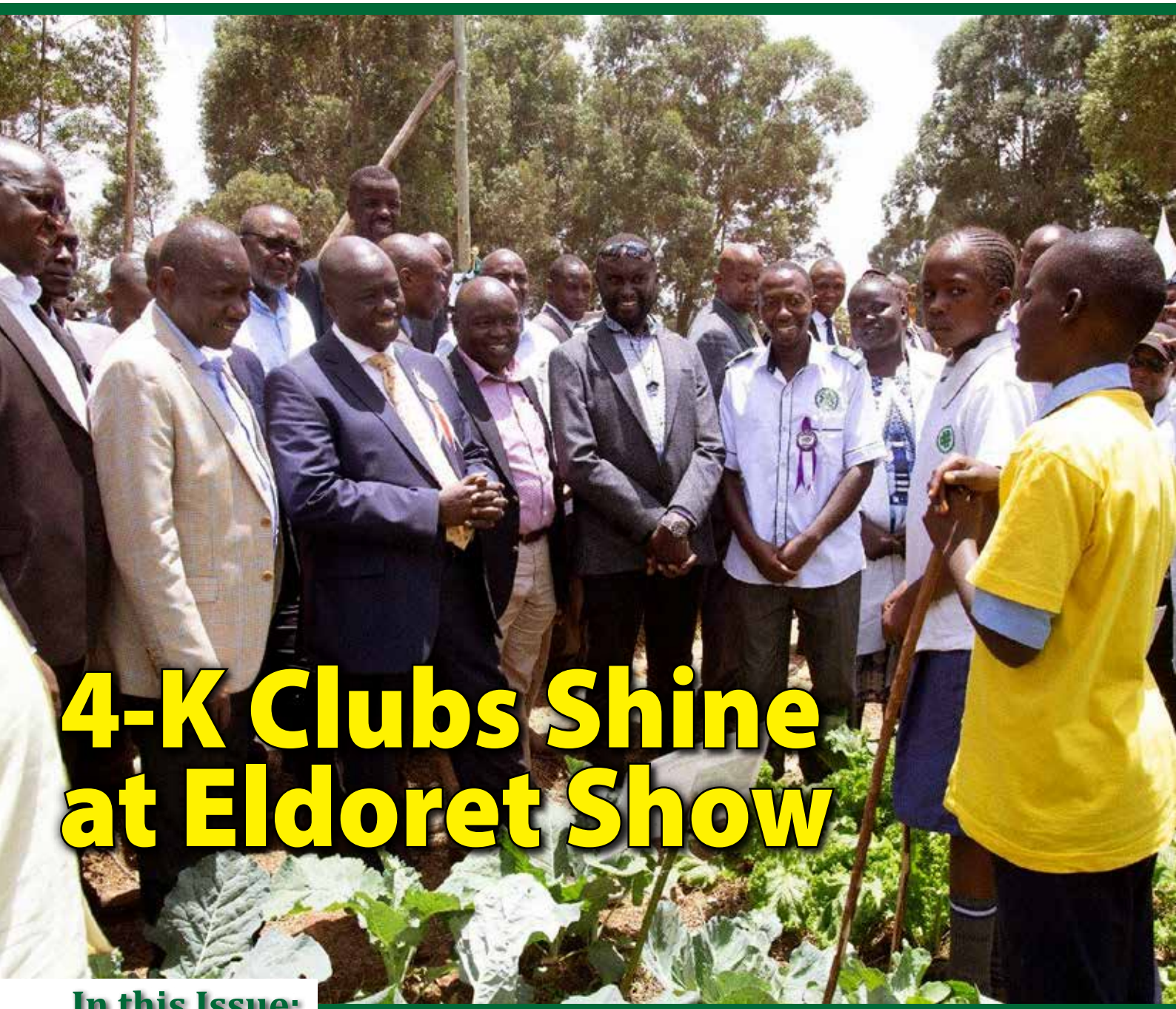
KUUNGANA KUFANYA KUSAIDIA KENYA

Learning By Doing

4-K Clubs Newsletter

Issue 3, March 2023



4-K Clubs Shine at Eldoret Show

In this Issue:

Seed Bed Preparation and Planting

Bomet County Government Donates Vegetable Seeds in Support of our 4-K Club

What is Agriculture and its Importance?

