



Learning By Doing

# 4-K Clubs Newsletter

Issue 2, February 2023

## 4-K Clubs Competition Launched



### In this Issue:

Don't Give Fish,  
Teach them  
how to Fish!

Youth! The  
Change Agents  
in Agriculture

Extension Officers Introduced  
to the Revamped 4-K Club in  
Primary Schools in Trans  
Nzoia County





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This is our second newsletter and we are excited to share with you interesting stories from our stakeholders and especially from Patrons and members of the 4-K Clubs.

You will note that in this issue, we have shared the rewarding of our January Champion, Mr. Samuel Nyaga, the Headteacher of Joseph Kang'ethe Primary School in Kibra. We hope that this will be a regular occurrence as we continue to recognize champions who support the 4-K Clubs.

In the first issue we also received a letter from the chairperson of Kenya Professional Association for Women in Agriculture and Environment (KEPAWAE). We welcome their willingness to collaborate with the 4-K Clubs Programme.

On 17 February 2023, we launched the 4-K Clubs Presidential Award Scheme (4-KClubsPAS), a competition that we hope our members and their Patrons will find exciting and therefore participate in a big way.

As we continue to rollout future issues, we encourage more of you to participate by sharing interesting articles on the 4-K Clubs activities.

*Charles Lusweti, Editor*

### Editorial Team

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Catherine Njoroge, 4-K Club Patron, Ndurarua Primary, Dagoretti, Nairobi

Catherine Onsongo, 4-K Club Patron, Endemu DOK Primary School, Nyamira

Leon Caxtone, 4-K Club Patron, Wachara Karungu Primary School, Migori

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Jane Njeru, Competitions and Communications Officer, 4-K Club Programme

Barnabas Kimani - Graphic Designer, Barn Creative Media Ltd

Scan the QR code below to register a 4-K Club.



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# 4-K CLUBS PRESIDENTIAL AWARD SCHEME 2023

- 4-K Clubs apply online to participate in the competition and indicate their basic details i.e. name of 4-K Club, Registration Number, Name of Patron(s) and entry category i.e. crops, livestock, aquaculture or mixed farming
- The 4-K PAS Judging team will then review the applications and determine those qualified to proceed in the competition
- Once approved, 4-K Clubs have to come up with a separate project for the competition, this allows for uniformity across the board

## Timeline

The timeline for the competition is as follows:

**February/March 2023** – online applications to participate in 4-K Clubs PAS

**March 2023** – approved clubs will be notified on whether to proceed in the competition or not

**March to July 2023** – 4-K Clubs will set up their projects for the competition, this will entail seedbed preparation and planting for crops projects, construction of structures for livestock and aquaculture projects and continue to manage them in time for the judging period

**August to September 2023** will be judging period and awarding of winners at Ward, Sub-county and County levels

**September to October 2023** - awarding of National winners

## Judging Criteria

Judging Criteria will be based on the following key points

- i. Originality & creativity in choice of project, depicted in title, objectives etc
- ii. Establishment and management practices
- iii. Agri-nutrition considerations
- iv. Demonstration of Environmental conservation
- v. Inclusion of Science, Technology, Engineering and Mathematics (STEM) aspects
- vi. Project sustainability and agribusiness potential
- vii. Presentation skills

## Awards and Recognitions

- i. **Ward Level** – Certificate of Participation
- ii. **Sub-county Level** - Certificate of Participation
- iii. **County Level** - Certificate of Participation
- iv. **National Level**
  - a. Certificate of Participation
  - b. Trophies for Best Performing 4-K Club, 1st Runners Up and 2nd Runners Up
  - c. Engraved shields for 4-K Club Champion Patrons for the top three 4-K Clubs
  - d. Bronze, Silver and Gold Medals for top 3 4-K Clubs
  - e. 3 day Paid Trip for Headteacher, Patrons and Members of the top three 4-K Clubs to the Nairobi International Trade Fair
  - f. Any other awards that may provided by stakeholders for all levels of the 4-K Clubs PAS Competition

The 4-K Club Presidential Award Scheme will be executed through an automated platform that will not only feed the judging information but will also be used to register, issue online certificates to the clubs across the country. The system will be availed to judges across country and it will be used for entry and aggregation of scores at each stage to determine the winning 4-K Clubs which will proceed to next level of the competition.



