Learning By Doing

4-K Clubs Newsletter

Issue 6, June 2023

4-K Clubs Wows Showgoers at Meru and Machakos Shows

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VOTED Superbrands EAST AFRICA'S CHOICE 2022-2024

Hallo and welcome to another exciting edition of the 4-K Clubs monthly newsletter. We continue to present various activities by 4-K Clubs from different parts of the country.

This month we have stories from Isiolo, Taita Taveta, Kericho, Kakamega, Meru and Machakos Counties.

Last month, one of our 4-K Club Patrons expressed concern over the white colour uniforms of the 4-K Clubs. We would want to explain that the white colour of the uniforms was well thought out as part of attitude change towards agriculture. Someone does not necessarily have to wear unclean, boring, and tattered garments to perform agriculture. We encourage our learners to embrace modern ways of farming that will not necessarily result in one getting dirty and even if they do, they can clean themselves up.

Of course, the uniforms are ceremonial and can be worn on club days and during events such as tours, competitions and others.

Charles Lusweti, Editor

Editorial Team

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

Learning By Doing

About 4-K Clubs

What is a 4-K Club?

4-K Clubs are groups of learners in Primary and Junior Secondary Schools brought together to learn and practice agriculture while having fun and becoming responsible members of the society. The four "K"s stand for "Kuungana, Kufanya, Kusaidia Kenya," which translates to "Uniting, Doing and Helping Kenya" in Swahili.

Why 4-K Clubs?

The 4-K Clubs Programme aims to change learners mindset towards agriculture. This can be achieved through inculcating the practice of agriculture and agribusiness in children from a young age to enhance food and nutrition security. 4-K Clubs also help to develop leadership and good citizenship among the youth.

4-K Clubs Thematic Areas

- Agricultural projects
- Agri-nutrition
- Environmental Conservation
- Science, Technology, Engineering and Mathematics (STEM)
- Civic Engagement and Citizenship

The thematic areas are delivered using the Positive Youth Development (PYD) model.

How to Start a 4-K Club

Schools that are ready to establish 4-K Clubs are encouraged to designate Patrons who will guide learners in forming the clubs. Patrons can get relevant advice from the programme manuals, website as well as programme ToTs. With the guidance of the Patron, the 4-K Club members should initiate projects and associated club activities. After the club is formed the patron should register the 4-K Club through the provided registration link. Registration ensures that the 4-K Clubs Programme will actively support implementation of 4-K Clubs in schools.

To register, scan the QR Code

Contacts

Email: info@4-kclubs.go.ke

Website: www.4-kclubs.go.ke

Dear Editor

Appreciation

May I most sincerely thank the 4-K Club patrons from all over the country for supporting my nomination for 4-K Clubs Champion in the month of May. I extend my appreciation to local leaders and business members in Nyamira County for their support. Indeed, through Agriculture, we reach many people from those buying and to those selling agricultural produce and products. My colleagues at Endemu DOK Primary School were so happy for my nomination. Officers from the Ministry of Education and Teachers Service Commission were very grateful for the nomination. Indeed, hard work pays. This has led to the school's recognition in our Subcounty, Borabu. The Ward Agricultural Extension Officer visited us and pledged to support the club enhance its initiatives as much as possible.

At Endemu DOK Primary School 4-K Club, we are determined to shine in the Academics and in Agriculture. With my support as patron, I have encouraged learners to practice container gardening in their homes. For those who supported the nomination and cannot see their names on the Magazine I appreciate you! Space got limited as you can see my support took a whole page. You are all wonderful people to me!

Thanks, Editorial team. Thanks patrons. Thanks everyone. Be blessed.

Catherine Agnes Onsongo
Patron and Deputy Headteacher,
Endemu DOK Primary School
Borabu Subcounty, Nyamira County

Dear Editor

Role of 4-K Clubs in Creating Future Farmers

The 4-K Clubs Programme has played a major role in positive transformation of the youth towards agriculture. In an era where the young generation aspires for white collar jobs, change of mindset is very important. As the old adage goes, you can never teach an old dog new tricks. It is therefore important to train the learners while they are still young and vibrant.

The good book, Holy Bible says train up a child in the ways of the Lord and when they are old they will not depart from it. The same applies that if we need a food secure nation, we should train the youth to venture into the area of agriculture, the way 4-K Clubs are doing it.

Finally, in this country, you end up being either a farmer or a business person. All the monies obtained through other avenues are finally channelled to the farms and therefore it is important to help the learners embrace farming as early as now.

