



## Investing in Kenyan

Co-operative Development for Education,  
Health, and Economic Vitality

## *Highlights of 2022*

### Gaylea Foundation Funds Dairy Extension Officer

Our Cooperative Dairy Development Project, which started in 2015, has been very successful. Milk is now collected from more than 1,000 small-scale dairy farmers. The farmers are eager to learn better farming methods, such as feeding, genetics, herd management and animal nutrition, in order to increase their milk production and incomes. Pre-COVID, Canadian volunteers traveled to Kenya on many occasions to share their knowledge of best dairy practices with Kenyan farmers. For example, in 2019, Dr. Karen Galbraith (KKFC director) led an “Agriculture for Women” workshop. Many women traveled great distances to have an opportunity to participate in this women-focused event. Other Canadian farmers, including Karen’s husband, Steve Dolson (Legacy Holsteins), Doug Brisbin and Merv Reesor, visited farmers and held workshops for groups of farmers.



In January 2022, KKFC hired Hosea Kiplimo as a Dairy Extension Officer to provide locally-based training. In the spring, we applied for a grant to fund a female Dairy Extension Officer, as we believe that Kenyan women play a critical role in the operation of family dairy farms. We were delighted to receive financial support from the Gaylea Foundation. In July, Carolyn Chibet was hired. She has a B.Sc. in Agricultural Extension Education from the University of Kabianga in Kenya. Carolyn has been providing education and extension services to our established network of farmers with a special focus on encouraging women to improve their farming practices.

## Laurier Students Zoom to Kenya

Last year we started our “Kennections” program in order to provide an opportunity for our Kenyan high school scholarship students to practice their English language skills. Each week we had half hour zoom sessions which included a Canadian host, two Canadian volunteers and 2 or 3 Kenyan students. In order to include almost 50 Kenyan students in 20 sessions each week, the program relied on numerous volunteers. ([see 2021 Video Newsletter](#)). After a successful winter session, and with the help of 3 Laurier Teacher Education Candidates (TEC’s), we decided to change the format for the spring session. The Laurier TEC’s are required to complete a voluntary “Alternative Placement” outside of a “normal” classroom setting. Since they were available to volunteer for a significant amount of time each week, we decided to have the Laurier students work one-on-one with our Kenyan students to discuss and edit their stories about life in Kenya.



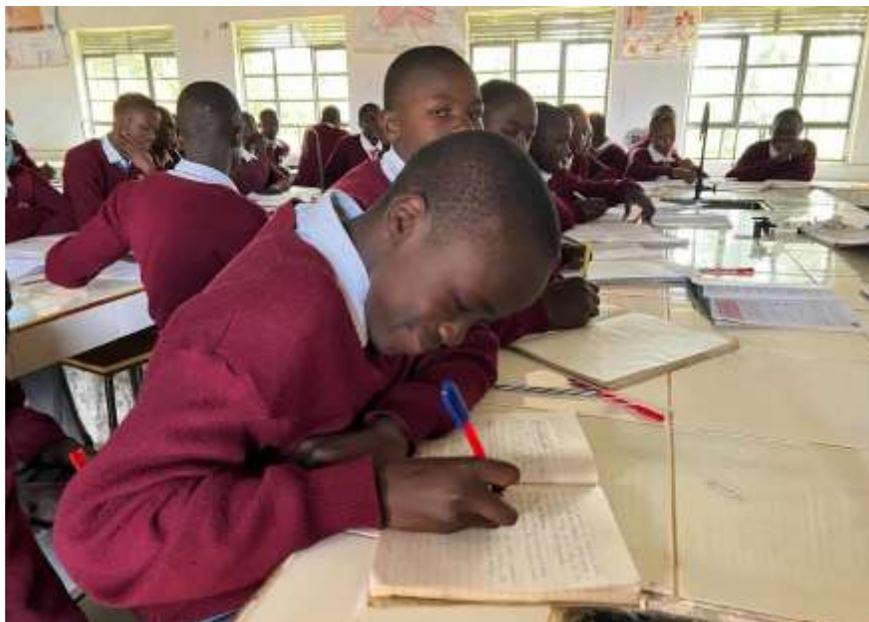
For about 8 weeks, our three Laurier TEC’s zoomed with a large number of Kenyan students. During each twenty minute session, they talked about what it was like to grow up and attend school in Kenya. Through the magic of Zoom screen sharing, the students in Kenya were able to watch as the TEC’s wrote down their stories. Due to the seven hour time zone difference, it was necessary to have the sessions around noon our time which was late in the day for the Kenyans. This new format had many benefits. The Laurier TEC’s gained valuable insight into a different culture and what it was like to grow up in poverty. They developed a greater appreciation for things we take for granted, (e.g. food, water, housing, shoes) as they got to know the students. The Transcend students learned a little about Canada – our four seasons, including fall colours and winter snow, sports, etc.. Over the session there was a noticeable improvement in the conversational English skills of the Kenyan students. Although their schooling is in English, this project gave them an opportunity to regularly speak with someone whose first language is English.

