

Self Help

INTERNATIONAL

703 Second Ave NW • Waverly, IA 50677 • 319.352.4040 • selfhelp@selfhelpinternational.org • www.selfhelpinternational.org • Winter 2012

Baby in Tow – If There’s a Will There’s a Way

Many of you are very familiar with Self-Help’s micro-credit program. However, perhaps you are not aware of the rigors of training required prior to receiving a loan.

“So, you would like a Self-Help micro-credit loan. Not so fast!” say Benjamin and Isodel, Ghana project officers of the program to potential female beneficiaries. “First you have to prove yourself. Then we will give due consideration.” And with that, the process begins.

Once a group of 4-5 women is formed, each individual must attend six months of training before she can apply for a loan. Each month Benjamin and Isodel go to the villages where they conduct classes that address basic business guidelines and healthy day-to-day living strategies.

The staff demands excellent attendance, and women quickly learn as well as enjoy the educational opportunities and benefits gained from each session. The determination that women have to attend and benefit from the training sessions is exemplified by one young woman’s experience.

Linda, the proud mother of a four-month-

old baby girl, lives in the remote village of Abompe, Ghana near the Offin River. Linda had been very keen to attend training classes conducted by the Self-Help staff in order to qualify for a loan to better provide for her family. Things were going well. Her attendance was perfect, she enjoyed learning business management, improved healthcare practices, and interacting with other women. She was well on her way with the training classes.

And then the rains came...torrential rains...., causing the Offin River to spill over its banks near her village. The flooded river submerged the road linking Abompe to Asugya, the only thoroughfare for local villagers, making it impassable.

Despite serious flooding, Linda, was not to be deterred. Borrowing a dug-out canoe, she wrapped up her baby in cloth, tied her to her back, stepped into the canoe and made her way to the other side! She was not going to miss class!

“Linda is very diligent about attending the training sessions Self-Help sponsors,” said Benjamin Kusi, project officer of the training program. “Under the circumstances we did not expect anyone from Abompe to find a way to attend classes, and yet, Linda’s sheer



Linda travels through flood waters

Cont’d on pg. 2

SAVE THE DATE!!!

Self-Help Annual Fundraiser Friday, March 30, 2011

This year’s fundraiser, “A Global Affair” promises to be a fun-filled evening with dancing, entertainment, fine food, and unique live and silent auction items. The event will be held at Centennial



Oaks Golf and Country Club in Waverly, Iowa, from 7:00-11:00 p.m. (doors open at 6:45). Cost per person is \$45 with buffet hors d’oeuvres and cash bar. The public is invited to attend.

Book reservations by telephone: 319-352-4040 or online: www.selfhelpinternational.org.

This year’s added attractions include: The Bill Shepherd Big Band Combo, a short dance demonstration by ballroom instructors from Cedar Falls, Iowa (Hilda and Steve Ostby), and a presentation by guest speaker, Tom Edman, who traveled to Ghana with Self-Help last year.

Cont’d on pg. 4

Volunteers and Staff

Board of Directors

Fran Mueller, President, Waverly, IA
Maria Maixner, Vice-President, Waverly, IA
Fred Strohbehn, Secretary, Reinbeck, IA
David Fredrick, Treasurer, Waverly, IA

Jerry Dove, Janesville, IA
David Fredrick, Waverly, IA
Rod Hamer, Cedar Falls, IA
Dr. Dale Harpstead, East Lansing, MI
Phil Hufferd, Cedar Falls, IA
David Lageschulte, Aspen, CO
Dr. Mary Jane Oakland, Ames, IA
Dennis Preslicka, Iowa City, IA
Dr. Bert Schou, Cedar Falls, IA
Carol Smith, Perry, IA
Nick Taiber, Cedar Falls, IA
Jon Tehven, Waverly, IA
Dr. Jim West, Ames, IA
Joe Legg, Anamosa, IA, Emeritus
Dr. Warren Prawl, Manhattan, KS, Emeritus

Waverly Staff

Merry Fredrick, Executive Director
Mary Jo Hall, Administrative Assistant
Mary Foy, Development Director

Ghana Staff

Wilberforce Ansah, Country Director
Benjamin Kusi, Project Officer
Isodel Ahorsu, Project Officer
Robert Adu, Logistics
Victoria Yamson, Administrative Assistant

Nicaragua Staff

Jorge Luis Campos, Country Director
Lucia Vega Galeano, Program Operations Manager
Orlando Montiel, Project Officer
Alfredo Alvarez, Project Assistant
Alexandra Montiel Salas, Project Officer
Dr. Dale Harpstead, Advisor

Self-Help International
703 Second Ave NW, Waverly IA 50677
Phone: (319) 352-4040
E-mail: selfhelp@selfhelpinternational.com
www.selfhelpinternational.org
Self-Help International, a non-profit
501(c)(3) organization

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

**We also accept
donations online!**

Gifts of Kindness

HyVee Wine & Spirits

Bob Hellman

Waverly Area Crop Walk 2010

Angry Cedar Brewing Co.