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VOTED Superbrands EAST AFRICA'S CHOICE 2022-2024

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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

Ergo Pro™ 120EC

- Contact & Stomach insecticide with systemic and translaminar action.
- Effective against the egg stage
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- Unique combination of 2 synergistic and complementary AI

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VOTED Superbrands EAST AFRICA'S CHOICE 2022-2024

Jambo! and welcome to our third issue. In this issue, we will showcase our 4-K Club members participation at the Eldoret National ASK Show. We continue to sensitize on the 4-KClubPAS which was launched last month. Our stories from the Patrons and 4-K Club members will demonstrate how 4-K Clubs are preparing for the planting season. Others have already planted and have set up irrigation schedules to ensure that their crop is thriving. It is our hope that you are enjoying reading our newsletter and look forward to hearing from you soon.

Enjoy!

Charles Lusweti, Editor

Editorial Team

Charles Lusweti – Editor, Head Youth in Agriculture Unit, 4-K Clubs Programme Coordinator

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

Kaka Keuku, 4-K Club Patron, Bogwendo Primary School, Nyamira

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

Barnabas Kimani - Graphic Designer, Barn Creative Media Ltd

Registration for 4-KCLUBPAS Competition

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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:

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

April 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

Balancing Administrative Duties and Being 4-K Club Patron

Allow me to share with my colleagues how I balance my administrative duties, class activities, sharing with staff members and 4-K Club activities. As an administrator holding Deputy Headteacher portfolio, I get to my work station early and plan my activities by delegating. Thanks to my entire staff for the co-operation. I get to class in time and ensure I cover the syllabus in time. I have my time with my teachers during tea break lunch time. A few hours after lunch I walk around the garden to see what needs to be done and whether there's any disturbance to be corrected. For 4-K Club activities I have allocated 10 minutes for watering, training, pruning, weeding or harvesting the plants. Other time is for clubs and games. I thank the pupils and all the teachers.

Catherine Agnes Onsongo,
Patron Endemu DOK Primary School 4-K Club,
Borabu Sub County, Nyamira County

Dear Editor

Curbing Climate Change for Enhanced Food and Nutrition Security

Climate change has been a major challenge in many parts of the world, and it has also affected millions of people in our region. In response to this challenge, the school community is attempting to implement various measures to conserve water and improve food security through the 4-K Club. The use of greenhouses is one of the approaches that has been widely discussed and needs to be adopted.

Greenhouses are structures that are designed to trap solar energy and provide a controlled environment for growing crops. They are an effective way of conserving water and improving crop yields in regions with adverse weather conditions. Greenhouses, as has been demonstrated, are ideal for growing crops that are sensitive to extreme weather, such as tomatoes, cucumbers, and peppers. Greenhouses modify the environmental conditions in which crops are grown and thus farmers are able to produce off-season, which guarantees better sale price and ensures a continuous supply of the produce.

In our community, we have been at the forefront of promoting food security due to heavy and long rains which have always been the pattern annually in our region. The current trend of greenhouses can help us mitigate the effects of drought in our community. Through the Sosit 4-K Club, we hope to build several greenhouses in the community, which will be a game changer for many farmers. We will be seeking assistance from the Government, specifically the Ministries of Education and Agriculture and Livestock Development, as well as stakeholders to enable us realize this goal. Through our project, we look forward to growing crops throughout the year, regardless of the weather conditions.

Regardless of the benefits of raising up young farmers, we have been faced with several challenges in implementing the project. One of the main challenges has been the capital required to start the identified projects. The second challenge is how to ensure the sustainability of the project.

We remain committed to promoting 4-K Clubs in our schools and community. We believe that these small projects have the potential to transform agriculture and improve food security as we tackle the effects of climate change. We are continuously seeking innovative ways to avail technologies to farmers, and we are confident that with the right investments and partnerships, we will be able to overcome the challenges and make a real difference in our schools and community as well.

