

Self Help

INTERNATIONAL

Helping People Help Themselves Since 1959

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HANDS-ON TRAINING FOR YOUTH



Recent graduates for the training center display their certificates.

By Justice Alfred Mensah
Ghana Training Center Manager

Things I hear I forget. Things I see I remember. Things I do I understand.

In May 2014 during the 53rd Diocesan Synod of the Kumasi Diocese of the Methodist Church in Ghana, the Right Reverend Professor Osei Safo-Kantanka, Methodist Bishop of the Kumasi Diocese, added his voice to calls for Ghana to focus on hands-on training for the youth.

He reiterated "the country cannot develop if we do not develop our hands-on technical and vocational education." He advocates for scholarships to be given to students pursuing technical and vocational education.

The Ghanaian system of education coupled with limited financial resources has compelled many, especially public schools to rely heavily on text books for teaching and learning. Teaching of subjects such as information and computer technology, engineering, agricultural science are about 70 percent text-book-based with limited opportunities for practice. This has

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Martha selling her products at the local market

TRAINING, STRATEGY HELP GROW MARTHA'S BUSINESS

By Yolanda Fletes Rosales
Nicaragua Micro-credit Program Officer

Martha is a 61 year old woman working with Self-Help's micro-credit program. She and her husband, Alfredo, have seven children. Three of them are grown and have left the home. Four children, age nine to 21-years-old, are still living with at home.

Martha uses her loan to purchase a variety of products such as corn, beans, avocados, eggs, zucchini, coconuts, dairy products among others to sell for a profit at the local market in San Carlos.

Martha is also applying the training she and her children received from the micro-credit program to her business. The family is gardening and using an irrigation system to grow vegetables, hot peppers, papaya, passion fruits, and zucchini among others. Martha is saving money and time as she no

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

BETH GRABAU JOINS SHI



Beth Grabau, Central Iowa Development Officer, joined Self-Help International from the USDA's Farm Service Agency where she served most of her 27 year career as a County Executive Director in Dallas County. Beth later worked as the Iowa Farm Service Agency's Public Relations and Outreach Specialist until retiring from federal government service in 2013. An Iowa native originally from Marion, Beth

earned a BS in Agricultural Business from Iowa State University. In her free time, Beth is a docent for the World Food Prize Hall of Laureates, volunteers with Dallas County 4-H and 4-H Foundation, and is an avid world traveler.

**Is your central Iowa area church, service or civic organization looking for a speaker? Invite Beth: beth@selfhelpinternational.org.*

GIFTS OF GRAIN

As an active farmer or owner of grain, you have the unique opportunity to help alleviate hunger around the world. With a "Gift of Grain," Self-Help International can continue to provide assistance to its programs in Ghana and Nicaragua.

By giving a "Gift of Grain" to Self-Help International, you support rural farm families overseas and avoid including the sale of grain in your farm income. A charitable income tax deduction is generally available to farmers who itemize. Even for those who don't, the avoidance of declaring it as income is a significant benefit.

Visit www.selfhelpinternational.org and click on DONATE for more information on how to give a gift of grain.

GIFTS OF KINDNESS

In Memory Gene Drape
by David & Merry Fredrick

In Honor of Sylvia Fuller
by Leona Amdahl

In Honor of Beth Huggins
by Andrew Huggins

In honor of Joe Legg
by Varlyn & Jane Fink

In Memory of David Lageschulte
by Vince & Vivian Curro

DONATE TO SELF-HELP NOW!

