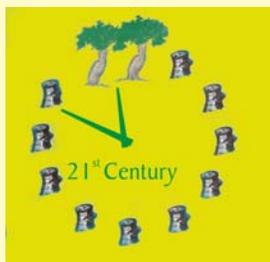


Welcome to yet another edition of SuNews.

In this issue advocacy gains ground as solar cooking is given priority in Kenyan MDG's planning. Egerton University seeks to enhance solar cooker research, Lokichogio solar cooking gets a boost, while Kajiado and Kadibo prepare to initiate solar cooking projects amidst hardships and Sunny Solutions begin to measure impact. Elsewhere, Somalia establishes a solar cooking village while awareness continues to rise in Uganda and Tanzania. These and many more are herein included.

### IN THIS ISSUE

- Solar cookers and MDG
- Egerton University gets familiar with SC
- Kajiado and Kadibo projects now on
- A village switches on the sun in Somalia
- Sunny Solutions, continues to change lives positively
- More more.....



### UP COMING EVENTS

- EAEN Annual conference – 26<sup>th</sup> – 27<sup>th</sup> May 2006
- Solar Day – 2<sup>nd</sup> – 3<sup>rd</sup> June 2006
- International Solar Cooking conference – Grenada, Spain – 12<sup>th</sup> – 16<sup>th</sup> July
- Global Conference on Renewable Energy Approaches for Desert Regions (Amman – Jordan) 18<sup>th</sup> – 22<sup>nd</sup> September 2006

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 www.solarcookers.org

## THE COOKIT AFFIRMED AND RECOMMENDED.....

The Cookit recently caught the attention of lead Kenya government officials from all the over the country. This was courtesy of the MDG focal point monitoring unit in the Ministry of Planning and National Development, who organized 4 – 3 day workshops covering the whole country. SCI(EARO) was invited to show case the Cookit as a quick impact technology.

The objective of workshop was mainstreaming the MDGs in planning. The target group included; provincial and district officers from key Ministries linked with the MDGs such as; Agriculture, Works, Health, Planning, Education some development partners and a few civil society groups.

After witnessing how simple, yet practical the technology was and tasting the foods it cooked, it is no wonder that at the end of each workshop, participants' resolved to support its use within their districts.

This resolution stated "That while noting the availability of several technology options that can be used to scale up MDG interventions at very low cost such as the use of solar cookers presented at the workshop, participants affirmed and recommended its use, given the prevalence of poverty in Kenya and considering that it represents an environmentally friendly and sustainable option.

SCI (EARO), expressed gratigude at the opportunity of meeting with key planners in Kenya and hopes that the awareness raised will bear much fruit. That many Kenyans living in sun - rich fuel scarce regions will get to know and use the Cookit and other solar cooking technology models.



Regional Director explains the wonder of the Cookit - Embu



A demo on the sidewalks of Perch Hotel Kisumu

## CHANGING LIVES.....

1995 was the year that brought a great change in Jenipher Ochieng's life – she lost her husband, she was now a widow, had three children to feed, cloth and send to school, yet she was “chi liel” the wife of the grave, an outcast that must agree to be inherited to benefit even from the husband's estate.

Determined to survive, Jenipher begun by trying her hand at petty business, farming as well as tailoring. All these efforts were unfulfilling and she barely survived. Sometime in 2003, project officer, Sunny Solutions visted Jenipher's group, she was looking for active women's groups to assist in introducing solar cooking technology to the community. As secretary to Sang'oro group she got very enthusiastic was lucky to receive a free CookKit to try out local foods. Her enthusiasm made her be selected for further training and from then on Jenipher's life begun to change for the better.

After training in different aspects of solar cooking she was commissioned as a trainer and was awarded a certificate. Jenipher's, main activities were awareness creation, through group and public demonstrations. She also trained other groups on how to solar cook, sold cookits and plastic bags and painted pots. Further, she performed follow up activities, solving any problems of new cooks and sharing recipes. All these activities were very fulfilling and she regained her confidence.

In March 2005, she was appointed a Solar Cookes Representative (SCOREP) of west Koguta sub location. She took the challenge of selling solar cookers and creating ready and wide access to solar cooker supplies. Her duties expanded to include wide marketing of the technology in schools, new groups in the area, government institutions and to neighbouring communities. Jenipher now found hapiness, she was given further training to enable her perform her challenging job such as product promotion, water testing, group dyanics and participatory training



Jenipher makes a sale

techniques. She now doubles up as the stockist in charge of the Cooker's shop in Kongo'u for western zone and is happy that she is able to continue on with her tailoring activity. Jenipher feels empowered, she can address the public confidently and is recognized in the community as a social worker. Fending for her family has been a lot easier. She has bought a goat from her savings and is a better time manager, working in her farm early before proceeding to her solar cooking activities. Observations from her neighbours confirm that Jenipher's life has changed for the better.

