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Wec-Wecatet

TRANSFORMATION 4th Edition Newsletter from Kapchorwa LRP



4th Edition

TRANSFORMATION THROUGH RIGHTS!!!

Sponsorship shaped my parents' attitude towards education: Chebet Rashida 's Story

By Cherop Robert-PC-CAFHUR

EDITION EDITOR'S NOTE
(HOSTED BY CAFHUR)

I am **Chebet Rashida** aged 11years old in primary Five (5) in Toswo Junior Nursery and primary school and a beneficiary of the community child sponsorship programme. I am a resident of Toswo village, Toswo Parish in Kaptoyoy S/county Kween District, a daughter to one Mr. and Mrs. Satya Ismail.

I am so happy and delighted about

"...I congratulate CAFHUR together with Actionaid Uganda for the wonderful partnership geared towards our transformation through education and other community development initiatives "-Chebet Rashida



Welcome to this 4th edition of the **WEC-WECATET** quarterly newsletter as part of our rotational shared responsibility which has come to define our partnership ties at the LRP. I am proud that that this time round it was compiled, hosted and edited by AA partner Community Action for Human rights (CAFHUR). Like We have done in the previous publications, I equally encourage you to intercourse with this edition. As you enjoy it, feel free to contribute towards the enrichment and quality of future editions by sending your comments.

Robert Cherop-CAFHUR

Brief Profile of Newsletter

WEC-WEC-CATET is a local Sabin word meaning "change". In this context, it means transformative change in community community development. The newsletter to strengthen impact reporting, documentation and sharing within and beyond the LRP.

The WEC-WEC-CATET quarterly news letter is a proud initiative of Actionad Kapchorwa LRP and its partners.



the community sponsorship program for it has helped transform my life in different aspects.

Before I was enrolled into this programme, I was encountering a number of challenges in trying to access education as my friends were doing and its even the reason as to why I am even still in mid primary because at this age, I would have been in upper primary or even higher than that. My parents because they are less educated did not pay a lot of attention to education and they were not interested at all to educating me.

They gave reasons that I was too young to go to school and when I requested them to take me to school like my home friends were being taken, they explained that they did not have money to secure what was required for use at school and because I respected them, I honored all what they told me. I endured with this situation of irregular going to school until a time when I was enrolled into the sponsorship programme and it's where I acquired information that education is a right to every child and the parents have the responsibility of educating the children.

WORKING TOWARDS CHILD LABOUR FREE ZONES IN EASTERN UGANDA

- By Tongo Fred
Senior Paralegal -CAFHUR

Thanks goes to Uganda's government for offering free education to school age going children both at primary and secondary school. This dream however has not been realized due to a number of factors including among others child labor.



Child labor in the teachers' context is defined as work or activities engaged on children either willingly or unwillingly that interferes, denies, prevents or stops a child's education. The adverse consequences of child labor not only constitute serious violation of children's rights but also have broader consequences on the natural development of the child. Some of the activities or works that prohibits smooth educational process include weeding gardens for money, collecting and selling firewood, scaring birds and monkeys in the fields of rice, maize and millet, early marriage, baby sitting, looking after animals, selling local brew and many other.

As teachers (UNATU) intervention is to campaign for "THE STOP CHILD LABOR" and the school is seen to be the best place for this campaign. The STOP CHILD LABOR campaign aims at eliminating all forms of child labor and ensuring formal, fulltime and quality education for all children in Kapchorwa and the entire Uganda. The campaign further aims at "NO CHILD SHOULD BE IN LABOR"; every child must be in school.

When we eliminate the child labor, we shall work towards increasing and strengthening the CHILD LABOR FREE ZONE. The labor free zone is any geographical area where all children are withdrawn from child labor into formal and fulltime education. Our emphasis to the entire leadership and all cadres is to have a child labor free zone in families, villages, parishes, communities and the school. At schools, the teachers are supposed to play a leading role of promoting the campaign.

"CHILD LABOR MUST STOP NOW!!!!"

