



**CASE STORIES FROM
EAST AFRICA**

DUAL MEMBERSHIP, THE MAGIC OF INCLUSIVITY IN THE DAIRY VALUE CHAIN

Women play a significant role in agriculture, and more importantly, dairy farming.

While women are the pillars in the provision of needed labour in the Dairy Industry's Farm chores (undertaking over 70% of productive piece-jobs), it has been the male spouses who make decisions and control use of accruing revenues/milk sales income. Membership in co-operative organizations is male-dominated, as well as the quest for leadership positions.

The decision-making processes at the home-front and in co-operative arenas are skewed to favour male-folk, driving the women-folk to the peripheries of mere receiving ends with little to interrogate or front alternative proposals.

Access, utilisation-decisions and control of domestic livelihood resources have all along closed out women owing to community/cultural practices that need to be reversed; ownership of property at family units discriminates against women for no apparent reasons—hence subjecting women opinion to insignificance levels, and therefore very limited or no idea-generation freedom.

To address developing gender value chains, We Effect has been supporting Baringo Agricultural Marketing Services Cooperative Society Limited (BAMSCOS) to promote dual membership where both spouses are members individually with the ultimate goal of bridging the gender gap in the dairy value chain.

BAMSCOS Ltd is a co-operative Union whose members are primary Dairy and Coffee Co-operative societies in Baringo County. Currently, the Apex body has 20 affiliates spread all over the County. The registered membership in affiliate organisations stands at 17,000 members, out of whom 13,194 are active members, with 30% being women.

In our community, it's not easy for a man to allow a woman to own a cow; culturally, a cow belongs to the man.

~ Edith

Among BAMSCOS' key pillars/objectives is championing farmer's interest through lobbying and advocacy and women empowerment; via the development of structures and extension approaches that catalyse the promotion of equitable access and control of livelihood resources.

Promotion of dual membership, patronage and inward desire for leadership positions in co-operatives hence takes a special place in BAMSCOS' Extension approaches.

Model dairy farmers leads the way

Edith Chemojor, 31 years old, is a dairy farmer from Baringo in Kenya. She does this dairy enterprise together with her husband. They currently have four cows that produce an average of 28 litres per day. She is also an active member of Torongo Farmers' Co-operative through Baringo Agricultural Marketing Services Cooperative Society Limited (BAMSCOS).

Immediately after the training, my husband agreed to give me 4 litres out of 28 litres per day." She further explains, "my joy was when I accessed my first pay from the sale of milk.

However, the situation has not been as it is now. Traditionally, all the cows in the homestead belong to the man. Owning a cow as a woman in this part of the world does not come easy. The community is predominantly patriarchal, and men are the decision-makers and managers of land and livestock. Therefore, despite women actively engaging in taking care of the cows, they rarely enjoy the fruit of their labour.

Edith's breakthrough happened after attending a We Effect spearheaded training through with her husband on animal husbandry, feed conservation and the importance of dual membership to dairy farmers.

Consequently, this has empowered her economically, and she is now a member of the Tarkawas Village Savings and Loans Association (VSLA) group. "I am now able to access credit and finance. This means that I don't entirely depend on my husband to give me money or wait for the milk proceeds from the dairy co-operative."

She explains that dual membership has empowered her to give more time and effort to their dairy enterprise, consequently increasing their milk production, giving her a steady income to access credit facilities in the Village and Savings and Loans Associations (VSLA).

As the old adage says, teach a man how to fish, and you will feed him for a lifetime. The couple has also received training on animal feed processing and preservation. They prepare silage, nappier grass and supplements for their cows; as a result, this has increased their milk production.

Edith has also started planting tree tomato fruit trees, pitches, and passion fruits on a quarter hectare given aside by her husband to supplement her milk income. When the fruits are ripe, she supplies them to Eldama Ravine market.

"As a family, we have experienced reduced conflicts as a result of access and control of land resource as well as sharing of responsibilities."

"We are now able to pay school fees for our school-going children, buy books and uniforms," says Edith.

Dairy co-operatives are significant in promoting rural development. They mostly facilitate the development of rural economies, therefore, improving the lives of smallholder farmers. It's enhanced through smallholder farmers membership in the co-operatives.

However, the membership record has comprised chiefly male farmers for a long time, excluding women who are majorly active in the production at the farm level.

To address this, We Effect introduced a gender transformative approach of dual membership which seeks to recognise the role of women in small scale dairy production and the critical contribution that dairy makes to rural households. Dual membership seeks to have women dairy farmers included in the membership at the dairy co-operatives and financially benefitting from their toil on the farm.

Ann Mutai: Enhancing women's participation in dairy farming

One other beneficiary is Ann Mutai, 51 years old, a dairy farmer and active member of the Torongo Farmers Cooperative Society. Together with her husband Moses Bartenge, they currently have five dairy cows.

