

**The Lions Club Rüsselsheim Cosmopolitan
(Germany) and Kitale (Kenya) threw a stone in the
water in Tamugh ...**



... and it has drawn big circles.



The initial situation: How do people live in Tamugh?

Precarious and unworthy

Tamugh is located in 1700m height in the mountains on the border of Kenya and Uganda. The community area is home to 15,000 people. There are nearly no paid job opportunities in the surrounding districts. The people live nearly without financial income from subsistence economy. So what they can wrest from their small fields in the dry climate with their hands.

- Electricity? Ends in 40km distance.
- The next paved road? Also 40km. That is a 10 hours foot walk.
- A doctor? 50km.
- A bank and paid jobs? 60km – purely hypothetical.

The villagers live in self-build mud huts with grass roof and plant corn and beans. Rainwater for drinking is only available during the short rain season. During the 9 month dry season the only source of water for drinking is from mud holes, where also animals take up water. They can be kilometers away.

The grey and dirty water is boiled on wood fires in an effort to avoid typhoid fever and other diseases. Due to the remains of the animals at these places, the water is frequently polluted by germs. Infectious diseases are the constant companions of the inhabitants.

- Life expectation: 45 – 50 years
- Most common causes of death: Typhoid fever, tuberculosis, malaria, untreated infections.



The History of our Project:

During a trip through Kenya in 2010 the Rüsselsheim Lions Club members Uta and Ulrich Rein came into contact with Martin Komongiro, who is the leader of the self help committee in Tamugh. He and his wife Ann accommodated them in their mud hut - the beginning of a genuine lasting friendship.

Together they founded a private aid project which over the last 9 years has improved the living conditions of the villagers in a sustainable way.



The project has been officially nominated as an international development project of the German Lions District 111-MS and Martin Komongiro has become a member of the world wide Lions service organisation by becoming a member of Lions Club Kitale (Kenya).

Since its initiation in 2010 this project has been supported by church communities, private sponsors, Lions Clubs in Germany and Lions Club International Foundation.

What makes our Project so unique?

A symbiosis of Water, Hygiene, Nutrition, Health and Education: We realize solutions in 7 dimensions for a holistic development.

The realized major elements of our partnership project :

The self-help committee was given the opportunity to implement the following measures:

- 12 deep drill wells for the water supply of 6.000 villagers
- Installation of 2 dams for water storage during the 9 month dry season
- Installation of a spring water distribution network with 4 solar pumps, 9 pipes and 9 storage tanks
- We have financed 205 rain water storage tanks to catch water from the roofs of 9 schools, 2 churches and 161 private huts
- We have built 113 water proof clay huts with water catching tanks for families with grass roofed huts without access to water
- In all we have realized a total storage capacity of 1,3 million liters or rain water, essential for drinking, personal hygiene and for watering vegetable gardens
- 33 latrines for safe capture of faeces
- In Progress: 100 high efficiency stoves with no smoke exposure in the cooking room. Safe cooking without risk of scalding (women and children health)



What makes Deep Drill Wells an ideal Water Solution?

They deliver high quality water even in times of draught

Water is Life - Our 12 realized deep drill wells make this possible for 6000 people every day:



Members of the self help committee strike a swathe and form a path for the access of the drilling machine.

At a distance of 3km to the drill site this can take 3 weeks.

The well is inaugurated with a traditional ceremony and handed over to the population. With each well, we free around 500 people from the latent health risk of water from mud pots.

For the first time, people living in the surrounding area receive adequate amounts of water for personal hygiene and irrigation of a vegetable garden.



But not everywhere deep drill wells are geologically possible: Please see on the next pages, which alternative solutions we realize with the village population, where no access to a well is possible.

Can you drink Rainwater?

The 170 Children of the School of Kola prove it.



Initial situation:

The children dig water from mud holes in the morning before the lessons and carry it to the school over a distance of 2km. Due to the geographical situation the realization of a well was not possible. The head teacher of the school, the teaching staff and the parents requested us to finance a 10.000 liter rain water tank, attached to the school roof.

From the market place in Tamugh, farmers carried the tank over the last 9km to the school. Then they brought stones from the environment, which were crushed by the mothers with primitive tools to gravel. From this a safe pedestal for the tank was created.



The solution:

After the first rainy season, the tank was full. The kids are now free to dig muddy water out of the ground. The quality of the rainwater is much better. No child got more sick with typhus since installing the tank in 2014. The director of the school reports that the class failure due to illnesses has decreased significantly.

