

# SELF-HELP INTERNATIONAL IMPACT REPORT 2016



**Our Mission:**

# Alleviating Hunger By Helping People Help Themselves.

## MESSAGE *from the* EXECUTIVE DIRECTOR



Dear friends,

“Take it to the farmer.” Those were the final words ever spoken by Iowa’s own Nobel Peace Prize Laureate, Dr. Norman Borlaug. They were a charge to all of us who worked with him to continue his legacy.

Dr. Borlaug was an honorary Board Member at Self-Help. It was at his encouragement that we began working in Ghana, West Africa, to promote Quality Protein Maize (QPM), and he later joined Self-Help in Nicaragua to celebrate the release of the Nutrader QPM variety in 2007. After the supply of QPM in the country was depleted, his words came back to me time and again: take it to the farmer.

In 2016, we did just that. Our Nicaragua team, led by Jorge Campos and Board Member Stan Harpstead, was able to re-establish the supply of the high-protein staple crop in the country. By 2017, there will be 200,000 bushels of QPM back on the market in Nicaragua - that’s more than 50 million high-protein meals to nourish families, especially the children whose growing bodies need a regular source of protein for proper brain development.

Dr. Borlaug was also the one who cautioned us, “You cannot build a peaceful world on empty stomachs and human misery.” Our Ghana team, led by Benjamin Kusi, works tirelessly every day to nourish children, teach youth practical skills, and empower women.

Last year, we noticed a trend: after more than a decade of successfully empowering women to better feed their families, their daughters were joining our micro-credit program too. We saw a need to go beyond helping women who are already struggling to support their families, and asked ourselves how could we help prevent their daughters from ever facing that same struggle? So we launched the Teen Girls Club to work with young women to break the cycle of poverty. Now, girls are attending school and eating lunch every day of the month, even after hitting puberty when they’re most vulnerable.

Ten years ago, I had the honor of meeting Iowa’s greatest hunger fighter, and he had an agenda. He got straight to it: “What are you going to do to feed the world?” he asked. It wasn’t a question just to me, but to all of us. What will we do today to leave the world a better place?

Each and every one of us has an opportunity to continue his legacy. Whether you work in direct service to provide the training and resources to help people help themselves, or share your time and expertise to ensure we’re offering the best services possible, or donate your hard-earned resources to make this life-changing work possible, you’re a key part of our hunger-fighting team.

On behalf of all the families who are better off this year because of your support, thank you. We couldn’t have done it without you.

Nora Tobin,  
Executive Director

# THEY'RE MORE THAN PROGRAMS, THEY'RE **STORIES.**



WE LISTENED, AND YOU HELPED.

IN 2016, WITH AN AVERAGE GIFT SIZE OF **\$400:**



**735**

women and girls were empowered with economic opportunities.



**13,000**

people received clean water.



**653**

people attended training sessions to improve agricultural productivity and better feed their families.



**4,000+**

lowans learned about global poverty.



**684**

children received a nutritious breakfast every day of the school year.

## INTRODUCING THE TEEN GIRLS CLUB

After months of organizing girls, listening to their needs and challenges, and designing a program to address those challenges, on September 23, 2016, three Teen Girls Clubs were officially inaugurated in the village of Bedaabour in Ghana, at a celebration that won't soon be forgotten.

One hundred fifty young women from Timeabu, Bedaabour, and Beposo villages gathered together with their mothers and fathers, teachers, siblings and peers in celebration. The Bedaabour village chief, imam, and elders – all men – were in the front row, sending the message that their girls matter, their education matters, their future matters.

The morning started with a women's health training session where we distributed Days for Girls feminine hygiene kits to teen girls. These kits mean no more skipping school because it's "that time of the month" and no more deciding whether to spend lunch money on food or sanitary napkins.

The inauguration began with a prayer from Sheikh Agyei, the local imam who worked closely with Self-Help to bring the school feeding program to the village. He gave thanks that together, man or woman, black or white, Ghanaian or American, we are all working together to improve quality of life for this community. The village chief then gave school supplies to the top three students in each village - all girls. This public recognition reiterated the message to all present that investing in girls matters.

Next, the girls displayed the handicrafts they'd learned in the first few Teen Girls

Club workshops: beaded jewelry, knitted potholders, decorative ornaments and bowls. No longer will they be dependent on predatory men, who expect sexual favors, to meet their financial needs. They've learned skills to earn their own income.

The girls then performed a skit they wrote about the challenges they face and the choices they make. It was a skit that angered and saddened and motivated us all to do more.\*

Finally, Rev. Dr. Mary Jane Oakland, of the Self-Help International Board of Directors inaugurated the teens club, and we all danced. There was such joy in the village that day. This inauguration was the culmination of many months of hard work and planning by Victoria and Elizabeth along with all of our Ghana team, but it's truly only the beginning. With sufficient funding, we'll offer the girls additional training in income-generating activities, the means to afford college visits, and other opportunities that help them achieve the futures of their dreams.

