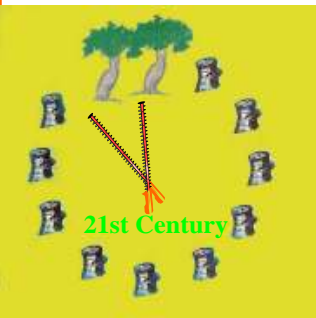


IN THIS ISSUE:

- Fighting indoor smoke.
- Safe water progress.
- Uptake in Sudan, Zambia...
- Filling the bucket.
- Honouring Nancy.



Time is running out!

UP COMING EVENTS:

- Green electricity conference. Nairobi. November, 09.
- Climate Conference – Copenhagen. 6<sup>th</sup> – 18<sup>th</sup> Dec. 2009.
- E4SD online course 18<sup>th</sup> Jan - 12<sup>th</sup> Mar, 2010

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## Promoting Health Through Clean Energy Technologies.

As 2009 comes to an end, SCI – EA is proud to share with you some exciting achievements especially in the use of clean energy technologies to promote health in Kenya, Sudan, Zambia and Tanzania. We highlight your feedback to us and honour those who have supported our work over the years, while we join the rest of the world in contemplating the effects of climate change. Read about these and more ..... in this issue of SuNews....welcome.

## Iro! Moshi! Smoke! Omuosi! Erioki! Iyet!

Words used for smoke in the six most common languages spoken and understood by many households in Nyanza province and its environs. The mere mention of the word makes heads turn, this means that it causes an alarm or makes the listeners be on the alert! Why is this so? Is it a wildfire burning a forest? Is it an accidental fire in a house or a deliberate fire for garbage disposal? No the smoke we discuss here is an everyday occurrence. In many homes it is a sign of hope that food is being prepared, what we are asking is – at whose / what cost? Why are people reacting when they here the word smoke?

Leonida Bodo an energy entrepreneur in Kawino location of Kadibo division says, "The message is getting home! We have been on our toes, talking, discussing and even singing about the dangers of smoke and in – door air pollution and offering alternative ways and technologies that reduce or eliminate indoor air pollution! We are offering a basket of choices to the communities:



A variety of cooking technologies and ventilation

solar cookers, fireless cookers, gas, rocket stoves, upesi stoves with eve spaces, KCJs and now we even have an ethanol stove – moto poa!" "Beyond these we also offer for sale the d.light, a solar lamp that charges during the day and is replacing kerosene lamps for use at night while also charging cell phones" She says that awareness is very high in the area.

During the last season, many parted with grains in exchange for an improved stove and eve space. This was a worthy sacrifice.

Through behavior change and technology adoption, these villages are tackling global warming issues while reaping health benefits.

USEPA in partnership with Solar Cookers International (EA) and Practical Action, are targeting 3,000 households by the end of 2010.



Outside cooking... free energy

# NYANZA.

## Community Leaders Take on Water Testing.

Since HABITAT invited Prof. Metcalf to train its staff on point source water testing using the portable micro lab (PML), the community of Bondo are a sensitive lot in regards to their drinking water. Through the Multi – stakeholder forum (MSFs), and SCI Nyanza province officers, they have sensitized the whole community. Now it is common for community members to ask for a testing kit so that they can be sure their water source is safe.

Councillor Opondo Jabungu of Nyawita Ward, has been selling piped water to the community – all believing that it was safe – alas! Recently he decided to test it and to their dismay, there were 17 ecoli, counts in a 1 ml petrifilm, too dangerous to drink. He decided to call for a meeting of the users in his home and educate them to treat the water.

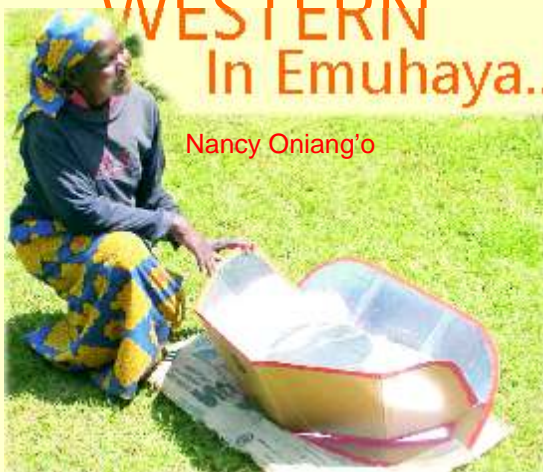


Councillor Opondo with the SWP beneficiaries

the participants indicated that even though they were using piped water their children were often sick, having diarrhea and vomiting - a clear case of unsafe water. This is a great break through, it is a case of adoption and a call for

behaviour change. As an elected leader, this councillor is leading from the front, enlightening his people and urging them to treat their water, using water guard, solar pasteurization, pur etc.

