



Self Help



INTERNATIONAL

Helping People Help Themselves Since 1959



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Meet Jering



*By Jackie Steinkamp
Development Officer*

About 32 miles by motorcycle from Self-Help's Nicaragua office lies a small and vibrant community called Las Azucenas. In a small and quiet neighborhood, accessed only by walking down a mud-covered and gravelly path, lives a young woman with an idea much ahead of her time. Her name is Jering. At the age of 17, not even having finished high school yet, she sells Avon products and cosmetics after school and during the weekends. When she's not doing homework, Jering is constructing ways to grow her new business of selling clothing with a loan through Self-Help's Micro-Credit program.

By inquiring and conversing with other women, she has taught herself how to be successful in the clothing business. In order to start selling stylish clothes, she has to first take a bus from her small community to the bus

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A Brighter Future for our Young Girls is Now a Reality!



*By Nora Tobin,
Executive Director*

Forgive me if this sounds boastful, but we truly have amazing teams working tirelessly every day to alleviate hunger. Sometimes it's directly by feeding hungry children or helping farmers improve yields. Other times they're working to address the root causes of hunger by helping mothers start small businesses so they can afford to buy food they need. The teams also work to ensure that people have clean water to keep nutrients in their bodies. Our teams in Ghana and Nicaragua understand the local culture, speak the local dialects, and truly meet the communities where they're at. They listen to the felt needs expressed by those we serve and help the communities find ways to take action.

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

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By Sheila Burton, Brad Mock and
Patricia Martin, Linda and Randy
Naeve, and Donna Paulsen*

*In loving memory of
Russell and Betty Backen
By Barb and Jack Dahlby*



"My parents were lifelong farmers who believed in helping people help themselves. We wanted to make this gift from their estate to Self-Help because they do the most good with so little. It's feels fitting that my parents' legacy will live on in bringing clean, safe drinking water to hundreds of rural farm families in Nicaragua. They would be proud of that."
- Barb Dahlby

JACQUELINE STEINKAMP Development Officer



After serving as a Communications intern for Self-Help International in Nicaragua over the past three months, Jackie joins us as the new Development Officer in our Waverly office. She's excited to be working for Self-Help after spending much of her time working with the Women's Micro-Credit Program. Originally from Warwick, Rhode Island, she moved to Virginia for the last six years where she received a bachelor's degree in Government and International Politics & Affairs, with minors in Spanish and Non-Profit Management. Having volunteered at several non-profits, she enjoys learning about how the public, private, and voluntary sectors can work together to help others via sustainable practices. During her fellowship at the National Peace Corps Association (NPCA), she learned her passion was in international development and discovered Self-Help's internship opportunities from the NPCA President. Jackie looks forward to meeting members and is very excited to be a part of the Iowa community.

Deadline
Extended to
Monday
Dec. 5th

#GIVINGTUESDAY™

Self-Help International Joins the Global #GivingTuesday Movement Pledges to Raise \$60,000 to Alleviate World Hunger

Self-Help International is joining the #GivingTuesday movement! In honor of this global day of giving, the Self-Help International Board of Directors has announced a matching gift of \$30,000 to double the impact of all donations to Self-Help International made now through December 5. The funds raised will support Self-Help's agricultural training and school feeding programs in Ghana, West Africa.

Occurring this year on November 29, #GivingTuesday is held annually on the Tuesday after Thanksgiving. It follows the widely recognized shopping events Black Friday and Cyber Monday to kick off the holiday giving season. The day inspires people to collaborate on improving their local communities and to give back in impactful ways to the charities and causes they support.

"It's truly a blessing to be able to gather around a bountiful table, giving thanks with friends and family for all we have this time of year," said Self-Help Board President Richard Neal. "We as the Board of Directors are inviting people to give thanks on Thursday, and then give generously on Giving Tuesday - up until Dec. 5 so that others might eat."

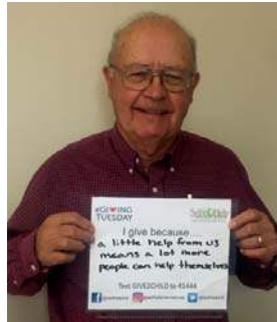
"Over the past year, we've been collecting height and weight measurements for the children in the rural communities we serve in Ghana," said Dr. Mary Jane Oakland, a retired

professor of nutrition from Iowa State University and board member at Self-Help International. "The initial analysis shows that one in three children is chronically undernourished – meaning they aren't getting enough calories on a daily basis for their bodies and brains to meet their biological potential. We're working with their mothers to help them increase income in the long term, but these children can't wait. They need food now or risk being stunted for life."

