

**EMPOWER
TANZANIA**

ETI



**ANNUAL REPORT
2017**

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Empower Tanzania
works alongside
Tanzanians to help
create sustainable
change in under-
served areas.



HEALTH

IMPROVING WOMEN'S HEALTH PROGRAMS

A COMMUNITY-BASED APPROACH IN
IMPROVING HEALTH KNOWLEDGE, MOTIVATING
SOCIAL CHANGE, AND IMPROVING HEALTH.

Now in its fifth year, the Improving Women's Health Program continues to make a big difference in Same District. The program began with local wards each selecting a woman to be trained as a Community Health Educator (CHE). The women were trained to present basic health education programs in their communities. With over 50 educational videos developed by volunteers in the U.S.—topics include malaria prevention, hand washing, and other basic health topics—the women have presented to thousands of people each month. Over 20,000 people are attending these educational presentations each month and about 30 percent of those attending are men.



MEASURABLE RESULTS

In 2016, a video was made describing the causes of Albinism and dispelling the myths surrounding this condition. The video and accompanying presentations made by the CHEs was very effective in educating people. Tests done after the educational program showed significant learning and attitude change by those attending. **A year later, the survey was repeated and the learning and attitude change persisted. In fact, even those members of the community who did not attend the original programs also learned and had their attitudes changed.** Results of this study will be published in a professional journal in 2018.

WOMEN AND CHILDREN CLINICS PROGRAM



At the request of the Maasai communities of Nadaruru and Pangaro, Empower Tanzania jointly developed a program to reduce the high rates of maternal and infant mortality. In 2011, we trained six Maasai women and four women of the Pare tribe as birth attendants and constructed a small building to conduct educational programs and provide prenatal and well-baby care. We also arranged for monthly visits by clinical staff from Gonja Hospital to conduct examinations and provide other services. We then had a latrine built for clinic users. In 2013, we duplicated the program in the Maasai community of Pangaro.

In addition to prenatal and postnatal care, the clinics continue to provide basic services to their communities, including immunizations, treatment of minor infections, bruises, cuts, and insect bites. The clinics serve about 2,000 patients each year. Plans are underway to transfer these clinics to local support in 2018.

EMPOWER TANZANIA EMPOWERS WOMEN

OUR CHEs HAVE BECOME POLITICALLY ACTIVE AS PART OF THEIR GROWTH AND EMPOWERMENT

- 14 ARE MEMBERS OF VILLAGE AND WARD COUNCILS
- 4 ARE MEMBERS OF SCHOOL BOARDS
- 3 ARE MEMBERS OF VILLAGE COMMITTEES
- 2 SERVE ON WOMEN'S COMMITTEES
- 2 ARE MEMBERS OF CHURCH BOARDS

WE WORK IN PARTNERSHIPS WITH OTHER NGOS

World Vision Tanzania requested a partnership with Empower Tanzania in a major project designed to improve prenatal and newborn nutrition. Subsequently, we produced five videos, trained additional CHEs in areas surrounding Same District, and 82 CHEs in districts in the Kagera Region. By the end of 2017, 37,000 people had attended these programs. The pilot phase of this partnership concluded in 2017 as both organizations sought new grant funds to pay the cost of scale-up to the entire northern areas of Tanzania.

COMMUNITY-HOSPITAL ALLIANCE PROGRAM (CHAP)



Initiated in 2014, CHAP trained 30 women to deliver first aid in their remote Maasai communities. At a follow-up training in 2015, the CHWs were given iPads preloaded with the Swahili versions of all training videos as well as detailed information about each of the videos. None of these women had ever seen an iPad before and had to be taught the basic steps of opening them and selecting a video to show.



WHAT'S ON THE VIDEOS?

Nutrition, family planning, hand washing, sanitation, safe water, HIV, malaria prevention, gender-based violence, and perinatal care. These iPad videos were shown over 25,000 times during the first year!

After the initial training, the CHWs requested a special training for men to include education on building latrines and gender-based violence. Within the next year, all 30 villages had latrines. During 2017, there were no cases of cholera, making this year the first time that this had occurred. The Maasai men took charge of building the latrines and then created committees to visit each village to assure that commitments to build had been met.

During this period, a marked change in attitude by the men towards their wives was observed. The men began treating their wives in a more respectful manner, with fewer beatings and more participation in family decisions. Chief Kiboko, a Ward Councilor, attributed this attitude change to the activities of the project, which taught women useful skills and encouraged their empowerment.

Whether this improved attitude will persist will be determined over time.

CHWS EVALUATE AND TREAT...

- DOG BITES
- BURNS
- WOUNDS
- FRACTURES
- HIV
- TUBERCULOSIS
- MALARIA
- HIGH BLOOD PRESSURE
- FEVER
- COMPLICATIONS OF PREGNANCY
- EYE DISEASE
- DENTAL PROBLEMS

They also assist in safe deliveries and have also greatly increased the number of women delivering their babies in a health setting rather than at home!