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



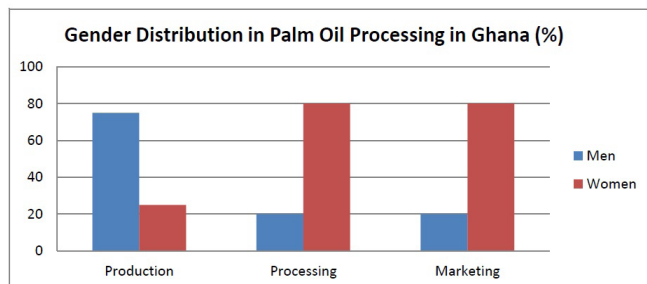
WOMEN IN PALM OIL: BENEFITS OUTWEIGH RISKS

Self-Help was recently invited to contribute a submission to BetterPalmOilDebate.org, a site sponsored by the Roundtable on Sustainable Palm Oil. The website's editor had seen SHI's "Mechanizing Women's Palm Oil Processing" project on the United Methodist Committee on Relief website (Advance #120002 at www.umcor.org) and invited our contribution to July's debate topic: Women in Palm Oil: Empowerment or Abuse? The result is a wonderful piece written by Ghana Country Director Benjamin Kusi.

By Benjamin Kusi
Ghana Country Director

According to Ghana's Ministry of Food and Agriculture, in 2012, 80 percent of crude palm oil production was undertaken by small-scale processors. Of that figure, women made up 8 percent of the labour force. Similarly, a 2013 report by the United Nations Food and Agriculture Organization (FAO) cited that small-scale palm oil processing is in fact dominated by women, working either in groups or as individuals. Self-Help International (SHI) this year observed that after harvesting palm fruits, about 90 percent of the activities involved in the oil processing phase are performed by women, excluding situations where motorized equipment is involved. In Ghana, women are highly involved in the palm oil industry and the extent of their involvement depends on processing methods used.

Activities in the palm oil industry may be classified as production, processing and marketing. In the production stage, men dominate the land preparation, planting, transplanting, weed control, pruning and harvesting. Fruit fermentation, bunch chopping, fruit sorting, boiling, digestion, mash pressing, oil purification, nuts-fiber separation, second pressing, and nuts drying all come under the processing stage, undertaken by women. Women also dominate the marketing of palm oil. They sell directly to the local markets and private marketers for distribution.



SHI has found among its palm oil processor beneficiaries that women have challenges operating motorized equipment and are reluctant to do so. This reluctance may explain why the female dominance seen among small-scale processors does not translate to large-scale processors where motorized equipment is utilised. In Ghana, whereas large scale processors realize a 20 percent extraction rate per fresh fruit bunch, small scale processors see a much lower rate of 11 percent.



Therefore, improving extraction efficiency among small-scale processors would help increase the benefits women derive from their work in palm oil.

In June 2014, SHI conducted a survey of female micro-credit beneficiaries who are involved in small-scale palm oil processing. The survey found that none of the women interviewed had plans to quit palm oil processing. However 79 percent of the women did indicate their desire to have additional income sources, possibly through trading or manufacturing. With regards to socio-economic indicators, all of the women reported that they had health insurance, that 82 percent are able to pay school fees of their dependants, and that as many as 70 percent of the women have savings accounts.

Despite these benefits there are challenges that need redress. Land ownership, working conditions, cost of production and environmental degradation all present challenges to women working in Ghana's palm oil industry. As in most developing countries, in Ghana, men are traditional land owners and thus have the advantage over women in land cultivation. Women have little control over production of palm fruits. In most cases, women purchase fresh fruits on credit due to lack of capital and pay later with high interest.

In the processing stage, palm fruits are boiled using fire wood, kernel shells and fiber which produce heavy smoke injurious to the health of the women. They are also exposed to intense heat which has caused pregnancy complications in some women while others may experience heat-related ailments. Further, continuous oil spillage makes processing floors slippery which sometimes results in critical injuries.

Overall, the involvement of women in the palm oil industry is significant and women attest to benefits derived from their involvement. They earn income and are able to provide for their families. This notwithstanding, there are challenges some of which

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2014 GIFT GUIDE

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

a life. Included below are specific items needed to support some of our programs. To purchase any of these items, simply fill out the form below and return it to our office at 703 2nd Ave. NW, Waverly, Iowa 50677. If you

choose, we will mail a certificate to the gift recipient acknowledging the donation in his/her name. For additional ways to donate to Self-Help International, visit our website at www.selfhelpinternational.org.

