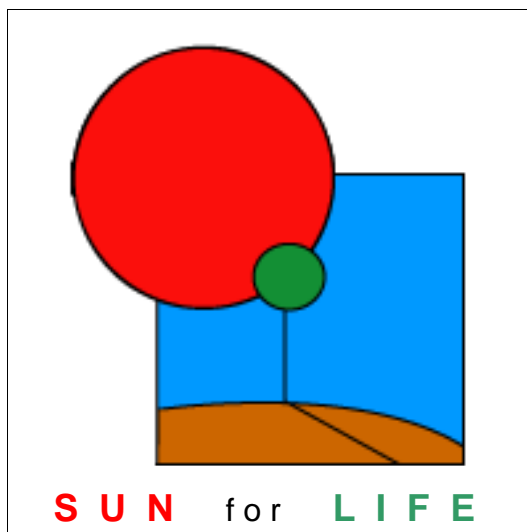


# SUN for LIFE

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

self constructed solar cookers  
nutrition and reforestation



## PARTNERS

**GHFP - Guerrand Hermès Foundation for Peace**

\* \* \*

Bel Avenir, Toliary, Madagascar  
M. Flandin-Marlot, France  
Lions Club, Antalaha, Toliary, Madagascar  
Médicap, Madagascar  
ONN, Antananarivo, Madagascar  
Rotary Club, Antananarivo, Toliary, Madagascar

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## introduction

since 1997, our experiences shows that the best option is to train volunteer, mobile and convinced women, they shall be our best ambassadors to their sisters and they shall be able to initiate and sustain these essential changes in attitude, we also noticed the importance of informing, educating et training the children -tommorows adults– during their educational, leisure or social activities



wood and charcoal, allways and everywhere

long term results are possible only when preceded and accompanied by:

- awareness about the problems related to local environmental degradation
- consciousness about the effects and consequences on both health and economy
- integrated solutions, suggested and accepted, in order to change these situations
- responsabilisation and self-appropriation of actions initiated by local trainees and trainers
- adapted training techniques and tools
- flexible framing and advising structures
- follow-up actions in the field
- partnership with existing local groups on a volunteer basis

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## our first means of action the solar cooker

we instruct our field trainees on how to construct their own solar cooker with the materials listed hereafter

for a unit price of less than EUR 2.00, this amount corresponds to the weekly amount spend by a family for cooking their food with charcoal!

they also learn the daily use of their solar cooker, how to maintain it, this cooker will cook any food (meat, fish, vegetable, grain, roots) in less than 3 hours and shall be able, with average sun conditions, to cook two meals per day



the solar cooker acts like a 'heat trap' and the temperature inside the box reaches an average temperature of 120°C

slow cooking with lower temperatures (solar or steam cooking) shall preserves the foods' nutritional value unlike fast, aggressive cooking with high temperatures (gas, kerosene, charcoal, etc), considering the number of countries dealing with hunger and starvation, it is most important the little food people can find should be of the best nutrition quality

### this is a passive way of fighting desertification

because all the conventionnal non-renewable cooking fuels are replaced by permanent and absolutely free sun energy!

to construct one solar cooker, you will need these materials:

2 strong cardboard boxes L60cm x W50cm x H50cm, 3 flexible sticks, black non-glossy paint, 1 big sharp knife, string, paste or glue, aluminium foil, 1 sheet of transparent plastic 160cm x 160cm, 1 large needle, 1 sq m vegetal insulation, 2 medium sized pans painted black

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## our second means of action

**the moringa oleifera** (ananambo, brède moringue, morongo, anamorongo, drum-stick, moranga khai)

this tree, known by the Malagasy for the use of its leaves in the national dish named *romazava* or as a garnish for fish and shrimp dishes, is still widely underused considering its astonishing nutritional, medicinal and crop values, most people simply ignore that it produces fruits because they continuously cut the young branches to harvest the leaves

**this is an active way of fighting desertification**

### **nutritionnal summary of the fruits**

2 x more proteins than in milk, 3 x more potassium than in bananas, 4 x more A vitamins than in carrots, 7 x more C vitamins than in oranges

furthermore, the *moringa oleifera* has more than 30 % fat content



### **cultivation from seeds**

quick growth, up to 5 meters the 1st year  
vertical roots that stabilize the soil  
naturally rich fertilizer from fallen leaves  
seeds and leaves that purify water

