

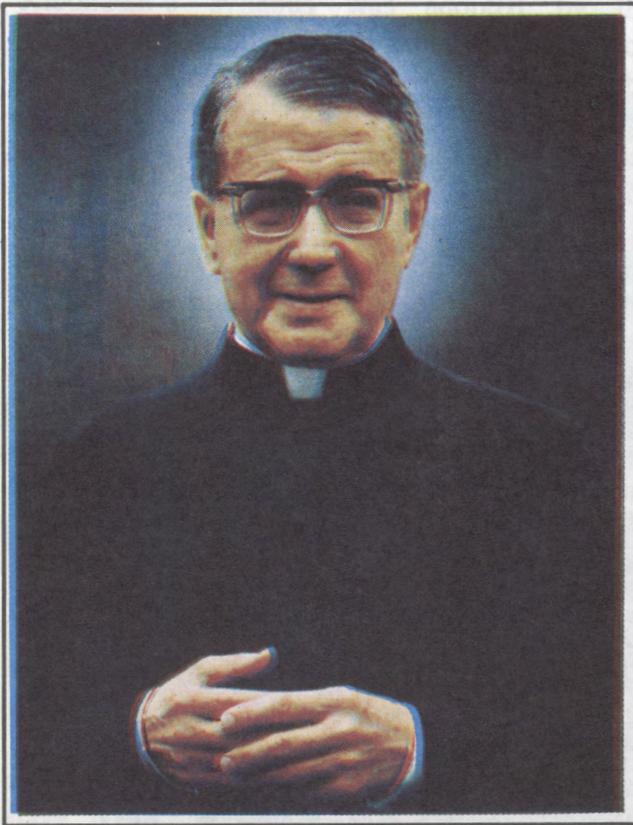
KIBONDENI COLLEGE



Silver Jubilee

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BLESSED JOSEMARIA ESCRIVA

The Inspiration Behind Kibondeni School

As Kibondeni School prepares to celebrate its 25th Anniversary, our thoughts necessarily turn to the beloved Founder of Opus Dei, Monsignor Josemaria Escriva, who was so eager to see this School started and followed closely all its activity.

Blessed Josemaria was always very much aware of the unique contribution women are called to make to society by their innate talent for creating around them a homey, comfortable atmosphere. In this International Year of the Family which is now being celebrated, a lot of attention is being paid to what has always been known as "the first cell of society". If the family goes well, society goes well, and the opposite is equally true. How many lessons our Father - Blessed Josemaria - gave to thousands of people in his worldwide catechesis on the family and other matters related to God. Answering questions put to him by different people he would make practical points like the following: "The well-dressed woman keeps her husband from

another door", "The way to a man's heart is through his stomach"; the home should be a haven of peace, bright and cheerful, where the members of the family long to return and afterwards feel renewed energy to go out again to the battle of life. He would stress the importance of learning to do all the services of the home well, with professional competence. Hence his concern to promote institutions like Kibondeni which specialize in just this. The letters from the past and present students contained in this magazine (only a selected few from the many received) bear ample witness to the profound effects of this training both on society and on the students themselves.

It is a joy to see that hundreds of students who have passed through Kibondeni during these 25 years are now employed in prestigious posts, or the still more challenging post of raising their own families, with the confidence and skills acquired in this School. At such a time our hearts go out in a heartfelt "Thank you, Father!"

BRIEF HISTORY OF KIBONDENI COLLEGE



Kibondeni started in 1961 as an in-service catering training school attached to Strathmore College in Lavington. The first students were recruited from Tetu, a village in Nyeri District. They had been trained in basic household chores at the local mission. The girls boarded in the catering department and did their practical work supervised by qualified staff, who taught them theory in the afternoon. The standards of building and equipment were a new experience for all of them, but by as early as 1962 some had already learned enough to qualify for a catering career and to successfully run an institution. The number of applicants grew as the years passed.

In 1967 the already sizeable intake doubled, with another group of students boarding at the catering department of the new Kianda Residence. It was now urgent to provide proper classrooms for the theory classes, and the Kibondeni Ladies' Auxiliary was formed: a group of women who dedicated their time and energies, together with Kianda Foundation members and students, to give the school its own premises. Two classrooms were built and for many years they were the "campus" for more

than 1,000 students from all over the country and from all ethnic groups. For many of them the course at Kibondeni provided their first experience of living with girls from other tribes. On completion of their studies most have returned to their districts and now work in hospitals, schools, youth polytechnics and similar institutions. In the year 1969 Kibondeni was authorized to issue its own certificates at the end of the training, thus becoming an educational institution in its own right. Graduates were in great demand and found jobs easily. In fact, it is not uncommon to read job advertisements which specify "only a Kibondeni graduate will be considered". The Director of the Inspectorate of Schools commented that she can always tell if the cateress of a school she visits is Kibondeni-trained by the presentation of the refreshments tray.

The studies developed into a two-year Course encompassing all aspects of catering and housekeeping: food and beverage production, accommodation operations, front office service and dining-room silver service. For the last ten years Kibondeni has led the country in public exams scores at this level.

The Ministry of Education followed the progress of the school with great interest. Kibondeni's syllabus was adopted by the Ministry for application in other schools which emerged around the country. To this day the Ministry relies on the Kibondeni staff for alterations and improvements to the syllabus. Kibondeni has become the training ground for the Ministry's examination monitors and is frequently scheduled first in the national exams so that monitors have the opportunity to see the work carried out under optimum teaching conditions.

In 1989, with the assistance of ICU (an Italian NGO) and the European Economic Community, a new phase of Kibondeni School was built incorporating several new theory and practical classrooms as well as staff accommodation.

In 1991, thanks again to the help of ICU and the EEC, a further phase was built this time offering short, practical day courses, known as "Artisan Certificate Courses" in which emphasis is laid on the practical skills. These courses have been designed to provide wage-earning outlets for young women or to enable them to start their own micro-businesses. The day courses are planned to dovetail with the 8-4-4 educational system, designed to equip school leavers for immediate employment.

This year a third group of boarding in-service students joined Kibondeni. They carry out their practical work in the modern hotel-designed catering premises of the new Strathmore College in Madaraka, making a total of 90 girls doing the 3-year course for Form IV leavers.

In accordance with the 8-4-4 educational system, students at Kibondeni may follow a 3-year course in either Food and Beverage Production or Housekeeping and Laundry. The final examinations are set and conducted by the Kenya National Examinations Council. The day course imparts the highest number of skills: dressmaking, cookery and housekeeping. Capable students are encouraged to sit for the KNEC exams. The day students have organized fashion parades presenting their own garments, prepared party or wedding celebrations with tiered cakes and provided outside catering services.

Professional outlets for the students are numerous, as Kenya has developed its tourism industry and become the base for a number of international organizations. The demand for trained personnel is constantly growing, while the most enterprising set up small businesses of their own. Kibondeni graduates also take up employment in private homes, ambassadorial residences and hotels as housekeepers. This makes a definite contribution to the improvement and maintenance of standards.

One of the problems facing Kenya, together with other developing countries, is the battle to raise and maintain standards. Kenya receives financial aid from foreign donors to set up institutions - technical, research, medical and educational - with modern materials and equipment. However, it lacks trained manpower to maintain them. The Kibondeni graduate combines technical know-how with domestic skills, and experience has shown that with the appointment of Kibondeni graduates to catering units of hospitals, school and colleges, the standards of hygiene and maintenance have improved.