What does the Building of a simple Clay Hut have to do with Water?

In Tamugh it means everything.

The majority of the 400 families in Tamugh live in small single room clay huts with grass roof.

They provide themselves from the same muddy holes with “water” as the animals do.

For families, who have no access to one of our deep drill wells within 1km distance, we finance a three room clay hut with a tight sheet metal roof and a big rain water collection tank.

Through the realization of the house, people get access to a much better quality of drinking water, to water for personal hygiene and to irrigate a vegetable garden. For the first time the beneficiaries can now stay dry during the rainy season. Thus, the house roof is the prerequisite for improving health, hygiene and nutrition.

Since 2014, from 113 families, for whom we have financed this type of house, there was not one single case of typhoid fever reported.



What has Gardening and Education to do with Water?

In Tamugh it means everything.



We have provided 130 families and the primary school of Tamugh with the finances to buy fencing, watering cans and seeds to build a vegetable garden. Previously the animals and the lack of water prohibited the grow of vegetable and fruits. The fences keep the livestock and wild animals out.

With the financing of rainwater tanks, the management of a garden becomes possible. With the gardens, the people are now capable of growing new types of food beyond their staple food, consisting only of maize and beans.

Up to 2013, a quarter of the children remained illiterate because their parents could not pay the school fees. Since 2014, we support the children of impoverished families with contributions to the school fees, about 100 additional children per year. So no child is left behind anymore as illiterate.

All 9 schools in the Tamugh area were either connected to the spring water network with our project or were given a large rainwater tank for their school roof. Trenching water in mud holes will continue to decrease with every tank installed in the future. The head teachers report that the drop in education due to ill students has been steadily decreasing since the start of this project module.



What have Smoke free high Efficiency Stoves and Latrines to do with Water?

They form a strong alliance for health and hygiene.

Previous situation:

The women and older girls cook on open wood fires, creating lots of smoke. The long-term consequences are eye and lung diseases. The required amount of wood is enormous and results in a high collecting effort from the girls. The lots of wood taken from nature damages the vegetation and produces erosion. The pots are unsecured. Again and again it comes to scalding children with boiling water by overturning pots.

Our solution:

Teaching groups of women to build high efficiency stoves with a closed fire chamber out of natural materials (burnt clay and millet spelt). Material cost: 0 / Wages: 10 Euro per stove.

The pots sit in recessed oven plates. This reduces the risk of scalding significantly. The stoves save over 60% wood combined with improved cooking performance. The smoke is guided outside by a chimney. The hut stays free of smoke.

In 2018 the women cooperative of Tamugh have built 11 high efficiency stoves . We have provided the finance to build a further 100.



Old



New

Previous situation:

Most families have simply used the bush as there toilet. This contributes to the spread of diseases. Where every drop of water is lacking in hygiene, it's important to capture faeces safely.

Our solution:

The building of 33 drop toilet blocks, distributed over the village



New latrine

Pictures say more than 1000 words ...

Lions-Help for the people of Tamugh mean for us respect, passion and lifeblood.



That's our goal:

Over the next 5 years, we want to provide a safe water supply to all 15.000 people in the Sook community, beyond any disease spreading mud holes. For this we use the right solution from our portfolio of alternative measures for different challenges.

We want to help all 210 families in Tamugh, who still live in grass-covered one room huts - without access to water on their ground - with a three room mud house, covered with a tight sheet metal roof, a rainwater tank and a vegetable garden . This is a sustainable solution to stabilize their lives.

What makes our project so successful?

We travel to Tamugh every two years and live with the people for two weeks. This is how we work together to develop sustainable and effective solutions:

- ⇒ **Understanding and exchange are the best basis for a successful project**
- ⇒ **We are supporting people, who are not reached by established development aid.**
- ⇒ **Our project shows how private initiative can stop poverty migration in underdeveloped countries.**



More information about our project of the 7 dimensions in the kenyan Tamugh area and the Lions Club Rüsselsheim Cosmopolitan can be found under:

www.afrikahilfe-tamugh.de

www.lions-ruesselsheim-cosmopolitan.de

Help us with your donation to support more needy people in the area of Tamugh:

Förderverein

LC Rüsselsheim Cosmopolitan e. V.

IBAN: DE36 5009 3000 0021 8916 06

Purpose: Tamugh aid project