BEYOND GENDER-BASED VIOLENCE (BGBV)

Victims → Survivors → Entrepreneurs

In 2015, Empower Tanzania established 10 support groups for victims of domestic violence. We trained a counselor who visited each group monthly to provide group and individual counseling. After two years, we assessed their progress in terms of anxiety and depression. Because they had made considerable progress, we began the second phase of the program—helping them start income-generating businesses.

In 2016, the 100 women from the 10 support groups met together and declared that they were no longer “survivors” but were now “entrepreneurs.” Training began on methods for earning income by making batik and tie-dye fabrics, liquid soap, and reusable menstrual pads. Empower Tanzania volunteers and staff developed an inventory system to track production by support group, as well as cost and pricing analysis. That review determined that liquid soap production was not profitable, and it was dropped as a business.

Initial production of batik, tie-dye, and reusable menstrual pads was purchased using funds from the project budget so that each group would get immediate payback for its effort. These payments were greeted with great enthusiasm.

This response from women who had recently suffered terrible abuse was heartening. They are resilient and determined to be empowered.

In 2017, additional training was conducted focusing on sales techniques, marketing, and methods to increase the efficiency of production. An agreement was reached with the Cultural Heritage Center in Arusha to market batik to tourists. One hundred batiks were provided and, as they are sold, more will be delivered.



PAY DAY FOR THE ENTREPRENEURS.



EDUCATION PROGRAMS



SAME LEARNING CENTER



In many public primary schools, the English teachers are not fluent and the students do not learn English well enough to pass the exam for admission to secondary school (which is in English). In 2017, Empower Tanzania established the Same Learning Center to help rectify this situation. Fifty children from primary schools in the Same area were selected. They meet twice a week after school to receive intense tutoring in English by our new staff of English teachers. On Saturday mornings, they meet again for additional tutoring and projects to develop social skills. They are fed nutritious snacks and meals to help them attain good health status. Each of the families of these students is visited periodically by the program manager to determine if there are other factors in the home life of the students that can be facilitated to support the students, such as supportive parents, good nutrition, and a clean environment. Plans are to expand the program in 2018.

MOST VULNERABLE CHILDREN'S CLUB

AT MSINDO



AS PART OF THE MOST VULNERABLE CHILDREN'S CLUB, CHILDREN RECEIVE:

- SHOES
- A SCHOOL UNIFORM
- TWO NUTRITIOUS MEALS
- GARDENING SKILLS
- ANIMAL HUSBANDRY SKILLS
- PERSONAL HYGIENE



During the second year of activity of the Most Vulnerable Children's Club in Msindo, activities continued at the Lutheran church. Social skills are taught each Saturday morning and the children created a vegetable garden. With the support of Grace Lutheran Church and the Empower Tanzania Club at Newton High School, uniforms and shoes were purchased allowing the 50 children to attend school. This is a major accomplishment for them and opens possibilities for further education and personal and professional advancement.

INTEGRATED FARMING

By 2017, the Integrated Farming project included over 100 farm families in Hedaru and Massendare, after beginning with 10 farms in each community. The policy of passing forward a baby goat to a new farmer led to this rapid increase in the number of farm families. After the training for the first groups of farmers was completed at Tumaini University, local farmers already involved in the program conducted training for additional farmers. Routine visits by veterinarians and Empower Tanzania staff led to a series of recommendations to improve the health of the animals and increase yields of milk. Farmers steadily improved their procedures for caring for their goats and some began raising chickens.



WHAT IS BIOGAS?



SOME OF OUR FARMERS ADDED BIOGAS CONVERTERS IN WHICH MANURE WAS PROCESSED THROUGH A DIGESTER AND IN TURN GENERATED METHANE GAS THAT WAS PIPED TO A BURNER IN THE HOME. THIS FREED THE WOMEN FROM GATHERING FIREWOOD FOR COOKING. THE OTHER BYPRODUCT WAS A FERTILIZER USED TO ENRICH THE SOIL WHERE GRASSES GROW TO BE USED AS FEED FOR THE ANIMALS. EFFORTS CONTINUE TO COMPLETE THIS CYCLE OF ANIMAL MANURE USED TO CREATE FERTILIZER FOR GRASSES, WHICH ARE HARVESTED AS FEED FOR THE ANIMALS.

Participating farmers have used their training and recommendations to better manage their herds. They feed the milk to their children and sell the surplus in the market to generate income for the family. By the end of 2017, farmers in both Hedaru and Massendare decided that they had learned all they could from the project and arrangements have been made to turn these programs over to local management. Each community will contract for veterinary services and the Empower Tanzania staff will occasionally visit each community, but we believe the program is sustainable in the hands of well-trained locals.

A crop failure in the town of Lambo led to a request for a farming project there. Representatives from Hedaru and the Empower Tanzania staff met with community leaders in Lambo and decided that the Integrated Farming model would be modified. In 2018, farmers will be selected to be trained by Hedaru and Massandare farmers, along with agricultural specialists from the district government. A partner congregation at Zion

Lutheran Church in Iowa City, Iowa will provide funding for the training and the initial animals (goats and sheep) for the farmers. Another group of farmers will grow amaranth, a high-protein grain to be added to the diet in the community. These modifications of the Integrated Farming model will allow it to be done for much less expense and with more local management. The project will begin early in 2018.