Kibondeni has an array of friends at home and abroad who contribute to its success: from sending useful charts, posters and reference books to finding donations for equipment and the bursary fund; or ensuring that their entertainment is catered for by Kibondeni's outside catering service, thus providing not only additional experience for the students, but also a small source of income to help defray the school's expenses.

It is difficult to measure the influence of Kibondeni on society, because the training affects each trainee, changing her for the better. What she learns becomes part of her personality and accompanies her wherever she goes. Most of the Kibondeni graduates return to their home areas and there focus on development from their jobs, their homes, their villages. The effect of Kibondeni may be compared to that of a stone dropped into a pond, which ripples further and further, wider and wider.

With the occasion of the 25th Anniversary, and taking into consideration the variety of courses available at Kibondeni for different levels, Kibondeni School of Institutional Management will be called from now on **KIBONDENI COLLEGE**.

THE VISIT OF BISHOP ALVARO DEL PORTILLO

Monday 3rd April 1989; "Karibu Baba, Karibu Baba" we sing with the greatest joy accompanying our songs with drums and kayambas. It is 4:30 pm and Bishop Alvaro del Portillo - the Father as we all call the Prelate of Opus Dei - has come for the first time to Kibondeni. He has come to fulfil an old desire of our Founder; to be with his African daughters in their country; to come personally to Kenya, the first country in Africa to which members of Opus Dei came to spread the seed that God had sown in his soul back in 1928.

The courtyard of Kibondeni School has become the scene of an unforgettable get-together. The Father was concerned that we were all sitting in the sun, but we explained that we are used to it. He admired our African dresses and then said, "How happy I am to be in Africa!"

Answering different questions, the Father talked to us about the joy of knowing that we are children of God, about turning our work into prayer, offering it to God, about sincerity in word and deed with those in authority; about moving quickly, at God's pace, forgetting about the excuse of the tropics!

We sang songs for the Father in different languages and he liked the words and our African rhythm very much. "The Father is very happy to be with you!"

Now that we are commemorating the 25th Anniversary of Kibondeni, my mind goes back to that visit which brought many blessings to our country. Friends and relatives who come to visit us often comment, "This place is not like a school, it is... a home". In that memorable get-together, Florence, then a student at Kibondeni, said "Father, on the 11th of March we celebrated your birthday. I prepared a birthday cake for you and in the dining room we sang 'Happy Birthday' and blew the candles..."

It was your idea, you who were then students, to celebrate in Kenya the birthday of the Father who was in Rome. On 23rd March 1994 he went to Heaven. And though sad because of the physical separation, we are happy because he can in this way be with us, as he would have so much liked to be, on this occasion we celebrate today.

Allow him to repeat to you and me what he told us then: "We cannot limit ourselves to think about God only once a week, when we attend Sunday Mass. This we should do, but it is very little, my daughters. We have to think of God always, because God always thinks of us. We need to have unity of life, in such a way that we may convert into prayer everything we do, all our work. And how do we do this? With the effort to do things well, offering them to the Lord."

Pilar Narbon



*Monsignor Alvaro del Portillo, Prelate of Opus Dei
in Kibondeni School, 3rd April 1989*

ESTHER TORANZO

A few years have gone by since Esther left Kibondeni. She worked there for many years and due to this most of the notes you find here, experiences and so on, have been done in her handwriting and in her colours. She loved colours, lines and squares.

There is a map of Kenya in the school on which one sees pins of three colours, red, green and blue, these signified the parts of the country where we had made visits to promote the school.

Her love for colours is also shown in the timetables and maps made to help the trainees learn faster. The only place where she did not seem to enjoy seeing colours was the accounts books. Whenever they showed "red" at the end of the year or in the middle something had to be done and often very quickly.

One of these ideas of hers was that since it was fashionable in the 70s to go and see a film in a drive-in cinema, there we would show such a film to raise funds. The steps were interesting; we had to hire a film at a very low rate, free if we could manage to persuade the lender; next came a permit from the PC's office to allow the tickets to be sold to the public tax-free. There was the first visit and the second with no success and one felt it would never work; by the end of the day she would say in a firm but convincing tone of voice, always accompanied by a smile, "how about going early, let us say at 7 am so as to be at the door when he comes in; the two times you tried, you arrived when he had gone into his office and left for another place". There was no doubt about the urgency of that suggestion. By the end of the third day the permit had been stamped. This was followed by the printing of tickets which called for several trips often at very odd hours, but these too were done. How about selling these tickets? One half of Nairobi was selling and the other half buying. Yes that was Esther. From this came a lot of friends met, worked with; and contacts made, but there was also enough money raised to build a classroom with a capacity for 40 students.

The joy of the students was great when they had enough room to study, so one thought, now we shall have a peaceful time for many years, but it was not so. More girls came

knocking, begging for some training and the pity of it all was that they could not raise the little fees we asked for. To give a Kenyan some skill, Esther would not be deterred from such a noble job; so, "look" she suggested, "let us organise a luncheon and an auction, we will get enough money to start a bursary fund and so help these girls to earn a living in the future". That was another interesting issue, we cooked enough chapatis for a battalion, the luncheon took off thanks also to a number of friends of Esther who convinced their husbands to organise the auction and really we had fun, laughter, and cash at the end of the day.



Well I think we all agreed that we could do with a break, so Esther suggested that we go for an excursion to Ngong Hills. "We have no driver". "Yes we do, you passed your driving test two days ago". "But I cannot drive to Ngong Hills." "Yes you can, if not, how will you ever know that you can without every trying it? Come on, tomorrow we are going". We made it to the top but the driver has never forgotten that trip.

The trainees were sitting for their final exams soon and their projects had to be completed. We made all sorts of trips to strange bushes collecting seeds, leaves, visiting zero-grazing projects and the like, constant coming and going and collecting. In the end the students too were in a running mood and this has never been wiped out, our trainees still tend to run.

Congratulations Esther on your recent book on Kenya.

Beni Okondo

FRIENDS OF KIBONDENI

There have been a number of people, who have helped us both in small as well as in big ways, to these I would like to extend my gratitude. Among these has been Dr Ippolito, a representative of ICU, an NGO based in Italy. On one of his visits to Kenya we asked him for financial assistance to help us to expand the School and so admit more students. We approached the EC and we were proud to have a representative of this large organization on our compound in 1985 when Dr Kratz came for the opening ceremony of the new wing of the School which the EC and ICU co-financed. On this day Dr Kratz encouraged us to keep pushing ahead because education of women is one of the most important aspects of the growth and development of the nation.

Another friend is Mrs Zipporah Wandera, Nairobi Town Clerk, she has known the school for some time and follows its progress with keen interest. She agreed to officiate on our certificate giving day one year and she left the students very impressed when she reminded them that whatever their conduct was after leaving Kibondeni, it would be branded as what they picked up from the college and they should always try to remind themselves of that responsibility and so act.

Mrs Jerusha Okech is now in Heaven, she too was a keen friend of Kibondeni, because the courses we run at our college were her line professionally. The year she acted as our guest of honour on our Parents/Certificates Day she told the students that catering is an extremely important career and quoted the refrain, "a hungry man is an angry man" reminding the students that it could be extended to clothes and cleanliness

of the area where he lives. Without catering services there is no family or society that will thrive, she added.

Mrs Joyce Kanina, former Chairperson of the Kenya Home Economics Association has always appreciated what we do at Kibondeni; she calls often to see if we need her assistance and gives it readily. One year she presented certificates to our students and she told them that among the many schools offering these skills in Kenya she has found Kibondeni worth recommending to many and that the students should remember that besides the skills they had acquired while with us, they had also received character formation, concern and affection from the teachers and that should make them proud of being products of Kibondeni.