Patron Elosy Kiambi,
Kinoru Primary School
4-K Club, Meru County

Dear Editor

Sharing Among 4-K Club Patrons Inspires Success

Rebranded 4-K Clubs Programme is proving to be a game-changer in providing an agricultural experience for learners who are joining 4-K Clubs in a big way since it was launched. The National 4-K Club Patrons WhatsApp Platform has been a worthy avenue through which Club Patrons who are teachers have come together to share experiences of what they are doing with their 4-K Clubs. The platform is quite informative and inspiring, and through the sharing of different activities we grow daily. There is no single day that passes without updates from clubs from different counties. I wish to recognize the big role played by the teachers who direct the actions of the learners. Without the right direction, our young ones would be lost.

Congratulations to all the teachers who have embraced the 4-K Clubs Programme and are working to ensure its success by engaging learners and encouraging them to participate through the many different activities that they do in their clubs. None of us should to be left behind. This positive attitude will get us far as we hold the small hands even at personal levels. May God protect and preserve us for the noble work we are doing.

Grace Mugu,
Education Officer,
Ministry of Education, Embu County

The Journey of Bula Pesa Primary School 4-K Club

Josphat Kirera, Patron Bula Pesa, Isiolo County

Members of Bula Pesa 4-K Club attending the Day of the African Child 2023 Celebrations

On the 16th of June 2023, the members of Bula Pesa Primary School 4-K Club had the privilege of attending a significant event at the Isiolo Police Post. The theme of this monumental occasion, also known as the Day of the African Child, was "The Rights of the Child in the Digital Environment." It proved to be an enlightening experience for the young participants as they delved into their fundamental rights, the children were made aware of their entitlement to essential rights, including access to a well-rounded and balanced diet, the right to quality education, and the importance of fostering associations. By attending this transformative function, the members of the 4-K Club became empowered advocates for their own rights and the rights of all children.

The 4-K Club at Bula Pesa Primary School started when I embarked on a personal mission to ignite a love for farming and nurture a sense of responsibility among the students. Driven by my passion, I decided to invest resources into the club's agricultural project. With unwavering determination, I purchased a variety of high-quality seeds from the Meru Farmers Centre. To ensure the success of our venture, I established the first nursery at my own home, meticulously caring for the tender seedlings that held the promise of a bountiful harvest. I then transported the thriving seedlings to the school, and the act surprised our school head teacher. Astonishment quickly turned into admiration as he witnessed the initiative and dedication displayed by the 4-K Club members. Recognizing the potential impact of the project, he extended his support, providing me with a modest sum to purchase additional seeds.

Drawing upon the spirit of community, our head teacher, urged the entire school to rally behind the 4-K Club. He requested that learners contribute organic manure from their homes, emphasizing the importance of sustainable practices. He called upon the teachers, too, to play crucial role in motivating pupils to join the club, fostering a sense of unity and purpose.

Our path is not without challenges. The lack of essential watering equipment, such as watering cans, hosepipes and sprinklers, posed a significant hurdle. Moreover, the clay soil, waterlogged and unforgiving, required additional measures to facilitate proper drainage. Importing suitable soil for mixing became a necessity, a task that

Proud members of Bula Pesa 4-K Club admire their vegetable garden

using discarded tires or planting sacks, which we lacked due to financial constraints. Furthermore, the vast majority of land in Isiolo remains bare, lacking the protective cover of mulching materials. To breathe life into our barren surroundings, we will appreciate any support in obtaining grass seeds, envisioning a vibrant landscape. This vision has the potential to transform the unused and unfenced land into a flourishing oasis.

The journey of the 4-K Club presents the power of determination and community collaboration. We seek to reach out to local stakeholders, seeking guidance and potential partnerships to realize our plans within the school and engaged with the wider community, sharing our vision and inviting support. Through our collective efforts, we look forward to fostering a spirit of resilience, innovation, and environmental stewardship. We learned that even in the face of limited resources, passion and determination can pave the way to success. The 4-K Club's journey is a reminder to all that dreams can be realized and barren lands can transform into fertile grounds of growth and opportunity.

As we continue our agricultural pursuits, we remain grateful for any support in acquiring watering equipment, mulching materials, grass seeds, and tree seedlings. Together, we will cultivate a legacy of sustainability, education, and community empowerment, ensuring a brighter future for the learners of Bula Pesa Primary School and the wider Isiolo community.