Ghana: Animal husbandry

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



2 rabbits: \$25



Flock of chicks: \$20

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

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



Water chlorinator for one village in Nicaragua: \$125

Poor quality drinking water is causing health issues for many rural communities in Nicaragua. A simple water chlorinator system will filter and chlorinate water for up to 1,000 people. Prior to installation, each community forms a committee that learns to build and maintain the system.



Feed a child for a year: \$55

Self-Help provides children in pre-school, kindergarten and first grade with a nutritious breakfast porridge made of locally grown Quality Protein Maize (QPM) for just 21 cents per child per day. School enrollment doubles when this once-a-day, weekday meal is introduced - for some, it may be the only food they get that day. Help alleviate malnutrition and all the disease that can prey on hungry and undernourished children.



Buy a silo to store harvested corn: \$175

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



Purchase the gift of changing a life!

Simply fill out the form below and mail, with payment, to Self-Help International, 703 2nd Ave. NW, Waverly, IA 50677.

NAME: _____ PHONE: _____

ADDRESS: _____

GIFT AMOUNT: _____

- | | |
|---|---|
| <input type="checkbox"/> USE THIS GIFT WHERE NEEDED | <input type="checkbox"/> DESIGNATE THIS GIFT FOR: |
| <input type="checkbox"/> Animal Husbandry | <input type="checkbox"/> QPM Starter Pack |
| <input type="checkbox"/> Feeding Program | <input type="checkbox"/> Micro-Credit |
| <input type="checkbox"/> Clean Water | <input type="checkbox"/> Silo |

Please acknowledge my gift with a certificate mailed to:

NAME: _____

ADDRESS: _____

WHAT A HOOT! SELF-HELP RAISES MORE THAN \$50,000

By Jori Wade-Booth
Development Director

With the help of 219 participants, countless volunteers, and many generous sponsors, Self-Help International (SHI) raised more than \$53,000 during its annual Give a Hoot Fore Self-Help weekend.

"This level of fundraising allows us to continue to run each and every one of our agricultural development, women's microcredit, children's feeding, and clean water programs in both countries for another three months," said Self-Help Executive Director Nora Tobin.

On July 11, 124 golfers gathered at Centennial Oaks Golf Course in Waverly to participate in the newly renamed Lags Memorial Golf Tournament.

"Thanks to the incredible generosity of Dave (Lags) Lageschulte and the South Florida Hooters organization our 6th annual event to benefit Self-Help International was a great success," said Golf Tournament Director Ted Waitman. "In honor of Lags, we renamed the tournament 'The Lags Memorial Golf Tournament.'"

Lags, an early investor in the Hooters franchise, was a board member and long-time supporter of SHI.

Tournament winners were Perry Bernard, Nick Dirks, Mike Stetich and Brian Devries.

On July 12, 53 runners took to a scenic course that began and ended in Kohlmann Park and traveled around Cedar Lane in Waverly. Twenty-one teams spent the entire afternoon playing in the Bags for Lags bean bag tournament also held in Kohlmann Park.

Winners for the Give a Hoot 5K were Trey Brokaw for male runners and Molly Taiber for female runners. Visit www.selfhelpinternational.org and click on the EVENTS tab to view a complete list of 5K results. Bags for Lags first place winners were Tim Combs and Christian Stafford both of Waverly.



Runners take off during the Give a Hoot 5K in Kohlmann Park on July 12.



Calendar Girl Carra O'Sullivan tosses a bag onto the board during the Bags for Lags tournament on July 12.

Self-Help International would like to thank Ted Waitman for planning the Golf Tournament and its corresponding events and Nick Taiber for organizing the 5K.

An enormous thank you to Hooters of South Florida and the Hooters Calendar Girls for making the weekend very special.

THANK YOU GIVE A HOOT SPONSORS

Anneheiser Busch	CUNA Mutual	Jeffries	Tennebaum's Jewelry
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Compass Group	Hy-Vee	State Bank & Trust	William Roman
Cranemere LLC	Janesville Tap	Tatroe Electric	

RAGBRAI AND RUMCAKES

On Thursday, July 24, the Register's Annual Great Bike Ride Across Iowa (RAGBRAI) descended upon Waverly.

