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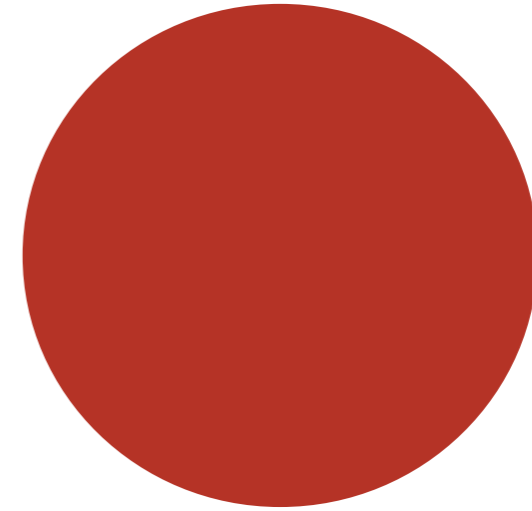
## Highlights





## Highlights Of The Month

- Great performance of KCPE candidates at Kakamega Township Primary and Junior Secondary School.
- Distribution of sanitary towels to the girls at Kakamega Township Primary and Junior Secondary School.
- Isiolo branch received medication donations to help facilitate the seniors' healthcare program.
- Sheikh Jamaludin Osman of Jamia mosque visiting our Kakamega branch offices and took part in the food distribution exercise conducted every month in our seniors' feeding program.





01

Seniors  
Feeding Program





Indagwa Doticas Bunyoli, resident of Majengo Settlement, Kakamega Town.

“The greatest gift of life is when you have caring and loving people around you” Doticas Igandwa

Doticas was born in the Kapsotic Sublocation in Vihiga District along the border with Nandi District, 7th out of 8 siblings she had a brother and sisters from whom she could learn about domestic chores, however, this also posed a big obstacle in getting a formal education, due to the large family size and little family income and land. The Land disputes forced their family to deeper into the Nandi District where they lived despite the many difficulties. At the age of 8 years, she was tasked with selling sugarcane by the roadside to support the family income most of which was to cater for her father’s medical needs, despite their collective effort to get medical care for their father he sadly passed on and the entire family burden was shouldered by her mother.

When she came of age she got married and relocated to the Mago sub-location in Hamisi District where they lived happily with her husband and was blessed with 5 children, as a result of the family needs, in 1978 Her Husband relocated to Kakamega town where he would work as a casual laborer and resided in Majengo settlement, In 1980 Doticas Joined her husband in Kakamega where they lived for many years bringing up their children and at the same time, complementing the family income through the sale of traditional vegetables at Amalemba Market, Unfortunately, due to age and other health complications, He succumbed in 2018, effectively Doticas took over the entire responsibility of her household where she lives with her 2 daughter and 2 grandchildren, 2 of who are bedridden and in dire need of continuous medical care. Luckily, she was enrolled in the MIC feeding program which provided her with food to care for half of her monthly food needs and has saved her a huge chunk of her monthly budget and expenditure due to unburdening 50% of her food costs, furthermore, the food provided her with sufficient energy to conduct her small vegetable stall along the roadside.

Doticas is eternally grateful to all those who make her monthly food rations possible and states that “with such kind gestures, there is hope that she and many other vulnerable seniors have hope for respectable old age”



Growing up in the Baragoi area of Samburu County, like other Turkana women of that time, she did not attend school but used to look after her father's goats, help with household chores, and take care of her siblings. She says that she learned how to make beaded ornaments from her grandmother as well as building semi-permanent manyatta houses whenever their village shifted in search of water and pasture.

It was a common norm for young girls to be married to older men in the Turkana community at the time and Jaranthile was married to a man 30 years her senior at the tender age of seventeen years as a third wife. Her life continued as a herder to look after her husband's livestock to support the other older wives, moving from one place to another in search of pasture and water.

She says life was normal until one day, Samburu bandits took all their livestock, and her husband got injured during the raid. The couple's lives return to zero as they have nothing to depend on. Two of her sons also disappeared and never came back. The family was left with nothing but luckily MIC came along and Mzee got the opportunity to be recruited into the senior's feeding program where the family received a monthly food ration.

Some years later, her husband died due to a short illness and Jaranthile struggled to raise her children alone as fate would have it that Jaranthile's life changed drastically without the reliable sole breadwinner. She was the new status of being desperately in need as she had to solely fend for their children. Jaranthile started burning and selling charcoal, which still did not have enough remuneration to pay school fees and other expenses. Life became hard for her to survive but with God's grace, she was able to raise her children.

Jaranthile is now old and lives in a mud house with her grandchildren with no income or support. She was recruited to the Mama Ibado feeding program as a replacement for her deceased husband in 2021 so that support for the impoverished family continues. She says that the monthly food ration supports her grandchildren during school days for them to eat breakfast and supper as they eat lunch at school. She is grateful that the food ration will continue until her grandchildren finish school and start their own life.