Joshua Achilla, her brother in-law, marvels at how Jenipher has been transformed into a confident, self sufficient woman who does not ask for support from them and is able to feed and cloth her children well.

Mary, her neighbour says, “She stands out in the village since she is identified by the Cookit. Jenipher is known to everyone in this area. We really admire her hard work which has earned her a good name”

The project officer Sunny Solutions says, “Jenipher has shown a marked change in her lifestyle since she started her activities in the project. She is relaxed and laughs more easily, she contributes actively in discussions and has a lot of advise the other SCOREPS”

Jenipher smiles and looks forward to better times, she says in total she must have earned about 30,000/= from 2003, an equivalent of 10,000/ per year from her involvement with Solar Cookers International. Her comment;

“Thanks to solar cookers – it is a life changing idea, a life changing technology!”

## Let's collaborate.....

That 2.5 billion people suffer from cooking fuel scarcity is a frightening fact, that the need continue to deepen despite some of these people living in sun rich regions of the world is sad, that they continue to be ignorant of the potentials of solar cooking is unforgivable. The entire Solar Cookers International fraternity recognizes this deficit and is calling for partners, for friends, for funding, for in kind donation to deal with this issue.

Solar Cookers International's 2020 Vision is:

**“Self – sustaining spread of access to solar cooking in three of the top twenty target countries and wide public awareness of the usefulness of solar cookers in five others through community projects, advocacy, education resources, information exchange and technical assistance.”**

This task is enormous, and is impossible for one small organization, thus the call for collaboration. On 23<sup>rd</sup> March, 2006, SCI (EARO) was at it, creating awareness amongst various NGOs, Government departments and other interested parties at Methodist Conference and Guest House in Nairobi. A total of 50 participants attended.

Way forward.....

1. Of the following, which solar cooking benefits most interest your organization / agency / department; microenterprise opportunities for women, safe water, smoke reduction, HIV / AIDS home care, renewable energy?
  2. What services can SCI offer your agency / department?
  3. Suggest other ways that together we can assist in reducing the number of people who continue to suffer even as the sun rises everyday.
- Please call us or write to us with your responses on the address at the end of this news bulletin.



Participants marvel at the simplicity of the cookit- Methodist Guest House - Nairobi.

**Just imagine..... a contribution of 1000/- will give a family of 6 a solar cooking kit i.e. a solar cookit, a cooking pot and lid, 4 cooking bags, a water pasteurization indicator and an instruction booklet) You will have reduced the 2.5 billion figure!**

## Switching on the sun

**Solar cookers are vital for Somalia's pastoral future. This is why Sun Fire Cooking's pioneering work in Bender Bayla is so important.**

A recent(\*) United Nations reports on Somalia by the Food Security Assessment Unit (FSAU) as well as reports by UNICEF and UNOCHA, makes it very clear that what 2002 Goldman Environmental Prize winner Fatima Jibrell has been saying for over 10 years is coming to pass deforestation and the possible end of Somali pastoral way of life CAUSED mainly by the charcoal trade!!! not by drought or civil war although they are contributing factors. The charcoal trade is the root cause.

It is URGENT that the charcoal be stopped, that reforestation, erosion prevention be initiated on a wide scale. Solar cookers must be a key component to this strategy. Solar cookers must be distributed everywhere. In Somalia there is no other practical cost effective alternative. This work is more urgent than ever given the ongoing humanitarian crisis, much of which is caused directly and indirectly by the charcoal trade. Sun Fire Cooking is offering an alternative to charcoal. Of course, most important is to stop the trade AND undertake reforestation and more erosion control. **However, most Somalis and in fact all of east Africa needs to switch to solar cooking urgently.**

**Here are some quotes from the FSAU Report.**

Crisis as Opportunity: reversing the trend of massive and nearly irreversible degradation of rangelands through deforestation for charcoal production. Executive Summary p. 2

So while charcoal cartels profit handsomely - the Somali people are left with a decertified landscape - one with minimal economic potential and a tragic contrast to the proud pastoral cultural identity of Somali people. With every crisis there is an opportunity. The current Humanitarian Emergency in the Southern Regions is also an opportunity to highlight the charcoal tragedy there. The Somali charcoal tragedy is not a peripheral environmental issue, but is undermining the foundations of Somali economic development and, sadly, over time it promises to undermine the very core of Somali cultural identity. p. 27

