



4-K Clubs Newsletter

Issue 5, May 2023

4-K Club Members Showcase Talent at a Nairobi School

In this Issue:

Leafy Delights:

Emwiru Primary 4-K
Club's Kale Project

Fluffy Wonders:

Tassia School 4-K
Club's Rabbit Project!

Cultivating the
Future of Kenya's
Prosperity



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A close-up photograph of a woman with dark, curly hair, her eyes closed and a slight smile, as she smells a cluster of purple wisteria flowers. The background is softly blurred, showing more of the flowers and greenery.

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Jambo! Welcome to our fifth newsletter, a treasure trove of ideas, experiences, and the motivating forces behind the remarkable projects undertaken by our 4-K Clubs. Within these pages, is an open invitation to immerse yourself in a vibrant tapestry of stories that celebrate the diverse endeavors from different 4-K Clubs. Each issue unveils untold experiences, introducing remarkable individuals and engages you in the current ideas and projects that are changing lives and perspectives.

But this publication is not just about sharing information; it is about fostering a sense of belonging and encouraging spirited discussions. We invite you to engage with us, to challenge our ideas, and to bring your unique perspectives to the forefront. Your opinions matter, your insights are invaluable, and your presence within our vibrant community breathes life into our collective endeavor.

Let this newsletter be the guiding beacon that inspires and propels you to delve deeper into the enriching activities of our 4-K Clubs.

Charles Lusweti, Editor

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- Catherine Njoroge, 4-K Club Patron, Ndururua 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
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Contents

Editorial..... 3

Letters to the Editor 5

From The 4-K Clubs and Patrons

Introducing the Leafy Delights: Emwiru Primary 4-K Club's Kale Project 6

Introducing the Fluffy Wonders: Tassia School 4-K Club's Rabbit Project! 7

My Experience as a 4-K Club Patron 8

Pictorial 10

Champion of the Month11

Main Story

How 4-K Clubs are Transforming Learners at Good Testimony
International School, Nairobi County 12

Cultivating the Future of Kenya's Prosperity13

Champion of the Month 14

Puzzle 15

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Ministry of Agriculture &
Livestock Development



Dear Editor

Congratulations Editorial Team

I am honored to express my gratitude and appreciation to the Ministry of Agriculture and Livestock Development, 4-K Clubs programme and all its partners for rebranding and giving the 4-K Clubs a facelift. The 4-K Clubs Programme has been a pioneer and a leader in promoting the values of hard work, innovation and service among the youth. Through its various programmes and activities, it is empowering thousands of learners to pursue their passions, develop their skills and contribute to the well-being of their families, communities and the nation at large.

I also applaud the Ministry for initiating the 4-K Clubs Presidential Award Scheme. The theme says it all; *“Winning Today for Tomorrow’s Food Security”*. This is a testament to the vision and commitment of 4-K Club to nurture and support the next generation of leaders and change makers. By honoring the best and brightest among the 4-K Club members, it will inspire them to strive for excellence, to challenge themselves and make a positive difference in the world. I sincerely cherish all who have heeded to the call and already have registered their clubs for the Presidential Award Scheme and I call upon all the rest that are yet to apply to do so before the deadline.

As we engage in these agricultural practices that are going to support Agri-nutrition amongst learners and our communities, we shouldn’t forget Environmental conservation, Civic engagement and Citizenship as learners should recognize it is in their power to contribute to nation building by providing solutions to the world’s challenges such as climatic change, corruption, food insecurity terrorism among others.

STEM projects should be the focal point as they will challenge our learners to make critical connection between everyday problems and solutions that can be provided by research Science and innovation. Furthermore, all our activities should focus on learner’s performance of skills and competences as stipulated in the Competency Based Curriculum (CBC). This will lead to the realization of a wholistic learner that will exhibit: communication and collaboration, digital literacy, learning to learn, critical thinking and problem solving, creativity and imagination, citizenship and self-efficacy.