Cultivating a Sustainable Future: The Remarkable Achievements of Mkwachunyi 4-K Club

Patron James Wanjohi Kariuki, Mkwachunyi Primary School 4-K Club, Taita Taveta County

In Mkwachunyi, a primary school nestled in the heart of Taita Taveta County, an extraordinary transformation is taking place. The 4-K Club, a group of enthusiastic young learners have embarked on a journey that not only cultivates the land but also nurtures their minds and hearts. Through their unwavering dedication, 4-K Club members have achieved remarkable milestones, empowering themselves and their community. Let us delve into their captivating journey of discovery and growth.

The 4-K Club has ignited a passion for farming among it's members, fostering a positive attitude that transcends their everyday lives. These young farmers have embraced the responsibility of tending to the land, even in the absence of their teachers. Their unwavering commitment to agricultural activities showcases their newfound sense of independence and self-reliance.

Water scarcity is a prevailing challenge in arid and semi-arid areas. However, the 4-K Club has demonstrated remarkable ingenuity by employing gardening containers as a means to conserve water. By utilizing these containers, they have not only reduced water consumption but have also transformed small spaces into thriving gardens. Their innovative approach to gardening serves as an inspiration for other communities facing similar challenges.

The 4-K Club members have taken a proactive stance on environmental conservation by repurposing plastic containers and bags found within their local environment. By employing these materials in their farming endeavors, such as using bags, tires, and cement bags, they have displayed a commendable commitment to sustainability. Their efforts not only benefit the land but also provide an invaluable lesson on the importance of recycling and reducing waste.

Through their inaugural project, the 4-K Club offered the community an opportunity to purchase organically grown vegetables. The positive feedback received from parents and community members highlights the nutritional benefits of their produce. By embracing organic farming practices, these young farmers have demonstrated their dedication to promoting healthy lifestyles and sustainable food production.

One of the most remarkable aspects of the 4-K Club is the sense of teamwork and cooperation that permeates their activities. From the initial preparation to the delicate task of transplanting seedlings, these young learners work hand

Mkwachunyi 4-K Club's containers seedbeds

in hand, sharing responsibilities and supporting one another. Their collective efforts exemplify the power of collaboration and reinforce the importance of unity in achieving shared goals.

The first project undertaken by the 4-K Club proved to be a resounding success, not only in terms of agricultural accomplishments but also as a source of income. The proceeds from selling their harvest were wisely utilized. A portion of the funds was used to provide well-deserved refreshments for the learners, while the rest was allocated towards purchasing seeds for their current project. The surplus money was dedicated to supporting the ongoing initiatives of the club. This remarkable feat not only highlights their entrepreneurial spirit but also showcases the support and enthusiasm of the community.

Recognizing the value of community participation, the 4-K Club actively engaged parents in their endeavors. Together, they cleared an area for expansion, fostering a sense of ownership and shared responsibility. Furthermore, the club extended their knowledge beyond the school grounds by educating parents on container gardening techniques. The ripple effect of their efforts is evident, with two parents inviting the club to visit their homes and assist them in implementing similar initiatives. This involvement has created a network of learning and growth that transcends the boundaries of the school.

The 4-K Club serves as a breeding ground for the acquisition of essential values among their members. Unity, responsibility, leadership, sharing, respect, and love are just a few of the values that have blossomed through their farming activities. Beyond agricultural skills, these clubs have become a fertile ground for character development, nurturing compassionate and responsible individuals who will shape the future of their community.

The story of the 4-K Club in Mkwachunyi Primary School is nothing short of remarkable. Through their achievements in farming, innovation, environmental conservation, nutrition, teamwork, income generation, community involvement, and personal growth, these young learners have become beacons of inspiration. Their dedication, resilience, and unwavering spirit demonstrate that age is no barrier to making a lasting impact. As the 4-K Club members to cultivate their dreams and aspirations, the community of Mkwachunyi eagerly awaits the flourishing future that lies ahead.

Patron James Kariuki with a few members of the 4-K Club in their vegetable garden

Members of Mkwachunyi 4-K Club pose for a photo with their innovative container gardens

"Can we create a 'win-win' scenario for sustainability?" ECDE School Model Kitchen Garden and the 4-K Club in Kericho County

Health and Development Service (HANDS), an NGO based in Kericho, has been undertaking projects to improve nutrition of children aged under-five since 2017. One of the strategies is establishing school model kitchen gardens with a variety of food crops within Early Childhood Development and Education (ECDE) Centres. The ECDE school model kitchen garden serves two purposes: to support the ECDE feeding program and to be a model for a household kitchen garden in the community. All along the school management took initiative in establishing and maintaining it, but sustainability has been an issue no one could ignore after the project ended.

Kapkures 'A' ECDE model kitchen garden partitioned into 8 plots with a variety of food crops

"What if the 4-K Club is involved in the ECDE school model kitchen garden?"

