

SELF HELP

INTERNATIONAL

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A New Chapter for Ama Badu

By the Self-Help Ghana Team



Self-Help began working in Ama Badu on January 14, 2016, after Self-Help's School Feeding Program and Agricultural Training team received a request for support from the Ama Badu Parent Teacher Association (PTA). The headmaster reported that most of the children from the villages were not coming to school due to hunger and poverty, and sought assistance to initiate a school feeding program to increase daily attendance. Self-Help worked with the PTA to establish a school farm to grow the maize for the school feeding program. Over the months the school farm did well, but the parents were reporting poor harvests at the students' homes. So the head teacher from the school reached out to Self-Help, asking us to introduce the Micro-Credit Program in this community to ensure the mothers had a way of providing meals for the children in the evenings – not just breakfast at school.

On July 29, Self-Help's Micro-Credit team met with the head teacher, two other teachers, and 16 women about the mission of Self-Help and the

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Young Nicaraguan Poultry Producers Prove the Value of Quality Protein Maize

By William Edwards, SHI Board Member, and Jorge Campos, SHI Nicaragua Country Director

After the supply of Quality Protein Maize (QPM) in Nicaragua was depleted in 2014, Self-Help's Nicaragua team was able to secure a new supply from Mexico and has been working alongside seed producers to ensure the seed is available to farmers again. QPM, a type of corn higher in digestible protein than most common varieties grown in Nicaragua, is useful for alleviating protein deficiencies in humans, and can also be an important ingredient for the production of meat animals such as poultry.

The SHI staff at the Fred Strohbehn Training Center near San Carlos, with the collaboration of 16 area farm families and their children, recently carried out a demonstration project to test the value of QPM corn compared to traditional varieties in rations fed to broiler chicks. The boys and girls who participated in the project learned how to care for their chicks and saw how they could contribute to their family's income.

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Kimberling loved helping her brother take care of the chickens.



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How Do You Decide Which Villages to Work In?

We are often asked how we decide which communities to serve. Geographically, we intentionally focus on rural communities within a 25-mile radius outside of Kumasi, Ghana for practical and safety reasons. Our team needs to be able to reach the community, offer the training and advising, and get back to the office during daylight hours. Traveling even just 25 miles can take up to 90 minutes by truck.

But beyond the geography, where we serve depends on the community's desire to partner with us. Most often, we are invited in by either the Ministry of Food and Agriculture (MOFA) or the local community residents themselves. In the case of Ama Badu village, one of the teachers, Ann, told her friend Abigail about poor attendance by pupils at her school. Abigail is the head teacher at Bedabour Islamic School and recommended contacting Self-Help International because our School Feeding Program helped the Bedabour Schools greatly increase attendance. Abigail gave Ann the contact information for Self-Help's program officer, and Ann gave it to the head teacher, who called us and asked for assistance. After seeing the demonstrated commitment of the community, how could we say no?

"Unlike many other groups, Self-Help taught our women how to manage their businesses and gave them loans without savings or collaterals...life would have been much better if Self-Help had been here earlier."

Christopher Cudjoe, Headmaster,
Ama Badu Junior High School

A New Chapter for Ama Badu

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aims and objectives of the Micro-Credit Program. The women were mostly farmers and small-scale traders from Ama Badu and surrounding villages whose children attended Ama Badu school. The women were tasked to meet and think about the topics discussed and determine how they would benefit from joining the program.

The following week, the Micro-Credit team returned to offer group formation training for the women of Ama Badu and found that the group had expanded to 22 women. The training covered the importance of group selection and accountability, the importance of having a leader, and qualities of a good leader. They also discussed the importance of being good neighbors and watching out for one another. The women were given the chance to ask and answer questions and share their views for further discussions. Below are some of the pictures taken during the training, with 22 women in attendance.

Three weeks later at the end of August, another training session was held to teach the women how to assess their businesses and determine



Group development training at Ama Badu.

their profits. They were also taken through the importance of savings and savings mobilizations, and were asked to share their opinions on savings and the impact it could make on their lives.

The women formed themselves into 7 groups, and in October all 22 who completed the training course were capitalized for the first time. Each woman's loan was GHC 200, which is equivalent to approximately \$50 USD.

The women began repaying their loans on November 29 and completed loan repayment in April 2017. Those who demonstrated that they could manage the funds were authorized to re-capitalize at a higher loan level. Those who struggled but demonstrated commitment were re-capitalized at the same rate, and if any engaged in willful default, they were removed from the program.