Neal said that the goal of this campaign is to expand the school feeding program in Ghana – both by allowing more children to join the daily breakfast program and by improving the nutritional content of the meals served. He added, "The funds raised for #GivingTuesday will both ensure children are well fed now and train their parents in improved agricultural practices so they can meet their family's nutritional needs for the future."

Those who are interested in joining Self-Help International's #GivingTuesday initiative can visit their website at www.selfhelpinternational.org or call 319-352-4040 during normal business hours.

For more details about the #GivingTuesday movement, visit the #GivingTuesday website (www.givingtuesday.org), Facebook page (<https://www.facebook.com/GivingTuesday>) or follow @GivingTues and the #GivingTuesday hashtag on social media.



GIVINGTUESDAY.ORG

CHURCH BULLETIN INSERTS AVAILABLE – We have 2 beautiful, new full-color glossy church bulletin inserts for you to use to promote Self-Help. They come in two versions: UMC and non-UMC. Please call 319-352-4040 and let Susan know how many, when, and where you need them. At least 2 weeks notice required if you need them shipped!

Meet Jering

CONTINUED FROM PAGE 1

terminal in San Carlos (30 minutes away). She then takes a bus to Managua (over 8 hours) to select the clothing. Once she arrives there to do her shopping, she also has to pay for a taxi to the chain of stores located in the heart of the city. If she does not take the 2am bus to get back to her home in San Carlos, she will have to find a place to spend the night in Managua until there is another bus the following morning.

Although she is capable of receiving a hefty profit with this business, transportation is extremely costly. The price for a one-way bus ticket is 150 Córdoba (\$5), and a taxi is roughly 120 Córdoba each way (\$4). She will have to spend 500 - 600 Córdoba (\$18 - \$20 dollars) in transportation costs alone for her trip. **Because of your financial support, she will be able to make that first initial voyage to Managua.** With the money she will receive from selling clothes, she will be able to pay her loan back quickly and increase production to match the current demand in communities.

You may be wondering where Jering learned to be such an ambitious and innovative entrepreneur. I found that answer with just a quick visit to her home. The family owns an outdoor oven that not only serves its baking purpose but also acts as a mechanism to dry and store firewood during the rainy seasons and to dry personal clothing and shoes.

Yes, you read that right: a shoe dryer. The family does a lot with very little.

Instead of trying to use her earnings towards materialistic items, Jering is saving all of her money for her education. Having a father who works tediously as a farmer and a mother who walks the entire town twice a week to sell baked goods, she wants to obtain a bachelor's degree. She admires her parents' strength and sees education as a new path forward out of such backbreaking work.

Living with her two parents, two sisters, and an older brother, Jering assists her family with household chores and tends to the animals in their backyard. Like Jering, her mother is a beneficiary of Self-Help's micro-credit program. Her mother taught her how to sell cosmetics and earns a sufficient salary selling sweet bread, which helps her purchase school uniforms and supplies for her children.

Empowered Women Empower Women.

Jering and her mother are prime examples of the magnitude of Self-Help's mission and its effects. Self-Help lends a hand to help women and their families get on their feet and start their dream businesses. The women learn important and necessary business skills through several trainings from Self-Help staff. Workshops are also provided to build women's self-esteem. Most importantly, women learn sustainable practices to ensure the continued success of their business. The success of this training speaks for itself: Self-Help's micro-credit program has **a success rate of almost 90%** with the women's first loan. The program has been thriving since 2011.

Fifty dollars doesn't just buy a few bus tickets. It provides hope. It provides a way to lift these families out of poverty so that their children will not have to choose between healthy meals and clean uniforms. Jering is the future of women in Nicaragua. She inspires young girls and proves that girls are never too young to start their dreams.



ECONOMIC
DEVELOPMENT

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 Jering 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.

A Brighter Future for our Young Girls is Now a Reality!

CONTINUED FROM PAGE 1



The club is geared toward helping girls stay in school every day of the month and avoid pregnancy until they have completed their education and are financially and developmentally ready to care for a child.

