

The Episcopal Area of the Horn of Africa

The Diocese of Egypt
with
North Africa
and the
Horn of Africa



Mother's Union Community Education and Development Project

Project location:
Gambella People's Region, Ethiopia

Funding Period:
September 2013 - September 2016

*"This is a grassroots movement we really need
to build up and empower our communities"*
Rev Wilson Okwello, Dimma Mission Centre.

*"We can build up our communities as we build
up our women"*
Rev Isaac Momma, Sherkole Refugee Camp Mission Centre



1. Project Summary:

Recently, when the World Food Program and UN Development Program could not reach the starving village of Tiergol in Gambella, Ethiopia because of conflict on the South Sudanese border, the Anglican Church was able to provide the desperately needed food through its local Anglican priest. There are 70 Anglican churches in Gambella, which provide an ideal platform to bring about real change in the community, both in development and spiritual formation.

The Mother's Union is an integral part of the Anglican Church in Gambella, and is actively engaged in literacy programs, church activities, practical help, prayer and visitations to the sick. The leaders desire to expand the Mother's Union to address four challenges that they have identified; health, poverty, inter-tribal tension, and spirituality.

In order to address these challenges, the Mother's Union will provide theological and practical skills to women across 70 villages. This will be done through a 'train-the-trainer' program, which will empower women to affect change in their own communities. For only \$25 dollars per woman, the Mother's Union will provide training courses for 3,000 women every 2 months. This program will run for 3 years, and has the potential to transform whole communities.

2. Background - Project Context:

The Gambella region suffers from extreme poverty. With forty four percent of the population below the poverty line, child mortality is thirty-two percent higher than the national average, approaching 99 deaths /1000 live births (numbers per 2010 Millennium Development Goals Report). The majority of childhood deaths (under age 5 years) occur in the first month of life, and sadly, nearly all of these deaths are preventable. The need to address income and food poverty, lack of education, lack of access to clean water, malnutrition and preventable disease is urgent.

These problems are further compounded by marginalization, socio-political instability, eco-fragility (with drought and flooding), and displacement. Inter-tribal tensions, loss of land, the influx of disenfranchised Sudanese refugees, and the lack of community networking due to insufficient funds for, and means of, transportation and communication all contribute to an overall sense of isolation, hopelessness and dependency.

The Gambella Region:



The Gambella Peoples Region, an area of 29,783 square kilometers, is located in Western Ethiopia, along the Sudan-Ethiopia border. Named after its capital, Gambella town, it is home to a mixture of people groups both uniquely Ethiopian such as the Amhara, and the Oromo, as well as several ethnic groups found on both sides of the Sudan-Ethiopia border (the Nuer and Anuak, as well as smaller numbers of Mabaan, Opo, Dinka, JumJum, Molo, Padang and Merle).

An estimated 385,997 people live in this region. (Statistics from the Central Statistical Agency of Ethiopia, Gambella Region, July 2012). Seventy five percent of the population live in rural areas, being either traditionally nomadic cattle herding peoples such as the Nuer and Jieng, or subsistence farmers and fishers such as the Anuak and the Opo. Sudanese refugees, currently primarily from the Blue Nile/Nuba Mountain regions of Sudan, are also present in substantial numbers (with approximately seventy five thousand in this part of the Episcopal Area).



The Mothers' Union is an integral part of the Anglican church in Ethiopia, which is part of the Episcopal Area of the Horn of Africa. In the Gambella Region, the church is comprised of the Gambella Anglican Centre, and fifteen Mission Centres. Each mission centre consists of a central church congregation with three to seven surrounding local church congregations. In all, the Gambella Region has approximately 70 churches with a collective membership of more than 6000 people and is growing in numbers and community services daily. The Mothers' Union membership in this region currently stands at close to 1500 members.

The Mothers' Union has been steadily active in this area since the 1990's in church activities, fellowship groups, and home visitation as well as in giving care through prayer and practical help - especially for those suffering illness, bereavement, incapacitation and/or isolation. These women have built strong relationships and have developed a strong platform for effecting lasting changes in their communities. As such, they are ideally situated to provide one-on-one teaching as well as small group participatory learning activities for the women of their communities. The Mothers' Union Literacy Program was started in 2011. It has consistently grown, and now serves an average two groups of twenty to forty adults in every Anuak and Nuer Mission Centre, with plans to expand to the Opo, Dinka and Mabaan.

