

Self Help

INTERNATIONAL

Helping People Help Themselves Since 1959

SUMMER 2016 INFORMATION@SELFHELPINTERNATIONAL.ORG WWW.SELFHELPINTERNATIONAL.ORG 319.352.4040

I Feel at Ease Knowing My Daughter is Well Fed



*By Nora Tobin,
Executive Director*

In February, I traveled to Beposo along with several Board Members, staff, and volunteers to speak with the Parent Teacher Association (PTA) on how things are going in the community and what goals they have for the education of their children. When we arrived, we were met with a strong turnout of parents at the midday meeting. It was encouraging to see and it demonstrated their commitment to their children's education – and what they told us was even more encouraging.

One man we spoke with was Razak, a farmer whose daughter, Faustina, is in kindergarten in Beposo. He shared that the school feeding program has been great for his family because it gives him peace of mind knowing his daughter will get breakfast, even if he and his wife have to go out to the farm before feeding the kids.

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Secret Family Recipe: The Key to Success



*By Susan Cornforth,
Administrative Assistant*

I led the Wartburg College May Term Experiential Leadership Course to Nicaragua, where 10 students and I had the opportunity to visit with women active in the micro-credit program in Las Azucenas, Nicaragua. Here is an excerpt from my travel journal that week:

On Tuesday, we went to Magdalena's house to see the oven she built using funds from the Self-Help micro-credit program. She bakes bread and cookies, then sells them in the local community.

She took time and explained to us how this new oven works. She likes that it doesn't heat up the house (unlike her old one) because it's outside now. She also likes that the firewood used for fuel is positioned in a new way that ensures the oven's efficiency, and she doesn't have to buy or find as much firewood as before. She's even more happy that this new oven is safer, because

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SELF-HELP INTERNATIONAL

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**The 2015 Annual Report will be coming out
in September. This report will list contributor
names, and each name will be placed
under a donation level
(such as \$24,999 - \$100,000).**

**To respect the privacy of our donors,
we ask that if you DO NOT wish to have your
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PLEASE LET US KNOW. Call our office
at (319) 352-4040 or email
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We will list "Anonymous" in any case where a
donor wishes not to be acknowledged.**



Well Fed Daughter

CONTINUED FROM PAGE 1

"Since the feeding program was introduced, I feel much more at ease any time I leave the house for work because I know my daughter is in school and is being taken care of by the teachers and is being fed well," said Razak. "I feel at ease and feel relaxed with my work, and I appreciate the fact that the feeding program is here. I am very grateful."



The sentiment that the school feeding program makes life a little easier and lessens parents' worries was echoed by several others, including Lydia, a seamstress in the micro-credit program whose daughter, Nelly, benefits from the program.

Fathers like Razak set out for the farm or market early in the morning before children are up and about, so as to get work done before the heat of the day becomes unbearable and forces them to take midday breaks. Mothers like Lydia also have to leave very early in the morning to walk to other rural communities where they sell their wares as petty traders or deliver produce to local markets on market day. Staying home to provide breakfast for children and seeing them off to school before work means missing income-generating opportunities that are critical to putting food on the table. Yet even in February – the dry season when food is more scarce – they know their children will eat breakfast.

On behalf of Razak, Lydia, and all of the parents in Beposo, thank you for your support, which is easing the burden of hardworking mothers and fathers who want what we all want: what's best for their children.

When you give a gift to support the school feeding program, you ensure that a child like Faustina gets the breakfast she wouldn't otherwise eat and that she starts the day well fed and ready to learn.

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

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

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

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

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

Secret Family Recipe

CONTINUED FROM PAGE 1



the design reduces the amount of smoke and fumes to which she and her family are exposed. Magdalena then showed us how the racks are welded into a barrel which forms the actual baking cavity, and how the barrel is supported and covered by an adobe-style plaster made from mud and compost.



Magdalena told us all how Self-Help's training program has taught her business practices like budgeting, managing her costs vs. income, and figuring out what people will buy. She has learned some marketing skills, too – she very carefully washed her hands in front of our group, then handed out warm, fresh sample cookies to each of us. We all found them so delicious that we bought bags from her right away!

