

Tiny Tim & Friends

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WWW.TINYTIMANDFRIENDS.ORG

ISSUE 13

Greetings from the TTF Vegetable Farm!

- From Lebohang Moore -

While the weather is finally warming at home, we here at the TTF farm are about to plow and plant for the third time this year! Our first harvest came in January where, for about a month and a half we were harvesting an average of 100 kilos of green beans per week! We also had a small harvest of 36 kg of Okra, 16 kg of carrots and some Maize. Revenue from crop sales has gone toward building the farm's resources – for example, crates to transport vegetables, repairs on the irrigation system and promotional posters.

many connections and often sells large quantities of vegetables to wholesalers in Chamba Valley and vendors in neighboring markets. Some of our cucumbers can even be found in city supermarkets!

I've been working another angle, reaching out to the expat community. Currently, the American International School serves TTF vegetables in their school lunches, and we have a table at the Friday Market at The Lusaka International School where young Tim is a student. Kachelo, a small local retailer, buys our produce regularly, and our weekly visit to Corpmed Medical Centre is always profitable. An exciting new outlet is the Dutch Reformed Church Saturday Market where we will be selling for the first time this month. Lately too, we are arranging with a local health and fitness center to sell weekly crates of assorted vegetables to center clients looking to sustain their new, healthy lifestyle.

And vegetables are only part of the story! Our Farm family is expanding. Rabbits, ducks, goats and turkeys will take up residence behind the house. Thanks to a contribution from the Elton John AIDS Foundation we began construction in March on shelters for the animals. We just need to finish roofing and fencing before work is complete. Once the animals are settled, we will start an



Animal Husbandry training program in partnership with Grassroots Heroes International (GHI). Vincent and Samantha Luwizhi of GHI have developed the program that aims to educate community members on how to raise and market the animals to generate income for their families. Participants will learn to feed and care for the animals, and will receive a certificate of completion at the end of the course.

Whew! You can see that quite a lot has happened in the last few months. We're delighted at the progress so far and can see the dream of the TTF Farm becoming a sustainable reality. As always, we appreciate your interest and support and look forward to seeing you in the field one of these days!

We're always looking for help. If you think you'd like to spend some time in Zambia volunteering part- or full-time on the farm, please contact us. We'd be thrilled! Thank you and, remember, Summer is eternal in Zambia!

Lebo Moore came to Zambia in November 2010 fully expecting to fail in extending her tourist visa. Luckily, she stumbled upon TTF and the opportunity to work on the farm. Since doing community gardening in Bolivia with the Peace Corps, her thumbs have been itching to get back in dirt. She's excited about the Farm's potential and grateful for the chance to help advance its development.

Through a generous gift from TTF USA, we were able to plow and plant again in late January. We're starting to harvest this second planting now. This means we'll soon have plenty of swiss chard, Chinese cabbage, lettuce, basil, cilantro, carrots, beets, sweet corn, cabbage, eggplant, impwa (a miniature white eggplant native to Zambia), zucchini, pumpkin, bell pepper and watermelon! We aim to make the vegetable farm a self-sustaining entity (sooner rather than later) and, through the sale of vegetables, generate enough revenue to support other branches of TTF.

So where are we selling all this produce? Well, we've been building relationships and our customer base in markets all over town. Simeon Zulu, our farmer, has



Just One Perspective...

Like many of you, I learned of TTF through my connection with one of the Meade family members. I was quickly intrigued by the good works the family was doing for children and families a continent away, all from the same kitchen table they had grown up gathering around. Two years ago I had the good fortune to actually travel with some of the family to see the inner workings of TTF in Zambia. The experience was nothing short of life altering at many levels, but seeing the enormous need for the services TTF provides was indescribable. Weeks ago, I returned from my second adventure to Zambia. While I wish I could share every experience and visual with all of you, my focus will instead be to update you on what a difference two years can make in the progress of TTF.

A highlight for me was spending time with the Kachele Women's Group. This women's group began their community outreach by seeking out children who were likely HIV+ in their village and providing them information and access to TTF services. As the women became more organized and committed to providing a much needed support to children and families struggling with HIV, they grew their partnership with TTF. I was more than surprised to find out during our latest trip that the Women's Group has expanded into multiple villages and shared their model of detection, adherence training and support to more than 300 women! This network of locals working in their own community allows TTF access to numerous children they might not otherwise have.

Two years ago, when visiting St. Thomas community school, I witnessed the water well and school structure that was built because of donations made to TTF. On this trip, we were pleased to see that not only were there upgrades to the school area, but further donations have allowed for electrical wiring that will now provide lighting.