3. Needs addressed by Project:

- 1. Health:** High child mortality and high overall morbidity associated with lack of clean water, nutrition and basic knowledge regarding hygiene, first aid and maternal-child health to be addressed through community health education and practice
- 2. Poverty:** Displacement, lack of education and income-generating skills, loss of ownership of land for subsistence/family farming to be addressed through income generating activities and vertical gardening
- 3. Inter-tribal tension:** Loss of land and movement of people groups sometimes leading to violent inter-tribal clashes, has left a legacy of inter-tribal tension to be addressed by bringing together people of differing tribal groups in a safe, fun learning environment
- 4. Spiritual:** Expressed desire to learn more of the bible and prayer, together with the lack of opportunity for theological training for ministry to be addressed through teaching in prayer ministry and biblical literacy

The overall objective is to empower women to effect community transformation in the areas of Health, Poverty, Inter-tribal tension and Spiritual formation.

4. Desired Outcomes:

4a. Health:

- raise awareness of causes of disease,
- increase understanding of how to prevent disease,
- establish new behaviors which would lead to better health
- decrease causes of preventable childhood deaths such as unclean water, malnutrition, poor hygiene

Rationale: *Simple low tech preventative strategies and timely simple treatment interventions save more lives than those saved through the intervention of a medically staffed clinic.*

~90% decrease in admission rate for infant dehydration from diarrhea (the number one cause of infant death) was noted in Tenwick Hospital, Kenya after introduction of sunlight water purification and dish drying racks . Prevention of debilitating Guinea worm infestation is possible through simple water filtration

~Vitamin deficiency (Pellagra, Beriberi, Rickets, Scurvy), anemia and protein malnutrition can be prevented by dietary supplementation. Many Ethiopian children eat meat only once or twice a year. Vegetables and fruit are often lacking. One egg given every two months gives enough folate, iron and vitamin B12 to meet the nutritional requirements of preschool and school age children. Protein-, mineral- and vitamin-rich biscuits made by the Mothers' Union and given to Sunday school children once weekly will go a long way towards adequate dietary supplementation.

~Toddlers are at high risk of falling into the cooking fires. Construction of mud/clay "stoves" around cooking fires decreased hospital admission rates for infant burns by 70 percent (Tenwick Hospital, Kenya, 1989 figures)

4b. Poverty:

- increase self sufficiency
- raise the standard of living through income-generating activities and vertical gardening

Rationale: *Population growth and movement of people groups have contributed to a loss of land available for family (subsistence) gardening. All family living areas are surrounded by a small fence (usually made of grass) for security and privacy. The use of family 'compound' walls for vertical gardening, as well as the construction of simple "vertical" kitchen gardens will maximize the use of land available for gardening as well as provide a much needed nutritional supplement*

~Opportunity to learn skills such as weaving, handicrafts, and hand sewing can become a means of income generation as well as providing an opportunity for exchange of ideas and local expertise and possibly for short term mission input as well.

~Such skills can also become a means of self sufficiency. For example, activities such as literacy circles are often held in groups that sit on mats - usually re-purposed tarp. Mothers' Union would like to learn how to make mats rather than depend on the church to buy them. Uniforms, (whether for Sunday School, choir, or Mothers' Union, etc.) are treasured and are considered to enhance the dignity of the wearer. They are seen to be a badge of belonging. They provide a means of affirmation of dignity and worth. The Mothers Union would like to be enabled to provide uniforms for themselves and for their church choirs who are often the first people of the church to enter the village of an unreached people group.