Yours faithfully

Shalim C, Patron, Sosit 4-K Club,
P.O. Box 106, Kapkatet, Kericho

Seed Bed Preparation and Planting

Patron Shalim, Sosit 4-K Club

Members of Sosit 4-K Club learning how to plant cuttings

I would like to share some useful information about seed bed preparation and planting. These are critical steps that we have taken to achieve a successful crop yield, and all club members must pay close attention to them.

First, we prepared our seed bed by creating an ideal environment for our seeds to grow in. We removed any weeds, rocks, or debris from the soil, as well as tilled the soil to loosen it and make it easier for the seeds to take root. Secondly, we ascertained that the soil had the proper pH, nutrients, and moisture content. Thirdly, we took note that fertilizers or other soil amendments are required during planting to achieve the proper balance.

As of the second week of March 2023, our seed bed was ready and it was time for planting. The seedlings we transplanted included spinach, Sukuma wiki, spring onions, alongside tomatoes, peas, beans, pumpkins and sweet potatoes.

Our seeds were planted in rows and in a grid pattern. It is critical to adhere to the recommended planting depth and spacing specific to each crop. This will ensure that plants have adequate space to grow in as well as ensuring access to the nutrients and water they adequately require.

With the help of my fellow teachers, Ms. Dorcas, Mr. Korir and Mr. Mutai, the Sosit 4-K Club members learned ways of handling plants while planting them. Seedlings are to be handled carefully to avoid damaging them. To protect the seeds from birds, pests, or harsh weather conditions, our club members were advised to cover them with soil or other materials. They also learned how to water the planted seeds on a regular basis to ensure that they have the moisture they require to germinate and grow.

In conclusion, seed bed preparation and planting are two critical steps in achieving a successful crop yield. As a club we have learnt that is important to pay close attention to these steps. It is important to take time to prepare the soil well before planting the seeds. After planting the seedlings, it is also critical that the established crop is well taken care of for one to realize a bountiful harvest thus ensuring food and nutrition security is attained.

Sosit 4-K Club Members preparing their seedbed

Bomet County Government Donates Vegetable Seeds in Support of our 4-K Club

Patron Orina

I am overjoyed that the Bomet County Government sent us vegetable seeds and net sacks for planting vegetables. When I asked them to support our 4-K Club, they eventually followed through. They delivered farm inputs to our school and distributed them to club members.

For kick-starting our 2023 project, we were given seven different vegetable varieties! Thank you to Mr. Terer, the Agribusiness Officer in our Sub County and Mr. Kosgei, the Ward Agricultural Officer for the support.

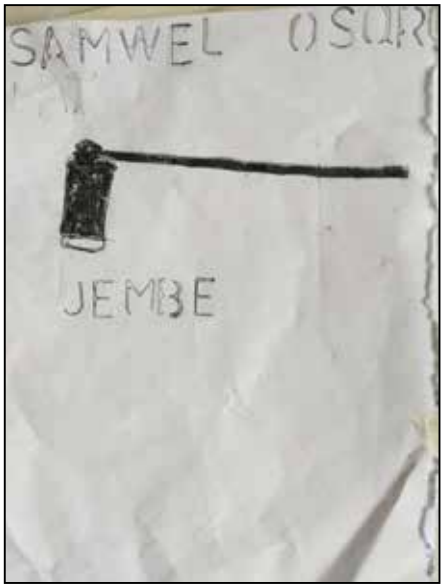
I encourage my fellow patrons to seek support from their respective County Agriculture Departments and any other stakeholders who are interested in promoting agriculture among our students. All this is in the spirit of coming together to achieve more as stipulated in the 4-K Clubs clarion call of *Kuungana Kufanya Kusaidia Kenya.*