Finally, I would like to urge all learners who are reading this today to join 4-K Club and grab all opportunities that come along with it. The 4-K Club is a stepping stone to achieving your dreams and aspirations in life.

Patron Emmanuel

Good Testimony International School 4-K Club, Nairobi

Dear Editor

I am convinced, 4-K Clubs can Change Children’s Mindset Towards Agricultural Opportunities

I wish I wish to share some observations and recommendations regarding the importance of learners embracing agriculture for self-reliance and making it a core aspect of their mindset for economic growth now and in the future. In my role as a Patron at a town school, I have noticed that many learners view agriculture as a dirty profession. However, after visiting the 4-K Club training and introducing it to our learners, there has been a remarkable shift in their perception. It seems like the entire school now aspires to become an agricultural center.

Most learners have appreciated this idea and are now declaring that they will be the best farmers who will produce enough food for our country. Please keep in mind that it all begins with involving the learners in all steps, the best of which are the preparation of planting sites, planting, rearing, weeding, watering, harvesting and even in entrepreneurship. By the end of the day personally I realized almost most of the members have different abilities. Some love digging others love taking care of the crops, others love harvesting and selling.

We must therefore encourage these abilities and nurture them through the 4-K Club opportunity we have been given. Kenya is in need of such individuals in future for self-reliance and sustainability. Our garden is only about 10 square feet, so we are even looking for where to get additional land so that we can do more.

My challenge to you anyone who has not started a 4-K Club is to just do it. If you are just starting out, be a role model to the learners. They will perfect themselves. Remember that there are challenges, but these will allow you grow.

I am glad to be involved, long live 4-K Club!

Patron Ombati

Kimathi 4-K Club, Kimathi Primary School, Nairobi

Dear Editor

Concern over white uniforms for 4-K Clubs

I am concerned about the mostly white 4-K Club uniforms. I wonder if they will auger well with our farming activities. Unless of course, they are just ceremonial uniforms. Again is there may be an overcoat or overall branded for the same? I wish to suggest that the uniforms could be a blend of our green, that of our logo. A trouser and a shirt. A plain skirt for ladies and dress or tunic for girls like for girl scouts i.e. free dress with a belt. Boys to have a shirt, a short trouser. The colour should be farm friendly.

Philip Wanyonyi Mutayi

Mitulani Primary School

Chonyi Subcounty, Kilifi County

Introducing the Leafy Delights: Emwiru Primary 4-K Club's Kale Project

Patrons George Okonda Shikuku and Josephine Osinde Ayub, Emwiru Primary School, Kakamega County



Imagine sinking your teeth into a mouth-watering kale leaf, fresh and full of flavor. Well, here at Emwiru Primary School, that dream has become a reality thanks to the efforts of our dedicated 4-K Club. Let us take you on a journey through our thriving kale project, filled with hard work, innovation, and a passion for sustainable gardening.

To begin with, our 4-K Club consists of 55 enthusiastic members who have joined forces to make a difference. Our mission? To cultivate and nurture a vibrant kale garden that not only benefits our school but also serves as a learning experience for all involved.

When it comes to planting, we adhere to the highest standards. We believe that healthy soil yields healthy crops, which is why we blended Farm Yard Manure with loam soil, creating the perfect foundation for our kale garden. This careful preparation ensures that our kale leaves are packed with nutrients and bursting with flavor.

But our journey doesn't stop at planting. Monitoring our garden's progress is essential for its success. Every Wednesday and Saturday, our diligent learners and supportive patrons pay visits to the garden during

school holidays, and they continue to do so regularly when school is in session. This constant care and attention allow us to address any issues promptly and ensure the thriving growth of our kale.

Field practices are the backbone of our project. Weeding is a crucial task that was diligently undertaken before the school closure, ensuring that our kale plants have ample space and resources to flourish. Furthermore, we employ a unique approach to fertilization. By utilizing a fermented

organic solution of urine and dung, we provide our plants with a natural boost that enhances their growth and vitality. Last Wednesday, we took another step to protect our kale plants from harmful pests. We sprayed a natural insecticide, crafted from a mixture of water, ash, and Mexican marigold, which acts as a powerful deterrent. To strengthen this defense, we strategically placed onions alongside our containers, effectively repelling aphids. Additionally, we pruned the first dry leaves, ensuring that our kale plants focus their energy on producing fresh and delectable leaves.

