

Message from The Executive Director



Executive Director  
**Loyce Lema**

On behalf of the editorial board, as we joyfully step into the canvas of a new year, I extend heartfelt greetings and warm wishes to each one of you. Your unwavering support and commitment have been the cornerstone of our success, and for that, I express my deepest gratitude.

In the spirit of unity and progress, I invite you to contribute to our shared journey in 2024. Your continued support is the driving force behind our mission, empowering us to make a meaningful impact on the environment, human rights, and communities we serve.

We are thrilled to announce that our ongoing projects are progressing passionately, and we eagerly anticipate the birth of new initiatives in the coming months. Your contributions have been instrumental in turning our aspirations into reality, and we embark on this year with renewed energy.

I am delighted to unveil the first edition of the Envirocare newsletter of the year 2024. It's not just a publication; it's a testament to the collective efforts of a dedicated community working towards a sustainable future. I encourage you to read, share, and engage with the stories and insights within its pages.

Furthermore, I extend a warm welcome to explore our website regularly, connect with us on social media platforms, and tune in to YouTube Envirocare online TV where the journey of our works unfolds visually.

Once again, thank you for being the pillars of strength that propel us forward. Let's continue this incredible journey together, making 2024 a year of growth, collaboration, and positive change.

Wishing you a Happy New Year filled with prosperity, joy, and fulfillment.

Executive Director  
**Loyce Lema**

## Editorial Page

### INSIDE

1. Message from chairperson (pg. 1)
2. Editorial Page (pg. 2)
3. Facts sheet (pg. 3)
4. Envirocare Received Human Rights Defender Award in Recognition of 25 Years of Impactful Advocacy 1, DEC 2023 in Dar es Salaam. (pg. 4)
5. Envirocare, ABN, and TABIO Join Forces for a groundbreaking Project. (pg. 6)
6. Envirocare Unveils the Art of Healthy Living: Embarking on a Journey to Teach New Nutrition and Dietary Guidelines, December 2023. (pg. 8)
7. ENVIROCARE Empowers Leaders and Youth in Tanzania through Communication Training. (pg. 10)
8. Envirocare's Bold Commitment: Innovate Health through Nutritional Excellence to Tackle Non-Communicable Diseases (pg. 12)
9. Success story. (pg. 15)
10. Opinion column. (pg. 17)

### Editorial team

Loyce Lema

Lucy Muro

Michael Bildad

Amos Mbwambo

Aika Frank

*All correspondence should be addressed to;*

To the Editor

P.O BOX 9824 Dar es salaam

Tel: +255 735 758 688

Email: [envirocare\\_2002@yahoo.com](mailto:envirocare_2002@yahoo.com)

Website: [www.envirocaretz.net](http://www.envirocaretz.net)

## Fact Sheet

### Did you know?

- 1. Honey never spoils? Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and still perfectly edible.**
- 2. A single rainforest can produce 20% of the Earth's oxygen.**
- 3. Freedom of expression is a fundamental human right, allowing individuals to voice their opinions and ideas without fear of censorship or retaliation.**
- 4. Child labor violates the basic human rights of children. Millions of children worldwide are engaged in hazardous work, depriving them of their right to education and a healthy childhood**
- 5. Agriculture is a major consumer of water resources, accounting for around 70% of global water withdrawals.**
- 6. Do you know that the human brain will be active for nearly 7 minutes after death?**
- 7. Do you know that the only continent with no volcanoes is Australia?**
- 8. Did you know that the Indian Ocean covers about 20% of the earth's surface?**
- 9. Crayons (used by children during painting) are grown from soybeans?**

## Envirocare Receives Human Rights Defender Award in Recognition of 25 Years of Impactful Advocacy 1, DEC 2023 in Dar es Salaam

In a milestone celebration, Envirocare marks **25 years** since it commenced its dedicated work in the field of human rights, becoming a beacon of change within Tanzania. Recognized for its unwavering commitment to upholding human rights principles, the organization has been honored with the prestigious Human Rights Defender Award for the year 2023 by **ForumCiv**, a prominent organization headquartered in Kenya and a key partner in this transformative journey.

Envirocare has emerged as a trailblazer in ensuring that human rights are prioritized for every individual by Tanzania's constitution and laws. With the approval from the Ministry of Constitution and Legal Affairs in Tanzania, Envirocare is officially recognized as a legal aid center and has been providing legal assistance to citizens across the country.



Jackson Obare (second right), the Regional Manager for Eastern and Southern Africa at ForumCiv commended Envirocare's role as a leading human rights defender in Tanzania.

Cont.