~Skills such as drama can be used in Sunday School/child education and community outreach

4c. Inter-tribal tension:

- increase opportunity to develop friendships between women of different tribes

Rationale: *Building caring relationships, and increased social networking through practical, fun opportunities for learning and fellowship in an inter-tribal context at the Gambella Anglican Centre training days and through inter-tribal oversight by the Mothers' Union coordinators provide an important foundation for building peace in the region*

4d. Spiritual:

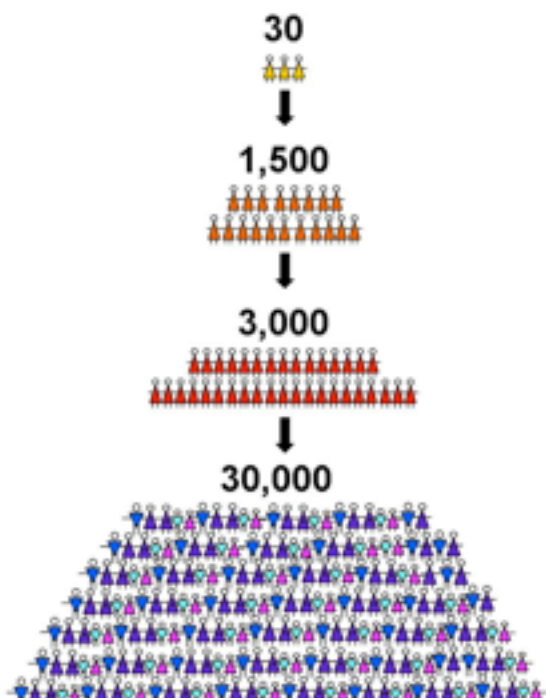
- increase bible knowledge
- increase opportunity for prayer ministry

Rationale: *To respond to the expressed desire of the women to receive teaching in bible knowledge and training in prayer ministry better equips the Mothers' Union members in their ongoing ministry and outreach and allows for a deeper affirmation of faith and worth*

5. Project Activity:

5a. Project Structure:

Training events will be held during weeks 1, 4 and 6 of each 8 week or **2 month cycle** for a total of 6 cycles each year.



Week 1: Training Mothers' Union Representatives

Training of 30 Mothers' Union Representatives at the Gambella Anglican Centre.

Week 4: Training Full Mothers' Union Membership

The 30 representatives return to train 1500 Mothers' Union members at the 15 Mission Centres.

Week 6: Training Community Members

Each Mothers' Union member will invite and train one community guest at the 70 local churches.

Broader Community Impact

Informal transmission of knowledge and lifestyle change

5b. Project Schedule:

Week 1: The Mothers' Union Coordinators and the Representatives from each of the 15 Mission Centres to attend a 2 day training event held at the Gambella Anglican Centre.

- Day One Morning: Ministry training in bible and prayer ministry
- Day One Afternoon: Practical Training
- Day Two: Equipping Mothers' Union representatives to teach at the Mission Centre and Local Church level, Feedback / Discussion of Training events at Mission Centres and Local Churches for monitoring purposes

Week 4: Full Mothers' Union membership to attend a one day training event led by the Mothers' Union Representatives held at their respective Mission Centres

- Day One Morning: Ministry training in bible and prayer ministry
- Day One Afternoon: Practical Training

Week 6: Women of the community invited to attend a one day training event led by Mothers' Union members held at their local churches

- Day One Morning: Ministry training in bible and prayer ministry
- Day One Afternoon: Practical Training

2 month cycle with week 1 at Gambella Anglican Centre and Weeks 4 and 6 at the Mission Centres and Local Churches respectively. A total of 18 training sessions each at the Gambella Anglican Centre, Mission Centres and local Churches will be given over a 3 year period.

6. Project Curriculum:

Training Sessions will cover the following topics. See Appendix for session details

1. **Clean Water:** Clean water prevents disease and saves lives
2. **Child Nutrition:** Adequate and varied nutrition essential for health
3. **Hand Sewing:** A means of income generation and self sufficiency
4. **Vertical Gardens/ Kitchen Gardens:** Accessible vegetables
5. **Weaving:** For income generation and self sufficiency
6. **Health and First Aid:** Accessible Health
7. **Making Daily Life Easier:** Ergonomic techniques/revisions of daily tasks
8. **Handicrafts:** For fundraising, income generation
9. **Teaching our Children, Reaching Our Communities:** drama, fundraisers, Sunday School/child education and community outreach

7. Sustainability and Accountability

The request for the Mothers' Union project has come from the women of the community themselves. Experience as a consultant to the Community-Based Health Care Program of the Diocese of Mount Kenya South in the late 1980's, has taught that a successful community-owned initiative needs to be "of the community", and "by the community". A good indicator of sustainability is when a community can truthfully say, "We have done it ourselves". The training received by a few at the Gambella Anglican Centre will be shared with the many at the level of the local church communities - training done by the community women and for the community women. This project is embedded in a structure that has an excellent track record of sustained successful community intervention.