How does that help alleviate hunger? Studies show that girls who are able to complete 7th grade are less likely to die in childbirth & are more likely to have healthier,

better educated children. Further, each year of secondary school a girl completes will increase her future income by 15% – 25%. By working with girls, they and their future children will indeed lead healthier, more productive lives.

During the inaugural program, the teens, children, mothers, fathers, teachers, village elders, and our US delegation all gathered to celebrate the girls. The village chief publicly presented awards of backpacks to girls who earned the highest grades in their class, sending a clear message that girls' education matters. Several mothers testified that their daughters' behavior and personal responsibility has improved since joining the club, and the chief rewarded them with school supplies as well.

It was beautiful. I wish you could have been there to see it yourself. But for the next best thing, the adjacent photo essay features photographs by my talented uncles, Bernie and Jim Tobin, who captured the events. Thank you to all who made this launch possible!

Photo Essay Starts on page 6



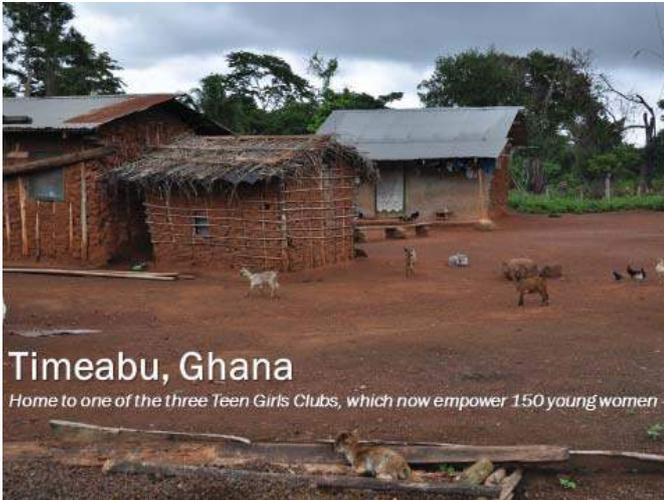
I was reminded of their dedication, commitment, and competence on September 23, 2016 when we officially inaugurated the new Teen Girls Club in Ghana. One hundred fifty young women from the villages of Timeabu, Bedaabour, and Beposo gathered together to celebrate the launch of this new program. The launch took place in Bedaabour and followed two days of women's health training programs led by US volunteers Mary Jane Oakland, Karen Skovgard, Kelly Tobin, and Margy Towers. After the trainings, each girl (and some of their mothers!) received a Days for Girls kit containing reusable sanitary hygiene supplies made by volunteer sewing groups from Des Moines and Cedar Falls, Iowa.

Program leaders Victoria Yamson and Elizabeth Adu-Opoku have been working alongside the girls for months - organizing them, listening to what they want the club to be, and developing the curriculum and the slogan "Girls stand for education, empowerment, and fairness!" They said of the club, "We want the girls to focus on their education and to know that men and women can equally do their best wherever they find themselves. Girls should not think of themselves as lower than boys. They are special too and they should feel free to shine wherever they are!"



Photo Essay *by Bernie and Jim Tobin*

CONTINUED FROM PAGE 5



Timeabu, Ghana

Home to one of the three Teen Girls Clubs, which now empower 150 young women

Days for Girls reusable sanitary kits distributed to ~80 girls on September 20 and ~60 girls on Sept 23 from Timeabu, Bedaabout, and Beposo Villages



Kit contents

1 Drawstring bag so she can carry her bag to school. Comfort, style and durability matter because this will be an accessory of hers for up to 3 years.

2 Moisture barrier shields These hold liners comfortably in place while stopping leaks. Pre-loaded with one liner in one shield and 2 in the other to show she can adjust to her flow needs.



Shields are leak-proof because of a moisture proof lining called PUL

1 Travel-sized Soap Travel-sized to save transport weight. Distributing orcs can provide additional soap access in-country.

1 visual instruction sheet ([Download this 2 sided file to print here](#))

2 one-gallon size Ziploc freezer bags Effective for transporting soiled items and soaking and laundering items with very little water. Why Ziploc brand freezer bags? They are most durable. (Non-zipper/slider please!)

8 absorbent tri-fold pads Soft flannel liners are super absorbent when folded in three and can be layered for extra coverage. Unfolded they are square so they dry fast and wash with very little water, AND girls can dry them without risking taboos.