## WESTERN In Emuhaya.....Safe Water is a way of life.



Nancy Oniang'o

Early this year, SCI – EA, using funds from Goldman Foundation, piloted the Safe Water project in Emuhaya District. This involved identifying vulnerable families and making them aware of the status of their water, by testing their water source, interpreting the results with them and then training them how to make it safe for drinking. There are many ways of making water safe, one is by boiling using fire, using chemical treatment and also by pasteurizing it using free solar energy in a solar Cookit.

100 households were selected by the community to be part of the pilot project. Nancy Oniang'o was one of them. During a monitoring visit to her

home, we found her solar cookit out in the sun:

*Julius: Good day mama*

*Nancy: Eh good day to you too! Oh you are the solar people karibu karibu! Welcome, welcome!*

*Julius: So mama today we are happy to visit you because we will soon be eating what you are cooking out there.*

*Nancy: Oh so sorry my son, today I am not cooking I am pasteurizing my drinking water. You know this is the first thing I do after cleaning my compound these days. It is because I always have some water in the house as for food, I must go out and buy some if I have money.*

*Julius: Mmm, what can you tell us about the water?*

*Nancy smiling shyly: My son, the world is spoilt these days, we used to take water right from the river and we were ok with it, even though people had illnesses, we never thought it was because of the water. However, ever since you showed us that thing full of black dots and you said it was*

*never never drink the water as it is ever! I just keep thinking, if one drop of water had so many, what of a full glass or cup.....oh my! Shaking her head, she closes her eyes momentarily as she reflects.*

*Julius: So the water in your pot is safe?*

*Nancy: Oh yes, I know the solar sufuria is small so on a good sunny day, I can pasteurize even 3 times and it lasts me three days, so on those other days, I can do one solar sufuria to add to the water pot and still cook with the sun! My son, this is a great technology, I cannot imagine what I was drinking before.*

*Julius: What about your neighbours?*

*Nancy: Oh we are all the same, lets just go out and see, their cookit is out and if you ask me I know it is water in that solar cooker. As we move to Jane and Gaudencia's home we thank her and sure we find them pasteurizing water.*

I conclude my visit satisfied that solar water pasteurizing and safe water storage is becoming part of life for these pilot families. We expect a reduction in water borne diseases as well as more productive lives by the people of this community. Another 100 families are in the process of receiving their

# WHAT YOU SAY...



Berhtha Groman and Majorie Craig of Help Kenya Children Survive and Thrive were in Mombasa in August 2009 and she writes:

Hello Karyn,

Thank you so much for the introduction to Margaret. We had a wonderful and productive meeting. The work in Mombasa was nothing short of amazing. Though it was winter with many overcast days and some rain, we spoke to more than 100 women, including approximately 70 attendees at a resource conference for widows and single mothers from Kenya, Uganda, Rwanda and Somalia. In all, I cooked four different meals and several single dishes. On several occasions, we had to use charcoal or wood to complete the cooking of beans because there was not enough sun. But the women grasped the fact that they were required to use fuel for less than one hour rather than four or five. I even baked a cake -- not pretty, but the group of eight women loved it.

Margaret and I spoke about holding a training for trainers in Mombasa in the near future. I am preparing a proposal with the goal of obtaining enough funds to hold such a session in Mombasa in November or December. Several of the women we worked with are excited about the possibilities of saving fuel costs and developing small solar businesses.

Berhtha



Dear Margaret:

It was a totally amazing experience meeting you and James and the Solar Cooker International crew today! Learning not only the details of the importance of this kind of work but also having hands on experience taught to us so well was exceptionally valuable. We hope we are able to pass on the wealth of knowledge and experience you all bring to this project..I have been practicing my presentation tonight and I will let you know how it all goes this weekend.

After the trip she wrote.....

It was an incredible journey out to Kithuia Village. Several hundred people showed up and we spent four hours in 37 degree heat making water, rice, ugali, beef stew, cabbage, and potatoes. Everyone was absolutely amazed (including me that we got it right!). The food cooked much faster as James predicted and the rice was actually overcooked so it was really fantastic to discover how it all will work there. They all agreed it tasted much better than what they were used to. So there SO many positive things going on..

Best to you and everyone. We'll be in touch soon,

Nikila

After being given a cooking demonstration that was sponsored by Lift Up Africa, KCCBO wrote:

The role of Kamusinde Christian Community based organization in the solar cooking project .