### **cultivating seedlings, tree nurseries**

avoid rich soil, the *moringa oleifera* grows best in arid soils (max 1/3 rich earth for 2/3 sand and/or poor earth)

plant seeds at a depth of 3 cm, water only every two days and protect from direct sun (with sisal, raphia, etc) until the plant is 50 cm high

**for reforestation:** transplant to the chosen area and protect from predators (zebus, sheep, goats) until it reaches a height of 2 m

**for nutrition, for 'sakafo':** plant the seeds every 1,50 m and protect from predators (hens, goats, etc) by a shrub fence

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## SUN for LIFE's ethics

secure and optimize our action WITHOUT post-colonialist paternalism, create and strengthen attitudes and behaviours leading to self-empowerment, preserve the human relationship in our field work which is essential to the success of our missions



this statement, as it relates to our operation strategy *in situ* differs from that of other humanitarian NGOs because we respect the following guidelines:

- expenses are limited to field needs, ie the airline ticket represents the highest expense in a standard mission
- limited number of foreign staff in a mission
- create volunteer partnership with existing local groups
- free or low-cost ground transportation
- simple food and accommodation, preferably with local families

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## a SUN for LIFE field mission

a mission should be considered only if the following minimal requirements are in place:

- a) written request for a mission from local groups
- b) Identification of possible networking field workers
- c) pre-planning done with a minimum of three local partners

### 1<sup>st</sup> phase

visit various areas  
analyze needs  
grass-root contacts with elected partners  
skills evaluation

### 2<sup>nd</sup> phase

raise public awareness via local medias  
visit of confirmed and prospective partners  
workshops for individual solar cooker construction  
information and training for *Moringa Oleifera* nurseries  
handing over field responsibility to the groups

### 3<sup>rd</sup> phase

support  
évaluation  
follow-up

NB: the development of a mission, the geographical, climatic and political paradigms may frequently lead to an interaction between phases 2 and 3

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## our activities during the 1<sup>st</sup> semester 2005

### in Madagascar

the mission is continuing steadily, partnership agreements with local national and international field organisations are increasing, and results also! we notice that the women we are dealing with are really conscious of the importance of the environmental issues and about the effectiveness of the solutions we offer; local, regional and national authorities are generally supportive and consider implementing consistent field actions with SUN for LIFE during the coming months

our partners have acknowledged the adequacy and efficiency of our missions as well as that of our network throughout the Big Island, this situation led to a partnership pre-agreement with the ONN (Office National de la Nutrition, a Malagasy private organization appointed by the Government to coordinate all issues related to nutrition and basic health care for the entire country and for whom we have, in the past years, organized numerous workshops), their trust and friendship was shown by accepting to host SUN for LIFE in their premises in the capital city, Antananarivo

the essential regional and national organization of SUN for LIFE is ongoing and we are glad to be able to confirm the following commitments (voluntaries until sufficient funds are provided):

national coordination : Ms Nirina (rasolo\_nirina@freenet.mg)  
regional coordination Toamasina: Ms Zoé (vesostmv@simicro.mg)  
regional coordination Mahajanga: Ms Alphonsine (hnoumea@yahoo.fr)

the final selection to appoint coordinators for Fianarantsoa-Manakara, Tolagnaro et Toliary is still in process



### against deforestation

we have trained more than 140 field trainers during 13 workshops with a direct impact on 117 communities in and around our main locations and surrounding areas: Toamasina, Tolagnaro, Toliary and Mahajanga, the evaluation about tree nurseries and solar cookers shall build up through regional reports and visits

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## our activities during the 1<sup>st</sup> semester 2005