Our next stop in the village was to visit Magdalena's sister, Bernarda. Bernarda also bakes bread and cookies, although her cookies and sweet treats are different from her sister's, an excellent marketing decision since they sell their products in the same community! I asked Magdalena how she and her sister decided what each of them would bake since they serve the same customers in the same village. She shared that her mother was a well-known baker in the area, which inspired their baking businesses. The two sisters agreed to split up the best of her recipes rather than compete directly with one another. Now they each specialize in different recipes and both find they have high demand!

Bernarda just joined the micro-credit program in February. She told us she's so thankful to have her own oven so she can actually bring in some income to support her family. Before her oven was built, Bernarda had to rent the oven of another person in the village, and by the time she paid for a day with that oven plus transportation

to San Carlos, the larger town nearby where she used to sell her goods, there was very little profit left.

But, now that she has her own oven and doesn't have to pay rent anymore, she is able to use the proceeds from her business to support her 5 children, including one who attends college in San Carlos every day.

I first asked Bernarda if it was difficult to repay her loan for the oven, but she said no, it is very easy to make her



loan payments AND support her family with the income she now earns. Soon she will be finished repaying her loan and able to invest all of her proceeds in her family!

Bernarda was working on a new batch of goodies as we chatted, so she invited one of the students in our group to



work alongside her. The student, Kourtney, learned a little about making pastries plus got a delicious treat to take along for the day, too.

On Wednesday, we visited

another village to build a new oven for a new micro-credit participant. While it was very hot, the work was so rewarding, as the woman and her family members pitched in to help. Usually it takes two days to complete an oven, but with about 15 people working together, the job went fast and we built it in only 5 hours!

It was such an interesting and engaging experience to meet these women – one well-established, one halfway through her first loan, and one just starting out – and to see the contrast in knowledge between the women who have had access to SHI's training and the women who have only had their first class but are excited to continue.

These women work so hard to support their families. It is very rewarding for me to be part of the work SHI does to help them lift themselves out of poverty. Thank you for all of your support, which gives these women life-changing opportunities!



Reflections of a Board Member

Nick Taiber, Self-Help International Board Member, 2009 - Present

Because you are reading these words, you are likely supporting Self-Help's mission to alleviate hunger and poverty in our global community. Many of us invest in Self-Help without ever seeing the work firsthand. But we invest with confidence, convinced in the testimonials of beneficiaries, the impact stories from our excellent executive directors and board members, or maybe it's a reflection of our Iowa values in the honest to goodness mission of Self-Help.

Since I joined the Self-Help board in 2009, I have been drawn to our Ghana operations. Starting with Norman Borlaug in 1989 through the present-day programs, we see a true model for community development and betterment. Self-Help is replicating the Ghana model in Nicaragua, which holds similar promise. When I met country director Benjamin Kusi on his visit to Iowa in 2012, I pledged to see the good work firsthand.

In February, I joined Executive Director Nora Tobin on one of her biannual trips. Keith (and Nancy) Swanson (board member) and Andy Robinson (videographer) were also in attendance. The experience was remarkable and we all have stories to tell. Self-Help's greatest asset is our in-country staff who demonstrate amazing capacity in serving our challenging development mission. When Nora or board members visit our local operations, we don't go to build, treat, feed, or assist like typical charitable organizations. We go to engage with staff, refine strategies, build capacity, and measure impacts.

"We go to engage with staff, refine strategies, build capacity, and measure impacts."

On my first trip to Ghana, the extent of our programming breadth and its tremendous impact galvanized my belief in our great organization. We toured the Young Adult Training Center and interviewed successful graduates who have turned knowledge into enterprise.

We visited schools and talked with chiefs, headmasters, and kids about the feeding programs supported by Self-Help farmers. We met with women's groups who are making and selling products to support their families in ways they never could before. We also heard stories from young teenage daughters of micro-credit mothers who formed a club to prevent early pregnancy and disease transmission.