(\*) FSAU Technical Series Report No IV.8 February 22, 2006

### QUOTABLE QUOTES

" Very impressive....solar cooking is great for Africa."  
**Ms. Zaamwani - Namibia**

"Wonderfully made" **Elizabeth Anokyewa - Accra**

"Science is part of daily living, long live SCI"  
**D. Ojala - Nairobi**

"High degree of creativity, you are movers of the world."  
**Chege Njuguna - Nairobi**

" A very educative tour / visit and hope to work together, thanks a lot." **Harriet Kizito Kiatu - Kitui**

"Wishing and hoping for a good and durable collaboration in development issues."  
**Oscar Ricci - Wei - Wei project, West Pokot.**

"Visit Moyale and demonstrate the use of the cooker."



**EL-Didhir village- Somalia**

**Horn Relief has now completed the distribution of a solar cooker to each of the some 550 households in the fishing village of Bender Bayla. (Get picture from – my photos folder)**

Editors comment: It can be done, switch on the Sun! Solar Cooking is not just a novel idea, it is a necessity.

## TANZANIA

Sperancea Gabone, recently held a solar cooker exhibition at Mawenzi Primary School in Moshi, Tanzania. Over 20 people gathered to learn about solar cooking and to taste solar cooked food, including ugali, meat ,beans and rice. Rohlf Behringer, of the Solar Energy Society (ISES), led a solar box cooker construction at nearby Karanga Technical School, and joined Ms. Gabone at the exhibiion. In addition to solar box cookers, retained heat cookers, were also used. **Contact : Sperancea Gabone, Kilimanjaro Biogas and Solar center, P.O.Box 7322, Moshi ,Tanzania, Email : gabaroneesperancia @ yahoo.com**



**Benson Indeché - DWO Moyale.**

"Beautiful invention, will go along way in assisting Rural folk."  
**Mukiri P.K. - Thika.**

" Pure, pretty and practical - Bravo!"  
**Muhuru S.G - Marsabit**

" Good life saving technology should be entrenched in social life."  
**Ben Kimani - MPND**

" Absolutely great invention! I am most impressed!" Sirkru Hellster  
- **Embassy of Finland.**

"Excellent and keep it up! Nice food quality!"  
**Joshua Anyango - Adiedo - Omboga, Rachuonyo.**

" Kumbe resources za Mungu bado ni mingi! Praise God!"  
**Kemboi Yego - Voi**

## Egerton moves to strengthen solar cooking research:

Dr. Ogola Wilson who heads the Engineering department of Egerton University, first got to know about solar cooking while attending a workshop in Mombasa. Being an engineer he quickly underscored the potentials of the technology and sought to know more about it and also expose his students to it.

On the 2<sup>nd</sup> of March 2006, at his invitation, Msc. students engineering option of Egerton University got their first exposure to solar cooking and solar cookers.

Listening keenly and asking very probing questions after the lecture, it was clear that they too were convinced of the potentials of the technology. Even though the weather was not too good, solar boiled eggs, and tea were sampled.

The challenges given to the students included;

Researching on more durable local materials, on heat storage so that it can cook at night and early in the morning, coming up with new designs that have increased efficiency without necessarily raising the unit cost of solar cookers etc.

SCI (EARO) is appreciative of the efforts made so far by the students in their essays, the future vision their department has in terms of collaborative work to spread the solar cooking news far and wide to benefit many Kenyans living in sun – rich, fuel scarce regions.

After the visit Dr. Ogola wrote:

*Dear Maggy*

*Thanks for coming for the seminar and supporting us. We were very delighted and as much as I meant the seminar to be for the Msc students the Nakuru and Njoro Campuses felt they needed more of your presentations. I would like us to continue the link a lot more and even act as your trainer in this region if you can allow. We can enter into some memorandum of Understanding with your org to facilitate that and other related energy activities. Please let me know if this is acceptable so that I may start some ground work from this end.*

*Thanks  
Dr. Wilson O. Ogola*

*Editor's note: SCI appreciates and welcomes this gesture.*



Explaining the cookit- Nakuru

## Baby steps in Kajiado and Kadibo

SCI (EARO), begun two new community projects in Kenya this financial year 2006. These are Kadibo on the outskirts of Kisumu City and in Kajiado to the south near Kenya – Tanzania boarder. These projects are aimed at enhance the spread of access to solar cookers in Kenya while benefiting from lessons learnt in the Sunny Solutions project, Nyakach.



Stella Odaba

As is the case, we begun by first identifying the areas through our contacts, an American Peace Corp in Kajiado and long term development agency in western Kenya, Practical Action (ITDG – Kisumu). Next was identifying the project supervisors and giving them an orientation to solar cookers International and solar cooking. Then came their posting, and identification of suitable office location.