We look forward to continuing to support the women in the months ahead so they can better provide for their children's health!



Women undergoing business assessment and savings training at Ama Badu.



Women at Ama Badu signing (some via thumb print) for their first loans after months of training.

Young Nicaraguan Poultry Producers Prove the Value of Quality Protein Maize

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SHI Country Director Jorge Campos conducted a seminar for participants in the QPM poultry project and their parents.

SHI obtained 64 broiler chicks from a poultry breeding farm in Costa Rica. Sixteen children, eight girls and eight boys all about 10-12 years old, enrolled in the project. They were from families participating in either the SHI Micro-Credit Program or the QPM Seed Production Program. Each child received 4 chicks, but before the chicks were delivered, each family had to construct an enclosure to keep the chicks confined and safe from other animals as well as provide a feeder and waterer.

The children were randomly assigned one of 4 types of feed rations for their chicks. Two rations contained QPM corn, one supplemented with soybean meal and one with no supplemental protein. The other two rations contained conventional corn – again, one with soybean meal as a protein supplement and one without. Each of the 4 rations was fed to four groups of chicks during the last four weeks of the trial. During the first three weeks, all the chicks received the same starter ration. The rations were all balanced for energy and protein and supplemented with salt and mineral.

SHI staff weighed all the chicks weekly for seven weeks. The final results are summarized in the table adjacent. The chicks fed the non-QPM corn supplemented

with soy meal had the highest average ending weight, 6.05 kilograms (13.3 pounds) per bird. The chicks that received the QPM-based ration without soy meal had the second heaviest average weight at the end of the seven weeks, 5.77 kilograms (12.7 pounds). However, the chicks receiving the non-QPM + soy meal ration had a higher feed cost, which resulted in a smaller profit margin.

At the end of the trial, the chickens were valued at 77 Cordobas per kilogram of live weight, the going price in the local market. Each chick cost

20 Cordobas initially and received vaccinations costing slightly over 3 Cordobas. The QPM and non-QPM corn were valued at the same cost per kilogram, but the rations that contained soy meal in addition to corn were more expensive. Thus, the chicks that were fed QPM corn without supplemental soy meal had the highest profit per bird. This means that families growing QPM corn can raise chickens with only their own corn plus salt and mineral without purchasing expensive protein supplements.

The children enrolled in the poultry project attended three seminars presented by SHI staff to learn about the care and management of



Carlos helped construct a pen for his chickens using materials his family had on hand.

their chicks. The children were each accompanied by a parent, so the seminars were actually family affairs. Each child developed a brief business plan that included the product they were raising, the expected selling price, the potential market for their product, the actions needed to produce it, the expected time period, and the desired results. Jorge Campos, SHI Nicaragua Country Director, emphasized the importance of keeping careful records, including costs of production.



SHI staff member Alfredo Aleman and Genesis weighed her chickens. Chicks were weighed weekly to track their progress.

The next stage of the project will include using profits from the first group to purchase a larger number of chicks. You can read more about how Carlos, one of the project participants, plans to grow his poultry flock so he can earn money for his school expenses on the Self-Help website under “Our Stories.”

Mission Statement of the SHI Youth Poultry Project Participants:

“To offer poultry meat to my neighbors and businesses in my community at a competitive price, achieve recognition as a young entrepreneur, and position myself as a producer of meat chickens.”

Results of Self-Help International Broiler Chick Project, 2017 (all values in Cordobas, 1 US\$ = 30 Cordobas)

Ration	A	B	C	D
Corn in ration	Non-QPM	Non-QPM	QPM	QPM
Soy meal in ration	No	Yes	Yes	No
Ending live weight, kg./bird	5.46	6.05	5.38	5.77
Value of birds per kg.	\$77.00	\$77.00	\$77.00	\$77.00
Total value per bird	<u>\$420.42</u>	<u>\$465.85</u>	<u>\$414.26</u>	<u>\$444.29</u>
Purchase cost per bird	20.00	20.00	20.00	20.00
Feed cost per bird	292.50	320.85	317.85	292.50
Vaccinations cost per bird	<u>3.43</u>	<u>3.43</u>	<u>3.43</u>	<u>3.43</u>
Total cost per bird	\$315.93	\$344.28	\$341.28	\$315.93
Profit per bird	\$104.49	\$121.57	\$72.98	\$128.36
Profit per bird, US\$	\$3.48	\$4.05	\$2.43	\$4.28

Securing Potable Water in the Community of México

By Orlando Montiel Salas, Clean Water Program Officer

México is a rural community, considered a semi-urban settlement by the city hall of the municipality of San Carlos, Nicaragua. It is located about 31 kilometers from the city – 22 km of road that is paved, and 9 kilometers that is muddy, bumpy, and hard to access. According to the register of the Household Distribution Network of Drinking Water, México is estimated to have 180 homes and a population of 1,200 (averaging 7 family members per home).

