



## SPECIAL POINTS OF INTEREST:

- AfricaBikes Project
- Grain Mill
- Early Child Development Center
- Books to Africa
- Malaria Nets Sewing Project
- Water Pumps
- Wells
- Medical Clinic

## Follow us in The Gambia this September

Thanks to your generous donations, *HopeFirst Foundation* will travel to *The Gambia* in September to support development for the communities of Medina Wallum, Jurunku, Mungyagen, Sambang, and Nana.

Volunteers will pay their own travel costs and donate their valuable time, but it is YOUR contributions that have made new opportunities possible for the women and children of these five villages in *The Gambia*. 95% of your contributions go directly to the projects that have been in the works for more than a year.

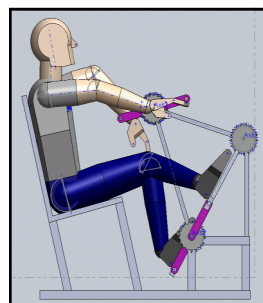
150 bikes were procured with donations to *HopeFirst Foundation*, and 75 were, in turn, donated by Kona. The bikes will hit the high seas this month to be shipped to *The Gambia* ahead of our arrival, but more importantly just in time for the start of the school year. Half will go to boys and half to girls for whom a long commute may be a barrier to getting an education. The recipients will help us assemble the bikes. Sandy Murray has been the lead volunteer on AfricaBikes to *The Gambia*. [www.konaafricabike.com](http://www.konaafricabike.com)

### Kona AfricaBikes

225 Kona AfricaBikes will be assembled and donated to three or four community schools to assure that transport time is not a barrier to the girls and boys continuing their education past the local village primary grades.



*Our goal in The Gambia is to promote opportunity for women by removing barriers to the education of girls.*



### Engineers Without Borders

A pedal powered grain mill will be delivered to Medina Wallum by mill designers Tim Johnson and Ben Blainedavis of **Engineers Without Borders**. This mill should help

decrease the time girls spend grinding grain by hand, a time-consuming chore that keeps girls from attending school. These mills were designed for manufacture in *The Gambia*, and if accepted by the communities, they can be made and sold locally.

## Early Childhood Development Center

In September, volunteers will visit the Early Childhood Development Center in Munyagen, built with your donated funds. This project includes development of a poultry farm and community garden which can be sustained by community members. It is hoped that the farming enterprise will bring much needed income to this community. So far, the building that houses the school has been rehabilitated and the poultry farm has been completed. We are looking forward to seeing the progress of these first two phases before funding the last phase, the community garden. **HopeFirst Foundation** is collaborating with **CEDAG**, a Gambian NGO whose accountability has been impeccable to date. We strive to be trustworthy stewards of your contributions and expect transparency from those with whom we collaborate.



Poultry farm chicks

*“Over 1000  
children’s books  
have been  
collected by  
children...”*

## Mill Creek Elementary donation



Over 1000 children’s books have been collected by children at Mill Creek Elementary in Mill Creek, Washington and will be delivered to their counterparts in The Gambia. Jacob San Clemente and his mother, Julie, have rallied the school to get involved. Removing the barriers to children getting an education is a major goal of **HopeFirst Foundation’s** work in The Gambia. Even something so simple as giving a child a book makes a big difference.

## Bed nets prevent malaria

**Sewing machines** donated by Barbara Trenary will be delivered at the request of the women in Medina Wallum, enabling them to start a business to support themselves and their families. In addition to other income-generating projects, sewing mosquito netting to prevent malaria infection will be a priority project.



# Pedal-powered water pumps

Pedal-powered water pumps will be placed on loan in three village gardens. These pumps can irrigate 1-2 acres and significantly reduce the time women and girls spend carrying buckets of water to the gardens. The repaid loans will fund the purchase of more pumps for other gardeners. This project will bring enterprise and efficiency to villagers. We wish to thank Marion Cloutier for her help. See [www.kickstart.org](http://www.kickstart.org) for info.



*“These pumps significantly reduce the time women and girls spend carrying water...”*

## Living Waters of Trinity Lutheran Church

Living Waters of Trinity Lutheran Church has provided a generous grant which will be used to replace expired batteries for a solar water pumping station in Jurunku. This pump will irrigate the school garden, providing nutritious food for students. Surplus produce will be sold and funds used to purchase educational supplies.

Access to clean and abundant water is a major priority for **Living Waters**. From other donated funds, the garden fence will be extended to decrease access by the village goats and a broken well tap will be replaced to make a completely functional system. The labor for the fence and replacement of the tap will be donated by the

men of the village, while the women will provide and cook food for the workers. We are excited to visit Jurunku in September to see what the growing season has brought to the school and the community.

The women of Jurunku work in a garden with wells that are not permanent, meaning they have

to be dug out each year. With no permanent wells, along with the extra expense, the girls have to travel farther each day to get water for the garden and for the family drinking water. This often means missing school. Funds from the **Living Waters** grant will be used to improve the wells in the large women’s garden.



## Medical clinic in Nana



Clinic roof repairs being considered.

The medical clinic at Nana, near Medina Wallum, will be assessed for physical improvements such as a roof and lighting, as well as basic medical needs to improve care to the ten area villages served.

women would have a clean place to labor and deliver their babies. Volunteers Julie Cohen San Clemente and Alison Trenary are spearheading the clinic project.



A large supply of medical supplies has just been delivered to Alpha Jallow, the dedicated nurse in charge of the clinic. One priority was to send bed sheets, so

## Science, math, art workshops

Several donors have specified funds for the education of girls. This is one more way to reduce the barriers to education—those of the financial kind.

This presents an opportunity to expose the children to new ideas.



In September, workshops in science, math, art and reading will be offered.



## Wrap-up

As you can see, **HopeFirst Foundation** volunteers will be actively engaged in communities and our associated community projects.

All projects have been requested by the villagers themselves.

Education, livelihood and enterprise, and health issues are at the forefront of the Gambian peoples' concerns.

We are grateful that you, our supporters, have joined us to promote opportunity for those who will work hard, and, with a little help from friends, achieve their goals.

Sincerely,  
Sandy and Barbara



# Bikes To Africa T-Shirts



need to be trucked up country, across the river and into the villages for assembly and hand-over.

100% cotton American Apparel

**Ordering Info**  
\$20, plus \$5 shipping

To order, email Sandy.  
sandym@hopefirst.org

Want something special? Just ask.

**Sizes available:**

Children XS, S, M, L

Women S, L, XL (runs small, order up)

Men S, M, XL

Our famous t-shirts, designed by Kellen Petersen of Green Hill, are for sale to raise money for the transport of the AfricaBikes once they reach The Gambia. 225 boxed bikes will



**HopeFirst Foundation is dedicated to transforming the lives of children orphaned by HIV/AIDS, and fostering a sense of community, personal reflection, and artistic discovery.**

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