She has been a member for the last four years after joining in 2018. "I am grateful to my husband, who has been open and embractive to empowering me and further supporting me to have a space in the dairy co-operative.

"It was not an easy decision for him," says Ann. "But after several sensitisation forums and training conducted by BAMSCOS on the significance of dual membership in increasing the dairy farming returns, he accepted to have me included." She recounts.

As a result, dual membership has given her the zeal and energy to work hard on the cows to increase their milk production. "I have started growing high-quality fodder crops in our 12-acre farm, increasing our milk production from six litres to eight litres per day because of the new

feeding system." In addition, they grow, vegetables and maize for both household consumption, silage for the cows and sell to the market.

Anne and her husband have been to several trainings on animal husbandry, record keeping and feed conservation.





However, the essential knowledge she believes is from the sessions in breeding, animal nutrition and fodder conservation. Today the milk production has increased.

"I feed 10 kg of animal feeds per day to the cows, of which five cows are lactating. The six cows are currently producing 50 litres of milk per day, an average of 8 litres per cow", says Ann.

Aside from dairy farming, Anne has also bought eight sheep through the support of Mekuskong Women Group Village Savings and Loans Association (VSLA) and, after that, managed to sell the five sheep at Ksh 10,000 (SEK 797) each. "Before dual membership, I was only relying on my small investment from the VSLA group and income from my kitchen garden, but now I can supplement that with my dairy income," says Ann.

However, one of the significant challenges on their dairy farming has been the lack of water. They currently source it from a well that the husband dug during the dry season. But, unfortunately, it's not sufficient for their cows.

With the income from selling the milk, Anne has been able to pay the children's school fees and invest further in her dairy production. She has also built a water trough to ensure their cows always have water.

"Many have talked about Women Empowerment without practice. We are living examples from Torongo Farmers' Co-operative Society and for making the breakthrough." Both Edith and Ann Mutai are appealing to women in Kenya and in the East African region to come out and agitate for due recognition in co-operatives and towards equitable sharing of resources.

Gender Transformative Interventions

BAMSCOS has waged a concerted campaign at all affiliates' levels to embrace the crucial need to promote women participation in co-operative enterprises and provide a level-playing ground in leadership positions.

It is done mainly by promoting dual membership in co-operatives where both spouses are members individually, which is considered vital towards women empowerment.

BAMSCOS developed the dual membership approach to have women cut out a fair share in resource access, utilisation and contributions to community policy framework in the sharing of farm chores and revenues from milk sales. It is still slow-but-meaningful progress is being registered by way of qualified aspirants clinching leadership positions in co-operatives earned through popular decision-making processes in free and fair elections.

It has made remarkable achievements through extension activities by using identified "Lead Farmers" to promote "Farmer-to-Farmer Extension Services" in the Women Wing for faster multiplier effects in knowledge uptake and practice.

Training activities have also focused on building equitable sharing of domestic resources and women as valued partners in business.

We have 359 families equitably sharing farming chores and milk sales income upon mutually agreed modalities. Moreover, the number of active women members in co-operatives is increasing owing to dual membership registration and individual applications alike.

There is improved/stepped up food security in households due to both spouses' rational decision-making and contribution, and there's a marked reduced resource-based conflict in families.

There is a noticed spurred motivation to produce more at farm level owing to newly introduced Income-Generating Activity available to both spouses and women have been empowered financially in VSLAs and poultry projects due to availability of regular income from dairy, to meet needed savings and loan repayments.

A CASE OF SOUTHERN HIGHLANDS TREE GROWERS ASSOCIATION (SHTGA)

In Tanzania, the agricultural sector is dominated by women who actively engage in agricultural activities. At more than 80 percent of the agricultural labor force, women contribute significantly to the country's food production.

Despite being the main land users and producers, women have less access, control, and ownership of this key resource. Their land rights are less secure which limits their economic opportunities and leaves them more vulnerable to poverty, hunger and gender-based violence.

The Tanzania land act and village act which was gazetted in 1999, grant equal right of ownership, and access of land to both women and men. However, customary practices regarding marriage and inheritance continue to discriminate against women in matters of land ownership.

The Tanzania National Bureau of Statistics, Women and Men facts and figures 2018, indicates that women have 9 percent ownership of land. In the Southern highlands' part of Tanzania, majority of land is historically owned by men. This is attributed to cultural practices that exist in the area. This phenomenon contributes to increased inequalities which cause women to be economically weak and powerless. Lack of awareness on the land act and land rights to women aggravates the problem.

Southern Highlands Tree Growers Association (SHTGA) in partnership with We Effect is implementing a project that supports improved women and youth participation. The project in private plantation forestry will increase women's income and household nutrition. In addition, the project conducts awareness on the right of women and youth to own, manage and have control of land so as to improve their economic well-being. Having access to land will enhance women and youth empowerment and increase participation in commercial tree growing.