**Dear Editor**

Recently I came across a photograph circulating in the media and it got me deep in thought. The caption read, “It is only in Kenya where we have youth speaking fluent English on empty stomachs, English is a compulsory subject yet agriculture is barely taught in the curriculum!” According to Future Agricultures, the average age of a Kenyan farmer is 61, but over 75% of the population is under 35. The youthful population that can offer skilled and unskilled labour has a consistent disinterest in agriculture which should be worrying to the nation at large. It should then be prudent to identify and think together about how this imbalance can be addressed to mitigate food and nutrition insecurity in our country. Access to the internet for youth is important as it builds the basis for mastery of technology, dissemination of information, training and capacity building. Value addition of agricultural commodities is another entry point for youth in agriculture systems. In-kind loans to purchase inputs, backed by a credit score and payable direct to the agro-dealers and machinery manufacturers. A forthcoming marketplace to connect youths to farmers and buyers and input loans and services such as payments and business insurance. Youths can be agents of climate-smart agriculture that is both regenerative and environmentally smart to help address the issues of soil and land degradation. Capacity building and training will go a long way to ignite an agriculture-led renaissance in Kenya. White-collar jobs can no longer sustain the employment demands of youths in the country. The vast land tracts in the country that are agricultural potent should be exploited by youths through mechanization to ensure enough production for domestic consumption and industrial use.

*Yours faithfully,  
Joram Mwangi, Aspiring Farmer.*

**Dear Editor**

In January this year, I was one of the 4-K Club patrons that were trained as a Trainer of Trainers (TOT) in Embu County. We were informed that among the trainees, there was one from each ward in Embu County. The training was very informative about the rebranded 4-K Clubs. We were taught about the 5 thematic areas of Agriculture Projects, Agri-nutrition, Science, Engineering, Technology and Mathematics and Civic Engagement and Citizenship. After the training, we were challenged to train others so that they can also establish 4-K Clubs and get our learners engaged in agriculture and help them started on having a mindshift towards agriculture being the solution to some of our current problems of food security, employment and income generation. It is also provides for fun activities for the learners and they enjoy being members of 4-K Clubs. I got an opportunity to talk to headteachers from my sub counties and they allowed that we conduct a training of patrons. We organised a one day training at CCM Ndune school and invited the Embu County 4-K Club desk officer. The number of patrons who were trained were 18 and I am happy to report that it was very successful. We went ahead to open a Makima Ward WhatsApp group where patrons are regularly reporting their 4-K Club progress. I wish to encourage my fellow TOTs to follow suit and spread the good word about 4-K Clubs. Patron Agatah, CCM Ndune Primary School.

*Patron Agatah, CCM Ndune Primary School*

**Dear Editor**

I thank the ministry of Agriculture for reviving the 4-K CLUB in the Educational institutions. Parents are now aware of it's importance. Learners acquire Agricultural skills for food availability and sustainability. Through practical activities most learners who are not good in academic are nurtured in the in the Agricultural area. To my experience, Agriculture is the backbone of our Kenyan Economy. In school learners learn on how to utilize the available resources to generate income. Land fragmentation is not an issue since farming can be done in containers. Climate change is not a problem since irrigation can be done during drought. Application of animal and poultry manure reduces the cost of artificial manure and insecticides. I cite an example of use of rabbit urine which acts as an insecticide and a fertilizer. I urge all Kenyans to embrace Agriculture.

*Catherine Agnes Onsongo  
Deputy Headteacher, Endemu DOK Primary School*

# Don't Give Fish, Teach Them How To Fish!

## Patron Orina, Kugerwet - Bomet

- You can't teach an old dog new tricks! Most of the time adult people are often reluctant to adapt new changes or to change their old habits. But the young people can easily adapt and explore into the new skills they are taught. That is the reason I have used the above proverb!
- Good example are the school going children, teach and train them new skills and they will grow up responsible citizen. Kids are supposed to be part of agriculture production as soon as they start their studies as their lives development. Remember agriculture is the backbone of our country's economy.
- This is what Mr. Orina Dominic the 4-K Clubs patron at Kugerwet primary school is doing with his club members (pupils). Through the club's agricultural activities they do in school, pupils are acquiring new skills every day.