When it comes to irrigation, we have adopted an ingenious approach. By improvising with bottles, we have established a drip irrigation system. This not only conserves water but also allows us to utilize rainwater and spring water, ensuring the sustainability of our project. The limited space in our school prompted us to explore container gardening, utilizing empty cement bags generously brought in by our members. These containers, filled with a blend of loam and Farm Yard Manure, now adorn the assembly



area, serving a dual purpose of scaring off naughty children and providing a cozy home for our kale plants.

We understand the importance of security for our project. To safeguard our kale garden, we have two dedicated guards, one during the day and another at night, ensuring that our hard work remains protected.

One of the most gratifying aspects of our 4-K Club is the knowledge sharing that takes place. Our members have

taken the skills and practices they have learned and are now applying them at their own homes. We eagerly anticipate their feedback and the growth of kale gardens beyond the school premises.

And now, the moment we've all been waiting for: harvesting and reaping the rewards of our labor. Our freshly harvested kales serve a dual purpose, they are used for our teachers' lunch program, providing them with healthy and nutritious meals, while the surplus

will be sold, contributing to the Emwiru 4-K Club kitty. This financial boost will allow us to expand and improve our project even further.

The Emwiru Primary 4-K Club's kale project is a testament to the power of teamwork, dedication, and sustainable gardening practices. Through our commitment to nurturing our kale plants, we have not only created a source of delicious, healthy food but also empowered our members with valuable skills and knowledge.

Introducing the Fluffy Wonders: Tassia School 4-K Club's Rabbit Project!

Patron Nashon, Tassia School Annex 4-K Club, Nairobi

Think about a friendly interaction between rabbits, poultry and pupils, with adorable rabbits hopping around, bringing joy and excitement to both students and teachers. Well, at Tassia School, this delightful scene has become a reality, thanks to the efforts of our dedicated 4-K Club. This is our captivating journey of a thriving rabbit project, filled with growth, resilience, and a newfound love for these furry friends.

Our 4-K Club boasts an impressive number of members, with 89 boys and 110 girls, all eager to contribute to the success of our project. It all began in 2020, amidst the challenging times of the COVID-19 pandemic, when we started with just two rabbits and two chickens. Little did we know that this humble beginning would blossom into something extraordinary.

Fast forward to the present day, and we are proud to announce that our rabbit family has grown to an impressive count of 20. In our pursuit of sustainability and community impact, we even donated some rabbits to our daughter school, Tassia School Annex, spreading the love and

knowledge of rabbit rearing beyond our walls.

Feeding our rabbits is a top priority, and we ensure they receive a balanced diet to thrive. We provide them with nutritious hay and pellets, carefully selected to meet their dietary needs. This ensures that our rabbits stay healthy, active, and ready to bring joy to our club members.

When the time comes, we carefully select mature rabbits for slaughter, ensuring a humane process that honors the animals and their contribution to our project. The meat is then shared among our club members, providing them with a delicious and nutritious source of protein. Additionally, we sell some of the rabbits to gather funds for the maintenance and medication required to keep our project running smoothly.

Our journey has not been without its challenges. Rabbits, like any other living creatures, are susceptible to certain ailments. One common issue we have encountered is mite attacks. These tiny pests can cause discomfort and fur loss in our rabbits if not treated promptly. However, through vigilant



care and regular treatment, we have managed to keep our rabbits healthy and happy. In fact, witnessing their remarkable recovery has sparked a newfound affection and appreciation among our members.

The enthusiasm within our 4-K Club is contagious. The joy and satisfaction derived from caring for our rabbits have transformed the perceptions and attitudes of our members. Through this project, we are not only cultivating empathy and responsibility but also nurturing a love for nature and its diverse creatures.