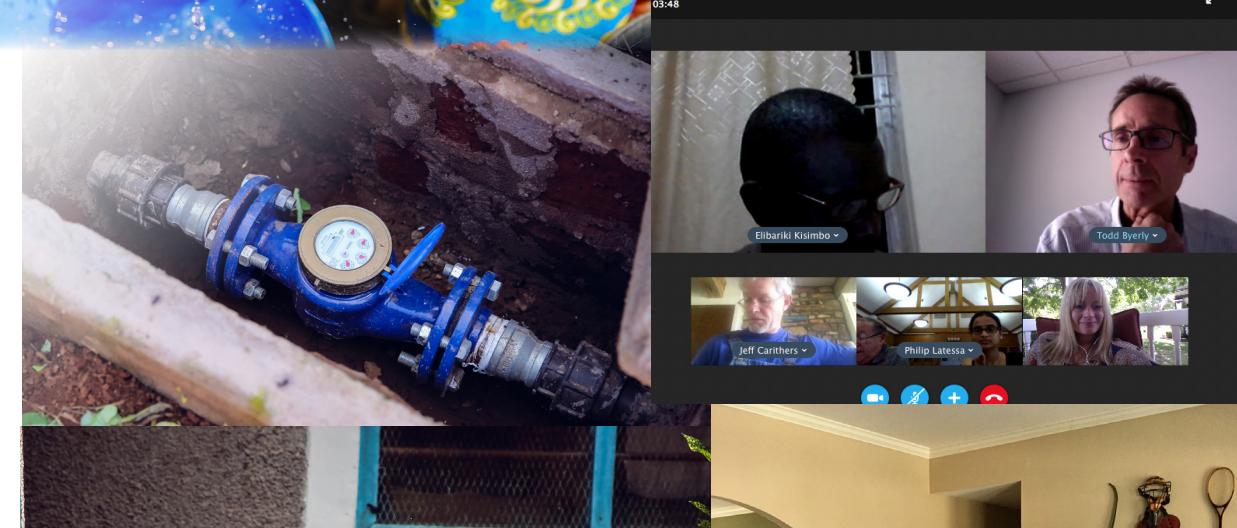


WATER PROJECTS

For several years, Empower Tanzania had been meeting with the elders of the Maasai community of Katahe. Scarcity of water had forced some of the community's residents to leave the area. Empower Tanzania drilled a well that produced plentiful water, but tested as too salty for human (or animal) consumption. We then drilled two more boreholes, which both came up dry. At a cost of at least \$10,000 per dry hole, we decided to stop drilling there. Staff and project managers met with a disappointed community and told them we could not afford to continue to drill. However, we said we were not giving up with finding a source of water for Katahe and scheduled meetings with the District Water Engineer to discuss options.

The second project was at Pangaro, another Maasai community whose well had broken some years ago. Women were walking for three hours each way to a contaminated source of water and they walked through dangerous territory...some had been attacked by wild animals and some had been raped by sexual predators. Empower Tanzania drilled one dry hole and another to a depth of over 300 feet, at which water was found. The water was tested and found safe for human consumption. In 2018, the project will be completed with a storage tank, a powerful pump, solar array to power the pump, and distribution pipes to three taps in the village.

Three dry holes and one successful well cost over \$70,000. We will seek other ways to find water or improved hydrological surveys that increase the likelihood of successful drilling. Empower Tanzania was the designated recipient of the Davenport Water Party 2017 and nearly \$60,000 was raised for a project in the village of Njiro that will be completed in 2018.



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FINANCIALS

ASSETS

CURRENT ASSETS

Bank Accounts	\$251,070.90
Prepaid Expense	\$57,529.49
Cash Surrender Value of Life Insurance Policy	\$27,328.33
TOTAL CURRENT ASSETS	\$335,928.72

LIABILITIES AND NET ASSETS

NET ASSETS

Unrestricted	\$40,807.09
Temporarily Restricted	\$295,121.63
TOTAL LIABILITIES AND NET ASSETS	\$335,928.72

EVENTS, ACTIVITIES, & PARTNERS

We are so grateful to partner with individuals, groups, businesses, and other organizations to raise funds and awareness. We appreciate the support of the work we do. Donors can most effectively help further our mission by engaging in one of the following:

- Make a contribution via our secure website: www.empowertz.org/donate
- Write a check to Empower Tanzania. We will gratefully receive your contribution at PO Box 1121, Ames, Iowa 50014.
- Join the Wezesha Circle. In Swahili, "wezesha" means to "empower" and it's what we believe in! Join the Wezesha Circle by committing to a tax-deductible monthly donation at www.empowertz.org/donate or by emailing leslie@empowertz.org.

In 2017, we impacted thousands of lives in rural Tanzania. Thanks to every single one of you who help make this work possible!





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