We hope you enjoy reading stories from some of our students. (see inside)

## Transcend Stories

**Sharon Chepkoech:** Chepkoech, means “morning” and is significant because I was born in the morning. I am now 16 years old. I was born in the Rift Valley region of Kenya, a densely populated agricultural area.

My favourite subject in school is Biology. I have a positive attitude towards Biology because it is very understandable and it is one of the subjects I need to learn in order to become a doctor.



**Naomy Malwa:** I am 17 years old. We live on a farm with animals and grow maize, beans, and sugar. We have chickens and sell eggs. We also get milk from our two cows. My oldest brother, Philemon, lives in the home with me and mom, and two grandkids. He knows a lot about farming and teaches me about it.

Our home is made of bricks, sand and cement, while the roof is made of steel. In total, there are 3 rooms in my house - a sitting room and two that are used for sleeping. The kitchen is outside about 50 m from the house. In the kitchen we have utensils, a gas cooker, and a small cupboard where we keep the food.

My favourite subject is geography because I want to be a meteorologist. I want to look at the weather and predict it to help farmers know about the conditions. My favourite race to run is 1500 m because I have been running it since I was in primary school. I do not like to run short races.

**Brian Kibet:** I am 20 years old. Our house is made of soil. It is one big room. We have beds, books, and a place to put clothes. When we need to eat, we go to our parents' home which is about 40 m from my house.

My favourite subject is History because I want to practice to be a politician. I want to help my country and my family by becoming a politician.

My favourite race to run is 10 km. I do not like to run short races. My friend is also called Brian. We like to run together, read and learn together. I like to talk with him and tell stories. He gives me good advice and I give him good advice as well.

## Transcend Stories

**Alice Loitasha Chemutai:** I am 16 years old. Our school is about 1 km from the guesthouse. We go to school from Monday to Saturday. We leave the guesthouse at 6:10 am. School starts at 6:20 am and ends at 5:45 pm. After school we run about 5 km. In school we learn History and Government, Agriculture, Mathematics, English, Kiswahili, Biology, Chemistry, and CRE (Christian Religious Education). In school we have 3 streams (classes) – one with 78 girls and two with 62 boys in each.

**Jemimah Losiru:** I am 17 years old. Losiru, means “friend” which is significant because I was born when the friends of my parents were at my home. My favourite activity is athletics, and more specifically, running. I first started running when I was a child. I would run on the field near my house. I joined Transcend Academy in 2019 through my talent of being a runner.

One of my future goals is that I want to be a doctor. I want to build a hospital in a village in Kenya where there is no health care. I will achieve my goal by studying hard and working on getting a scholarship to go to university. This is important to me because I want to help people that have common diseases like COVID-19 and who do not have the money to pay for health care.