ON THE DAY OF THE AFRICAN CHILD CELEBRATION IN AMUDAT, 19TH JUNE 2014,-Jacob Sakajja-Project Officer ECVAC



I saw and witnessed children raising voices on all forms of violations affecting them;

The guest child who read the children's message on behalf of the Participating team: Pokot secondary school, Akorkeya primary school, Akalas girls primary school, Akalas boys primary school Cheptapoyo primary school and Katikit primary school, delivered a key note address to all guests and their message read as follows; "cruelly treated, being harassed, we are abused physically, being beaten without mercy, being pushed hard and being shouted at, our bodies are affected, injuries we get, pain begets us; As we cry agonizingly, also mentally, we lose our nature, its beyond theories of psychology. Abandonment of children threatens us, we are infected with HIV/AIDS, pregnancy we get, FGM surrounds us as our laws are disobeyed otherwise we would not be in this situation, and we beg you to stop violating our rights we tell you now

Children have a right to education, a quality education. We children of Amudat do not attend school or drop out of school because; we are denied school, we lack a safe and secure school environment, both within schools and for children who must walk long distances to reach their facilities, we have insufficient numbers of trained teachers and text books, we lack clean water and separate latrines for girls and boys and no hand washing facilities, we are affected by beliefs and practices that that discourage girls enrolment. We are discriminated against orphans and girls within the educa-

....."Cruelly treated, being harassed, we are abused physically, being beaten without mercy, being pushed hard and being shouted at, our bodies are affected, injuries we get, pain begets us".....



This became an eye opener to me and to the parents too as we all heard for ourselves. I am very delighted about this sponsorship programme, because since then my parents felt guilty because they were challenged by the awareness meetings conducted at our community and additionally, my parents are supported through provision of scholastic materials which I often access during child mass message collection exercises and they now feel encouraged and they have fully surrendered to supporting education at home.

All our children at home are now accessing education and because of the need to acquire better and quality education, my parents have gone an extra mile to even improve our education by taking us to Toswo Junior Nursery and primary, which is a private school and we are grateful about the education standard being accorded to us. I encourage my fellow children to ensure that they go to school because education is the key to success.

I congratulate CAFHUR together with Action-aid international Uganda for the wonderful partnership geared towards our quality upbringing through education and other community transformative initiatives and I even encourage them to even do much more especially in some areas where similar initiatives have not reached. Long live CAFHUR; long live Action-aid Uganda.

Women empowerment gains momentum in Kween District-Tecla Chemutai– Kween District



I am Tecla Chemutai, aged 40years old, a resident of Reberwo Village, Ngariongo parish, Kaptoyoy S/county Kween District and a mother of five children. I am a parent of two sponsored children and also a member of Koswo united Reflect circle group. My participation in these two community empowerment initiatives has greatly changed my living conditions at the community and to other members too.

I have gotten a lot of empowerment regarding my rights which I was not aware about and I now look an informed woman at my community level. Before my enrolment into these community empowerment initiatives, my husband used to batter me a lot and could decide what to do at his own course and my ideas were hardly incorporated into our family development plans and because that was the order of the day, I had taken it that way because I had understood that the husband is superior and has powers to do everything at home.

Upon my active participation in these community empowerment initiatives, I learnt that we are all equal regardless of sex, race and the like. And upon this, I have been trying to cause development discussions with my husband regarding how best we can better our family and I am glad to note that these discussions backed by the different community awareness campaigns conducted by CAFHUR and Action-aid concerning Human rights based Approaches also became an addition to what I had learnt from my Reflect circle group meeting sessions and my husband has been made to understand that what I was trying to discuss with him was practically true and he definitely changed and I am glad to note that we are now living harmoniously in our family, we are taking lead in planning for our family together and no decision is taken without we notifying each other.