SHTGA uses two approaches to facilitate ownership of land to women. The first approach is to create awareness in communities for them to allow female children to inherit land. The second approach is to work with village councils that have land banks to allocate the land to Tree Growers Association (TGA) members (men and women).

In 2019, SHTGA raised awareness during village councils' sessions which were conducted on the rights of women to own land. Reaching a total of 56 participants (16 women and 40 men), the sessions were conducted at Iwungilo ward covering Ngalanga, Uliwa, Igoma and Iwungilo villages in Njombe. The sessions were well attended by representatives of village councils, women, elderly people, religious leaders and professionals.

As a result of the campaign, village councils of Uliwa and Ngalanga provided 70 acres of land cumulatively. 60 acres was provided by Uliwa village council, and 10 acres was provided by Ngalanga village council. The land was given to Kikundi Cha Wakulima wa Miti Uliwa (KIWAMIU) Tree Growers Association and Ngalanga Tree growers Association respectively. From these parcels of land, 46 acres was given to 46 women, each getting one acre.

Securing land tenure for women: A story of Christine Mtewele

Among the beneficiaries was Christina Mtewele, a young lady from Kiwamiu Tree Growers Association (TGA). Christine expresses her heartfelt gratitude to the village council and TGA for ensuring that women get land. She is more than elated and encourages more women to join or form Tree Growers Associations. She explains that, through the association, members learn about the right to own land which will provide opportunities for financial freedom. "I managed to plant one acre of snow peas and am now waiting for the rainy season to plant avocado fruits," she says.



Secure ownership and control of land has a positive effect on women's empowerment. It enables women invest productively in agriculture leading to economically empowered households.

Christine, who is now a proud landowner, adds that, "many women in our villages are unaware of what is spelt out in law on land rights and lack assets or financial muscle to fight for their rights." I managed to plant one acre of snow peas and I am waiting for the rainy season to plant avocado fruits," she proudly explains.

The land title allocation has motivated many people in Uliwa village. More specifically, women who are now joining Tree Growers Associations. For instance, in 2020 a new Tree Growers Association was formed at Uliwa village. From the 64 members, 34 are women. These new memberships will enable women mobilise the available resources and unfolding opportunities available in agroforestry, which will help solve their social and economic challenges.

Access to affordable financial services for smallholder farmers is a major constraint to achieving targets in rural development strategies. This affects women more than men

due to the collateral required to access financial services (credit). Women do not have the required assets which can serve as collateral.

Gender equality in ownership of agricultural land in rural Tanzania. Monica Mlelwa's Story

"In our family, no woman has ever owned land. I am the first one to have my name inked on this special document. I am now a proud owner of one acre of land" says a joyous Monica Mlelwa, member – Kiwamiu Tree Growers Association (TGA).

"Immediately after getting my title commonly known as the certificate customary right of occupancy (CCRO), I planted Irish potatoes. Since then, I have harvested 80 bags. She further explains that "I earned 1,035 USD which I used to pay school fees for my children and also procured fertiliser for my avocados."

Certificate customary right of occupancy (CCRO) is a legally certified document showing evidence of customary land ownership. CCRO generates benefits such as increased land security, reduced land conflict, increases the value of land, and protects women's rights. In 2020, the project supported processing of CCROs for 60 members of KIWAMIU tree

Women's right to land is a human right. It is essential to realising their rights to equality and to an adequate standard of living.

growers' associations. 24 CCROs were distributed to men and 36 to women.

Ana Mbuligwe, the vice chairperson of the association, explains that "A journey of a thousand miles starts with one step, and this is a step in the right direction. It is a progressive statement by Uliwa village to empower women secure land tenure.

Prevailing gender inequalities, combined with the amplified effects of multiple and intersecting forms of discrimination, have continued to undermine women's exercise of their rights to land and other productive resources. Ana emphasises that,

"Due to cultural beliefs, it's difficult for women to own land." However, through gender transformative approaches, the association dismantles patriarchy and delivers justice. We will continue to raise awareness and seek freedom from patriarchy and all forms of oppression against women empowerment, she adds.

I have now managed to plant avocado fruits in my one-acre piece of land and I look forward to harvesting after three years," Ana remarks. Despite the different constraints, women in this part of the world have secured a title and are now proud landowners.

~ Monica Mlelwa

Consequently, this will boost her family's income and nutrition. Farmers agreed to use their allocated land to plant avocado fruits. The trees are expected to start yielding fruits in the second year. One acre contains a total of 82 avocado fruit trees. The minimum production per tree is 50 kg, therefore expecting to harvest 4,100 kg per acre. At a current market price of 1,500 TZ shilling per kg, each farmer will earn 6,150,000 Tanzania shillings equivalent to USD 2,651. This will increase income at the household level, improve food security and create diversification to other economic activities.

