

Welcome to yet another edition of your popular news round up - on solar cooking activities in the region. Solar cooking is gaining ground day by day in sun rich, fuel scarce areas of Africa. The CookIt, wins the PAWII Award, it is in great demand in Chad, and has been successfully introduced in Eritrea while trials have been held in the Congo. Sunny Solutions project in Nyakach is expanding in scope, growing in knowledge and skill thereby touching many lives positively. Read about these and more.....

IN THIS ISSUE

OYWA Cookit wins the PAWII Award.

The CookIt finds its way in:

- Chad
- Eritrea
- Congo, DRC
- Kajiado
- Going strong in Puntland, Sunny Solutions , Turkana.

Lobbying at the UN.



UP COMING EVENTS

- ESOK Conference Nov. 2005.
Solar Cooker exhibited
- Birec - Beijing China Nov. 2005
- Solar Cookig Competition Nyakach, Dec. 2005.
- TOT February 2006.
- World Conference,Granada, Spain 12 - 16 July 2006

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DINAH RECIEVES THE PAWII AWARD

PAWII AWARDS THE COOKIT

On 9th September 2005, Dinah Chienjo, project officer Sunny Solutions, was presented with the prestigious PAWII Award. This is the Pan African Women Inventors and innovators Award sponsored by International Finance Cooperation and organized by GWINN, a global network for women inventors and innovators.

The occasion presented an excellent opportunity to show case the OYWA Cookit made by NYAKACH women. Oywa cookit is a modification of the factory made cookit, it has wax on the back and colored binding on the edges to enhance its durability. In the estimated two – year life span, it can save two tons of wood, make drinking water safe, and cook many clean healthy meals many times over, using free abundant sunlight as fuel, thus saving money and much needed resources.

Oywa CookIt is not only a useful technology in itself, it is also an income raiser for those making it, those selling it and those selling products made in it. It is essentially a technology made for women by women. The women of Nyakach know this and Dinah was there to tell the world about it.

THE OYWA COOKIT - EASY TO MAKE!

Materials:

- 3 X 4" Cardboard cut in the shape of a CookIt
- 3 metres binding materials and Glue
- 3 X 4 reflector material/ Aluminium foil

METHOD

1. Cut the binding material into 1/2 inch strips 3 metres length.
2. Cut the aluminium foil or the reflector material using the cookit measurement and shape.
3. Spread the glue on the cardboard and paste the reflector material, smoothen the foil/ reflector material using a dry clean cloth, neatly - no creases.
4. Cut any excess edges using a blade cutter/ scissors.
5. Put glue on the binder strip and bind the edges neatly .
Leave to dry for 24 hours before use.

BY FAUSTINE ODABA



OYWA COOKIT

WE ARE ALL OVER NYAKACH.....

"Just like the rays of the sun and sunlight, Sunny Solutions is unstoppable, we are all over, we are in each location, we are bright and visible you will find us in homes, in houses, schools, markets, churches, funerals, conventions, women groups and youth groups. appropriately adorned and equipped with; a pot, plastic bags, and an OYWA cookit, a cap, an umbrella as bright as the sun – calling on you to use the power of the Sun. In Nyakach even if it rains the sun never fails. So, unlike the rest of the country, where everyone shields from the sun and complains of its heat – in Nyakach, we know that a bright day is our friend. We can capture the sunlight and use it to cook our food, bake our cakes and bread, pasteurize our drinking water, roast our ground nuts and meat, cook our omena, our ugali and our vegetables. Rather than curse, we sing songs in praise of the sun, while we use a simple but effective solar cooker – the Cookit, in fact we make it ourselves." SCOREPS

IF YOU LIVE IN NYAKACH AND WANT TO FIND US, HERE WE ARE:

CENTRAL ZONE – SUPERVISOR - HESBON BOLO

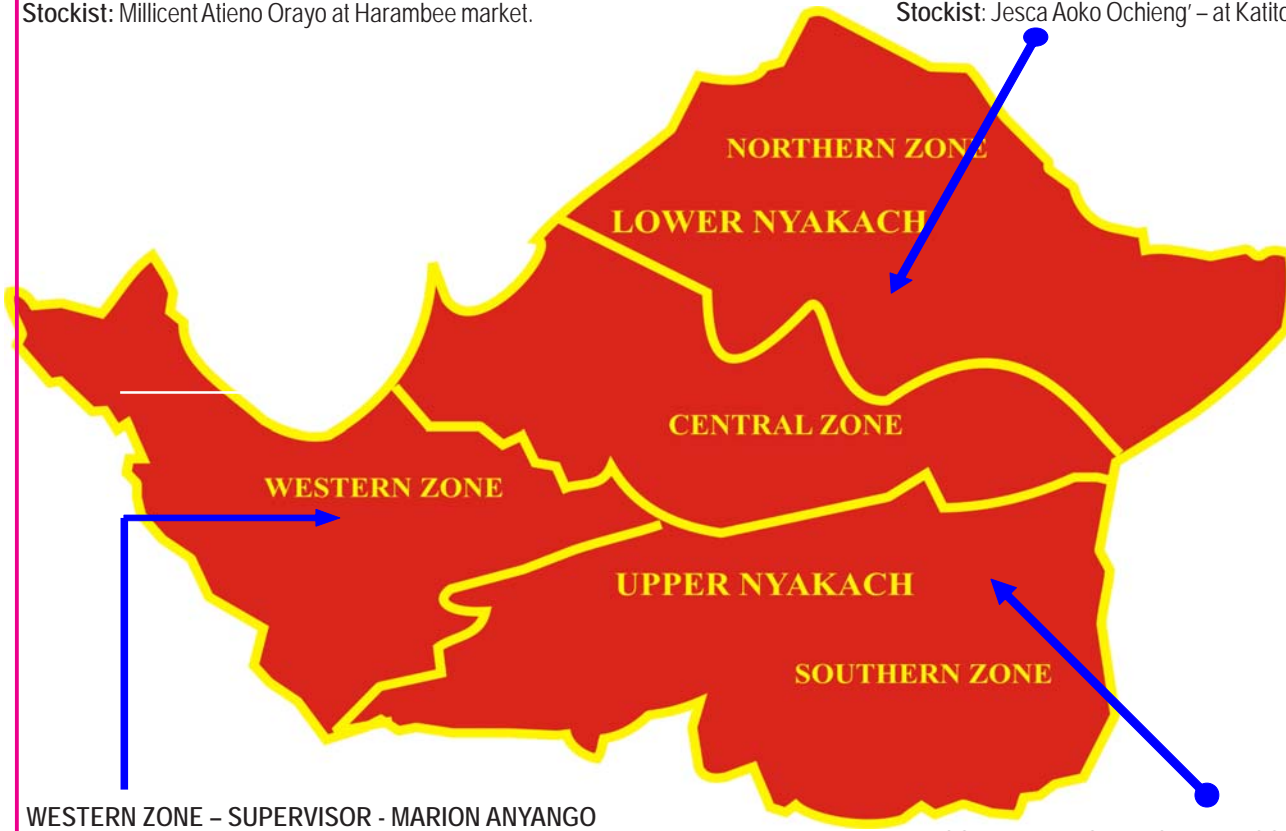
1. Ruth Atieno Oginga -Kabodho East sub - location
2. Millicent Atieno Och'hieng - Kabodho West sub - location
3. Mary Akinyi Aling'o -Central sub-location
4. Florence Okoyo -Kabodho North sub - location
5. Martha Adijah Omondi -Moro sub - location

Stockist: Millicent Atieno Orayo at Harambee market.

NORTHERN ZONE – SUPERVISOR: JULIUS .O. OCHIENG'

1. Mary Achieng' Okongo' - Rangu'l location
2. Caren Akinyi Awino - Asawo location
3. Brigita Ondiek, - East location
4. Seline Akinyi, Osian - North location
5. Hellen Akinyi Odera - North East location

Stockist: Jesca Aoko Ochieng' – at Katito market.



