

FRIENDS & FAMILY

Community  Connection



January 21, 2010

Dear Bridget,

FFCC Team Tanzania #6 has arrived! Having survived a delayed flight to Detroit, 24 hours of flight time, and a lost bag or two, the Team arrived safely at Kilimanjaro International Airport in Tanzania.

After collecting themselves and their gear, the Team overnighted in Arusha, then spent the day investigating the possibility of a new Children's Feeding Center in Moshi, right in the shadow of Mt. Kilimanjaro. Then it was off the next day to the green, green crater floor of Ngorongoro National Park for a safari. After another overnight near the park, the group did a quick tour of Lake Manyara National Park the next morning. They then hustled off down the long, dusty road for eight hours, arriving at Nkungi and the Gunda School after dark.



They spent several days working on the final touches for the Girls' Dormitory and other projects at the school. A new goat was born, which added to the excitement! The picture at the top of this week's newsletter shows the girls in front of the dorm with a handmade THANK YOU FFCC card that they wanted to share with each of you. The team then arrived in Singida to check on the Children's Feeding Center and help out at the local hospital. They were also able to feed the Kids Against Hunger Meals to the children and visit with them. The children at the Center loved their pen pal letters from the students at EBS (thank you!). Next, they will head to the future site of a Feeding Center in Manyoni. Finally, they will depart for the Tanzanian island of Pemba, just north of Zanzibar, to assess the needs of the isolated and hungry people there.

Please keep the group in your prayers as they continue on this amazing adventure, and look for more updates on the Team's progress in next week's Newsletter!



Run Against Hunger!

Please join us at the Fight Against Hunger 5K Fun Run and Walk this Saturday (January 23rd) from 8am until 11am! Walk, run, or stroll around Rancho Bernardo Community Park to support San Diego's Fight Against Hunger! There will be courses for runners and walkers with lots of family activities and refreshments.

The Tanzania Store will also be there with wooden, hand-carved African animals, Tanzanian coffee, T-shirts, etc. Please stop by if you are looking for a unique gift for someone. 100% of donations from the store go towards San Diego's Fight Against Hunger.

100% of your entry fee will go to purchase bulk food ingredients that reverse the effects of malnutrition. These ingredients will be packaged at the Million Meal Food Packaging Event on March 20-21, sponsored by Friends and Family Community Connection, Rancho Bernardo High School, and The Church at Rancho Bernardo. Our goal: to package one million meals to feed the hungry in San Diego County and the famine-ravaged region of Tanzania, East Africa!

Here's how to participate in the 5K Fun Run:

1. Download the [Registration Form](#) and return form with entry fee to on-site registration on race day, January 23rd. On-site registration begins at 6:30.
2. Ask your friends & family to sponsor you!
3. Download a [Sponsorship Form](#) and [Donation Receipts](#).
4. Return pledges to CRB at 11740 Bernardo Plaza Court, San Diego CA 92128, by January 22nd.
5. Check-in for the event at RB Community Park begins at 7:00am, on January 23rd.

We'll see you there!



MILLION MEAL PACKING EVENT

SIGN UP TODAY! Online registration for the March Million Meal Food Packaging Event is available at <http://www.i-volunteeronline.com/ffcc.asp>. Please sign up for the day and time that you can help. This is a 2-day event during which we hope to package a MILLION meals. San Diego's Fight Against Hunger IS making a difference here at home and around the world. Keep packing San Diego!

Upcoming Events at a Glance

Fight Against Hunger 5K Fun Run/Walk	January 23	8:00AM-11:00AM
Adult Senior Outreach (Downtown Salvation Army)	January 26	9:00AM-12:00PM
Homeless Outreach (Downtown Salvation Army)	February 1	6:00PM
Quilting for Gunda School (Grace Lutheran)	February 6	9:00AM-12:00PM
'Million Meal' Food Packaging Event	March 20-21	

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You make a difference!
Thank you so much for your gifts of time, talent, and financial support!

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