## Sweet Potatoes Growing

Preparing the land for sweet potatoes planting. Using a jembe to loosen the soil at least six inches deep and removing all the weeds. Avoid stony soils because they limit tuber expansion.



After preparing the land, make ridges using loose soil. This is to encourage expansion of tubers.



Sweet potatoes are planted from vines not seeds. Pupils preparing sweet potatoes vines for planting.





Sweet potatoes are planted from vines not seeds. Pupils preparing sweet potatoes vines for planting.



The teacher demonstrating to the pupils on how to plant the vines and the learners doing the same.



Pupils observing keenly the development of their sweet potatoes vines they planted three weeks ago. The vines have developed new leaves a sign of developing new roots too.



Taking care of their growing sweet potatoes. They are weeding by uprooting the weeds.



Finally the teacher is showing the pupils how to harvest the sweet potatoes using a jembe.



Learning area Home Science comes in, pupils cooking the sweet potatoes for their lunch in school



The teacher is serving his pupils sweet potatoes with tea.



The teacher also having his share with the pupils.

The whole project of growing sweet potatoes has taught the pupils many moral values. Like being patient, sharing with others as they are working in groups. Now a part from pupils acquiring skills, you can easily notice collaboration, cooperation, patience and sharing.

Before the project, there was frequent absenteeism of pupils from school. But since each pupil had a role to participate in the project every day, absenteeism reduced drastically. So every pupil had to do his/her role daily and there was competition among themselves. No one wanted to be left out.

**WHAT A MOMENT!**





# Tree Planting

## Patron Jojana, Githagara Primary

**T**ree planting is the process in which tree seedlings are transplanted generally for forestry, land reclamation, or landscape purposes. Tree plantation is very important because it provides oxygen to the environment and make the air quality better. If more trees are planted, then the world's environment will become a safer place to live in. With tree plantation drives, we can contribute to improve the forest cover and resources for all other living species to whom these trees are a natural habitat.. Tree plantation also reduces pollution,thus making the life of future generations secure .With trees ,it will help to reduce the amount of carbon dioxide that is present in the atmosphere. The more numbers of trees we plant,the clear the air will get.Trees also have the ability to naturally filter dirty water. Our

responsibility has lead to decline in number. When we plant trees, we will contribute to reduction of the amount of carbon dioxide that is present in the atmosphere. Many species of animals will have already become extinct due to deforestation. It will also lead to soil erosion thus poor farm production. With tree plantation, it is clear that tree plantating is the key to save the earth from pollution. This is why many countries have now started to increase the rate of tree plantation to make the earth a safer place to live for the future generation. Every country should aim to increase afforestation rather than deforestation. Tree planting is cost -effective, thus making it simpler to achieve the goal of making the earth a safer place by making it free from pollution.



*Patron Jojana and Assistant Patron Gichuhi planting an avocado tree with a 4-K Club member*



*Assistant Patron Martin planting a Jacaranda tree with a 4-K Club member*



## Patron Emmanuel Nateinya, Good Testimony International



*A 4-K session at Good Testimony International School Nyayo Estate Inspecting the poultry project at our school*



*Part of the group members feeding the chicks and guided by one of our patrons that I trained and initiated into 4-K club*

### Teacher Agatah

The 4-K Club initiative in environment preservation. God created Adam and Eve. He put them in the garden of Eden. So God's intended man to inhabit to the forest. Not in big houses construction of Dead woods. Below are pictures of before 4-K, second after formation of 4-K.





Patron Peter - Sukari Presbyterian Academy



Sukari Academy 4k Club

HOW 4K CLUB CHANGED MY LIFE.

The introduction of the 4k club at our school, the Sukari Presbyterian Academy was one big milestone for the learners. We were able to sharpen our agricultural skills, something I earlier had not known could be interesting.

Earlier on, I had thought of agriculture as a reserve for the aged people living in the villages as well as those who had not been able to excel in their academic life. For me, Farming was a reserve of the uneducated village folks.

