

## ILULA ORPHAN PROGRAM



## NEWSLETTER-JULY 2014



*Dear friends, we would love to share with you the new events of which IOP Tanzania has been involved with over the past month. Enjoy reading!*

### New Girls

At the beginning of July 2014, Rachel moved into the center. She is 6 years old and attends preschool. When she grows up, she wants to be a teacher. She is a very fun, energetic, sweet girl. Rachel has adjusted to her new home very well!

On July 18th, three more girls moved into the Center. Angel, age 4, Witness, aged 3, and Scolastika, age 8 are the newest girls here. Angel and Witness both attend preschool and Scolastika attends primary school. Before they come at the IOP Center they were missing basic needs like food, shelter and clothes. But now they are very happy as they have found their hopes.



## Staff Interview

### Interview with Marko, IOP's gardener:

What is your name?  
My name is Marko.

What do you do at IOP?  
I work in the garden.

How long have you worked here?  
I have worked here for 3 years

What do you grow?  
We grow carrots, papayas, bananas, guavas, onions, peppers, spinach, and more.

Where does the food go?  
We sell it to the IOP Center, High School, and local residents.

What is hard about your work?  
It is hard because there is not always enough water for all of the vegetation.

## Staff Training

From July 2nd to July 4th, the center held training for staff. The training was lead by Atilio, the programs coordinator, and Edson, the administration officer. 10 staff members attended, including all of the program supervisors.

The training was about facilitating organization learning for development. Staff learned about the process of organization and talked about looking at critical events or turning points in their work. They also learned about effective, two-way communication. They talked about weaknesses in their organization and how these can be improved.

The training was very successful and the staff members have been putting what they've learned into action this month. It was a good refresher so staff could be reminded of things they may have forgotten.



The staff who attended the training



## Birthday Party

The first weekend in July, we had a birthday party for a few of the girls and a visitor. The party started with singing Happy Birthday, and then we all had cake. The birthday girls each cut up cake and chose who they wanted to give the pieces to. After we all got dessert, we had dinner together.



The rest of the night was filled with games and singing and dancing. One of the favorite games was musical chairs. There were also a couple of volunteers who played the guitar and sang.



The birthday girls: Tale, Gloria, Santina, Ratifa, & Violeth



## Library Project Update

The library is in the process of being painted! A couple of volunteers have painted the ceiling and painters are currently working on the walls.



## Artemisia Project

Artemisia is a plant that can be used to help prevent and cure many diseases. IOP has an artemisia farm about 6 kilometers from the Center where they grow and process the plant.

First, they germinate the seeds and transfer the small plant into the field. The plants grow for approximately 3 months, and then they are harvested. The whole plant is cut at the bottom, and then the leaves are picked off the stem. The leaves get chopped up and are laid out on a tarp to dry for 5 days. Once dry, the leaves are pounded and sifted to make a powder, or can be left as leaves for tea. The last step is packaging the tea or powder into doses. The dosage needed for an adult is 5 grams per liter.

Artemisia can be used in an oil or ointment for skin infections, such as scabies. It can also be drank in tea to treat hemorrhoids, fevers, intestinal worms, bronchitis, diarrhea, and even malaria, cancer, and AIDS.



## SCOUT CAMP

The Girl Guide and Boy Scout members started their international camp from 27 July, to 11<sup>th</sup>, of August 2014. The camp is composed of 8 Swedish scout members and Ilula Girl Gude together with boy scouts from the Lords Hill High School. The camp has 34 members of which 12 are boys and 22 are girls. The scout camp has objective that says “changing trashes into treasures” all scout members went to some villages like Isagwa, and Masai village to teach the village members on how to change the used tires by making sandals from the used tires. Apart from that scouts made blanket from the used clothes. In their camp the members are doing various activities as shown in pictures below



Scout members making dining table



Berit touring the scout members around IOP Center



Ajolon(scout) with a bucket of water

## SPORTS TRAINING

In June this year IOP took a team of 17 people to attend the East Africa Cup tournament in Moshi. The objective of this tournament was to make people learn and participate in different sports. Ilula Tigers Sports club got a chance to take one boys' team under the age of 16. The main theme for this tournament was "LEARNING THROUGH SPORTS"

After coming from Moshi we thought how we could implement what we learnt to the surrounding community in order to share the knowledge with the residents around IOP. Foster Family Project, one of the projects here at IOP is visiting the sponsored kids in different schools where different topics are being taught. We decided to join the Foster Family team and added a topic on the participation and inclusion of all kids into sports.

This was taught both theoretically and practically where kids were taught different topics like studying skills, how to avoid stress, how to take notes and the importance of getting involved in sports. After teaching theory we had to go out for practical session and different games were played. We also gave time for kids to show us what they like and they showed off their talents.

Among the games that were taught to these kids from different schools is football for all kids, athletics (short distance run), singing and other games. This is to make sure that all kids engage themselves in different sporting activities rather than staying idle after school hours.

This program intended to visit 16 villages with foster family and up to now 13 villages have been visited and education has been provided to the targeted group.



Pupils of Kitumbuka P/s during their competition



Foster children practicing fop ball with Adam and Volunteers



A football match of foster children Boys Vs Girls in Mtandika village



## Volunteers Page

Early of July IOP received four volunteers from the Netherlands named Romy, Sharon, Maureen, and Lara. They made a training about 'Studying Skills'. "We have given this training with Orio and Adam to the foster family children. We are volunteers from the Netherlands and don't know much Swahili, so Orio and Adam were our translators.

The training included different subjects, like listening skills, time management, how to make a schedule, how to take notes, and studying area. We ended our part with a game to teach the children some English words. After that, Adam and Orio did their part about sports and stress management.

In the end it was time for some sports, to let the children experience the importance and fun of sports and games. We played some running games and also games with a ball. One of the games was 'fopbal', a Dutch game. They all enjoyed it very much and we hope that they've

learned a lot. We also enjoyed it very much. Let's keep up this good work!

Besides the studying skills training, we have enjoyed other activities here in Ilula. We have visited a Masaai village, worked in the garden, and helped with housekeeping. We have learned a lot here and it will be sad to leave!

- Sharon and Maureen



**THANK YOU!!**

Thank you so much to all of our supporters and donors. IOP could not do all that we do without you!

Prepared by Laura, Enicka, Sharon, & Maureen