The goal for the Episcopal Area Church (in the Horn of Africa: Ethiopia) is to have a 'self-governing, self-supporting, self-propagating and self-theologizing' church in this region. The Mothers' Union is an integral part of the church structure and leadership and as such plays an important role in the church's ongoing presence and work in the area.

At the local church level, the Mothers' Union leadership is elected by the general

membership on a yearly basis. Each local church Mothers' Union leader meets once a week at the local Mission Center with the church council (elected lay leaders and clergy) to report on their activities, to have input into the general church activities and to discuss any concerns or community needs that have arisen.

Two Mothers' Union **coordinators** are responsible for visiting and overseeing the different Mothers' Union groups of the Region. The MU coordinators are accountable to the clergy who are in turn accountable to the area bishop, the Rt Rev Dr Grant LeMarquand. Being resident in the Gambella area, the bishop is easily available to the local clergy and Mothers' Union membership to answer questions, to help "trouble-shoot" potential problems, to listen to and discuss the suggestions and/or concerns that may arise throughout the duration of this project. Good communication is facilitated through the regular visits to the different Mission Centres, their people, clergy and church council members including Mothers' Union, and by the monthly clergy training days at the Gambella Anglican Centre.

8. Project expertise

The project consultant, Dr Wendy LeMarquand, is a family physician with over 30 years experience in family medicine, as well as training and experience in tropical medicine and village medical practice. Having seen the reduction in child mortality and overall population morbidity when working as consultant to the community based health care program of the Mount Kenya South Anglican Diocese, Dr LeMarquand has concrete examples from a successful model on which to build the present project.

The role of the project consultant is to support and empower the two Mothers' Union Coordinators (as well as the Mothers' Union representatives attending the Gambella centre training) to be able to teach at the community level. Dr. LeMarquand will also be responsible for reporting to donor organizations, and for welcoming and caring for any short term missionaries who may be interested in contributing to the training days

The Mothers' Union coordinators, Ms Sarah Nyabuony Deng (Nuer) and Ms Achwa Obang (Anuak) bring to the project their expertise gained from their ministry as Mothers' Union leaders and now coordinators, as well as their knowledge of the local culture and language. They are the respected 'community gate-keepers' who will be responsible for helping to equip the Mothers' Union representatives, and with them, the Mothers' Union membership, to become teachers and facilitators at the community level. They will be the ones responsible for overseeing the teaching and work done at the mission centres and local churches. Being resident in the Gambella centre, Dr LeMarquand will be easily accessible to them for initial training as well as ongoing mentoring and trouble-shooting.

At the initiation of the project, the two Mothers' Union Coordinators will receive

training from the project consultant to equip them for a pre-project visitation of each Mission Centre to discuss the project with the local membership. At the Mission Centres, they will obtain further suggestions and feedback, and help each Mothers' Union group to elect 2 Representatives (plus one back-up substitute). The Representatives chosen would be those willing to come to all the training sessions held at the Gambella Anglican Centre, as well as willing to teach their home Mothers' Union members both what they have learnt, and how to teach the same thing to the members of their local church communities.

9. Project Monitoring

9a. Evaluation tools:

1. Project Report Form every 2 months:

- to be completed by Coordinators and Representatives - forms to be in picture and non-literate formats
- will record attendance of Mothers' Union members at Mission Centre Training days
- will record number of community guests invited to Local Church training days
- will record number of follow up visits by Mothers' Union members to community guests
- will record number of items made by community guests
- will report success stories - oral for non-literate representatives - highlights recorded
- will report problems encountered - oral
- will report suggestions given for future training days

2. Day 2 Feedback session of the Gambella Anglican Centre Training events:

- Coordinators and Representatives to share contents of Project Report Forms
- Opportunity for discussion of success stories and problems encounters
- Opportunity for questions, clarification, suggestions and feedback
- Opportunity for on-going mentoring and facilitation of teaching and communication skills

3. Assessment vs Desired Outcomes

- Project consultant to discuss with Coordinators and Representatives
- Project consultant to report to donor organizations q 6-12 months

9b. Oversight by church:

The Mothers' Union leadership of each Local Church/Mission Centre will also report to their local church councils and clergy. Clergy will then raise any concerns with the project consultant and/or the area bishop.