Several years back we also had the good fortune of having Miss Margaret Kenyatta as guest of honour on yet another Certificate Giving Day.

I would also like to extend my gratitude to teachers who have been with Kibondeni and in one way or another are still in my heart although life has led them elsewhere. Thank you Mrs Edith Katama, living in Kampala, for the years you spent teaching here. I also extend my thanks to Mrs Jeniffer Mawer living with her family in England. She still writes to us each year. I cannot forget Mrs Bruce residing in Canada who still faithfully sends her annual contribution to our school bursary fund; Mrs French, wherever she may be, because I have lost contact; Mrs Makwaia who will be somewhere in Tanzania; and former Miss Vayani living in Zimbabwe, I believe. I have also lost teachers like Miss Nancy Nguya who found herself in Zaire having to

bring her experience from Kibondeni to that large African country, Miss Eunice Masinde who now dedicates her days to other duties, Miss Conchita Kaibel who is still a consultant of the School, Miss Alfonsina Ramirez now residing in Mexico and who once taught Geography at Kibondeni. I will also thank Miss Cristina Cabello who no longer works in Kibondeni but still has us all in her heart; and last but not least, four people now residing in Spain: Carlota Diaz, Rosario Insausti, Encarnacion Riera and Elisa, who arrived here in the 1960s and helped Kibondeni in its initial stage.

I also want to extend my gratitude to the installation team of Kianda Foundation. These ladies have not spared their energies when it came to supervising the builders

looking for furniture and equipment for the School; Miss Marilyn D'Souza always has a smile whenever she comes around after we have asked her for money to buy a deep-freeze, etc. Miss Cristina Sanchez de Ocana and Pamee, despite the number of times they have had to repeat architectural drawings for us to understand what they are doing, always accompanying it with "Is this what you had in mind?" I cannot forget to mention Miss Sol and Miss Merche who often have to convince us that chair A is actually more practical than chair B which we have ordered.

Yes, Kibondeni has and will always have friends.

Beni Okondo
Principal



*Miss Margaret Kenyatta addressing students
and guests at Kibondeni*

THE WORK OF A HOME

The first work of women originated in the home because before there were any jobs in this world Adam and Eve worked. God told Adam that he was to work with the sweat of his brow, and that did not mean that they were going to work in an office, but on the land and in the house. I cannot understand why anyone despises the work of a home or says anything negative about it. I think that the work of a home is very important because it prepares a person to work in any society. For example, if a person has been hard-working at home, has shown a spirit of service and courtesy in dealing with other people, and is understanding, this person will be a good influence in the society in which he works.

We read in the Bible that St Joseph was a just man because he knew how to make himself useful to his fellow men in the small village of Nazareth, by making sure that Jesus and Mary had a nice house to live in and we remember also how the three - Jesus, Mary and Joseph - cooperated in the work of the home. Our Lady looked after the housework -feeding the family, keeping the house clean and tidy - while Jesus like any of the small boys, learned how to do manual work from St Joseph. In this way each one contributed to the warmth of the family and a happy home.

Blessed Josemaria, the Founder of Opus Dei, used to preach unceasingly that we have to put God on top of every human activity, and in this way we will be imitating the Holy Family of Nazareth. He added that he had a lot of respect for domestic work, comparing it to that of Our Lady in the Holy Family.

I am a cateress by profession. I do domestic work, and I do the same things that my mother taught me when I was a small girl. It is important to educate people on the value and dignity of work in a home, and thus understand what the Founder of Opus Dei used to say: that all jobs have the same importance if one puts Christ on top of them whether the people doing them are street sweepers, housewives or clerks. All jobs involve sacrifice if one wants to do them well. All jobs are executive jobs, of very much value.

Work is connected with the dignity of man. Any human being has the capacity to

know and transform things. Why? Because man has will and intelligence. For example, a housewife is able to make a house look homely and cheerful. She prepares appetizing meals and don't you think this is a work worthy of those who call themselves professors? Because all work requires effort and thinking and in these modern times one has to be highly qualified in order to do domestic work. We are no longer in the times of our grandmothers when we used to eat githeri day after day.

Women who do the work of a house in a true and noble sense are an example not only to the family but also to their colleagues. When a mother dedicates herself to the work in the home she teaches her children to become other teachers. I have seen mothers concerned about teaching their daughters the work of a home before their marriage. This work can be seen as a very important job - or one for low persons, which means you do not know the meaning of a home in man's life.

The Founder of Opus Dei used to talk about how Jesus spent thirty years of his life in silence and obscurity, submission and work. I always applied this to the work of a home which is done in silence and unnoticed in its small details, and yet for the love of God, and no occupation is in itself great or little until it gains the value of the love with which it is done. All jobs bear witness to the dignity of man and to his dominion over the earth. Any work is a manifestation of love and is directed towards love. The Founder of Opus Dei used to tell people, "If you want to be useful, serve", starting with those jobs that no one wants to do or which you yourself consider beneath you.

I am proud to be doing this job and for this I thank the Founder of Opus Dei because he always told us that God wants us to attain holiness through this work.

Yes, the work of a home when it is well done, humanly and supernaturally can be a good instrument of unity and well being of a family. God asks for spirit of service which is both demanding on ourselves and pleasant for the people around us.

Beatrice Nafuna (1973)

DRESSMAKING AND HOME MANAGEMENT COURSE

In September 1991, Kibondeni launched a new course - Dressmaking, and with this it opened her doors to day students. Like everything that hopes to develop in the future, the course began small with five students and minimum material means. The following year more students were admitted, and for the first time we had a fashion parade on Parents' Day, with the day students parading and displaying what they had made.

In September 1993, two new subjects were introduced - Food and Beverage Production and Service, and Housekeeping, so that the course acquired a new name - Dressmaking and Home Management. Since the day course began, students have been presented for the Grade III trade test in dressmaking with good results, and this

year's students are also being prepared for Grade II and I. For the first time candidates will sit for the exams in the Artisan Course on Food and Beverage Production and Service.

The latest development is the production unit in the Dressmaking department. It aims at generating income to cover the School's expenses and so keep the school fees low. So far they have made uniforms for Kibondeni students and for other catering establishments, a number of ladies' outfits and wedding gowns. It is hoped that as the number of students increases initiatives will also grow, and Kibondeni will participate more and more in the development of the country through her students.

Jane Muasya (B.A.)



The Fashion Parade

A CHALLENGE TO ALL KIBONDENI PAST STUDENTS

What is Kibondeni? What makes Kibondeni what it is? The answer is: YOU! You, past and present students, you, past and present teachers. You are Kibondeni and have made it what it is. We are now celebrating 25 years since the birth of Kibondeni as a School of Institutional Management, shortly to be changed into Kibondeni College.

A number of you have kept in contact with Kibondeni and, in so many ways are helping it to grow, to mature, while retaining its youthfulness and adapting to the new demands imposed by the changing educational system and of sprouting forth new life.

However, there are some who, sadly, we have lost contact with. Circumstances have taken you far away, probably you are now married with your own families. But surely you still remember your old School and all you received there. We have tried to renew contact with all the past students by organizing meetings, and printing newsletters which we send to the addresses that we have.