The Mayor's Office along with other agencies installed a gravity water system in 2005 that used an electric pump to fill the water storage tank. The system used a drip chlorination system that worked first with a granulated chlorine solution, and then used a chlorine produced by hydrolysis. But it did not completely purify the water and eventually stopped working. Below is the story of how Self-Help International brought a sustainable answer to the community of México.



Previous chlorinator method in México.

Stories from the President of the CAPS of México

Juan is a 28-year-old who has lived in the community of México for most of his life. Two years ago he became the CAPS (Drinking Water and Sanitation) President in his community. In an interview with his family, he said, "Before we had this project, there were only communal wells that supplied water to the population of México. The wells were not treated, so many stomach diseases and diarrhea caused by cholera affected the entire health of the community."

When the project began in 2005 through the efforts of Teófilo and Wilfredo (two recognized leaders in the community), the CAPS for México was also formed to manage the water system. At that time, however, the water was being treated with the granulated chlorine drops, using the electric chlorinator that broke down. The community complained about this method because it didn't seem secure.

When the second chlorinator system method was used (hydrolysis), it required salted water and an electronic device to produce the chlorine in the liquid, proving to be too difficult a method to manage – plus it required certain conditions to work properly. In addition to this method, they also had to apply the chlorine manually every day directly into the water storage tanks, making it difficult to operate and it consumed much of the leaders' time. The device eventually broke down due to electrical problems.

Sitting in his quiet home next to his wife Auxiliadora, his ten-year-old daughter Sheila, and his four-year-old son Jason, Juan continued the story, saying, "We spent over a year with issues trying to provide chlorine treatment to the water, but as soon as we heard about Self-Help International and its innovative water chlorinator program, we contacted the Water Program Officer right away to come to México and teach us how to bring safe drinking water to our community."

Speaking from his heart, he continued, "Thanks to God and Self-Help International, we now have installed the CTI-8 chlorinator system in our storage water tank, and this system is easier to use to



Previous chlorine drop method.



Secretary of the CAPS with her son.



Juan with his family.

chlorinate the water without the hassle of batteries or electricity. The water is finally able to be distributed to all houses in our community. The CTI-8 chlorinator guarantees us the hygiene, safety, and confidence whenever we drink water; so the installation cost was well worth it, because the community knows it's now completely safe."

Stories from the Secretary of the CAPS of México

Delia is the Secretary of CAPS from México. Her story begins when her husband Walter, their son Francisco (15 years old), and younger son Bryan (5 years old) had to spend a majority of their income on taking care of her father-in-law when he became ill with cholera. She remembers the days when they would have to drink raw water without any treatment, because there were no safe chlorine options at the time.

Today in México where her family currently resides, there is now a natural water source with a CTI-8 chlorinator system installed that provides the correct chlorine treatment for them to drink safe water. Like Juan, she remembers the time they had to use two different devices to chlorinate the water, but both were damaged. Now with the chlorine tablets, the people of México feel safer with the water they drink because it guarantees the health of all us.

Delia ends the conversation by saying, "The cost of the chlorinator CTI-8 certainly is worthy and justified, because it improves the health of the people through chlorine water; as it is more expensive to cure a disease than install the CTI-8 chlorinator and buy the chlorine tablets." She tells Self-Help that, "We [the community of México] use only three chlorine tablets every month to keep the water treated, and that's cheap for us... very cheap."

She also proudly states, "We are currently incorporating a tiny nearby village called Los Ranchitos (an additional 40 houses with 150 people) to our community's water system so they can have the benefits of clean water that we all do. We are very thankful for Self-Help International for bringing us the CTI-8 chlorinator system and for providing us advice and monitoring our system to improve the health of our people."

Bring Clean Water to 6,000 People - ALL GIFTS MATCHED!

