



## Be a Friend of The Annual Run for Zimbabwe Orphans and Zimbabwean Fair

To volunteer for our annual run, donate funds, receive an entry blank for the upcoming run or learn more about The Sustainable Living Foundation 501c(3):

Log on to:

[www.ZimbabweParaguay.org](http://www.ZimbabweParaguay.org)

or Call: 650 941 9206 or

E-mail:

[info@ZimbabweParaguay.org](mailto:info@ZimbabweParaguay.org)

Or Write SLF at

156 Marvin Ave. Los Altos, Ca. 94022

Hello from Ellen Clark, President of The Sustainable Living Foundation! Our family started the 1<sup>st</sup> Run for Zimbabwe Orphans and Zimbabwean Fair in the spring of 2000. After the 4<sup>th</sup> annual run, we established The Sustainable Living Foundation, a 501c(3) public non-profit charitable corporation. This is a brief “run down” of what we do. **We**, as a part of SLF:

- **Put on a Zimbabwean Fair** so children may experience the joys of Africa-- its art, food, language & music. **We have bands, cultural exhibits . . .**
- **Stage The Annual Run for Zimbabwe Orphans** to promote physical fitness. The meet features 12 races from 100 yards to 1 mile in Mtn. View, Ca. for all ages in the spring.
- **Engage all children--regardless of their income level or ethnicity-- in two-way philanthropy;** giving to Africa but also receiving the many gifts of Africa. We have an annual **shoe drive** & an event called “**The Baobab Tree**” or upside down tree. (For details contact SLF.)
- **Raise vital funds for Makumbi Children’s Home (an orphanage) in Zimbabwe via donations.**
- **Conduct games & skits; Make interactive presentations on Zimbabwe to schools in an atmosphere of “working & learning” together.**
- **Provide “runnerships” (free entries) to low-income, disadvantaged kids for the Zim Run. Reach out to immigrant populations.**
- **Design & sell a logo free Zimbabwe Run & Fair T-shirt that anyone would be proud to wear!**



. . . Winter, spring, summer or fall. . . .  
 . . . All you have to do is call. . . .  
 . . . And I’ll come running. . . .  
 . . . You’ve got a friend. . . .

Words by singer, songwriter  
 Carol King

Now that you have an idea of what we do (**See list to left.**) now it is your turn to **call and we’ll come running!** Send this form to: SLF-- 156 Marvin Ave. Los Altos, Ca. 94022 c/o Ellen Clark. If you prefer to make a tax-deductible contribution, please make out your check to SLF. For information, e-mail: [info@ZimbabweParaguay.org](mailto:info@ZimbabweParaguay.org) Or call 650 941 9206.

Name \_\_\_\_\_

Address \_\_\_\_\_

e-mail \_\_\_\_\_

Phone number \_\_\_\_\_

\_\_\_\_ I would like to become a volunteer for SLF. Do you have a specific job in mind? If so, what is that job? \_\_\_\_\_

(Refer to list on left.)

\_\_\_\_ I am making a tax-deductible contribution of \_\_\_\_\_

Note: All checks are addressed to SLF and mailed to 156 Marvin Ave. Los Altos, Ca. 94022



**SLF PUTS ON THE ZIMBABWEAN FAIR WITH THE MUSIC, ART, FOOD & CULTURE OF ZIMBABWE. SADZA BAND!**



**SLF SHOW CASES CHILDREN'S ART**



**SLF STAGES THE ANNUAL RUN FOR ZIMBABWE ORPHANS TO PROMOTE PHYSICAL FITNESS**



**SLF ENGAGES ALL CHILDREN IN TWO-WAY PHILANTHROPY. Shoe Drive for Africa.**



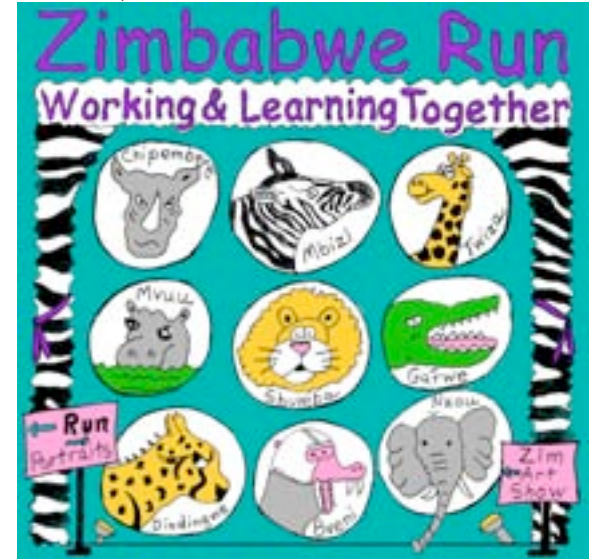
**SLF RAISES VITAL FUNDS FOR MAKUMBI CHILDREN'S HOME IN ZIMBABWE.**



**SLF CONDUCTS GAMES & SKITS; MAKES PRESENTATIONS TO SCHOOLS.**



**SLF PROVIDES "RUNNERSHIPS". INSPIRES AND REWARDS ALL AGES. THERE ARE 12 X-COUNTRY RACES AT THE RUN— 100 YD. LION HEARTED RUN; 220 YD. PRE-SCHOOL, ½ MILE KINDERGARTEN; MILE RACES FOR GRADE SCHOOL, HIGH SCHOOL AND ADULT RUNNERS.**



**SLF DESIGNS AND SELLS A "LOGO FREE" RUN FOR ZIMBABWE ORPHANS AND FAIR T-SHIRT FOR THE BENEFIT OF MAKUMBI. (THE SHIRTS ARE DONATED.)**

**ALL THAT SLF DOES IS IN A SPIRIT OF "WORKING AND LEARNING TOGETHER". WON'T YOU JOIN US IN HELPING THE KIDS OF AFRICA AND THE KIDS OF THE USA?**