During the award presentation ceremony among numerous distinguished organizations, Obare expressed his long-standing admiration for Envirocare's work. He emphasized the need for other human rights organizations to emulate Envirocare's example, envisioning a Tanzania and a world built on justice and equality.

Upon receiving the award, Loyce Lema, the Executive Director of Envirocare, spoke with sincerity and humility. "We accept this award with great joy and, on behalf of the entire Envirocare team, express our gratitude to ForumCiv for recognizing our contribution to society in collaboration with the Tanzanian government. Achieving such a prestigious recognition is not easily attained without visible results, and as Envirocare, is at the forefront of advocating for human rights, we promise to continue working hand in hand with the government, ForumCiv, and other organizations to bring about positive changes in the human rights sector."



**Envirocare's Executive Director Loyce Lema (Right) received the award from Godlisten Muro Envirocare's Project Manager**

Envirocare remains resolute in its dedication to championing human rights, pledging ongoing collaboration with the government and like-minded organizations to create a future characterized by justice and equality for all. The Human Rights Defender Award stands as a testament to Envirocare's enduring impact and serves as inspiration for others in the pursuit of a more just and equitable world.

## ENVIROCARE, ABN, AND TABIO JOIN FORCES FOR A GROUNDBREAKING PROJECT



In a momentous event on November 28, 2023, **African Biodiversity Network (ABN)**, **Envirocare**, and **TABIO**, launched an innovative project titled "Strengthening Farmer-Managed Seed System for Food Sovereignty". The founder for this transformative initiative is Brot für die Welt ("Bread for the World") from Germany, a key donor in this endeavor. The inauguration took place at Envirocare's headquarters in Makongo Juu, Dar es Salaam, under the leadership of ABN's General Coordinator, **Mr. Fasil Gebeyehu**.

The core objective of the project is to empower farmers and community-based organizations for active involvement in seed policy by enhancing their capacity. Additionally, strengthen media reporting on seed laws and farmer-managed seed systems in Tanzania through targeted training and capacity-building programs. This ambitious venture is set to unfold across East Africa countries, including Kenya, Uganda and Tanzania.

Expressing optimism, Mr. Fasil stated, "I believe that through this project, we will successfully achieve our goals and bring impactful changes to communities and the nation at large. I have full confidence in our partner organizations, Envirocare and TABIO, as they possess valuable experience in addressing issues related to this project."

The collaborative efforts of Envirocare, ABN, TABIO, and the generous support of Brot für die Welt mark a significant stride towards fostering food sovereignty and security in East Africa. The journey has just begun, and these organizations are poised to make a lasting impact on communities and the nation's agricultural landscape. Stay tuned for updates as this groundbreaking project unfolds



**Mr. Fasil Gebeyehu**  
ABN's General Coordinator

## Envirocare Unveils the Art of Healthy Living: Embarking on a Journey to Teach New Nutrition and Dietary Guidelines, December 2023

In the green lands of Mbeya, Songwe, and Ruvuma regions, Envirocare is doing something special to tackle nutritional problems by promoting nutrition sensitivity, community health and well-being to lead farmers through unveiling of Tanzania Mainland's **Food Dietary Guidelines for a Healthy population (FBDGs)** through PACE project, part of the Agri Connect Program funded by European Union, to help everyone make healthier choices. This training comes after the launching of the FBD guidelines by the Ministry of Health.



These regions are known for growing plenty of varieties of food crops, but surprisingly, many people are facing problems of malnutrition and stunting growth. To fix this, Envirocare is teaming up with the government to give essential training on food and nutrition to **404 lead farmers** in these areas.

Envirocare decided to focus on this because their research showed that, despite having plenty of food, still there's a big challenge of eating in the right way. Amos Mbwambo, the program manager, says, *"It's not that there isn't enough food here, there's plenty. The real problem is that people need to know more about nutrition and how to eat healthy food. I believe that by teaching them, we can bring positive changes."*





Mbinga, December 14, 2023

Mama Chacha, a leader among the farmers who got the training, is excited to share what she learned. She says, *"Thanks to Envirocare's training and support, I'm sure we can beat malnutrition. I've learned that it's not about having less food; it's about not knowing enough about good nutrition. I promise the government and Envirocare that I won't keep quiet. I'll go and teach others so we can all reach our goal."*

Envirocare's PACE project is not just a quick fix. It's a plan to make lasting changes in how people eat in Mbeya, Songwe, and Ruvuma regions. As leaders like Mama Chacha spread what they've learned, the project hopes to bring a healthier future to these regions. Watch out for more updates on this journey towards better nutrition!

