

THE 3rd 800 KM. CONGO

Canoe Challenge (Gulp!)



Join us on a journey that is creating opportunities for a Congolese village

Yes, sisters Anne and Lucy are returning to the Democratic Republic of Congo in December 2008, heading up the Congo River to see the new initiatives facilitated by their non-profit organization HandUp Congo (go to www.handupcongo.org for details). They're also exploring further sustainable community development opportunities with the grassroots women's NGO Fondation Lucie Otaenga (FLO) in Lotumbe. This year's Congo Canoe Challenge is dedicated to raising funds to improve delivery of health care in the village. Basic needs include drugs, surgical instruments, bedpans, wheelchairs, fetal stethoscopes and solar panels that will power operating room lights.

Three mighty river tributaries link Mbandaka and Lotumbe, which are located about 400 km apart in the Democratic Republic of Congo's Equatorial Province. Dugout canoes carved from giant trees are the only transport for the thousands living in the heavily forested riverbank settlements in this Central African country – and for us, too!

We will be in our own dugout canoe, albeit one powered by a small outboard



motor – approximately a 17-hour undertaking nonetheless. (If we had to paddle, it would take seven days!)

Like the rivers we will travel on, with their whirlpools, rapids, twists and turns, our journey will be filled with challenge – like only two “pit” stops in 17 hours, for example. Then there are the mosquitoes, sunburn, hippos, crocodiles... and our yoga relaxation postures will definitely rock the boat... oh my. We've already made this journey twice, but it never gets easier for Western wimps like us!

Will you take up the challenge, too?

Here's how:

Sponsor this tribute to the resilient Congolese people, most of whom cover long distances on the river WITHOUT the luxury of a motorized canoe! We will be documenting our efforts and posting photos on www.handupcongo.org.

If you would like to receive more information or regular updates on HandUp Congo initiatives and Lotumbe projects, please visit our website www.handupcongo.org or send us an email on info@handupcongo.org.

Australian donors: Please send your cheque, of any amount, payable to CNEC Partners International, to PO Box 67, Croydon Park NSW 2133. Please designate “**Congo Canoe Challenge**” on the memo line. You will receive a tax deduction receipt. Alternatively, you may show your support by going online to the Everyday Hero site, www.everydayhero.com.au/congo_canoe_challenge. Everyday Hero will send you a tax receipt.

North American donors: Please endorse your tax deductible check to A.W.I.S.H. and send it to Anne Hobgood Zolnor, HandUp Congo, 215 S. Ocean Grande Dr. #303, Ponte Vedra Beach FL 32082 USA. Note on the memo line that your gift is for “**Congo Canoe Challenge**.” Should you decide to make an online donation via Everyday Hero, please note that only Australian donors can receive tax deductions through this method.