However, thanks to the innovation of our club patrons, the activities turned out to be so thrilling that we had to devise ways of controlling the surging numbers of learners who wanted to join us.

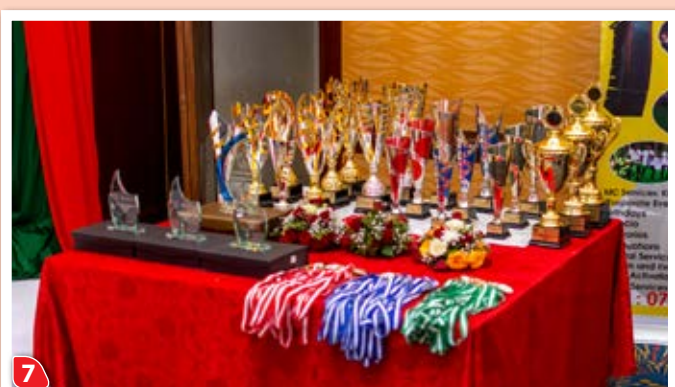
Our first activity was an innovative kitchen garden as our allocated space was very small. The end product was a marvellous garden that caught the attention of the school management. This prompted them to give us a bigger portion of land, from which we were able to regularly supply the the school kitchen with fresh vegetables and rear several chickens for eggs. We have been faced by some pests like aphids on our vegetables and a disease the teachers called "typhoid" on the chicken. Thankfully the disease dint waste our effort for we were able to bring them under control.

The members too have gotten engaged in issuance of seedlings to the school community in an attempt to sensitise and create awareness on the need to conserve our forest cover and fight climate change.

We have also discovered that agriculture can be done as a business and be a great source of income. At the moment we are learning how to add value to agricultural products like turning milk into yoghurt which gives it a higher price and longer shelf life. What can be greater than this?

Written by  
Hope Wangari  
Grade 5 pupil,  
Sukari Presbyterian Academy.





1. *Dr. Bimal Kantaria and Managing Director of ASNET*
2. *4-K Club Members enjoying mugithi dance*
3. *Mr. Baiju Kantaria, Director Elgon Kenya; Prof. Stephen Kiama VC, UON; and PS Harry Kimutai, State Department for Livestock Development at the event*
4. *Chacha Mwita, Director of Education, Directorate of Policy, Partnership and EA community Affairs*
5. *Mr. Maina of Elgon Kenya welcomes winning farmers to the event*
6. *Unveiling of the 4-KClubsPAS 2023 Awards*
7. *Some of the awards and medals for National Farmers Awards and 4-KClubsPAS*
8. *St. Paul's 4-K Club members together with their patrons*



# 4-K Club Presidential Award Scheme



*Dr Bimal Kantaria, Managing Director, Elgon Kenya and PS Harsama Kello, State Department for Crop Development share a moment at the National Farmers Award Gala Dinner at Serena Hotel, during which 4-KClubPAS was launched*

The 4-K Clubs Presidential Award Scheme (**4-KClubsPAS**) competition was officially launched as the 10th category of the National Farmer's Award Scheme during a Gala Dinner sponsored by Elgon Kenya Limited on 17<sup>th</sup> February 2023 at Serena Hotel, Nairobi. Present during the occasion were Principal Secretaries from the Ministry of Agriculture and Livestock Development, representatives from Ministry of Education, Chief Executive Officers, Board Chairpersons of companies and farmers. Also present were members of 4-K Club from St. Paul's Primary School in Nairobi.

The 4-K Clubs Programme aims to build the capacity and enhance the engagement of young learners in agriculture. It is part of the Government's efforts to harness the energy and talents of our young people so that they are at the core of our country's food and nutrition agenda. The 4-K Clubs

Programme is being implemented by the Ministry of Agriculture and Livestock Development, together with the Ministry of Education and our partner Ministries, Development Partners and the Private Sector to support schools to establish robust and vibrant 4-K Clubs.