10. Budget

10a. Budget Totals in USD

- 1. Total Start up expenses = 21,151
- 2. Total Running Costs 3 yr = 55,110
- Total = 76,261

Cost for 3,000 women = 76,251 USD

Cost for one woman = 25 USD

10a. Project Start-up Expenses (one-time costs)

Budget in US Dollars (USD)

	Unit cost	Quantity	Total
1. Pre project travel	10	30	300
2. Materials for security storage shed	46	70	3,208
3. Mothers Union uniforms	3	1,400	4,200
4. Large group cooking pot and a serving spoon	45	142	6,319
5. Plastic plates and cups	83	70	5,833
6. Large tea kettles	6	142	791
7. Laminating machine	500	1	500
Total			21,151

10b. Description of Start up Expenses

- 1. **Pre project travel:** Transport costs for the 2 Mothers' Union Coordinators to visit each of the 15 Mission Centres. This is important as this is a consensus culture, which requires agreement on all concerned to establish ownership of the project.

2. Materials for security storage shed: The materials (tin, wood and locks) for each of the 70 churches to construct a shed to securely store the materials purchased for the Mothers Union. The labour will be provided by the church. This is necessary to protect the materials from theft and to encourage stewardship.

3. Mothers' Union Uniforms: The cost of 20 uniforms for Mothers' Union representatives at each of the local churches. The Uniform costs may be higher than estimated in the budget. The Episcopal Area will supply any remaining cost. The uniforms are considered by the women as crucial, as they are seen to be badge of belonging, and provide a means of affirmation of dignity and worth.

4. 5. & 6. Large group cooking pots, reusable plastic plates and cups, and large tea kettles: 2 cooking pots, 2 kettles, and 100 plates and 100 cups for each of the 70 churches. This is needed to cook lunch for the participants of the training course, as well as for the cooking sessions on nutrition, and for practice making food for community outreach/fundraiser. They can also be used by the churches for other events.

7. Laminating machine: Each of the 70 local churches will be provided with 1 copy of each handout, necessary to the teaching of the session. As these will be passed around among many women in the villages, the handouts need to be durable. Both churches and houses in this region lack cupboards, filing cabinets or other means of protecting papers from water and mud.

10c. Running Costs

The TOTAL RUNNING COST for 3 years is \$55,110 USD

- **\$15,870 for Year 1** (ie September 2013-August 2014)
- **\$18,251 for Year 2** (ie September 2014-August 2015)
- **\$20,989 for Year 3** (ie September 2015-August 2016)

	Year 1	Year 2*	Year 3*	3 Year Total
1. Stationery supplies	2,100	2,415	2,777	7,292
2. Food (morning tea, lunch)	1,380	1,587	1,825	4,792
3. Additional food, accommodation for Gambella Centre training	1,500	1,725	1,984	5,209
4. Local Translator fees	120	138	159	417
5. Traveling Translator fees	300	345	397	1,042
6. Construction materials	8,280	9,522	10,950	28,752
7. Project Oversight Travel	120	138	159	417
Sub-total	13,800	15,870	18,251	47,921
8. Administrative cost (15%)	2,070	2,381	2,738	7,189
Total	15,870	18,251	20,989	55,110

* The cost of the project will have an annual increase of 15% (as shown in the above table) because of inflation and increase in numbers of Mothers Union and church growth in Gambella.