FACT: 220 children die in Nicaragua each year from completely preventable waterborne diseases

FACT: 1 in 6 children in Nicaragua has been treated for acute diarrheal disease in the past two weeks

FACT: When Self-Help installs a clean water system in a rural community, incidence of acute diarrheal disease immediately drops - in some cases to ZERO

We've been issued a challenge by an anonymous donor to bring clean water to six more communities this summer, and we need your help to make it happen! Every chlorination system installed brings clean, safe drinking water to a rural community of up to 1,000 people.

If we can raise the \$4,500 needed to bring clean water to 3 more communities - and up to 3,000 more people - by August 1, our challenger will match every dollar, allowing three additional communities to get clean water too!

"This is truly a very WORTH WHILE project and its realization depends on you. We take safe water for granted while those without it (especially children) experience diarrhea, dysentery, general poor health which results in missed school and feeling poorly most of the time. Please take a few minutes to ponder your contribution to this project. Your gift is DOUBLED when you support this challenge!" - Anonymous challenger

Together we can meet this challenge. We hope to receive three gifts of \$500, six gifts of \$250, and fifteen gifts of \$100 to bring clean water to three more communities. If you plan to make a gift this year, please consider making it now before the children's next illness. Following your sponsorship, you will receive an update and progress report of the individuals whose lives you have changed forever. To participate, return the enclosed donation envelope with your gift and write in "water match."

Questions? Call Jackie at 319-3525-4040 to learn more.



You Asked and We Listened: Announcing Self-Help's New Website

Over Thanksgiving we gathered with our friends over at Visual Logic Group in Waterloo, Iowa, and cooked up new ways to keep you, our best supporters, up to date on all the life-changing work you're making possible throughout the year.

When Visual Logic's team heard about Self-Help's mission in October, they immediately wanted to be a part of it, and knew just how they could share their skills. The user-experience/ customer-experience consulting group shared their time and talents over the holiday season and truly went above and beyond, working not just on designated volunteer days but also nights and weekends to completely redesign Self-Help's website with you in mind.

Visit www.selfhelpinternational.org to check out all the new features including simple navigation bars, new graphics depicting how each program works to alleviate hunger, a new blog to keep you up to date on all the latest stories from our overseas teams, and a secure online giving page.

We aren't the only ones who think they're great: On April 6, 2017, the Cedar Valley Nonprofit Alliance recognized Visual Logic Group as the Cedar Valley's Nonprofit Business Partner of the Year! Learn more about Visual Logic at 1.855.440.9521 or <https://vlgux.com/connect>.



Jacqueline Steinkamp Named Cedar Valley's New Nonprofit Employee of the Year

The Self-Help Board of Directors congratulates Development Director Jacqueline Steinkamp on being named the Cedar Valley's New Nonprofit Employee of the Year! We thank Jackie for her dedication, service, and the notable impact she is making in our local area and around the world.

This award honors an individual in her first professional nonprofit position, having worked for the organization for two years or less. In a college town with many recent graduates accepting positions locally, competition for this award is particularly fierce, and 2017 was no exception.

Jackie accepted the award during the 2017 Nonprofit Awards Luncheon on Thursday, April 6th in the UNI Commons Ballroom. The luncheon also honored Visual Logic Group as Cedar Valley Nonprofit Business Partner of the Year for their support in redesigning Self-Help's website last fall.

Thrivent Choice Dollars® directions can help Self-Help International

Are you a member of Thrivent Financial who's eligible to direct Choice Dollars®?

Choice Dollars charitable grant funds can make a world of difference to poor families in rural Nicaragua & Ghana as Self-Help International works to alleviate hunger by helping farmers increase yields and better feed their families. By directing Choice Dollars, eligible Thrivent members recommend where they feel Thrivent should distribute a portion of its charitable grant funds. Directing Choice Dollars is easy. Simply go to Thrivent.com/thriventchoice to learn more and find program terms and conditions. Or call 800.847.4836 and say "Thrivent Choice" after the prompt.

"When we get our periods, we go hungry"

"Having the *Days for Girls* kits saves us money," Mariatu said.

"Yes," Windolina chimed in, "I used to have to use my lunch money to buy pads. Now I don't need to anymore."

Then Kadija and Fridaus and Salamatu and one girl after the next stood up and repeated the same thing: *Now that they have reusable cloth pads, they get to eat lunch every day – even when they have their periods.*

Read more about this story and how we've taken this program to the next level of sustainability online at www.selfhelpinternational.org/our-stories/



Celebrating a Milestone? Making Wedding Plans? Check out Heartful.ly

Don't miss out on the option of having your guests learn about Heartful.ly – A Wedding Registry for Charitable Giving!