We Effect views land as a critical resource for fostering gender equality. We continue to support co-operatives and farmer organisations that are pressing for the right to land for small-scale farmers and indigenous peoples. Together with organisations specialised in land issues, We Effect is helping members to exercise their tenure rights and strengthen the ability of small-scale farmers to negotiate and defend their interests.



EMPOWERING WOMEN IN THE COFFEE VALUE CHAIN

Coffee in Kenya has for a long time been a male-dominated crop. Women however play a significant role in the coffee value chain. Women account for up to 70 percent of the labour in production, starting from the farm level, cooperatives and processing level.

Female coffee farmers earn little or nothing, despite the amount of work they put in. They do not have the same market opportunities, have limited access to resources, and have less say over coffee production's planning and supply segment. Women continually face significant barriers to their equal participation, such as limited access to land, capital, and technical information.

To transform this platitude narrative, We Effect, is using gender-transformative approaches, to mainstream and integrate women in coffee production. The outcome is more female membership in cooperatives, and more women taking up decision-making roles. The aim of the gender-transformative approach is to increase women's participation in Kenya's coffee farming industry, by making their farms more sustainable and profitable.

Below are stories of the impact of our work with women coffee farmers. These achievements are due to promoting gender equality and women's empowerment in the coffee value chain.

Women's influence in cooperatives enhanced; A case of Betty Cheruiyot

Mrs. Betty Cheruiyot, is a mother of two and a smallholder coffee farmer from Kipsinende Farmers' Co-operative society an affiliate to Kipkellion District Co-operative Union. She is also a member of Kipkellion Women in Coffee (KWICO) in Kericho County, Kenya.

"When I graduated from college, I did not get any formal employment and for a period of time, I depended mainly on my husband to provide everything. It was hard to get every basic need with the current economic situations," she narrates.

Betty wishes to give gratitude to We Effect in partnership with Kipkellion District Co-operative. Their initiatives have

We Effect supports the Advancing Gender equality in Coffee Value chain (AGTEC). The aim of this initiative is to address the key challenge of gender inequality in the coffee value chain.

empowered women and youth through capacity building on different areas such as poultry, coffee, VSLAs, and Entrepreneurship.

This challenge is caused by cultural practices, land tenure system that promotes male ownership, and discriminative bylaws in societies' that hinder women and youth participation in membership. Additional factors include bad election policies that create a discriminative environment for women's participation in leadership as well as low economic empowerment and financial capacity for women which hinders their engagement in economic activities.

As a result, Betty explains that in their village, many women have been empowered. For instance, Mrs. Cheruiyot had the privilege to be among the few women who were trained at Kipkellion District Co-operative Union on liquid soap making. She was impressed and rejuvenated because of the knowledge acquired after the training and further went ahead to make use of the skill. That is the reason she is confident to share her success story.

"Our standards of living have improved in a number of ways. The cost of purchasing soap has really reduced. I have also earned a living by preparing and supplying liquid soaps to some of our neighboring schools, clinics and even to my neighbors".



Soap-making has assisted our community in this period of the COVID-19 pandemic. The after-sales proceeds from the soap business is helping women earn an income, pay school fees for their children, make deposits in Village Savings Loan Association group (VSLA) and improve their farming activities in areas such as coffee, maize and beans.

Mrs. Cheruiyot has also acquired capital to start a poultry project which has enabled her keep her children healthy, meet her basic needs, purchase a dairy cow and start a business selling milk in the village. Preparation and use of the smoke-less jiko has minimized their fuel consumption, while the reduced smoke, has greatly improved their health. Mrs. Cheruiyot also has a kitchen garden where she gets vegetables for home consumption and for commercial purposes.

From the empowerment, she has planted a total of 150 coffee trees. She is now picking berries from 80 trees (320 kg of cherry) which enabled her register as a member of the Kipsinende farmer's co-operative society. From the cherries she picked, she used half of the proceeds to join Kipkellion Women in Coffee and to boost her share capital. The cooperative aims to increase membership and provide its members with access to savings and credit facilities.

Magdalene Muta

Mrs. Mutai, who is a member of Sereng cooperative society, also attributes her success to the benefits of being a

member of Kipkellion Women in coffee. Also supported by the Project, Mrs. Mutai notes, "Kipkellion women in coffee has supported us a lot in trainings on soap making, poultry, VSLA, and dairy leadership for change."

"After the training at Kipkellion District Co-operative Union (KDCU) organized by We Effect and the union project, I have managed to diversify into dairy and poultry farming. This has assisted in improving food security and has also increased my income."

