

## Fair Trade Shopping, Books, Films, and Music Heshima Kenya – Nairobi, Kenya January 2013

### Fair Trade Shopping



This month we have just one Fair Trade recommendation – purchase a beautiful scarf or pillow cover made by the same group of young women we are supporting with this month’s donations.

All of the products on this page are created by the Maisha Collective, a project of Heshima Kenya that assists young refugee women from DR Congo, Somalia, Ethiopia, Sudan, and Burundi. By managing a business collective that designs and produces unique hand-dyed scarves and pillow covers, the Maisha members

develop confidence and gain important skills for future independence.

Your purchase of a Maisha product contributes directly to the Collective participants' weekly wages and support of Heshima Kenya’s education and shelter programs. Most importantly, your purchase inspires the Maisha women’s journey to become Ambassadors who support, empower, and ultimately protect other refugee women.



The Maisha Collective: Every Scarf Tells A Story

Click this link - <http://bit.ly/V3e5eg> to watch Heshima Kenya’s beautiful video of young refugee women tie-dyeing and stamping fabrics.



The Maisha Collective uses traditional African dyeing techniques, called resist dyeing, or tie-dyeing. Scarves are rayon and cotton blend, and come in several lengths and widths, priced at \$34 and \$38. For best care, hand wash and dry flat. You can refresh the scarf by ironing or steaming. All products are hand-made and one-of-a kind, so the pattern or color may vary slightly.

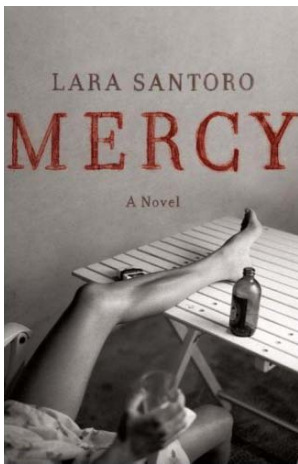
Pillow covers are 17.5” square and cost \$20.



Click here - <http://etsy.me/V3eT2l> - to order products from Heshima Kenya at their own Etsy shop online, and if you live in Chicago you can stop by Heshima Kenya's storefront office at 4917 N. Damen.



## Recommended Books – Fiction



**Mercy** by Lara Santoro - <http://amzn.to/V3lbiN> - (Other Press, 2007)

This novel details the journey of two women seeking justice and hope in Africa. Anna is an Italian-born journalist based in Kenya. What began as an exploratory three-week tour of Africa has turned into two years of tough assignments and hard living. Mercy is the large, flamboyantly dressed African woman who ambushes Anna in the market one day and talks herself into a job as Anna's housemaid. Soon Mercy is organizing interviews for Anna in Nairobi's worst slum and establishing much-needed order in the journalist's disheveled life. Meanwhile, the two women establish a genuine connection that gives each the courage to battle injustice, greed, and cynicism.

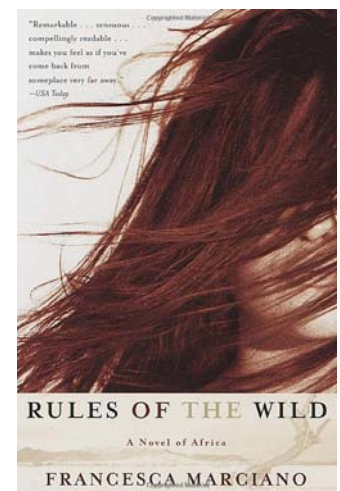
“The urgent message of this gorgeously written novel, which deals head-on with the ravages of AIDS on a continent of grief: Open your eyes and look hard.” - *O Magazine*

**Rules of the Wild: A Novel of Africa** by Francesca Marciano (Vintage, 1999)

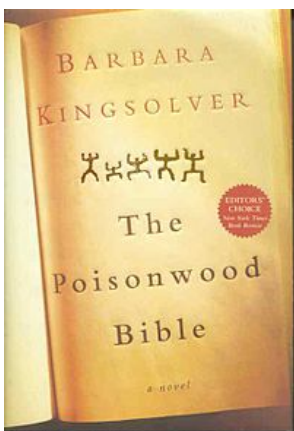
<http://amzn.to/V3ntON>

This novel tells the dramatic tale of Esmé, a young Italian woman torn between two cultures and two lovers. After the death of her beloved father, feeling estranged from her own roots in the hyper-civilized society of Naples, Esmé flees to Africa. She is soon seduced by the land's vast emptiness and healing beauty, and decides on a whim to make her home there. Before long she is caught up in the strange world of expatriates in Kenya, living side-by-side with, yet oddly separate from, their African neighbors. Her vision of her adopted continent undergoes a series of changes as she begins to see it through the eyes of the two men in her life: Adam, the gentle safari leader, born in the wild and thoroughly at home there; and Hunter, the bitter and cynical war correspondent who, as witness to the genocidal warfare of Rwanda, has acquired an entirely different perception of Africa.