Our experience on the Farm showed promising expansions that are quite exciting. Not only has the increase in healthy, consistent crops been able to provide food for those living at the farm, there has been success in finding opportunities for revenue generation. Produce is now being sold at various markets regularly and in villages near the farm, and out-buildings were being completed for the addition of animals to be raised for food and sale. These timely expansions come just



as the Farm begins providing a respite option for children who are identified by TTF clinical staff to be in need of additional nutritional and medical cares to ensure treatments are effective. These children will be provided tutoring to meet their educational needs along with supports to their families. This could mean promoting continued emotional connections between child and caregiver or identifying barriers in the home environment that may need to be addressed prior to a transition home.

Lastly, TTF is in the forefront of working to address the palliative care needs in the community. By educating themselves first and then moving to train the Women's Groups, more people are afforded an opportunity to acknowledge their feelings and wishes about death and dying. The hope is to provide small comforts and a sense of dignity that are invaluable aspects when dealing with end of life care.

All of you and I have been a part of something that has made a difference for hundreds of grateful human beings. We have filled the TTF Green Pigs with spare change, attended fundraisers, sent personal items and monetary donations, purchased crafts made by the Women's Group, along with so many other things—all in support of the TTF mission. As a newer board member, I have been fortunate to actually see how each dollar raised goes directly to those we serve and I have never been more honored to be part of a growing, responsible organization that holds to its mission.

Margret Mead is famous for her quote: "Never doubt that a small group of committed citizens can make a difference—indeed it is the only thing that ever has." I couldn't think of anything more appropriate to describe all those working together to support TTF both here in the U.S. and in Zambia.

- Jessie Stratton, TTF Board Member -

SAVE THE DATE: 2011 SUMMER BENEFIT

WHEN : July 31, 2011

WHERE : Minnetonka Community Center: Minnetonka, MN

Mark your calendar for **an evening with Dr. Tim Meade**, crafts, silent auction and more. If you have any items or special talents you would like to donate to the silent auction (gift cards, crafts, etc.), please contact us at info@tinytimandfriends.org. Formal invitations will be sent closer to the event.



A New Friend of TTF

Meet Francis

Francis is an 18-year-old boy who was living with his father in a remote village in the Eastern Province of Zambia. In 1999, his mother passed away from HIV. Year later, Francis began to get sick with no medical help available in the village. As he grew sicker, his father decided there was no longer hope and stopped feeding him. Francis became severely malnourished (Marasmus); his only hope was immediate medical intervention.

Fortunately, Francis' aunt heard about his condition and traveled three days to bring him back to her home in the John Laing compound in Lusaka. Having learned about TTF from a Women's Group member in her community, she brought Francis into the clinic where he tested positive for HIV and was immediately started on ARV's.

Francis' immediate nutritional needs were unable to be met by his aunt, so he has been brought to the TTF Farm. It is truly quite hard to believe that he is 18 years old. He is smaller than most 8- or 9-year-old children and his voice is quiet and weak. Because children who are so severely malnourished often succumb to their condition, his time at the Farm will focus on intensive immune system and nutritional support. Counselors will address preliminary palliative care issues for him, such as his thoughts on spirituality and feelings surrounding death and dying, as he has lost so many members of his family to HIV/AIDS.

Mrs. Kasoma, the Farm's Domestic Director, and Muzu, the Social Worker at the Farm, will work closely with Francis and his aunt to support his medical, nutritional and educational needs.

UPDATE:

Two weeks after coming to the Farm, Francis has gained weight, the diarrhea and vomiting have resolved and he appears to be responding well to therapy. His newly awakening immune system is still fragile, but we are all so happy and relieved that he has made an initial response.

Note: The above photo was taken after Francis began treatment with TTF. We chose not to include a "before" photo as his condition was so severe.



From Bozeman to Zambia!

- Colleen Lindner, Dani Lindner and Michelle Meade -

TTF Bozeman has finally made it to Africa! A highlight of our trip was visiting the St. Thomas School and hand delivering school supplies (thanks to the fundraising efforts of Sacajawea Middle School) and letters written by 7th grade students in Bozeman, MT. The students at St. Thomas wrote letters back, which we were able to deliver once we came home—hopefully it's the start of some long-term pen pal relationships!

In addition to St. Thomas, we also delivered supplies from TTF to two other schools. Our experience was unforgettable and hard to express. We enjoyed spending time with the students who welcomed us with singing and dancing.

The people working at TTF Zambia are incredibly kind and so well respected amongst the communities in which they serve. It is an honor to be a part of this grass roots organization that is making such a huge difference in Zambia. The people we met are so grateful and full of life; we hope some day you will be able to share this experience.