\*Read about it on our blog at [www.selfhelpinternational.org/2016/10/04/the-skit/](http://www.selfhelpinternational.org/2016/10/04/the-skit/)

**WHY DO GIRLS DROP OUT?**



CHILD MARRIAGE

SCHOOL FEES

SEXUAL VIOLENCE

LACK OF SANITARY FACILITIES

**BUT... IF WE COULD KEEP GIRLS IN SCHOOL BEYOND GRADE 7, THEY WOULD BE:**



more likely to marry 4 years later



less likely to die in pregnancy/childbirth



more likely to have an average of 2.2 fewer children



more likely to have healthier children

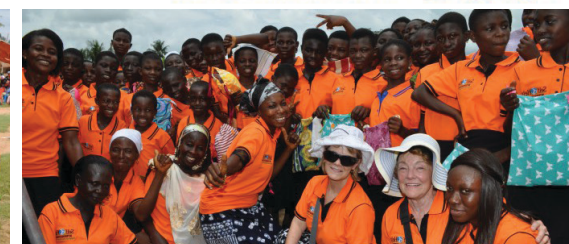


more likely to send their children to school

WOMEN DELIVER



WHO WINS? EVERYBODY.



# EMPOWERING WOMEN & GIRLS

According to the Food and Agricultural Organization, if women in rural areas had the same access to land, technology, financial services, education, and markets as men, agricultural production could be increased and the number of hungry people reduced by 100-150 million. When women and girls earn income, they reinvest 90% into their family (UN, 2012), meaning that money is spent on children -- food, shelter, and education -- leading to long-term social and economic gains for

their communities. We invest in women when no one else will. By providing women with financial training to start up small businesses as well as micro-loans to put their business plans into action, they are able to provide for their families for generations. Repayment rates average 97%, and as the loans are repaid, the funds are redistributed to empower the next generation of women entrepreneurs.



## NICARAGUA

**120** WOMEN AND **90** CHILDREN AND YOUTH

WERE TRAINED IN SELF-ESTEEM BUILDING, LEADERSHIP, BUSINESS PLANNING, MARKETING, FINANCIAL LITERACY, HYGIENE AND SANITATION, AND BUSINESS MANAGEMENT

**\$8,500** IN MICROLOANS ISSUED TO:  
**89** WOMEN IN **4** COMMUNITIES

## GHANA

**\$112,000** IN MICROLOANS ISSUED TO:  
**496** WOMEN FROM **122** GROUPS  
**798** TOTAL SMALL BUSINESS LOANS ISSUED IN 2016 WITH A 97% REPAYMENT RATE

FEATURED STORY:

# MEET AKOSUA



Meet Akosua, a 38 year-old woman from Timeabu, a village in rural Ghana. She, her husband, and their six children share a home with two other wives. Akosua comes from a poor background. She has always worked hard to provide for her family. Before partnering with Self-Help, she and her husband worked on their farm. They were intercropping vegetables to provide sustenance for the family. Because farming



was her only source of income, she had to rely on her husband for her other basic needs.

In 2014, an opportunity fell into Akosua's hands. She joined Self-Help's micro-credit program. Through our program, she accessed a loan of about \$50 USD at a market-based interest rate, much lower than what had been available previously. She used her first loan to purchase the supplies to re-establish her soap-making business. She paid her loan back on time each month, and was able to access additional larger loans. Before, she had to buy her materials from other vendors on credit at inflated prices. With her loan, she buys the materials outright at lower prices. She adds attractive colors to raise the value of her soap and on festive occasions she wraps her soaps in colorful papers to sell as gifts. Akosua's entrepreneurship has given her financial independence.

Through the micro-credit program, Akosua has changed her life. She's able to support her husband by helping with the cost of their children's educational needs. The children are currently enrolled in school and it is Akosua's dream that they become teachers, doctors, and lawyers.

She is grateful for your support, which has transformed her life and the lives of many of her friends and fellow community members in Timeabu and across Ghana.

FEATURED STORY:

# SECRET FAMILY RECIPE: THE KEY TO SUCCESS



In 2016, one of our local staff traveled to Nicaragua to volunteer with students from Wartburg College. On the trip, they visited several micro-credit participants, including Magdalena.

Magdalena built an oven using funds from the Self-Help micro-credit program. She bakes bread and cookies to sell locally. Magdalena was happy with the new oven because unlike the old oven, this is outdoors and does not warm up her house. It also burns firewood more efficiently, so she purchases less, and is much safer as the design reduces the amount of smoke and fumes to which she and her family are exposed. Magdalena explained that Self-Help's training program has taught her business practices like budgeting, managing income and expenses, and demand-based marketing. For example, she provided free samples to the volunteers, after which the group decided they had to buy some for themselves!

Next, they visited Bernarda, Magdalena's sister. She also bakes bread and cookies, although different from her sister's. They shared that their mother was a well-known baker in the area and the inspiration for their baking businesses. They split up the best of her recipes in order to maintain demand for their products.

Bernarda joined the micro-credit program in February 2016, and she recently built her own oven to support her family. Before her oven was built, she had to rent an oven and travel to another village to bake. After these expenses, she had little income left for her family. Now that she doesn't have to pay rent, Bernarda can support her 5

children, including one who attends college in San Carlos. She said that it was very easy to make her loan payments using her income and continue providing for her family at the same time.