“Marciano's passion for the spectacular landscape of Africa is almost palpable. Her character analysis is often profound as she delicately conveys the moral complexities of social and personal issues.” – *Amazon.com*



**The Poisonwood Bible: A Novel** by Barbara Kingsolver (Harper Perennial Modern Classics, 2008) <http://amzn.to/V3lMBa>  
(recommended by Heshima Kenya staff)



Though set in the Belgian Congo rather than Kenya, Kingsolver's novel addresses issues common to both – the damage done to a culture by colonialism, and the exploitation of African countries by Western interests. *The Poisonwood Bible* is a story told by the wife and four daughters of Nathan Price, a fierce, evangelical Baptist who takes his family and mission to the Belgian Congo in 1959. They carry with them everything they believe they will need from home, but soon find that all of it—from garden seeds to Scripture—is calamitously transformed on African soil. What follows is a suspenseful epic of one family's tragic undoing and remarkable reconstruction over the course of three decades in postcolonial Africa.

By revealing the story through the female victims of Reverend Price's hubris, Kingsolver also charts their maturation as they confront or evade moral and existential issues and, at great cost, accrue wisdom in the crucible of an alien land. It is through their eyes that we come to experience the life of the villagers in an isolated community and the particular ways in which American and African cultures collide. In the end, Kingsolver delivers a compelling family saga, a sobering picture of the horrors of fanatic fundamentalism and an insightful view of an exploited country crushed by the heel of colonialism and then ruthlessly manipulated by a bastion of democracy.

“The disastrous outcome of the forceful imposition of Christian theology on indigenous natural faith gives the novel its pervasive irony.....” *Publishers Weekly*

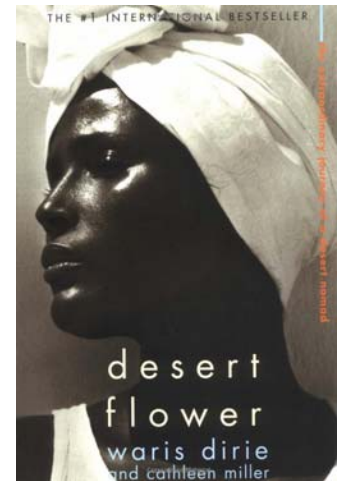
## Recommended Books – Non-Fiction

**Desert Flower: The Extraordinary Journey of a Desert Nomad** <http://amzn.to/V3p3R0>

by Waris Dirie & Cathleen Miller (William Morrow Paperbacks, 1999)

(recommended by Heshima Kenya staff – also see film adaptation below)

Waris Dirie endured female circumcision at the age of 5, ran away through the desert at 12 to escape an arranged marriage, and traveled alone across the dangerous Somali desert to Mogadishu. Illiterate and impoverished, with nothing to her name but a tattered shawl, she ended up in London working as a house servant. There she was discovered by photographer Terence Donovan and eventually became a top fashion model. Although she fled Somalia, she never forgot the country or the family that shaped her. This is her story.



**Desert Dawn** by Waris Dirie & Jeanne d'haem (Virago 2004)

<http://amzn.to/V3qDIR>



*Desert Dawn* is Waris Dirie's profoundly moving account of her return to her homeland. As an internationally recognized supermodel, Waris Dirie was the face of Revlon. Since 1997 she has been the United Nations special ambassador traveling the world as an articulate and passionate advocate of human rights and specifically for the elimination of female genital mutilation. She has also established the Desert Flower Foundation to advance women's rights in Africa.

"Waris Dirie is a remarkable and courageous person. Her story is an inspiration. Not only did Waris overcome obstacles that would defeat most people, but as UNFPA Special Ambassador for the Elimination of Female Genital Mutilation, she will serve as a leader in the struggle to end all forms of discrimination against women." -- Dr. Nafis Sadik, executive director, United Nations Population Fund

### Recommending a collection of books by and about one woman -

**Wangari Maathai** (1940–2011) was the founder, in 1977, of the Green Belt Movement which has planted an estimated 45 million trees around Kenya. Her life was a series of firsts: the first woman to gain a Ph.D. in East and Central Africa; the first female chair of a department at the University of Nairobi; and the first African woman and the first environmentalist to receive the Nobel Peace Prize (2004). Honored throughout the world for her work for the environment, democracy, and peace, Professor Maathai was the author of four books and the subject of others.

Wangari Maathai's compelling life story is inextricably linked with the social and political changes that so much of Africa has been through since the idea of throwing off European colonialism began to gain traction shortly after World War II.