This time we are offering you a challenge. Taking advantage of the 25th Anniversary celebrations and all they bring

with them, we want to be able to make a Kibondeni Past Students Association a reality before the end of 1994. Are you ready to accept the challenge? Then please do the following:

- Come around and discuss it
- Send us your suggestions: aims of the Association, possible activities, things that can be shared, interests, hopes, discoveries, doubts...

Remember that we count on you; on your experience, your cooperation. We need your help to continue making Kibondeni a place where many young girls will cross that borderline between childhood and maturity and enter the world of work well prepared, ready to make a positive contribution, to influence for the better.

Do not be put off by lack of time, of means, by distance. There is much you can give and much from which you can benefit by continuing or restating your contact with this old and beloved friend: our Kibondeni.

Pilar Narbon



*Irene, a past student, in a modern kitchen
She works with a variety of complicated equipment*

KIBONDENI SHIELD

A shield symbolises the aims and hopes of the institution which it represents, and in the case of Kibondeni it represents so many girls who were going to learn there to serve others with joy and generosity, ready to transform any environment where people live or spend their time of rest and leisure into "bright and cheerful homes". These words, of the Founder of Opus Dei, have been at all times like "the guiding light" that directed and lit up the path Kibondeni has followed.



Kibondeni: Kiswahili word meaning a small valley where the youthful hopes of its students would find their fulfilment in a profession of service.

A silver star: The guiding star of happiness that we all desire and can only find when procuring it for others.

Bright blue background: Symbolizing the beauty that woman is privileged to create around her with her work and dedication.

Red Stripe: as it were, joining the hope of the valley with the fulfilment of the sky; because dreams and hopes only become realities when the task is undertaken with courage and a generous heart.

Pilar Narbon

MEMOIRS AND LETTERS FROM PAST STUDENTS

My Memories of Kibondeni

I arrived in Strathmore Catering on 17 October 1966 around 5.30 pm. It had rained a bit so it was cold. My surprise was that I was welcomed warmly and invited to a hot cup of tea and cake, by then cakes were not so common especially in my home area. I knew cakes as food for Wazungus because I had tasted them before where my Dad used to work. He worked for a British lady who owned a farm at Gilgil.

When I arrived, the future students of Kibondeni were having an English class with Miss Belinda Rego. After class they all came to greet me. Those who were of my tribe also tried to speak or greet me in my language and straightaway I felt at home. I was shown my room which is now part of the ironing room, because by then one of the wings of the dormitories was still under construction. It was my first time to live with people of different tribes. I was introduced to the place, then given a uniform and shown my department which was the laundry. That day I had supper, then went to bed.

In my department I was working with two girls who were Kambas; Mary Nduku and Agnes Mwikali. I must say we became good friends although generally, I was not selective. We washed and ironed clothes for about 360 students of Strathmore College. We used to mend anything that was torn. Our teachers were all the time with us. I was impressed by how concerned they were with our little problems.

One day we washed new white sheets together with pink towels and all the white sheets turned pink. I thought I would be told to leave together with my friends. We reported the matter to the teacher in charge of the laundry and she just told us to ask for eggshells from the kitchen and boil the sheets together with those eggshells. Our joy was great when the sheets became white.

When Kibondeni started we had teachers of different nationalities: Indian, Tanzanian, British, Mexican, Spanish, Kenyan, etc. When the time came for us to leave, Agnes Mwikali went to work as a housekeeper with a European family. She worked for some years and then she got married. That family had to leave for their country, but because they liked her very much they did not want to leave her without a job. They left her with a friend of theirs for whom she worked for more than ten years. When this family was going back to their country, Agnes decided to go back home and be a housewife and look after her children. Agnes kept Kibondeni in mind, she said that she valued everything she had learned in Kibondeni, so when her daughter completed Form Four she came with her all the way from Ukambani to Kibondeni. Her daughter Angeline is now doing her course at Kibondeni. Agnes was very happy when she brought Angeline and it was my first time to meet her in twenty years. You can see that Angeline learned a lot from her mother.

One of the things we enjoyed a lot in Kibondeni was get-togethers. We longed for them. On many Saturdays we went to visit the sick in Kenyatta Hospital. This helped us to love the sick and to help them.

In Kibondeni, we learned a lot, including things concerning human virtues, such as charity. We all lived honestly, little things in our work, care of material things, etc. I now work for Kianda School.

Willemina Indakuli (1966)

FROM MRS TERESIA MUTINDA (1979)

I would like to share with everyone the experience of my great years at a school that should not be so called because it is actually a home. I studied at Kibondeni between 1977 and 1979 and I passed my exams well, thanks to a variety of reasons.

● The strong Christian formation the teachers gave me. They respected my freedom and at the same time, as I realised, they were keen that I would know clearly what was wrong and what was right, regardless of what the whole world thought. I was not one more in this large group, no, I was Teresia Mwilu and had to face up to the consequences of my actions.

● I had to learn my skills well so as to be the best worker among my work mates and when I had graduated and gone from there.

● I had to be proud of having been created a woman as I had my role to play and if I were to play it well, I had to live an upright life, honest, when seen by others or when alone, because I had someone who always looked at me with affection - my Father God.

When I arrived at Kibondeni, the ideas that those members of Opus Dei who were working there tried to explain to us about

life, seemed too demanding and I was not sure whether I would be able to grasp them well. I soon managed and began to put some of their suggestions into practice. I was surprised when I discovered that I could live them and they were actually helpful. Now they are what keep me going, and why not say it, keep my husband alert, and I even manage to reach my neighbours and others whom I get in touch with simply because they have ordered a birthday cake from me. It is beautiful to put into practice ideas like "spirit of service", when it comes to giving my time to another mother so as to help her child enjoy his birthday.

Now I am married, and have three children. I am proud to say that on each birthday celebrated in my house I make my own cakes; I also sell them and take orders for wedding cakes, etc. When I left Kibondeni I worked in a bakery for a while then decided to work on my own. This gives me more time to be with the children and earn money as well.

I want to take this opportunity to thank my teachers and those still in the School, encourage the current students to work hard and advise the past students strongly to keep in touch with Kibondeni.

Congratulations!



Teresia Mutinda with her family

Dear Beni

Thank you very much for your lovely letter informing us of all that will take place in the near future at our beloved and motherly school Kibondeni, that never will go out of our mind and memory.

Well really I do not know how to express myself and how grateful I am for all that I received in Kibondeni School: I did not actually realise that what I was receiving day after day and week after week in Kibondeni would have a real impact on my future life. Among the many things are (from Administration subject), a) that man is the most difficult thing to deal with, b) a cateress should have strong feet and light head, c) to have foresight, d) co-ordination and love for work.

Man is the most difficult thing to deal with. Thanks to the professional formation I received in Kibondeni I have learnt that in order to help, teach or advise a person or a student, I have first to get to know each person one by one, e.g., her character, her beliefs, the condition of her family, etc. and for that I try all the time to be with and work together with my students.

I sometimes notice that somebody who has been working with a lot of interest and enthusiasm has started to weaken and thanks to the spiritual formation I have received in Kibondeni which taught me to see each person as an individual not as a mob, I am able to deal with the situation by talking with the person concerned, explaining things slowly and with calm, afterwards I notice that they work with more freedom and responsibility.

Strong feet, light head, because the work of the catering is not the same each day. The strong feet help to do the work quickly and well, so what it is a real service to the others who depend on our work of catering. Light head is needed to understand what one is doing and to cope with daily occurrences, small accidents, unforeseen emergencies, etc.

With foresight I have learnt to plan my work and this helps me to keep calm. When planning and reading the menu I think not only of the present but also of the future. Many times I have had to prepare a party for more than twenty people in a few hours and I am thankful that I have learned to have something ready in the deep freezer for emergencies. It can even be hot soup.