The next day, the group traveled to another village to help a new micro-credit participant. It was rewarding to work alongside the participant and her family as they built the oven that would generate a new source of income. Usually, it takes 2 days to complete an oven, but with 15 people helping the job was finished in just 5 hours.

It was gratifying to witness firsthand these women in different stages of our micro-credit program: one well-established, the other halfway through her first loan, and another just launching her business. Our staff member and volunteers were thrilled to work hands-on to help people break the cycle of poverty in Nicaragua.



# IMPROVING AGRICULTURE

To better combat hunger, Self-Help Nicaragua offers tools to farm families. Such tools include trainings to: improve agricultural practices which increase yields and produce more nutritious seed, boost household nutrition, increase access to technology, and improve economic opportunities. We pair the training farmers need with the resources to put that training into action.

- Better practices and access to the proper inputs at the right time, help farmers maximize yields

- Quality Protein Maize (QPM) is both higher yielding than traditional varieties, and contains about 90% of the digestible protein found in a glass of skim milk, making it a locally-appropriate source of protein for subsistence farmers who cannot afford meat, dairy, or eggs to feed their families
- Technology such as drip irrigation enables farmers to use water more efficiently so they can grow food during the dry season, when families are most vulnerable
- As yields increase post-harvest, storage becomes critical. Simple, locally-made silos reduce post-harvest loss by 37%, enabling farmers to store grain to consume in the dry season and/or to sell when market prices rebound



**461** PEOPLE PARTICIPATED IN AGRONOMIC TRAINING SESSIONS INCLUDING **54** MEMBERS OF THE LOS CHILES COOPERATIVE & **23** MEMBERS OF THE NORMAN BORLAUG OCHOMOGO SEED BANK

**12** SEED PRODUCERS PARTNERED WITH SELF-HELP TO RE-ESTABLISH THE SUPPLY OF QUALITY PROTEIN MAIZE IN NICARAGUA

**6,500** BUSHELS OF CERTIFIED NUTRADER QPM SEEDCORN ENTERED THE MARKET FOR PLANTING IN 2016

**200,000** BUSHELS OF QPM WILL BE AVAILABLE FOR HOUSEHOLD CONSUMPTION BY 2017

## WHERE WE SERVE:

The **Fred Strohbehn Training Center** in Quinta Lidia, just outside of San Carlos, Nicaragua, is home to our main office. Here, we have the Dr. Dale Harpstead Classroom for training sessions with plenty of room for demonstration plots, and space to introduce new technology like drip irrigation, storage silos, or the improved ovens popular with women in the micro-credit program.

The **Los Chiles Cooperative** is 38 km from our main office. In 2016, we partnered with the 54 cooperative members and assisted 4 to produce certified Quality Protein Maize (QPM) seedcorn.

The **Norman Borlaug Ochomogo Seed Bank** is 340 km from our main office near San Carlos, Nicaragua. In 2016, 23 farmers who live in the more drought-prone region participated in training sessions here to learn improved agricultural practices and to access input loans so they could increase yields & better feed their families.



## FEATURED STORY:

# GETTING SEED BACK INTO THE HANDS OF FARMERS



In 2014, the supply of registered Quality Protein Maize (QPM) seed corn in Nicaragua was completely depleted. This left the farmers we serve in a tough position both nutritionally and economically. First, when they can grow seed corn, their profits are between 3x - 10x higher than growing corn for commercial consumption. Plus, they take great pride in growing QPM in particular knowing that this more nutritious corn helps not only their families, but also their neighbors and fellow citizens gain access to the protein they all need, but not all can afford.

for approving the seed praised Alfredo for the time, effort, and care that he took to keep the seed safe from hungry birds and insects. Despite another major setback when more than two hundred ears of corn were stolen from the field just before harvest, the remaining maize was in good condition, approved as “registered” and prepared for distribution to the seed banks. We had succeeded: though it was a very limited quantity, there was once again registered QPM seed available to the farmers.

**Step 1: Import new QPM.** In late 2014, Self-Help went back to the original source, the International Maize and Wheat Improvement Center (CIMMYT) in Mexico, and imported just 1 kilogram of “Nutrader” QPM to get high-protein corn back into the hands of the farmers Self-Help serves in Nicaragua. We registered the Nutrader seed with the Nicaraguan Ministry of Agriculture and Forestry (MAGFOR), which enabled Self-Help to multiply the breeder seed at the Fred Strohbehn Training Center in Quinta Lidia, Nicaragua.

In March 2016, we planted the selected seed again to continue multiplication, this time in three locations: at the Fred Strohbehn Training Center, as well as each of the two seed banks we serve in Ochomogo and Los Chiles. Because it was the dry season, we used drip irrigation in all three locations. Utilizing drip technology also allowed other farmers to learn how to grow food year-round to better feed their families.

**Step 4: Getting QPM back in the hands of the farmers.** Finally, QPM was back in the hands of the farmers! By June 2016, we were able to provide the QPM seed corn for 10 of Nicaragua’s best farmers to plant 1 manzana (roughly 1.72 acres) each of Registered seed. The seed was multiplied under the supervision of the Ministry of Agriculture and subsequently certified as seedcorn for sale in late 2016.