1 washcloth - Useful and a great hygiene dialogue starter tool! Important! Read [Policy Update October 21, 2014](#).

2 pairs of panties (Girls' size 10 - 14)



Getting the sizes just right



Not one girl complained or asked for a different color/pattern of bag



Each of the three Teen Clubs have a leadership team of 5 girls and one to two mothers in the micro-credit program

Photo Essay *by Bernie and Jim Tobin*

CONTINUED FROM PAGE 6



The Teen Girls Club for all three communities was officially inaugurated on September 23, 2016 in the village of Bedaabour in front of the ENTIRE community – including the village elders (all men).

In the club, the girls learn to make handicrafts such as beaded jewelry to sell to earn income so they aren't economically dependent on boyfriends in the community who may pressure them into things they aren't ready for.



They're also learning to knit skirts and hot pads, and made decorative bowls from calabash as well...we bought some to support their efforts!



The Teen Clubs also promote cultural education such as learning traditional dances, which the girls performed at the Teen Club inauguration



Then one teens club performed a skit about saying no to sex – in this photo, the headmaster was asking the female student on his lap to be his girlfriend. She said she already had a boyfriend, but would bring him her friend to be his girlfriend.



The student sends her friend to the teacher, and the teacher gives her spending money, then asks her to come to his house where "he'll give her an education in the bedroom that she won't get in school."



Photo Essay *by Bernie and Jim Tobin*

CONTINUED FROM PAGE 7

The girl falls ill and her parents discover that she must be pregnant. They are livid with her and with the teacher. They send the police to his home, but he denies even knowing her.



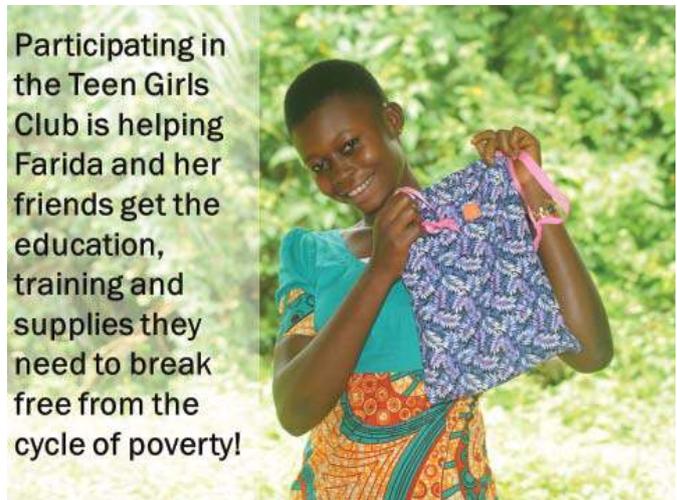
The girl's friend – who introduced her to the headmaster – convinces the teacher he must take responsibility. He tells her to send the pregnant girl to him. He gives her a pill he bought at the pharmacy marked "not safe for pregnant women" in an attempt to induce an abortion. She takes the whole thing. He yells at her that she should have taken only half – he needed the rest for someone else! The dose is too high and it kills the daughter. The family is ashamed.

Meanwhile, the girl's good sister who did not get a boyfriend while in school completes her education and goes on to become a doctor. She brings pride to the family.

The moral of the story according to the girls telling it: stay in school and away from sex, no matter what the man offers you. This skit was written by the girls and performed in front of the entire community – men, women and children. No one was shocked by the premise & all agreed that it was a good moral.



After the skits, we invited the village chief to hand out school supplies to the girls who got the best grades in their class – even ahead of the boys – and he happily did so, signaling to the rest of the community the importance of educating girl children as well as boys.



Where Are They Now?

We recently caught up with Jennifer Afdahl Rice, who interned with Self-Help while a student at Wartburg College in Waverly during the fall semester of 1997. Here's what she had to say about what she's been doing since she graduated: "My efforts in Tanzania and Ghana with local micro-entrepreneurs inspired me to pursue a career in small business and community facility lending. My work has brought me from rural communities in Montreal to inner city neighborhoods in Los Angeles. I have been honored to work with schools, community health centers, grocers, childcare providers, organic farmers, construction contractors, truckers, retail shop owners, and restaurant entrepreneurs among many others to start-up and expand their operations.