Agripina giving a cookery class to a group of girls in Abidjan

Co-ordination, to find joy in work and get good results from the girls who do their work in the laundry or kitchen and servery. Whenever there is an emergency in the catering we notice the joint effort.

One day one student asked why I was so amused when we should be tense and I told her that tension does not solve anything and later I told her how and where I have learned that loving one's work and being close to the others helps one to work with love even if this seems hard. People have more confidence in you when they see you doing what you tell them.

For present students what I can actually tell you is that when we are in Kibondeni we don't realise how much they spoon feed us and spoil us with the good professional and spiritual formation. Actually when I look back I miss Kibondeni and if I would have a chance I would start again.

When I speak with students about professional matters they ask where I did my course. I tell them in Kenya. They don't believe that it is in Africa. With the formation you are receiving you are able to reach anywhere doing a lot of good all over the world especially in family life where social life is born.

The ideas I have learned in the spiritual formation classes in Kibondeni about sense of responsibility in their welcoming warmth was really impressive. The teachers and the students understand each other, work together, from time to time have a get-together. Their way of living for me is a family way, a parents' education, a Christian education not just like a school.

Kibondeni School has given us spiritual guidance and a moral education. It has shown us how to go about in society, and how to be mothers of a family. We learned also how to love each other, there was no distinction between us, there never existed either races or tribes. We respected each other very highly and loved each other very much as in a family.

We went to be trained as assistant cateresses, but the reality is that most of us have turned out as head cateresses. We work in very high places and wherever we are people are happy with us.

We did our last exams in 1977. After that I worked for a few years in Kenya and then came to the Ivory Coast. Here you can't imagine how what we learnt from Kibondeni is helping us. We are able to begin a school similar to Kibondeni. It is actually the first school of catering and home management for women in this country. People admire the school. There are many girls who apply to come. We take 30 girls each year and the course lasts two years. Two days in the week we have courses in health education and cookery classes for ladies and young girls who didn't have enough education.

I actually encourage my students to make an effort and put interest in what they are learning, to make use of everything, of what they see and hear, to profit from it because it is for their future good, it will help them a lot.

All this is to let you see how useful the training we received in Kibondeni School has been to us, and it is very important for us because we reach far to people we never thought we would meet.

Well I could say more, but I think I will finish here. I wish good luck to the students now doing the exams, this year and next year.

Best wishes to all and lots of love.

Agripina Alema Limuti, Abidjan (1986)

MY MEMORIES OF KIBONDENI

My memories of Kibondeni cannot be contained in a single book of hundreds of pages, but for now, I shall try to be as brief as possible. First of all I would like to thank once again all the staff of Kibondeni for the way they have prepared me, even though I am sure that I can never be grateful enough.

Until I came to Kibondeni, I had never thought about the work of catering, nor had its importance occurred to me. The work of catering is like any other professional work. It, however, requires good preparation professionally to be able to carry it out with competence. The work of the house obviously plays an important role in society. My going to Kibondeni really changed my whole life. It had never occurred to me that doing catering in Kibondeni I could be what I am today. My entire life and the way in which I carry out my professional work is all based on Kibondeni.

In Kibondeni, I came to learn to give importance to everything, be it small or big. There, I also got to understand very well what Blessed Josemaria Escriva repeated so many times in his life-time, that we need to prepare ourselves very well in order to carry out our job. According to him all jobs are important, there is no job that is less important; what makes the difference is the amount of love of God that each one puts while carrying out her job, be it cleaning the toilet, washing up in the kitchen, washing up the plates in the servery, sewing a button on a dress or on a shirt. I could have done these same things and not appreciate their importance, but for my training in Kibondeni.

These days, professionally, I carry out the same task, but each day differently and better, with more love and more experience. As my staff in Kibondeni taught me, "Each day you will discover something different in the same thing". The teachers of Kibondeni not only cared for us professionally, but spiritually. I have never seen nor ever been to a school like Kibondeni. I don't think there is another school like that in Kenya where there is individual attention and everybody is so cared for and loved. In Kibondeni, everybody is so concerned and is ready to give a hand at any moment to any student who needs it. In Kibondeni, there is the possibility not only of learning well, but one also feels really cared for.

Now, ten years after graduating from Kibondeni, the memories of Kibondeni still remain as fresh in my memory as if I were still living there. Now, I am faced with the responsibility of starting a new school like Kibondeni here in Cameroon, called Sorawell, but I am not scared at all because I have the certainty that from our school here in Cameroon young professionals will also be well formed ready to compete and secure jobs anywhere they go. I am very proud of my professional preparation at Kibondeni. I don't think I will ever be grateful enough for what they taught me. I wouldn't deny that with years one gets more experience, but I think most of my experience be it in the kitchen, in preparing a special dish, in the servery, while making cakes or desserts, or in the laundry and ironing room, are all based on my learning in Kibondeni.

Our catering school, Sorawell, is growing. In June the first group will be writing an external examination. We hope that with all the professional preparation passed on to them they will come out with flying colours; which will help to keep up the good name of the school. Schools of catering aren't so many here, so we hope to make a great impact in this domain. However, the ways of learning are not exactly the same as in Kenya, but the essentials and the basic things are the same.

I could go on and on, saying or writing my memories of Kibondeni, but I cannot put everything here in writing.

I send my article with a big thanks to Kibondeni. Thanks to Kibondeni I am what I am today, and I can pass on to others what I was taught. Personally, I think it is the best school of catering in the world.

Beatrice Asiyó (1985)

KIBONDENI AT 25

It is with great pleasure that I write this article for the occasion of the 25th Anniversary of my most beloved school, Kibondeni. Here I was a student in the years 1984-85. Those two years were the most remarkable years of my life.

The professional and human formation which I received there gave me great ambitions. I wanted everybody to share with me the great discovery: that without work well done we cannot live like good citizens.

This ambition made me leave my beloved country to give this same message to others. Here in Cameroon, we have a school called Sorawell, which I hope will be like Kibondeni in the future. It started last year with five students. Here, I try to put into practice all that I gathered from Kibondeni.

Was Kibondeni only a School of Institutional Management? I hope that everybody who passed there will agree with me that more than being a school, it was a home. What struck me when I arrived at Kibondeni was the family atmosphere, full of confidence. Everyone cared for the well-being of the others, there was no room for selfishness. This I say because I was not only a passive observer, but an active participant. I must say that the affection and trust which had grown among us was more than that of mere acquaintances. It was a sister to a sister or a mother to a daughter. I wish Kibondeni were like heaven where people will live for eternity. I know that what I have learnt can never be erased and has to be transmitted to others by all means.

As far as human formation is concerned I learnt a great deal. I learnt that man is not an isolated being, but a social being who is needed by others and who needs the others. That is where the question of work comes in for it's through work that we are united to others, try to live in harmony, to be responsible, understanding, patient with the ones around us. It is through our work that we learn to love others as they are, for we discover that they are different from us, but they are lovable. There I learnt that this responsibility makes us do our work well whatever it is, whether it is typing, teaching, sweeping or gardening. If you are grass be the best grass, if you are a branch be the strongest branch, if you are a tree, be the best tree.

I also learnt that as a social being, I have to be cheerful for a cheerful face attracts other faces and makes the world brighter. But a gloomy face cannot even allow the rays of the sun to penetrate. That helps me a great deal here for through my experience a smile melts even the hardest of hearts.