**Step 2: Multiply the breeder seed, confirm traits.** Because the seed had been in storage for years, only 30% of the seed germinated that first season in early 2015. Still, we had a start. We tested the amino acid profile from the first increase of the seed, and the results indicated an elevated level of lysine and tryptophan consistent with the QPM genetic profile.

**Step 3: Multiply, multiply, multiply.** The very first farmer Self-Help worked with back in 1999, Alfredo, planted the basic seed to multiply the stock again in October 2015. He tended to it carefully, and selected the seed with the best traits where he harvested by hand in early 2016. The inspector responsible



# ENDING MALNUTRITION

As Dr. Norman Borlaug said, "You can't build a peaceful world on empty stomachs and human misery." In Ghana, 1 in 4 children under the age of five is stunted due to malnutrition. We fight immediate hunger and ensure children get the nutrition needed for proper brain development during the most critical years. The school feeding program provides children a free, protein-rich daily breakfast porridge. The community is responsible for providing three things to make the

program operable: labor to construct the kitchen, the QPM that goes into the porridge, and volunteer cooks. Self-Help works with the community to create a sustainable system by offering agricultural training and loans to help maximize yields. The surplus yields are donated back to the school and cooked into the porridge to provide the protein-rich breakfast.



- ☪ **684** CHILDREN RECEIVED A HEALTHY DAILY BREAKFAST FROM **8** SCHOOLS & **6** COMMUNITIES
- ☪ **2x** THE SCHOOL FEEDING PROGRAM INCREASES ENROLLMENT TWOFOLD
- ☪ **26** FARMERS FROM **7** SCHOOLS & **14** VILLAGES RECEIVED QPM INPUT LOANS



FEATURED STORY:

## SCHOOL FEEDING PROGRAM

*Building a More Peaceful World*



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

Beposo has had 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 a second school, Islamic Primary School, 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 to feed schoolchildren. This led to a 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 toilet. Though encouraging to see that more children were getting a quality education, this rapid rise in population took a toll on classroom conditions. The dust pollution was unbearable and had adverse effects on the health of children, as well as on teaching and learning ability. Children looked dirty all the time, respiratory related diseases 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 to the 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.

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 plan to bring them on board this semester. Now that there is healthy competition between the two schools at Beposo, quality of education is improving for all students.

Through the school feeding program, parents are taking a greater interest in their children's education and taking pride in what they are able to contribute to their community. 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 fulfill our role as a partner for all people who wish to fill those empty stomachs and build a more peaceful world. We thank you for joining us in this mission.

## NUTRITIONAL STATUS OF CHILDREN

*in the Self-Help International School Feeding Program*

During the 2015/16 school year, Self-Help's School Feeding Program Officers measured the heights and weights of the children active in the school feeding program to evaluate their nutritional status for program evaluation and improvement.

Dr. Donna Winham and Isaac Agbemaflle of Iowa State University's Food Science and Human Nutrition Department analyzed the data and found that on average, the children we serve are slightly underweight, and mildly stunted in comparison to international norms. One in four of the children had at least one form of malnutrition, and stunting and wasting rates among the school children were higher than the national and regional percentages.

While they noted that the school feeding program is targeting a critical unmet need, there is room for continued improvement, particularly with regard

to child stunting, which is an indicator of chronic undernutrition. Dr. Winham and Mr. Agbemaflle recommended complementing the current Quality Protein Maize (QPM)-based porridge with beans (cowpea) to improve dietary quality and child nutrition.

Based on these results, in 2017, we will begin training farmers to intercrop cowpea (black-eyed pea) with QPM to continue to improve family nutrition. By training farm families to grow the food that goes into the porridge, we empower parents to better nourish their families at home as well as at school, creating a sustainable solution to alleviating hunger.

*Special thanks to Dr. Donna Winham, DrPH, RD and Isaac Agbemaflle, MPhil, Department of Food Science and Human Nutrition, Iowa State University as well as to Rev. Dr. Mary Jane Oakland and Erik Eastman for volunteering to share your time and talents to make this analysis possible.*



# ACCESSING CLEAN WATER

In Nicaragua, unsafe drinking water is the leading cause of malnutrition and second leading cause of death. Access to clean water significantly reduces waterborne diseases and their life-threatening effects, and also increases productivity for adults and children alike. Self-Help uses a simple, affordable and effective water chlorination system (designed by Compatible Technology International), made of locally-available parts such as PVC pipe. This system is durable enough to last more than

five years, and any damaged parts are easily replaced. Community members contribute a nominal fee to cover replacement parts and ongoing costs of chlorine tablets. Self-Help offers free training on basic sanitation and hygiene education to all communities. Local leaders maintain the water systems within their communities-- creating jobs, leadership, community engagement, and sustainability for years to come.



