



**Mully Children's Family  
Canada**   
Saving Children's Lives  
[www.mcfcanada.org](http://www.mcfcanada.org)

## GrandpasCan 2019

*When Quitting is Not an Option...*

*destitute children's lives will be saved and transformed forever.*

What are you willing to do to celebrate the rescue and successful rehabilitation of one destitute, orphaned, or abandoned child rescued by Mully Children's Family?

***I will ride my bike for 1 km.***

Since 1989, Charles and Esther Mulli, their biological family, and their staff have, by the grace of God, successfully transformed the lives of 15,000 of Kenya's most poverty-stricken children. This is the number of young adults that have graduated from Mully Children's Family in 30 years. Praise God!

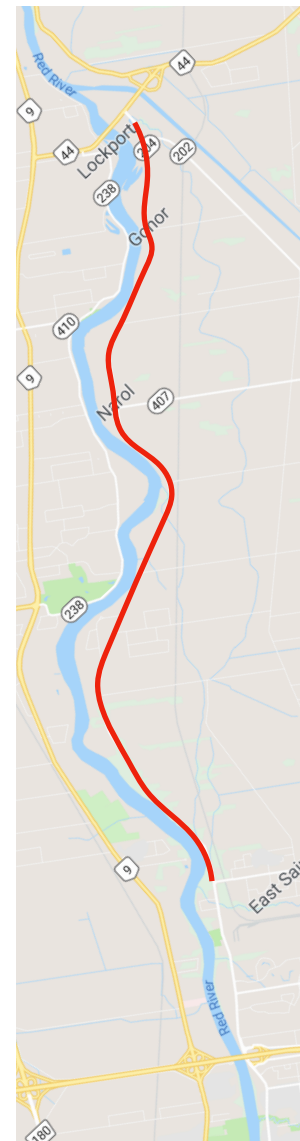
God willing, I will ride my bike 1 km in honour of each of the 15,000 children that have graduated from MCF.

That is 15,000 km.

GrandpasCan 2019 will be a year of celebration. We are celebrating 3 major milestones:

1. Mully Children's Family's (MCF) 30-year anniversary.
2. Arvid's 15th year of extreme cycling events on behalf of the children at MCF.
3. Charles Mulli's 70th birthday.

My riding will happen primarily north of Winnipeg on Henderson Highway between Hoddinott Road and Lockport. Yes, I know that is over 500 times there and back. I plan to start from home each morning and end back home each evening.





Following a gradual introduction (100/200 km/day), I will settle in on riding 333 km/day, 6 days a week. In addition to taking most Sundays off the bike, I will also have scheduled days off to allow for family time, fundraising events, speaking engagements, and media interviews. If all goes well, I will ride my last kilometre on Aug 8th at 6pm. I expect to include a 500 km time trial on July 4th and a 1000 km time trial on July 13-14th. I also plan on participating in Race Across Oregon, a 1000 km UMCA cycling event that includes 50,000 feet of climbing, July 19-22. These special events will be part of my 15,000 km celebration ride.

My 15,000 km ride in honour of 15,000 changed lives will end on Aug 8 at NKMB church.

A detailed schedule will be available at [www.grandpascan.com](http://www.grandpascan.com)

## How can you participate?

**1. By celebrating Charles Mulli's 70th birthday!** I am inviting 70 solos or family units to target riding 1000 km from May 20th (the start of my ride) to Aug 8th, the end of my ride. I would ask each solo/unit to TRY and raise \$1/km in pledges or personally donate \$1/km to Mully Children's Family.

Mr. Mulli will be at the event on Aug 8. You will be able to meet him in person, wish him Happy Birthday, and hand over your donations.

The distance (1000 km) and the amount (\$1/km)



is a suggested target only. Any distance or amount is greatly appreciated!

PS. You are responsible for tracking your own distance cycled and collecting the pledged amount. Receipts will be issued for \$20+. Donations should be submitted with all proper information (name, address etc) so that receipts can be issued.

For more info contact Arvid Loewen at  
[loewen.arvid@gmail.com](mailto:loewen.arvid@gmail.com)  
204-996-8758

## **2. By joining us at the MCF/GrandpasCan Celebration on Aug 8, 2019 at NKMB Church! (1315 Gateway Road, Winnipeg, MB)**

Please note: Two similar events will be planned at Hutterite Colonies on August 9 & 10.

In 2005, the Canadian Safari, Arvid transported 3 teenagers (in rotation) from MCF on a modified tandem bike 7000 km across Canada. We are planning on bringing Paul Gachoka, Lydia Akinyi, and Joel Mumina back for the celebration at NKMB. We want them to share their story of life before MCF, while at MCF, and now living as adults after MCF. Charles & Esther Mulli will be present to join in thanking God for the many years of partnership with Canadians. Arvid will have just completed his 15,000 km ride. He and others will share highlights from the many years on the road.

## **3. By joining us in supporting MCF!**

In November 2018, Ruth and I visited MCF with 12 of our friends. We also went to visit one of MCF's newer projects still in the start-up stage. It is located in Turkana County. We helped serve about 500 children their ONLY meal of the day. Some of these children had walked more than 5 km with their younger sibling on their back in 35-degree heat. They then stood up to 1.5 hours in line waiting for





their only meal of the day.

As we served the special meal of rice, potatoes, steamed cabbage, and goat meat, the scene reminded me of when Jesus instructed his disciples to feed 5000 people. We wondered whether there would be enough food for all these hungry children.

In the Bible story, a young boy had 5 loaves of bread and two fish. Jesus blessed them and the disciples served the crowd. When everyone was fed, they had 12 baskets left over.

In North America, God has blessed us with more food (resources) than we need. He is asking us to use those resources to feed the hungry. Your support will go to purchase food—the most basic of needs of every destitute child.

In addition to the 3500 children MCF cares for at their six locations, they presently also provide one meal a day to students in 15 public schools in extremely impoverished communities around MCF.

**Make cheque payable to: MCF Canada**

Memo Line: GrandpasCan

**Send to:**

MCF Canada  
PO Box 35027  
RPO Henderson  
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*Asante Sana!*

Arvid &  
Ruth Loewen

Charles &  
Esther Mulli