There, they also made sure that I developed myself and retained my personality, to be myself always and everywhere. That is why I feel as much at home here in Cameroon as in Kenya. For I am the same as always. The environment cannot influence me. I am the one to influence it with all the good things I got from Kibondeni.

Then, of course I had the best professional preparation in the field of Institutional Management, no stone was left unturned, I feel very secure here for with the human and professional formation that Kibondeni gave me, I can look at things with serenity.

I advise those still in training to make use of all the chances they have, for afterwards one sees how profitable it was; and past students, let us try to spread all that we have learnt to others so that we can transform the world.

Au Revoir.

Cecilia Waitherero Kimani (1986)

KIBONDENI - A CHARACTER TRANSFORMER

I was 16 years old when I was admitted into Kibondeni as a student. It was very frightening to have had to leave my lovely small home in Nyeri and venture into Nairobi City. The city was attractive too, because of so many things I had heard of and, held by the hand of my Dad, I longed to be part and parcel of all the many tales that had reached our village from Nairobi.

One good day a letter arrived addressed to my older sister who was by then married and had therefore left our compound. I had to open and read it to see what the contents were. It was a different kind of letter, unlike those I had mostly received from my sisters. I felt great to be honoured by this chance of opening this letter and actually reading it.

The letter was from Kibondeni. It was informing my sister, a past student, that if she wanted, she could go back and register for a government exam. I thought to myself, this sounds great why not apply. I sent the application and after a few weeks I received the reply. I got what was requested of me and posted it and soon after that I was invited for an interview, and thanks be to God, I made it. I waited for some weeks, then received an answer. This was really great. I now had to battle with a new idea, boarding school! I had never been to one before, how would it be? Would there be girls of my own home? What about tribe and language?

When I arrived there were many tribes and this made me scared, what does one do now? I soon realised that there was no need to worry. The girls got along very well. The teachers were both "Mzungus" and Africans but they too got on very well with both teachers and students.

This is not a school, I concluded, but a haven, a home, a family. I was happy. There was a time-table of the house to be followed, but what was great was the fact that one was helped to enjoy following it. Department time had to be strictly adhered to. So was class time and the most loved of all was the get-together. In this I learned how to get along with people of different opinions and outlooks, I heard of different topics, eg different countries and what they do and how they live. There were teachers from America; some from India, Spain, Ireland and a student from Tanzania. At times I wondered whether I was in Kenya or had actually gone out of the country.

The next exciting item for me was to see the trainees dressed as waitresses. They really looked elegant and when I asked I was explained why they were so elegantly dressed and what they were going to do. I was really amazed and wondered if I would ever get to that standard, but I decided to stay and give it a try. At home I used to "manage" my parents quite well and my neighbours too.

I had begun to realise that I had experienced some change. Until then I had never said my name to a stranger. People tend to be curious for one reason or another and so I had a habit of giving different names to different people in different circumstances. That vanished with my stay in Kibondeni. I also developed a smile on my face constantly and it no longer portrayed what I was going through at that moment but rather an effort to help those around me smile. I was a different person but better by the end of the year. Now I look back and all I want to say is a big THANK YOU!

Beatrice Wangechi Maingi (1978)

FROM MARGARET NYOKABI (1984)

My grandfather used to have a walking stick which was an essential part of his means of going around, sure of his step. I would like to call Kibondeni my walking stick. All I know professionally as well as my personality, I learnt it from Kibondeni; and what are these things? How to cater for a large number of people providing meals on time, at the required temperature, for some three hundred people or more. When one deals with meals of such large quantities, hygienic measures are very important. I was really surprised when one morning the teacher told us to throw away a lot of stew that had been left over from last night's dinner because it had a bad odour. I tried to restrain her because meat is very expensive and rare, and her answer was "Have you any idea of the medical bills that 300 people would have to pay for tummy aches?" The point was clear, and out into the dustbin went a sufuria of stew.

Another aspect I learned and would like to tell the current students to bear in mind was: human and spiritual formation. This was a new vocabulary to me then. The teacher told us that humanly, we had to be "women 100%", the way we talk, walk, carry ourselves, whether in school, kitchen or on the street. I felt great, it was fantastic and I had a proud feeling inside me; for ever having come to this school, where I was being taught how to be a first class worker and if I can put it this way a first class woman, I loved it all.

Now I am working in Zaire and I have plenty to share with my friends, I was not born that way but was made so by that school, Kibondeni: HAPPY JUBILEE.

MY LIFE IN KIBONDENI by Norah Atyang (1994)

The two and a half years I have spent in Kibondeni have been the happiest in my life. I am grateful to the tutors, cateresses and fellow trainees who have given so much to me. I feel that I am ready to face life outside with the practical and theoretical knowledge I have gained as well as the doctrinal formation.

I should say frankly that I have enjoyed your company during our stay. My dear colleagues in the 1993-1994 class were wonderful and I will miss them dearly.

I WAS NOT REALLY WITH IT by Marcelline Khavetsa (1988)

After my Form Four examination I wished to do a secretarial course like most of my friends. So I applied to different towns, without really caring about where I would be accepted. Before any of my letters were answered, my Dad suggested that I come to Kibondeni to do catering. To please him I went to do the interview, but I was not really interested in the course. I passed the interview and was called to do the course; I went just to try it out.

What impressed me most was the cleanliness of the school and the affection the teachers had for students. They treated everybody with love. This school is well equipped for practicals and has the books needed. After one week of observation I liked it so much that I forgot about the ideas I had before. I learned not only how to work but to work hard with love and interest.

Thanks to Kibondeni School I got my certificate and learned about the human virtues that are helping me a lot.

ALICE WAMAE (1992)

Having finished my course at Kibondeni School of Institutional Management, I did not know where to start looking for a job. However, I found one easily as a matron in a boarding school.

The students were roughly 300. The duties were just like those of a matron, in addition to those of a cateress. I want to share my experience with those who go through such feelings as loneliness and feeling lost and isolated from the socializing world. This happened to me because everybody, even the students, were from the same tribe except the head whom I rarely saw. English was a foreign language.

Anyway, I had to get a way out. So I dedicated my whole weekend and other free time to the students, first in groups where I could hear their points of view, then individually. This was very helpful and a big step forward. When dealing with students one has to have a bit heart, that is all the students should be number one, not one or two. In schools the members of staff carry the whole responsibility of both teachers and parents. The attitude towards education was very poor although the school itself was modern but situated in a very remote place. I tried, through teaching them Catechism, to teach the students that they had a duty to study.

Altogether, working in a school or with students is the best job I every wish to do. Students are children, however big they are.



Alice talking to a student in her place of work

WHAT KIBONDENI HAS DONE TO MY LIFE

What I found striking was the trust and honesty with which the teachers dealt with us. Many times I found myself saying anything to the teacher concerned with my department, without fear of what had happened to me or what I had done wrong.

Another characteristic I found there was a sense of cheerfulness. I learned how to be honest, loyal, sincere and have a deep sense of spirituality regarding differences in different denominations. I also learned how to sanctify my work, being honest with myself and others in authority and to do apostolate; having many friends and helping them learn how to do their work well among their workmates.

I was very curious to know what is behind all this and the concern of each teacher for each student. It was the spirit of Opus Dei. I am still very grateful for the help I received from Kibondeni School.

Monica Akoth (1977)

Dearest Miss Beni,

I don't know whether you can imagine my joy when I saw your letter, the signature of the Headmistress which is very familiar to me, made me remember the past years. When you were praying so much for us that we may understand "the good things", but unfortunately our time had not yet come.

