



**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

## SUMMARIES OF EMPOWER TANZANIA PROGRAMS

2007-CURRENT

### Empower Tanzania Health Programs

2007-ongoing

#### Palliative Care Program

2007-2015

A group of volunteers initiated a US federally funded project under PEPFAR (the US President's Emergency Plan for AIDS Relief) in 2007. Empower Tanzania was then created to continue that work in 2008. The program educated over 300 lay people from villages in Same and Mwanga Districts to provide comfort care to terminally ill AIDS patients. That group of volunteers would go on to form Empower Tanzania in 2008, Empower Tanzania's engagement in the program continued even after the end of the 6-year grant, until 2015 when the program was turned over to Red Cross International. Resource people: Phil Latessa, Todd Byerly, and Eli Kisimbo.

#### Women and Children's Program

2011-2018

Empower Tanzania funded training of a nurse supervisor and 10 women from each of two Maasai villages (Nadaruru in Same District and Pangaro in Mwanga District) to become Birth Attendants. Focus was on improving maternal and child mortality and health improvement overall within each community. A health clinic building with several sizable rooms was constructed with Empower Tanzania funds at each site for education, examinations, and providing healthcare services to over 1000 people per year. Funding came from private sources. Both sites were turned over to the District Health Department in 2018. Resource people: Jeff Carithers, Jodi Morgan Peters, Phil Latessa, Todd Byerly, and Eli Kisimbo.

#### Improving Women's Health Program (IWHP)

2012-ongoing

Empower Tanzania began this program in 2012 with private support and substantial funding from the Peterson Family Foundation. Local ward level officials selected thirty-three women to be educated as Community Health Educators (CHEs) to deliver health information to local communities. The CHEs conduct public meetings in their communities on 25 public health topics using videos produced by volunteer US doctors working with Empower Tanzania, give demonstrations of techniques, and facilitate group discussions—all with the goal to reduce community illnesses and mortality. The program had over 28,000 people attending sessions each month prior to the start of the pandemic. The public health presentations were suspended in April 2020 because of COVID-19, but dissemination of health information continued through social media, radio, newspapers, public announcements, and distribution of informational flyers prepared by Empower Tanzania. Full program activities resumed in



**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

2021 and over 25,000 people per month now attend presentations by the CHEs. Research demonstrating community knowledge improvement through this program was published in the Global Journal of Health Education and Promotion. Peterson Family Foundation, Half the Sky, and private donations provide ongoing funding. Empower Tanzania now plans to develop and implement a similar program in the Manyara Region and has received approval at the National level to proceed. Empower Tanzania is working with local and national officials to accomplish this objective. Resource people: Efrancia Nzota, Catherine Wales, Dr. Jeff Carithers, Dr. Holley Bzdega, Todd Byerly, and Eli Kisimbo.

### World Vision-Empower Tanzania Partnership: Community Health Improvement Program (CHIP)

2016

In 2016, World Vision Tanzania, a major NGO in the region, asked Empower Tanzania to partner in a program that would use the methods and technology of IWHP to educate the public in areas bordering Same District and in the Kagera Region (far western Tanzania). Empower Tanzania produced a set of 5 videos in Swahili and English on perinatal issues, nutrition, and child health (birth to 2 years) for the program. World Vision encountered obstacles with funding and management, leading to a joint agreement to put the program on indefinite pause. The Empower Tanzania produced videos are currently being used by Empower Tanzania's Community Health Educators (CHEs) for their presentations. Resource people: Jeff Carithers, Phil Latessa, Todd Byerly, and Eli Kisimbo.

### Community-Hospital Alliance Program (CHAP)

2014-2021

A large number of Maasai people were resettled in Same District as part of the Tanzanian government's program to move them out of their traditional grazing areas so that the national parks could be established and now live in villages in remote parts of the district. Tanzanian health professionals and Dr. Jeff Carithers, a volunteer Empower Tanzania physician and director of Empower Tanzania's health programs, conducted training of 34 married women (one from each of village) who were selected by community leaders to become the Community Health Workers (CHWs). Their role is to provide timely life-saving treatments, arrange patient referrals to other health facilities as indicated, provide preventive health education to the community, conduct disease surveillance and advocate for implementation of prevention methods, and conduct vital events registration. The CHWs also provide health education for their communities using iPads with over 90 health education videos, 25 of which were produced by Empower Tanzania. Early in the program, the Maasai women requested a class for men focusing on GBV (gender-based violence) and on the construction and use of pit latrines. The result was a latrine in each village and elimination of cholera in the area for the first time. Empower Tanzania is in the process of gathering data with the assistance of Magdelinde Aagard to demonstrate the effectiveness of this program. Funding for the program has been from Peterson Family Foundation, Wheat Ridge Foundation, and private donations.





