

Self Help

INTERNATIONAL

Helping People Help Themselves Since 1959

SPRING 2016 INFORMATION@SELFHELFINTERNATIONAL.ORG WWW.SELFHELFINTERNATIONAL.ORG 319.352.4040

Teach Me To Farm And I'll Eat For A Lifetime | No More Dengue Fever



By Deborah Asamoah
Quality Protein Maize Program Officer

Self-Help International's (SHI) approach to alleviating hunger in Ghana is to "teach people how to fish" - or in this case how to farm - to better feed their families long after Self-Help is gone. In 2014, six farmers (4 women and 2 men) from Bedaabour were trained and given credit for inputs to cultivate two acres of quality protein maize (QPM) each.

Inputs are the resources used in farm production, such as fertilizer, equipment, feed, and seed. Based on the successes recorded of improved crop yields and increased self-sufficiency, twenty more farmers (seven women and thirteen men) were selected in 2015.

All twenty farmers from Beposo, Bedaabour and Fankamawe participated in the improved agronomic training sessions at the No Till Center in March where Dr. Kofi Boa, renowned researcher and agronomist, trained them. The farmers learned, among other things, that to obtain maximum maize yields, every acre requires 22 lbs of certified seed, 220 lbs of fertilizer (NPK), 110 lbs of Sulphate Ammonia,

CONTINUED ON PAGE 5



Aunner and his son, drinking clean water

By Mackenzie Thompson
Clean Water Project Intern

In the majority of Nicaraguan communities, the CAPS (Comité de Agua Potable y Saneamiento -- Water Sanitation Committee) leaders are between the ages of late thirties to early sixties. In El Tule, the president of the CAPS group, Aunner Alfredo Ramírez, is just 29. His personality is a mix of youthful fervor with grounded wisdom. In 2014, he successfully lobbied his community to collaborate with Self-Help (SHI) to install a CTI-8 water chlorinator. SHI visited him recently to learn what changes he'd seen in the 785 residents since the installation in mid-2014.

CONTINUED ON PAGE 4

VOLUNTEERS AND STAFF

Board of Directors

Dr. Richard Neal, President, Waverly, IA
Fran Mueller, Vice President, Janesville, IA
Mechille Kluitter, Secretary, Waverly, IA
Deb Giarusso, Treasurer, Cedar Falls, IA

Dr. William Edwards, Ames, IA
David Frederick, Waverly, IA
Stanley Harpstead, Minneapolis, MN
Barbara Hatinger, Cedar Falls, IA
Bob Hellman Sr., Waterloo, IA
Dr. Dorothy Masinde, Ames, IA
Dr. Mary Jane Oakland, Ames, IA
Dennis Preslicka, Iowa City, IA
Nancy Ross, Iowa City, IA
Dr. Bert Schou, Cedar Falls, IA
Carol Smith, Perry, IA
Keith Swanson, Des Moines, IA
Nick Taiber, Cedar Falls, IA
Wes Buchele, Ames, IA, Emeritus
George Cummins, Charles City, IA, Emeritus
Dr. Dale Harpstead, East Lansing, MI
Drewer Johns, Sedona, AZ, Emeritus
Jerry Larson, Cedar Falls, IA Emeritus
Joe Legg, Anamosa, IA, Emeritus
J. Howard Mueller, Waverly, IA, Emeritus
Gene Novak, Marion, IA Emeritus
Dr. Warren Prawl, Manhattan, KS, Emeritus
Fred Strohbehn, Reinbeck, IA Emeritus
Jon Tehven, Waverly, IA, Emeritus
Dr. James West, Ames, IA, Emeritus

Waverly Staff

Nora Tobin, Executive Director
Carly Mahoney, Development Director
Susan Cornforth, Administrative Assistant

Ghana Staff

Benjamin Kusi, Country Director
Victoria Yamson, Micro-Credit Officer
Elizabeth Adu-Opoku, Micro-Credit Officer
Deborah Asamoah, QPM Feeding Program Officer
Nancy Ansah, QPM Feeding Program Officer
Alfred Justice Mensah, Training Center Manager
Dominic Boakye, Training Center Caretaker
Benjamin Antwi, Training Center Security
Robert Adu, Support Services Officer

Nicaragua Staff

Jorge Luis Campos, Country Director
Lucia Vega Galeano, Program Operations Manager
Yolanda Fletes, Micro-Credit Officer
Orlando Montiel, Water Program Officer
Alfredo Aleman, Logistics Officer
Mario Barbarena, OchoMonggo Seed Bank Supervisor
Santos Thomas Hernandez, Training Center Security

SELF-HELP INTERNATIONAL

703 Second Ave. NW, Waverly, IA 50677
Phone: (319) 352-4040
Email: information@selfhelpinternational.org
Web: www.selfhelpinternational.org
Self-Help International is
a non-profit 501(c)(3) organization
Tax ID: 47-0844679

Self-Help International does not sell nor share its donor list with other organizations.