We also have five chicken that the members are eager to raise. Although we experienced a disease outbreak among our chicken some time back, we are determined to succeed



in bringing them up well. With these projects, the learners who initially had reservations or a negative perception towards chicken and rabbits have now developed a fondness and a friendly nature towards these gentle animals.

The Tassia School 4-K Club's rabbit project is a testament to the power of perseverance, compassion, and the transformational impact of hands-on learning. Together, we are fostering a generation of animal lovers, environmental stewards, and responsible citizens. As we continue to nurture and grow our rabbit and chicken families, we invite you to join us on this remarkable journey of discovery and compassion. Stay tuned for more updates and heartwarming stories from our beloved fluffy wonders!

My Experience as a 4-K Club Patron

Patron Elikana Oka Mghanga, Kirutai Primary 4-K Club

I am thrilled to share with you my incredible journey since becoming a proud patron of the 4-K Club at Kirutai Primary School in Taita Taveta County. Through this newsletter, I aim to captivate your imagination and inspire you with the transformative power of our club.

One of the highlights of my experience was attending a training on the rebranded 4-K Club, where I acquired invaluable knowledge and skills on creating innovative kitchen gardens. Located in a dry area with limited water resources, we have ingeniously adopted the use of sacks and

containers, allowing us to maximize the yield while conserving water. Our 4-K Club members are elated about these methods and together, we have implemented a daily duty roster for watering our flourishing plants.

Now, the fruits of our labor are becoming tangible as we begin to harvest the bountiful produce. Our learners take immense pride in their achievements and we have decided to reward the most active members of our club. At the end of the year, the funds collected will be utilized to purchase uniforms for the deserving individuals.

With our club motto, *"We can get green and fresh vegetables from our kitchen garden"* we aim to inspire others and foster a culture of sustainability and self-sufficiency. By sharing our successes and experiences, we hope to encourage more individuals to join our cause and experience the transformative power of the 4-K Club.

Thank you for the unwavering support and dedication to our shared vision. Together, let us continue to sow the seeds of change, cultivating a greener, more sustainable future for all.



Art by Learners from Consolata Catholic Primary School 4-K Club, Likoni, Mombasa County



Art by Learners from Good Testimony International School 4-K Club, Nairobi County





1. Harvesting vegetables at Jamvi La Wageni 4-K Club, Likoni Sub County, Mombasa County
2. 4-K Club Soya crop at Ikuvu Primary School in Vihiga County seeds donated by SOFDI
- 3 & 4 Mwandani 4-K Club, Siyoi Primary School, West Pokot County
5. Getting ready to take measurements during tree planting by Jitihada 4-K Club members (Mtepeni Primary School, Kilifi South Sub County, Kilifi County)
- 6 & 7 Edelvale Primary 4-K Club, Nairobi County, after training and issuance of members' cards
8. Mbololo Ward MCA Hon. Lawrence Mzuga this morning visited Kirutai Primary School 4-K Club, Kwale County. He was happy with the project. After the tour he planted mango plant.



9 & 10 Container garden preparation at Mkwachunyi Primary School, Taita Taveta County
11. Mr. Simon Mururi, Ministry of Education 4-K Clubs Desk Officer interacts with 4-K Club Members at Kiplokyi Slopes Academy, Bomet County

Awarding of April 2023 Champion



How 4-K Clubs are Transforming Learners at Good Testimony International School, Nairobi County

Patron Emmanuel, Good Testimony International School 4-K Club



Patron Emmanuel and 4-K Club members showcasing artwork, fruit and vegetable seedlings, farm tools and a chicken coop on Talent day

Education is one of the most critical assets for any country to promote equitable growth and eradication of poverty and malnutrition. However, there are still many obstacles to overcome before all children and youth can have access to high-quality education that will give them the knowledge and skills they need for the twenty-first century.