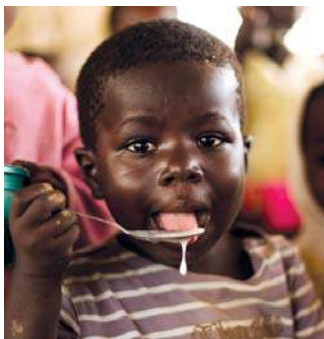


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Reflection

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These are all examples of our staff's recognition of a problem and their response in creating a program extension to solve it. Our staff are empowered and share our absolute commitment to break poverty and alleviate hunger. The trip was long, the days were hard, but witnessing the impact of our programs while guiding the growth of our organization was the ultimate reward.



For the adventurous supporter, there is always a standing invitation to join Nora; in fact, it is encouraged.

If seeing is believing, I am convinced that Self-Help is one of the greatest development organizations in the world, addressing needs and improving the lives of our global brothers and sisters.



Ingathering is November 5th

Did you know that Self-Help International is a designated mission of the Iowa Annual Conference of the United Methodist Church, Advance Special #229, and of the United Methodist Committee on Relief, Project #120002? Special collections for Self-Help International can help achieve the following colors of the Rainbow Covenant at Ingathering:

- **Blue:** Iowa Annual Conference Special #229
- **Red:** World Projects
- **Yellow:** Mechanizing Women's Palm Oil Processing, UMCOR Project #120002

Would you like church bulletin inserts to assist with your appeal or videos featuring the projects your funds will support? Just let us know and we'll send them your way. Give us a call at 319-352-4040 or send your request to susan@selfhelpinternational.org.



MATCHING DAY

**Wednesday,
September 21**

In honor of International Peace Day on September 21, GlobalGiving will match all donations of up to \$1,000 per donor by 30%. Donations to Self-Help's projects must be made via GlobalGiving.org to qualify for the 30% match. More details will be released in September. If you would like to take advantage of this offer, contact Susan by September 19 for details at susan@selfhelpinternational.org or 319-352-4040.

**"You can't build a peaceful world on empty stomachs and human misery."
- Dr. Norman Borlaug**



MARIA MAIXNER NAMED CEDAR VALLEY BOARD MEMBER OF THE YEAR

Maria Maixner was selected as the 2016 Cedar Valley Nonprofit Board Member of the Year for her outstanding service to Self-Help International! This award from the Nonprofit Leadership Alliance honors outstanding individuals for their commitment to advancing the public good through exceptional nonprofit board leadership.

Maixner received the award on April 6, 2016 at the 12th annual Cedar Valley Nonprofit Awards Luncheon at the University of Northern Iowa.

"As a small nonprofit, every staff member is vital to accomplishing our mission. When we were short-staffed last year, Maria really stepped up and helped not only with day-to-day operations but several special projects to improve efficiency," noted Executive Director Nora Tobin. "Maria volunteered 20 or more hours per week for several months. Without her, there's no way we could have transitioned so effectively."

In addition to serving as interim office manager, Maixner took on the role of Development Committee Chair on the Board of Directors. In that capacity, Maixner worked with the staff and board to draft a development strategy, scaling up fundraising efforts to ensure that Self-Help is able to secure the financial resources necessary for serving more rural communities in need.

Maixner was lauded by fellow board members for securing a match for all donations made to Self-Help on #GivingTuesday, which raised funds to purchase a much-needed new truck for the Nicaraguan-based staff. Maixner was also cited for leading research on best practices in nonprofit governance, and drafting and implementing policies to ensure the organization meets and exceeds industry standards.

With all the changes she made possible, Maixner's positive attitude never wavered. "Most of all, it's her positive attitude and smile that livens up a room of board members," stated Board Member Bert Schou. "Maria comes up with solutions and actions...It really makes working with a board more fun and educational when we hear what others can plan and do."

Maixner served on the Self-Help International Board of Directors from 2007 - 2015 and remains active as an Emeritus Board Member. During her three terms of board service, Maixner served in several leadership roles including Development Chair, Secretary, and Vice President.

"The amazing thing about Maria is that she sees a need and finds a way to fix it. She had actually stepped down from the Executive Council last year to spend more time with her grandkids but still rose to the occasion when we needed some extra support," added Board President Richard Neal. "Thanks to Maria's leadership last year – even without a formal title for much of it – Self-Help has improved structures in place to make our work more efficient and effective."