WESTERN ZONE – SUPERVISOR - MARION ANYANGO

1. Debora Akinyi Malago - West Koguta sub - location
2. Dursila Atieno Adongo - Upper Kadianga' sub - location
3. Anna Akinyi Odhiambo - Anding'o Opanga sub - location
4. Pamela Adhiambo Otieno - Lower Kadiang'a sub - location
5. Mary Akoth Rasare - Nyong'ong'a sub - location

Stockist: Jenipher Adhiambo Ochieng' – at Kongou' shops

SOUTHERN ZONE – SUPERVISOR - ROBERT OGAJA

1. Rose Akinyi Ojenge - South location
2. Florence Makori Mwebi - South west location
3. Elsa Achieng' Oliyo - Oboch location
4. Pamela Achieng' Tambo - Sigoti location

Stockist: Elizabeth Auma Oranga at Kodonga' shops.



Boosting solar cookers in Shabelle region, Mogadishu

"I want to do this. I know I can do this." The excitement was obvious, but the skill was lacking. Udhi Wallin a Somali lady based in the USA for the last 25 years, was in Nairobi and was looking for an opportunity to do something for her people in lower Shabelle, Mogadishu. Listening to the explanation and seeing the cookers, she resolved to train with SCI (EARO) for two days to gain the skills and the tools to enable her DO IT!

As the food cooked she looked through photographs and was elated to know that solar cooking knowledge and skill had indeed reached parts of the greater Somalia; in Somaliland, in Puntland and even in middle Shabelle. This gave her encouragement and as she watched a video by two Somali men solar cooking in middle Shabelle she again reiterated, " Surely I CAN DO IT! This would save our people in Somalia and our land". She traveled that week to Somalia armed with a cookKit and a black pot ready to teach.

CooKits in Chad closer to Darfur

KoZon a Dutch foundation has been disseminating solar CooKits in the Sahel countries, Burkina Faso, Mali, Niger and Chad.

Darfur refugees living in Chad have been introduced to solar cooking using the CooKit by KoZon's advisor Dr. Derk Rijks. In February this year, 50 refugee women were trained and reports have it that they were open to the idea, eagerly helped in painting pots, adapting their local recipes for solar cooking and were very impressed with the results. At the end of 4 days, they each received two CooKits one for the cereal meal and the other for the sauces. These first adopters promised to teach their neighbors and they did.

Soon word spread about what had happened in Iridimi camp and Erre village and in April, one interested individual, Juma 1, wrote to Rijks *"We send our congratulations for your contribution of solar cookers but it was not enough for all the zonesour wish is to get more contributionsand get one project in place to develop your project in all the camp."*

By May, his plea was answered when Rijks returned this time, with enough materials for the women to learn how to make 500 CooKits under his supervision. He reports that the women were thrilled to be able to do this. Now he plans to put up a workshop which can be accessed by all women from the 5 zones. In addition to the CooKit materials he brought 1000 plastic bags. Clearly these would only serve an additional 250 families each getting two CooKits yet there are about 3,000 families.

The need for an alternative way to cook food in refugee situations is clearly not a new phenomenon to agencies charged with the responsibility of managing refugee camps. It is imperative that initiatives such as this demonstrated by KoZon should be supported and taken up not just for Darfur refugees in Chad, but for internally displaced persons as well, in Darfur and other sunny places in Africa. The CooKits adaptability is amazing as it is the only solar cooker in the world that can be mass produced and disseminated very quickly at affordable costs.

Solar cooking in Eritrea

The Foundation Solar Cooking Eritrea The Netherlands, is raising awareness both in Eritrea and amongst institutions in the Netherlands on the need for and the possibility of solar cooking in Eritrea.

Since November 2003, they have worked in Keren, Anseba region, they have given demonstrations to refugees in Adi Keshi an IDP camp and many more trials have been held with local people using the CooKit.

They have trained 15 women trainers who conduct the workshops in Anseba area. Their success is attributed to the good cooperation they have had from the National Union of Eritrean Women, the local administration, religious groups working in the area and the enthusiastic women they have been working with.

In the near future, they plan to build a workshop where women will be able to make the CooKits locally and also provide a source of income.