Heartful.ly started in a small village in Tanzania by Kate Glantz, a Peace Corps Volunteer. She believes that life's most important moments are the best times to give back, and when our communities

unite around these moments, we have the power and opportunity to do great things. The website is a platform for all to share love where it is needed most.

If you or a loved one are celebrating a milestone, we would be honored to be a part of your journey. Learn more and set up your gift registry at:

<https://www.heartful.ly/projects/self-help-womens-micro-credit-loans-in-nicaragua>

A Day In the Life of a 6th Grader in Nicaragua

By Jacqueline Steinkamp, SHI Development Director



Wartburg students participating in the Academically and Civically Engaged Scientists (ACES) program conducted a Water Quality Awareness study in October in partnership with Self-Help International and the Waverly-Wartburg Community Builders. ACES is a competitive scholarship program funded by the National Science Foundation that encourages Wartburg students with STEM majors to apply their scientific talents to address a community need.

Ten 6th grade students gathered in Dr. Bechtel's lab in the Wartburg College Science Center for 2 one-hour sessions to test the water quality in Waverly in comparison to the water quality in rural communities of Nicaragua. **They collected samples from several sources, and consistently found that even the toilet water here in Waverly is cleaner than un-chlorinated drinking water in Nicaragua.**

In February, I had the opportunity to talk with the 200 6th graders participating in the Community Builders program about clean water. We took a journey step by step through a day in the life of a sixth grader in Nicaragua. The children sat in the Waverly-Shell Rock Middle School auditorium seats with their eyes closed, imagining how it would feel to wake up in the morning and go to school in their community, without a way to find safe drinking water:

You walk for over an hour by foot to your school with your mom and siblings. Your mom stops at the neighborhood market along your commute to ask for a bottle of water. The woman behind the counter apologizes and tells you she sold the last of it this week to other families, and won't be getting a shipment in until next Thursday. Your mom pulls out the crumpled-up change in her apron and hands it to the woman, buying a bottle of Coca-Cola, because it's the only beverage left in the store, and she wants to

give you something, anything, to drink. Your mom said she would try to go somewhere else, but the other nearest market to your community is over an hour away by foot, and she doesn't want you to be late to class because today, you're well enough to attend, but tomorrow might be a different story.



You kiss your mom on the cheek goodbye and walk into class. You look around the room. Your teacher calls out ten names from her attendance list. You notice that around six of your friends aren't in the room today.



This is typical. Six out of ten children won't attend class on any given day, because 60% of young children in Nicaragua have been treated for diarrhea in the past two weeks. That's only counting the children who received treatment, not counting all the children who needed it but lacked access. Luckily, one day their parents contacted Orlando, Self-Help's Clean Water Program Officer, and received the training and information

they needed to install a chlorination system that has now brought clean water to their school and family for over a year.

After the presentation and videos finished, the students split into groups and made hygiene and school supply kits for their friends in Nicaragua, along with personalized handwritten notes. We'll be taking these kits to children in Nicaragua on our next trip. Check our blog or Facebook page in June for photos of the recipients!

Special thanks to Karma Poesch for coordinating this partnership and collaborating with local businesses to donate toothbrushes, toothpaste, soap, crayons, pencils, notepads, pens, and erasers so that children in Nicaragua can have the supplies needed to succeed in school. This was truly a community effort!

STUDENTS



Maddie Mix
Senior | Neuroscience

Role in Project

- Communication director
- Syllabus developer



Nick Arp
Sophomore | Biochemistry

Role in Project

- Survey development
- Data analysis



Nathan Stumme
Sophomore | Chemistry

Role in Project

- Conducted water chemistry activity
- Survey development



Travis Blanks
Freshman | Computer Science

Role in Project

- Conducted water consumption activity

FACULTY MENTOR



Dr. Roy Ventullo
Professor of Biology

Role in Project

- Supplied water testing materials

COMMUNITY COORDINATOR



Nora Tobin
Executive Director of Self-Help International

Role in Project

- Organized community partnership

COMMUNITY PARTNER

Waverly Community Builders

Brings together youth, senior citizens, and Wartburg students to learn and contribute to the community they share.



Self-Help International

Among other empowering initiatives, Self-Help promotes efforts to build water chlorinators in rural Nicaragua with the goal of improving water quality.