The Same District Health Department assumed responsibility for operation of the healthcare portion of the program in 2021. Empower Tanzania continues to support the program's public health educational activities. Resource people: Efrancia Nzota, Jeff Carithers, and Eli Kisimbo.

## Gender-Based Violence (GBV) Program

2014-2016

In 2014, a US team from Empower Tanzania met with the Lutheran pastor in Maore and women from her congregation to learn about domestic violence. This meeting led to recognition of the scope and severity of gender-based violence in the area and an expressed desire among the women for group counseling. In response, Empower Tanzania recruited a new employee and paid for her to receive counseling training through a professional program in Arusha. When she returned, 10 support groups were established in Same District, each including 10 women GBV victims selected by their fellow community members. Over the next two years, the staff person met with each group once or twice monthly to provide group and individual counseling. Using a culturally appropriate assessment tool, research showed significant improvement in the women's levels of depression and anxiety. They reengaged with their families and community and formed strong interpersonal bonds within their counseling groups. The 100 women no longer called themselves "victims", but rather preferred the term "survivors", and requested that the GBV program be refocused to provide education on entrepreneurship and income generation with counseling provided as needed. This led to creation of Empower Tanzania's Beyond GBV program. Funding for the program came from private donations. Resource people: Efrancia Nzota, Dr. Jeff Carithers, and Eli Kisimbo.

## Beyond Gender-Based Violence Program

2016-ongoing

In 2016, surveys of the 100 participants showed significant improvement in levels of anxiety and depression using a culturally appropriate assessment tool, and staff noted improved self-confidence and optimism. The women in the BGBV program requested that they be called "entrepreneurs" rather than "survivors" and asked for help to improve their economic security. Empower Tanzania worked with the women to plan a future direction that would increase their knowledge of entrepreneurship, money management and banking, and provide them with training to create products for sale with the goal of improving their incomes and securing their economic independence. Four Empower Tanzania program participants and an Empower Tanzania staff member were sent to Uganda to learn revenue-generating activities at the Days for Girls University. They learned about production of batik and tie-dyed fabric, production of reusable menstrual pads, and soap making. These five women, now designated as "champions", returned and taught these new skills to the remaining "entrepreneurs". This led to the creation of an artisan cooperative called Vumwe Designs. Production of batik and tie-dyed fabrics began at the homes of the entrepreneurs and in the Empower Tanzania offices. The artisans are paid per piece produced and receive an additional commission for items they sell directly. Activity of the artisan



**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

cooperative continued until the Covid-19 pandemic led to a temporary suspension of production. Production has now resumed.

Most of the items produced are transported to the US for sale. Vumwe Designs obtained Fair Trade Federation verification in 2019 which gives Vumwe Designs fair trade credentials and access to fair-trade stores in the US and elsewhere. In 2022, Empower Tanzania hired Lauren Erlandson as director for Vumwe Designs to help build the business and increase revenue for all participants. Vumwe Design has developed a business and marketing plan that includes the development of value-added products from the fabrics, pursuit of US sales outlets, exploring shipping options, and marketing in the US and Europe through online stores and/or by catalogue. Empower Tanzania's objective is that the program become self-sufficient, and that management of the business be turned over in the future to the members of the artisan cooperative with continued input from Empower Tanzania as needed.

In September 2021, Empower Tanzania was invited as one of the organizations which deals with gender-based violence in Same District to participate in a national level meeting organized by the national government in collaboration with Tanzania Health Promotion Support (an NGO which focus on provision of HIV/AIDs and gender-based violence education to special groups (prostitutes, gays/lesbians, and drug addicts) in Same district.

In June 2022, the Uhuru Torch visited Same District and spent an overnight in Same town after visiting a few areas in Same District to inaugurate some projects. To commemorate this event, the women of Vumwe Designs had been asked by the Same District government to supply batik fabric to be used as "special dress" for the event. To prepare the needed fabric within such a limited time was difficult work, but the Vumwe women managed to meet the deadline for this enormous honor. Resource people: Lauren Erlandson, Vicki Comegys, Leslie Klipsch, Catherine Wales, Jeff Carithers, and Eli Kisimbo.