10d. Running Cost Details: Year One

	Unit cost	Quantity	Total
1. Stationary (Handouts)	0.5	4,200	2,100
2. Food (morning tea, lunch, afternoon tea) for the Gambella Centre training	230	6	1,380
3. Accommodation for Gambella Centre training	250	6	1,500
4. Translators living in Gambella	20	6	120
5. Translators travelling to Gambella	50	6	300
6. Construction materials	12	690	8,280
7. Project Oversight Travel	10	12	120
Total			13,800

10e. Description of Running Costs

1. Handouts: 10 handouts are needed for each teaching topic, and each of the 70 churches will receive these 10 handouts. As there are 6 teaching topics per year, 4,200 handouts are needed each year. The cost of each handout is 50 cents (laminating pouches and printing costs \$25 for 50 sheets). As the handouts will be passed around among many women in the villages, they need to be durable so laminating is necessary.

2. Food for Gambella Centre training: The cost for morning tea (\$10 per session), lunch (\$200 per session) and afternoon tea (\$20 per session) for the training courses at the Gambella Anglican Centre. There are 6 training sessions per year. The food for the training at the Missions Centres and Local Churches will be provided by the churches themselves.

3. Accommodation for Gambella Centre Training: The cost of overnight accommodation for the 30 Mothers Union representatives and 6 translators for the Day 2 training at the Gambella Anglican Centre. There are 6 training sessions per year.

4. & 5. Translation is needed as the Mothers' Union representatives who attend the training sessions at the Gambella Anglican Centre will come from 5 different tribes.

Translators living in Gambella: The costs for the Nuer and Anuak translators who live in Gambella town.

Translators living outside of Gambella: The costs for the Mabaan, Opo and Dinka translators who live outside of Gambella town and have to travel to Gambella town for the training.

6. Construction materials: The costs for the materials for the training sessions such as sewing materials, dish drying rack materials, weaving materials, water filter materials, cooking ingredients for child nutrition. A total of 115 sets of materials are needed for each session: 31 for the training at the Gambella Centre (2 for each of the 15 Mothers Union representatives and 1 for the trainer), 14 for each of the Mission Centres as a demonstration item, and 70 for each of the local churches as a demonstration item. On average, each of the sets of materials is estimated to cost \$12 each. Some sessions will have little costs, while others such as material for sewing classes will cost

more. The items will be constructed of locally available materials that many community women already own or can substitute at a much lower costs.

7. Project Oversight Travel: Travel costs for the 2 Mothers' Union Coordinators to each visit one Mission Centre per 8 week (2 month) cycle, in order to supervise one Mission Centre and local church training event per cycle.

Mothers' Union



Becoming teachers



Teaching in the community



Learning in the community



Serving in the Community

11.Challenges: Potential Obstacles and Possible Solutions

11a. Impediments to attendance of training sessions:

Heavy rain, flooding, seasonal village migration (villages will move to where the cattle have access to water), illness and family obligations can all interfere with attendance of training sessions. To help ensure representation of each Mission Centre at the Gambella Centre training sessions, Mission Centres will elect one substitute or back-up Mothers' Union Representative who will be available to attend in the event of an impediment to the elected representative's attendance. Training event dates may need to be rearranged to avoid training during heavy rains or migration.

The Mothers' Union Coordinators, Representatives and/or members all engage in follow up visits to those who are unable to attend meetings and/or events at the Mission Center and Local Church level.

11b. Uncertainty of cost and supply of session materials:

A 15 % cost adjustment for years 2 and 3 is designed to allow for both rising market prices as well as the increase in numbers of Mothers' Union and church members in an area of the world where new churches are being planted on an ongoing basis. The number of churches in the Gambella region increased from 53 in 2009 to 70 in 2012.

11c. Moving from Dependence to Self-sufficiency:

A legacy of dependency due to a multiplicity of factors from loss of land ownership, displacement, refugee status, foreign aid as relief rather than development, child rearing practices discouraging initiative, and belief systems encouraging passivity have all contributed to the need, in this part of Ethiopia, to re-affirm and develop human agency - the ability to engage with and shape one's life and circumstances. Attention to and respect of the underlying attitudes and belief systems which shape each distinct culture is an essential part of empowerment of people groups, and constitutes an important challenge in any kind of development intervention. This principle is especially relevant to the culturally diverse region of Gambella, and points to the need any change through education to come from structures embedded in the community and through members of the community. The initial request for further training and help with transportation which was brought to the project consultant by the Mothers' Union coordinators. Gradually, in discussion with Mothers' Union groups throughout the Gambella region, it developed into a plan to provide the comprehensive educational program outlined in this proposal. The eyes of the women would light up with hope as the idea of the project brought with it the anticipation of learning to better care for their children and their communities and of learning to grow in self sufficiency.