So far these are in place and we have Ms. Stella Odaba a long standing SCI EARO volunteer to steer the Kajiado project partnering with AIC, Kajiado and MR. John Amayo who supervises the Kadibo project.

To date, the two have successfully completed a rapid base line survey of the area of work, they have identified appropriate entry target groups, and development partners, they are at the stage of creating awareness through public / group demonstrations.



John Amayo

Both projects have been victims of natural occurrences in Kenya in the recent past. First, last year Kenya suffered a devastating drought, killing both man and livestock. This meant that people in both areas were fighting for survival especially in Kajiado where they had to survive on food – aid. The people were not available or even in a condition to learn about a new cooking technology, they had no food to cook despite it being a very conducive season for solar cooking.

Then come the end of drought and for the lat two months it has been raining continuously all over the country, making it impossible to use solar cookers.

Despite this faltering start, the two officers are ready to go, they have access to supplies as well as other resources. The few demonstrations they have managed to undertake have been very well taken by both communities and we at SCI (EARO) want to wish them the very best.

## Loki solar cooking efforts get a boost...

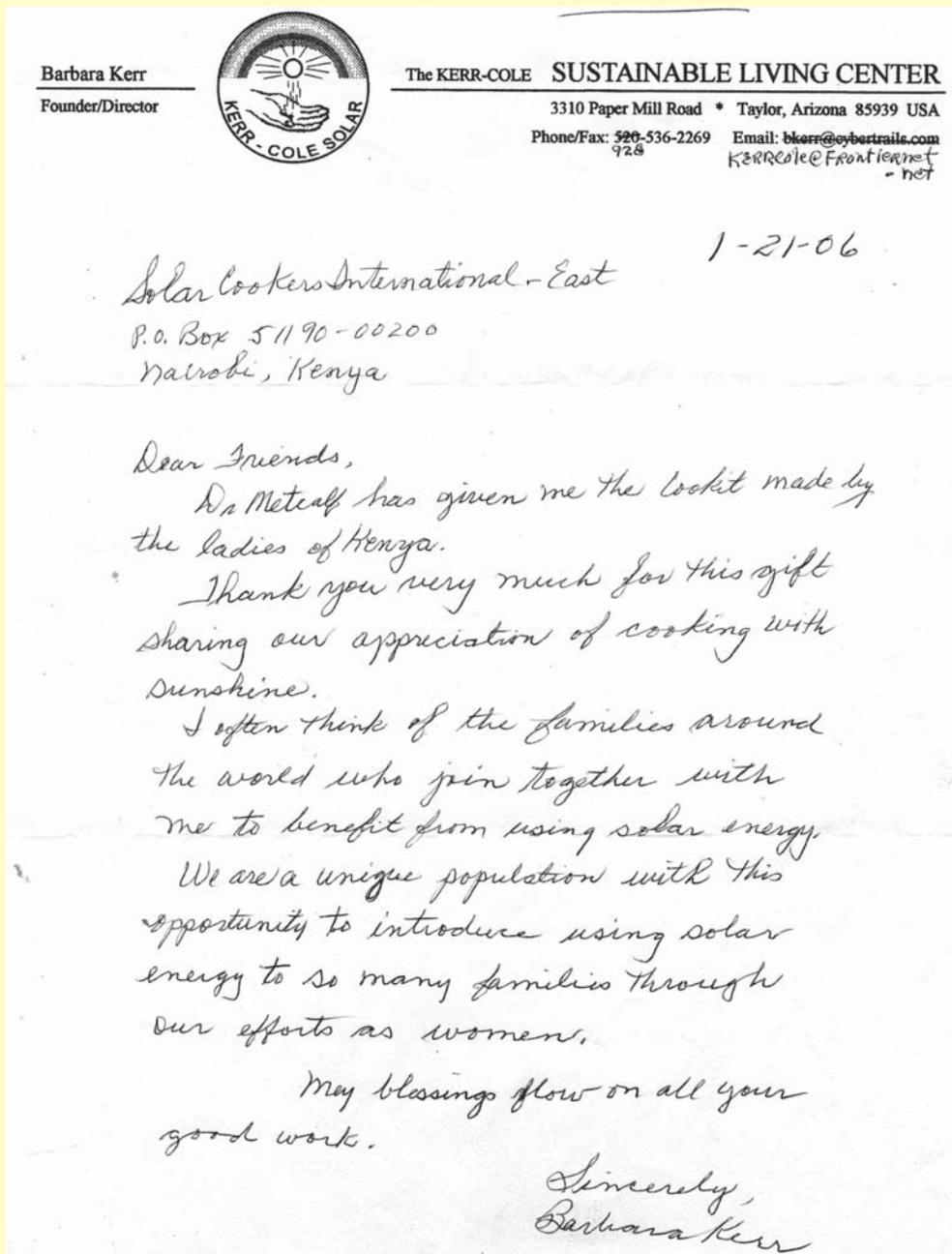
Mrs. Nancy Crooks and Terry Light of Africa Expeditions have for the past year been collaborating with SCI (EARO), in introducing solar cookers to Turkana community living in Lokichogio. Together, they founded a culinary school which teaches among other things, the use of solar cookers.