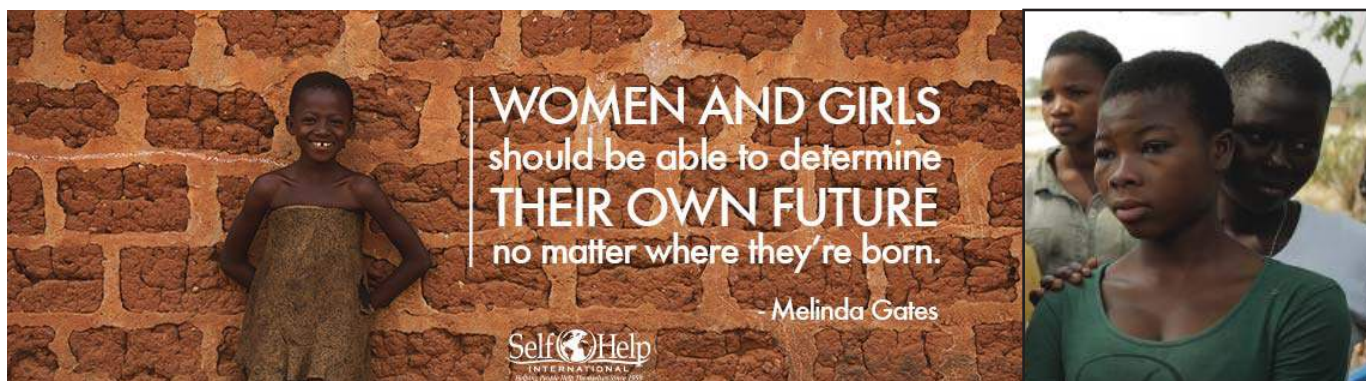


SAVE THE DATE

Self-Help Lunch to Empower Global Women

**Tuesday, December 6th
11:45 am - 1:15 pm**

*World Food Prize
Hall of Laureates
Des Moines, Iowa*



A BRIGHTER FUTURE FOR OUR YOUNG GIRLS

*By Elizabeth Adu-Opoku,
Ghana Micro-Credit Program Officer*

The greatest asset of any nation is its human resources. We must therefore invest in our people to improve quality of life no matter which household they were born into.

Numerous studies have shown that education is key to breaking the cycle of poverty, and more recent studies focusing on girls in particular demonstrate that every year of secondary schooling increases a girl's individual earning power by 15 - 20% (USAID). Since women invest 90% of earned income into the family, increased income for girls and women means greater investments in the family, breaking the cycle of poverty for generations to follow.

Many girls in Ghanaian rural communities desire to be schooled and seek a brighter future but become drop-outs due to several circumstances, particularly teenage pregnancy. More than 13% of girls in Ghana give birth between the ages of 15 - 19 years old, a time when they should be completing junior or senior high school but instead drop out to start a family.

Many obstacles that face these young girls make earning an education and completing senior high school a challenge, even if their parents or relatives are able to gather together sufficient funding for school fees. For example, in the traditional Ghanaian home, girls perform most of the household chores while the boys idle about. This heavy chore load - such as fetching water, preparing meals, and caring for younger siblings - drains girls' energies, making their participation and contribution in class lower than that of their male counterparts. Girls go to school tired,

doze off in class, and become laughing stocks among their peers, making it difficult to keep pace with their male colleagues.

As girls enter puberty, insufficient knowledge about their changing, adolescent female bodies becomes a major cause of teenage pregnancy. Most young girls do not fully understand that the new feelings and changes in their bodies are normal. Neither parents nor teachers spend time educating young girls about puberty, in part because the subject is not discussed and in part because they may not have ever learned about the biological changes at this developmental stage either. Girls easily fall prey when any man gives them a little attention or care in dealing with these changes.

Beginning menstruation adds to the challenges girls face in keeping up at school. It is common for a girl to miss one week of school each month due to her period, because she lacks funds to buy sanitary towels to manage her menstrual flows. While girls are working on household chores without any form of allowance or compensation, young men have time to engage in income-generating activities and earn spending money for themselves. In turn, young men often deceive the young women; they give them paltry sums of money to finance such needs as school supplies or sanitary supplies and then take advantage of them. This process leads to teenage pregnancy.