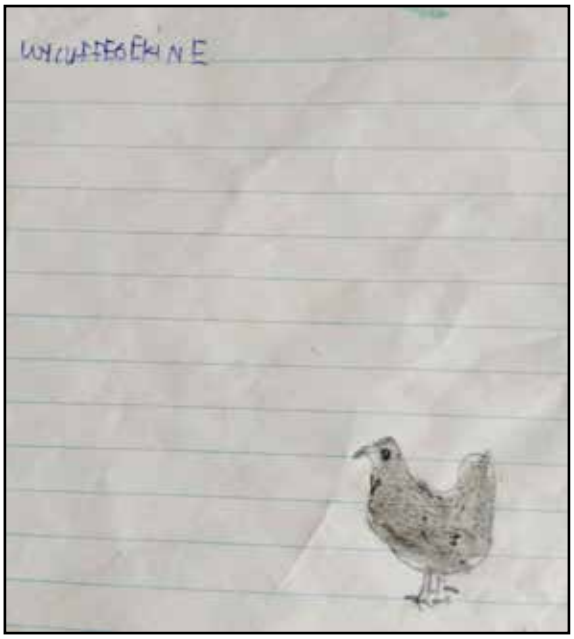
Thank you and be blessed.

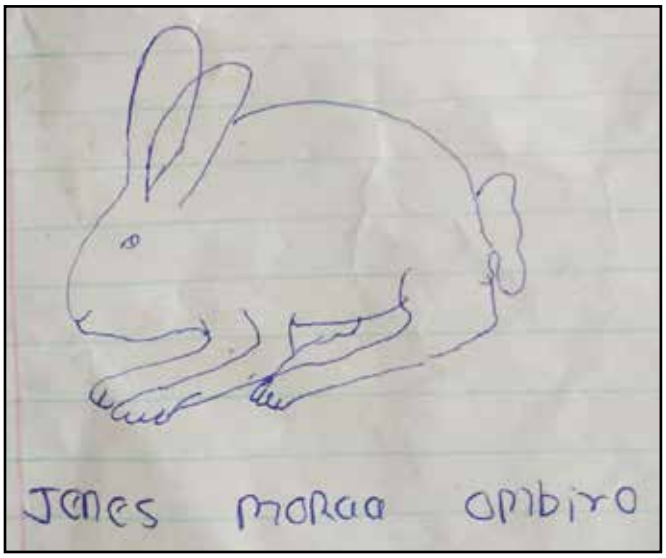
Packets of seeds donated to Kugerwet 4-K Club

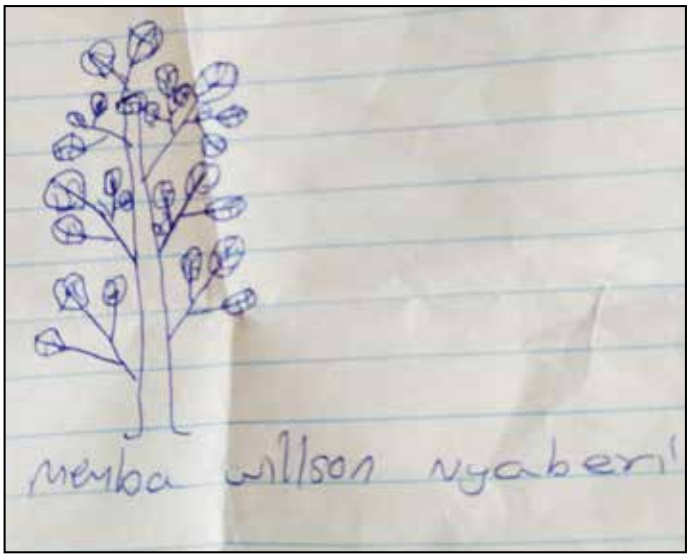
Kugerwet 4-K Club Members together with staff from Bomet County Department of Agriculture

Art Work by Endemu DOK Primary School 4-K Club Members









Banditry Reduced through Agriculture Activity

Patron Dennis Wephukulu, West Pokot

My personal experience made me develop seriousness in Agriculture and specifically narrowed down to 4-K Club. My first posting was in Wajir, Lagbogol Primary School. As I looked around, there was lots of hunger. I went to a neighboring village called Koricha, where I met some Koreans who wanted to sink wells for water but villagers resisted. I informed the Chief and they were permitted to proceed. Fortunately, we obtained water. The Chief and some villagers were then encouraged to try crop farming. They started with onions in half an acre. It was successful. We again planted onions a second time, on 4 acres. The crop also did well. Next, we planted maize, watermelons, cabbages and everything was wow!! Our farm became suppliers to the markets at Lagbogol, Leheley, Wajir and upto Nairobi! We were linked to the Nairobi market by some friends.