The local churches will be encouraged to share in the 'ownership' of the

project. They will be asked to provide the food for the participants coming to the training days held at their locations (morning and afternoon tea as well as lunch). This may well prove to be too difficult for the poorest churches, especially those in the refugee camps, as monthly rations often do not stretch to cover the needs of the entire month, and income from employment is often not possible. Discussion of estimated costs for food and means of providing food will be discussed with the Mothers' Union during the pre-project discussions and the Day 2 feedback sessions at the Gambella Centre, as well as with the clergy during the monthly clergy training days.

Local churches will be asked to help collect any local materials needed for the construction of the items to be made in the practical skills sessions. The main goal of the Mission Centre and Local Church training events is to provide knowledge rather than simply providing items.

Local Churches will be asked to provide the labour for the construction of a small storage shed in which to keep the Mothers' Union supplies and materials (to help protect from rain, mud, animals and theft). Materials and/or funds for this (for locks, tin, and wood) will be supplied by the project (as per section 10b.2 in this proposal).

Any surplus of money given for session supplies will be used as seed money for further Mothers' Union education and/or development projects. The goal for Mothers' Union projects in this region is to move from partnership with outside donated support to becoming fully indigenous in funding, (as well as in design and execution), through learning income generating activities for self support.

11d. Learning How to Learn

The challenges of learning new skills for first generation learners of a given knowledge base (those who have grown up without the benefit of seeing their parents, grandparents and peers just naturally living a lifestyle that promotes and displays certain behaviours conducive to particular practices of hygiene, preventative health and safety, income generation and stewardship, etc) are formidable. The need to be cognizant of the learning styles and practices embedded in the culture of the learner is essential. Partnering with and encouraging local wisdom is further complicated by displacement of people groups and loss of traditional lifestyle practices. Often, those who have grown up without formal schooling have never been taught to recognize a 2 dimensional drawing as something that represents a 3 dimensional object. Learners who have grown up in a culture where schooling and an ongoing lifestyle of learning new skills are simply a normal part of life, usually need a minimum of 7 repetitions before remembering a new fact, and need at least 4 to 6 weeks of continually practicing a new lifestyle before it becomes habit. The process is much longer for first generation learners who are learning how to learn in a new way, as well as learning a given skill or fact. Repetition of teaching sessions, feedback from the Mothers' Union representatives, and ongoing followup and visitation will be an essential part of the learning process. It will likely be necessary to repeat or re-visit curriculum topics perhaps even as often as every 3rd training event, depending on the need. This, all the curriculum topics may not be covered in the 3 year period of this project. The interest and enjoyment of learning will hopefully encourage future projects that may complete, complement or replace the proposed curriculum.

Appendix 1

A1. Curriculum Topic Description

TOPIC 1: CLEAN WATER

1) How dirty water causes disease

materials: magnifying glasses, laminated pictures

teaching point: small things we can't see without "glasses" (microscope) can cause disease

2) How to make dirty water clean

materials: transparent water containers (locally available);

plastic jerry cans from which to make dish drying racks, knives/heavy duty scissors; plastic bottles or plastic jerry cans, cloth, sand, charcoal

teaching points:

a) UV radiation from sunlight kills bacteria

clear water left in transparent containers in bright sunlight for 5 hours is safe to drink

b) turbid, cloudy water can be made clean by filtration

home made water filters are easy to make

3) How to make dishes clean

home made dish drying racks from locally available jerry cans

TOPIC 2: CHILD NUTRITION

1) Foods make us strong

"We need wood, mud and grass - all three - to make houses.

