



District 411



District 9212



HEART

# LIONS/ ROTARY/HEART District Project Committee

In a place where much poverty abounds, many girls are suffering from deprivation of education, most notably due to their monthly menstrual cycle, among other preventable factors.

Founded in February of 2000 by Christian missionary Vickie Winkler, HEART (Health Education Africa Resource Team), began partnering with Lions and Rotary International at the end of 2008. Together we have provided over 97,000 girls with a care package through our *Freedom for Girls* Project. This includes a year's supply of sanitary towels and four pairs of undergarments, along with health education regarding hygiene, the nature of menstrual cycles, and HIV prevention.

According to a survey by Daily Nation, in Kenya up to 54% of girls are likely to drop out of school by eighth grade due to missing a week of school per monthly menstrual cycle. Many Kenyans today are not able to afford decent shelter or enough food, let alone sanitary napkins for their girls.

At a recent conference in Nairobi, Kenya, guest speaker and school girl, Brenda, described how many girls were afraid to come to school worrying they would "mess" their school uniform and if the teacher called them to the front of the room, they would be made fun of by classmates. Many Kenyan girls are staying home, and resort to using leaves, cow dung, or even sitting in the dirt during their monthly cycle. This is leaving them far behind the boys in education, and thus, having to drop out of school.

For every country around the world, education provides the knowledge that powers survival. Living in one of the wealthiest nations, many American people do not realize how privileged they are to easily meet such basic needs. For Kenyan girls living in poverty, these sanitary napkins and the health education HEART is providing has enabled young women to become an essential part of the next generation who will survive the HIV pandemic.

HEART is founded on Christian based compassion to empower God's people to survive the HIV pandemic. Luke 12:48 says, "From those who have been given much, much will be expected." May God lay it on your heart to participate in this journey of helping this generation survive and thrive through God's love and grace.

HEART's *Freedom for Girls (FFG)* project assembles these one year packages for \$12.00 per package. This year HEART is launching a new project under the FFG project called *Hearts for Girls*. HEART is selecting needy schools in Kenya to support by donations from schools in the United States.

Volunteer teachers in the United States will be asked to represent their school as the teacher responsible for collecting donations and distributing small gifts from the girls in Kenya appreciating the group(s) that supported them. With the help of selected Kenyan school teachers, the *Freedom for Girls* care packages are stored, protected and distributed monthly to each girl. Please join us in the fellowship of providing for God's people by raising funds to keep more and more girls in school!

Sincerely,

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Heather Schmit  
knowledge.”

HEART Intern 2013  
FFG - Hearts for Girls

Hosea 4:6 “My people are destroyed for lack of

for Girls – FFG Project

Find us on   Freedom

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