PROJECT OVERVIEW

Project Goals

- Raise awareness about water quality differences in rural Nicaragua compared to Waverly, Iowa.
- Present a water quality curriculum to sixth grade students that promotes Self-Help International's initiative to build water chlorinators in Nicaragua.

Motivation and Background

- Over 800,000 people in Nicaragua lack access to safe water.¹
- Nearly 220 Nicaraguan children die each year of waterborne diarrheal diseases.²

PROCESS AND METHODS

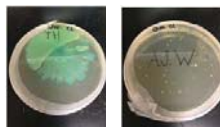
Curriculum and Itinerary

- Microbiological: students categorized leading waterborne, disease-causing microbes from stuffed microbe models.
- Chemical: students brainstormed how to study water quality quantitatively through chemical analyses.
- Water Consumption: students calculated their daily and yearly water usage from appliances alone.³

Population	Daily Water Usage (gal)	Yearly Water Usage (gal)
Community Builder student	128	46,720
Nicaraguan child	18	6674

Hands-On Activities

- Water Sampling: Students sampled local water sources with provided plastic bottles rinsed with HNO₃
- Analyte Testing: Dissolved oxygen kits and Aquachek pads
- Coliform Plate Preparation:
 - Materials: Chromagar plates and swabs
 - Procedure: Students used aseptic technique to plate their water samples. These plates were incubated at 39° C for 2 days and analyzed.



Take-Home Handout

- Provided students with additional statistics about the health and socioeconomic impacts of water quality in Nicaragua.

Guest Speaker

- Dr. Ventullo presented on water storage practices and benefits of chlorinators in Guyana from observations while traveling abroad.



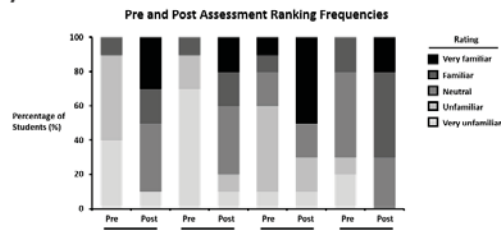
RESULTS

Survey Format

- Rate your understanding of or knowledge about the following statements using a scale from 1-5.
1 being very unfamiliar | 5 being very familiar

1. The current water quality in Nicaragua/Ghana.
2. Different tests to determine water quality.
3. The effects of poor water quality on health.
4. How much water you consume and waste.

Survey Results



Personal Responses

- Community Builders Student: "It was fun."
- Community Builders Volunteer: "It is exciting to see new science activities for Community Builders."

FUTURE OF THE PROJECT

Effect of Results

- This curriculum will be shared with Nora Tobin to be used in future Community Builder projects.
- Student outcomes will be described to the Wartburg Community Builders partnership during Self-Help International's annual spring semester presentation.

Extension of the Project

- In future activities, a direct chlorination assay could be implemented to directly demonstrate coliform depletion.
- This curriculum could be adapted for longer-term outreach.

RESOURCES

1. Nicaragua [Internet]. 2016. New York (NY): WaterAid; [updated 2016, cited 2016 Nov 28]. <http://www.wateraidamerica.org/nicaragua>
2. Rapid Assessment of Drinking Water Quality in the Republic of Nicaragua [Internet]. 2005. Geneva: World Health Organization; [updated 2016 Nov 28]. http://www.wssinfo.org/fileadmin/user_upload/resources/RADWQ_Nicaragua.pdf
3. Water Footprint Calculator [Internet]. 2016. Washington D.C.: National Geographic; [updated 2016, cited 2016 Nov 28]. <http://environment.nationalgeographic.com/environment/freshwater/change-the-course/water-footprint-calculator/>

ACKNOWLEDGEMENTS

We would like to thank Dr. Ventullo for allowing us to use his water testing kits and stuffed microbe models. We also recognize Dr. Bechtel for allowing us to use his classroom to conduct this outreach activity. Finally, we acknowledge the Community Builder volunteers for keeping students on task.



This project was funded by the National Science Foundation
DUE: S-STEM: 1356028



The Waverly Area Veterans Post was full of 150 stylishly dressed flight attendants, pilots, and vacation-goers during Self-Help's travel-themed spring gala on Friday, April 27. As guests entered the room, they were greeted with the sounds of Nicaraguan national music and reggae beats before embarking on their journey to get their "passport" photos at the photo booth station and enjoying delicious hors d'oeuvres creations by Moment in Thyme. Inspired by the flavors of the two countries where we serve, Andrea Geary of Milkbox Bakery added international flare to the evening by incorporating Nicaraguan coffee and Ghanaian cocoa into the delicious desserts she created.