GIFTS OF KINDNESS

In honor of Beth Epley and
Lisa Archuleta by Lloyd &
Donna Epley

In honor of the Coffee Ladies
Jody, Judy, Deb and Jaki by
Jaki Samuelson

In honor of Gina Paul by
Kathy Paul

In honor of Bob and Carol
Smith by Barbara Smith and
Rod Hoffman

In honor of Mary Tobin
by J. Kelly and Irene Tobin

In honor of Kelly Tobin by
Chuck Tobin

In honor of Larry and Karen
Schunk by Jaki Samuelson

In honor of Luther and
Patricia Matsen by Richard
and Karlene Neal

In honor of Marian Anderlik's
birthday by Don and Leona
Amdahl

In honor of Nora Tobin by
James and Kathy Stavneak

In honor of Philip Clark by
Joan Clark

In honor of Rebecca Prueitt
by Jaki Samuelson

In honor of the Swanson
family by Bob and Becky
Shaw

In honor of Tyson Neukirch by
Paul Neukirch

In honor of Vera Bauger by
Dave & Merry Fredrick

In memory of Catherine J. Hall
by Stanley Hall

In memory of Edwin M.
Steingass by Jonathan and
Barbara Steingass

In memory of Jarrett Peterson
by Joyce and Jerold Peterson

In memory of Jean C. Fredrick
by Dave and Merry Fredrick

In memory of Lee Hawkins by
Kate Hawkins

In memory of Larry Lenning
by Leota Lenning

In memory of Nylene Luloff
by Dick Luloff

In memory of Paul and Doris
Beetz by Richard and Leslie
Althaus

In memory of Margaret
Smythe Emmons by Susan
Emmons

In memory of Rolfe "Bud"
Tehven by Jon and Gloria
Tehven

In memory of C. Maxwell &
Elizabeth M. Stanlet, David
Maxwell & Jen Leu Stanlet by
New Hope Foundation

In memory of Steven Sutter
and Thomas Sutter by
Marjorie Sutter

LIFE IS EASIER WHEN A LITTLE HELP COMES OUR WAY

Ama is a forty-five year old single mother of three. In addition to caring for her own children, she has taken on the added responsibility of caring for her late sister's four children. Having observed how Self-Help's micro-credit program impacted women in her community, Nkawie, Ama applied to join the program and has since seen her life transformed.

Ama tells Self-Help how before joining the micro-credit program, she used to sell charcoal, kenkey (a cornmeal product) and vegetables, carrying them on her head as she trekked from one rural community to another. Though she was working hard, Ama made little or no profits at the end of the day. What little profit she did earn, she used to feed the seven children, pay their school fees



and cover medical bills, leaving nothing left to invest in expanding her business. Ama regrets that she never had a chance to get an education herself, which she attributes to the neglect of her polygamous father and being the youngest of eleven children. It has always been her dream to give to her children quality education and a decent place to call home; something she never had.

With training, micro-loans, hard work and perseverance, Ama was finally able to expand her business and now has a shop of her own in which she sells groceries and other items. Business is good: Ama consistently makes a profit and the family's finances have significantly improved. Most importantly, she ensured that her children received the education she never had. Ama's eldest, Prince, is 27 years old and is completing the final year of his Bachelor's program at University. Agnes, 24 years old, has successfully completed nurses' training college and is about to be stationed at her first job, and Ama's youngest child is now in 4th grade.



With pride and joy, Ama is building a two-story house, a project many consider overly ambitious. She admits it is an uphill task but has a reason; land is a precious commodity in Ghana. By building upwards instead of outwards, she can save land and use the space as a foundation for her children to build on. "Wherever I get to, my children will someday continue," she concludes. Her investment is not only for herself, but for the generations yet unborn.

By investing in women like Ama, the benefits of the micro-credit program impact not only the women, but many generations to follow, improving the livelihoods of disadvantaged people both today and for years to come.



