

Self Help

INTERNATIONAL

Helping People Help Themselves Since 1959

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NICARAGUA: EXPERIENCE OF LIFETIME FOR US GUESTS



Debbie Waitman (front row, center), fellow travelers and Self-Help staff pose for a photo in front of the Fred Strohbehn Training Center for Young Farmers.

By Debbie Waitman

For several years, my husband and I have been believers in and strong supporters of Self Help International. In August I was fortunate to go to Nicaragua with Director Merry Fredrick and three other SHI supporters. We were able to observe the life-changing acts of support SHI provides.

On August 11th, Paula Michel and I flew from Minneapolis to Miami where we met Francesca Ruffino, from the Hooters organization, and then flew on to Managua, the capital of Nicaragua.

The next morning we drove 4 hours with Merry and Dr. Ann Bell to San Carlos where the SHI training center is located. There, we met and worked with the very dedicated training center staff.

CONTINUED ON PAGE 6



Robert Arthur, center, explains how to weigh sawdust.

GHANA TRAINING CENTER: THE WORD IS OUT!

The second training session has ended as 38 farmers have become experienced in poultry and mushroom production. A combination of technical classroom training followed by hands on work with chickens and mushrooms provides the opportunity for individuals to understand the challenges and opportunities each product can bring. Farmers are pleased to have the chance to diversify their farm income through these means. Of particular note is that former trainee, Robert Arthur, has now become the trainer for the mushroom program. We are proud of his success as a mushroom producer, and his willingness to share his talents with young farmers.

In July a group of 46 men and women

CONTINUED ON PAGE 2

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SELF-HELP INTERNATIONAL

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Self-Help International is

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GHANA TRAINING CENTER

CONTINUED FROM PAGE 1

participated in a training session conducted by Justine, a nutritionist with the Ghana Ministry of Health. The Ministry of Food and Agriculture veterinarian, Innocentia, shared her expertise with trainees to learn proper care of the birds and animals. Further collaboration is underway to work with professors at the Kwadaso Agriculture College, to provide advice and identify student interns to work at the center. Partnerships such as these strengthen programs as professionals share their time and talent at the center.

In the fall a new training session will begin that will include rearing rabbits, grass cutters that are indigenous to the country, and snails. Thanks to grants and contributions from The International Foundation and Honorary Board Member, David Lageschulte, the training center is quickly becoming recognized as a focal point and means in which to expand farming initiatives. Self-Help is deeply appreciative of this monetary support, and belief in sustainable development, the mission of Self-Help.



Students listen during a class at the training center

GIFTS OF KINDNESS

In Memory of Elmer Kinsinger
By: Evelyn Kinsinger

In Honor of Sylvia Fuller's birthday
By: Don and Leona Amdahl

DONATE TO SELF-HELP NOW!

Simply scan the QR code to the right using your phone or mobile device and be directly connected to our donation page. If you do not have a QR code scanner visit <http://get.beetagg.com/> to download a free application.



GIVE A HOOT FOR SELF-HELP A GREAT SUCCESS

The annual Give a Hoot For Self-Help weekend was a great success! With the help of 120 golfers, 50 5K participants, 10 cornhole tournament teams and countless volunteers, Self-Help International raised \$40,000 through the weekend's events.

Many thanks to Ted Waitman for planning the Golf Tournament, its corresponding events, and the cornhole tournament. Thank you to Nick Taiber for organizing the 5K.

An enormous thank you to Hooters of South Florida and the Hooters Calendar Girls for making it a very special weekend. Many thanks to the Fainting Goat, Joe's Knighthawk, Centennial Oaks Golf and Country Club, and Waverly Health Center for hosting the events. And, of course, thank you to the many sponsors, donors and volunteers without whom the weekend would not be possible.

The 2014 Give A Hoot weekend is scheduled for June 14-15. We hope to see you there!



5K runners and walkers take off from the Fainting Goat in Waverly.



Participants from the first annual cornhole tournament for Self-Help.