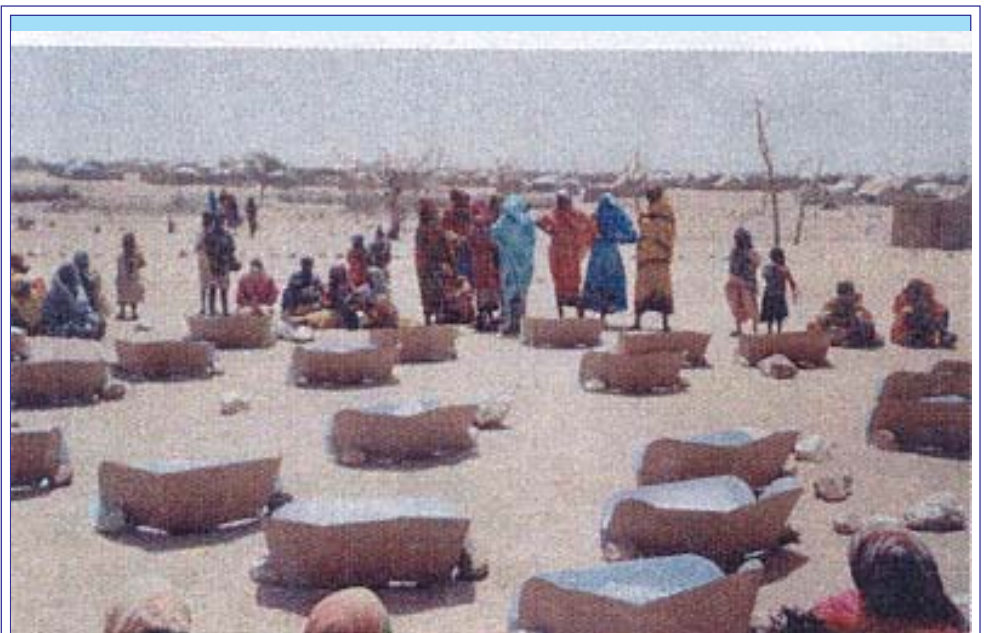


Nancy Crooks, spreading the word and skill in Lokichogio- Appealing for funds.
Tel: 020 418 3413/ 0722 707 799
Contact hhc@africaonline.co.ke

Switching on sunlight..... Bosaso

In Bosaso, Puntland the most abundant natural energy resource is sunlight! The people of Bosaso appreciate this and are already using it to pump their water. Charles Oloo, director Altener Energy Technology, was contracted to install the pumps this September. He reports that the contractor had plans to import 100 Chinese papillon type of solar cookers – but alas, to their surprise, they had the technologist right there with them. He showed them pictures of high temperature fixed focus parabolic dish cookers that he had installed in Tanzania and on the spot – he was requested to make two! We hope that more cookers will be made from savings that would have been used to import and transport the cookers from China to Puntland and that more people will benefit.

Oh Yes! You can access, the technology and the technologist and of course you can access the sun anywhere in Eastern Africa most of the times. Why not turn on sunlight, free abundant energy source to work for you? (Picture of cooker on page 6)



Darfur refugees using CooKits in Chad

LOBBYING AT THE HIGHEST LEVEL

As the efforts of individual and group promoters of solar cookers begin to bear fruit, it is obvious that policy and decision makers, world over need to come on board too.

This was the mission of two lobbyists to the UN HQ last September. Mr. Deepak an engineer from India and the maker of the world's biggest solar cooker (feeding up to 30,000 people per day), and Mrs. Margaret Owino, Regional Director, Solar Cookers International (EA).

The two were busy, talking to government and NGO delegates, passing on educative materials, visiting relevant missions, participating in discussions in addition to writing letters to 12 heads of states urging them to support solar cooking for health, gender equity, agricultural productivity and environments. In fact solar cookers support all the Millennium Development Goals (MDGs), and many countries have ideal conditions for it.

While many delegates from sun – rich regions of the world were targeted, all other delegates too were approached to support the consideration of solar cooking being included in the "OUTCOME DOCUMENT" as a "Quick Win" Initiative.