**Hilda Cherop:** I am 17 years old. Cherop, means “rain” and is significant because on the day I was born, there was rain. I train to run well, to be healthy, and to become a professional runner. In the morning everyday we go for training for about 1 hour and 30 minutes and we come back. At 4:00 pm, we train for about 45 minutes and then we also do some of the exercises. We usually train in the field at school and on Sundays we go for a long run, about 10 to 15 kilometers, on the tarmac roads and on hills. I really enjoy training, but sometimes it is challenging when you have an injury or you are not feeling good. Coach Tiren has been my coach since I joined Transcend Academy in 2020. I like him because he advises me to run well and also he encourages me to run and to be a professional runner.



Transcend students Joyce, Nepha, Abigael, Caren, Hilda, Grace, Ruth, Alice, Caren, Cynthia, Faith, Evelyn, Lavanda, Elizabeth, Selena, Sharon, Morah, Jemimah and Coach Tiren (with water bottle).

## **Transcend Stories**

**Caren Githiga Chepkemoi:** I was 15 years old and in Form 1 (grade 9) when I started running at Transcend in 2018. I am now 17 years old and in Form 3. My favourite subject is history. It is important for me to know the law and the history of the country because I want to be a lawyer. I want to solve the problems of the country and other conflicts.

When I train I wear shoes but I like bare feet when I race on grass because it is faster. We run two kinds of races - Cross Country and Track. In Cross Country you run in mountains, fields, flat areas, and swampy places. For track races you run around a field. My best finish this year was position 1 in the 3000 m. I felt good when I finished in position 1.



**Brian Kiptum:** I am 18 years old. My favourite subject is Agriculture, where we learn about planting crops and keeping animals.

I live on a farm with my family. We plant maize, beans, and vegetables. We plant the vegetables in February, June, and December. We plant maize and beans in March. March is the best time to plant because the weather is the best. At this time of year there is sunlight, rain and the right temperature.

The cows are in a field that is fenced. Each day we give the cows water and animal feed made of grass. We milk the cows twice each day.

Our chicken house is a medium size. Every morning we open the window so the chickens can get out. We feed them maize that is spread on the ground. We also give the chickens water. We usually collect 5 eggs each day. We do not sell any of our eggs, we keep them to cook.

**Irene Chepkemei:** I am 18 years old. Chepkemei means “drought” because I was born during a drought in the area.

One of my future goals is to be a nurse. I want to help poor people when they do not have money and they are sick. I want to treat them without them having to pay money. There are not a lot of doctors and nurses where I live. In order to achieve this goal, I plan to work hard in school.

## **Dairy Extension & Education**

Carolyn and Hosea, our Dairy Extension Officers in Kenya, meet weekly with members of KKFC's Agriculture committee via zoom to discuss their activities and challenges. The topics of discussion are wide-ranging, including:

- animal nutrition - silages, fibre, protein, minerals and water.
- calf rearing, first aid measures taken after calving.
- calf housing, weaning and nutritional requirements.
- pasture and forage, methods of feed preservation.
- disease control measures such as isolation of sick animals
- animal health including vaccination and de-worming
- the benefits of using of Artificial Insemination (AI)

We look forward to working with Carolyn and Hosea in 2023 as they encourage better dairy farming practices in Cherangany. We believe this will improve milk production and income for many Kenya dairy farmers.

### **Volunteer Opportunities**

KKFC has no paid staff in Canada and relies entirely on volunteers. We invite you to consider helping us in some of the following ways:

- Provide one-to-one Zoom tutoring for a Kenyan high school student
- Develop fundraising contacts in Canada with individuals and/or corporations
- Help organize a fundraising event
- Make presentations (virtual or in person) to schools, churches or other organizations
- Help develop learning resources/presentations for use in Canada
- Assist with the writing of stories for our website or newsletters
- Edit video content for our website and social media
- Provide support for updating our social media platforms

For more information or to **donate**

please visit: [www.kenyankidsfoundation.ca/donate](http://www.kenyankidsfoundation.ca/donate)

Kenyan Kids Foundation Canada  
66 Willow Way Rd., RR#1, St. Clements, ON N0B 2M0

We invite you to consider volunteering on one of our committees

(Agriculture, Administration, Education, and Water).

Please contact us at [info@kenyankidsfoundation.ca](mailto:info@kenyankidsfoundation.ca)