## ENVIROCARE EMPOWERS LEADERS AND YOUTH IN TANZANIA THROUGH COMMUNICATION TRAINING



In a transformative two-day training session organized by the **Environmental, Human Rights Care, and Gender Organization (ENVIROCARE)** on November 30th and December 1st, 2023, at the prestigious Envirocare Hall, a crucial initiative was taken to enhance *communication skills* among university leaders, local government officials, and youth engaged in political parties across Tanzania.

The primary objective of the training was to boost the communication capabilities of the participants. This included university leaders, local government officials, and youth engaged in political parties in Tanzania, under the program titled “Strengthen Agency for Social Accountability (SASA)” which is funded by ForumCiv from Kenya.

In his words, **Mr. Denis Konga** the adept facilitator hailing diplomatic University emphasized, *"This training is not just about acquiring skills; it's about unlocking the potential within each participant. The ability to engage effectively is a cornerstone in personal growth and professional success. By understanding the nuances of communication and relationship building, participants are equipped not only with skills but with a transformative mindset. It's not merely about what you say, it's about how you engage, connect, and build relationships that matter."*



**Mr. Denis Konga**

He further added, "The essence of this training lies in its practical application. Participants are not just passive recipients of knowledge; they are active contributors to their own growth. As they implement these principles in their daily lives, be it in political arenas, academic institutions, or community interactions, the impact will extend far beyond the training room."

This training serves as a catalyst for personal and professional development, providing participants with tools that overcome the boundaries of conventional communication. As they navigate the details of engagement, communication, and relationship building, the ripple effect will be felt in their endeavors, fostering a culture of effective communication and meaningful connections.

*"Through the knowledge I've received with the support of Envirocare, I am confident that my aspirations as a young leader will see remarkable success. I firmly believe that effective communication is the cornerstone in this domain, and this knowledge will play a central role in realizing my dreams."* – **Deidan Wangwe**, Student at Tumaini University



Among the youths who participated in the group discussion during the training

Engagement skills were dissected, highlighting the significance of active listening to build trust, resolve conflicts, and enhance overall communication. Participants were encouraged to employ open-ended questions for effective information gathering, fostering positive relationships through building rapport, and creating an atmosphere where communication flows seamlessly.

Envirocare's initiative brings together key stakeholders, paving the way for improved communication strategies among university leaders, local government representatives, and the youth in political parties. This training marks a crucial step towards fostering stronger connections and collaborations in the Tanzanian political and leadership landscape.

**ENVIROCARE'S BOLD COMMITMENT: INNOVATE HEALTH THROUGH NUTRITIONAL EXCELLENCE TO TACKLE NON-COMMUNICABLE DISEASES**

Envirocare, in collaboration with esteemed health and environmental partners, recently organized an informative training session aimed at promoting proper dietary practices for the prevention and management of non-communicable diseases (NCDs). The event, held at Envirocare's Makongo Juu office in Dar es Salaam on January 27, 2024, gathered participants from diverse backgrounds, developing a global approach to health and environmental well-being.



Saturday, January 27, Dar es salaam

**Dr. Jofrey Raymond** Kusongwa and **Mrs. Christina Kusongwa**, distinguished experts from the Nelson Mandela University of Science and Technology in Arusha and founders of BioNutra 'a home of electrical foods,' were instrumental in sharing their wealth of knowledge and experiences during the training. Their insights provided attendees with valuable information on adopting healthier dietary practices as a means of preventing and managing NCDs.

"The event was graced by a founding board member of Envirocare, who expressed positivity about the potential impact of the knowledge gained during the training on individual health. In his remarks, **Prof. Ninatubu Lema** stated, *'Through education, I believe significant positive changes can be made in the field of personal health.'* He emphasized the importance of health as the ultimate asset that enables individuals to *'pursue and achieve their dreams in this world.'*

The Executive Director of Envirocare underscored the significance of the training and expressed the organization's commitment to hosting similar programs regularly. *"Envirocare, as a proactive organization, will continue collaborating with various entities, including other organizations and government bodies, to ensure that the prioritization of health and environmental conservation remains a key focus,"* said **Loyce Lema**

Ultimately, the event not only served as a platform for disseminating vital information on proper dietary practices but also underscored the importance of collaborative efforts in promoting overall well-being. Envirocare's dedication to support ongoing partnerships and programs aligns with its overarching goal of championing health and environmental priorities in the community. The successful training session marked a positive step towards empowering individuals to lead healthier lives while contributing to the preservation of our environment.