- 💧 **13,000** MORE PEOPLE RECEIVED CLEAN WATER
- 💧 **20** NEW CHLORINATORS WERE INSTALLED
- 💧 **185** COMMUNITY MEMBERS ATTENDED A TRAINING SESSION ON CLEAN WATER
- 💧 **5** CHLORINE BANKS WERE ESTABLISHED



FEATURED STORY:  
**CLEAN WATER**

*Would You Give Your Child Dirty Water to Drink?*

Self-Help’s clean water program officer, Orlando Montiel Salas, interviewed Roberto, a man from a community that received clean water to hear his story. “We purchased our first system, an electric chlorinator, for \$400 USD but it stopped working correctly after 7 or 8 months.” Roberto and fellow CAPS (Water and Sanitation Committee) members, Juan García and Francisco Orozco, explained that they decided to install the CTI-8 because of the simplicity of the system, its effectiveness, and the minimal maintenance. Francisco states, “We went door to door, telling people the old chlorinator had broken, handing out the brochures for the CTI-8 and asking them to help with the purchase of a new system... People were more than ready to pay when they found out it functioned using gravity, rather than electricity.” Standing by the town’s water storage tank, he gestured toward the new chlorinator, “We’ve had the CTI-8 for nearly a year and a half now, and it cost much less than the first system [\$130 USD], plus we don’t have to pay for the electricity to operate it anymore.”

The broken system took a toll on both family health and finances. Juan shared, “When the old machine broke, I started spending a large part of money I earned buying bottled water for my family... We had all become accustomed to drinking clean water, and I was concerned for their health.” This concern was more than warranted. Instances of acute diarrheal disease are typically attributed to some kind of contamination in the water supply,

and often affect children worse than adults. Before installing the water chlorinator, Self-Help conducted water tests in conjunction with the Ministry of Health, which demonstrated that the village’s only water source, a nearby well, was horribly polluted with E. coli and other bacteria, and was unsafe to drink.

Following the installation of the CTI-8 water chlorination system, everything changed, and the community didn’t need to see the water test results to see the difference. When asked about how the health of the populace has been affected, local nurse Idalia Rocha said, “The basic health levels have clearly gone up because for every ten people we saw [before the CTI-8 installation], six or seven were for diarrhea related illnesses... now it’s more like one out of ten.” The local health records confirm that the number of recorded cases of acute diarrheal disease in Walter Acevedo has been reduced by more than half in the months following the CTI-8 installation.

Roberto added, “Even when the other chlorinator worked, I had a bacteria problem in my stomach for two years... 1 month after the CTI-8 was installed, it was gone.” Reina, the local school principal and CAPS leader, added that children are spending more time in her classroom, now that they aren’t constantly seeking treatment at the health clinic. The CAPS leaders call the CTI-8 system a blessing. At the end of the interview they all reaffirmed, “Ahora, tomamos con confianza! – We now drink with confidence!”

**VISION 2020:** *Bring Clean Water to 100,000 People Living in 120 Rural Nicaraguan Communities*

**PROBLEM:**

In Nicaragua, the second poorest country in the Western hemisphere, poor rural families drink untreated water that is often seriously contaminated, causing severe diarrheic illnesses or death. Although diarrhea is a completely preventable disease, it is the second leading cause of death among children under the age of five, and the leading cause of malnutrition. In many Nicaraguan families, dirty water makes members too sick for school or work—resulting in serious economic repercussions for entire communities.

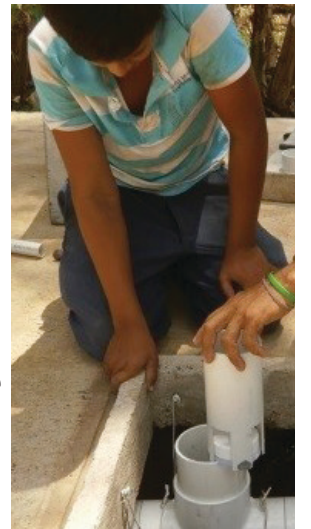
**SOLUTION:**



SHI is bringing safe and affordable clean water to rural Nicaragua by helping villages treat their water systems with chlorine dispensed by the CTI-8 chlorinator. Water chlorination is a safe, low-cost, and highly effective method of treating drinking water against most types of bacteria and viruses responsible for waterborne diseases. Before chlorination was introduced in the United States in the early 20th century, thousands of Americans died every year from waterborne illnesses.

**HOW DOES ACCESSING CLEAN WATER ALLEVIATE HUNGER?**

We’ve worked closely with hundreds of families to improve food security through improved cultivation practices and economic empowerment. Our efforts to improve household food security through improved agriculture and empowering women, fosters economic opportunity and advancement for the whole family. However, lack of access to clean, safe, drinking water is compromising these efforts and enabling the spread of preventable diseases.



Since 2012, we’ve been installing “CTI-8” water chlorination systems: a simple, practical and affordable solution to improve water quality and overall health and well-being of thousands of Nicaraguans, especially mothers and children. We’ve:

- Partnered with **85** rural communities to install **85** CTI-8 water chlorination systems
- Provided more than **11,000** households or **70,000** people - with access to clean water each day
- Established **5** chlorine banks to ensure that communities in need of chlorine tablets can easily access tablets with limited transportation costs and ensure project sustainability
- **90%** of all systems installed since 2012 are still fully operational

# TRAINING YOUTH

The Fran Mueller and Virginia Lageschulte Young Adult Training Center (YATC) opened its doors in 2014 to address the growing problems of youth unemployment, lack of job training, deforestation limiting the availability of land, and rural-to-urban migration. The YATC trains young people on

effective land use and agro-enterprises, such as conservation agriculture. Additional trainings are offered in mushroom and animal production, which includes grasscutters, rabbits, and snails. The goods may then be sold or consumed for additional protein by their families. Trainees also learn practical agricultural and marketing skills in order to become valuable contributors to rural economies and achieve self-sufficiency.