I have further shared my knowledge of lending and technical assistance with entrepreneurs, cooperatives, and non-profits in one-on-one conversations and also in presentations to varied audiences, including attendees at the National Charter School Conference and hundreds at a church on the south side of Chicago at the invitation of the Chicago Alderman Shirley Coleman. I currently work as the Chief Client Services Officer at CSMC in Oakland, consulting with schools on their finances, budgets, and compliance reporting. My volunteer work also reflects my interests in economic development and working with disadvantaged communities. I have served as a volunteer for the IRS Volunteer Income Tax Assistance Program, as a trip leader for Environmental Traveling Companions, on the Bread for the World audit committee, and on the board of Charter Management Organization Community Learning Center Schools."



The Board of Directors of Self-Help International received the Gift of the Heart: Governance Award as part of the Association of Fundraising Professionals, Northeast Iowa Chapter's annual National Philanthropy Day on November 10, 2016. This award recognizes a board of directors whose actions demonstrate philanthropic leadership, direct involvement, and financial support of a nonprofit organization in Northeast Iowa.

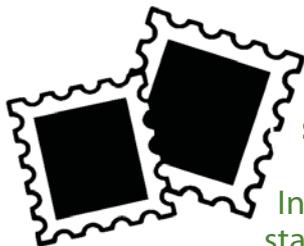
"We are so fortunate to have a Board that is so engaged and invested in our mission to alleviate hunger. They are truly the group of thoughtful, committed citizens who are changing the world that Margaret Mead famously spoke of. As a staff of just three people in the US, we could not be nearly as efficient or effective without their dedication to our mission. Their breadth and depth of experience and philosophy of giving ensures that families worldwide are able to feed themselves." – Nora Tobin, Executive Director

Left: Frances J. Mueller, Self-Help International Board of Directors Vice President, holds the AFP NEIA Gift of the Heart Governance Award.

Farmers: Self-Help International accepts Gifts of Grain.

Follow these steps to donate:

1. Notify Self-Help of your donation by completing the form on page 15 and mailing or emailing it to our office at 703 2nd Ave NW, Waverly, IA 50677; information@selfhelpinternational.org
2. Deliver the gifted grain to the local grain elevator and ask them to issue a storage receipt in the name of Self-Help International. The storage receipt is the evidence that ownership of the grain was transferred from the producer to Self-Help.
3. Have the storage receipt and contract sent to Self-Help for signature at the contact information in Step 1. To ensure IRS compliance, the producer may not instruct the elevator to sell the grain because Self-Help is the owner of the grain following your gift.
4. Remind the grain elevator to issue the check for sale of the grain to Self-Help. Do not report the donation on your tax return Schedule A. The tax benefit comes from deducting the production expenses and not reporting the sale on Schedule F.



Do you ever receive the free startup packets from Stamps.com?

Inside that packet is a sheet with 10 free stamps to print (they usually have the US flag on them). The SHI office has a Stamps.com account, and we have to purchase blank stamps whenever we run out, so please... **DON'T THROW THEM AWAY.** Drop them off or mail them over to us - we can use them and they **SAVE MONEY.** Thank you for helping us keep our administrative costs as low as possible!!

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 2017 speaking engagements.

Clean Water - Not Just a Drop in the Bucket

*An update from Orlando Montiel Salas
Self-Help Nicaragua Clean Water Program Officer*

This summer, besides bringing clean water to several new communities, I've visited communities whose systems were installed several years ago to check up on the maintenance and how things are going.

I'm often asked, how long does a CTI-8 chlorinator system for clean water last? Well, since it's made with locally available, affordable, and easily replaceable parts...indefinitely.

One such community was La Esperanza No. 1 in Rio San Juan, Nicaragua, a community of 1,120 people. La Esperanza No. 1 installed a CTI-8 water chlorination system in July 2013. I visited with Abigail, Treasurer of the Drinking Water and Sanitation Committee, who proudly reported, "There have been significant decreases of diarrhea and kidney infections in the people of La Esperanza."

Abigail has lived in this community for over 16 years with her two daughters. As she nursed her two-week-old baby, Abigail and her neighbor Candida commented on the faint smell of chlorine in their water when they use it to prepare meals. They say it's a refreshing way of reminding them they can feed their families with confidence, knowing chlorine is killing the parasites.