Francesca Ruffino, Miss Hooter's International Pageant first-runner up, joined Self-Help International in early June 2013 for the Golf Tournament and 5K. (Shown in the photo above, fourth from the right.) While competing in the pageant later that month, Self-Help International was Francesca's platform. During the competition she spoke about the great work the organization does and the importance of helping people help themselves. In August, Francesca traveled to Nicaragua with Executive Director Merry Fredrick. Ruffino had the opportunity to meet with women in the micro-credit program, tour the new training center, and pass out school supply packs to children. (Shown in the photo to the left.)

2013 GIFT GUIDE

The holidays are soon approaching, so it's time to find a gift for everyone on your list. Instead of flocking to the nearest overcrowded shopping mall, Self-Help has a better idea, buy

your loved one the gift of changing a life. Pages four and five contain items needed for the new training centers in Ghana and Nicaragua. To purchase any of these items, simply visit our

website under the "Store" tab. New this year, download a printable certificate to give in addition to the gift you have purchased.

Feed a child for a year: \$55



Self-Help provides a nutritious meal for about 21 cents. This porridge is made from Quality Protein Maize (QPM), and some sugar. Kids six months to six-years-old flock to our feeding centers from the surrounding hills and villages for this once-a-day, weekday meal - and for some it may be the only food they get that day. Help alleviate malnutrition and all the disease that can prey on hungry and undernourished children.

Fund a woman's micro-credit loan in Ghana: \$100



Here is your chance to fund a small business half a world away. Support a baker, potter, trader or farmer. Self-Help does all the work for you. Women join a group and have their enterprise idea approved by the other members. Self-Help provides the funding and monitors the progress. The loan payments go on to fund even more business. Your initial gift keeps on giving.

Give a QPM starter pack for one farmer: \$10



QPM is an open-pollinated corn that can produce a yield and taste better than other field corn varieties - with twice the usable protein levels of other corn. This gift of QPM corn seed is enough to plant half an acre. That harvest can produce up to 25 bushels of corn that can be used to feed their family, their livestock, or for seed for next year. For a struggling farmer, this small gift can change their quality of life.

Buy a silo to store harvested corn: \$175

A silo decreases post-harvest loss by 37 percent for the people in Ghana and Nicaragua. Silos also provide a place to keep shelled corn that may otherwise be unprotected. They also protect against mold, insects and vermin.



2013 GIFT GUIDE

Nicaragua: Training Materials

The Nicaragua Training Center is up and running, but is still in need of materials to teach classes. Below and to the right are some of the things needed. These materials range from drip irrigation to four piglets. Some materials are going to be used to furnish the training center and get it up and running to teach classes, and others will be used for providing participants with the animals that they need to begin farming.



4 piglets: \$60



Vegetable Seed packs: \$10



Drip irrigation system: \$50

Fund a woman's micro-credit loan in Nicaragua



Oven: \$100

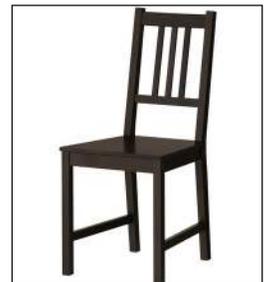
Women are eager to learn how to start their own businesses. One of the most popular enterprises is baking goods to sell in the community. This unique barrel oven uses 75 percent less fuel, and bakes evenly. Simple, yet effective, let's help women become empowered entrepreneurs.

Ghana: Training materials

Animals aren't the only thing that the training center needs. Other materials and furniture are crucial to the education of beneficiaries. The training center needs chalkboards, chairs, tables, whiteboards, as well as other educational materials. It is especially important to have visuals, due to the high rate of illiteracy among the beneficiaries. In order for Self-Help to educate, it must have the tools to do so.



Education materials: \$75



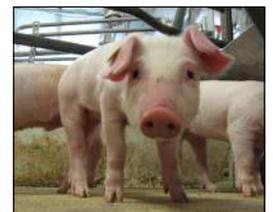
Chair: \$40



Chalkboard: \$100

Ghana: Animal husbandry

Animal husbandry is a vital component of the Ghana training center. Beneficiaries will have the option of learning how to raise chicks, pigs, goats, sheep, rabbits and bees. Once they graduate from the program, SHI will provide them with loans to purchase animals and products to grow and raise. By purchasing these animals, you can give a young farmer the tools and knowledge necessary to stay in their community and still make a living.