From page 4: Women empowerment gains momentum

I feel that I have personally benefited though there are some other members who have experienced the same. I did not know how to read and write and I must jubilate for having known this now through our reflect Functional adult literacy sessions accorded to us by our Reflect session Facilitator. Soil conservation and improved farming practices have been part and parcel of our learning sessions and this has helped me manage farming in my family like the way I have been in position to managed the coffee seedlings given to my family as an income generating activity for my two sponsored children, where we are now earning income out of it, noting the very high prices of coffee in our community.

During our sessions, we also discuss on how best to improve our communities and in this we have set standards that must be adhered to by every group member. Like all our children must go to school, good hygiene at home and other quality standards agreed amongst us, any violation attracts penalties. We also cause sharing meetings with our community leaders regarding better service delivery and we have been able to transform the living standards like we have been supported with a primary school and our children do not now travel for long distances as it used to be, and many other successes we have been able to attain.

All the above have been realized through our willingness to participate in this voluntary sessions and I am encouraging CAFHUR together with Action-aid to continue offering the same community empowerment support for it's the only way to transform our community settings, given the high cultural attachments evident in our communities, long live CAFHUR, long live Action-aid and together we can transform our communities.

A widow in Bukwo gets back her peace-By Kwemboi Silus, Coordinator KWIPI



Fig 3: Juliet Cherotich explains how her late husband's relatives mistreat her for refusing to marry their son

Juliet Cherotich is a widow aged 45, she is a resident of Chebinyiny Village, Tulel Parish, Tulel Sub County in Bukwo District; Eastern Uganda. Her husband passed away in 2012 and left her with seven children among whom three are below ten years.

She lives in one grass thatched house with her younger children. She was tasked by her late parent's relatives to marry her brother in law which was against her will.

Cherotich's condition;

"My husband's clan members gave me a condition that unless I accept to marry their son, I will not have peace in their home but I have always refused to affirm to this demand. In 2013, I was instructed by my parents in law to avoid claiming ownership of the land" She laments.

Her idea

"Being a mother of seven means that I am old enough to settle as a single mother and proceed from where my husband left me; he had land and animals, I can utilize the garden to get fees and food for my children if I got a friendly environment". She adds;

Her window of hope

"In late 2013, I attended a community meeting organized by Kapchorwa/Bukwo Women in Peace Initiative-KWIPI; they spoke about ActionAid, sponsorship of children and women's rights to property and land, I had never known that men of our tribe could be challenged. During the time for reactions, I spoke out my problem and the area LC III Chairperson was tasked to explain why I had been denied justice". Says Cherotich

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Children's rights in schools-By Kwemboi Silus: Coordinator KWIPI



I have visited many schools all over Bukwo District. I have observed, in both traditional and alternative schools, that children's basic rights are often ignored. I believe that all human beings, no matter how old they are, must be granted the right to take care of their bodily needs. The child's body and whole organism are by nature determined to move and learn in specific ways. When we adults refuse to collaborate with the child's natural development, we create immense, unnecessary suffering. Even seemingly harmless experiences such as occasionally being denied the right to go to the toilet when needed, can leave trauma and health problems that are carried into adulthood.

The widespread assumption that children should sit still and listen, has been repeatedly disproved by scientists, psychologists, and educators. Children are meant to move their bodies and play. This is how they learn best. Furthermore, children in all school models are still being discriminated against, shamed and punished for having different learning styles. Sadly, children who learn more quickly or more slowly than their peers are often neglected in the classroom. Sometimes, learning content simply is not interesting enough or even age-appropriate. If children are unable to relate to the subject matter or the way in which it is delivered, they naturally lose interest. Children are drawn toward classroom activities that are aligned with their stages of cognitive and emotional development

The "school model" itself will not protect children from abuse. Every single teacher and parent needs to take responsibility for his or her own well-being and for the child's well-being.