1. Create awareness about solar cooking and related advantages to the community.
2. Create markets for sell of solar cooking kits .
3. Assist in the disseminate relevant information and innovations about current technologies in place about solar cooking .
4. Get reach to the locals through seminars and public demonstrations with assistance other institutions and sponsors.
5. Evaluate the community's attitude towards use of the solar cookers and seek technicians to help where necessary.
6. Within the community scout youths who are talented in making of solar cookers in future .
7. Advocate solar cooking as the best alternative method of using the solar energy for cooking the smart way.

Yours faithfully ,

Nyamu Aya Titus .

Secretary Alternativ Energies (KCCBO) Desk.

On 19<sup>th</sup> November KCCBO leaders traveled to Nairobi to meet with SCI - Regional Director with an objective to discuss closer collaboration. They got this and also a bonus: a hands on training on how to make solar CookKits.



After a training workshop in HAMS I western Kenya, a participant wrote:

" The invitation was just simple; we were to meet at Cross Roads institution - Hamisi. My expectations were low because on mentioning solar, I expected much on the solar panels and the like. This time round it was different, the two days spent there revealed that; talk about solar and get to real action! Each day begun with group activity, we prepared food and put into the solar cookers, by the end of the morning session we were able to eat what we had cooked with new method of cooking!

It was interesting that the materials one needed were only a carton, glue and aluminum foil paper and the going is set! I did not buy one at the end of the workshop but, using the information and skills learned during the workshop, I have been able to make one. I am a star in the village where I come from and whenever I put it out people come to look in wonder! I therefore suggest that more seminars and workshops be held so that more people learn and use the free resource God has given us the Sun and save our forests. He signs off... the writer is a committed user of the solar Cookit technology.

Songole Elvis Anyole



Photo Galore



Cookit distribution - Mai Mahiu IDP camp.



Ingelore Kharens visits SCI regional office



Nikila and Kithua vilagers



Useful items from recycled plastic bags



SWP follow up- Western



Kamusinde leaders making Cookkits



Gaketha Laura Energy Group, Meru.



Zalengei trainers - solar cooking.

# EASTERN

## Kuuwa Na Sua



Awareness is rising amongst the residents of Machakos District that one can cook using direct solar energy. In July, during the annual agricultural fair, the Mayor of Machakos witnessed the sun cooking and tasted the food, he exclaimed; “Wonders will never cease - you mean to tell us that all these foods were cooked out here in the sun without any fire or smoke!?” “Definitely Sir.” replied Stella the project Officer of the province. She went on to explain how simple it all is and even

demonstrated folding and unfolding the world's simplest, affordable solar cooker. The guest of Honour was the Assistant Minister for Agriculture, Hon. Mututho, who on seeing the cooked food said “This would be very brilliant for the IDPs in Naivasha who are causing havoc on the environment.” “Well”, Stella said, “they already have our office in Nairobi working with Assumptions Sisters recently distributed over 200 sets to Vumilia camp in Maimahiu.” More and more organizations, schools and individuals are writing and calling asking questions about the technology and we are positive that in the new year, the sales will begin to move up and more people will begin to benefit from the free energy from the sun.



## Workers Education Association of Zambia.....

In August 2009, the association sent a Victor Phiri to be trained as a trainer in solar cooking and expose him to other cooking energy technologies. This was in recognition that they needed to build the capacity of at least one trainer, and afford him a hands on experience and a to visit on going projects so that he could learn more both in theory and in practice. This training was a lead up to a training of trainers, in Shapi village, Mansa. The week – end of 20 – 22<sup>nd</sup> November was a busy one

for the selected trainers. A training of trainers was facilitated by SCI trainer, Faustine Odaba assisted by Victor Phiri, National coordinator of the Workers Education Association of Zambia. A total of 46 men and women were trained.

The following foods were solar cooked; *Isima* (Ugali) groundnuts, cabbage, rice, meat stew and solar water pasteurization. They also learnt how to use fireless cookers and how to recycle plastic waste materials into useful items.



Learning by doing



Oh! It's hot !

# Sola Sufuria....Solar Pot -Mang'ula Morogoro, Tz.



**MOTO UKO WAPI? " WHERE IS THE FIRE?** This is the question asked by people experiencing solar cooking and solar cooked foods for the very first time. Dieter Aneca, from Belgium and Calvin Chikawe assisted by two mamas both named Fatuma are causing a stir they are solar cooking in Morogoro. Deiter writes;

"In 2007 I finished my studies in Belgium in the environmental sector. Before coming to TZ I came in contact with Sol Suffit (<http://www.solarcooking.be>), who have solar projects in Senegal. They gave me 2 cookers to use here in TZ, to test solar cooking myself.