*Give the gift that keeps on giving: **DIGNITY**
Support Self-Help International's micro-credit program to make micro-loans and learning opportunities possible for more women like Ama so they can achieve the dignity and self-satisfaction of being able to provide for their families. Sponsor twelve months of training sessions and an initial loan for \$245.*



No More Dengue Fever in El Tule

CONTINUED FROM PAGE 1



My entire family's quality of life is better; mine, my wife's, and my son's. I know without a doubt my kids will have a better future because of their water."

comparable to malaria, including high fever and extreme exhaustion.

Recognizing immediate action was needed, Aunner called a town-wide meeting, rallying complete community support to purchase a water purification system. Aunner had previously attended a demonstration of the CTI-8 water chlorination system by SHI's Clean Water Program Officer, Orlando. The townsfolk agreed out of all available options, the CTI-8 was the most affordable and effective. Aunner explains, "It is super affordable because it functions via gravity, not electricity like most chlorinators...incorporating the cost of the chlorine tables, each house pays around one Cordoba per month (roughly USD \$0.04)."

Aunner states, "Everyone says the water here now tastes great and is 1000 times better than it was before!" The change was drastic within the community. Aunner cited the CTI-8 as a necessary foundation for El Tule's development as a whole, saying, "It's indispensable to life – to wash, to cook, to clean, to drink, to do everything."

The water purification initiative took time, energy, and resources to unite the people toward a common goal, but when asked how the efforts have most affected him Aunner stated, "**My entire family's quality of life is better; mine, my wife's, and my son's. I know without a doubt my kids will have a better future because of their water."**

El Tule serves as an example to the surrounding villages, demonstrating the communal health benefits of access to potable water. Still, a large portion of the neighboring villages suffer constant sickness from ingesting untreated water. Aunner believes there is a large education initiative that needs to take place throughout the region. "What you guys [SHI] are doing [to educate our communities] is excellent... there needs to be a greater awareness of the importance of purified water."

Thanks to the tireless support of leaders like Aunner, and support from donors, Self-Help has ensured 58,000 people in 60 Nicaraguan communities have regular access to clean, safe drinking water.



CLEAN WATER

*Give the gift that keeps on giving: **CLEAN WATER***

In Nicaragua, 60% of children under the age of 5 have been treated for diarrhea in the past two weeks alone. With a new water chlorinator, incidence of acute diarrheal disease is cut in half.

Make a donation of a water chlorinator to purify water for a community for \$150.

Your \$1,500 sponsorship of a community ensures that hundreds of people living in rural communities like El Tule have access not only to clean water, but also to training and education about handwashing and other sanitary practices so they learn how to make the best use of this precious new resource to lead healthier, more productive lives.

Higher Yields

CONTINUED FROM PAGE 1

1 liter of Nicoplus (herbicide), and 2 liters of Sunphosate (herbicide). In addition, for rain-fed agriculture, time is of essence.

The training was essential. The farmers demonstrated a good understanding of the subjects taught during the sessions, and some even began to train their neighboring farmers who did not attend the training. However, even with this new knowledge and training, not all of the colleague farmers had the funds necessary to buy the right quantities of inputs to put this knowledge into action and plant on time for the rains.



Seeing the commitment the trained farmers had to improving their livelihoods by implementing improved farming practices, Self-Help drew up loan agreement documents and provided credit for the inputs needed to ensure farmers could plant on time and repay the loan in kind after harvest. This enabled the farmers to plant on time as well as apply the right quantities of fertilizers and herbicides to maximize yields.

The farmers planted with the rains in April and harvested in the first week of August. SHI, together with the farmers, monitored farmlands to ensure strict adherence to the farmers' trainings. The result was tremendous compared to past years: double the yields! Typically, farmers from these villages yield between four and six bags of maize per acre, but this season they recorded at least ten bags of quality protein maize (QPM) per acre.

The farmers emphasized how learning and implementing improved agronomic methods to cultivate maize were the key factors in doubling their yields. The farmers tell SHI they will always choose Obatanpa (an open pollinated variety of QPM) seeds when they cultivate maize in the future because it offers better yield and nutrition than any other local varieties. Best of all, they also promise to grow more maize to support the school feeding programs in their respective communities.

At harvest time, the market price for a 243 lb bag of maize was GHC120 (USD \$31.48). If sold, it would have resulted in a net loss for the farmer, so SHI collects loans from farmers in kind rather than requiring farmers to market their maize and pay in cash to ensure they didn't sell at a loss. Part of this maize will be used to prepare breakfast for pre-school children within the SHI school feeding program, and the rest sold to purchase inputs for farmers next season.

