

# FARM STEW® News

## You're Part of God's Plans for a Forgotten Island!

Your generosity has reached an island in the swamp lands of Zambia called Bwalya Mponda through a partnership with a local ministry called Wilderness Gate. It took a 9-hour ride in a paddle boat for FARM STEW trainers to reach the community! When the trainers arrived, they found an island plagued by scabies, gastrointestinal problems, tuberculosis and a lethal variety of other diseases. The limited nutrition in villagers' diets and lack of water made their problems worse! For clean water, **all 4,500 people on the island depend on one hand pump** designed to serve 300 people. Can you imagine? But God had a plan for his people on this island, not to harm them, but to prosper them, and **you have been part of that plan!**

With only a five day initial visit, FARM STEW trainers set to work and led garden classes demonstrating how to grow an assortment of fruits and vegetables for the family and also for selling at markets. After creating demonstration gardens, trainers prepared fruits and vegetables (not commonly eaten there) into delicious meals that give life, instead of just filling their bellies (like the typical meal of mostly cassava flour).

Our trainers also taught how to create cost effective and



incredibly water-efficient tippy taps and safe latrines. Up to this point, families had given up on handwashing because it used way too much water! Parents in Bwalya Mponda can now **protect their families' health** with regular hand washing and hygienic waste management, contributing to Freedom from Drudgery and Disease! FARM STEW trainers continued leading villagers through business creation, lifestyle temperance, water therapy, charcoal treatments, and attitude training. Needless to say, this was an intensive five day training!

Thank you! Because you chose to stretch and be part of **God's plan to bring hope** to the forgotten people of Bwalya Mponda, they are now beginning to **enjoy an abundant life!**



## Launching 2023: FARM STEW's Year of Hope!

As our small team of FARM STEW leaders began to plan for 2023, we felt **God calling us to hope!** *"For I know the thoughts that I think toward you," says the Lord, "thoughts of peace and not of evil, to give you a future and a hope."* (Jeremiah 29:11). This beautiful promise reminds us that God has a future planned for His people everywhere.

Yet today a family starves while owning a fertile, empty field, a young woman leaves school from shame of her monthly cycle and a mother gives her children brown, murky water to drink because it is all they have.

**It is for these people that God has given us the recipe for abundant life** to give a future and hope for families, to set at liberty the captives suffering in hunger, disease, and poverty. **This is a Year of Hope!** Will YOU share it?

# You Gave a Rainbow of Blessings in Cuba

by Nereida Hechavarría, FARM STEW's Cuba Coordinator

In October of this year, Isaac Schlittenhart, Director of “Embajadores de Cristo”, reached out to Joy asking to train his 60+ Bible workers who serve in Eastern Cuba... She said yes! Nereida Hechavarría, FARM STEW's Cuba Coordinator, was put in contact with the local ministry leader in Guanabacoa and set up a weekly three-hour intensive training for the Bible workers.



Pastor Díaz shows off some of his favorite FARM STEW meals

Local church members and the traveling Bible workers arrived and joined the FARM STEW training. At the last meeting, **over 40 people were learning the recipe** for an abundant life together.

At the third weekly training, it was

Pastor Víctor Díaz's turn to make the presentation on one of his favorite topics, the Meals module. As part of the training a

hands-on cooking class was held where all participants ate, **for the first time**, a rainbow dish called congri (a Cuban-style rice and beans dish), topped with a colorful salad and a plantain patty. Let me tell you, **it was a quite a buffet!** I wish you could have enjoyed it too.

Although many of the participants were a bit reluctant to eat at first, because they hardly have access to fresh vegetables, and therefore don't know the taste of them, once they started eating, **voices of rejoicing were heard!** FARM STEW gardening is so desperately needed in Cuba to give calories, nutrients, and **hope!**



Traveling Bible workers and local church members are joining together to bring the FARM STEW Recipe to Cuba!

