

Appeal for donations towards Mzee Mrefu Memorial Fund

Organized by The Ochong's family, Baraka Consulting & Sales in partnership with Healthy Nyanza Volunteers.

HEALTHY NYANZA

Sunday, July 2, 2023!

Henry Ochong Nyanungo

**MZEE MREFU
MEMORIAL
FUND**

11th Year Anniversary

Henry Ochong Nyanungo

**Celebrations
Of
His Life**

It is hard to write or talk about someone so dear to you especially if they are resting peacefully with the Lord. My father's life revolved around fearing God, doing God's work, loving family & relatives, and loving your community. Lessons learned from my dad Mzee Mrefu. My dad's nickname was "mrefu" because he was the tallest man in Nakuru town, Kenya

1. Love for family:

My dad edified my mom in public, same to his children. Every child was unique and had nicknames for all his children. He accepted his children with both hands and with their weaknesses and strengths. He could eat alone. When he was served with food, he would call his children or whoever was near him to come join him at the table and share the food.

2. Love for relatives:

Your relatives are there to stay and it is irreversible. Just learn to love them with their strengths and weaknesses and try to understand them. They are related to you through blood but not association. He assisted many relatives to go back to school and found employment for most of them.

3.Love for the community:

I am fortunate to have a dad who was full of gratitude and had a giving heart. He had three jobs and worked seven days a week, because he had a large family. He believed it was his responsibility to take care of his family.

He was employed by Nakuru Municipal Council, Kenya as a painter, side job was window installation. He was one of the proprietors of Cham gi wadu" meaning eat with your friend. This was the place where people from Luo Nyanza would network and connect with one another.

My dad and other members from Luo Nyanza formed the Nyakach Association in Nakuru. The association brought people together from Nyakach, Kisumu County, Kenya the mission of the Association was to assist members in times of needs or challenges. Also, to network, share business ideas and job opportunities in Nakuru, Kenya. He assisted community members with tuition to go back to school or back to school shopping.

My dad actively started going to church after he retired. This is because he had a large family to take care of. All the same he was a God-fearing person and loved the word of God. His generosity was beyond imagination. He donated a bull to the church during Christmas when the church leader had requested people to donate towards the Christmas party. Nobody was coming forward with any donation. He stood up and told the congregation he was tired of people not wanting to give although he knew they had more than enough. We did not know this till his death when Rev Abuto told the mourners during his burial.

My dad believed in excellence in service. He always advised his children to shine in their jobs and to perform the assigned task to your best capability. My dad always won the mayor's award for excellence in Service with Nakuru Municipality.

I know for sure everyone has a wonderful story to share about their parents. Every story is unique to the child. This is because God is our first role model then followed by our parents. Parents laid the foundation which our successes and failures have been built on.

I am sharing my story of my dad Mzee Mrefu, because he inspired me, and molded me to be who I am today and I am a true reflection of his image.

I am the founder of Healthy Nyanza Volunteers (HNV) because my Late dad died from a heart attack and my mother suffered stroke. I started the Healthy Nyanza Volunteers to educate the public on heart disease and many other ailments so that the public could be aware of their medical condition and seek medical attention in a timely manner. I named the association Nyanza because my parents come from Nyanza province. The HNV is a group of volunteers from America and Kenya.

I am humbly appealing to everyone to help me realize and achieve my dream of giving back to the community. Any donation or any gift will be highly appreciated.

The Mzee Mrefu memorial will benefit:

1. Nyanungo culvert/ crossway drift:

My Dad died because the river was impassable and they could not take him to the hospital in a timely manner. I believe if the drift is constructed it will help many community members.

2. St Joseph Catholic church Nyagoye, Siaya County, Kenya:

Church is lacking in structure.

It is a newly formed sub-Parish by Father Tom Rasare from St, Robert Ndigwa catholic church. The distance between Nyagoye and Ndigwa is approximately 5km hence most elderly cannot walk due to different ailments.

3.Helping Church leaders. When we started the HNV, our programs were conducted

in the church. Church leaders are faced with challenges of discharging their duties effectively due to lack of funds.

4, Mercy children home in Chicago. It was founded by Father Scott. Most children are in need of gifts especially during holidays and there are also other needs in the facility.

5. Tuition assistance to students in the USA and Kenya. Many students lack the essentials of going back to school or school fees.

My father always Said "helping people in need is the most important thing you can do with your life. when you help you create an everlasting smile in someone"s heart,

God is the one that sees the heart and he will bless you abundantly".

Any gift or donation towards this course or appeal will be highly appreciated.

Zelle Roseline Okendo , 630 935 5398 indicate Mrefu memorial fund

Cash app \$Rokendo or 630 935 5398 indicate Mrefu memorial fund.

Mpesa Elizabeth Ochong 0722894098 indicate Mrefu Memorial fund

Thanking you all in advance and my God richly bless your beautiful heart,

Roseline okendo

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