On top of these impediments, some parents, especially fathers, believe that no matter how enlightened a woman is, she will be given in marriage to a man,

bear children, and that will be the end of her education – so no need to educate a girl child. Some marry off their female children at school-going age to rich men for money. Ironically, they justify the practice by saying that part of the money is used to educate their male children.

The situation calls for a concerted effort. Since January 2016, we have been meeting with girls, mostly the daughters of women in our micro-credit program, to learn about the challenges they face when staying in school. They have shared with us the difficulties they go through such as: inadequate parental guidance and support, parents' refusal to provide school supplies, and lack of funds to buy sanitary towels.



As a result, we have started to mobilize girls of school-going age into groups and educate them to stay *in* school and *away* from situations that are likely to lead to pregnancies and families before they are truly ready.

These girls and their parents, especially mothers, are very excited about the program. They tell us, "Our communities shall know what we stand for and the message we preach," and that, "More of our girls can go to school: this alone will keep the trouble makers away." While we are still in the organizing phase, we plan to officially launch by September. Together, we can give a future to these young girls. It calls for a united force, and all hands need to be on board.

Special Thank You to our Partners!

Self-Help is pleased to be partnering with **Days for Girls!** DfG sewing groups in Des Moines and Cedar Falls are constructing feminine hygiene kits for girls in the teens clubs in Ghana that include reusable cloth pads which last 2 - 4 years.

That means up to **240 more days** of opportunity, education, health, and dignity for each girl in Ghana who receives a kit!

We'll be taking 200 kits from Iowa to Ghana in September, where volunteers Margy Towers and Karen Skovgard will join Micro-Credit Officers Victoria and Elizabeth to conduct a women's health training session and distribute the kits!

Special thank yous to Des Moines Days for Girls, Half the Sky, and Anonymous for your financial investments in the futures of girls in Ghana!

Be Part of the Solution

*Do you have **graphic design** skills? We are currently seeking a volunteer to help us create a new logo for the club using our theme: "Girls Stand." The logo will be printed on t-shirts for the girls during the program launch in September.*

Do you like to sew? Join a Days for Girls sewing group! Contact Iowa Representative Kay Hertz at kayh@daysforgirls.org or 515-210-1089.

*Want to take your sewing skills **overseas**? To make this project sustainable, we are seeking volunteers to travel with Self-Help to Ghana in February 2017 to teach local seamstresses how to sew the feminine hygiene kits for sale in the local markets so that even women and girls not involved with Self-Help can have access to this life-enhancing product!*

Do you believe that women and girls should be able to determine their own future, no matter where they're born? We do too! Help make that vision a reality by making a donation to the teens club using the donation envelope enclosed. No gift is too large or too small!

A Visit to Self-Help Nicaragua

Dan Aument, Grand Rapids, MI

This past March, I made my 16th journey to Nicaragua, traveling with my Michigan-based medical mission team to spend a week hosting free medical clinics in an underserved rural community. My wife Shar and I had met several members of the SHI Board of Directors at the San Carlos airport in Nicaragua several years earlier, and that was the beginning of our support of SHI in Nicaragua. After the medical mission, I flew down to the lakeside community of San Carlos to visit Jorge Luis Campos, Self-Help's Nicaragua Country Director.

In just the four days from Holy Thursday to Easter Sunday, we visited a full dozen sites with the SHI team to see where SHI had installed CTI-8 water chlorination systems. I was amazed that Orlando (SHI's clean water program officer), Jorge, and Jorge's daughter Itati put their lives on hold to drive me around so I might meet the water committee leaders and the farmers who work with the maize seed program.

At each location, we drove to the homes of local water committee leaders, talked a while, and then travelled in Jorge's pick-up to the water cistern with its attached chlorinator. More great and lively discussion followed.

It quickly became apparent to me that at each site, Jorge wasn't just showing me around to make an impression.



Just as the sun was setting late on the afternoon of Good Friday, I sat in the middle of a row of chile plants at Self-Help's Fred Strohbehn Training Center and painted this watercolor of the maize plants and the drip irrigation system.



He was using the time to teach as well. Jorge and the water committee members discussed all aspects of the community's water delivery system, then Jorge would offer suggestions, ideas, and options to better meet the community's needs. Once we stopped our hike through the jungle so Jorge could deliver a technical explanation of the physics involved in having a constant flow of water in a gravity-fed water system.