We need protein, vitamins and energy foods - all three - to make strong bodies."

materials: laminated pictures, drama

2) Sunday School Cookies (Biscuits)

Cooking together for our Sunday School children

One cookie will be given to each child during Sunday School (average 200 children

per Sunday school) materials: locally available high protein and vitamin rich foods

to add to simple recipe for "cookies" that can be made over a wood fire. lentils, maize flour, oil, peanuts, eggs, fruit juice, large-group cooking pots

3) Measuring Childhood Nutritional Health

materials: laminated pictures (child hair colour chart for nutritional status check, body signs of anemia), measuring tapes for child upper arm circumference measurements

TOPIC 3: HAND SEWING

1) How to Thread a needle

materials - child training kits with extra-large needles, needle threaders

2) How to Sew: Making Choir Uniforms

materials: needles, thread, sewing scissors, bolts cloth

TOPIC 4: VERTICAL GARDENS/ KITCHEN GARDENS

1) How to make a house garden

materials needed: laminated pictures, maize sacks, seeds for kitchen gardens,

2) How to make a living wall / Vertical Garden

materials needed: laminated pictures, hooks, containers for vertical gardens (jerry cans, baskets)

3) Companion Gardening, recipe exchange and cooking sessions

materials needed: laminated pictures, seeds, laminated picture-recipes

TOPIC 5: WEAVING FOR INCOME GENERATION

1) How to weave Mats

2) How to weave Shopping/market bags

materials needed: weaving materials for mats, and shopping/market bags

TOPIC 6: HEALTH AND FIRST AID

1) How to make ORS (Oral rehydration Solution)

materials needed: laminated pictures, salt, sugar. locally available 1-liter containers

2) Hygiene: Keeping clean keeps us well

(hand washing, face washing for trachoma prevention and decreased transmission upper respiratory infections)

materials needed: laminated pictures, soap, plastic jugs

3) How to make tippy cans (for touch-free hand washing after latrine use)

materials needed: laminated pictures, soap, pails, string, hooks

4) First Aid for Mothers - burns, rashes, infections, trauma

materials needed: laminated pictures, first aid booklets

5) Child safe cooking fires

materials: laminated pictures, demonstration "stove"

6) Sharing Water - Not Germs

looking at alternate solutions to the communal cup passed from one coughing adult to one runny-nosed child to one feverish adolescent etc - all dipped into the same communal water storage container)

materials needed: laminated pictures, alternate cup-free water storage and dispensing method

7) Malaria Prevention and treatment - How to grow Artemesia, Treatment with

Artemesia tea, How to hang mosquito nets, How to repair your mosquito net

materials needed: laminated pictures, artemesia seedlings, netting material and needles, thread for repair.

TOPIC 7: MAKING DAILY LIFE EASIER

1) How to make individual maize shellers, grain grinding mills

materials needed: laminated pictures, materials for home-made individual maize sheller / grain grinding 'mills'

TOPIC 8: HANDICRAFTS FOR INCOME GENERATION

1) Making crafts with beads

2) Painting with powdered rock

3) Crocheting, knitting

materials needed: laminated pictures, beads, string, crochet hooks, knitting needles, yarn

TOPIC 9: TEACHING OUR CHILDREN, REACHING OUR COMMUNITIES

1) Using drama for Sunday School/child education

2) Fund-raising bazaar/drama for local churches

materials needed: laminated pictures, laminated picture scripts, laminated picture snack recipes, material for curtains, material to make table cloths for display of crafts, foods, funds for two plastic tables per church

A2. Session Materials

Session Materials
CLEAN WATER -magnifying glasses, transparent water containers =plastic jerry cans knives/heavy duty scissors; plastic bottles cloth, charcoal
SKILLS FOR INCOME GENERATION / MAKING LIFE EASIER -child training extra-large needles, needle threaders -needles, thread, scissors -bolts of cloth for choir uniforms -weaving materials -beads, string, crochet hooks, knitting needles, yarn, -materials for home-made maize shellers -grain grinding 'mills' -material for curtains, table displays funds for two plastic tables per church

Session Materials

NUTRITION

hooks, containers for vertical gardens (jerry cans, baskets)

-maize sacks for kitchen gardens

seeds for tomatoes, onions, lentils, chard, greens, carrots

-recipe ingredients: Lentils, maize flour, oil, peanuts, eggs, fruit juice,

-measuring tapes

HEALTH

-soap, plastic jugs, pails, string, hooks

-salt, sugar. locally available 1-liter containers

-first aid booklets

-alternate cup-free water storage and dispensing method

-artemesia seedlings, needle , thread, mosquito nets or netting material.

Contact Information

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