Thank you to the many cyclists and community members that supported Self-Help International by baking, buying or helping to sell our delicious rum cake cupcakes during RAGBRAI's overnight stay in Waverly. YOU helped to bring clean water to one more village in Nicaragua!

Thank You Rumcake Sponsors!

Build our Ballpark

Nagle Signs, Inc.

Moment in Thyme

Cedar Valley Rotary Club

Cedar Falls Fareway

Jon & Gloria Tehven

David & Merry Fredrick

Save the Date

WARTBURG/WAVERLY CROP WALK

Sunday, Nov. 16, 2014

www.hunger.cwsglobal.org

More information coming soon!

THE RAT PACK LIVE!

Featuring Gary Kroeger as Dean Martin

Friday, April 17, 2015

Park Place Events Center, Cedar Falls, Iowa

More information coming soon!

HANDS ON TRAINING FOR YOUTH IN GHANA

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adverse effects on the quality of Ghanaian graduates; they hardly fit into the job market let alone being prepared to start their own small operation. This has contributed to an unemployment rate of more than 40 percent among graduates and low gross domestic product.

From afar the situation looks hopeless but it is never too late to make amends. People trained at the Frances Mueller and Virginia Lageschulte Training Center (FMVLTTC) are proving that people understand better and are more willing to practice when given hands-on training.

One of the objectives of the training center is to support participants to set up their own enterprises after training. In addition to follow-up visits, some graduates receive loans and others materials for cage construction. The center has introduced "Passing the Gift" which gives rabbits to recent graduates who have challenges mobilizing funds to buy rabbits. They pay the loan forward to fellow graduates in kind. So far 15 rabbits have been gifted to three graduates.

Kofi is 28 years old and a pupil teacher. In 2013, in his quest to earn higher income, he enrolled at the University College of Education in Kumasi-Ghana but withdrew due to financial challenges. He enrolled at the FMVLTTC in June 2014 and is currently raising rabbits. He now has a reliable supply of protein that improves his family's diet and provides additional income to continue his education.

St. Peter's Roman Catholic Junior High School at Toase received training at the center in March 2014. After the training the headmistress, Mrs. Mary Magdalene Wompakeah, was more convinced than ever before of the need for hands-on training and won the confidence of the PTA for the school to continue practical education at the center. Currently, the school



Kofi with the rabbits he is raising.

is embarking on mushroom production in collaboration with FMVLTTC. The children are enthused about the fact that mushroom production is well within their capabilities.

Traditionally, Ghana's supply of mushrooms have come from the wild but this source has witnessed a sharp decline in recent times and the need to find a reliable supply is urgent. Mushrooms, snails, and cocoyam, though seasonal, used to be in abundance a decade ago but have witnessed population decline due to climatic changes and use of agro-chemicals which in many cases are wrongfully applied due to inadequate hands-on training in their application.

Thanks to the generosity of Self-Help supporters like you, many young students have the opportunity to receive hands-on training and acquire new, useful skills through the Frances Mueller and Virginia Lageschulte Training Center. Like Kofi, they can put their new skills to use to better provide for their families future.

Answer the Bishop's call! Donate animals to YATC trainees to get their agro-enterprise started.



#GIVINGTUESDAY™

On Thursday, Nov. 27, we give thanks. On Friday, Nov. 28, we get deals. On Tuesday, Dec. 2, we give back!

This year, on Dec. 2, 2014, please consider participating in #GivingTuesday™. When you make a donation to Self-Help International your gift will multiply!

For one day only, as part of #GivingTuesday, gifts made to Self-Help International will be matched 100 percent. For every dollar donated towards ongoing programs, the trustees will provide a matching donation to the endowment fund to ensure SHI's programs can continue to thrive long into the future, up to \$9,000.

#GivingTuesday™ is a campaign to create a national day of giving at the start of the annual holiday season. It celebrates and encourages charitable activities that support nonprofit organizations.