The battle is far from won and we are calling upon YOU the reader, YOU the policy maker, YOU the user of solar cooker, YOU the environmentalist, YOU the student, YOU the investor to join us and take the message far and wide that: SOLAR COOKERS support all the MDGs and that effective, low – cost, affordable solar cookers are available and should be supported and promoted to reach all who need them.



SOLAR COOKERS TESTED IN VIRUNGA DRC - CONGO

Reports from Democratic Republic of Congo state that, several types of solar cookers were tested with a view of promoting the most viable one. These were the CookKit, DATS Cooker, SK parabolic cooker in addition to the hay basket and solar dryers. Project Environnementale de Virunga (Pevi) conducted the tests. Results confirmed that:

1. Most of the local foods could be cooked in solar cookers.
2. The CookKit and The DATS cooker performed equally well but the parabolic could cook a larger quantity of food and even fry.
3. That despite the advantages in the parabolic its cost may impede its wider dissemination.
4. That out of 138 food preparations made, two sacks of charcoal was saved. When extrapolated it means that frequent usage would result into more savings.
5. The group is appealing for more help with construction materials for the CookKit as well as capacity building in terms of knowledge and expertise in solar cooking.

THE WORD IS OUT!

"We recently returned from a trip to Paris where one of the highlights for me was at the Centre Pompidou (a museum for modern art). One special exhibit was entitled "D Day, le design aujourd'hui" (design for today). When I rounded the corner at the start of the exhibit, lo and behold, there on the floor, were three solar cookers along with an on going video showing the reasons why they were important. What a great pleasure to see the cook kits in an exhibit of the latest innovations in communications technology, avant garde home furnishings, spectacular lighting, cutting edge foods, etc. The word is out!"

Linda Hayward

Pompidou Museum, Paris, October 12, 2005

THE COOKIT : A DESIRED TECHNOLOGY !

By Dinah Chienjo

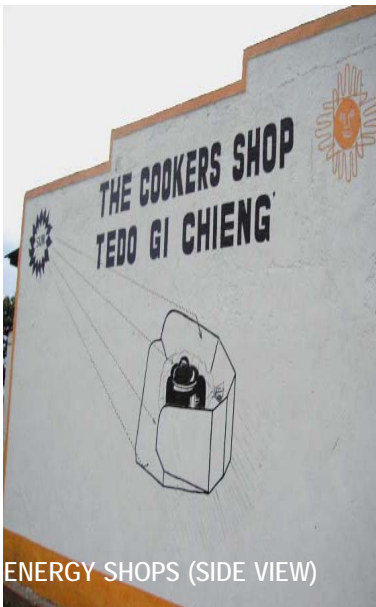
Sunny Solutions is becoming a household name in Nyakach. More so, the solar CookKit is recognized by everyone; men, women and children. So far 1,400 CookKits have been bought by various households in Nyakach yet more is needed. High levels of poverty, high incidences of HIV / AIDS and lack of purchasing power by women who suffer the most from fuel scarcity are some of the drawbacks.

However, Sunny Solutions enjoys enormous support from government departments in Nyakach especially; Ministry of Agriculture, Provincial

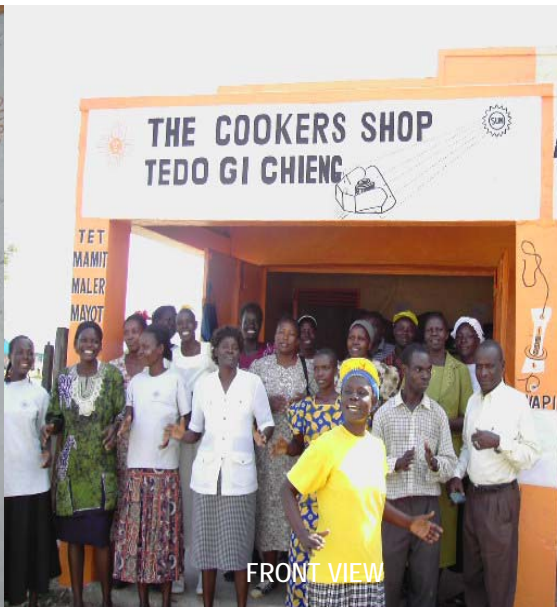
Administration, Forest Department, other NGOs and CBOs such as VI Agroforestry, ITDG, ICRAF, LIDA, CCF, SANA, and our partner- NYACODA. They all recognize the positive impacts of the project .