Out of the proceeds, we managed to make some desks in Koricha Primary School. Through this initiative, the whole community became quite busy in farming and marketing the produce. I was transferred to West Pokot which was unfortunate after all the effort I had made in Wajir. I recently heard that the well and pumps were broken down and nothing goes on on in that land now. I felt like crying knowing the good work that had been done in that area.

I am currently in West Pokot. I have been encouraging parents and learners not to stay idle. Again, I introduced onions. They did well and my school sold some two weeks ago. There is another farm which I rented near the school. We transplanted onion seedlings 2 weeks ago as well. The whole community including parents and learners are happy and busy. They have embraced the initiative. The number of boys who used to join banditry have reduced by large numbers.

How I wish that as the maize planting season is near, we could get support to access some inputs. The supply of fertilizer in West Pokot is a problem. Please talk to Elgon Kenya Limited. Ask the company to put up a store. I believe the business will boom. My aim is to educate the whole world on the importance of agriculture (farming or agribusiness).

If I can get a back up, we will go extremely far. I have a lot of ideas to curb these hunger cases in Kenya for I know what is needed. If already I am minimising banditry here by encouraging boys to engage in agriculture and they have taken it positively, then I can move all around to see to it that there is no hunger or insecurity for everyone will be busy tickling the soil.

1. *Kirutai primary school 4 k club are happy after the old student Mr Humfrey mwamburi donate chain link to the 4-K Club Members, Taita Taveta County.*
2. *4-K Club members preparing for their project. From Nyasore SDA in Masaba North, Nyamira County*
3. *Rabbit hutch construction in progress at Consolata Catholic Primary School 4-K Club, Mombasa*
4. *Kîvûtînî Primary School in Makueni county 4-K Club team preparing conical garden and subsequently planting kales and spinach seedlings, assisting them is Madam Jackie of Modern Farmers Base Agrovet, Makueni who provided the inputs*
5. *4-K Club Members and parents farm demonstration at Mulundu Primary*
6. *Joyland special school learners working on their seedbed*

7. *Hon. Wetang'ula 4-K Club preparing land for planting vegetables*
8. *Makhukhuni Primary School 4-K Club members retire after a day of working hard*
9. *Katelembo Primary School 4-K Club members weeding their vegetable garden. They grow purely organic, no fertilizer used*
10. *Bamburi Primary 4-K Club members, Mombasa making a scarecrow to keep away monkeys*
11. *DEB Kangaru 4-K Club in Embu on a tree planting mission*

Awarding of February 2023 Champion

Madam Rosebella, our February 2023 Champion receives a Voucher from Mr. Samson Achuka of the Youth Unit courtesy of Elgon Kenya Limited

4-K Clubs Shine at Eldoret Show

4-K Club members showcasing their demonstration plots to the Deputy President, Rigathi Gachagua and his entourage

Agricultural Shows provide an important platform for the 4-K Club Members to showcase their agricultural projects and activities. The 4-K Club Members are encouraged to participate in the various exhibitions and competitions at the show, showcasing their agricultural projects, products and innovative farming projects. Participation in the show inspires the young people to take up farming as a career and contribute to the country's food security.

The 4-K Club members from different schools participated in this year's Eldoret National Show. The members are given a platform to demonstrate the knowledge they have acquired through the 4-K Clubs pProgramme. Some of the activities the members were involved in include the following:

- **Exhibitions:** Members from different schools showcased their agricultural products, artwork and innovative farming practices at the exhibition stands. This provided an opportunity for them to share their knowledge and expertise with stakeholders in the agricultural sector and learn from others.
- **Competitions:** The 4-K Club Members' participated in various competitions at the show in the , such as crop and livestock competitionsenterprises. This helps helped them members to sharpen their skills and provided them with a platform for recognition and rewards.
- **Demonstrations:** Students organized demonstrations of new and innovative farming practices, such as the use of modern farming technologies and conservation agricultural practices. Each 4-K Club is provided with a demo plot to carry out their agricultural practices. This helps create awareness and promote adoption of these practices among other farmers.
- **Presentations:** Students from various 4-K Clubs made presentations to different people, including national and county leaders, on their agricultural projects and activities. They highlighted the impact of 4-K Clubs on their lives, the school and the community.
- **Entrepreneurship:** The 4-K Club Members had an opportunity to showcase their entrepreneurship skills by displaying and selling their agricultural products and artwork. This helps promote their businesses and also provide a platform for networking with potential buyers and investors.