It costs about \$1,500 to bring clean water to each new village including training and hygiene education. Celebrate #GivingTuesday™ by joining Self-Help International in its mission to battle hunger and poverty by bringing clean water to six more communities.

To donate on #GivingTuesday™ call our office at (319) 352-4040 or visit www.selfhelpinternational.org.

MARTHA'S BUSINESS GROWS WITH TRAINING

CONTINUED FROM PAGE 1

longer needs to visit other communities to purchase these products. Instead, she is harvesting her own produce to sell fresh at the market. Martha also received Self-Help's training on pickling vegetables and making jams and jellies. If in any case she can't sell her fresh produce, she can add value to the unsold products by them in marmalades, jellies or by pickling the vegetables. These products can also be sold at market for a profit.

In addition, Martha learned basic bookkeeping skills through Self-Help's trainings. She now understands when she is making a profit, whereas before the training she didn't keep records and know if she was earning money or losing money. Martha knows that she will expend about 600 cordobas, around \$23, per week on the value of her

products to be purchased. Plus she is including the expenses for her personal needs such as meals and transportation. This was not something she calculated into her expenses before. Now Martha can see the profit and with it she helps her husband with the upkeep on the house and contributes to their children's education.

Martha said she is really thankful for Self-Help International and the donors for allowing her the opportunity to learn new skills and providing her with a strategy to grow personally as well as economically. She is pleased that family has also learned to contribute to her business through caring for their garden and irrigation system.

Your support has provided Martha, and others like her, with the proper tools to grow her small business and



Martha and her daughters in their garden. include her family in its success.

Your \$100 donation will enable other families like Martha's to install drip irrigation for a year round food supply. Scan the QR code using your cellular phone and you will be connected to the project donation page.



WOMEN IN PALM OIL PROCESSING

CONTINUED FROM PAGE 2

may have serious and even fatal consequences. Nevertheless, in countries where unemployment rates are 40 percent or above, it is fruitless to suggest to people to abandon their sources of livelihood due to potential life threatening challenges. Efforts to address these challenges should dominate future discussions, including women's access to land for oil palm cultivation, small-scale processors' access to credit facilities for the purchase of fresh fruits and processing equipment, small-scale processors' ability to

form associations to have a louder voice in the industry, all industry stakeholders' capacity to make palm oil production more efficient and environmentally friendly.

Help alleviate the burden on women. A \$300 donation will purchase a mechanized palm oil process. Scan the QR code using your cellular phone and you will be directly connected to SHI's UMCOR Advance page.



FREDRICK RECEIVES HUMANITARIAN AWARD

Merry Fredrick, former executive director of Self-Help International (SHI), has been selected as the 2014 recipient of the Robert D. Ray Iowa SHARES Humanitarian Award.

"Thanks to Merry's leadership and constant commitment to alleviating hunger, Self-Help International has improved lives for countless people around the world and in so doing, carries-on Iowa's incredible and historic hunger-fighting legacy," said Ambassador Kenneth M. Quinn, president of the World Food Prize Foundation.

Fredrick is a Waverly native and only the second winner of this award, established in 2013 by the World Food Prize in honor of former Iowa Governor Robert D. Ray. It is presented annually to an Iowan leader in the fight against hunger at home and abroad.

The awards ceremony took place on Tuesday, Oct. 14, in Des Moines at the 2014 Iowa Hunger Summit, where Amb. Quinn and Gov. Brandstad presented the award to Fredrick and the organization.



JIM HEEMSTRA PHOTO / WORLD FOOD PRIZE

Governor Terry Brandstad (right) presents Merry Fredrick with Robert D. Ray Iowa SHARES Humanitaria Award.

"I am humbled and honored to receive this prestigious award," said Fredrick. "The accomplishments over my 15 years of work with Self-Help International could not have happened without a dedicated, loyal staff in Ghana, Nicaragua and in Waverly. Furthermore, Self-Help's excellent Board Members provided guidance, support and trust. We did it together."