We are hopeful that the interventions by the government through constituency development fund (CDF), constituency AIDS funds, Poverty eradication fund, will enhance the work of NGOs such as World Vision ,CCF, LIDA etc who are already addressing the above mentioned issues and eventually enable more households purchase CookKits and benefit from the free clean energy from the SUN.

SUNNY SOLUTIONS - SOARING TO GREATER HEIGHTS



ENERGY SHOPS (SIDE VIEW)



FRONT VIEW

In an effort to enhance access to solar cooker supplies within the expansive Nyakach constituency, Sunny Solutions project have established 4 shops in strategic areas:

- Katito market shop will serve Northern Zone
- Harambee market shop will serve Central zone
- Kongo'u market shop will serve Western zone
- Kodonga' market shop will serve Southern zone.

It is planned that these shops will stock materials for making CookKits, ready made CookKits, plastic bags, black paint and painted pots and lids, other energy saving stoves i.e. fire-less cookers, KCJ and Upesi stoves. Shop management will be determined by decisions made by all the SCOREPS of the zone with their supervisor.

SCI has provided a loan for the initial stocking of these shops and thereafter it is envisioned that other micro lending institutions will step in for further shop development and growth.

BEST WISHES TO SUNNY SOLUTIONS !

KISWAHILI COOKIT BOOKLET- OUT !

Kiswahili is a language spoken and understood by many people in Eastern and central Africa – we now have an instruction booklet in Kiswahili – courtesy of Salvatory Mushi of TZ.

The booklet is written in simple easy to understand language with illustrations. You can buy it with your cookit or chose to have it besides the English version for only Ksh.50. It has a bonus – how to make and use a fireless cooker!

Ndugu Mushi - your contribution is greatly appreciated.



JUST THINK ABOUT IT

Once there was a contest between the wind, the rain and the sun over who would make a heavily dressed man remove his coat.

The rain went first, and it rained and rained and the man, wet to the bones rushed to take shelter but did not remove his coat.

Then came the wind, it blew, and blew with all its strength but the man hung on to his coat, though his hat flew off.

Finally came the sun, rising slowly, gradually and soon it was over head, the man begun to fidget, shuffling his feet, he became uneasy, pacing up and down, looking for a shade, quickly and roughly he removed his coat panting and wiping the sweat from his brow – Phew that is a relief!

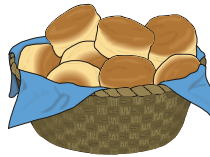
The Sun won the contest.



INDIAN SWEET COOKIES

Ingredients

- 2 cups of fine corn flour
- Cooking oil
- Pinch of salt
- 1 cup of icing sugar
- 2 teable spoons grated coconut



Method

1. Put 2 cups of fine/ sifted corn flour into a mixing bowl, add a pinch of salt and stir
2. Add 1 cup of icing sugar and 2 table spoons of grated coconut
3. Add oil bit by bit as you knead the dough until its firm
4. Oil the solar cooking pot or dark tray, then shape the dough into desired shapes. Place the shaped cookies in the oiled pot / tray a little apart. (Decorate tops with cherries if desired)
5. Place the pot in the plastic bag and finally on the solar Cookit.
6. Bake for 1½ hours

Makes about 12 cookies.

Recipe –By Stella Odaba SCI Volunteer

OAT CRUNCHES

Ingredients

- 2 cups of oats
- 2 table spoons rose syrup
- 1 cup of sugar
- 4 table spoons margarine
- Salt



Method

1. Pour the oats into a mixing bowl and stir, then add a pinch of salt
2. Add sugar and margarine to the oats and stir well until the mixture is thick
3. Add rose syrup to the mixture to bind the above mixture.
4. Oil the solar cooking pot / baking tray and pour the mixture in the pot cover and place in the plastic bag and on to the solar Cookit.
5. Bake for 1½ hours
6. When ready cut into squares and serve.