To avoid selling their maize at a loss, farmers must store their remaining yield until the market price increases. Storage is a huge challenge farmers face in Ghana due to inadequate space and storage structures. Self-Help supports farmers with additional loans to purchase silos and other storage facilities to ensure they are able to sell their maize at a profit, and teaches farmers how to treat and store maize properly: removing it from the cob, winnowing and sun drying before stored in silos to prevent spoilage.

Supporting farmers to own silos and other storage facilities helps to better their lots and sustain their resolve to contribute to alleviating hunger. We need your help to continue to educate and serve twenty more farmers in Ghana next year, who are eager to learn improved practices.

Empowering Global Women



On December 14, 2015, we hosted our first events in Des Moines, and we were thrilled to welcome so many new supporters to join in our mission! It was a full day of sharing, learning, and women's empowerment. Thank you to all who attended the Empower Women Luncheon at the World Food Prize Hall of Laureates, and the evening lecture, Empowering Global Women: The Newest Tool in the Toolkit, hosted by the Des Moines Intentional Eucharistic Community. You helped us empower 100 women like Ama with 12 months of financial literacy, health education, and entrepreneurial skills, plus two micro-loans each!

Special thanks to Betsy Teutsch, author of *100 Under \$100: One Hundred Tools for Empowering Global Women*, who was kind enough to join us and serve as guest speaker and resident expert for BOTH events.

None of this would have been possible without our co-chairs for the luncheon, Keith & Nancy Swanson and Maureen & Terry Tobin, table captains Chelsea Singer Swanson, Rachel Stauffer, Jessie Phillips Weaver, and Kasi Koehler, guest speaker Keegan Kautzky, and the generosity of many local business sponsors: Berkshire Hathaway Energy, The Swanson Family & Associates, Bilbrey Insurance Services, HomeServices of Iowa & HomeServices Lending, Principal Financial Group, and Whitfield & Eddy PLC, Des Moines, Iowa, and for the evening event co-sponsors Des Moines Intentional Eucharistic Community, RESULTS Des Moines, Church World Service - Iowa, Outreach Program, and Foods Resource Bank.

Thank You to Our GIVING TUESDAY DONORS

On December 1st, twenty SHI donor families were part of something really special: your #GivingTuesday gifts were responsible for securing a new vehicle to carry out our mission in Nicaragua to alleviate hunger by helping people help themselves. Because you participated in this campaign, your donations were DOUBLED!

Because of your investment, Self-Help's staff can safely traverse the rural pothole-riddled roads – many little more than footpaths – to serve those most in need. That truck will carry women to training centers to learn new skills to generate an income and support their families. That truck will deliver improved seed to farmers so they can increase their yields. That truck will deliver water chlorination systems so thousands more families can have access to clean, safe drinking water.



Thanks to you, families like Pedro's in Cruz Verde will no longer have to walk the two and half miles to reach the nearest fresh water source. Thanks to you, women and girls will no longer have to carry five gallons – that's 40 pounds – of water for two and a half miles each day. Thanks to you, mothers like Griselda in La Culebra will feel safe knowing her children no longer worry about getting sick from the water they drink. Thanks to you, those children will spend their time in the classroom, not the health clinic.

DONATE TO SELF-HELP NOW!

Text "SELFHELP" to 41444 to make a donation now, or visit www.selfhelpinternational.org and click on the donate button!



SAVE THE DATE

GIVE A HOOT WEEKEND

July 27th - July 31st
Waverly, Iowa

Lags Memorial
Golf Tournament
Friday, July 29th
Prairie Links Golf Course

Annual 5K Fun Run
Saturday, July 30th
Waverly, IA

*Additional details will be
posted online in April
Visit www.selfhelpinternational.org
events tab for more details*



*Iowa Advance Special #229
UMCOR Advance Special #982.807-3*

NEW BOARD & STAFF MEMBER INTRODUCTIONS

CARLY MAHONEY - Development Director

Carly joined Self-Help International with over 10 years of experience in Development and Event Coordination with The American Heart Association and American Cancer Society. She has a bachelor's degree in Communication and Public Relations from Montclair State University in NJ, where she hails from originally. Carly always had a desire to help others, and began working with non-profits at the age of 15, creating fundraisers for disaster relief as needed. Carly personally raised over \$25,000 for non-profits during her college years. Since then she has moved around the USA going wherever had the greatest need. In 2012 the Midwest was her next stop on her route to helping others, and during this time she met her husband in Iowa, and joined Self-Help soon afterwards.