### in Madagascar

#### for nutrition and reforestation

our 13 workshops allowed us to set up 43 individual and 6 large tree nurseries for reforestation, nutrition and income generation with the *moringa oleifera*

in addition we established partnership agreements with FCER-Fianarantsoa to stabilize the banks of the famous railroad *Fianarantsoa - Côte Est* and with CARE-Antalaha for the banks of the new road from Antalaha to Sambava, the NGOs CARE-Toamasina and CARE-Tolagnaro have decided to work with us in their Nutrition program as well as for the bank stabilization of irrigation channels and ponds

after visiting prisons and interviewing an advisor to the Ministry of Justice, a specialist of penitentiary administration and having seen the difficult conditions of the prisoners, we will improve the cultivation of *moringa oleifera* started in Antalaha in 2004 and try to spread this culture in all available prisons and penal camps to improve nutrition, local statistics would show that many prisoners die every month from diseases related to malnutrition and insufficient health care

### in Switzerland

we had the opportunity to exhibit our work during a 'sustainable development week-end in Geneva 'Agenda 21', our booth welcomed approximately 150 persons per day and the audiences concern for the nutrition and desertification issues and positive reactions to the simplicity and efficiency of our answers to these problems was constant throughout this event



### in France

we finalized the implementation of a new SUN for LIFE structure in order to have access to the various regional and European grants

### generalities

lack of funds forces us to keep several missions in Asia, Africa and South America on hold and prevents us from continuing our work in India, Peru and Ethiopia

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## nos partenaires de terrain

AIDE & ACTION environnement, santé, éducation  
Toliary

ACP aide aux prisonniers  
Antalaha

AGRICULTURE, MINISTERE  
Mahajanga, Manakara, Toliary

ALLIANCE FRANCAISE  
Manakara, Toamasina, Tolagnaro

ALT foyers améliorés, environnement  
Tolagnaro

ANGAP parcs nationaux, environnement  
Antalaha, Antananarivo, Manakara, Toamasina, Toliary

ASOS santé, nutrition  
Tolagnaro, Toliary

BANQUE CENTRALE fourniture de matériels pour les fours solaires  
Mahajanga, Manakara, Toliary

BCI écotourisme, environnement, fédération paysanne  
Manakara

BEL AVENIR sensibilisation de terrain santé, environnement

CARE environnement, SIDA  
Antalaha, Sambava, Toamasina, Tolagnaro

CALA comité d'aide aux lépreux d'Antalaha soins, éducation, nutrition, environnement  
Antalaha

CRAM cercle régional agricole de Manakara  
Manakara

CTHT centre technique horticole de Tamatave  
Toamasina, Tolagnaro

DON BOSCO développement de la femme  
Toliary

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ENVIRONNEMENT, EAUX & FORETS, MINISTERE DE L'  
Antalaha, Mahajanga, Manakara, Toliara

'ENFANTS D'ABORD, LES' nutrition, soins, éducation pour les enfants des rues  
Antsirabe

FARITRA chefs de régions  
Mahajanga, Manakara, Toliary

FEMMES AFRICAINES, ONG condition féminine  
Analalava

INTER AIDE santé, hygiène, agriculture, éducation  
Manakara

LION'S CLUB  
Antalaha, Toliary

MAIRIES  
Antalaha, Katsepy, Mahajanga, Manakara

MAISON D'ARRETS D'ANTALAHA  
Antalaha, Mahajanga, Manakara

MEDAIR prévention cyclonique, hygiène, purification de l'eau  
Tolagnaro

PAM programme alimentaire mondial  
Tolagnaro, Toliary

POPULATION, MINISTERE DE LA développement social  
Antananarivo, Betioky, Mahajanga, Manakara, Toamasina, Toliary, Tolagnaro

PRESENTATION DE MARIE, LYCEE  
Manakara

ONN office national de la nutrition nutrition, santé, éducation des femmes  
Antalaha, Antananarivo, Mahajanga, Mahavelona, Manakara, Toamasina, Tolagnaro, Toliary

POPULATION, MINISTERE DE LA  
Antananarivo, Manakara, Tolagnaro, Toliary

RADIOS  
HAJA Antsirabe, MAMPRITA Fianarantsoa, MBS Mahajanga, RNA Toamasina

ROTAY CLUB  
Mahajanga

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SAGE service d'appui à la gestion de l'environnement  
Mahajanga