## Empower Tanzania Education Programs

2010-ongoing

*Education and training are a crucial key component of all Empower Tanzania programs and activities; however, some programs are oriented exclusively toward education.*

### Reproductive Health Relations Program (RHRP)

2015-2022

In response to requests from the Same District government, local community leaders, and religious leaders, Empower Tanzania worked cooperatively with all stake holders to create a program designed to reduce teen pregnancies, limit sexually transmitted infections (STIs), and reduce childhood sexual violence. The initial school-based curriculum based upon UNESCO guidelines was designed by Dr. Jeff Carithers and Jessica Hayworth, RN, with extensive input from local school officials and teachers. The program uses a comprehensive educational approach to address social issues, human rights, sexual





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

education, and reproductive health of primary and secondary school students in a rural Tanzania political district. The RHRP includes topics that are often included in comprehensive sexual education programs, such as human anatomy and sexual development, reproductive health, contraception, STIs including HIV, family and personal relationships, meaning of consent, gender equality, gender-based violence and sexual violence. However, RHRP goes beyond the scope of most comprehensive sexuality education programs to also help students understand body image, self-worth, peer influence, tolerance, respect, human rights, stigma, discrimination, bullying, influence of social media, mental health, negotiation tactics and techniques for self-defense. Concepts are taught through didactic and interactive teaching methods. Students receive annual age-appropriate education on these topics throughout their entire schooling. A training manual for both primary and secondary teachers written by Dr. Jeff Carithers, Dr. Holley Bzdega, and other contributors and published in Swahili in 2022 to serve as a teacher reference to reinforce program information and ensure uniformity of information taught.

In 2018, Empower Tanzania obtained permission to use schoolteachers to teach the curriculum in select governmental and Roman Catholic primary and secondary schools starting at the beginning of the 2019 school year. This pilot year was completed in 19 schools serving 11,000 students and due to its success amongst students, teachers and their communities, was continued through 2022. Student surveys demonstrated improved knowledge and attitudes on program content, the results of which have been submitted for publication. Teacher training for 37 more schools with 20,000 additional students was conducted in October 2022. The goal is to include all 80,000 students in Same District and to reduce schoolgirl pregnancies, sexually transmitted infections, and sexual violence along with other measures. Empower Tanzania continues to work with the Ministry of Education, Science, and Technology for their consideration of using this program nationally. Resource people: Dr. Jeff Carithers, Dr. Holley Bzdega, Catherine Wales, Efrancia Nzota, and Eli Kisimbo.

### Most Vulnerable Children Clubs:

Mramba

2010-2015

Msindo

2016-ongoing

In 2010, with support from a \$2,000 grant from the Rotary Club of Des Moines, Empower Tanzania started a project in the Mramba village in Same District. A local community committee identified 50 children between the ages of 8 and 14 years considered “most vulnerable” which meant either being orphans or living with a relative with very low incomes. Local people were trained in child development and met with the children each Saturday at the primary school where the children received training in life skills and were fed breakfast and lunch. St. John’s Lutheran Church in Des Moines, Iowa, sent a church delegation to Mramba and learned that these children were too poor to attend school because they could not afford the required school fees, uniforms, and shoes, so the St. John’s congregation raised the funds to pay these costs. Now all these children attend school; providing these children with





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

the opportunity to get an education and improve their chances for development. Several of the children have since passed the exams required for admission to secondary schools. In 2015, St. John's Lutheran Church took over responsibility for funding and managing the program which continues to function.

In 2016, Empower Tanzania established and continues to maintain a similar program for 50 students in Msindo village. Funding support includes Newton High School's Tanzania Club. The children gather each Saturday for all day activities, learning life skills such as gardening, nutrition, hygiene, sports, social skills. Nutritious meals and snacks are part of each session. Resource people: Joseph Kimbwereza, Jodi Morgan Peters, Phil Latessa, Todd Byerly, and Eli Kisimbo.

### Same Learning Center

2017-ongoing

In 2017, the Empower Tanzania Same Learning Center was established to provide enhanced English education for vulnerable kids (i.e., impoverished, underfed, malnourished, or orphaned children) from six public primary schools in Same Town. This program was designed to enhance the quality of English taught in most public primary schools that puts students at a disadvantage in taking the admission test for secondary school that are in English, as are most classes at secondary schools. The students come to a space adjacent to the Empower Tanzania offices where retired English teachers provide instruction. Life skills, nutritious meals, and ongoing psychosocial support are also offered. Currently, a small pilot program started in 2023 for growing tomatoes hydroponically with the children's participation is ongoing. Each graduating standard seven student has qualified academically to move on to secondary school—one of the main goals of the program. Funding for this program is from private donations. Resource people: Yoeza Mnzava, Todd Byerly, and Eli Kisimbo.