The UN's Convention on the Rights of the Child outlines very basic human rights (e.g., to protect children against child labor and violence and secure their right for education). My list of children's rights starts from the assumption that children are in an educational environment. I hope this list of rights will raise awareness for the subtle abuse and hidden suffering that occur in schools every day. If we allow children to feel more comfortable in learning environments, we adults will also feel better and happier! Instead of having to worry about being thirsty or feeling emotionally drained, children will consistently have their needs met. Children will gain the opportunity to experience true, authentic learning with joy. This leads to a lifelong love of learning.

All children have the right to do the following:

1. Go to the toilet when needed.
2. Have drinking water available.
3. Move the body when needed.
4. Learn to take care of personal needs.
5. Learn and process emotions through play.
6. Learn through exploration, trial, and error.
7. Make mistakes and not be judged or shamed.
8. Learn at a personal pace.
9. Fully understand a subject before being tested.
10. Not to be tested involuntarily. Instead, share knowledge by free choice, only when ready to receive feedback on learning progress.

Women of Binyiny get sewing machines in Kween under the WPC project: This is meant to help them generate income for themselves so as to change their condition.



REFLECT ON THIS



GOOD WORKING RELATIONSHIP

- By **Mukhwana Christine**

Program Officer CAFHUR

A good working relationship amongst team members is very important. Good working relationships enable team members to have

collaborative efforts to achieve a common goal. A team that works well together has the most success together. It is important to maintain happy relationships with all those people we work with to ensure that our work gets done efficiently. As well as making your workplace more enjoyable to work in, it will also help your organization to maintain a professional image.

In a team, we are all individuals and respond differently to situations and other people. You may find that you get on better with certain people in the organization than others. However remember we all work as a team and if there is a person in the organization that you do not get on with, they must still be treated with respect and courtesy

Therefore for us to establish a good working relationship and team work, we can adopt some of the ideas below:

Respect one another and care about the people you work with.

Communicate directly with team members and share information freely

Explore your feelings and behavior towards your colleagues and manage your emotions

Celebrate and reward great achievements

Good working relationships has adverse advantages in achieving an organization's goals

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PULL THEM UP!!!

- By **Tim Banan**— CAFHUR

It's just natural to be jealous but it's Unpopular to wish others bad because of jealousy. Rather it's good to work hard just because others can do it, then why not you/me



but don't forget to consult that GUY your jealousy of he is successful can't you see. You do not need to learn the hard way he/she passed through. So to avoid this you need to get rid of your damn jealousy because jealousy belongs to the haters of progress. I mean it is barbaric to wish others bad or even malice them In this era of possibilities you do not need to mind about your neighbors' treasurers because we just got the same opportunities.

Levels to your wildest dream don't play with other people's dreams by pulling them down. I say this because many young people in our societies are living in dreamer paradise they wanna live a good life without working hard, casual opportunities are unnumbered and yet the youth despise them. O God helps us to change our mind sets.

Like the bible say an idle mind is a devils workshop, true that, the jealousy are just idlers, yes how can same one spend his/her precious time minding or counting another man's belongings instead of counting your profits and losses and also scheming a strategy of how to get to the top.

People empowering people motto can't be true if only we can offer to the successful is to speak bad about them, people should learn to embrace and celebrate one another's success if only you can rejoice another man's success you are not far away from success because out of good faith you appreciate the art of hard work and you have know that smart and hard work equals success. Fellow earth men don't pull down those going up rather help them even go further while those that are going up should not look down on those they find on their way up because they may find them on their way down. Proverbs 6:34 (For jealousy is rage of a man: therefore he will not spare in the day of vengeance)

From page 7.....Good working relationship

It leads to better productivity and better results.

In a team with good working relationship, members will go an extra mile to and they will take ownership of the job and gravitation towards interaction grows.

Establishing and maintaining a good work relationship is the key to a positive workplace, it encourages the development of positive relationships amongst coworkers. Strengthen workplace relationships by setting clear expectations, practicing constant communication and offering timely responses to both positive workplace behavior and employee issues or concerns.