The years have passed very fast, already it is the 25th Anniversary of Kibondeni, that very dear school where I learned so many good things; I still remember with gratitude the teachers who were there at the time, the efforts they put so that we learnt things better; Miss Esther Toranzo and Miss Ursula Okondo who gave the Sociology classes which I still use to help my friends.

Yes, as I have said before, I learnt many things in Kibondeni but I will only speak about some of them and they will cover everything I want to say.

Normally at home I used to work, but in Kibondeni I learnt to work hard and with perfection, to be responsible in the work entrusted to me (I admired the confidence they put in each girl, the spiritual help given in the school with naturalness and patience). It was easy to deal with teachers and at the same time have a lot of respect. The joy that made the atmosphere of the school not to have a sensation of a school, but a "home" was always noticeable.

All that helped me a lot to love that work which for me at that moment was a hobby - now it is professional work which I love with all my heart. I went to Kibondeni thinking of doing something worthwhile while waiting to do further studies, but later (very soon) I changed my mind.

Today I am very happy to be among those who have started a school like Kibondeni in Ivory Coast, which is a help for so many girls to learn those things that I learnt there. I teach cookery in school and I try to teach the same as I learned in Kibondeni. Sometimes the girls ask me "Where did you learn these things that you teach, in a school like this?" And of course I speak to them about Kibondeni with love.

Well, Miss Beni, I think I had better finish and wish all of you a very happy anniversary "Joyeux Anniversaire".

Dear Kibondeni! I could not wait to have a photograph, if I get one I will send it to you in another letter; anyway I am not a friend of photos. Pass my love to all.

Eugenia Wanjiku, ABIDJAN (1973)

Dear Celine

I was very happy to read your letter informing me that Kibondeni is preparing to celebrate her Silver Jubilee. What a great occasion, to think that in 25 years Kibondeni has done so much, and yet there is still much to be done.

I carry Kibondeni very much in my heart because it opened to me great and new horizons. I do not think I would ever have known the wonders the catering industry plays in the life of society if not for Kibondeni School of Institutional Management. I am sure that with modern development the terminology has changed, but that does not change the Kibondeni that I knew. The experience that I got from Kibondeni has helped me a great deal and I pass it on now to those I teach in Nigeria, where I am working. Very often I meet Victoria Aseso who is Nigerian and is also a past student, and we spend time remembering our times in Kibondeni.

I am especially grateful to the teachers for their tireless efforts and in particular to the Principal for her patience and at the same time the demands she made on us so that in future we would enhance the life of the catering industry and that of society and in a very special way that of the home. I have been to many institutions in different parts of the world, but Kibondeni still remains the core of everything.

Thank you very much and I wish all of you at Kibondeni a wonderful time on the occasion of the Silver Jubilee.

Lots of love
Fidelis Nabangi (1978)
LAGOS, NIGERIA

POEM FOR KIBONDENI

How I love to remember Kibondeni our dearest School and Family
Home of learning, joy and training where all gain skills without complaining.
Though cooking and laundry made us run,
Housekeeping and sewing were real fun.
A mighty gold mine, Kibondeni, from which we all became so wealthy;
And walk abroad with such assurance,
As we cling to your honour in true endurance.
May the sun still and ripen your fruits,
May the rain make plain your precious truths,
May the wind blow your seeds to fertile berth,
So your pattern will sprout over the face of the earth.

Naomi Asitiba (1969)
LAGOS, NIGERIA

My dear teachers

You may not remember me but I am one of the ex-Kibondeni students. My name is Mrs Agnes Muli, formerly Agnes Mwikali. I am now a mother of five; four boys and one girl. I thank the teachers for all I learned at Kibondeni. It has helped me to manage in life. If it was not for those good things you taught us and the good example you showed us, perhaps I would not be the way I am now. I also thank our Chaplain who helped me a lot. I missed the advice of my tutor when I left Kibondeni. Do you still have the tutorial system? Since then I feel it is necessary for young people to have a tutor, a person to whom they can confide those small secrets and get help.

Well, when I left Kibondeni, I went to work for a family for three years, then they had to leave the country so they asked me if I would like to work for their friends, an English couple for whom I worked for more than ten years. We became very good friends, I was like part of the family. They had to leave the country. By then I was going to have my third child so I decided to go back upcountry. They left me very many things for my house, utensils, clothes and so on. By then my daughter and my sons were very friendly to the children of that family. We have kept in contact until now. This is due to the Kibondeni education on various virtues.

I always hoped that my daughter would grow up and go to Kibondeni to benefit from it as I did. When she completed Form Four I took her to Strathmore Catering to ask for a vacancy without luck. I did not give up; we walked all the way to Kianda Catering and by chance one of the students had left so there was a vacancy. I thanked God for answering my prayers. She did the interview and was called for in-service for three weeks, which is part of the interview. The day I went for her I was sick but I persevered, and was rewarded

because she had been accepted. I also met one of the teachers who was very kind and really helped me, and I met Willo my old friend, whom I had not seen for more than twenty years. I asked her about all the teachers, assistant cateresses, priests of Opus Dei whom I knew, and she updated me on the news. I was sorry to learn that Fr Tony died, he was my teacher of apologetics for some time, and a good one. I asked for Esther Toranzo, Mila Santurino, Tere, Rosario, Elisa Encarnacion, Carlota. She told me that all of them went back to Spain. Alfonsina Ramirez went back to Mexico. Willo also told me that Miss Charo went to Nigeria with Mumbua, Wangeci and Naomi. She told me where each person I could remember was. Miss Olga, Conchita, Cuca, Merche, Cristina Cabello who suffered a lot when we spoilt clothes in the laundry with Willo.

Well, my daughter was taken and when she came home for holidays she was very happy with everything they were learning at Kibondeni. I saw she had matured fast. My daughter's name is Angeline Muli.

Thank you once again for the effort of the teachers of Kibondeni.



Agnes Muli with her family

Agnes Muli (1969)

From Zaire

What words can I use about Kibondeni? Humanly speaking I can find few, but in my heart I hold it very dear. I was there in 1983 - 1984 and had applied for admission to learn catering skills which I did, but above all I learnt what it is to be a woman, proud of the fact and no complexes whatsoever and not mixing my role with that played by men. We are the same, but each had to play his/her role and play it well without comparisons, envy or imitation.

I am now living and working in Zaire where catering is not known. When I arrived I went to my work-place where a man had been employed before, but of course the employer missed that feminine touch, the garnishing of dishes, clean corners of sitting rooms, under the carpets and beds, well laundered clothes and sheets, etc. I was once again proud of the skills I had acquired in Kibondeni.

Have a great day for your Jubilee.

Electina Msinzi (1985)

Dear teachers and students of Kibondeni,

Thank you for inviting me to participate in your Silver Jubilee celebrations despite the fact that I am far away tucked in a corner of Zaire. I send you my warmest greetings and good wishes.

I would like to share with you some details that impressed me when I came to Kibondeni for the first time. My aim of joining this School was to get a good training, get a job and good money and so help my family in their needs and later get a challenge at a hotel job and "move the world" from there. I think I got well into both, as you will soon discover but one area that helped me get my feet was the way the staff handled us students. At the practical lessons they not only instructed but did the job with you, be it cooking, laundering articles or cleaning.

I found this too much and decided to open my ears, eyes and all so that knowledge could get through. The aim of the teachers was to make us good workers who were keen on small details and jobs well finished. This attitude helped me to be free with the teachers, consult them when I needed to and often to discuss my personal ambitions and future plans with them especially my tutor.