DEB GIARUSSO

Deb joins us as the new Board Treasurer and Chair of the Finance Committee. Deb is a Chartered Financial Analyst (CFA) and MBA who has been an instructor at the University of Northern Iowa in the College of Business Administration since 1998. She also works as the Portfolio Manager for EDG Trust, and has served on the boards of both the Community Foundation of NE Iowa and Sartori Hospital.



DR. DOROTHY MASINDE

Dorothy is a lecturer at Iowa State University. She teaches courses associated with development and serves as the coordinator for students completing their global internships in Africa. As the Associate Director for Nutrition Education Programs in the Center for Sustainable Rural Livelihoods (CSRL) at ISU, she provides leadership to address hunger and malnutrition issues among young children and women of reproductive age. Dorothy has over 29 years of experience in rural and community development and related fields, including nutrition, health and sanitation, agricultural extension and adult education, microfinance, participatory rural development, advocacy and social justice, program monitoring and evaluation, training, gender and development, and agronomy. She will serve on the Development and Ghana committees.



NANCY ROSS

Nancy is a retired primary school teacher who received her MBA with non-profit emphasis in retirement. She is active in church volunteering, community groups and local NGO relief agencies addressing hunger and poverty. She brings her community action experience to the Development and Nicaragua committees.



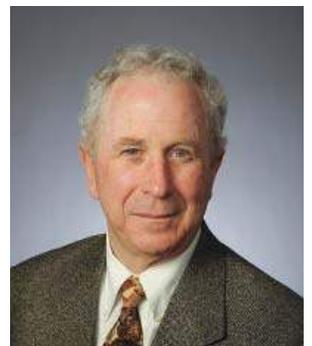
BARBARA HATINGER

Barbara has an MBA from Wharton in Finance and International Business. Barbara brings extensive experience in those areas as well as nonprofit management, strategic planning and financial planning to the Development and Nicaragua committees. She is an active Rotary member, was the president of the Northeast Iowa International Trade Council, is on the Endowment Committee of the First Congregational Church UCC, and was a Board Member and past President of the Iowa PEO Project Fund Inc.



DR. WILLIAM EDWARDS

William retired from Iowa State University as a Professor of Economics and an Extension Farm Management Specialist. He has traveled and worked extensively in the developing world, including in Mexico, Colombia, Costa Rica, Peru, Russia, Ukraine, The Czech Republic, Germany and Argentina. He brings his interests in farm management, finance, risk management and government programs to the expertise of the Board, where he will serve on the Finance and Nicaragua committees.



IN MEMORIAM

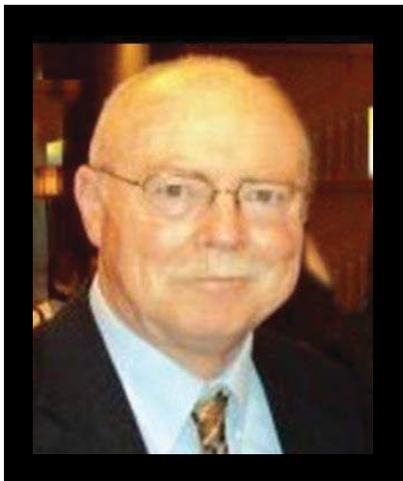
GIFTS IN MEMORY OF PHIL HUFFERD



Phil Hufferd, husband of Joyce Hufferd, emeritus board member of Self-Help International, recently passed away, but his legacy lives on. Thank you to those who donated a gift in his memory.

Anonymous	Larry & Eugenie Loenser
Donald & Phyllis Arendt	Dan & Harriett McMahill
Alan & Debra Bernard	Fran & Howard Mueller
Bruce & Diane Clark	Robert & Jane Nelson
George & Vonda Cummins	Kris Rash
Kenneth Cutts & Patricia Achey-Cutts	Donna & Alan Ricks
William & Jane Edwards	Ruth Schild
Gerald & Margaret Ehring	David & Phyllis Siefken
Dave & Merry Fredrick	Joy & David Sires
Peter & Mary Jo Hall	Jon & Gloria Tehven
James & Pauline Harding	Larry & Cindy Weber
Patricia Hauser	Peter Wetrich
Douglas & Maxine Kehret	Kurt & Shelby Wiethorn
	Joe & Troyce Vich

GIFTS IN MEMORY OF RAYMOND "GUS" SKOVGARD



Raymond "Gus" Skovgard, faithful friend and supporter of Self-Help for many years, recently passed away, but his legacy lives on. Thank you to those who donated a gift in his memory.