After a quick analysis of the strengths and the weaknesses of each, it was discovered that they perfectly complemented each other and could make a larger and long-lasting impact in the community if they are made to work together. This idea was shared with Mr. Charles Lusweti, Head of Youth in Modern Agriculture Project. He immediately saw the potential of this idea, and agreed to come to Kericho and see the schools.

In the third week of June, a team from the Ministry of Agriculture (Kilimo House) led by Mr. Lusweti visited the ECDE centres HANDS is currently working with. All the ECDE Centres with the support of the Community Health Volunteers (CHVs) that have established and maintained beautiful ECDE model kitchen gardens waited for their arrival.

In Soin/Sigowet Sub-county, the team visited Baregeiwet ECDE Centre and Primary School. It attracted a number of community members. The Board of Management chairperson, Mr. Ben Kitur, explained, "The 4-K Club members joined us in the kitchen garden maintenance and we now feel strongly motivated to promote kitchen gardens to reach more people at the community level. In addition, 4-K Club members are now coming up with new ideas and innovations to enhance the existing ECDE model kitchen garden''. He added by pointing the multistorey kitchen gardens made by the 4-K Club members. It is so welcome. He continues, "we are ready to support their new ideas they bring to our kitchen garden." The message was strongly affirmed by Mr. Lusweti. He encouraged the school community to create a good synergy between the 4-K Club and the ECDE model kitchen garden. An initiative, he believes, is innovative and will solve the challenge of sustainability of the ECDE model kitchen gardens. His affirmation inspired the community members to do more on kitchen garden establishment at home and its sustainability at the ECDE centre.

At Kapkures 'A' Primary School in Kipkelion West Sub-county, the ECDE model kitchen garden was

well maintained and rich in diverse food crops. The 4-K Club members were elated by the visit.

HANDS organized a discussion bringing together agriculture teachers and Board of Management chairpersons from the ECDE centres, County Department of Agriculture officers and the team from Kilimo House. The discussion was one of its kind. The agriculture teachers were able to present the challenges they anticipate in future during 4-K Club collaboration with the ECDE centre. They also shared great insights about their win-win scenario. The agriculture officers offered worthwhile advice to each of the challenges raised by the agriculture teachers. The discussion was imperative in ensuring a successful collaboration between ECDE and 4-K Club activities.

Kabosenwo ECDE model kitchen garden visited by the team from Kilimo House and HANDS staff hosted by the board of management chair, and teachers

Baregeiwet Agriculture teacher making a presentation on the 4-K Club collaboration with EDCE centre

4-K CLUB MEMBERS ARTICLES

Leading by Example, Chairman, Mukhunzulu 4-K Club

"Prior to joining the 4-K Club project, I could just do manual jobs, get some money, which I would un-wisely spend. Now, after joining the 4-K Club and being a member, I learnt about producing, saving and investing with a purpose, Im a proud 4-K Club member" Francis

Francis, 12 Years, Grade 6, from a family of 6 stays with his grandmother at Mukhunzulu village, Khwisero Sub County, Kakamega County. He joined the 4-K Club in 2022 March after a successful recruitment by the school patron. Their club was formed after an intensive parent's awareness and sensitization process. Following the establishment of a fully operational club, they were trained on leadership and management therewith Francis being elected as the club chairman through a balloting process. Since then, the club is registered and

has received specific trainings in line with the rebranded 4-K Club programme guidelines and the 4-K Club curriculum provided by Sustainable Organic Farming and Development Initiatives (SOFDI).

Francis is one among the 50 members of the Mukhunzulu 4-K club who underwent through sustainable farming trainings which generated an in depth understanding of the importance of soil conservation with regards to soil health, making organic compost, how to use botanical plants extracts in control of pest, diseases management and top dressing, How to maximise the small available piece of land while farming, soil and water conservation practises like use of close spacing, mulching, cover cropping, innovative gardening techniques, raised beds, zai pits, mandala garden and conservation agriculture.

Francis positively appreciated the knowledge and transformed his farming at home by adopting the sustainable farming practices. Currently, he has diversified his farming through production of a range of crops and livestock. From the sales of vegetables produced at his farm, he has invested in poultry. He is currently the source of African leafy vegetables for family consumption. He has planted Vitamin A rich Orange Fleshed Sweet Potatoes at home using ridges. He is managing his local poultry with the advice of a SOFDI extension officer and knowledge from the school Agriculture subject. Francis, after doing some manual work in the neighbourhood, bought a goat worth KShs. 1,200 which is now in-kid. “The KSh. 1,200 I invested in poultry and goats is very promising and this is after joining the club", says Francis. His grandmother greatly appreciates his work as she is able to experience the impact it has brought to his livelihood. She now saves money she otherwise would buy vegetables.

