

Sierra Canyon Grad



Benefiting Tanzania

Kim Krowne, a member of the 8th grade class of '98, visited Sierra Canyon to share with students her humanitarian work in East Africa as the co-founder and managing director of the Knock Foundation, a charity providing support to the villages in the Kilimanjaro region of Tanzania.

Kim always planned to be a doctor. She majored in Health & Societies, with a concentration of African Health, at the University of Pennsylvania. This relatively new major focuses on the interdisciplinary study of health and its role in our global society, combining sociology, anthropology, law, science, etc. "It was exactly what I was looking for: the more human side of health to complement the sciences I was already studying," says Kim. Upon graduating, Kim decided to take a year off before attending medical school. Through the influence of her Swahili professor, an American married to a Tanzanian, Kim set her sites on visiting Tanzania in East Africa.

After graduation, Kim embarked on a 4-month journey to Tanzania through the Cross Cultural Solutions program. She was placed with the Majengo Maternal and Child Health Care Clinic in Moshi, Tanzania. Shortly after arriving, a local resident took her and the other volunteers to visit a brand new orphanage, Matumaini Child Care Organization. Soon after that visit, she and a friend began spending most afternoons helping out at Matumaini, which means "hope" in Swahili, and laying the groundwork for the Knock Foundation.

Kim returned again to Moshi in December 2007 along with Michelle Kowalczyk, a nurse she met during her previous trip to Tanzania. During their eight months there, their work with the Matumaini orphanage took off, and they were able to fully fund Mutamaini's annual budget of \$20,000. With that \$20,000, the 20 children in residence there attend school, have new school uniforms and school supplies, eat three, well-balanced meals a day, have new mattresses and mosquito nets, and receive full medical care. In addition, the entire staff is paid a full salary.

Yet another mission of Knock is health education. In June 2008, Knock organized an HIV/AIDS Life Skills / Healthy Living seminar for about 100 village residents. Kim and Michelle plan to offer more of these seminars. "The misinformation and lack of education are staggering, and the increase of education can prevent unwanted pregnancies and the spread of diseases, such as HIV/AIDS," states Kim.

Knock also funded the renovation of a women and children health clinic and dispensary in the village of Shimbwe. In spite of being a government clinic, the building was in horrible condition and it lacked much of the needed medication and instruments. Renovations began in August 2008, and Kim is looking forward to view the completed project. Knock is committed to providing the clinic with the necessary medications on a steady basis, so that they can properly care for their patients.

Future projects for Knock include building a new home for the Matumaini orphanage, which will require funding of approximately \$140,000. Plans for secondary school scholarships and improving the general education system are also in the works.

Visit www.knockfoundation.org to learn more about the Knock Foundation and its initiatives, and to find out how you can help.