The crowd was taken on a virtual journey as Jim Tobin, William and Jane Edwards, and Jacqueline Steinkamp shared photos and stories about their recent visits to Ghana and Nicaragua to meet the community members whose lives have been improved by Self-Help's programs. Guests did some "duty free shopping" purchasing crafts made by Ghanaian and Nicaraguan artisans, and the evening wrapped up with a lively and entertaining auction led by emcee Gary Kroeger.



Because of generous support from our local community, we raised over \$30,000 to support our work to alleviate hunger by helping people help themselves. The funds raised will ensure that farmers who are increasing their yields thanks to our training and technical assistance can access grain storage bins to prevent post-harvest loss, offer women's health education and academic support to teen girls in Ghana to help them stay in school and avoid teenage pregnancy, and bring clean water to six more rural villages in Nicaragua!



We are truly thankful to all who came from near and far to be part of this evening, and to our business partners and community volunteers, especially Jo Bagelmann, Donna Dravis, Rosemary and Adam Hagensick, and Jeff Cornforth, for helping make the evening such a success! We couldn't achieve our mission without you.

SPECIAL THANKS TO ALL OUR LOCAL SPONSORS:





Photo courtesy of Waverly Newspaper

Secretary of Agriculture Visits Self-Help International Headquarters

Self-Help welcomed Iowa Secretary of Agriculture Bill Northey to our Waverly headquarters in January to learn about Self-Help's mission and discuss how Iowa farmers are engaged in feeding the world. Northey toured Self-Help's office on the second floor of Wartburg's Dier's House, including a visit to the marketplace with Ghanaian and Nicaraguan products.

"Self-Help does great work," Northey said. "There's a passion for helping people that I think is a natural Iowa passion, but I may be biased that way...We see these wonderful organizations like Self-Help across this state doing wonderful things, but it's great to be able to learn more of what they're doing, and so many Iowans have to help to be able to make that happen, and have opportunities to have a greater impact."

The 2016 Annual Report will be coming out this summer. This report will list contributor names, and each name will be placed under a donation level (such as \$1,000 - \$2,499).

To respect the privacy of our donors, we ask that if you DO NOT wish to have your name printed in association with an amount, PLEASE LET US KNOW.

Call our office at (319) 352-4040 or email susan@selfhelpinternational.org by June 30.

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



SAVE THE DATE!

Lags Memorial Golf Tournament

Friday, July 21, 2017

Prairie Links Golf Course

19 Eagle Ridge Drive
Waverly, IA 50677

Four person best shot
\$600/foursome



LAGSRIDE Bicycle Poker Run

Saturday, July 22, 2017

**Dirty Dog American Bar
& Grill**

1016 West Bremer Ave
Waverly, IA

Fun for all ages!
\$20 per person in advance
or \$30 day of event

**Register online at
giveahootforselfhelp.com**

Donors and Honorees

*In honor of Community Builders
Neighborhood #13
by Marilyn Johnson*

*In honor of
Bill & Marcia Engelke
by Ken & Amy Jo Kerr*

*In honor of Sandy Gahn
by Kathryn Marean*

*In honor of her
Ghana brothers and sisters
by Gladys Nortey*

*In honor of their
adopted student Helen
by Ivan & Anne Webber*

*In honor of
Brad & Sue Koeneman
by Al & Carol Koeneman*

*In honor of Richard Neal
by Wesley Neal*

*In honor of Tyson Neukirch
by Paul Neukirch*

*In honor of
Mary Jane Oakland
by Sue Benson, Barb
& Jerry Oakland*

*In honor of Gina Paul
by Kathryn Paul*

*In honor of
Michael & Amelia Price
by Kristel McClenahan*

*In honor of Hadley Reese
by Cynthia Willson*

*In honor of
Byron & Sasha Rich
by Duane & Barbara Munford*

*In honor of Ellen Robinson
by Constance Cohen*

*In honor of
Sara & Ryan Sample
by Larry & Nancy Sample*

*In honor of the
SHI Staff and Board
by Mary Jo & Peter Hall*

*In honor of
Maureen Tobin's big birthday
by Mary K. Butler*

*In honor of Glenda Schweitzer
by Marnie Stein*

*In honor of
Karen Raye Skovgard
by Evelyn Kinsinger
& Marilyn Van Roekel*

*In honor of Carol & Bob Smith
by Barbara & Rod Hoffman, Brian
Smith, Patty & David Ressler, &
Shirley Phelps*