Jon Andreason	Linda Kinsinger & Russell Harris
Anonymous	Dena Luksetich
Joselyn & Brian Beckstrom	Janet Mashek
Robert & Jean Buckingham	Joanne & Alan Mohr
William & Kathleen Cox	William & Karen Reece
Steven Dust	Ruth Skeries
Mark & Jessica Flory	Mark & Martha Smith
Torie Greenwood	Hallie Still-Caris & David Caris
Richard & Sharon Harris	Barry Taylor
K.A. & G.G. Howsare	Dana & Debra Uhlenhopp
Mary Inbody	Marilyn VanRoekel
Evelyn Kinsinger	

WOMEN LEADERSHIP SUMMIT

If **women farmers** had the same access to productive resources as men, including training, education, and capital, there would be **150 million** fewer hungry people in the world. It's a staggering figure to consider, and the very goal that the Self-Help International Women's Micro-Credit Program is working toward.



TOO MUCH MAIL?

We love communicating with you, but we also want to respect how often you would like to hear from us! Please let us know if you feel you are receiving too many e-mails or print newsletters.

We do not want to send you anything you don't feel you will open.

Please let us know your preferences by emailing us at information@selfhelpinternational.org or calling the office at (319) 352-4040.

The 2015 Annual Report will be coming out in September.

This report will list contributor names, and each name will be placed under a donation level (such as \$24,999 - \$100,000.)

To respect the privacy of our donors, we ask if you DO NOT wish to have your name printed in association with an amount please let us know.

Call our office at (319) 352-4040 or email carly@selfhelpinternational.org.

We will list "Anonymous" in any case where a donor wishes not to be acknowledged.

The Change YOU Can Make

Can you imagine a child in your life not getting quality nutrition and *suffering daily hunger pains*? 23% of children in Ghana are stunted due to inadequate nutrition.

YOU can ensure these little ones escape that fate.

A simple \$10 a month recurring donation will ensure two children get a healthy, nutritious breakfast each school day.

Will you join us in the fight against childhood hunger?

You can change a child's future. Fill out the form below to set up your recurring donation, and you will be sent a bimonthly e-newsletter on the changes you're making possible!



Name: _____

Mailing Address: _____

City, State, Zip Code: _____

Phone: _____ Email: _____

*By providing an e-mail, you will be added to our bi-monthly e-newsletter

Gift \$: _____

Credit Card #: _____ Exp. Date : _____ CV# _____

Billing Address (if different): _____

Recurring monthly gift:

- \$10
- \$25
- \$50
- Other \$ _____

Gift is designated for:

- \$55 feeds a child for 1 year
- \$100 women's micro-credit loans
- \$200 start-up farming operation
- \$500 clean, safe drinking water

___ Use this gift where most needed

DEDICATE MY GIFT ...

In loving memory of _____ In honor of _____

Please acknowledge my gift to:

Name _____

Address _____

City, State, Zip Code _____

Acknowledge to the family.

Yes, I would like them to receive a Self-Help newsletter.

Mail your Donation today: SELF-HELP INTERNATIONAL

703 Second Ave. NW, Waverly, IA 50677 • Phone: (319) 352-4040

Bring Out The Roar



Friday, April 15

Join Self-Help International and transport yourself to the world of flappers, gangsters and silent screen stars and bring out the "roar" of the Roaring 20's. Presenting Saturday Night Live alum Gary Kroeger as emcee and music by the Bill Shepherd Big Band, the event will feature an evening of dinner, dancing, glitz and glam, a live auction and a golden ticket offer. Guests will have the opportunity to bid on unique live auction items and experiences.

Please contact us regarding sponsorship packages!

When: Friday, April 15, 2016 at 6 p.m.

Where: Park Place Event Center • 1521 Technology Pkwy, Cedar Falls, Iowa

Tickets: \$75 a ticket • \$125 per couple • \$1,000 for a table sponsorship

To purchase tickets, please call 319.352.4040 or visit selfhelpinternational.org.

Did you know?



Self-Help offers speakers to churches, schools, classes, civic and service groups.

If you would like a speaker from Self-Help to share our story, give us a call at 319 - 352 - 4040 !

We are currently scheduling our 2016 speaking engagements.