Overall, the activities of the 4-K Clubs at the Agricultural Shows help to promote youth participation in Agriculture, Innovation and Technology adoption in farming and entrepreneurship development. These activities are important for the growth and development of the agricultural sector in Kenya and for empowering young people to become self-reliant and productive members of their communities.

The 4-K Club Members partipating at the show have a chance to teach the public on what they do best at the clubs. They are also able to meet guests of honours gracing the show. At this year's Eldoret Show, Gilson Njenga and a few other members of the 4-K Club were fortunate to educate none other than His Excellency the Deputy President, Hon. Rigathi Gachagua on the work they had done at the showground and also about the various benefits of eating some of those vegetables such as red cabbage among others. He shook their hands and congratulated them for their work and effort. They ran to the 4-K Clubs stand immediately the Guest of Honour left, crying tears of joy at the opportunity. After shaking the Deputy President's hand, some of them vowed to close their palms until they returned home to shake their parents' hands.

4-K Club Members displaying their artwork at the Eldoret Show

What is Agriculture and its Importance?

Compiled by Anne Maina, Sub County Agricultural Officer, Makadara, Nairobi City County

Agriculture is the art and science of cultivating the soil, growing crops and raising livestock. It includes the preparation of plant and animal products for people to use and their distribution to the market. Agriculture provides most of the world's food and fabrics.

Reasons Why Agriculture is Important

It is a Source of Livelihood – most people's main source of livelihood is farming

It Contributes to the National Income – Agriculture is the main source of national income for most developing countries.

Helps in the Supply of Food as well as Fodder – The agricultural sector provides fodder for domestic animals. The cow provides people with milk which is a form of protective food. Moreover, livestock also meets people's food requirements.

It provides Raw Materials to Agricultural Industries – The main source of raw materials to major industries such as cotton and jute fabric, sugar, tobacco, edible as well as non-edible oils is agriculture. Moreover, many other industries such as the processing of fruits as well as vegetables and rice husking get their raw material mainly from agriculture.

It provides a lot of Employment Opportunities – The agriculture sector provides more employment opportunities for the labour force. This, in turn, reduces the high rate of unemployment in developing countries caused by the fast-growing population.

It contributes to Economic Development – Since agriculture employs many people, it contributes to economic development. As a result, the national income level, as well as people's standard of living, is improved.

Helps Farmers to save Extra Earnings – Farmers are able to save the profits they get from farming hence Agriculture encourages savings.

Promotes Food Security in the Country – A stable agricultural sector ensures a nation of food security. The main requirement of any country is food security. Food security prevents malnourishment which has traditionally been believed to be one of the major problems.

From https://agriculturegoods.com

Champion of the Month

Mr. Dominic Orina, the Patron of Kugerwet 4-K Club in Bomet is our Champion for the month of March 2023. He received overwhelming support from fellow patrons who nominated him for his passion in agriculture which he has demonstrated through sharing videos and photos of various activities with his learners. He also gives tips to fellow patrons based on his experience.

