

Children's International Health Relief (CIHR)

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Dear Donors & Supporters,

We thank God for another year to do good work. Below is an overview of our projects.

Dental Village Homeless Children Outreach Project: We provided free dental cleanings, oral screenings, oral hygiene and tobacco prevention education to over 600 families at various outreach sites in the community. Health fairs we participated in included: Muckleshoot Skopabsh Powwow, Puyallup Tribe Powwow, Tacoma Jack & Jill Foundation Hilltop Healthy Kids & Families Carnival, Seattle Jack & Jill Foundation Urban Games Health Fair, Federal Way Wal-Mart Health Fair, People's Church Educational Resource Street Fair, Ethiopian Community Mutual Association Health Fair, Seventh Day Adventist Church of Tacoma Growing Healthy Families Health Expo, Shaw Road Elementary School Dental Day, and Pierce County AIDS Foundation National Week of Prayer for the Healing of AIDS.

Lauricidin Project: On March 24, 2011 we lost our dear friend and partner, Dr. Jon Kabara, owner of Med-Chem Labs Inc. He was a retired lipid biochemist and taught us a lot about coconut oil and lauricidin (aka glycerol monolaurate), a natural food supplement. His wife, Betty Kabara and grandson, Brian Kabara continue to run his company and donate lauricidin to our organization. We continue to ship the donated lauricidin to two organizations in Kenya that work with HIV clients: Palm International NGO and Kogelo Village Dispensary, ancestral home of President Obama. CIHR continues to seek funding to cover shipping cost.

Mombasa Sustainable Coconut Oil Making Factory Project: We are working closely with our partner, Seattle Mombasa Sister City Association (SMSCA), to seek funding to build a more efficient thermal dryer (oven) to dry shredded coconut meat and a facility to house our project. In March, SMSCA received the "Best Single Project Award" for the Mombasa Sustainable Coconut Oil Making Project from Seattle Sister Cities. CIHR & SMSCA are working with Tarumbeta Women's Group and Palm International NGO to distribute the coconut oil in a 4 oz jar as a skin & hair moisturizer here in the United States. The oil can be purchased directly from us or online at amazon.com for \$10.00 plus shipping. Proceeds go to support this project and the expansion of the Utange Clinic.

Utange Health Center Expansion (Maternity & Dental Clinic): Seattle Mombasa Sister City Association is remodeling and expanding the Utange Health Center, adding a maternity & dental clinic. This project is funded by Sister Cities International, African Urban Poverty Alleviation Program (AUPAP). CIHR is collecting medical & dental equipment/supplies for the clinic. We welcome donations to help with this effort.

In closing, we thank you for your continued support and look forward to your contributions.

Happy New Year,

**Robin Jones, DDS
President & Founder**