## “I was once a young girl like Nakato”

by Wyatt Johnston, a FARM STEW Volunteer

**Never before had I seen a child so thin and close to death.** When trainer Phionah, in Uganda, handed young Nakato to me to hold, it felt as if she was hollow. I had to

sit there for a while to process the reality of this young girl's life **slipping away before my eyes**. Her mother had fallen sick, so Nakato and her twin sister, who was only slightly fuller in appearance, had no one to care for them.

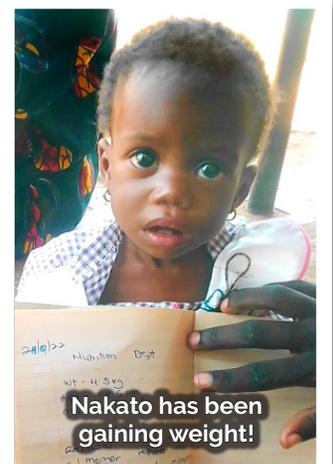
Phionah took Nakato from my arms and said, “I was once a young girl like Nakato. I was hungry and orphaned. If someone didn't come along and help me, **I would not be alive today.**”



I was once a girl like Nakato...

I am happy to report to you that since that day, young Nakato has been receiving care and treatment at a local hospital to rebuild her precious body. Who is providing the treatment you ask? **FARM STEW trainers** from their own pocket! Like you, the trainers have such a heart for serving the least of these that work hours and expenses do not limit their mission. Thank you for supporting them!!!

**Your gifts have reached thousands of families** with the recipe for abundant life and have protected young girls like Nakato so they never have to see that kind of hunger. **I can truly say, FARM STEW is doing good work!**



Nakato has been gaining weight!



Watch Joy reflect on Phionah's impact as we launch the Year of Hope: [www.farmstew.org/post/launch2023](http://www.farmstew.org/post/launch2023)

# Your Gift to Walindilirwa



by Alyssa Johnston,  
a FARM STEW Volunteer.

Under a large mango tree, my husband, Wyatt, and I sat with several women from the FARM STEW Certified Community Walindilirwa (it's okay, I struggle to pronounce it too!).

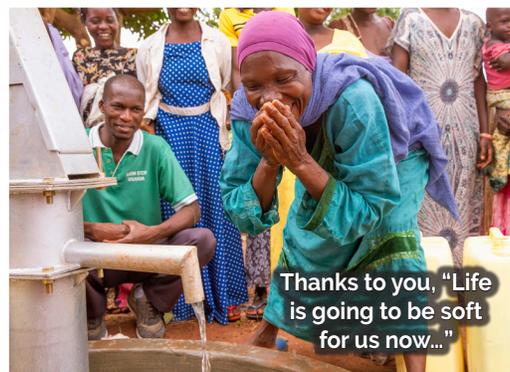
We were there because of **your generous gifts that have transformed their lives!**

They described life **"BFS"**, (**Before FARM STEW**)! They had the longest and most strenuous walk to get water that I had seen in Africa (about 1.5 miles one way, up and down hills).

But just a week before, they had worked with our trainers and their husbands to drill a FARM STEW borehole!

I asked the women what gathering water was like **BFS**. I wish you were there to experience the excited flurry of responses to the question!

One woman said, "As a mother, I care for the gardens in the early morning, then collect firewood, then I go to collect water (using a 20 liter jerry can) to wash and prepare food for my family." This was a common routine for all women in Walindilirwa. I asked how many times they needed to collect water. They all said, "Usually 4-5 times a day, more if it is a washing day..." **That is 12-15 miles a day for water carrying a 44 pound container on your head!** The worst part is that the water these women labored for was contaminated! The women told me it caused itching if you bathed with it and severe diarrhea if drunk unboiled (which often happened to



their children while they were away collecting water).

Your gift of a borehole to Walindilirwa doesn't only give freedom from drudgery and disease. **Your gift gives safety to young girls and mothers.** These women must always walk together to the borehole because of poisonous snakes that enjoy the sunlit paths or bad actors.

"Is there anything you miss about the walk to collect water?" I curiously asked. After a short bout of laughter they unanimously retorted, **"There is nothing!** Not even chatting. Us ladies still meet at the borehole and catch up."