Women's livelihoods diversified: A case of Ann Twei

Mrs. Ann Twei is one of the Kipkellion women in coffee leaders where she holds the position of treasurer. She is also a delegate at Kipkellion District Cooperative Union Ltd representing Kimologit Farmers' Cooperative Society.

"I am one of the women in coffee and I have received coffee seedlings. I have formed 25 women groups at the Kipkellion Zone after being trained on VSLA."

MALE CHAMPIONS: TRANSFORMING GENDER NORMS THROUGH COOPERATIVES IN KENYA.

A case of Kipkellion, Gusii and Baringo Cooperatives

Kipkellion: The Advancing Gender Equality Project links Advocates for Social Change Kenya (ADSOCK) forums with opinion leaders. The sensitization on gender equality initiatives takes place through dialogue and awareness creation forums.

Advocates for Social Change Kenya (ADSOCK) has been assisting Kipkellion to carry out gender audits and analysis to facilitate the smooth implementation of gender transformation approaches resulting in collaboration with Advocates for Social Change Kenya (ADSOCK), the project also promotes male champions whose role is to promote women's social status and access to land.

Hilary Lang'at, 36 years, is a smallholder farmer from Kipkellion and a member Kamiwa Cooperative Society. He is also a male champion who has not only embraced the need for women to participate in union affairs, but has also apportioned part of their family coffee plantation to the wife.

I know culture has taught us that we are the decision-makers in our families. However, this can be very misleading especially when decisions over serious matters concerning the family need to be made. We all understand the saying that two heads are better than one. This is very true when it comes to decision-making at the household level."

In fact, most of the conflicts we see in families are as a result of exclusion, marginalization of women and failure by the men to involve their wives in the decision-making process at home. However, things must not be this way. A functional family is one where everyone is consulted whenever a major decision is to be made. That way, we not only come up with well-thought-out solutions, but also minimize the possibility of having conflict. Conflicts arise due to lack of consultations in the first place.

In marriage, the husband and wife are members of the same team, not opponents. They both have the same goal which is to improve the living conditions of the entire family. Therefore, when they work together the burdens that life throws at them becomes lighter. The burdens are even fewer when the couple is working as a team.

Looking back, I can say I was terrible before joining the male champions' movement. I had difficulty managing my family affairs and hardly had any ideas on how to plan my life. I didn't know anything, and my mind was dormant. I went to the first training expecting nothing new, just the usual stuff. However, when I got there the information, I got totally changed the way I looked at things. That training is life-changing. The knowledge I received from the training came with a lot of benefits and I have witnessed a lot of positive changes. This is not only beneficial in my life but also in my family.

Nowadays, I spend my time more productively as opposed to previous days. As a family, we have also made a lot of progress economically thanks to the joint-decision-making that my wife and I take part in. We plan together and achieve most of our goals unlike before when I used to do it by myself. Our children's schooling is not disrupted and we can provide for them in a more sustainable way.

The difference between the male champions' training and other trainings is the lessons learnt which are beneficial to my life and my family. I learnt a great deal on how to manage my family. I also learnt that there is no problem with my wife having her own investments to manage. This has helped us a lot. My wife has a hundred coffee bushes of her own and she has the freedom to decide how the money from the coffee will be spent. She is now a member of the society, with her own membership number. That was rare before.

In fact, men in this community have started valuing and appreciating their spouses more. They are now seeing the benefits of being more responsible and being able to take good care of their families. They are seeing the importance of consulting each other on matters. When I changed my approach from making unilateral decisions to having consultations, I noticed there are hardly any disagreements in the family. We are now living well.

I consult my wife from time to time and I have received very valuable advice. We plan our work together and work side by side in the farm. This is what made us get this far. Had there been conflict as it was previously, this coffee wouldn't be the way it is. All that you are seeing is a result of our joint efforts and the fact that there is peace in the family.



The current Gender Based Violence (GBV) situation in the society is worrying. Every now and then, we see a lot of conflicts and intimate partner violence in the media. This leads to loss of lives and so much suffering. Members of the community, and especially the men, need to be sensitized on the importance of shunning violence and embracing dialogue, period!

Men should heed the advice that we are giving, fighting does not help. It is better to talk about the problem and come up with a solution instead of fighting. Parents should also be role models to their young ones as it is not good for parents to be fighting. I would like to tell my colleagues and other men out there that there is equality, and everyone has rights. It is important to listen to each other whenever there is a disagreement.

I would also like to encourage the elderly men to involve young people in coffee farming, and in other meaningful engagements as part of their succession plan. That way their young ones will not be subjected to suffering after their parents are gone. They should also offer guidance and mentorship on how to live well within families. Let them share tips on how they lived peacefully before, unlike now when there is too much conflict and violence in families. They should also allow their children to go to school in order for them to become better people in life.