From page8: Pull them up by Tim Banan-CAFHUR

..... sabiny's were found to possess profound jealousy, not only among the poor but also among the rich. et el WALTER GOLDCHMICHDT in SABINY LAW

Song of Songs 8:6 (set me as a seal upon thine heart as a seal upon thine arms; for love is as strong as death: jealousy as cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame)

activista

**Mobilise youth!!! Step up
Activism in Kapteret sub-county**

By Wafula Owor Emmanuel

Programme officer Kapchorwa LRP

For the past years youth in Kapchorwa District and particularly Kapteret sub-county have been left out during local government planning and budgeting process as a result youth programming has not been a priority in local government plans. The youth budget has for long been under funded with as less as 500,000 UGX annually, even then this hardly reach the youth who have no or little access to information about government youth programs, resulting into youth unemployment; most youth especially out of school youth spend time in unproductive activities like gambling, sports betting and idling. Since 2013 Kapchorwa LRP has been working to mobilise youth into solidarity groups, this resulted in

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FAZIRA SIKUKU GETS BACK HER LAND

FAZIRA
SIKUKU
GETS
BACK HER
LAND



CAFHUR a partner to ACTIONAID helped Fazira Sikukua 35year old with five children get back her land

Fazira Sukuku is 35 years married to Hassan Sukuku and they have five children. Her husband had grabbed all the land from her and he had neglected his duties as a father in the home; he didn't want to provide for the family so Fazira was having a hard time trying to make her family survive. Her husband married another woman grabbed all the land he acquired with her to settle his other wife yet this was the land was being used to provide for the children. Her husband went to the extent of destroying the crops that our client had planted on this same land. Fazira made several attempts to have this issue resolved at the family level but I did not get any help and her husband would not listen to her cries.

After listening to radio talk shows of CAFHUR, she decided to visit CAFHUR for help. Her husband was invited for a mediation, the case was mediated upon and after a long session of mediation using the Alternative Dispute Resolution (ADR) mechanism both parties we were able to reach a number of resolutions peacefully and they signed an MOU. Fazira agreed to give a plot of land to her husband to settle his other wife and she remained with the other piece of land to provide for her children. Her husband also committed himself take up his responsibilities to provide for the family. During the mediations at CAFHUR, both parties were educated that it is the responsibility and obligation of both parents to provide the necessary support for their children and so the responsibility should not be left to one person.

Fazira is now in possession of the other part of the land that she can now use to provide for the children and generate some income for the survival of children especially. Fazira was also advised to try and get some other work that can generate income and she can use that income to supplement on providing the necessary requirements for her family..

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AZIRA SIKUKU GETS BACK HER LAND

Fazira is one among the very many women that CAFHUR in partnership with AAIU has helped to get back their land. She was very therefore so grateful to CAFHUR and AAIU for helping me to get out of her miseries. She said that she would not hesitate to tell other people like women and other vulnerable persons about the services that are offered by CAFHUR.

BY CHRISTINE MUKHWANA

PROGRAMME OFFICER – COMMUNITY ACTION FOR HUMAN RIGHTS (CAFHUR) Christinemukhwana89@yahoo.com

KACSOA'S QUOTATION



BY CHELIMO EMMA;
FOCAL POINT PERSON
EC-VAC PROJECT
Kapchorwa Civil Society Organizations Alliance (KACSOA) is a network of Community Based Or-

ganizations (CBOs), Faith Based Organizations (FBOs), Civil Society organizations (CSOs) and Non Governmental Organizations (NGOs) operating in the three districts of Kapchorwa, Kween and Bukwo. KACSOA envisions “A Society that enjoys civic, social and economic rights” with a mission of “Strengthening CSO’s capacity, enhancing coordination and working with vulnerable communities in order to ensure the enjoyment of their civic, social and economic rights”.

Under the Action Aid led EVAC project, KACSOA is a sub grantee. However, the alliance is similarly implementing other projects like the *Civic Education Project* with funding from DGF, *Support Programme for Advocacy Network* (SPAN) with funding from Uganda National NGO Forum and *Citizen Manifesto Amplified* (CMA) with funding from IDF (Independent Democratic Facility).