Abigail with her child, discussing clean water

Before installing the CTI-8 chlorinator system, the women said that their children were consistently suffering from diarrhea, but now things are different. To find out exactly how successful the chlorinator is working in the community, I spoke with a doctor named Alexander, head of the La Esperanza No. 1 Health Center.

"Zero cases," stated the doctor, "... there have been zero cases of diarrhea in children or any adults since the chlorinator has reached every household."

That means less school missed, fewer cases of parasites, and fewer kidney infections for the children living in these neighborhoods. For over 3 years, the community of La Esperanza No. 1 municipality of San Carlos has experienced better health conditions thanks to the installation of the Self-Help chlorinator.

After learning that there are no cases of diarrhea now, the two women smiled and replied, "We're happy knowing that we're drinking clean and safe water...thank you for bringing the CTI-8 chlorinator to us."



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 to bring clean, safe drinking water to ten families in Nicaragua for \$100.

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



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

Building a More Peaceful World

By Nancy Ansah

Assistant Program Officer - School Feeding Program

Ghana is blessed with many natural resource but remains underdeveloped partly because citizens are overly dependent on the central government. It is therefore heart-warming to see a group of people take their destiny into their own hands.

Beposo is a rural community with a population of about 400 in the Atwima Mponua District, Ashanti Region, Ghana. Despite being a farming community, **1 in 3 children in Beposo is stunted from poor nutrition.**

There existed one basic school, Beposo D/A Basic School, for over two decades. Then on July 14, 2014, the Islamic Community in Beposo decided to establish an Islamic Primary School in the community to bring about diversity and competition to improve the overall quality of education in the community. It was an uphill task.

On a ¼-acre parcel of land, a wooden hut was built in 2014 and Beposo Islamic Primary school was started with just five pupils: 3 boys and 2 girls. It had no toilet facility, no kitchen, no separation between the three classrooms, and the classrooms were dusty and without cement.

In December 2014, Self-Help began supporting the school by teaching farmers in the area how to grow Quality Protein Maize (QPM) and turn the harvested maize into a high-protein breakfast porridge. This led to rapid increase in overall enrollment and daily attendance. Enrollment quickly grew to 89 children: 40 boys and 49 girls. The need for a kitchen and a toilet became very pressing. With local raw materials, the PTA constructed a kitchen and a toilet.



Martin & Nazareth, pupils at Beposo Islamic School

Though encouraging to see that more children were getting a quality education, this rapid rise in population worsened the classroom conditions. The dust pollution was unbearable. It had adverse effects on the health of children as well as on teaching and learning. Children got dirty all the time, respiratory related cases were rising, and teachers complained about poor environmental conditions.

The parents, teachers, and pupils never gave up. They stayed and worked together. In May 2016, thanks to your donations, we were finally able to respond to their cry for help with a donation of ten bags of cement to add floors. The fathers in the community hauled the sand and stone to the site while the mothers fetched water to cement the floors. The children now study in a dust-free environment.

Conditions at Beposo Islamic School are still not the best – they lack enough desks and chairs and have few school supplies – **but the can-do spirit exhibited by the community and the pride they take in their school is commendable.**



Dusty classrooms make learning difficult



New concrete floors reduce respiratory illness

Building a More Peaceful World

CONTINUED FROM PAGE 11

Beposo is also home to a public school. We offered to introduce the school feeding program in the public school at the same time as the Islamic school, but the public school initially declined the offer. Seeing the success of the breakfast program at Beposo Islamic, the Beposo public school is now ready to join the school feeding program, and we will bring them on board this semester. Now that there is healthy competition between the two schools at Beposo, it is improving the quality of education for all students.

Through the school feeding program, parents are taking a greater interest in their children's education and pride in what they are able to contribute to their community, and they send their thanks to you - their friends abroad - for helping make these improvements to their communities possible!

Nobel Peace Prize Laureate Dr. Norman Borlaug cautioned us long ago, "We cannot build a peaceful world on empty stomachs and human misery."

We at Self-Help are working to do our part to partner with all people who wish to fill those empty stomachs and build a more peaceful world. We thank you for joining us in this mission.

