’s stake in his or her own village. **Michael Okutoyi** is the current contractor building the Lufumbo toilets. Michael (pictured at left) attended **Lufumbo Primary School**. He received his civil engineering and construction degree from Egerton University. Michael’s commitment to the community is significant. Our plans for Lufumbo latrines calls for 10 door units. As his way of giving back to his village he is donating two extra units! The power of local commitment! The same holds true for **Mbaka Oromo Primary School**. The contractor at that school construction site is also a Mbaka Oromo graduate.

# 6 The Kenyan Experience

One of the many things we LOVE about Kenya in addition to its beautiful people is the food. It is a totally different experience from our American cuisine. While we essentially deal with the challenges of African life, there is so much to celebrate. In this issue of our newsletter we celebrate the joy of Kenya's culinary delights!



Left to right: typical Kenyan dish. Fishmonger selling and cooking fish. Farmer with Maiz crop for Ugali

We can't tell you how many times over the years we have had this typical dish of Nyanza, Kenya. Kisumu is located on the shores of Lake Victoria. Lake Victoria is the world's largest tropical lake and the second largest fresh water lake in the world. And so it is fish country. They call the fish on the left tilapia, but it is nothing like the tilapia we find in our grocery stores. When in Kenya we always order a "**rech maduong**" (big fish in the Luo language). It is wonderfully sweet and delicious when fried and smothered in greens and tomatoes. The greens you see are called **sukuma wiki**. This is a dish made from greens like kale, onions and various spices. The large white ball is the mainstay of just about every Kenyan we know. It is **ugali**. It is generally made from corn flour but also made from millet for dark ugali (not our favorite). A meal without ugali is just not a meal! Ugali is eaten with the hands and used like a spoon for the greens.



Left to Right: Omena (small fish fried served with Ugali). Fried termites as a delicacy! We have not been brave enough to try these! And a Kisumu market where you can get all of your culinary delights!

# 7 Mang'uliro Primary School

Last year in our Annual Newsletter we asked for your help to rebuild a miserable classroom at Mang'uliro Primary School in Malava, Kenya. **THANK YOU!!** As always your kindness and generosity have come through. Look at the finished product! Completed in April of this year.



## Mang'uliro Secondary School



Laptop instruction at Mang'uliro

### Laptop Project



Students getting initial instruction



This spring **Joining Hearts and Hands** built a new computer lab at Mang'uliro Secondary School. Along with the physical structure, we provided 20 new Lenovo laptops. In 2024 we will be building a local area network (LAN) for the classroom and possibly add more computers and create a second computer lab. **Thanks for your support! Please note the new donation designation on Page 2. You can be a part of this exciting project!!**



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**Elly Matengo Matengo is a JHH scholarship Student who attended St. Mary Magdalene Primary School built by JHH.**

## HOW TO MAKE BETTER LIVES



**In 2024 JHH hopes to provide 20 laptops for Mang'uliro High School in Malava, Kenya.**

**Your donation will make this a reality!**



**Tired of buying gifts that no one needs or wants for the holidays?? Why not consider a family donation? It's a great way to share your love with children in Africa who have so little.**

- ◆ Talk to your employers. Since we are a 501 (c) 3 non-profit many companies will provide matching funds.
- ◆ Allocate your Qualified (RMD) Charitable distribution tax-free to Joining Hearts and Hands



Joining Hearts and Hands is an IRS approved 501 (c) 3 . There are no local personnel costs for **Joining Hearts and Hands**. Bill, Joanne and Marty take no salaries and pay for all of their accommodations and travel expenses both here and in Africa. Your tax deductible gifts go directly to the children.