Allow me therefore to extent my sincere gratitude to AAU for choosing KACSOA as one of its sub grantees. Much more thanks goes to the European Union for its endeavors to finance and support the project which at the end will positively affect the lives of children of eastern Uganda and particularly Kapchorwa, Kween, Bukwo and Amudat.

f AAU the lead partner in corporation with other partners like FIDA, FENU, UCRNN and the four sub Grantees work single handedly, it will achieve its aim of “*Empowering Children and their communities to address Harmful Practices and Violence against Children in Eastern Uganda*”, overall objective of “Contributing to the reduction and prevention of violence and exploitation of children especially girls in the Districts of Eastern Uganda”, and specific objective of preventing and responding to violence and exploitation of children (especially girls) by promoting violence free school environments, improved referral mechanisms and increased community awareness of abuse issues.

Issues, challenges and suggestions

Issues

Child abuse is common in schools and manifests itself in defilement, cruelty, starvation and neglect, corporal punishment, abandonment and child labor. No cases of child sacrifice and trafficking existed

Digging and weeding is unusually practiced during class hour’s case in point is Kapchesombe and Ngangata primary schools hence affecting children’s performance in a subdued manner.

We registered the biggest number of pupils from Ngangata primary school which was over 900, and those with either disability or faced with violence were over ten.

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It became clear for the first time that the education that the government is offering is not free as imagined but only universal. That government does not deny parents contribution to their children's education. They also learnt for the first time that the sh. 7,000/= government contribution is a drop in the ocean and the need for parents to come goes without saying if the children are to enjoy their right to education in a meaningful manner

Challenges

Implementation of the activity took place when most community members were busy attending to their gardens. It was a time when second weeding was at its peak and most community members were busy. This explains the poor attendance to campaigns despite proper mobilization. This was also exacerbated by the fact that most households were facing food shortages and had to go out to work in other people's gardens to meet their food requirements. This left them with no time to come for meetings

As much as the role of the different partners in the implementation of activities is not clear to us especially for national level partners when they come down to implements activities, we are expected to do the mobilization but no budget line to do so. A close look at the activities i.e. holding the children's parliament is similar and targeting the same people. Who then shall own the success or otherwise of the outcomes arising out of that/such an activity.

But as builders of our community, I think we share a lot in common in the way we relate with people though in different spheres and sectors

Lack of harmonized I.E.C materials for the implementing partners to follow, the content of such is left at the discretion of each partner and this will hinder comparison.

Absence of a monitoring framework as It has increasingly become clear that we as implementing partners have a difficulty of coming up with an elaborate monitoring of what the outputs/outcomes would be. This has rendered us unable to design monitoring indiframework. This arises from the fact that the activities under the project were given to us and we have no idea cator

Suggestions

The roles of partners should be clarified and efforts towards avoiding duplication of efforts explored.

Relevant information/data should be availed to the partners to enable establishment of tools and a framework for effective monitoring of the project.

There is need for harmonized I.E.C materials to ensure quality and ease comparison with other partners in evaluating



From Page 5; Juliet Cherotich the widow

Our work

During our message collection exercise, we interact with the community and give them the opportunity to show their problems freely; we use school children and community members to preach for freedom for children and women using songs, skits and speeches

For Cherotich's case, the LCIII Chairperson called a meeting of the Local Council Court members who successfully handled her case and she is happily managing her late husband's property without any interference. We intend to reach more women this year to help them empower themselves

"I am currently in charge of my late husband's land and property; I use it to ensure I get food and fees for the children. I thank KWIPI for supporting our children and reminding women about rights and building our capacity to demand for them". She happily says

Women like Cherotich are still out there being molested and their plans interfered with by their male counterparts, women do quite a lot of work even much more than men yet this is not even appreciated some times

ActionAid Uganda through the Kapchorwa LRP and in partnership with KWIPI is reaching out to many women in Bukwo District, we shall keep publishing our stories of change as time goes on

Kwemboi Silus

Programme Coordinator-KWIPI

From Page 9.....



the formation of the Activistas who have since been empowered through trainings, youth camps and awareness meetings, this group has over the years grown stronger and stronger both in capacity, solidarity and numbers. It started with 6 members the group now has over 50 active members and still growing.