### Vudee Learning Center

2022-ongoing

In November 2022, Empower Tanzania received funding from Redeemer Lutheran Church of Indianola, Iowa, to begin another Vulnerable Kids Club for 50 primary school students in Vudee Village. Saturday sessions are conducted in a similar fashion to those at the Same Learning Center with the main activity being nutrition and gardening. Resource people: Yoeza Mnzava, Todd Byerly, and Eli Kisimbo.

### Community COVID-19 Education and Local Financial Support

2020-2021

To minimize the impact of the Coronavirus pandemic within Same District, all Empower Tanzania programs were suspended, and staff instructed to work from home. Dr. Jeff Carithers, Dr. Holley Bzdega, and Empower Tanzania staff formulated protective behavioral guidelines for limiting spread of COVID-19 based on CDC and WHO recommendations. These guidelines were translated to Swahili by Empower Tanzania staff and 50,000 copies were made and distributed throughout Same District. Additional



**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

COVID-19 preventive information was distributed through WhatsApp, Facebook, and Instagram, as well as, via radio announcements, posters and prerecorded audio announcements with a truck equipped with loudspeakers. Because Empower Tanzania programs were locked down, Empower Tanzania sent money to cover the food costs for the children in the Same Learning Center and Msindo Kids Club. Yoeza Mnzava delivered grain and other items to each of the students' families. He along with Catherine Wales and Efrancia Nzota forwarded cash to the Beyond Gender Based Violence women. Over \$4,000 was raised to cover these costs. Resource people: Youeza Mnzava, Catherine Wales, Jeff Carithers, Todd Byerly, and Eli Kisimbo.

## Empower Tanzania Agriculture Programs

2008-ongoing

*Prior to the creation of Empower Tanzania, St. Andrew's Lutheran Church in Ames developed a partnership with the Lutheran Church in Hedaru, Same District. Sheri Krumm led several delegations to the area resulting in a completed improved water project for the community. That led to other water and agricultural-based projects.*

### Dairy Goats Project in Hedaru and Massendare

2011-2018

In 2011, twelve farmers from Hedaru agreed to participate in an Empower Tanzania program designed to improve animal husbandry. The designated "farmers" were sent to the Agricultural University in Arusha for an intensive training course on caring for goats. Each participant agreed to contribute to the expense of building pens to hold the goats and the cost of feeding the goats high quality grasses rather than allowing them to graze. Upon completion of their education, each "farmer" was given high quality goats and agreed to give the first offspring to a new "farmer" along with education to help the new farmer to raise the goats, and to give the second offspring to the group overseeing the program, a committee of local farmers that included some women. The program proved successful and some members significantly increased their incomes. Some farmers later expanded their operations to include chickens. In 2014, a veterinarian from the district government began a program at Massendare modeled on the Hedaru program with similar details regarding program management, joint planning, and ongoing assessment. Both sites became independent in 2018. Resource people: Sheri Krumm, Carol Putz, Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Lambo Integrated Farming Program

2017-ongoing

In 2017, Zion Lutheran Church in Iowa City submitted a proposal to Empower Tanzania to conduct an Integrated Farming project in Lambo in Mwanga District where the church had a partnership. The





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

project was approved with an initial budget of \$5,000 to conduct activities similar to those in Hedaru and Massendare. While the initial training course conducted in February 2018 did include participation by some US volunteers in addition to local district specialists, overall costs have been able to be lower because local specialists and Empower Tanzania staff provide consultation and oversight for the new program rather than relying on US volunteers who would have to travel to Tanzania. Initially, ten farms were selected to receive either goats or sheep as a start to the herd-building component of this program. These farmers committed to learning the best ways to manage their animals as well as receive training on crop rotation, best seed varieties for their region, and modern farming/agricultural production techniques. They also committed to passing along offspring from their animals to the next cadre of 10 farms as a means of broadening the impact of this intervention. The “pass along” component of this program has impacted 30 farmsteads in the region and continues with local community leaders managing the dispersal of new offspring. Twenty-three additional farmers also participated in the initial classroom-training program bringing the initial class size to 33 farmers. The following year, 45 farmers were involved in the ongoing training activities directly taught by Empower Tanzania staff as part of the East-West Knowledge Transfer project that Empower Tanzania supports. Community volunteers continue to share what they have learned through Empower Tanzania led programs. Periodic refresher trainings help maintain this program. Resource people: Charlie Bursch, Sheri Krumm, Andy Bice, Joseph Kimbwereza, and Eli Kisimbo.