-  **192** INDIVIDUALS TRAINED ON PRODUCTION & IMPROVED CULTIVATION PRACTICES
-  **51** PROSPECTIVE COLLEGE STUDENTS EDUCATED IN RABBIT AND MUSHROOM PRODUCTION
-  **10** DAY WORKSHOP PROVIDED ON SPAWN & MUSHROOM PRODUCTION
-  **17** INMATES TRAINED IN PRACTICAL AGRO-ENTERPRISES IN PREPARATION FOR LIFE AFTER PRISON
-  **9** ORGANIZATIONS PARTNERED WITH THE YATC



FEATURED STORY:

# OSEI'S STORY

## *Saving the Environment While Earning a Living*

For fifteen years, Osei worked as a timber merchant. He would go to the forest to cut down trees, send them to his factory, and cut them into smaller sizes, both for local use and also for export. However, due to deforestation, there are fewer trees to cut and the timber business is no longer as lucrative. Additionally, for the past five years, Ghana has suffered a major power crisis, which has led to the collapse of many industries that rely on a regular source of electricity, including Osei's timber factory.

Osei and his wife have four children; two boys and two girls, ages 30, 27, 22 and 10 years old. Although Osei is now 53 years old, he has no plans to retire since his children are still schooling. With the collapse of his factory, finding an alternative source of livelihood is a must.

On February 26, 2015, Osei enrolled at the Fran Mueller and Virginia Lageschulte Training Centre (FMVLTC) and learned how to cultivate mushrooms utilizing sawdust. He was greatly relieved to discover that the stockpile of sawdust at the factory site could be used to produce mushroom spawn to generate revenue. In the past, he would burn the sawdust to dispose of it, which caused considerable environmental pollution, including lung infection. Neighbors complained each time he burned sawdust. Now it is no longer necessary.

After completing both the mushroom and snail production courses, Osei immediately put his new knowledge into action and

re-hired three employees, his wife and two local men, and together they produce 1,500 bags of mushrooms every month. Demand was high when we visited him in February 2016. He was working to fulfil an order to supply 10,000 bags of spawned compost, and had already started rearing snails as a secondary source of income.

The training is not only benefitting Osei's family and employees, but his friends too. Osei is teaching his friends who also used to work in the timber business how to produce mushrooms and rear snails so they have a new source of livelihood as well.

At present production rates, Osei will utilize nearly 17 tons of sawdust annually, which otherwise would have been burnt and polluted the atmosphere. With his friends turning their sawdust into mushroom production as well, the indiscriminate burning of sawdust and the associated atmospheric pollution will be reduced, and so will the lung-related diseases among children in timber mill communities.

Saving the environment while earning a living constitutes sustainable development, but still, we know our work is not done. With the forest almost depleted, an alternative growth medium must be found. The YATC hosted a student intern from Kwadaso College of Agriculture to study the performance of rice straw as a growth medium for mushroom production. The initial results of the study are encouraging and will be shared widely to ensure all practicing mushroom producers can put this new knowledge into action.

# FROM IOWA TO INTERNATIONAL



**SELF-HELP INTERNATIONAL ESTABLISHED**  
**THE SAN CARLOS ROTARY CLUB**  
 IN PARTNERSHIP WITH THE  
**ROTARY CLUB OF WAVERLY, IA**



**RECEIVED THE ASSOCIATION OF FUNDRAISING PROFESSIONALS OF NORTHEAST IOWA 2016 GOVERNANCE AWARD**

**February 2016 Ghana**  
 Andy Robinson  
 Keith Swanson  
 Nancy Swanson  
 Nick Taiber  
 Nora Tobin

**March 2016 Site Visitors**  
 Dan Aument  
 Jack and Margaret Cavanagh  
 Steve and Denise Peterson  
 Larry and Ellen Strachota  
 Larry and Barb James  
 Fr. Mark Owusu

**May 2016 Nicaragua**  
 Stan Harpstead  
 Nora Tobin  
 Susan Cornforth  
 Naomi Albright  
 Dylan Edeker  
 Alyssa Kozak