That is why the initiation of the 4-K Club in the Good Testimony group of schools is a positive step toward fostering future farmers and agribusiness owners. We have embraced the Positive Youth Development (PYD) model which focuses and promotes the positive aspect of a young person's personality rather than correcting the deficit in their personalities.

The Green Berets Good Testimony International 4-K Club began this year with only 30 members

showing interest in joining the club. This is after our Managing Director, Mrs. Rosebella Ojiambo committed to fully support the club's activities. She funded the launch of our initial poultry project which made her emerge as Champion of the month in February 2023. As a result of this,

more projects were established, leading to an increase in learners joining the Green Berets 4-K Club thus, the number grew from 30 members to 100.

In the club's schedules, the learners are equipped with the thematic areas of the rebranded 4-K Clubs that are organized into simple teachable units. To promote learning, we use a range of pedagogical techniques. Examples of the techniques used include songs, games, virtual lessons and practical lessons such as Art and Craft. The practical lessons go hand in hand with the 4-K Club Motto; Learning by Doing.

We recently held a talents day in which our 4-K Club members actively participated by sensitizing all who attended the event about the importance of planting fruit trees, poultry rearing, kitchen



Tyrone Mondole (left) and Leo Mor, Vice Chairperson (right) prepare to address parents

garden management, and the like. The chairperson of the Green Berets crowned it all by enlightening the parents on advantages of smart and innovative farming techniques.

Our institution is without a doubt having a positive impact on society because our students have developed an interest and passion for agriculture. Some have started their own projects at home. More skills, values, and competencies will undoubtedly emerge as a result of empowering learners to face 21st Century's agribusiness challenges with counter-solutions through the 4-K Clubs.



4-K Club members dressed in 4-K Club uniform talking about the importance of being a 4-K Club member while encouraging parents to allow their learners join the club

Cultivating the Future of Kenya's Prosperity

Patron Kaka Keuku, Bogwendo Primary School, Nyamira County

We are delighted to bring you an insightful exploration of the pivotal role that agriculture plays in Kenya's economy. From the early days of our nation's independence, agriculture has been the backbone, driving our growth and shaping our identity as a nation. It is with great pride that we present to you the story of how this sector has evolved and continues to thrive, ensuring a prosperous future for all.

In the bygone era, the visionary leadership of our founding fathers recognized the importance of agriculture and made substantial investments in the sector. They understood that agriculture was more than just a means of sustenance; it was a catalyst for progress. The introduction of the renowned 4-K Clubs in schools became a beacon of hope, imparting essential knowledge and skills on farming and food production to our young learners.

Through the 4-Ks, Kuungana (Unite), Kufanya (Do), Kusaidia (Help), Kenya (Our Country), these clubs fostered a sense of togetherness among young Kenyans. Their activities not only put food on the table but also nurtured a passion for agriculture that propelled many towards becoming successful farmers. The growth of the sector owes much to the dedication and hard work of these individuals.

The Agricultural Society of Kenya (ASK) shows held in various regions and towns, served as vibrant platforms for 4-K Clubs to showcase their achievements. Agricultural Extension Officers played a vital role in mentoring and guiding the young farmers, equipping them with knowledge and skills that would shape their future. The clubs became stepping stones, laying the foundation for the emergence of large-scale farmers and inspiring wealth creation within the agricultural community.

However, the shift in the primary school curriculum from seven subjects to five dealt a blow to agriculture education. The absence of subjects like agriculture led to the gradual decline of the 4-K Clubs. Consequently, a generation emerged with limited knowledge of food production and the significance of agriculture to our nation. Kenya faced periods of food scarcity, necessitating the importation of foodstuff from other countries.

But as they say, change is inevitable, and with it comes new opportunities. The Government, recognizing the importance of agriculture, reintroduced agriculture into the primary school under the Competency-Based Curriculum (CBC). The revival of the 4-K Clubs in schools has breathed new life into agricultural education, providing learners with an immersive platform to engage in food production activities.