At the school, Francis being the chairman, his leadership skills have influenced the club members to do more for the growth and development of the club. No time is wasted when the club members are free. He has been able to effectively coordinate with the other leaders of the club (vice chair, treasurer, secretary and three committee members) thereby projects and activities running smoothly. The vegetables for the club have been timely weeded, manured under his supervision and guidance. The tissue culture bananas provided by SOFDI to the school were all planted in the right standard. The maize and sweet potatoes at the school have well been managed too. The club is able to sell vegetables to the school community. The sales from the produce have been well accounted for with properly kept records. The club plans to invest in rabbit production and has already constructed a house.

Francis has been very exceptional in his role as a leader with good communication, organisational skills, taking initiative, responsibility and commitment to serve the club and community. He is a source of inspiration to the other members.

In the process, we learn that involving parents in the club through awareness, sensitization and training strengthens how the programme activities are implemented and school home technology transfer. The club's success requires parental support for sustainability. In addition, the sustainable farming curriculum provides a guide on the flow of training in line with farmers planting calendar thereby parents having to benefit from the advice, knowledge and seeds issued at school provided by SOFDI organisation in a timely manner. Lastly, the newly rebranded 4-K Club guidelines have gone a long way in shaping the adoption of the 4-K Project intentionally with the attention it deserves.

SOFDI organisation appreciates the commitment of such members, clubs and patrons who understand the vision and share these sustainable farming and agroecology practices with school communities. We continue to engage thousands of youth hands-on with agriculture and want to help reposition farming as a viable future livelihood.

Francis fermenting tithonia for topdressing Dinnah with her guinea pigs

A photo with one of his rabbits

Parents training with SOFDI

1. *LOMSA 4-K Club of Loreto Convent, Mombasa County displaying some of their produce and their membership cards*
2. *Gichiche Primary School 4-K Club members, Nyeri County sharing their first harvest of Chinese cabbage*
3. *Gichiche Primary School 4-K Club members, Embu County harvesting their beans*
4. *Kalyet AK Mokombet 4-K Club, Nandi County, harvesting cassava*
5. *Container gardens at Kianjiru Primary School 4-K Club, Kirinyaga County*

6. Sanandiki FYM Primary School's Tiger 4-K Club members, Bungoma County ready to sell their vegetable harvest
7. Miritini Primary School 4-K Club members, Mombasa County after receiving their membership cards
8. Mkwachunyi 4-K Club members in Taita Taveta County, deliver seedlings and demonstrated how to prepare container gardens for transplanting to one of their parents
9. CCM Ndune 4-K Club members showing their contribution of vegetables planted at home in Embu county

4-K Clubs Wows Showgoers at Meru and Machakos Shows

H.E. Hon. Kawira Mwangaza, Governor of Meru and Hon. Mithika Linturi, CS Ministry of Agriculture and Livestock Development being welcomed to the 4-K Clubs Stand by Mr. Lusweti

The Meru National Show opened its gates to the public on 31st May 2023. The Official Opening was graced by the CS for Agriculture and Livestock Development, Hon. Mithika Linturi, accompanied by the Governor for Meru County, H.E. Hon. Kawira Mwangaza on 2nd June 2023.

Upon arrival at the showgrounds, the Chief Guests went round to the various stands to view displays from many sectors including education, government parastatals, private sector industry among others. They made 4-K Clubs and Young Farmers Clubs Stand their last stop. They found 4-K Club members from Kinoru Primary School ready to take them through their demonstration plots.

The 4-K Club members had kitchen garden technologies including cone gardens, container gardens, Malkia spinach, hydroponics and field demonstrations. Miss Shallon Makena and Master Geoffrey Mutisya confidently explained to the CS and Madam Governor what crops they had grown in the gardens and even went ahead to talk of their goodness not only regarding nutrition but even their use in pest control. Master Mutisya made an appeal to Madam Governor to help them grow Citronella plant in the Municipality to help reduce incidences of malaria.

In his speech, the CS pledged support to 4-K Clubs through provision of inputs and extension services. He indicated that he is very passionate about supporting the youth because they hold the key to our future food and nutrition security.

A week later, the South Eastern Show, Machakos also welcomed visitors from 7th – 10th June 2023. 4-K Clubs from several Machakos schools were at hand to present various kitchen garden and open field technologies. The learners were knowledgeable on the displayed technologies and they eloquently spoke and explained about them. They even challenged the students and teachers from secondary schools who listened to them.