Jorge's goal in each of the dozen meetings and tours was always to fulfill the mission of SHI and to ensure each partner community has a dependable supply of clean, pure water.

To be able to interact with the people involved in SHI's water program, to hike through the jungle and then stare down into a cistern supplying pure water to over a thousand people, and finally to share Jorge's pride at working for SHI was an experience I will never forget.

I told Self-Help's Executive Director Nora Tobin that she can count on me to support SHI's Nicaraguan programs for a long time. I only wish that every SHI supporter could meet Jorge and see for themselves the positive impacts made in that part of the world.

Would you like to travel to Nicaragua?

Join the next trip in February 2017! SHI Board Member Bert Schou will be taking volunteers on a week-long adventure of a lifetime. You'll meet the seed producers at the Norman Borlaug Ochozomogo Seed Bank and Los Chiles coop who are re-introducing Quality Protein Maize to the country; visit businesses operated by women like Bernarda and Magdalena in Self-Help's micro-credit program; see first-hand the difference clean water makes in a community; and maybe take a day off to relax by the beach at the end of the week before returning to the wintry north. We may even try to help farmers tackle some agricultural engineering challenges while we're there. Sign up by calling 319-352-4040 or emailing information@selfhelpinternational.org.

FUNDING REQUEST — \$5,000

MOTORCYCLE TO BRING CLEAN WATER TO 50,000 RURAL NICARAGUANS

CHALLENGE

Illness due to unsafe drinking water is the leading cause of malnutrition among children under five and the second leading cause of death. In Nicaragua, 3 out of 5 children under the age of five have been treated for acute diarrheal disease (EDA) *in the past two weeks*. Self-Help International is working with hundreds of farm families in Nicaragua to improve food security & alleviate malnutrition. However, poor water quality is compromising these efforts. Water-borne diseases regularly prevent parents from working, children from attending school, and can be life-threatening.



OUR SOLUTION

Waterborne diseases such as EDA are completely preventable by installing a simple, affordable, and effective water chlorinator system.

Orlando, Self-Help's trained technician, works with local governments to identify communities in need of clean water. Orlando teaches community members how to install & maintain the water chlorinator system that will eliminate the bacteria from water being stored in the tank. This is a simple, locally-appropriate, and effective solution to purifying drinking water. Having a consistent supply of chlorinated water immediately and significantly reduces the occurrence of acute diarrheal disease, so families can lead healthier, more productive lives.

"My entire family's quality of life is better; mine, my wife's, and my son's. I know without a doubt my kids will have a better future because of their water."

— Aunner, El Tule

SUSTAINABLE PLAN & LONG TERM IMPACT

The CTI-8 system is durable enough to last 5 years or more. Since it's made of PVC pipe and valves, any damaged parts are easily replaced. At just \$3 - \$6/month for chlorine tablets, the ongoing maintenance is affordable. Our staff provide extensive training, follow-up to ensure proper maintenance, and educate residents about hand washing and sanitation practices. Communities with a CTI-8 experience an immediate decrease in reported cases of acute diarrheal disease and demonstrate higher levels of long-term education and community sensitivity about water and public health. Self-Help has already brought clean water to 65,000 people & plans to reach 115,000 people by 2020.

CURRENT GREATEST NEED

The communities most in need are also the most difficult to reach.

Self-Help seeks \$5,000 to replace the 10-year-old motorcycle currently in use, which is no longer safe or reliable. The communities we are now serving are an average of 2 – 3 hours away from our training center. The roads are difficult to traverse. We can only bring clean water to rural communities if we can safely reach them.





Gala Raised Fun & Funds to Alleviate Hunger

Self-Help's Annual Spring Gala was held on April 15, 2016 at the Park Place Event Centre in Cedar Falls, Iowa. This year's "Bring Out the Roar" theme brought together over 100 guests in Roaring 20s-era costumes, posing for photos and dancing the night away to the sounds of the Bill Shepherd Big Band.



