



## Kids Corner

Women and girls in Congo have amazing strength! You will often see them walking long distances carrying heavy bundles on their heads. They carry things like food, clothing, water, firewood, supplies, and many other materials. People in Congo are very busy with these tasks on a daily basis, and families live together so everyone can help out. This is how people survive difficult conditions. When we help communities build new clean water sources, it helps people with their daily tasks of collecting water at a reliable, clean source. And clean water helps keep children healthy so they can go to school, learn new things, and have new opportunities in the future!

### “Use Your Head” Relay Race

In this relay, kids can see how well they’d do in Congo! Prepare ahead of time a bundle of clothes, a bucket of water, a plate of food (like a bunch of bananas), or other items to carry. It will need to be fairly self-contained, no loose ends flopping around. Gather the children together and form teams for the relay. Each person must carry a bundle on his or her head to a fixed point across the room and then back again to hand it off to the next person. You may want to make a rule that if a bundle drops, that person goes back to the starting (or the halfway) line. You can have the teams run the relay in turn, one team at a time, or both racing at the same time. In that event, you’ll need two bundles, as alike as possible.

This game is especially fun in the summer if you use buckets of water!

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### IN THIS ISSUE

Women Lead the  
Way to Clean Water

Community Voices

CCI Clean  
Water Poster

Kids Corner:  
“Use Your Head”

### AVAILABLE ONLINE

[paulcarlson.org/cci-updates](http://paulcarlson.org/cci-updates)

- CCI Church  
Bulletin Inserts
- CCI Slideshow
- Congo Clinic  
Experience Kit
- CCI Posters

### HOW TO GIVE

There are two easy ways to  
send in your clinic support!

1. Donate online at  
[paulcarlson.org/donate](http://paulcarlson.org/donate).  
Click on the Clinic  
Initiative.
2. Mail in a check made  
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Partnership, noted for  
Congo Clinic Initiative.  
Mail to: Paul Carlson  
Partnership  
8303 W. Higgins Rd.  
Chicago, IL 60631

## The Congo Clinic Initiative Quarterly Update

PAUL CARLSON  
PARTNERSHIP

Dear Clinic Partners,

It is my privilege to serve as  
the Executive Director of the  
Paul Carlson Partnership and to join you in this  
effort to *develop a knowledgeable heart for Congo*  
and raise the standard of healthcare through the  
Congo Clinic Initiative.

We are in **Phase 3: Access to Clean Water**. As  
you may know, clean water is vitally important to  
our health! Water is a natural, precious resource we  
cannot do without. Many Congolese men, women,  
and especially children, suffer from water-borne  
illnesses due to lack of clean water. Our approach is to  
assist our Congolese partners in creating sustainable  
clean water sources in clinic communities. PCP has  
initiated pilot projects with 5 communities to determine  
the most effective community involvement and will be  
assessing the results before moving into other areas.

As you learn more about clean water development in Congo  
through this newsletter, please be in prayer for the following:

- medical leaders who will meet with communities about  
health, hygiene, and the water source
- communities’ commitment to own and maintain the water  
source
- people seeing real change in their health due to clean water
- leaders who will care for the water source on a long-term basis and  
train others to do the same

Thank you for your support and prayers!

Renée N. Hale  
PCP Executive Director



# Women Lead the Way to Clean Water

Water is large part of many people's lives in Congo. Every day, people wake up early to go to the nearest water source, often many miles away. This is especially the case for women and girls. Usually water is collected from a stream or river with murky but flowing water. Many communities have built small reservoirs in an attempt to make the water collection process easier, but this water is rarely clean. Animals use the water source, too, and spread disease. People sometimes bathe in the water source, not realizing they are contaminating the drinking water.

Most of the communities supported by the Congo Clinic Initiative have no access to clean drinking water, despite an abundance of rivers, marshes, and natural springs. Over the last few decades, there have been attempts to install wells and water purification systems, but these installations tend to break down and go unrepaired. Only springs coming from deep enough underground can provide clean drinking water, and this water is quickly contaminated once it reaches the surface. For these springs to provide clean, usable water, they need to be capped. This involves building a platform over the spring to harness its pressure and channel clean water through pipes. Spring capping is one way to provide clean water to communities and clinics.



Community groups discuss and plan solutions for clean water.

We believe the best way to achieve clean water is by working through our local partners and with communities to identify problems and possible solutions. Through organized community meetings, the village clinic personnel are working with a delegation from the village that includes women, youth, religious leaders, and other representatives to discuss, teach, and assess the primary causes of health problems.

In a recent meeting, many of the women quickly realized that the water they drink was causing



*A Congolese technician was brought in for an assessment with the men and women in the community.*

serious health problems, especially for their children. After a bit of resistance from the men, some of the women said, "If you could see what you drink, you wouldn't be drinking it!" Since then, they've spent time together at the water source. We were able to arrange for a water technician from a nearby town to help them assess their water source and highlight possible solutions. Already, community members are discussing things that they can do on their own to improve their village's water source!

In fact, over the last several months, pilot projects in 5 clinic communities were started. One clinic community in Bogose Nubea has already completed the construction of capped springs! In our recent trip to Congo, we saw the results ourselves. The clinic doctor reported that people from all over are coming to the spring to collect clean water. The patients are drinking and bathing in clean water, the clinic is cleaning the hospital and sanitizing equipment

with clean water. And, clean water is actually reducing the number of deaths. Malaria and diarrhea both cause severe dehydration, but having clean water for people to drink can prevent death and reduce disease.

We rejoice in the progress being made by our local partners! Taking what is learned from the pilot phase, we will begin to roll out community water projects throughout the region.

We love the tangible impact that many of these projects have. However, we realize that the intangibles are often more important! Even the best installation will eventually crumble if it isn't valued and owned by the people who depend on it. By working through local leadership and with community members, we believe that these water projects will be of much more use to the communities we serve.

Thank you for your gifts and prayers, and for the part you're playing in this process!



Recently capped springs in the Bogose Nubea region.

## Community Voices

**Madam MADAMO NGADU**  
Mother of 7 children—six boys and a girl

Madam Madamo attended the community meeting about cleaning up the water source. She says, "The water we consume is not clean, there is no regular maintenance, and debris flows through here where we draw water. The only solution is to cap the spring. We will bring our resources, for example: gravel or sand, especially because we have financial difficulties."



**Mr. Caesar MANGWA SALONGO**  
Father, rancher, and the father of 8 children—six girls and two boys

When asked, "What can be done?" Mr. Caesar responded, "I was involved with the initial work of creating this water source, so if PCP is ready, we will begin by gathering iron ore and raising awareness among our brothers and sisters and others. However, we will need pipes, cement, and technicians committed to the work."