The 4-K Clubs showcased growing of crops such as Chinese and red cabbage and their benefits, demonstrated sunken beds where they had planted arrowroots, the

4-K Clubs receive a trophy at Meru National Show

CS Hon. Mithika Linturi acknowledges Master Geoffrey after making his presentation during the show

Hügelkultur technology which basically is a heap of firewood covered with a layer of soil for growing shallow rooted crops. With time, the wood decomposes and continues to provide nutrients and moisture to the crops. Others were key-hole garden which the audiences found interesting due to its shape and size that makes it possible to access all crops grown on the garden easily. The highlight of the displays was the cone garden which not only saves space but also allows growing a variety of vegetables.

The Power of Nature-Based Solutions (NBS)

By G. Namasyo, Rabbits farmer, Nairobi County

Have you ever heard of Nature-Based Solutions, or NBS? If not, let me introduce you to this groundbreaking approach that can revolutionize the way we tackle environmental challenges. Often, when faced with an entomological, environmental, or biological problem, our first instinct is to reach for chemical pesticides, herbicides, or fertilizers. Before resorting to chemicals, we should explore the potential of Nature-Based Solutions.

So, what are Nature-Based Solutions? They are management options that harness the power of nature to provide sustainable and effective solutions. These solutions can be further categorized into two main subgroups:

i. Physical NBS: These solutions involve physical interventions that work with nature's mechanisms. For example, using mechanical strategies to address certain problems.
ii. Biological NBS: These solutions leverage the biological processes and interactions found in nature to solve issues in a sustainable manner.

Let me illustrate the power of NBS through a real-life example. Recently, I embarked on rabbit farming in my garden. After just two weeks, I realized that the odour from the rabbits' urine was overpowering, making me consider shutting down the venture. But instead of resorting to chemicals right away, I decided to apply the NBS approach. I began by conducting a literature review and discovered that ammonia gas, which is responsible for the strong smell, is lighter than air. So, I devised a mechanical strategy by installing a 3-inch diameter exhaust pipe that extended above the roof of my house. The results were remarkable, the odour reduced significantly.

Emboldened by this success, I turned to biological NBS. Through further research, I found a plant called the "snake plant," known for its ability to absorb various odours. I introduced this plant into my compound, both indoors and outdoors, then voila! My compound returned to its odour-free state, just as it was before the rabbits. Interestingly, during this process, someone tried to sell me a chemical spray to eliminate the odour. However, by adhering to the NBS approach, I was able to find effective and sustainable solutions without resorting to chemicals, thus saving me money.

This example highlights the importance of exploring Nature-Based Solutions before turning to chemical alternatives. By doing so, we can tap into the innate power of nature to address environmental challenges while preserving the delicate balance of our ecosystems. So, the next time you encounter a problem, be it in farming, pest regulation, or any other field, remember the transformative potential of Nature-Based Solutions. Let nature guide us, and together, we can create a more sustainable and harmonious world.

In conclusion, Nature-Based Solutions hold immense potential in addressing various challenges we encounter. By adopting a holistic approach and categorizing available options, we can tap into the power of physical and biological solutions before resorting to chemicals. The rabbit farming example demonstrated the effectiveness of NBS in overcoming an odour problem, providing an invaluable lesson for all. As we continue our journey, let us embrace the wisdom of nature and unleash the transformative power of NBS.

...4-K CLUB MEMBERS ARTICLES

To 4-K Club Officials

Hey Madam Jane, Mr. Charles, Sillas, Gladys and all the officials of 4-K Club. It's me Shallon Kiende from Kinoru 4-K Club of Kinoru Junior Secondary School.

My experience through the one week, I had a good time especially in learning Agriculture it helped me a lot. It promoted courage especially when I was talking to the Governor of Meru. It showed me the other part of me that I did not know about. It changed my whole life. People say that opportunity comes once in a lifetime. So it was now my turn it felt good when I was teaching elder people than me, this promoted good communication skills. It was really a good remarkable moment of my life. Until we meet.

To 4-K Club Officials

Hey Madam Jane, Gladys, Sillas, Mr. Charles Lusweti and all the representatives of 4-K Clubs Kenya. It's me Geoffrey Mutisya from Kinoru Junior Secondary school

My experience was fine. It was a great opportunity to represent 4-K Clubs in ASK Meru branch. It helped me so much that I learned a lot of things about Agriculture which boosted my passion for Agriculture.