People saw my solar cookers and were very interested. In Morogoro I came in contact with several NGO's dealing with environmental issues. I choose to work with NGO ECAMO. When we saw solar cookers are not available in TZ and after contacting Sol Suffit in Belgium, we decided to start a project here and named it " Sola sufuria."

We received funds from BTC-CTB (Belgian Technical Cooperation) Dar es Salaam, and our first budget went on to purchase several materials while the technical know how was given by Sol Suffit Belgium. Location of production is Mang'ula village in Kilombero District, Morogoro Region. Villagers surrounding the Udzungwa National Park will be prohibited to enter the forest to get fuelwood from next year on. For now they are allowed to enter the park one day a week. Sola Sufuria is offering durable cooking alternatives.

A lot of people can't believe food can be cooked by the sun only, without burning fire. If people see the cooker with cooking pot people are saying: "Jiko iko wapi." "Moto uko wapi." If after cooking time the food is ready

and people are starting to taste we hear the following: "Safi kabisa" Perfect! " Hapa tumekubali" " We now believe." Tanzanians are loving our solar cake.

In this project we plan to make solar cookers available in and outside Morogoro Region. SCI (EA) has assisted us in sourcing for reflective aluminum foil papers and plastic cooking bags as well as leading us to a supplier for the correct glue. We are grateful to SCI (EA) and will continue to work with them as we plan for a permanent production center to meet the growing demand.

Dieter Aneca

Sola Sufuria



## From Burundi

Mrs. NTIBAGENDEZA Anastasie, reports:

The Free Methodist Church opened the Solar Cooking Ministry office in July 2009; The S.C.M Coordinator has made the plan of action to organize 3 seminars. We managed to cook 17 various food including water pasteurization first. All foods were well cooked except one pot which was half cooked due to a mistake of using damaged plastic bag.

We're now preparing to hold other seminars: One at



Anastasie and Loise

Bujumbura city, one at Muyebe district and the last one at Muyange district.

### Comments/observations:

- \* All participants were very interested.
- \* Solar cooking is very attractive. People passing near the cooking demonstrations were eager to know how to cook with solar energy. Many of them tested the cooked food and appreciated very much.

### Up-coming events:

- \* Seminar implementation.
- \* Purchase of Cookits making materials.
- \* Recruit immediately a volunteer to make Cookits.
- \* Evaluate activities done during 4 months and set up a new calendar of activities: .
- \* Follow-up trained trainers .
- \* Organize an exchange visit between the groups.

## Sound of Music.....

### Zalingei Camp, Sudan

In October 2009, the long awaited solar cooking training for Zalingei refugee camp in Sudan took place. Faustine Odaba and Simon Ogutu flew from Kenya and conducted a wonderful training for 50 trainers. Assisting them was Kharama who had been trained here in Kenya in 2007. The whole experience was heart lifting as the sound of music was heard once again amongst the refugee women who has suffered so much due to the civil war in Sudan. Preparing foods, and putting out with doubts in their minds, but the happy faces, the ululations as the cooked food emerged from "aluminum pasted carton boxes" was a sight to behold. Then they tasted the food and they joy was complete – they broke into music and dance.....! They cooked so many types of food, rice, meat stew, vegetables (okra and jir jir), bread, omelette, cake, boiled eggs and pasteurized water! In the end everyone got a certificate and UNHCR representative presented each one with a solar torch.

These trainers were expected to train others and disseminate the remaining 1,750 Cookits. SCI appreciated the efforts of Danish Refugee Council, the sponsors as well as UNHCR for letting us share in joy of bringing back the sound of music to Zalingie camp.

# FOCUS ON CLIMATE CHANGE: Victims or Agents?

The *State of World Population 2009* argues that the international community's fight against climate change is more likely to be successful if policies, programs and treaties take into account the needs, rights and potential of women.

Gail Karlsson – environmental lawyer and consultant. Policy advisor – ENERGIA thinks that:

- Energy access projects can reduce emissions and empower women. Expanded energy access would offer huge benefits in terms of the MDG targets, by relieving their time burdens and health risks, supporting new possibilities for income-generating activities, and allowing more girls to attend school.
- Recognizing poor women' roles in building resilient communities as creators, producers, caretakers, and community builders, can help lead effective responses to climate change.

- There is need for change in a wide variety of deeply-ingrained habits, behaviors, customs, and assumptions and women cannot be left out of this.

- Much can be done to move social and economic habits towards sustainability by engaging women as promoters of family health, safety, and prospects for a safe and satisfying world. Women can also have an enormous influence at home and in their workplaces, as thought leaders, teachers, architects and designers of healthy communities.