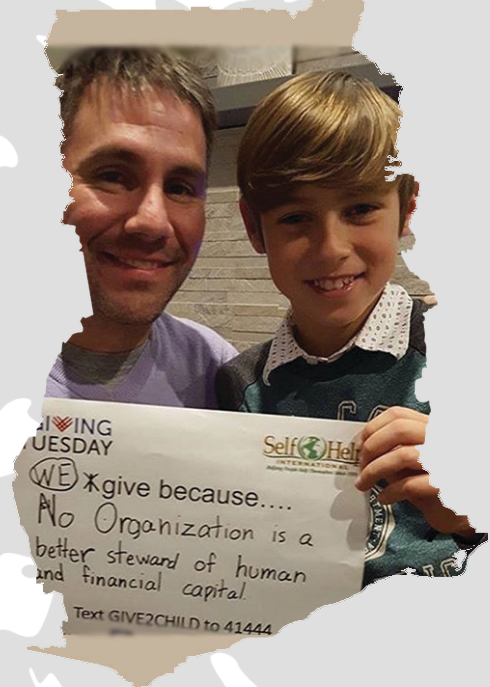
## VOLUNTEERS OF 2016

Kourtney Lilke  
 Rachelle Markowitz  
 Grace Marten  
 Naoya Kawaida  
 Queensley Odei  
 Ariana Gremmels-Olson  
 Andrea Schrage

**May 2016 Ghana (ACDI/VOCA trip)**  
 Dr. Khalid M. Hameed  
 Dr. Henry Van T. Cotter

**September 2016 Ghana**  
 Dr. Mary Jane Oakland  
 Karen Skovgard  
 Margy Towers  
 Bernie Tobin  
 Jim Tobin  
 Kelly Tobin  
 Nora Tobin

**December 2016 Nicaragua**  
 Dr. Dale Harpstead  
 Stan Harpstead



**TAUGHT 726 STUDENTS FROM 30 COUNTRIES AND 7 STATES ABOUT WORLD HUNGER WITH EDUCATIONAL SESSIONS**



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Dominic Boakye	Young Adult Training Center Caretaker
Isaac Adu Opoku/Benjamin Antwi	Young Adult Training Center Security
Robert Adu	Support Services

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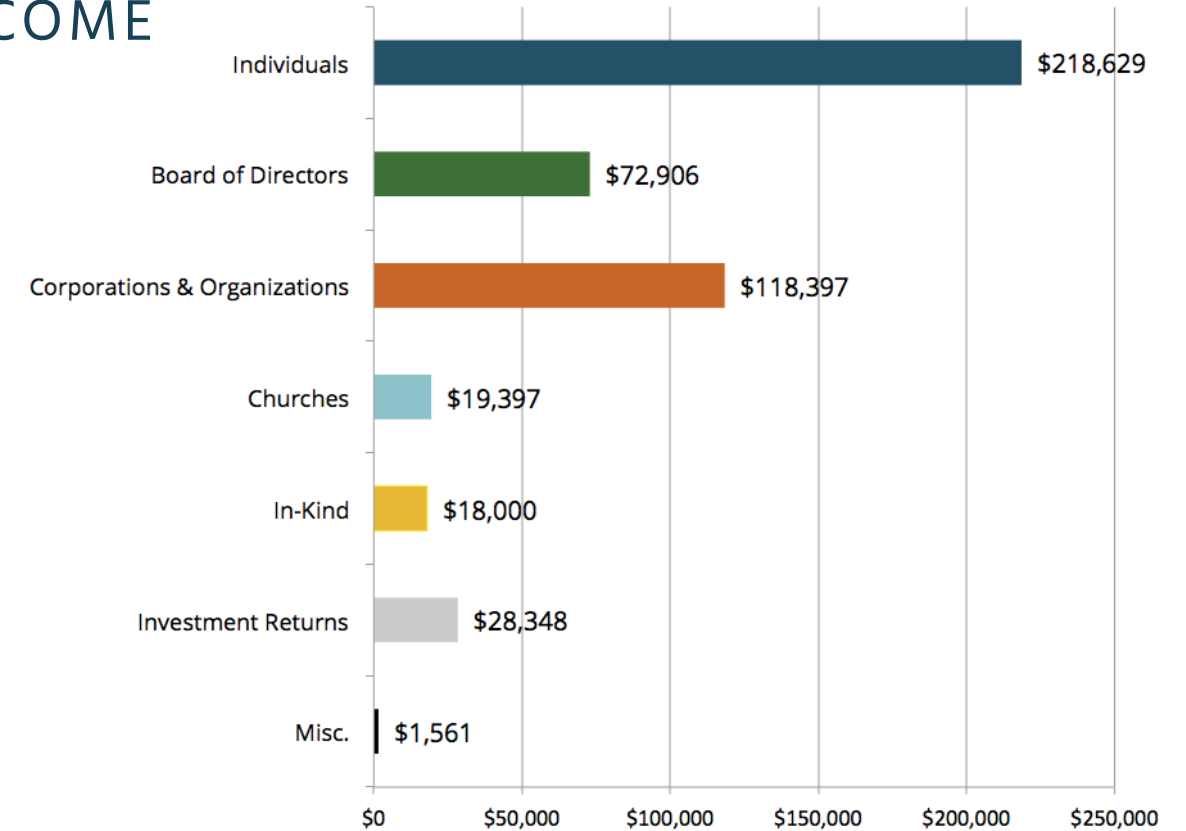
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Jacqueline Steinkamp	Intern, Micro-Credit Program, (May - Aug.)