Give the gift that keeps on giving: **NUTRITION**

Young children's brains cannot develop properly without sufficient nutrition, especially protein. The school feeding program helps ensure that children who might not otherwise get a morning meal start the day off right: with a protein-packed breakfast so they can concentrate in the classroom and start the day well-fed. Your \$55 donation will ensure that one of the nearly 500 children Self-Help serves gets at least one healthy meal a day all school year.



I want to join in the fight to end childhood hunger!

___ I would like to sponsor one year of meals for a child in the school feeding program for \$55

___ I would like to sponsor one year of meals for ___ children in the school feeding program for \$55 x ___ children = \$_____

___ Please contact me about how to set up a recurring donation of \$55/month

*Cut out and mail with check to Self-Help International, 703 Second Ave NW, Waverly, IA 50677.
Questions? Give us a call at 319-352-4040*

Did you know....we can accept donations of laptops, even out of date?

If they are not functioning well, we have access to a trade-in program where we earn credit towards the purchase of new technology such as replacement laptops, conversion cables, internet modems (so we stop paying rental fees) and more! It's a simple way to clean out your closet and help us improve the quality of our work!



Trainings at the Fred Strohbehn Training Center Continue to Improve Lives & Livelihoods

Since its construction four years ago, Self-Help's Fred Strohbehn Training Center has hosted a great number of leaders from several communities in southeastern Nicaragua. So far this year, the center has trained over 469 local community members. No matter how difficult it may be at times to access the center from their rural communities, locals find a way to get there— whether it be by truck, bus, horse, or walking long distances in order to attend the meetings and benefit from everything Self-Help has to offer.

Improving Agriculture

Farmers attend to learn how to manage and implement corn planting, harvesting, treatment of the land, and marketing quality protein maize through the agriculture program. Others come to learn how to bring clean water to their communities by using CTI-8 water chlorination systems. In addition, many more mothers and youth want to join Self-Help's micro-credit program, which provides training on how to use new and improved ovens and teaches entrepreneurship by providing women the lessons they need to start up a small business.

In a typical training session at the center, the Country Director, Jorge Campos, explains the important health benefits of QPM, along with information about the three other programs' benefits to create economic opportunity.

During the most recent training session, Self-Help was visited by a woman named Georgina from the community of Loma Quemada. She discovered Self-Help through word of mouth from the San Carlos Rotary Club. Once she heard about the agricultural program and saw the experimental plot at the training center, she quickly requested that Self-Help's Country Director offer a training session to share the information about QPM and improved agricultural practices with farmers from her area. When he agreed, she hurried home to her community and passed the news onto the rest of the farmers. A month later, all of the farmers showed up to the next available training session, ready to learn.



Orlando Montiel the CTI-8 Water Program officer explaining the importance of the CTI-8 Chlorinator equipment to the communities with absence of clean water technology.

Georgina is a prime example of how Self-Help reaches new communities. Inspired by what she had learned about QPM, she convinced all 25 farmers and leaders of three seed community banks to try something new. After a successful session, the farmers along with Mr. Campos created an experimental plot in their own communities in which 10 farmers decided to use their own land as part of the trial. They planted several varieties of maize – open pollinated and hybrid, QPM and non-QPM – to compare with the commercial seed the farmers already grow. They wanted to see the different options available to them. The new corn is growing successfully.



Mrs. Gloria Escalante building her oven along with her children & friend Mrs. Reyna Isabel Ramirez, another micro-credit beneficiary, and the micro-credit program officer Yolanda Fletes.

Trainings at the Fred Strohbahn Training Center

CONTINUED FROM PAGE 13



The farmer implementing their knowledge and skill taught by the Self-Help International Country Director regarding the new QPM and strategies of planting and care. By doing this experimentation, those farmers are inspiring other farmers to make this type of experiment as well.

Woman receiving their benefits at the Fred Strohbahn Training Center.

Empowering Women

In addition to training the 25 new farmers, we held training sessions for women to improve their home-based enterprises. Several women had seen other women in their neighborhoods operating successful baking businesses after receiving a loan through Self-Help's micro-credit program, and wanted help starting or improving their own businesses.

The mothers requested to learn more about how they could get their own new-and-improved and environmentally-friendly ovens, so we taught them how to build the oven and how to make bread, cakes, roasted chickens, and pizzas using the new and improved equipment. The women also learned how to preserve fruits and vegetables from their backyard gardens by turning them into marmalades, jam, and pickling products.