Saturday Night Live alum Gary Kroeger acted as emcee for the evening and also the auctioneer! Several gift packages were auctioned off, including a fly fishing weekend at a Dorchester County cabin, a fancy dinner for 8 catered by Moment in Thyme, a beautiful ceramic vase by acclaimed Nicaraguan artist Emanuel Maldonado, an Irish-American BBQ with Iowa Governor Branstad, a family-fun trip to Orlando, FL, and an Australian dinner for 6.

Many attendees also purchased a Golden Ticket for a chance to win one of the live-auction packages before it could be auctioned off. Mark Miller of Cedar Falls was the lucky winner who won the package of his choice – the fly fishing weekend – for the \$100 ticket.

In place of the traditional silent auction, guests browsed an African Marketplace where they could select cultural items such as Ghanaian hand-carved wooden masks, African print textiles, Nicaraguan pottery, or fine jewelry, then barter for their final price. This new feature was very popular and added a new cultural experience for the evening. Milkbox Bakery, a new business in Cedar Falls operated by SHI supporter Andrea Geary, provided the cupcakes for dessert.

Special thanks to the volunteers who made the venue look great, the night flow smoothly, and the photos simply shine. Taryn Colby, Susan Dean, Barbara Hatinger, Brittany Holdsworth, Mechille Kluitert, Gary Kroeger, Danielle Langowski, Fran Mueller, Lisa Peterson, Terry Tobin, and especially Jeff Cornforth and Amanda Groff. Photos from the evening are shared on the adjacent page.

Overall, the event was a ROARING success, raising over \$20,000 for our work to alleviate hunger. Thank you so much to everyone who participated by attending, sponsoring, or donating. We really appreciate your support!





Bring Out The Roar

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Wartburg Community Symphony

Many thanks to our sponsors
for making this evening possible.

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 our organization as we work together to empower women worldwide to take control of their own financial futures.

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.

TOO MUCH MAIL?

We love communicating with you, but we also want to respect how often you would like to hear from us! Please let us know if you feel you are receiving too many e-mails or print newsletters.

We do not want to send you anything you don't feel you will open. Let us know your preferences by emailing us at information@selfhelpinternational.org or calling the office at (319) 352-4040.

JOIN THE CIRCLE OF IMPACT INVESTORS

ALL MONTHLY RECURRING DONATIONS MATCHED THROUGH AUGUST 31

Become an Impact Investor by making a monthly recurring gift to Self-Help International. Join during the program's launch phase, now through the end of August, and your first month's gift will be matched by an anonymous donor. Gifts must be initiated by August 31 and remain active for three months or more to qualify for the match.



Name: _____

Mailing Address: _____

City, State, Zip Code: _____

Phone: _____ Email: _____

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

Gift \$: _____

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

Billing Address (if different): _____

The impact you'll make:

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



DEDICATE MY GIFT ...

In loving memory of _____ In honor of _____

Please acknowledge my gift to:

Name _____

Address _____

City, State, Zip Code _____

☐ Acknowledge to the family.

☐ Yes, I would like them to receive a Self-Help newsletter.

Mail your Donation today: SELF-HELP INTERNATIONAL

703 Second Ave. NW, Waverly, IA 50677 • Phone: (319) 352-4040



Building Goodwill & Better Friendships Worldwide



Our friends at the Waverly Rotary Club have assisted with the formation of a new Rotary Club in San Carlos, Nicaragua!

Waverly Rotarians have visited San Carlos on volunteer trips with Self-Help and have actively supported agricultural development and village water supply activities in the San Carlos area for over 10 years, partnering with Self-Help International and local cooperatives and farmers.

The new club was officially founded on May 12, 2016. Gathering together with Rotary District 4240 Governor Sra Violeta Barreto Areas, the club celebrated their inauguration on June 11, 2016. We at Self-Help look forward to continuing to collaborate with Rotarians from Iowa and Nicaragua to bring clean water to 50,000 more people by 2020!



DONATE TO SELF-HELP NOW!

Text "SELFHELP" to 41444 to make a donation now, or visit www.selfhelpinternational.org and click on the donate button!

Donate

Did you know?



Self-Help offers speakers to churches, schools, classes, civic and service groups.

If you would like a speaker from Self-Help to share our story, give us a call at 319 - 352 - 4040 !

We are currently scheduling our 2016 speaking engagements.