The eldest of the women, and mother of nine children, commented, **"Life is going to be soft for us now** [because of the FARM STEW borehole]." Another woman said, "Life is simple now. When I cook, I put my saucepan on the fire and all I have to do is run to the borehole for water!" The excitement in her voice brought a smile to my face. This simple yet precious gift had brought relief and delight to all these women.

**You are part of God's plan for Walindilirwa.** Your gift has forever altered their families, and these women testify to that. I don't have room to share half the stories they told! But for now, I want to say **thank you again** for sharing abundant life with each one of these women and their families.

Watch what life was like **BFS!** :



# No More Smoke in the Hills

by Wyatt Johnston, a FARM STEW Volunteer



Many refugees attend Rwankeri Adventist Boarding Academy thanks to a ministry called Impact Hope, a new FARM STEW partner in Rwanda.

Our mutual hope is that they can **pursue a future outside of a barbed wired refugee camp.**

Twelve refugee students and I explored the FARM STEW recipe for abundant life. Looking out at the horizon we saw a haze of smoke on the mountains coming from the open fires used for cooking. So, I taught them how to construct a fuel efficient and clean burning rocket stove. Women and children suffer the most from cooking smoke inhalation. In fact, respiratory illness is a leading cause of death for children.

Over the next three days, we built layer by layer an impressively sized rocket stove in an old kitchen and even plastered the rugged, crumbling brick of the cooking area! **The students didn't hesitate to literally get their hands dirty** and put in the muscle it takes to move large shovels of clay around.

Your gifts take the FARM STEW recipe to new people around the world every day. You have given a recipe for abundant life to young refugees in Rwanda. Thanks to Impact Hope and FARM STEW they will be ready for the future! **Thanks to you, they now have hope!**

# Setting Young Women Free in Cuba!

by Elizabeth Kreidler de Santa Cruz

FARM STEW has partnered with Days for Girls and delivered 81 menstrual hygiene kits to families of girls of the Pinar del Río community in Cuba. I cannot stress enough **how difficult it really is to get items such as pads in Cuba.**

Being a teenager is hard enough in the crippled economy of this island nation. These young women should not need to worry about embarrassment at school! I spoke to 13-year-old Esther, the daughter of our country coordinator and one of the pads recipients, she shared:

"Some friends don't go to school because they have many problems [menstrual cycle] at home, so they have a boyfriend and get pregnant... The pads are useful to me because they are very scarce where I live. I can wash them and always have what I need. **I feel safe**, I'm not worried about checking myself every so often, and I've never soiled myself when using it."

**Thank you for making a difference for Esther and 80 other young scholars in her village!** You are giving girls like them a future and hope!



# You are a co-laborer with FARM STEW!!

She was in her mid 70's, going blind, and **amazing**. I met Mrs. Kyakulaga in 2015, my first time in Uganda. She was a retired home economics professor. Hundreds of herbs and



distilling tools for essential oils lined the cratered cement walls and wooden tables of her kitchen. **I was struck by her incredible resourcefulness and knowledge.**

I spent hours talking with her! Finally it was time to go. I had to ask one last question: "Out of everything you learned or taught, what do you think is the most beneficial for the people of Uganda?"

Mrs. Kyakulaga paused and then began explaining the principles of **NEWSTART** elaborating on each letter. I got excited when I learned this simple idea, represented by a few letters, could have such a powerful impact. This woman, who had seen many years of life, had determined that out of all her discoveries, an acronym could reach her people. I was amazed. I hid her words in my heart and pondered what she had told me. **Little did she know she was a midwife to the birth of FARM STEW!**

At that time, the Holy Spirit had already given me the letters of FARM STEW and I was wrestling with God about hiring local trainers in Uganda. Now, seven years later, teams of trainers are spanning across the globe

**Thank you for stretching, and let's bring hope!**

Joy Kauffman, MPH  
Founder and Executive  
Director

Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356  
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