For Micro-Credit Officer Yolanda Fletes, engaging youth in addition to parents is vital to break the cycle of poverty. In the most recent training sessions, she encouraged the children to participate alongside their mothers to help expand their family businesses.

Several mothers are also taking on new leadership roles in their communities by becoming a part of their local clean water committees, so that they can stay updated in improving their community's water treatment. One mother said, "It is not just up to one family member; it is a group effort that we ensure safe drinking water."

With local farmers, mothers, and youth participating, it's only a matter of time before more communities take interest in the center. The training center also hosts the regular meetings of the newly formed San Carlos Rotary Club.

The Nicaragua staff tells the community as they celebrate together amidst their success, "Our doors are open to anybody no matter their religious or political beliefs. Our center is to be a center for leadership and development for all."

The woman and youth show their happiness in their faces and smiles as you can easily see in the photos above. They received training at the Fred Strohbahn Training Center, and those new skills and knowledge are shared in their homes and communities. People from Nicaragua love to share and learn, and this is the opportunity Self-Help International provides with the training center.



EDUCATION

Give the gift that keeps on giving:

EDUCATION

Support the Young Adult Training Center in its mission to alleviate youth unemployment in Ghana. Your \$150 donation will ensure that young people can access a training course and the start-up capital they need to begin a new enterprise and achieve independence and self-sufficiency.



HAVE USB/THUMB/JUMP DRIVES?

Did you get one free at a conference or in the mail, or maybe you just have one or more hanging around that you don't use? PLEASE DONATE THEM by dropping them at the office or in the mail. We use these to send out presentations to raise funds as newer computers often do not have DVD drives. Thank you for helping us keep our administrative costs low!

SAVE THE DATE!

Self-Help's Annual Spring Gala

Friday, April 21, 2017

*Waverly Area Veterans Post (WAVP)
1300 4th St NW
Waverly, IA 50677*

Name: _____

Mailing Address: _____

City, State, Zip Code: _____

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Gift \$: _____

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

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The impact you'll make:

- \$10/month nourishes two children with a healthy, nutritious breakfast each school day
- \$25/month educates a girl and keeps her in school every day of the month
- \$50/month helps four farmers improve yields and better feed their families
- \$105/month improves health for an entire village in Nicaragua with the gift of clean water
- \$250/month empowers a village of women with training and loans to achieve self-sufficiency
- Other \$____ every gift makes an impact!



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Holiday Gift Guide

Give the gift of self-reliance this year. Choose from gifts of clean water, nutrition, education, and economic development and watch those gifts fight hunger and alleviate poverty as they change the lives of real people in Ghana and Nicaragua.



CLEAN WATER

Give the gift of **clean water**. See pages 1 and 5 to learn how installing a chlorinator and educating communities about clean water improves the health and productivity of an entire village. **Sponsor a village for \$1,500.**



EDUCATION

Give the gift of **education**. See page 6 to learn how education puts critical research and development skills in the hands of rural farmers as they learn to improve their own practices. **Sponsor training sessions for a farmer or young adult: \$25 - \$250.**



NUTRITION

Give the gift of **nutrition**. See pages 1 and 4 to learn the difference better nutrition can make in a child's life. Your donation ensures one of the nearly 500 children SHI serves receives at least one healthy meal per day during the school year. **Sponsor a child for a year for \$55.**



ECONOMIC DEVELOPMENT

Give the gift of **economic development**. See page 3 to learn how providing training and micro-credit loans helps women improve their families' lives and their own dignity. **Sponsor micro-loans and twelve months of training for a rural woman for \$245.**

Looking for other ways to give?

Fight Childhood Malnutrition

20 Sippy Cups	\$10
Health/Growth Charts	\$25
Kitchen Supplies	\$150

Empower Farmers

QPM Seed Pack	\$10
16-Bushel Silo	\$65
Drip Irrigation	\$150
Vocational training	\$200
QPM Storage Shed	\$2,000

Empower Women

2 Rabbits	\$25
Initial start-up loan	\$50
Chicken Coop	\$100
Double Barrel Oven	\$200
Screw Press	\$300
Shed Materials	\$500

Community Health

Water Chlorinator	\$150
Workshop on hand-washing & sanitation for a whole village	\$250

Interested in making a major gift? Contact our office to learn more about how you can make a lasting impact.