### Farmland Acquisition and Farming Education

2019-ongoing

In 2019 and 2020, Empower Tanzania purchased two plots of land: one 20-acre plot in Kisiwani and one 6-acre plot in Kirinjiko just outside of Same Town with the idea of using the land for production of cash crops in cooperation with local farmers and to teach these farmers better techniques as part of the East-West Knowledge Transfer project that Empower Tanzania supports. The land has been cleared and the first crops were planted. The Kirinjiko site borders a planned location for a new market being developed by the Same District government. When established, it will stimulate production of cash crops in the adjacent fields and open the possibility of additional education and training. Resource people: Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Rangeland Management Program

2022-ongoing

Empower Tanzania’s holistic rangeland management program began in 2022 with the leaders of four Masai communities (Pangaro, Nadururu, Njiro, Ruvu Darajani) and Same District officials participating in a 21-day workshop lead by members of Empower Tanzania at a cost of \$19,000. The workshop produced commitments from all leaders and stakeholders to work together for land and water rights management for long term, sustainable use of the land and resources. Empower Tanzania project managers and the Same District Council developed a joint proposal for long term rangeland use and







**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

ecosystem literacy – yet to be funded. Resource persons: Todd Byerly and Elibariki Kisimbo.

## Empower Tanzania Water Projects

2008-ongoing

*The northeast part of Tanzania is dry and dependent on twice yearly monsoon rains. Global warming is destabilizing the monsoons and making rainfall erratic. Prior to establishment of Empower Tanzania in 2008, St. Andrew's Lutheran Church in Iowa had a partnership with the Lutheran Church in Hedaru in Same District. Sheri Krumm led several delegations to Hedaru with a focus on securing a source of water from the Pare Mountains. While on these trips, she identified other needs for water in the area that has led to other projects. Subsequently, several delegations of Empower Tanzania volunteers from the US have visited Same District and worked on several water problems, including well failures, lack of easily available water, and lack of electricity to run needed pumps. Funding for water projects has come from the Davenport Water Party, Hy-Vee Water Program, Rotary International, individual donations.*

### Hedaru/Sine

Sheri Krumm and her teams found funding in 2008 to rehabilitate the Sine Mountain spring intake structure and distribution piping extending clean water to mountain villages and Hedaru town. Resource people: Sheri Krumm, Todd Byerly, and Eli Kisimbo.

### Gunge

The Maasai community of Gunge in the Hedaru area is on the Pangani River. World Vision started a project to divert water from the river for irrigation, but could not complete it. Complicating the process was the presence of crocodiles and hippos in the river that eliminated the river as source of drinking water because of the danger to women and children from these predators. Since Empower Tanzania was unable to obtain an agreement with World Vision to complete the project, Empower Tanzania unilaterally went ahead. Men from the community built a diversion dam in the river to bring water to the fields where crops were growing. Resource people: Sheri Krumm, Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Katahe

This Maasai community in the Hedaru area is not near any source of water and rainfall is rare. Sheri Krumm led several efforts to obtain a reliable source of water to the community. Rehabilitation of a well dug years earlier that subsequently failed was not possible so Empower Tanzania paid for drilling a new borehole and found water, but when it was tested, it was found to be not acceptable, even for animals. In 2017 and 2018, ET conducted a major water project in Katahe funded by the Davenport Water Party.





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

Two wells were dug, but neither found water. A small rainwater collection tank for this community was built in 2020, funded by St. Andrews Lutheran Church. Resource people: Sheri Krumm, Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Pangaro

This Maasai community is the site of one of Empower Tanzania's Women and Children's Clinics. After the village's well failed, Justin Rewerts, Empower Tanzania volunteer and owner of a Story City (Iowa) well drilling company, brought his testing equipment to Pangaro and learned that the well could not be rehabilitated. Two new wells were dug in Pangaro as part of Empower Tanzania's major water project of 2017 and 2018 funded by the Davenport Water party. The first well dug was not productive. The second well found water, however, because the well was over 400 feet deep, it required an exceptionally powerful pump to bring water up to a rehabilitated storage tank. To provide electricity for the pump, Empower Tanzania funded the construction of a solar array, and also built distribution pipes and three community taps. Empower Tanzania then facilitated the establishment of a community committee to manage the system, establish fees, and enact a plan for ongoing maintenance. Cost of the Katahe and Pangaro projects was over \$70,000, meaning that similar future projects in other locations probably are not affordable. Resource people: Joseph Kimbwereza, Todd, Byerly, and Eli Kisimbo.