Nominations for Mr. Orina

1. ***I am quite impressed and motivated with Mr. Orina's agricultural activities. I wish to nominate him as Champion of the Month of March 2023.*** Catherine Onsongo, Patron Endemu DOK Primary School, Borabu Sub County, Nyamira County
2. ***I also want to nominate Mr Orina.*** Samuel K Rotich, Patron 4-K Club, Saruchat Primary, Sotik Sub County, Kericho
3. ***Yeah, Mr Orina is my champion too!*** Rose Nyatichi, Patron 4-K Club, Nyaguku D.O.K, Manga, Sub County, Nyamira
4. ***I also support that.. he is an icon of influence in this 4-K Club Group.*** Richard Kyalo, Patron Kyanzasu 4-K Club, Machakos
5. ***I too support Mr Orina as Champion.*** Pamellah Kaimuri, 4-K Patron, Uhuru Primary Isiolo Sub County Isiolo
6. ***I nominate Dominic Orina as the Champion.*** Fidael, Patron 4-K Club, Misufini Primary, Kaloleni Sub County, Kilifi County
7. ***I also support Mr. Orina,*** Jane Kavwali, Patron 4-K Club, Nthilani Primary, Lower Yatta Sub County, Kitui County
8. ***I nominate Mr Orina as the champion of the month.*** Ogoti Charles Tassia School, Annex 4-K Club, Patron, Embakasi Sub County, Nairobi
9. ***I support Orina.*** Carryington Nyongesa, Bungoma
10. ***I nominate Mr Orina.*** Ezinah Sagini from Kapenguria, West Pokot
11. ***I say "I" to Mr. Orina. Bravo!!*** Mr. Maina Muturi, Rehema Primary 4-K Club Patron, Lamu
12. ***I support Mr Orina for Champion!*** Mary Nthambo, Embu
13. ***I nominate Dominic Orina. He is truly an agricultural enthusiast. The champion of the month.*** Ndirangu Lawrence, Katelembo Primary School, Machakos
14. ***I also nominate Mr.Orina as the March Champion.*** Philoh
15. ***Mr. Orina deserves to be March Champion.*** Elikana Kirutai Primary 4-K Club Patron. Taita Taveta
16. ***I too nominate Mr Dominic Orina.*** Jane Okongo, Patron 4-K Club, Tindereti Primary. Borabu, Sub County, Nyamira
17. ***Orina for Championship, I have learnt a lot from him.*** Niceta Kimani, Nthambo Primary, Embu West Sub County, Embu
18. ***Bravo Mr. Orina the champ!*** Stephen Otieno, Jitihada 4-K Club Patron, Kilifi South Sub County
19. ***I also nominate Mr Orina as a 4-K champion.*** Perpetua Ndebu. Patron 4-K Club, St. Michael Primary, Embu, West Sub County, Embu
20. ***Congratulations, Teacher Orina, your are worth the nominee of the year. I love your passion in 4-K Club, Nguru,*** 0727052988
21. ***I fully nominate my big friend Orina Dominic as the champion.*** Pius Kilonzo, Kiuani Primary Patron, Kitui
22. ***Due to public demand, I vote Orina, Mr. Bor.*** 4-K Club Patron, Kalyet Potopoto, Primary School
23. ***Mr.Orina as the champion.*** Teacher Martha Kassagam, 4-K Club, Patron Kisumu County, Kisumu East Sub County
24. ***Mr. Orina is my Champion of the month, you deserve the best Sir!*** Mr Kazungu, 4-K Club Patron, Mazeras Primary School

WORD SEARCH PUZZLE

Gardening

Find and circle all of the words that are hidden in the grid.

F	S	W	H	E	E	L	B	A	R	R	O	W	W	H	G	E	G	R
U	P	E	G	S	P	E	T	U	N	I	A	S	S	N	F	N	R	T
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H	D	H	R	R	E	L	R	O	W	S	A	T	O	M	A	E	K	L
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P	A	B	R	L	N	T	M	N	L	U	A	G	E	A	N	I	L	T
I	I	E	E	O	I	I	I	U	I	R	S	G	I	S	T	O	B	S
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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	I	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

Last month's answers

1. BEE
2. GOAT
3. DOG
4. CAMEL
5. HORSE
6. RABBIT
7. GUINEA PIG
8. DONKEY
9. DUCK
10. BULL
11. DOVE
12. FISH
13. CHICKEN
14. PIG
15. SHEEP
16. CAT
17. HEN
18. COW

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- Non residual. No delay in planting the next crop.
- Controls grasses and broad leaf weeds resistant to glyphosate
- Ensure the crop kick starts without weeds competition for maximum yields.

Packs : 1 Ltr.

Call us for Advice:

0110 094464

"Always Read the label before use"

ELGON KENYA
TRANSFORMING FARMS & LIVES THROUGH TECHNOLOGY

Elgon Kenya limited
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