Enjoy!



SOLAR COOKING IN MAASAILAND KAJIADO

Last August, Faustine and Stella Odaba were in Kajiado district, holding solar cooking demonstrations in various groups including TBAs (Traditional Birth Attendants) attached to AIC, Kajiado. Three demonstrations were conducted at the AIC church, the disabled children's home and at Orinie dispensary. Fifty women who were targeted and another 100 on lookers were treated to delicious solar cooked meals.

A pastor, at the church commented, "My Sundays will surely be SUN days – I will continue preaching and counseling knowing that my tea is boiling without a hustle. This is amazing we have always had the sun but not known its potentiality."



Orinie TBAs - Solar Cooking

THE HIGH TEMPERATURE PARABOLIC DISH – SCHEFFLER COOKER



The Scheffler Solar Cookers are now locally available in Kenya from Altener Energy Technologies. You can request for industrial, institutional, commercial and even domestic units.

This type of solar cooker is a fixed focus type and can reach very high temperatures equivalent to gas / electric stoves. Practically all meals can be prepared on them including deep frying and baking.

For more details contact:

Charles Onyango Oloo – 0721 – 727 – 830,
email: altenerkenya@yahoo.com
www.ecoterra.org.uk/altener.htm

Enjoy clean cooking,
No hustle,
No smoke
No sweat
Just tasty food!

CONTRIBUTIONS TO CSD-14 BY SOLAR COOKERS INTERNATIONAL, ENERGY AND AIR POLLUTION ISSUES

Specific Experiences

As energy poverty spreads, recent pilot projects involving 40,000 households in Kenya, Ethiopia and Zimbabwe demonstrate acceptance (purchase), use and dramatic benefits of new household tools for solar cooking and water pasteurizing – the solar ‘cookit’ and water pasteurization indicator (WAPI).

Solar Cookers International also gathers reports and studies from hundreds of solar cookers programs worldwide. In recent years over a million households - including some refugees - have bought solar cookers, and many have purchased second ones.

Lessons Learned

Contrary to assumptions, the 1/3 of humanity still cooking with wood are eager to move up the fuel chain from this burdensome, hazardous, dirty, unhealthy cooking method. Half of them – one billion – live with an abundance of untapped solar energy.

Solar ‘cookits’ and WAPIs can be locally produced in most countries at costs affordable for even very poor families. Women especially benefit through direct use but also by earning income making and selling them and/or using them in other businesses.

New opportunities to expedite implementation

The best way to spread access to these tools is through women’s microenterprises. Participation of women is vital to accomplish CSD goals but often impossible due to time-consuming

fuel-gathering, high costs of cooking fuel and indoor smoke-related diseases. Eighty per cent of total energy use in many developing countries is to cook food – the one imperative for bare survival. Reducing these needless and costly burdens should be top priority, freeing women to earn income and participate in community development.

These new solar cooking and water pasteurization tools – solar ‘cookits’ and water pasteurization indicators (WAPIs) are clean, safe, well-accepted and used, and save a ton of wood per year (and equivalent 1.8 tons of CO₂, while dramatically reducing water-borne and smoke-related diseases.

Issues that should be brought to the attention of the CSD for further consideration

Many recent publications, including UN Resolution 46/182 in 1995, the Millennium Project Gender Equality, Health and Hunger Task Forces, all call for new forms of fuel for cooking on both health and environmental conservation grounds.

The solar ‘cookit’ cooks virtually all foods and preserve nutrients.

Heating water to destroy all pathogens at pasteurizing temperatures (65 degrees Celsius/149 Fahrenheit) requires only 1/3 the energy as boiling water. The WAPI confirms when that temperature is reached.

These well-tested new tools are ready to bring immediate benefits to one billion people living under a wealth of sunshine in otherwise desperately fuel-scarce areas. *SCI Executive Director*

**Please send your comments,
experiences and questions to the address below**

Regional Representative,
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