To scale up this effort, Mrs. Crooks sought assistance from SCI EARO, in writing a proposal seeking financial assistance – and Yippee! Lift – up Africa responded positively and gave the initiative 8,000 US dollars. Right now, SCI (EARO) is assisting her with gathering all the supplies required for shipping to the far north western destination.

She plans to enable three women entrepreneurs begin a business in solar and fireless cookers. Her target is to reach 50 families. SCI EARO's field assistant will assist her in awareness creation demonstrations while some of the funds will be used for monitoring fees and for the businesses start – up.

- **Congratulations to Nancy and Hillary Crooks and to Terry Light.**
- **Our heart felt gratitude to Lift - Up Africa for their timely support.**

You too can do it and SCI is willing to work with you on it!



## NEWS-BITS

The regional Director, Mrs. Margaret Owino, will deliver key note address during the Grenada Conference July 12 – 16<sup>th</sup> 2006, entitled, "Solar Cooker Dissemination; Lessons Learnt."

Meanwhile, she has been nominated for the Technical Museums Award and her abstract to the GCREADER ( Global Conference on Renewable Energy Approaches for Desert Regions, Amman, Jordan, 18 – 22<sup>nd</sup> September 2006 ) has been accepted and a full paper is being prepared.

She has also submitted a call for BEST PRACTICES by UNEP in the annual Dubai Award. The issue discussed is the dissemination processes implemented by SCI in its community projects.

A preliminary proposal to the Italian Embassy has been submitted for collaboration in introducing solar cooking in the Wei Wei Project, West Pokot.



## Recipes....

### SUN - browned BROWNIES

If the chocolate bug bites you, try this way to appease it ( more like fudge than cake)

- ½ cup vegetables oil
- 1/3 cup of maple syrup
- ½ cup soy yogurt
- 1 ½ cups of whole wheat flour
- ½ cup cocoa
- ½ cup nuts

Mix together wet ingredients with a wire whisk. Add dry ingredients and stir lightly. Pour into a well - oiled 8x8 baking pan and bake for one hour.  
ENJOY

By Harriet Kofalk

## THE RIPPLE EFFECT OF SUNNY SOLUTIONS....



As solar cooking habits get entrenched into the daily life of the people of Nyakach, people from other areas are beginning to be more proactive in their desire to also use the sun to cook food and pasteurize drinking water.

This has necessitated several activities within Sunny Solutions to let the benefits overflow into these other communities in a systematic manner.

First, as these groups have been asked to make formal requests to the projects officer sunny solutions.

Secondly, an initial response to their request is made listing the preparations and commitments they need to make before the second level.

Thirdly, Sunny Solutions SCOREPS have stock piled Cookers at their shops to meet such a demand,

Fourth, each SCOREP is equipped with a letter from SCI office indicating that they are certified trainers and should charge a given fee for their services.

Each group of the 4 zones in Nyakach have been encouraged to venture outside their jurisdiction to sell cookits, paint pots and give demonstrations for a fee.

Recently, SCOREPS were called upon to do demonstrations at the MDG workshop in Kisumu, a Professor from Maseno University called for a Demonstration in Yimbo the far west on 6<sup>th</sup> May, Warao women group from Kendu Bay were treated to day long demonstration at the Katito office and as trainers treated participants to sumptuous meals during a Farmers Field Day at the district headquarters in Awasi.

Other request have been forthcoming from groups of good will in the USA, these groups have come in with funds and have bought Cookits to create awareness in West Pokot, Kitale, Muhuru Bay, Rabuor, ELAND Maasai project and Namunyak in Transmara. In addition to buying Cookits



made by SCOREPs in Sunny Solutions, they have requested for expert trainers who in turn earn some income for their services.

SCI (EARO) are very happy with these events and hopes that more and more partners will come forward in our match towards increasing the number of people who know about and use solar cookers, for their own benefit and for the benefit of the environment.

**Please send your comments,  
experiences and questions to the address below**

Regional Representative,  
Solar Cookers International (EARO).

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