SUCCESS STORY

ENVIROCARE'S PACE PROJECT NEW ACHIEVEMENTS FOR WOMEN IN RUVUMA



Ruvuma Mbinga, December, 2023, Chapakazi Group

Over the past three years, Envirocare in partnership with **Solidaridad** and **Tanzania Coffee Research Institute (TaCRI)** has been implementing a (Passport to Coffee Export) project (PACE), supported by the European Union under the Agri Connect Program, has made a significant impact in Mbeya, Songwe, and Ruvuma regions. A notable success story emerges from the Mbinga district council in Ruvuma region, where the VSLAs Women Group named "Chapakazi" embraced entrepreneurship and business skills through PACE, leading to increased income and enhanced value for their coffee.

Having acquired essential skills in entrepreneurship, the **Chapakazi** group decided to elevate their coffee endeavors. They ventured into producing bar soaps and coffee jelly products for skin care as well as transforming their coffee products into something more valuable. What's remarkable is that it goes beyond financial gains – the Chapakazi group discovered a newfound sense of pride and happiness, marking a positive transformation in their lives.

The success of the **Chapakazi** group is just one of many stories within the PACE project. It exemplifies that with the right skills and empowerment, people can positively alter their circumstances. As PACE approaches its third-year conclusion, stories like that of the **Chapakazi Women's Group** serve as a powerful reminder that the project has been more than just a plan – it has been a game-changer for these communities.



**Amos Mbwambo**

"Envirocare is thrilled to witness the fruitful outcomes of the PACE project even before its completion. We have observed significant progress, especially through the remarkable efforts of this group and other collaborating teams. Our commitment to you is to provide unwavering support to ensure you achieve your goals," stated **Amos Mbwambo**, the project manager

Humphrey Makundi, a dedicated project officer hailing from Mbinga town council, Ruvuma, impressed by the positive changes in the Chapakazi group, promised to support them completely. He saw their hard work after training and pledged to stand by them. He assured to keep track of their progress, help with any problems, and encouraged the group not to give up. In simple words, he declared, "I'll be there for Chapakazi every step of the way. Don't lose hope; we'll overcome any challenges together."



**Humphrey Makundi**  
Project Officer



## OPINION COLUMN

### *Hanang's Floods: A Wake-Up Call for Climate Action*

SOURCE: NIPASHE NEWSPAPER

The sad events in Hanang district, Manyara region in Tanzania, tell a story that goes beyond the town's borders – it's a story about how our changing climate can bring unexpected disasters. Hanang, once a quiet and pretty place, recently faced a terrible night when floods came without warning, taking 89 lives, including 36% who were children.



Severe flooding and landslides near the slopes of Mount Hanang in the Manyara region. Dec. 3, 2023.

Photo: X/@RoncliffeOdit

The floods happened because part of Mount Hanang broke off due to heavy rainfall, causing landslides and a rush of muddy water through the town and unfortunately, the people in Hanang didn't know what was coming “said the government spokesperson, Mobhare Matinyi

This tragedy isn't just about numbers; it's about families torn apart and a whole community trying to pick up the pieces. Matinyi promised government help for those who lost a lot, understanding how tough it is for them.

As we see the mess and sadness in the affected areas, we also see people helping each other. Kids who lost their parents find refuge together in makeshift shelters. Communities are pulling together, promising to support each other in rebuilding.

Hanang's story reminds us that climate change is a big problem affecting all of us. It's not just about this one town; it's about how we all must take responsibility for our environment. Climate change, driven by human activities, is causing more frequent and severe weather events. Rising temperatures, melting glaciers, and changing rainfall patterns contribute to disasters like the one that befell Hanang. As we mourn the lives lost and witness the community's struggle to rebuild, we must recognize this incident as a clear/distinct call for climate action.

## OPINION COLUMN

*While the government's promise to help the affected families is good, we also need to look at the bigger picture. As we walk through the areas hit by floods, we can see that stronger buildings and better ways to prevent floods are needed. People who know about these things say we should get ready before bad things happen.*

*Are we doing enough to mitigate climate change and adapt to its impacts? Hanang has a tough journey ahead, but the people there are not giving up. Their determination should inspire all of us to do something about climate change. It's time to support eco-friendly practices, ask for rules that protect the environment, and work towards a future where disasters like Hanang become rare.*

*In honoring the memory of those lost their lives in Hanang, let us commit ourselves to a future where communities are better equipped to face the challenges of a changing climate. The time for climate action is now, and Hanang's story should serve as a catalyst for change on a global scale.*

### CONTACT US:

Tel. +255 735 758 688

Email: [envirocare\\_2002@yahoo.com](mailto:envirocare_2002@yahoo.com)

Gmail: [envirocare2002@gmail.com](mailto:envirocare2002@gmail.com)