The **4-KClubsPAS** has been set up in recognition that childrens activities are well complemented by competitions. It will provide a platform to identify, recognize, celebrate and reward excelling 4-K Clubs as agents of changing the mindset of youth towards agriculture. Learners will showcase their talents, innovations and technologies which can be upscaled and disseminated for use by others. The three top winners will be awarded trophies, plaques and medallions during the Nairobi International Trade Fair, 2023.

The 4-K Clubs will be guided accordingly on the participation

in the **4-KClubsPAS** that will start from the Ward, Sub-County and finally County where there will be 47 entries from which the top three winners will emerge as National champions. The entry point for clubs will be through an online registration link that will be shared across various media platforms. The **4-KClubsPAS** will be executed through an automated platform that will not only be used for registration, but will feed the judging information, issue online certificates to the schools registering their 4-K Clubs across the country. The system will be availed to judges during the competition for entry and aggregation of scores at each stage to determine the winning 4-K Clubs which will proceed to next level of the competition until the ultimate winners will be determined.

All the 4-K Clubs are encouraged to participate fully in the **4-KClubsPAS**.



# Youth! The Change Agents in Agriculture

**Douglas Murunga, 4-K Clubs Trainer**

The rebranding of 4-K Clubs in our schools has been the best thing that has happened to our society. As it is today, the youth perceive agriculture negatively, (young people would rather stay idle than engage in agricultural activities). On the other hand, those willing to undertake agriculture are faced with a myriad of hindrances including lack of capital, limited access to land, lack of knowledge and information about agribusiness among other challenges. The increasing urban and rural populations is shrinking the land for agricultural production. Other areas that have negatively affected youths in agriculture is the ballooning of both urban and rural population which in the long run shrinks agricultural production land.

The 4-K Clubs are geared towards to enhance the pupils abilities to convert the aforementioned in schools to find the mentioned challenges (with many others) as into opportunity opportunities that will to mitigate

issues the problem of food and nutrition insecurity for both present and future needs generations. It's is through the 4-K clubs that pupils are expected to acquire practices that will mould them wholistically towards there intended future. The 4-K Clubs complement the Competence Based Curriculum (CBC) programs positively and raises the possibility for pupils in school to be attracted to STEM subjects, taking up leadership roles within the clubs, ability to exercise integrity at a young age, enable pupils utilize available resources and still being mindful with of the environment. This These are just but a few of the many positive impacts the rebranded 4-K Clubs will be doing to our children.

It's is expected from these initiatives laid down in this program, that the society will have champions that will face the challenge of food and nutrition security wholistically.

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## Extension Officers Introduced to the Revamped 4-K Club in Primary Schools in Transzoia County

**Simon Mwombe, Director- Extension, Research Liaison & Education**

Trans Nzoia County has five Sub Counties, these are; Endebess, Kiminini, Saboti, Cherengany and Kwanza. The Sub Counties are further subdivided into Wards. In total, there are 25 Wards and each Ward is manned by a Ward Agriculture Officer (WAO). The WAOs are charged with dissemination of extension messages, technologies and innovation to the farming community and to other agriculture stakeholders at Ward level.

On 10th of February, 2023 at a Kitale hotel, all the 25 WAOs were Sensitized on the rebranded 4-K Clubs Programme in the County. They were informed that the Ministry of Agriculture, the Ministry of Education, and the County department of Agriculture together with other stakeholders are collaborating in revamping 4-K Clubs activities in primary schools. The objective of the collaboration is to change the negative perception of the youth towards agriculture, promote and grow talent, innovation and technology in agribusiness, provide a holistic approach of positive youth development (PYD) at home, school and in the community at large, so as to empower children with agricultural and life skills for; Food and nutrition security, better health and higher standards of living. Speaking at the function, the County Director of Extension, Research Liaison and Education, Mr. Simon Mwombe told the officers that using 4-K Clubs as an extension model, is a sure way and a fast means of disseminating extensions messages, new technologies and innovation to parents and hence the wider community.