With the increasing involvement of our youth in agriculture, we envision a future where food insecurity will become a distant memory. The passion ignited within these young hearts will lead to innovative farming practices, increased productivity, and a nation that no longer relies heavily on imports to feed itself. The images captured from different schools across the country depict a promising landscape of self-reliance and abundance.

Agriculture will forever remain the backbone of our economy, providing employment opportunities, raw materials for industries, and nourishment for our people. The revival of the 4-K Clubs in schools marks a turning point in our journey towards agricultural prosperity. Together, let us cultivate a vibrant and self-sustaining future for Kenya.

Champion of the Month



Catherine Onsongo has been nominated for May champion in our newsletter. She is not only Patron of Endemu Primary School 4-K Club but she is very active on the National and Nyamira 4-K Club Whatsapp Groups. She is also an editor of the monthly 4-K Clubs Newsletter and regularly writes in it.

Her nomination received overwhelming support from the following:

1. **Grace Momanyi from Gesiaga DEB.** Fully supporting madam Catherine's nomination
2. Madam Catherine deserves this nomination, **Peter Omari Hamisi - Patron, Ekerubo Gietai Boarding**
3. I support madam Catherine for this nomination, she is very active in 4-K Club activities. **Mr Alloys Nyakundi, Patron-Mecheo SDA Primary, Esise ward, Borabu Subcounty, Nyamira County**
4. I also support madam Catherine Onsongo for May Champion, **Rose Nyatichi Nyandoro, Nyaguku D.O.K, Magombo Ward, Manga Subcounty, Nyamira county**
5. **Elijah Gekonge Nyakundi TOT, Bocharia PAG Primary, Masaba North Sub County Nyamira County.** I fully support Madam Catherine to be our May Champion