Male Champions of Change: Transforming Gender Norms in Kenya

Gusii: Mr. Richard Onuongá Samuel (60 years) is the founding member of Nyaguta farmers' Cooperative Society. He also wears the hat of a male champion for gender justice, women and girl child empowerment.

I was trained as a male champion by ADSOCK, and as such, I have a role to play. I must walk the talk and be a positive role model to the boys and to my fellow men. Other men in the community need to have someone they can learn from and emulate. In my community, I strive to be that person.

I learnt a lot through the male champions training. The knowledge gained has transformed my way of thinking and the way I relate with others, especially my wife and children. Initially, I used to make all the decisions, whether major or minor, without any regard to what my wife and children felt. I never valued their contribution, since culture dictates that as the head of the family, the responsibility to make decisions lies squarely on me. In fact, I never thought for a moment that my wife of all people had the right to ask me any question.

The forums gave us the opportunity to meet and interact with other men. We shared experiences on life-related issues and learnt how to live well with our families, something which rarely happens. At first, it was just another of the many trainings I had attended. I however realized that there

is need for married couples to embrace consultation when it comes to decision-making on all family matters including finances. I also realized the need to shun violence and instead embrace dialogue, as the means through which to resolve conflict and disagreements in the family.

Whenever there is a major decision to be made, we sit down and jointly deliberate as a family. My wife and children must have a say in every major decision in the family. You know in my community, it is normal for men to give land and in this case coffee to their sons, but it is never the case when it comes to their daughters. In fact, I am one of the few men in the community who have apportioned part of my coffee plantation to my wife and my daughters. I have a son and three daughters all of whom I value equally. My son is yet to get his. When he attains the right age, I will definitely give him some coffee bushes like I did with his sisters and mother.

My advice to my fellow men is that we should not fear empowering our women and girls. That way, they find the opportunity to thrive and become successful in life just like men. We should also make it a priority to sensitize men and boys, including those who are yet to get married, on the need to shun violence and embrace dialogue as the alternative channel through which to resolve conflict. The same case should apply to those who are already in relationships. If we do, the sad news we hear every day in the news of intimate partner violence will be a thing of the past. In fact, we should start engaging them as early as the school-going age if we want to maximize on the results.

As a man who has undergone the sensitization, I have a role to play in reaching out to my fellow men, and especially my peers, with this good news. I do this passionately for I know it is the only way we can transform the community and our country as a whole. It is my sincere belief that when men embrace the principles of consultation and dialogue, there will be no more GBV case.

Men lack a platform where they can meet, share experiences and learn how to be better men.

Baringo: Kemboi K. Amos is a 28-year-old farmer from Baringo and a member of Torongo Farmers' Cooperative Society.

When I received the invitation to attend the male champion's training back in 2018, I had no idea what the training was all about. I knew it was a training just like the ones the Union had organized in the past. Previously we were trained on how to improve productivity or how to become economically empowered members of the society.

However, when the training finally took place, I realized that it was different from the other sessions I had attended before. First, it was a men's only forum and second, the issues that were being addressed in the forum were just not the ordinary topics that we find during other trainings. We were engaged on issues that touch on our day-to-day lives including how we live and relate with our wives and children. For instance, I realized that there are things that we do as men that hurt our partners but we either don't realize it or we just choose to ignore this reality. A lot of unlearning and re-learning takes place in the sessions, and I recommend this training for every man out there including the boys. The truth is, men, lack such a platform where they can meet, share experiences, and just learn as men.

After the training, I went back home and decided to start a small organization which was later registered as a Community-Based Organization (CBO). The main aim of forming the group is to sensitize and empower the boy child. These boys will soon be the fathers and husbands in the community. My friends and I have made it a practice to occasionally organize learning sessions through which we have candid discussions. During the sessions, we talk about positive and negative masculinities and how to become more responsible individuals. My advice to my fellow men is to shun violence and embrace dialogue as a means through which to resolve disagreements both in the community and at home. Our group currently has sixteen young men as its members, and we are in the process of recruiting more members.

At a personal level, the male champions' model has transformed my life in a major way. I now sit down with my wife, and we have a discussion before making any major decisions on daily undertakings or on investments. I have realized that most challenges faced by married couples can be avoided through dialogue. My wife and I agreed to discuss everything which we always do, and it has improved our marriage life a lot. In fact, I can proudly say that my wife and I are best friends.

By the way, as men, we have a major role to play in mentoring the boy child. This is because boys emulate what we do as men. As such, we must be positive role models for them if we want to see responsible men tomorrow.

It is also important to empower both the boy child and the girl child. Soon, the two are likely to get married and will be living as husband and wife. However, if one of them is enlightened, and the other is not, then there is bound to be a lot of conflict leading to such cases. We should also give our daughters the opportunity to go to school in order for them to become successful in life.