In Honor of **Brian, Anne and Bridget Smith, Barb Smith, Rod Hoffman, Doug, Kate, Megan and Lindsay Smith, Patty and David Ressler**
By: Bob & Carol Smith

In Honor of **Sylvia Fuller's birthday**
By: Don & Leona Amadahl

In Honor of **Joe and Esther Legg's Anniversary**
By: Varlyn & Jane Fink

In memory of **Marcella Lageschulte**
By: Rick & Ann Bell

In memory of **Her family**
By: Hilda Fedeler

In memory of **Lee Hawkins**
By: Kate Foster Hawkins

In honor of **Rev. Bill Thalacker**
By: Rev. Harriet C. Danielson

In memory of **Marcella Lageschulte**
By: Donna DeBower

In memory of **Marcella Lageschulte**
By: Harlan & Marlys Hughes

In memory of **Marcella Lageschulte**
By: Memorials

In memory of **Iva Hemingway**
By: Jeannette Grant

In honor of **Community Builders Group 8**
By: Anonymous

In memory of **Daryl deNeui**
By: Barbara Benson

In honor of **Grandchildren**
By: Larry & Lois Trachte

In memory of **Robert Bergquist**
By: Beverly Bergquist

In honor of **Waverly, Ghana & Nicaragua Staff**
By: Fran & Howard Mueller

In memory of **Chris Dowswell**, a great soldier in the war against hunger
By: David & Merry Fredrick

In memory of **Captain Vernon Thomas Sutter**
By: Marjorie Sutter

In honor of **Lois & Carlton Mitchell**
By: Esther Holte

In memory of **Brian Thuesen**
By: Dolfi & Barbara Kalm

In memory of Ike Ackerman, Self-Help's Volunteer General Legal Council
By: David & Merry Fredrick

Baby in Tow Cont'd...

determination and commitment to the program resulted in her arrival!"

Traveling through extreme, weather-related conditions to attend these sessions is common," explains Kusi. "Women are so grateful for the opportunity to learn how to improve their lives and provide a better lifestyle of their children."

Linda graduates in February, and will become eligible for a loan at that time.

"It is satisfying to see the confidence and progress these women experience through the training program and financial support from

Self-Help" continues Kusi. "Their lives are literally transformed."



Linda waits for a ride to her micro-credit training

Signs of Sustainable Development

You may recall in 2010, Self-Help's request to provide QPM porridge to impoverished children living in 30 de Mayo at the edge of San Carlos, Nicaragua. Board members and friends came to the rescue to respond to the need not only for improved nutrients, but a decent place to hold a daycare center. A simple center was constructed, and was inaugurated in September 2010.

The community response to the center was remarkable! The building became the center for pre-school children as well as site for elementary and middle school children who had previously walked nearly two miles to school each day.

Self-Help was pleased with the multiple uses for the building, and soon realized that additional improvements and expansion were needed to house so many children.

A grant from the Dorthea Haus Ross Foundation allowed us to expand the building, dig a well, build a kitchen and latrine, and supply better equipment for the children. Within a brief period of time, mothers were added to the list of individuals using the center.

Twice each week they were being taught how to read and write Spanish! Use of the daycare center was overwhelming, and word soon got out to the Nicaraguan government about its success.

This summer three Nicaraguan government organizations — MAGFORD, INTUR (The Tourist Institute), and Migracion (Immigration Agency) joined together to further expand the building, paying for all of the costs!

The expansion has created additional classrooms for the center, with the intention of becoming a more conducive learning environment for both the children and mothers who attend regularly.

Self-Help is thrilled to see this project come full circle, which is exactly how we hope our efforts emerge. In 1.5 years all of these advancements occurred, and we are proud of its success!

MARCH 2010



The initial day care center before aid by Self-Help

SEPTEMBER 2010



Center constructed by Self-Help

MAY 2011



Awning added for an additional classroom by Dorthea-Haus Ross Foundation

SEPTEMBER 2011



Finished product after government expansion

Self-Help Annual Fundraiser Cont'd From Pg. 1...

More than 100 silent and ten live auction items will be available through the auction. Artwork created by talented area artists, Nicaraguan potters, and Ghanaian woodcarvers bring particular beauty and uniqueness to the auctions that you won't want to miss.

Live and silent auction attractions include a 4-night stay at the Marsh Harbour Bahama's Owls Nest in Abaco, Bahamas, Caribbean; a delicious dinner and overnight stay at the Hotel Pattee in Perry, Iowa; and an authentic German meal for 8 served by a chef in Lederhosen! Other live auction items will be available to preview on our website soon.