6. In support of Madam Catherine Onsongo for May Champion. **Benson Omori Omweri, Eronge Adventist 4-K Club, Esise Ward, Borabu Subcounty, Nyamira County**
7. **Evelyn Mokua, Nyamusi DEB Primary, Nyamira North,** I fully support Catherine Onsongo
8. I support Madam Catherine Onsongo as the Champion for May. My name is **Jane Okongo, ToT Tindereti Primary, Borabu Subcounty**
9. I fully support the nomination of Madam Catherine Onsongo as the Champion for the month of May, **Onkware Hudson TOT Tombe DOK Primary, Itibo Ward Nyamira North Subcounty**
10. I support Madam Catherine Onsongo as the May Champion, I am **Japheth Moikoyo, Patron - Nyankono DEB, Mekenene Ward Borabu Subcounty, Nyamira county**
11. I concur with the nomination of Madam Catherine Onsongo as the Champion for the month of May, 2023, **Zablon Onsembe Manduku, Patron - Nyansiongo DOK, Borabu Subcounty**
12. **Janet Mosokobe,** I support Catherine Onsongo for Champion, she is active and instrumental in 4-K Club activities, **Patron - Mekenene Ward, Borabu Subcounty**
13. I support Catherine Onsongo's nomination as Champion, **Daniel Otara, Patron - Tindereti 4-K Club Borabu, Subcounty, Nyamira county**
14. Am madam **Irene Karani from Endemu DOK,** Madam Catherine I support your nomination fully
15. **Ogechi K. Rogers, Ensoko ELCK Primary,** I fully support Madam Catherine Onsongo's nomination
16. **Josephine Nyangara Omwenga of Kebuse DEB,** I support Catherine Onsongo nomination
17. **Evans Oseko Anunda of Rietago DEB in Nyamira County,** I support nomination of Madam Catherine Onsongo
18. **I am Margaret Nyaswabu, Headteacher Ensinyo Primary,** I support Catherine's nomination, Borabu Subcounty, Nyamira
19. **Horkins Morara of Rirumi Bonyamatuta Ward** support Catherine Onsongo as our May Champion
20. **Mokaya Bosire, HT Ekige DEB** I support Catherine Onsongo's nomination
21. **David Maranga HT Nyansiongo DOK,** support Catherine Onsongo's nomination
22. I support the nomination of Catherine Onsongo, she is very active. **Kwamboka Teresa, Riensune Primary**
23. I strongly support Catherine's nomination. She is very devoted in her work. **Beatrice Ondieki of Kenyoro SDA Primary, Esise Division, Nyamira County**
24. **Faith Njeru, a business lady Keroka Town,** I hereby support the nomination of Catherine Onsongo, she's very committed in supplying me with sukumas, hohos, ndizi and many more
25. I support madam Catherine. She is devoted and has made known the 4-K Club known to other counties, she is the reason I registered one in my school. **Jackline Mora. St Paul's primary, Nakuru**
26. **Declan Bosire,** supporting nomination of Madam Catherine. She is a devoted 4-K Club leader and made my school **Nyamagesa DEB in Kisii county** have a 4-K Club
27. **Orina Dominic, Kugerwet Primary School, Bomet County, Konoin Subcounty, Embomos Ward,** I support Catherine Onsongo to be 4-K Club May Champion, she is a devoted 4-K Club Patron
28. **Eucabeth Bundi from Kituru DOK Primary school** support Catherine Onsongo as a focused and devoted patron champion for the 4-K, Nyamira county
29. **Owen Bosire from Nyambaria school** support Catherine Onsongo as a focused and devoted patron Champion for the 4-K Club, Nyamira county
30. **Richard Ongoro from Saigangiya Primary,** support Madam Catherine Onsongo as 4-K Club Champion
31. **Sarah Osoro from Riakworo Secondary** support Catherine Onsongo as 4-K Club Champion
32. **Ruth Sarai from Kekinga Primary** support Catherine Onsongo as 4-K Club Champion
33. **Grace Nyakerario Osebe from Matunwa DOK Primary School** support Catherine Onsongo as a committed and promising leader
34. **Mary Oginda, Sosera Primary** support Madam Catherine Onsongo for 4-K Club May Champion
35. **Geoffrey Isoe from Kineni Calvary Primary and Junior Secondary,** support Catherine Onsongo to be 4-K Club Champion for May 2023
36. **Josphat Abineri from Mwongori SDA Primary** support Madam Catherine Onsongo as the 4-K Club Champion
37. **Zachariah Meroka** supports Catherine Onsongo for she is active
38. **Diana Ariemba from Tindereti school** support Madam Catherine Onsongo for the 4-K Club Champion
39. **Thomas Monda,** from Keritor supports Catherine Onsongo
40. I also support Madam Catherine Onsongo for May champion, she is for sure active in dissemination of information and very concerned about 4-K Club activities. **Rose Nyatichi Nyandoro, Nyaguku DOK, Magombo Ward, Manga Subcounty, Nyamira county**
41. Supporting Madam Catherine Onsongo for May Champion, **Stephen Otieno Ochieng-Jitihada 4-K Club, Kilifi South Subcounty, Kilifi County**
42. I support Catherine Onsongo because of leadership and passion to children and in agriculture, **George Nyakango, Assistant Chief, Matunwa sublocation**

These and 40 more support messages were received for our May Champion but we could not include all of them here. Congratulations Catherine!!

WORD SEARCH PUZZLE

Find Fruits

Can you locate all nine fruits in this word search puzzle? Good luck!

By Emwiru 4-K Club members

T	N	P	P	L	E	S	L	H	R	E
R	I	B	E	R	R	Y	R	C	I	S
O	S	G	E	R	I	N	E	A	M	E
P	I	N	E	A	P	P	L	E	P	R
E	A	C	H	A	W	O	A	P	P	A
G	R	A	P	E	S	M	E	L	O	N
E	E	B	A	N	A	N	A	W	R	A
C	O	R	A	N	G	E	P	A	T	N

Legumes

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

Last month's answers

1. BEANS
2. PEAS
3. LEGUMES
4. COWPEAS
5. GREEN PEAS
6. GREEN GRAMS
7. GROUNDNUTS
8. PIGEON PEAS



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CALCISUPER

Granulated Lime



Reduces Soil Acidity
Enriched with Micro Elements
For High Yields