SEED MULTIPLICATION FOR SELF-RELIANCE IN TANZANIA

Quality seed is at the core of the technological packages needed to increase crop production, nutrition, and rural wellbeing. However, smallholder farmers in Tanzania have limited access to affordable quality seeds. Over 90 percent of seed sown is saved by farmers from previous harvests, and its quality is often poor.

The need for seed multiplication to farmers' groups and networks has remained a missing link between farmers themselves, and the Agricultural research Institutions. This means that research institutions have developed several types of seeds but the level of supplying to farmers has remained low. Farmers have little understanding on how they can multiply seeds from one seed through their farms, reduce production cost, increase yields, and income through the seed multiplication processes.

Through seed multiplication, farmers can escape from purchasing fake vegetable seeds which is another problem since they will have a full seed quality control capacity. Farmer seed production has created avenues for income diversification and contributes to household incomes. It contributes to increased availability of quality seeds for vegetable growers.

In most cases, the issue of seeds has to be integrated with food security among farmers and the community at large. In this initiative, Mtandao wa Vikundi vya Wakulima Tanzania (MVIWATA) Kilimanjaro reached 5 groups in the Mendaï network (Siha), 10 groups in Mkalama and Shiri matunda networks (Hai) as well as 4 groups in Kindi network (Moshi DC). Through the amaranth seed multiplication initiative, the project will enhance food security in the region.

Amaranth seeds are of different varieties but in this initiative, Tanzania Agricultural Research Institute (TARI) advised the promotion of only three types of amaranth seeds. The specific promoted varieties are Nguluma, Nafaka (Akeri) and Lishe (Poli) seeds. More than 124 farmers (19 men and 105

women) comprising 5 groups were involved. This was done through access to several trainings, exchange visits, and establishing of a demonstration plot in Siha District. The choice of seeds is important because it enhances food security, reduces the cost of production, increases access to quality seeds, and increases farm income and utilization of nutritious foods. Amaranth is used as a leafy vegetable or as a high-protein grain. The leaves are cooked alone or combined with other local vegetables and they are rich in Calcium, Iron, Vitamins A, B and C.

In managing the demonstration plots, representatives' farmers mostly women and youth from 5 groups in Karansi network were selected. They worked on the amaranth seeds in the less than ¼ acre farm and multiplied three categories of seeds i.e Nguluma, Nafaka (Akeri) and Lishe (Poli) seeds. In collaboration with TARI and MVIWATA Kilimanjaro, the representatives accessed amaranth education on production, harvesting, drying, value addition, and marketing strategies.

Other members were also involved in the practical learning sessions. After learning about its benefits many women and youth changed their attitude and perception towards the amaranth seeds. For instance, in terms of production, the amaranth seeds are harvested within 3 to 4 months (short-time crops). They contribute to increased household income due to seeds business, and price of value-added products like flour. The involvement of research institutes increased the farmers trust on amaranth seeds.

In this village, many farmers are cultivating several cereal crops such as maize and beans. They also cultivate bananas and green vegetables such as amaranth, but the market for all these kinds of crops remains unpredictable. The cost of production on the other hand is high. For MVIWATA Kilimanjaro, promoting availability of amaranth seeds to members is an opportunity to reduce the cost of production and ensure increased income to farmers.

Demonstration Farm helps Increase farmer productivity

MVIWATA Kilimanjaro used a participatory approach to ensure that key elements of amaranth seed multiplication are practically applied by its members. This was done in a demonstration farm where all 3 categories of amaranth seeds were cultivated. In Mendai network, members from 5 groups participated in preparing and managing the farm on behalf of others. More than 20 groups in the Karansi ward visited the farm for learning purposes.

"After getting support to access quality amaranth seeds, I worked with other groups, to prepare and manage this demonstration farm. TARI provided us with enough knowledge about these seeds, and they made close follow-ups to ensure we grew them using the required standards," explains Mr. Peniel Mollel from Nyota Njema Group in Mendai network. A total of 20 farmers' groups participated in learning about the seeds and their benefits. Through knowledge sharing on seed multiplication, the demonstration farm has benefited members and non-members in the Mendai network. This has increased productivity hence ensured food security.

In managing the amaranth seeds demonstration farm in Mendai network, there were very few key challenges encountered, as told by Madam Benedicta Mollel of Nyota Njema Group. "The amaranth seeds need very little water for irrigation in order to harvest quality seeds. You can grow these seeds in a season with low rainfall, however, pest infestation such as whiteflies and ants is another challenge. Generally, these kinds of seeds need moderate weather to avoid loss of seeds before harvesting Heavy rainfall damages the plants by causing them to fall over."





Due to these challenges, MVIWATA Kilimanjaro through the support of We Effect and TARI has provided several pesticides to the farmers. This will ensure that they control the pests in the demo plot. "Despite these challenges we have managed to control pests by applying very light pesticides which are not too harmful. We will promote these seeds to our fellow farmers groups within Siha District for them to increase seeds production, increase their income and be free from poverty," shared Mr. Peniel Mollel.