The meeting that was graced by the County Director of Agriculture, Mr. Edward Osanya and the County Chief Officer in charge of Agriculture, Mr. Patrick Osoro. The Sub County Agriculture Officers (SCAOs) were enthusiastic to engage with the 4-K Clubs Patrons by sharing their contacts, to initiate and establish demonstrations plots in their schools and provide technical backstopping. The sponsor of the meeting, Mr. Peter Okiru of Chiromo fertilizer company, sensitized the officers on their new products; CalciGrow granulated lime and Nafaka fertilizers. They promised to donate some inputs to be used for demonstrations, trials and upscaling in the next long rains planting season in selected schools.

Partnership and collaboration is the way to success!

# Champion of the Month

Help me honour Madam Rosebella Ojiambo, Head teacher and the Director of Good Testimony International School Nyayo Estate for sponsoring our 4-K Club with a poultry project that costed KShs. 47,000 including 50 chicks, their feeders, waterers, a chicken coop and feeds.

**Patron Emmanuel Nateinya**



*Our January 2023 Champion receives a voucher from Elgon Kenya*



## Puzzle – Word Search

### Domestic Animals

G	O	D	Z	W	Q	T	B	Q
I	D	O	G	O	A	T	E	X
P	F	Q	X	C	A	M	E	L
E	I	N	E	H	O	R	S	E
E	S	J	T	I	B	B	A	R
H	H	Z	Q	C	D	O	V	E
S	D	U	C	K	B	U	L	L
G	U	N	N	E	A	P	I	G
X	J	D	O	N	K	E	Y	Z

Tassia School Annex 4-K Club Members  
Tassia School 4-K Club Members

### Fruits and Vegetables

M	N	S	L	A	V	O	C	A	D	O	A	S	E
A	S	O	B	A	O	N	I	O	N	B	S	T	L
Y	I	T	A	A	N	A	N	A	B	N	U	P	
T	S	E	O	R	T	L	T	E	E	I	A	O	P
P	E	A	S	M	E	U	S	T	E	O	E	R	A
E	O	E	E	T	A	H	P	P	S	R	B	P	P
O	A	S	T	R	S	T	U	P	S	A	N	S	O
E	N	U	P	A	C	O	O	Q	A	N	E	L	T
A	C	C	U	I	L	A	I	E	O	G	E	E	A
E	L	Q	R	A	N	W	R	R	S	E	R	S	T
P	S	N	T	M	I	I	D	R	L	O	G	S	O
O	A	N	E	K	I	A	C	L	O	E	N	U	E
A	A	O	K	R	A	O	Y	H	G	T	L	R	S
C	L	E	M	O	N	R	O	C	I	N	U	B	A

### Last Month's Puzzle Solution

BRUSSEL SPROUTS  
POTATOES  
LETTUCE  
AVOCADO  
TOMATOES  
GREEN BEANS  
SPINACH  
SQUASH  
BANANA  
CORN  
ORANGE  
ONION  
LEMON  
PEAS  
APPLE  
YAM  
CARROT  
OKRA  
CANTALOUPE  
KIWI



# Ergo Pro 120EC™

EMULSIFIABLE CONCENTRATE

INSECTICIDE / MITICIDE

### Active ingredient:

Acetamiprid 100g/L +  
Emamectin Benzoate 20g/L

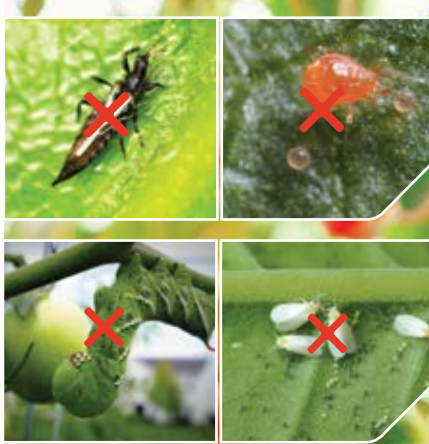
### Rate of Use

300mL/Ha in 1000L of water  
6mL in 20L of water

### Target Pests

- Spidermites
- Caterpillars
- Thrips
- Whiteflies

Packs : 100ml, 1 Ltr



Contact & Stomach  
insecticide with  
systemic and translaminar  
action.

Effective against  
the egg stage

**Ergo Pro™**  
**120EC**

Easily absorbed in  
plants tissues  
and digested by  
the target pest

Unique combination of  
2 synergistic and  
complementary AI



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