This is a wonderful opportunity to purchase special gifts for family, friends, or treat yourself. There is something for everyone! All fundraiser proceeds go to Self-Help's work with under privileged farm families in Ghana, West Africa, and Nicaragua, Central America. Join us in alleviating hunger and poverty by helping people help themselves.



Corporate Sponsors:

Leader Sponsor
Heritage Dental

Foundation Sponsor
Rada Manufacturing
First National Bank of Waverly

Visit www.selfhelpinternational.org for a list and photos of each item

Dr. Borlaug Seed Bank a Huge Success

Word is spreading around the country about the benefits of Quality Protein Maize. This fall farmers of the Dr. Norman Borlaug Seed Bank Cooperative in Ochomogo, Nicaragua were very pleased with their excellent maize harvest. In addition to an abundant crop, training conducted by Country Director Jorge Campos in marketing skills further boosted their success. Much to their surprise, several cooperatives in the Atlantic region of the country contacted them requesting a shipment of 10,600 pounds of QPM seed! The seed was sold for \$52.14 per 100 pounds. All 30 members of the Borlaug Cooperative were ecstatic! We are proud of our staff who have excellent technical and training skills, and to the farmers who worked so hard in the field. This is a testimony of how lending a hand gives people the opportunity to become self-sufficient!



Bagging treated seed for market

Visit Self-Help's fan page on Facebook at 'Self-Help International' and follow us on twitter at 'SelfHelpIntl'.

Something You should know – Sufficiency Part of Staffs’ Challenge

We are proud of our staff in Ghana and Nicaragua who take on the challenge of self-sufficiency first hand. In 2004 the executive director and board decided that the best way for overseas staff to truly grasp self-sufficiency would be for them to contribute to their annual budget.

This decision served three purposes:

1. Staff recognition that Self-Help will not always be in their country, and thus should prepare ways to generate funds independent of Self-Help’s contributions;
2. Understand the complexity of generating incomes for programs;
3. Develop creative ways in which to raise funds while strengthening our programs.

The Ghana office, in operation since 1989, contributes 23% to its budget each year. Most of the income is generated through proposals to the Ministry of Agriculture(MOFA) and Ministry of Health. MOFA greatly respects the professionalism of the Self-Help staff, especially in terms of mobilizing and sensitizing farmers’ groups.

At the same time, this opportunity keeps the staff in the loop while building leadership skills.

The Nicaragua office, in operation since 1999 contributes 10% of its budget annually.

Most income generation comes from keen bargaining skills to keep down prices for project equipment and supplies. On occasion short-term contracts are granted from the Ministry of Agriculture or consults for other non-profits.

We wanted to share this with you as we are extremely proud of our staff in both countries who meet their obligations each year and fully understand the importance of sustainable development.



Ghanaian Staff



Nicaraguan Staff

Leave a Legacy – Estate Giving

Consider Self-Help International as a beneficiary when thinking about how you want to be remembered.

Choosing Self-Help as a recipient of your estate acknowledges that your legacy helps to alleviate hunger in the world and enables people to learn how to help themselves – very meaningful endeavors!



Leave a Legacy Brochure

Email us at selfhelp@dybb.com to request a ‘Leave a Legacy’ brochure or to find out more about including Self-Help in your estate planning.

Or, to make a donation right now, click donate and make your donation online, today!

Tapas Results

A Wine-Tasting & Tapas event was held this past October 2011, in order to raise money to aid in helping poor farm families and children in Ghana, West Africa, and Nicaragua, Central America.

The night was filled with wine-tasting and delicious Spanish tapas, which gave the event a unique and relevant edge.

Soft musical interludes were provided by a Waverly string quartet. The event netted nearly 1,700 dollars.



Example of the Spanish-influenced desserts provided

New Board Member

David Lageschulte, former board member, has been re-elected to the board. Lageschulte (Lags) is a former Waverly resident who has been a constant donor to Self-Help over the years. He brings to the board his expertise in business, financing and promotional development. We welcome him back to the board and look forward to his creative ideas.



Heritage United Methodist Church Gifts to Self-Help

Heritage UMC selected Self-Help as their mission for July. Both Board President Fran Mueller and ED Merry Fredrick spoke at their services informing them of Self-Help's programs. Not only the congregation, but also Bible School and Sunday School classes collected money for our projects. Self-Help is blessed by this challenge and is pleased to say that we received \$1,156.13 in addition to donations of school supplies. Kudos to Heritage UMC congregation.



Change Service Requested

703 Second Ave NW
Waverly, IA 50677



Nonprofit Organization
U.S. Postage Paid
Waverly, IA 50677
Permit 254