Farmers are however encouraged to adopt agroecological practices to control pesticides. They made and used their own pesticides to control pests. Mr. Peniel Mollel explains, "Within our group, we made our own pesticide from local materials like neem tree leaves. The process involved crashing the leaves, breaking solanum, mixing tobacco and animal urine, and combining all these with 5 litres of water then covering it for a period of 14 days. Thereafter, we filtered it and it was ready for use. After 7 days, the amaranth is safe for consumption or to take to the market. Unlike the chemical-filled pesticides, locally made pesticides are safe for human consumption."

In Tanzania, there is an unmet demand for high-quality seeds that farmers can use to increase yields and profits. To address this deficit, We Effect in partnership with MVIWATA Kilimanjaro, is working with TARI a government research institution to train smallholder farmers. Farmers will be required to produce high-quality seeds through seed multiplication — the production of multiple seeds from one seed

Farmers will then sell the seeds and share information about proper farming practices with other farmers, to help them maximize their yield.

These services help Tanzania meet the food needs of a growing population, while simultaneously providing opportunities and revenue streams for farmers.

Another beneficiary is Hellen Michael Kimaro a smallholder farmer and pastoralist with Ebenezeri Group in Mendai network. "TARI has supported us with quality seeds and I am now a proud amaranth farmer." "After these seeds mature, we leave them to dry. This assures us of the availability of seeds and also allows us to sometimes use them for food. Its leaves are very nutritious and the seeds can also be processed into flour, which is normally used to make porridge. We benefit a lot as a group since we sell a kg of amaranth flour at 7000 to 8000 tanzanian shillings."

Income and Health benefits

Women groups are mostly engaged in horticultural farming. The amaranth seeds multiplication initiative is enhancing their farming activities by adding another advantage in the form of vegetable crops. This assures them of access to improved farm income as proved by a woman from Mendai network.

"After acquiring some knowledge through our demonstration farm, we have realized some benefits from these amaranth seeds. This has empowered me to start my own home garden where I produce amaranth seeds. I also process them to get seeds flour," says Hadija Hemed Mushi from Bondeni group. The nutritious flour is currently retailing at 7000 to 8000 Tanzanian shillings per 1 Kilogram (Kg). This will boost my income and support my family. She

further adds that, "In my garden, I can harvest up to 50 Kg or more of amaranth seeds. It assures my family of a minimum of 140,000/= TZS. Also, through our groups we grow these seeds and get income which enables us pay school fees and provide health care and medication for our families."

Smallholder farmers and mostly women are assured of an increase in their income, since most of them are facing difficulties in meeting their food needs. It also leads to improved food security among farmers in their groups and networks.

When food is available, malnutrition challenges are solved to a greater extent. This is possible among the households with adequate calorie intake or with a sufficiently diverse range of foods. In this project, amaranth seeds are used for food diversification among the households.

"We received and planted amaranth seeds and are therefore assured of sustainable seed availability after harvesting. This will improve our nutrition, more so that of our children and the elderly. An alternative is selling, which will involve mixing amaranth with other cereals to get ugali flour that is also used to prepare bites and biscuits. "Other expected amaranth harvest is 'Ngulu ma' seeds, where we get roughages rich in vitamins," explains Mariam Kihyo from Nyota Njema Group and chairperson of Mendai network.

Her sentiments are echoed by Monica Kimbi from Nazareti Group, who appreciates the knowledge acquired through

the amaranth seeds' demonstration plot. Farmers now know that we can grow amaranth as well as generate an income from this wonder seed. We will also substitute it with our meals by buying other types of food crops such as maize and bananas, to help improve our families' nutritional needs. If we farm this amaranth in large farms, we are assured of a higher income, and this will help improve our livelihood. I am grateful for this farm, since I have acquired more farming knowledge. I now have a huge task to replicate the same on my farm.

Demonstration farms for good agricultural practices and improved seedlings.

MVIWATA Kilimanjaro is supported by We Effect to facilitate seed multiplication initiative for improving food security to farmers' groups and networks.

MVIWATA Kilimanjaro has facilitated several trainings and workshops related to the seed multiplication initiative. They have also organized exchange visits, and follow-ups to demonstrate farming of amaranth seeds as well as the management and processing.

Happiness Abraham Mmari from Nazareti group thanks We Effect for promoting seeds multiplication of amaranth seeds, which will guarantee improved income from low status to the medium one. It will also improve our livelihood at family level, improve our nutrition and provide us with seeds for other uses. We will collaborate with other farmer groups to buy and grow these amaranth seeds. Other efforts will be visiting each other's' demonstration plots to learn and improve our skills.



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