Much later, I have come to realise that what I learnt at the beginning is the same thing that I am now using to help the youth of my new country Zaire. We have organized several clubs and in one we are trying to teach the women who attend to look after their homes better and also to be real mothers as this is an important area for them.

Thank you Kibondeni and keep it up, ex-students.

Esther Nabangi (1977)

KIBONDENI'S FACE IN 1994

I would like to contribute to the commemorative book of our School on its Silver Jubilee. The day we have been preparing for since January has arrived. We have lived months of intense classwork, of listening to how our School began some 25 years ago and we just cannot believe it.

I am a 2nd year student, and my class has a total of 39 students. I hope to complete my 3rd year in 1995 and so sit for the KNEC like the 3rd year students who have finished their training this month.

In Kibondeni, we have classes in the same classrooms but do our practicals in three different departments; namely, Strathmore School Catering Department, Kianda School Catering Department and Strathmore College Catering Department. In fact when we meet for theory lessons we are quite noisy, "what area did you work in this morning? What menu did you prepare for your customers?" (ie school boys or girls depending on where we are residing and practising). We take these duties very seriously because in the final exams they count more than anything else.

Another interesting thing is the fact that we have three different courses going on at the School. There is the Housekeeping and Laundry course which is the one I am taking, and after my exams I hope to work in an institution either in the laundry department or housekeeping. Then there is a course called Food and Beverage Production and Service; these people actually feed us while we clean the school and launder for them. I am told that when they complete their course they will work either in large kitchens or in dining rooms as waitresses. I like cooking but prefer laundry and cleaning. The third course is Home Management and Dressmaking, which started some 4 years ago. These people are very ambitious, they combine four skills in one course. They also have two Certificates at the end, one by the Ministry of Labour and another by KNEC. They take two years while the rest of us take three, and we often tease them that they are greedy for papers from the Ministries.

Kibondeni is not only study and practicals, we also have our fun; we have had a netball competition in which each catering department produced a team. We invited the past students who live in Watani, and I am proud to say that at the end of the day we - Kianda Catering Department - took the prize. Another great event was the Christmas Carol Singing Competition, and this time it was Strathmore College Catering Department that won, and we told them that it was because of their practical machines - they are so new that they do not make any noise and so their ears are not spoiled. Next year, we hope to beat them.

What happens in the Dressmaking section? They have already treated us to one fashion show and we are expecting another on 31st July. Their show was in the newspapers. My father often asks me how we could have so many activities on Parents' Day; songs, dances, fashion show, displays, etc and I always write back putting him in the picture of what to expect on the next Parents' Day, which he looks forward to.

There is another small detail that takes place in Kibondeni in the month of May - visits to Shrines of Our Lady, and especially to that of Mt Carmel. We like to honour Her in this way, going in our School uniform so that she does not mistake us for another school.

Thank you, Kibondeni

Irene Munene (present 2nd year student)

THE YEAR OF THE FAMILY

The year 1994 has been declared the year of the Family by the United Nations. The Pope welcomed this with both hands. He has written a document entitled "Letter to Families" which I hope you have read and kept a copy in your home - if not please get one!

Being a married person, and not forgetting that I was born and brought up in an exemplary family, I feel obliged to speak for that cell of society which is so much threatened.

With so many people of good will like you and me, it is surprising that no one speaks out when children, the future parents of our society, are denied the joy of a family by the strong propaganda going on in the world today:

- Abortion, the murder of an unborn child, whichever way you look at it, whatever name you use. The truth remains that it is the murder of an unborn child. An innocent child of God.
- Divorce, destruction of a family, leaving the children without a basic right - the right to a family. Here parents abandon their duty to educate their children. They actually give them a bad example of what a family is. The family is at the root of our values.

The family is joyful self-giving, educating, a source of many values. The family is a necessity for the human person and if it is destroyed then the human person is also destroyed. We have a duty to protect the family. We have to speak for the family first of all by our example, living with the person one loves most, not for some time but for life. This is something we should be grateful for, something we should fight to safeguard.

Husbands and wives should seek the good of the other, forgetting themselves. How rewarding this is (note that here I am not speaking about the life to come but of the present). I have been married for one year and I would not change this for any other kind of life. There are difficulties, yes, as in any other situation, but this does not take away the beauty of a family - a man, a woman, and, God willing, children; the result of sacrificed love.

Do something in favour of the family, it is worthwhile.

Mrs Pauline N Kamuti
(formerly Pauline Ngugi)

RECIPES by Edna Wabule (1973)

To cook only what I like is like depriving others of what they would like. It is always good to prepare meals that are nutritious and attractive to excite people's appetites and make them look forward to meals.

I know many people don't like rabbit meat yet it is delicious and it is within reach of everyone. I will give you a basic recipe for cooking it.

For 1 rabbit:

1 tbsp baking flour
2 onions or spring onions
4 cloves of garlic
2 bay leaves
2 green peppers
6-8 ripe tomatoes

Method

Cut the meat in good-sized portions.

Season with salt and pepper. Meanwhile fry the onions, green pepper and garlic till golden brown. Brown the meat in a frying pan and add the onions. Add the tomatoes and the rest of the ingredients.

Add some stock to cook the meat.

Season to taste.

Serve with ugali, rice, potatoes or chapatis. To vary, add some carrots or peas and potatoes to the meat.

Sukuma and groundnuts

2 big bunches of sukuma wiki
1 cup of nuts
salt to taste
2 cups of water
2 onions

Method

Prepare sukuma for cooking.

Roast and shell the nuts and crush them.

Fry onions and add sukuma. Cook for a while.

Make a paste of nuts with water and pour in the sukumas and season well.

Simmer until ready for serving.

Excellent with ugali.

EMPLOYERS OF KIBONDENI SCHOOL TRAINEES

American Embassy, Nairobi
Apostolic Nunciature, Nairobi
Arid Zone School, Ololonlunga
BAT, Nairobi
Bura Girls' High School, Taita
Chilean Embassy, Nairobi
Chuka Girls' Secondary School, Meru
Consolata Hospital, Meru
Crest Hotel, Nairobi
Embassy of Madagascar
Embu Institute of Agriculture
Firestone, Nairobi
Green Hills Hotel, Nyeri
Gringos Restaurant, Nairobi
ICRAF, Nairobi
Imperial Hotel, Kisumu
Iroto Conference Centre, Nigeria
Joy Town Special School, Thika
Kagwe Girls School
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Lake Naivasha Hotel
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Limuru School of Catering
Londiani Secondary School
Loreto High School, Limuru
Mahoniok Rural Training Centre, Narok
Maji Mazuri School, Eldama Ravine
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Maseno University
Matuga Development Centre, Mombasa
Mountain Rock Hotel, Nanyuki
Nairobi University
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Nyahururu Secondary School
Nyali Beach Cottages, Mombasa
Ole Onguruone Secondary School
Ombo Hospital, South Nyanza
Palm Hotel, Mombasa
Precious Blood Secondary School, Kilungu
Safari Park Hotel, Nairobi
Safari Land Hotel, Naivasha
Sheraton Hotel, Harare
Siana Springs - Windsor Hotels
Sorawell School, Cameroon
St Anne's High School, Riuki
Starting Point Restaurant, Nairobi
Swedish School, Nairobi
UNEP, Nairobi
Utalii College, Nairobi
Wahundura High School
Watalamu School of Catering
Wilson Airport Canteen

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