## IOWA

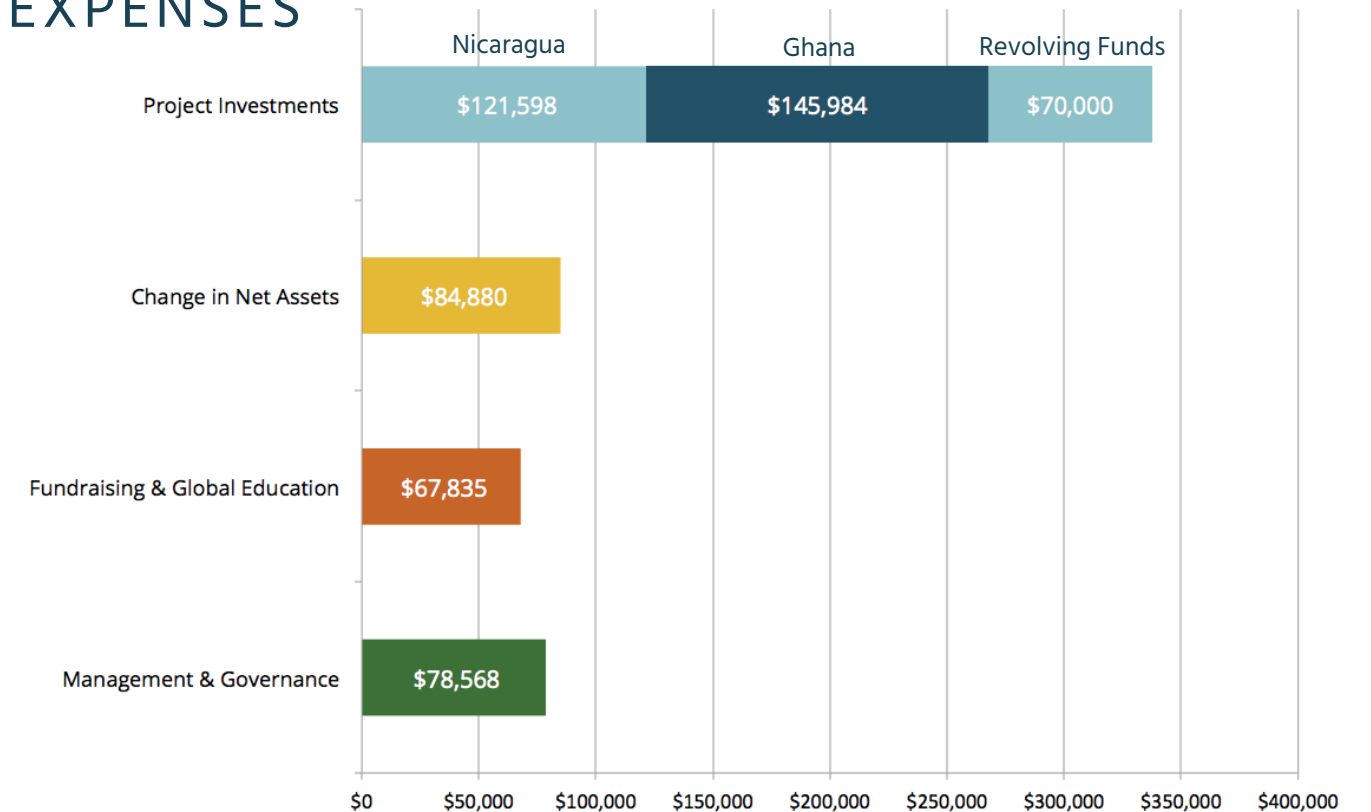
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Xiaowei Liu	Communications Intern, Wartburg College

# FINANCIAL OVERVIEW

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## EXPENSES



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Keith & Nancy Swanson & Terry & Maureen Tobin,  
Self-Help Lunch to Empower Global Women

## Skilled Volunteers:

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Jim Tobin & Bernie Tobin, Photography  
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# OUR STORY

Vern Shield founded Self-Help International in 1959 with a mission to alleviate hunger by helping people help themselves. After traveling the world and seeing the indignities of farm families struggling to provide for their own families, Shield knew he had to help. He returned home to his workshop at Shield Bantam Company in Waverly, Iowa and designed a small tractor - the "Self-Helper" - to help subsistence farmers improve their yields. From 1959 - 1989, the Self-Helpers were built in Waverly and shipped to farmers in 48 countries around the world.

Then in 1989, at the request of Nobel Peace Prize Laureate and fellow Iowan Dr. Norman Borlaug, Self-Help began working in Ghana, West Africa, to help farmers improve livelihoods through the promotion of Quality Protein Maize (QPM), a high-protein corn that was higher yielding and more nutritious than local varieties. Self-Help began focusing more on holistic community development. In 1999, Self-Help took the successful sustainable development model pioneered in Ghana and introduced the model in Nicaragua, Central America.

Today, Self-Help continues to serve the rural poor in different communities in Ghana and Nicaragua, working to improve quality of life with dignity by improving agriculture, providing clean water, fighting malnutrition, empowering women, and training and educating youth.

Vern Shield



*Alleviating Hunger by Helping People Help Themselves Since 1959*

703 Second Avenue NW  
Waverly, IA 50677  
(319) 352-4040



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