Our work with Activista

Actionaid has been involved in building the capacity of the youth, supporting them build confidence through exposures camps, availing information, trainings and supporting their Activism activities. As the local government budgeting period draws closure, Activisata have intensified community sensitisation to disseminate as much information as possible to the youth about government budgeting and planning process with an aim of mobilising the youth to actively participate in the process and advocate for accountability and good governance.

In the 8 parishes of kapteret sub-county the youth have held over 15 sensitisation meetings and 8 dialogue meetings with lower local councils demanding for accountability. Over 250 youth have been mobilised and are now actively participating in community meeting and monitoring of government programs. They are ready and waiting for the budgeting period in which they hope that with their active participation the youth budget will be increased and the duty bearers will be accountable for the delivery of quality and timely social services.

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actionaid
activista AND PETS ; THE
- By Jafari Kamwania WAY TO GO
 Program Coordinator, TOFA

Tuban Organic farmers association has worked in responding to community needs and concerns for 12 years 2002-2014 with a long term strategic goal of having a society free hunger and unemployment through ecological



land use and sustainable management of natural resources, to achieve our vision and mission. Through the use of REFLECT methodology for information sharing, promotion of collective action with the existing reflect circles and women groups. Provision of on spot support, farmer field days, field demonstration learning gardens being managed by host farmers. Public expenditure trucking systems (PETS) and **Activista** approaches have been greatly used to advocate and influence decision makers on influencing budget allocations, and involvement of women in the planning process at all levels. Building capacity of women on income generating activities is our key result area. Our programs are aimed at improving food security situations among poor resource women and men farmers in sebei sub region and providing a friendly platform where the farmers can share experience disseminate best practices and give feedback to each other.

TOFA designed programs aimed at responding to critical issues affecting the poor resource farmers in the community and enable to discuss issues affecting them, set down possible solutions to this issues and identifying the key stakeholders to help in supporting each action point. This gives them an opportunity to understand the environment they work in and how best to utilize the locally available resources to earn a living and all the above is aimed at improving the livelihoods of the marginalized and the poor to live a life of dignity.

TOFA uses REFLECT poetry; a future of how to end Hunger, low house hold incomes among among the women farmers, and a com-

munity that engages local leaders through active participation in the community based participatory planning process getting involved from the beginning and putting Human based approach (HRBA) at the center of our programmatic work.

Kitawoi United Drama Group campaign for zero tolerance to FGM - By Yeko Pricilla; KLRP



Kapchorwa Local Rights Programme has been implementing a one year project known as FGM, the project overall aim is to create an environment where girls can safely organise and contribute to design of strategies that can prevent the practice and also prevent all forms of violence. The outcomes of the project include girls and women able to resist the pressure to undergo FGM and be able to implement self led actions that enhance their ability to resist FGM. The project trained women groups in REFLECT methodologies and issues of reproductive health issues related to FGM and to support and implement activities that empower women and girls to resist and demand a life free of violence and access to family property and participate in decision making processes, it is through these that we see;

Kitawoi united drama group formed by REFLECT -circle groups of greater Benet under Anti -Female Genital Mutilation Project sponsored by Action aid which consists of 30 women members .

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Empowerment stands out of the crowd!-Robert Cherop-CAFHUR

However learned/ educated one may be, it's needful that you accord due concern to empowerment creation. Take a situation when you are in a new place or when you have just gotten a new job, you may not be aware of all the details in that specific area or you may not catch up easily unless you are orientated. The only thing to do is for you to seek for support to enable you catch up with the prevailing situation. On this note therefore, it's critical to learn that most of our communities are very ill empowered and it's important that we play vital roles in awakening them if we must transform or if we must achieve our objectives of realizing transformative changes in our communities.