For November, we lost 5 beneficiaries from our senior's feeding program in Isiolo and Kakamega Counties



**Mwanamisi Engehere Saleh,**  
passed on 06/11/2023 at  
Shitunguu village, Kakamega  
County.



**Rechina Intakwa James**



**Jama Madina Mohamed,**  
passed away on 27/11/23 at  
the age of 83 in Bula Pesa  
Ward due to diabetes com-  
plications. She left behind 3  
dependents.



73-yr old **Gasike Ekitela,**  
died of chronic Pneumonia  
on 11/11/2023 at Shambani  
village, Isiolo County. She  
left behind 3 dependents



89 years old **Egorudi Elube**  
passed away on 08/11/23  
at Kambi Juu location in  
Isiolo County due to old age  
complications.

*A life lived with dignity*



This month the number of beneficiaries impacted were:

297

Seniors from Kakamega county

695

Seniors from Isiolo county

**Total Impacted Seniors**

992

Mama Ibado Charity distributed

5,049.0<sup>Kgs</sup>

food items in Kakamega county

11,815.0<sup>Kgs</sup>

food items in Isiolo county

**Total food distribution was at**

16,864.0<sup>Kgs</sup>



02

Seniors  
Health Program







## Seniors Health Program

Isiolo branch conducted a medical assessment for 100 beneficiaries and 80 of them were shortlisted to be included in the NHIF beneficiary list in total a list of 150 beneficiaries was submitted for approval. Also, 11 beneficiaries used their NHIF insurance cover to seek medical attention at Al Falah Medical Centre and received various treatments depending on their conditions. During the Month, the Isiolo branch received medicines from the Nairobi office to be dispensed to seniors for treatment during the ongoing weekly clinics.







03

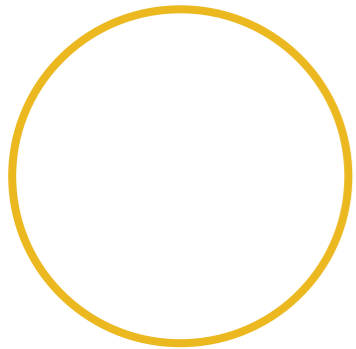
Education  
Initiative





## Kakamega Township Primary School

The lunch program took a pause as school closed right after the National examinations. The tally of students at the end of October was still at 836.







## Madrasa Feeding Program

Madrasa was open for 20 days during the month and the average attendance remained above 240 students per day. Meals were provided daily and this supported student attendance until the end of the day, Mama Ibado Charity donated assorted clothes, stationery, and sanitary towels to the institution.





## School and Madrassa Food Distribution Statistics

This month the number of beneficiaries impacted were:

0

Students from Kakamega  
Township Primary school

240

Students from Madrassa

Collectively the students impacted were

240

Mama Ibado Charity distributed approximately

0

Meals to students in Kakamega  
Township Primary School

4,800

Meals to the students in the Madrassa  
Program.

The two programs collectively accounted the below  
number of meals to beneficiaries in Kakamega county

4,800





04

Sustainability  
Program





## Sustainability Program



- Abnormal heavy rains were experienced during the month that impacted crop production activities such as weeding, planting, and harvesting. Crops such as maize and tomatoes were affected in both farms by stagnant flood waters.
- Onions in both farms were harvested during the month despite rains rendering the exercise difficult as the farms were inaccessible by road resulting in increased harvesting and transportation costs. A total of 4,200 kgs were harvested from both farms and were sold at the market price of Ksh. 90. The yield of onions was below target, contributed by the inadequacy of irrigation water at Esimit where the chunk of the onions was planted. Early onset of rains also contributed to the low yield because the onions were harvested before completely maturing to avoid going bad in the farms.
- The month also saw the harvesting of Tomatoes in both farms despite heavy rains causing the death of many tomato plants before fruit ripening especially at Matabithi. So far, a total of 25 crates have been harvested fetching a market price of Ksh. 2,000 per crate. Tomato harvesting will extend into the month of December. Tomatoes show a lot of potential in terms of generating good profit and we plan to continue with large-scale productions at both farms.
- As part of our crop rotation plan, we are planning to plant crops such as green grams, sorghum, millet, and peas as a replacement for the onions recently harvested.



## Beekeeping



- The MIC bee-keeping project at both farms is at a promising phase after 10 new Longstroth hives recently delivered to the farms recorded new colonies of bees that settled in despite the swarming period expected after the rains. Esimit recorded the highest increment from one to five in just a month, while Matabithi remained the same as last month at five.
- The hives in Matabithi which have been settled in by bees for over 2 months now have been inspected and require placing of super boxes on top of the brood boxes for the extension of honey production space for the bees.

## Tree Planting Initiative



MIC staff in Isiolo took part in the National Tree Planting Day activities by planting 300 trees at Esimit Ibado farm on the 13th of November 2023 as part of promoting climate resilience on our farms and surrounding communities. In Matabithi farm, we transplanted Kai Apple (Kayaba) seedlings on the lower side of the farm, along the bee house stretch.

*Thank you for your support!*

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Feel free to approach us on our various platforms

[www.mamaibado.org](http://www.mamaibado.org)

Call: 0792 487 422 | Email: [info@mamaibado.org](mailto:info@mamaibado.org)

    @mamaibado