\*\*\*\*\*

- Meles Zenawi the P.M. of Ethiopia thinks that; " If the decision to tackle climate change effectively were made, then Africa with its vast resources of renewable energy - *solar*, wind, hydropower, bio – energy – would have an important niche in the global market"

## NDO! NDO! NDO! HUJAZA NDOO! Little by little the bucket fills up!

Lift Up Africa..... sponsored a training and provision of solar cooking equipment to Peaceful Children's Home in Kianyaga, central province. The home will receive: 1 parabolic cooker, 1 box cooker, two large fireless cookers and pots.

Brother Sergio, working with Sephanie a benefactor from Germany conducted a demonstration and distributed 70 Cookit sets to a camp of lepers in Mwanza, Tanzania.

Peggy Bryan from the Diocese of EL Camino Real, USA paid for 50 sets of CookKits for Kasulu, Anglican Diocese western Tanzania, they proceeded in training the church leaders on how to use the equipments and these leaders will continue sensitizing others on solar cooking.

Solar Health Education Program (SHEP) through Alison Curtis, paid for 45 Cookkits, 2 parabolic cookers, 1 box cooker and training for Cross Roads school and Daisy children's home in western Kenya.

Jamie's Africa projects – recently created awareness amongst the Maasai of Arusha – cooking different meals and pasteurizing drinking water.

Amani ya Juu an NGO working with refugee women in Nairobi, recently bought 2 parabolic cookers and 47 fireless cookers. These were to enable the women provide warm /cooked meals to their families.

The Assumption Sisters in partnership with project Harambee, paid for training and 235 Cookit sets for internally displaced people in Vumilia Camp, Mai Mahiu, Naivasha.

Father Okoth, paid for 15 Cookit sets for his village in Bondo and SCI conducted the training on usage.

Danish Refugee Council ( DRC) bought 1,800 branded CookKits and paid for training 50 trainers at Zalingei IDP camp - Sudan

Clara Wiggins of ZAO WATER – USA, continues to support churches and groups in Kenya and Tanzania, buying 15, 10, 5 solar cooking sets per group.

Mugo Justus from Meru wrote;

After the visit and training by Ingelore Kharens, and the gifts of solar CookKits and fireless cookers, a new group has been formed. It is called GAKETHA LAURA ENERGY GROUP. They meet every Tuesday and make fireless cookers which are then given to a member until all members own one. They have also devised an innovative way to sharpen their solar cooking skills. Every week two members take the CookKits home and they must use it to cook various dishes which they report on during the meeting as they pass the cookers to the next members. What a lively meeting! At times, members save some food or a piece of cake and bring it to the group! Most members are now saving to buy their own CookKits so that they can continue solar cooking.

Thanks to Laura and to SCI – E. Africa.

# Tribute to Nancy Crooks

Passion, foresight and selfless generosity sums up Nancy Crooks in relation to solar cookers. Between 2004 – 2009, Nancy initiated, funded, even sought funding and gained friends for several solar cooking projects in Kenya.

Nancy is remembered for connecting SCI - EA to the African Culinary Institute in Lokochoigio north western Kenya set up by Africa Expeditions (AFEX) that taught food production and also the use of solar cookers. She went ahead and sponsored the very first solar food restaurant managed by Turkana women in Loki town. Seeing the potential savings that the local schools could make by using the sun, Nancy sought funding and two institutional solar cookers were installed at the St. Johns boys secondary school.



Terry, Margaret, Linda and Nancy.

Driving to our office, consulting asking for proposals and being at it with persistence, Nancy sought funds and brought them to SCI (EA) office. She connected SCI - EA to faithful partners; Lift Up Africa who in turn have been instrumental in initiating many other solar cooking projects, for orphanages, women in Kajiado, schools in western Kenya and many others. Despite her frail health, she never tired and she was ready to jump on small planes and fly off to northern Kenya to conduct training assisted by Faustine.

Nancy never could understand why people were refusing to see and to use the locally, abundant resource the sun!. She did her best and her final visit to the office was to hand over a 100\$ bill, another donation to be used in spreading a safe, cheap way to cook food and make water safe for the benefit of people and the planet. Nancy we miss you already – may you receive your due reward from the Lord Almighty. Rest in Peace Nancy.



*Greetings of the season from Solar Cookers International (EA)!*

*We wish all our donors, friends, beneficiaries, partners, colleagues a Merry Christmas And A Happy 2010!*

*May we continue in partnership as our work has only begun -*

*people need to know about and use cleaner energy technologies for health and wealth!*



**The Problem**



**The Solution**

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