The experience has taught me modern farming methodologies that include vertical and cone gardening.

I learned about different types of crops that can help our bodies in purifying our blood like Amaranthus and some repellants that repels pest in the garden like spring onions, corriander (dhania) among others. Repellants like Citronella which would help us to save money because it is a locally available plant than buying mosquito nets.

This has enhanced my agricultural skills. I learnt the herbs that I would use when I have stomach ache and people who have crumps pains would use a Mogotio or Calmomile.

Finally I thank you for choosing our school to represent you in Meru Agricultural show. I also thank you for teaching us how to maintain crops so that they can be healthy right from land preparation, crop establishment and crop management.

God bless 4-K Club.

Awarding of May 2023 Champion

Our May 2023 Champion Patron Catherine Onsongo of Endemu DOK 4-K Club, Nyamira County has been awarded a voucher worth **KShs. 25,000** by Elgon Kenya Limited.

4-K Club Champion

By Dominic Orina, Patron Kugerwet Primary School 4-K Club, Bomet County (4-K Club March 2023 Champion)

Elgon Kenya Limited have done it! They promise and do it!

Kugerwet Primary School 4-K Club members are grateful to receive all the farm inputs they were promised by Elgon Kenya Limited, a key partner of the 4-K Clubs Programme. Following my nomination and subsequent support from National Patrons, I became the 4-K Club Champion in the month of March 2023. Elgon Kenya Limited awarded us a voucher in form of farm inputs.

Today we are pleased to have received them! Thank you so much to all our leaders for working tirelessly for the benefit of our 4-K Clubs and the young learners we are teaching. The 4-K Club Programme is back with full force. This is what we have been missing for many years!

Our sincere appreciation goes to all who support us directly and indirectly. Thank you so much to our patrons who made this to happen by voting for me as a champion of the month.

Ninaahidi Kuungana, Kufanya, Kusaidia, Kenya!

Champion of the Month

We have all been seeing the work of Mr. Mghanga, the patron of Kirutai Primary School in Taita Taveta County. He has been nominated to be the 4-K Club June 2023 Champion. This is because he works in an area which is dry but the plants are green and healthy. There is a lot of creativity and good care for the container gardens and other projects. He has also reached out to members of the community including the local Member of the County Assembly. Please let us show our support for this nomination.

His nomination has been supported by the following:

1. ***Orina Dominic, Bomet County, Konoin Subcounty,*** I vote for Mr. Mghanga as 4-K Club June 2023 Champion! Thank you
2. ***Agatah Munyiri, Embu county, Mwea Subcounty,*** I vote Mr. Mghanga as 4-K Club Champion, June 2023
3. Mr. Mghanga pongezi! You are our Champion. ***Peter Hamisi from Ekerubo Gietai Boarding School, Nyamira North Subcounty, Nyamira County***
4. I vote for Elikana Mghanga for being a role model. He is my neighbor therefore I can confirm he is truly a champion. ***James Kariuki, Mkwachunyi Primary School, Taita Taveta***
5. ***Thomas Wanyoike, Mombasa county, Consolata Catholic Primary 4-K Club Patron.*** I vote for Mr. Mghanga
6. ***Leon Caxtone, Migori County, Patron Wachara Karungu 4-K Club,*** I vote Mghanga of Kirutai Primary in Taita Taveta as 4-K Club June 2023 Champion. Beautiful work indeed
7. ***Chepkwony Peter, Sotick Subcounty, Bomet.*** I vote for Mr. Mghanga as 4-K Club June 2023 Champion
8. ***Emilio Kinyua, Patron Mburutani Primary 4-K Club,*** I vote yes for Mr. Mghanga
9. ***Elkana Koech, Rongai Subcounty, Nakuru. Kabarak Primary School.*** I vote for Mr. Mghanga, Congratulations!
10. ***Wasike Rose, Khwisero Subcounty, Mundaha Primary School.*** Thanks patron Mghanga for the good work
11. Congratulations Sir! Let my vote count in favour of Mr Mghanga as a 4-K Club Champion of the month. ***Perpetua Ndebu, Embu West Subcounty, Embu County***
12. ***Faith Mutambo, Patron Wusi Primary Taita Taveta.*** I support Mr Mghanga, he is doing wonderful work. Soon I'll visit Kirutai for bench marking
13. ***Catherine Mugambi, Mombasa county, Likoni subcounty, Jamvi La Wageni 4-K Club,*** I vote for you Elikana. Mbololo is very dry but you have tried your best
14. Good work. This is very encouraging. Keep up. I support his nomination. ***From George Njugi. Patron, Nembu Primary School, Nairobi county***
15. I too support Mr Mghanga, for the dedication towards the 4-K Club regardless of the school being in a dry area. ***Rose Nyatichi Nyandoro. Patron 4-K Club Nyaguku D.o.K, Nyamira county, Manga Subcounty, Magombo ward.***
16. ***Catherine Agnes Onsongo, Patron, Endemu Dok Primary, Borabu Subcounty, Nyamira County.*** I support the nomination of Mr Mghanga as champion of the month of June. Congratulations!
17. ***Elijah Gekonge Nyakundi , TOT Bocharia PAG Primary, Masaba North Sub County, Nyamira County.*** I support the nomination of Mr Mghanga as champion of the month of June. Congrats!!
18. ***Grace Momanyi from Gesiaga DEB primary school Nyamira South, Nyamira county*** I support Mr. Mghanga for June championship. Bravo!!, Chitago DEB Masaba N, Nyamira county
19. ***John Momanyi Alayas, Chitago DEB, Nyamira county*** my support is for Mr. Mghanga for the June 2023 Champ.
20. I support Mr. Mghanga, ***Rotich K. Samuel, Saruchat Primary 4-K Club patron, Bomet county, Sotik Subcounty.***
21. ***Philiph Nzomo, Mombasa county, Mvita Sub county, Patron LOMSA 4-K Club,*** I vote for Mghanga
22. Mr. Mghanga has my vote too. It is also a learning point for all patrons to reach out to the relevant institutions for support because 4-K-Clubs will not only benefit the pupils but also communities and our country at large, we all want to be Food secure. ***Jackline Mulwa (Modern Farmers Base Agrovet) - Makueni County 4-K Club champion.***
23. I vote him in too. He deserves it. ***Nateminya Emmanuel, The 4-K Club Patron Good Testimony International School, Nairobi***
24. ***I, Mr. Amos Bor on behalf of Kalyet AK Mokombet 4-K Club, Nandi county, Tinderet Sub county, Songhor zone,*** I Vote Yes. Mr. Maghanga, Keep It Up!!
25. I vote for the teacher, ***Anthony Maswa, Patron Kongit Primary School, Bungoma County, Mt. Elgon Sub-County.***