*In honor of
Jacqueline Steinkamp
by Laurie Chalko*

*In honor of Gail Stelmacher
by Cynthia Thorland*

*In honor of The Swanson Group
by Dr. Linda Railsback*

*In honor of Jessica Timmons
by Duane Daby*

*In honor of Margy Towers
by Marilyn Van Roekel*

*In honor of the
60th wedding anniversary of
Dr. Les & June Huth
by William & Marilyn Thalacker*

*In honor of
Terry Tobin's big birthday
by Mary K. Butler*

*In honor of the retirement
of Jean Anderson,
Eunice Bassler, & Marilyn Cox
by David & Mary Jane Oakland*

*In loving memory of Mava
by Milton & Evelyn Whitney*

*In loving memory of
Henry & Agnes Schrag
by Mr. & Mrs. Edward Brown*

*In loving memory of Philip Clark
by Joan Clark*

*In loving memory of
Kevin Sieman
by Loretta Sieman*

*In loving memory of
Donna Munzenmaier
by Peter & Rebecca Cartwright*

*In loving memory of
Janet Freeman
by David & Merry Fredrick,
Mary Jo & Peter Hall*

*In loving memory of
David "Lags" Lageschulte
by Ken & Donna Speake,
Wesley & Anna Welker*

*In loving memory of
Edwin M. Steingass
by Jonathan & Barbara Steingass*

*In loving memory of
Lee Hawkins
by Kate F. Hawkins*

*In loving memory of
Steven Sutter & Thomas Sutter
by Marjorie Sutter*

*In loving memory of
Victor Phalen
by Mr. & Mrs. Paul Sayler*

In honor of Barb Dahlby's Big Birthday by...

Sherrill and Don Barr
Jean and Vern Byl
Ellen Crayne
David and Deborah Dahlby
Gordon and Mary Dahlby
Robert and Mary Dorpinghaus
Bill and Mary Sue Ellinger
Dr. William Hamm
Jane Harrison
Bill and Laura Hemmes
Shirley Koehn

Deloris Laube
Elaine and Tom Lawler
Geneva Liebau
Carol and Lyle Rasmussen
Ken and Beth Schuler
Steve and Judy Strotman
Sally Thorson
Robert and Marlene Wellner
Duaine and Charlotte Westpfahl
...and others who wish
to remain anonymous

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

_____ I would like to sponsor 1 year of meals for a child in the school feeding program for \$55

_____ I would like to sponsor 1 year of meals for _____ children in the school feeding program for \$55 x _____ children for \$_____

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



Name: _____

Mailing Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

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

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

Billing Address (if different than mailing): _____

Gift Amount: \$_____ ☐ Make my gift monthly ☐ One-time gift



The Impact You'll Make

- ☐ \$10/month nourishes 2 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 4 farmers improve yields and better feed their families
- ☐ \$105/month improves health for an entire village in Nicaragua with clean water
- ☐ \$250/month empowers a woman with training and loans to achieve self-sufficiency
- ☐ Other \$_____ Every gift makes an impact!

Dedicate My Gift...

In Loving Memory of: _____

In Honor of: _____

Please acknowledge my gift to:

Name: _____

Address: _____

- ☐ Acknowledge to the Family ☐ Yes, I would like them to receive a Self-Help Newsletter



Gift Guide

Give the gift of self-reliance. Choose from gifts of clean water, nutrition, education, and economic development. 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. Your donation helps install a chlorinator and educate communities about clean water improving the health and productivity of an entire village. Sponsor a village for \$1,500.



NUTRITION

Give the gift of nutrition. Your donation ensures one of the more than 500 children SHI serves receives at least one healthy meal per day during the school year. Sponsor a child for a year for \$55.



EDUCATION

Give the gift of education. Your donation puts critical research and development skills in the hands of rural farmers as they learn to improve their own practice. Sponsor training sessions for: \$25 - \$250.



ECONOMIC OPPORTUNITY

Give the gift of economic development. Your donation provides training and Micro-Credit Loans to help women improve their families' lives and their own dignity. Sponsor micro-loans and a year of training for \$245.

Looking for other ways to give?

Community Health

Water Chlorinator	\$150
Workshop on Hand-Washing & Sanitation for a Whole Village	\$250

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

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