4 piglets: \$60



1 sheep or goat: \$40



2 rabbits: \$25



Flock of chicks: \$20

SELF-HELP RECEIVES PROJECT REDWOOD GRANT

Self-Help International is proud to announce that the Project Redwood Board of Directors approved a \$25,000 grant to Self-Help in support of its proposal "Strengthening Women's Micro Enterprise Program".

The funds will be used to provide extensive training to staff and beneficiaries in the micro-enterprise program in Nicaragua. One of the tasks is to train Women and their children how to raise vegetable market gardens using drip irrigation, and then sell their produce on the roadside and markets.

The objective of this project is to extend training to the next generation as they work in gardens alongside their mothers after school. We will keep you posted on the project.

THRIVENT FOR LUTHERANS MATCHING GRANT

Thrivent for Lutherans of Bremer County granted Self-Help a three-to-one match in the amount of \$1,600 for the spring fundraiser. This grant was used for our training center in Ghana. Self-Help International is very grateful for this generous gift!

GETTING HEALTHY WHILE HELPING OTHERS

A donation of \$500 was made to Self-Help International by HealthCanBeSimple.com on behalf of Linda Engle. Linda, who is getting healthy through the organization's program, entered a contest to win money for her favorite charity.

EXPERIENCE OF A LIFETIME

CONTINUED FROM PAGE 1

During the week, we visited a school for 4-6 year olds built by SHI. We delivered the school kits recently assembled by the Wartburg-Waverly Shell Rock Community Builders. Watching the faces of these students as they received their school kit was a heart warming experience. They truly felt like they had been given a treasure! We also visited a school for 12-16 year olds, sharing with them lessons on hygiene, vaccinations and the food pyramid and proper diets. What a great group of young people!

Throughout the week, we observed the SHI staff interacting with women from the area. The topics discussed were self esteem, finances, marketing of their products and meal planning. Most of these women were illiterate, but very eager to learn and better

their lives and their families' lives. They were a delight to be around!

The Nicaraguan farmers we met are truly hard working leaders in their communities. With the support they have received from SHI, they are determined to share their knowledge of better and more efficient ways of farming with their fellow farmers. They also work diligently with local officials and fellow citizens to provide clean water to their communities.

This trip was both rewarding and humbling. I am so grateful I was able to see SHI in action and I continue to be a strong believer and supporter of SHI, "helping people help themselves."

LEAVING A LEGACY

Long-time supporter and friend, Wanda Wehner of Cedar Falls, IA recently passed away, however her legacy lives on. Wanda saw to it that Self-Help would continue to benefit from her belief in the organization by remembering Self-Help in her will. We are honored and humbled by her bequest.

Over many years Wanda kept Self-Help in her mind. She contributed lovely quilts to fundraisers, invited speakers to come to her church to share the word of our work, and advocated ways in which others could give support. We miss Wanda, and feel blessed by her commitment over the years and this departing gesture.



Debbie Waitman passes out school packs to children.

NIGARAGUA TRAINING CENTER



Nicaragua Training Center



Students are transported to a class at the center.



Beneficiaries learn how to market their products.



Demo plots improve rows and spacing.

GHANA TRAINING CENTER



Students in front of the Ghana Training Center.



Mushroom production



Students listen during a session in the training center classroom.



Poultry training students view the chicken coop.



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SAVE THE DATE

Seeds of Change

ART AUCTION & GALA

Join Self-Help International for an evening of tapas and beautiful music. Featuring a collection of unique silent auction items from Nicaraguan, Ghanaian and area artists.

ROCHESTER, MINNESOTA:

FRIDAY, OCTOBER 18, 2013 • 5:30-8:00 p.m.

Rochester Golf & Country Club
3100 Country Club Road Southwest

WATERLOO, IOWA:

THURSDAY, OCTOBER 24, 2013 • 5:30-8:00 p.m.

Waterloo Center for the Arts
225 Commercial St.

TICKETS: \$25 PER PERSON

To purchase tickets, call (319) 352-4040 or visit www.selfhelpinternational.org.