On this note therefore, my piece of advice and word of encouragement to every individual/ stakeholder is that we need to exploit the various opportunities that is in our midst/ have /poses in our respective workplaces to inform others about the key insights of change, be it in the office, church, mosque, community/clan meeting, wedding ceremonies, burial places and others. Many times, we pray to God to bless us with opportunities of acquiring jobs, crossing over a difficult situation in life or otherwise but as soon as we access these opportunities, we hardly measure to our pledges. Like we have been overtaken up by the incidences of trying to acquire riches, attention to our own concerns rather than community concerns which drove you to desire to acquire a job or accomplishing a given concern/task.

We also have the opportunity to cause the changes that we admire to see happen in our own communities or in our own lives so let's act now or never!!!

Looking at the other side of the coin, I must say that there are efforts already put to practice geared towards community transformation, but its sorrowful to note that most of our communities are negligent to pay attention to the many community initiatives conducted, causing many questions of why this. It's important to note that development is a two way campaign where everybody has a stake in contributing towards its attainment. Therefore can you play your part if you must attain and achieve what you intent to achieve. Be critical and try to understand what a given undertaking is. If it's helpful, rally behind it for its continued success and if it's the reverse abandon it for your common good.

Remember to seek support and show commitment to any given undertaking or be a demand driven person to see things change. God bless and take it with due concern.

From page 12

Isaac Chelimo the Activista chairperson says *"We the youth thank Actionaid for opening our eyes by providing us with information and trainings which have built our confidence and capacity. Previously we feared to question our leaders and demand for accountability but now we can, this year we have to make sure the youth budget is increased"*.

The Activistas have a plan to extend their activism work beyond the borders of Kapteret sub-county to cover the entire sebei Sub-region; all they ask for is continuous support from Actionaid especially at this infant stage of the group.

From Page 13.....Kitowoy Women Drama Group walks by itself

As a strategy to fight FGM practice and campaign for Zero tolerance to FGM, Star- Circle members through their regular meetings formed a drama group that performs plays ,music with messages depicting the harmful traditional practices among the sabiny culture especially the cutting of young girls and women in communities.

There activities are supervised by their fellow women patron **Jacqueline Chebet** 32 years of age on the right hand side of the photo, Jacqueline narrates how they acquired courage and confidence to face our communities. **“Tremendous efforts of Actionaid has changed and empowered us the women in the sense that we can proudly speak to our communities with confidence”** she adds, we were trained on sexual reproductive rights of women , REFLECT participatory methodologies among others, these has enabled us to trace problems experienced in our communities and how we can possibly address them.

This group meet regularly for meeting even without support of Actionaid these is an achievement to us, in March 14th Kitawoi sub county hosted 3 Members of parliament, in this meeting we were able to present our is-

later they promised to disperse Anti FGM 2010 articles to primary schools who happen to be so vulnerable. “ **As Women, we have developed confidence and good communication skills”** Jacqueline narrates. The communities are now implored to investing their energies to educating the girl child whom noted is the key to development in district and community in general.

“As Women, we have developed confidence and good communication skills”

HEALTH TIPS:

Dr. Vineett Bhatara of the United States has found new cancer in human beings, caused by Silver Nitro Oxide. Whenever you buy recharge cards, don't scratch with your nails, as it contains Silver Nitro Oxide coating and can cause skin cancer.

Answer phone calls with the left ear.

Do not take your medicine with cold water....

Do not eat heavy meals after 5pm.

Drink more water in the morning, less at night.

Best sleeping time is from 10pm to 4 am.

Don't lie down immediately after taking medicine or after meals.

When phone's battery is low to last bar, don't answer the phone, because the radiation is 1000 times stronger.

Do not Drink Tea in Plastic Cups and

Do not Eat Any Food on Polythene Paper. The plastic reacts to heat and It Will Cause 52 Types of Cancers.

[U.S.A. CHEMICAL Research Center](#)

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