### Njiro

Located near Kisiwani, this village's well failed several years ago. In 2018, Justin Rewerts learned that it could be rehabilitated. Empower Tanzania bought a solar pump system, installed storage tanks, and laid new distribution pipes, thereby restoring water to the community. Resource people: Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Nadaruru

This Maasai community is the site of several Empower Tanzania programs including a Woman and Children's Prenatal Clinic and Improving Women's Health Program. The hand pump that operated the well had broken; so, in 2019, Empower Tanzania replaced the hand pump with a complete solar pump and above ground water storage and distribution system. Resource persons: Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

### Ruvu Darajani

This community's well serves at least 2,100 villagers, plus a dispensary, a school, and additional persons





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

moving into the area due to flooding in other near-by areas. The original village well needed to be revitalized at an estimated cost of \$23,000. In 2020, Empower Tanzania allocated the necessary funds to revitalize the well. Resource persons: Todd Byerly and Eli Kisimbo.

### Well Drilling Training

Empower Tanzania volunteers learned that many of the wells dug in the past have failed prematurely. Justin Rewerts, an Empower Tanzania volunteer and owner of a Story City well drilling company, went to Tanzania and studied some of these wells where he discovered that many had not been completed properly. The main problem was that the concrete casing did not extend all the way to the pump. Over time, this caused the walls to collapse and the pump to be buried, making it impossible to rehabilitate the well. In 2016, Rewerts conducted a training program for local Tanzanian well drilling companies on techniques for properly completing a well. Resource people: Justin Rewerts, Joseph Kimbwereza, and Eli Kisimbo.

### Other Empower Tanzania Activities within Tanzania

*Some one-time projects beyond our general categories.*

#### Solar Lighting

During a visit to the dispensary in Kanza, Empower Tanzania volunteers learned that neither the facility nor the entire village had electricity. When asked how the dispensary operated at night during an emergency, “flashlights” was the answer. Empower Tanzania found this unacceptable and with research found a solar lighting kit could be purchased for \$550. For an additional \$50, Empower Tanzania was able to have it installed, making the dispensary fully operational. The mayor of the town thanked Empower Tanzania and said that the dispensary building now would be used for public meetings. Subsequently, Empower Tanzania has installed similar solar lighting in the clinics at Nadaruru and Pangaro and at the school in Nadaruru. Funding for these projects was provided by private donations. Resource people: Phil Latessa, Joseph Kimbwereza, Todd Byerly, and Eli Kisimbo.

#### Bicycles

The women who serve as Empower Tanzania’s Community Health Educators and Community Health Workers often travel long distances by foot to provide services. Research revealed that heavy-duty bicycles were being manufactured in Kenya at a price of \$150 each. Empower Tanzania raised \$20,000 to buy 51 single-speed and 18 multi-speed bicycles and helmets, as well as cover the costs of importing them to Same and training a local mechanic on how to maintain them. Resource people: Leslie Klipsch, Dr. Jeff Carithers, and Eli Kisimbo.





**EMPOWER  
TANZANIA**

PO Box 1596 PMB 62763 • Des Moines, Iowa • 50305

PO Box 444 • Same, Kilimanjaro • Tanzania

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

## Medical Supplies

As part of the Community-Hospital Alliance Program (CHAP), Maasai Community Health Workers were serving 21 remote villages. When the District Health Department was unable to fulfill its commitment to provide medical supplies such as bandages, antiseptics, and slings. Empower Tanzania conducted a fundraising campaign and raised \$4,000 to cover these costs. Resource persons: Leslie Klipsch, Dr. Jeff Carithers, Todd Byerly, and Eli Kisimbo.

## Reusable Menstrual Pads

One objective of Empower Tanzania's Reproductive Health Relations Program (RHRP) was to provide every girl in every secondary school participating in the RHRP educational program with a reusable menstrual pad kit. These kits are manufactured by the women in Empower Tanzania's Beyond Gender-Based Violence Program using the fabric that they produce. Each kit costs ~\$5 to produce. To provide one kit for 1500 girls in Same District secondary schools costs ~\$7,500. Funding continues as Empower Tanzania hopes more girls will be added to the program in Same and Manyara Districts. Resource persons: Leslie Klipsch, Dr. Jeff Carithers, Efra Nzota, and Eli Kisimbo.

*Updated August 2023*