Her unique insight was that the lives of Kenyans - and, by extension, of people in many other developing countries - would be made better if economic and social progress went hand in hand with environmental protection.

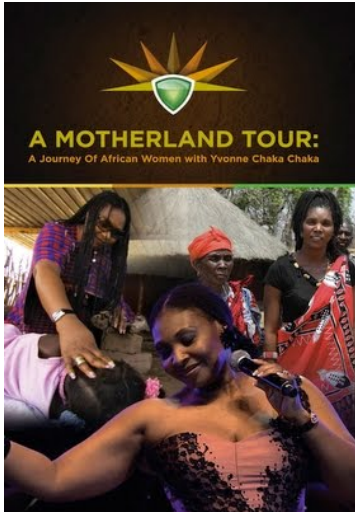


We recommend a visit to this page – <http://amzn.to/WixgiH> - where you will find her books – a memoir, her assessment of what needs to be done in Africa, her recommendations for healing ourselves and the world, the story of the Green Belt Movement, and several children's books.

**"Each of us can make a difference, and together accomplish what might seem impossible."** - Wangari Maathai

## Recommended Films

**A Motherland Tour: A Journey of African Women with Yvonne Chaka Chaka** (2012, 52 minutes) – purchase from YouTube for \$2.99 <http://bit.ly/WjF1VO>



In 2009 Yvonne Chaka Chaka, a singer known as "The Princess of Africa," embarked on a tour to meet women throughout Africa and discuss the most pressing issues they face—including malaria, maternal and child health, HIV/AIDS, women's empowerment, education, and poverty. The film features personal stories and women-lead grassroots efforts to tackle these issues. Although optimistic and uplifting, the film does not shy away from highlighting the gravity of the present situation. The narrator reminds the audience of the harsh realities.

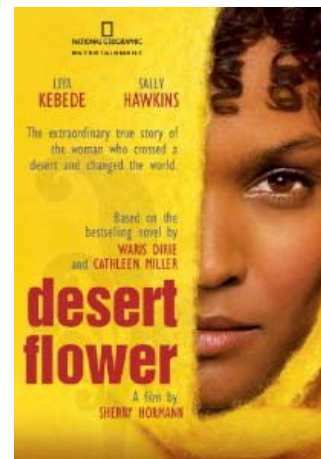
Yvonne Chaka Chaka is a UN Envoy for Africa, UNICEF, and Roll Back Malaria Ambassador who grew up in Soweto Township, South Africa.

Watch the trailer here - <http://bit.ly/WjHxve>

**Desert Flower** (2011, 120 minutes) purchase on Amazon - <http://amzn.to/WjJnvZ> or rent from Netflix - <http://nflx.it/U4QUzI>

Waris Dirie's book, *Desert Flower*, which recounts her incredible journey from an African nomad to an international top model, became a worldwide bestseller with more than 11 million copies sold. Director and screenwriter Sherry Hormann and producer and Oscar® winner Peter Herrmann have adapted Dirie's autobiography for the screen: a modern fairy tale of dazzling glamour and archaic rituals, full of vitality, emotional depth and enormous compassion.

Top model and actress Liya Kebede shines in the main role alongside an ensemble of brilliant actors including Silver Bear and Golden Globe winner Sally Hawkins (*Happy-Go-Lucky*), Timothy Spall (*Harry Potter, Secrets and Lies*), Craig Parkinson (*Control*), Juliet Stevenson (*Bend It Like Beckham*), Anthony Mackie (*The Hurt Locker, 8 Mile*) and Meera Syal (*Scoop*). – Amazon review

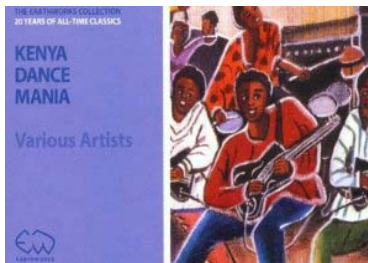


## Recommended Music (source – Douglas B. Paterson, PhD)

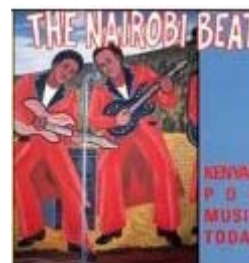
Kenya's pop music is said to be among the most diverse in Africa, encompassing a wide range of styles of both local and international origin. There are over 40 regional languages in Kenya, and musicians from at least a quarter of these are making recordings in their own tongues. A sampling of these styles is available in the following three compilations.



Guitar Paradise of East Africa  
<http://bit.ly/U4Urh2>



Kenya Dance Mania  
<http://amzn.to/U4V4av>



The Nairobi Beat  
<http://amzn.to/U4Vb5L>