SŒURS TRINITAIRES DE ROME développement de la femme  
Antananarivo

SAGE service d'appui à la gestion de l'environnement  
Mahajanga

SŒURS TRINITAIRES DE ROME développement de la femme  
Antananarivo

SOKAKE environnement  
Tolagnaro, Toliary

SOS VILLAGE D'ENFANTS hébergement, soins, nutrition, éducation, environnement  
Mahajanga, Toamasina, Toliary

STABEX promotion agricole  
Manakara

TELEVISION  
MBS Mahajanga, RTA Ansirabe,  
liary, TVM Antananarivo, Mahajanga,  
liary

WWF - World Wildlife Fund  
Toliara, Tolagnaro



To-  
To-

Toamasina après la mousson

## remerciements

l'équipe de SUN for LIFE

sur le terrain Alphonsine, Christian, Clarisse, Eliane, Elisa, Gérard, Haingo, Ibrahim, Jacques, Jean-Michel, Marinette, Maya, Michel, Monique, Nirina, Rahajason, Thierry, Toussaint, Veronina, Zoe

et mille pardons à celle ou à celui qui n'a pas été nommé ici malgré son engagement pour Madagascar et sa région et son soutien à l'action de SUN for LIFE!

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## MISSIONS WAITING FOR FUNDS

countries in which SUN for LIFE must follow up its missions, finish the set up of autonomous structures or reply to mission demands or has been requested to intervene or in which there has been a regular action, and where missions must be followed up (non exhaustive list): Bolivia, Burkina, Ethiopia, Haiti, India, Kenya, Madagascar, Mali, Peru, Togo, Uganda, Viet-Nam

## MISSIONS CARRIED OUT

the term of 'group' we refer to in this report should be understood as any human gathering: district, parish, tribe, village, community, town, hamlet, camp or slum

### 2005

**AFRICA** Madagascar : Antananarivo, Fianarantsoa, Mahajanga, Manakara, Toamasina, Tolagnaro, Toliara and surroundings  
2 1/2 months, 147 trainers, action spreading on 117 groupes, 43 individual nurseries and 6 large nurseries for the *Moringa Oleifera*

### 2003 - 2004

**AFRICA** Madagascar: Mahajanga, Toamasina, Tolagnaro, Toliara and their provinces  
17 weeks 187 trainers, 39 solar cookers, action spreading on 246 groups, 41 nurseries for the *Moringa Oleifera*

### 2003

**LATIN AMERICA** Peru: North -West, Lima slums and surrounding areas, Cordillera of the Andes  
5 weeks, 50 trainers, 18 solar cookers, action spreading on 85 groups

### EUROPE

Switzerland  
demonstration to the UN delegates of autochtons and refugees camps  
2 days, 9 trainers, 4 solar cookers, spreading on 13 groups

demonstration to an NGO training field workers for humanitarian actions abroad  
1 day, 15 trainers, 3 solar cookers, spreading on 12 groups

### 2001-2002

**INDIA** Rajasthan, Gujarat, Tamil Nadu  
3 months, 113 trainers, 37 solar cookers, spreading on 115 groups and 9 local NGOs

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## 2001-2002

### AFRICA

Jibuti: town and region

2 weeks, 22 trainers, 6 solar cookers, spreading on 6 groups

Ethiopia: Addis Abeba region, East-South-East region

2 weeks, 14 trainers, 6 solar cookers, spreading on 8 groups and 1 NGO

### EUROPE

Switzerland

demonstration to the UN delegates of autochtons

one day: 5 trainers, 2 solar cookers, spreading on 6 groups

## 1999-2000

### INDIA

Tamil Nadu, Rajasthan

contacts, research work, training, in two months, 112 users trained, 39 solar cookers

organization of an "Art Market" in Geneva, and a concert with the choir "Calliope" of Lausanne, in Geneva, in order to promote SUN FOR LIFE activities and collect funds

## 1998-1999

### INDIA

Tamil Nadu

individual action for solar cookers construction: in three months, 92 users trained, 24 solar cookers

## 1997-1998

### INDIA

Tamil Nadu, Kerala, Karnataka

personal research and training, in three months, 50 village women trained, 15 solar cookers

