

# Tiny Tim & Friends

WINTER 2009

WWW.TINYTIMANDFRIENDS.ORG

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## A Letter From Dr. Tim Meade & Fernando



On Friday, November 27, Tiny Tim and Friends (TTF) held our first "Friends of Tim" one-day retreat for HIV+ orphans and vulnerable children at the TTF Organic Farm. It was an enormous success! With help from partners like CIDRZ, Grassroots Soccer (partially sponsored by Barclay's Bank Zambia) and St. John's Ambulance Service, 25 of our kids came together for a day of fun, friendship and learning.

The size and style of the retreat was the first of its kind (that we know of) and the kids had a great day, which began with a walking tour of the farm. The day also included play activities that focused on trust and friendship building. The children learned about the body and immune system, and we discussed the importance of taking medicine and eating properly.



The TTF team (Fernando, Phridae and Ntula) was joined by a number of dedicated volunteers (Justine, Chimuka, Muzu, Ivy and Jolly), as well as social workers and counselors from several of our partner organizations.

All in all, the day was a good combination of sport, fun and learning. The children seemed to really relax and enjoy themselves. We even had a puppet show about combating stigma and discrimination for children from CIDRZ, which was a huge hit with the kids.



Our hope is that these monthly retreats will continue to grow, as it is an excellent way to explore best practices on adherence counseling for children and disclosure counseling. We are also able to better understand how we can build a sense of pride and dignity in children who normally receive very little positive support at home. It is also another link between TTF and the TTF farm, which more and more is playing an important role for so many of us in Zambia.



While this type of venue will become a vital part of adherence training and disclosure for our children, it is only a piece of the process, as disclosure is something unique to the needs of each child. There are no set rules or prescriptions for how and when to explain to a child their HIV status. It is a complicated and sometimes difficult thing to do with children—particularly orphans—and requires the expertise and experience that our team gets by having positive and engaging exposure to pediatric HIV.

On behalf of TTF, I would like to wish all of our partners, donors and friends a happy holiday season. We look forward to meeting each and every one of you in the coming year!

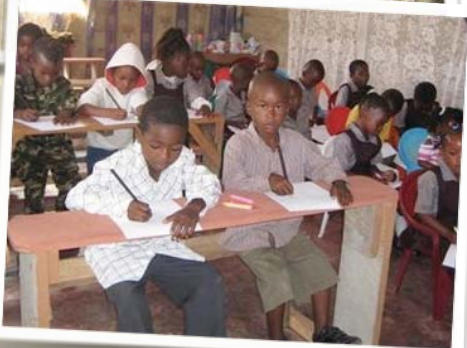


## Clean Water Project

H2O For Life ([h2oforliveschools.org](http://h2oforliveschools.org)) is a non-profit organization committed to helping United States schools extend clean drinking water and sanitation to schools overseas. Two schools in the Minnesota Mounds View School District, Sunnyside Elementary and Edgewood Middle School, have partnered with TTF to raise money for the installation of a water well at the Kachele Education Center in Zambia—a school of 110 children with no running water or sanitation facilities. Many of the children in this school are part of the TTF organization. If you would like to donate to this specific project, just make a note on the memo line of your check, or make a note on your Paypal donation, and send to Tiny Tim and Friends.

If you know of any school or group (Scouts, Book Clubs, Church Groups, Social Justice Groups) who would be interested in helping with this project, please contact us at [tinytimandfriends@pclink.com](mailto:tinytimandfriends@pclink.com).

**We have many fundraising ideas and can always use your help!**



## Other News From the Farm...

“Tiny” Tim enjoyed a wonderful sixth birthday this November. He got a beautiful miniature bull terrier puppy for his gift (named Boris) which is enjoyed by all.

The farm is full now with volunteers Dr. Ted and Garrett, as well as our own contingent of eight boys, the newest of which is George (pictured below). George is 14 years old but more closely resembles an 8- or 9-year old. He was having trouble getting his medicines regularly at home and so he now lives at the farm where he is made sure to take his medicine every night. He has gone through first and second line medicine in an attempt to keep the virus asleep, so we are on our last option here and can leave nothing to chance.



*“Tiny” Tim, George and Moses Jr. with new puppy, Boris*

Guido Radtke, a volunteer and head of TTF Germany, recently collected a significant donation for the farm to begin a weaning foods program for the Women’s Group. Along with a portion of the donation from the Berges family (read their story on page 3), these important grants from Germany will continue to develop the farm into the revenue-generating and educational institution we have been working towards since we occupied the farm three years ago, directly benefiting our orphans, vulnerable children and their caregivers.

### Barnes & Noble Gift Wrapping

TTF will be wrapping gifts at the Ridgedale Barnes & Noble on Sunday, December 20 and Tuesday, December 22 from 2 p.m. to 6 p.m. Stop in, say hello and get your last-minute Barnes & Noble gifts wrapped. Donations are accepted!

# Volunteer Spotlights

## Berges Family

This year, once again, the Berges Family has made a wonderful donation by asking that birthday presents for Gerhard's 40<sup>th</sup> birthday be instead given as donations to TTF. Plus, they translated several pages of the TTF Web site ([tinytimandfriends.org](http://tinytimandfriends.org)) into German. This family has made such wonderful annual donations over the last four years, usually taking donations in lieu of Christmas or birthday gifts. Carsten Kruger, their relative and friend of ours in Zambia, has made TTF donations in Germany a reality and we are so grateful for their continued support.



## Kristin's Pigs

Kristin Sedgwick traveled to Zambia with her mother this summer to volunteer for TTF. Prior to her trip, she came up with the idea to provide her friends and family members each a small green piggy bank to raise funds for TTF. She received a tremendous response and was able to support many special projects during her stay in Zambia with the "piggy bank funds"—raising over \$3,000!

We have now been given another shipment of piggy banks (donated by [www.piggyplan.com](http://www.piggyplan.com)). The pigs have found their homes in clinics, dresser tops and classrooms. If you would like a pig to feed or if you know of a school or group who would like a pig, we would be happy to provide one for you. E-mail [tinytimandfriends@pmlink.com](mailto:tinytimandfriends@pmlink.com) for more information.



## 2009 Fundraisers

This fall, TTF had two VERY successful fundraisers. In September, an event was held at the Hopkins Center for the Arts in MN, which included presentations by Dr. Tim Meade, Dr. Ntula (TTF Chief Clinical Officer from Zambia) and Linda Sedgwick (who recently volunteered with TTF in Zambia). We were overwhelmed by the attendance and generosity at the event.

In October, another fundraiser was held in Rochester, MN by Jessie Stratton (a TTF volunteer) and her family. Jessie gave a presentation of her trip and shared her experiences.

We would like to thank all of the guests who attended these events and those who donated food, beverages and silent auction items—TTF could not succeed without your help.