26. I love what am seeing. I love that part of reaching out to the community. Congratulations! ***Tr. Ombati, Kimathi Primary School, Nairobi.***
27. ***Patience Mnengwa, Ghazi Primary, Taita Taveta.*** I recommend Mr Mghanga's work. It is very encouraging and innovative despite the climate challenges in the area
28. ***Mwanaisha Juma, Namahindi 4-K Club patron, Busia county, Nambale subcounty***, I vote for Mr. Mghanga
29. ***Gladys Ndinga, Pwani school for Intellectually Challenged, 4-K Club patron, Mombasa county, Nyali subcounty,*** I vote for Mghanga
30. I vote for Mr. Mghanga, ***John Ngugi Nyali Hills Academy, Nyali Subcounty, Mombasa.***
31. ***Stephen Otieno Ochieng, Mtepeni Primary School, Kilifi South Subcounty. Jitihada 4-K Club Patron.*** I hereby nominate Mr Mghanga for his dedication towards the food security measures through his 4-K Club activities. Bravooooo!!!
32. ***Lucy Kioi, 4-K Maombi Primary, Nakuru County.*** In support of Mr Mghanga
33. I vote for Mr Mghanga. ***Edward Sitati. Chepstati Primary School 4-K Club***
34. I vote for Mr Mghanga. ***Everline Lugho, Chome Primary 4-K Club***
35. I vote for Mr. Mghanga, ***Jane Kavwali, Nthilani Primary 4-K Club patron. Kitui County, Lower Yatta***
36. From ***Bungoma County, Kopsiro Subcounty, I Janet Masinde of Ndaret 4-K Club*** join my colleagues to vote in Mr. Mghanga as the Champion of the month. Receive my Vote

QUIZ

Discover what will make our 4-K Clubs succeed 100%

Solve the equation to get the answer

By Patron Agatah, CCM Ndune 4-K Club, Embu County

1	2	3	4	5	6	7	8	9	10	11	12	12	14	15	16	17	18	19	20	21	22	23	24	25	26
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Hard work = _____ % Money = _____ %

Donation = _____ % Water = _____ %

Unity = _____ % Attitude = _____ %

Fruits

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

Last month's answers

1. Apple
2. Banana
3. Berry
4. Grape
5. Melon
6. Orange
7. Peach
8. Pineapple
9. Raisin

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