



SELF HELP

INTERNATIONAL

2022 Fall Newsletter

information@selfhelpinternational.org • www.selfhelpinternational.org • 319.352.4040

INSIDE:

- Program Helps Teen Mother
- Seed Business Thrives in Nicaragua
- Poultry Vaccinations Increase Production





Memorial & Honor Gifts

Received Jan. 1, 2022 - August 30, 2022

*YOU CAN SEND A GIFT IN MEMORY OR IN HONOR OF
A LOVED ONE ANY TIME THROUGHOUT THE YEAR.*

In honor of Deb Nelson
by Arlene Dabill
In memory of Charles Neil
by Eunice Neil
In honor of David Oakland
by Thomas Phillips
In honor of Mary Jane Oakland
by Thomas Phillips
In memory of Gary Peters
by Karen Peters
In memory of Bob & Eileen Martin
by Pat Martin and Brad Mock
In memory of Stedman D. Howard
by Maureen Roach Tobin & Terrence M. Tobin
In memory of Oliver Johnson
by Shelby Soeder
In honor of Richard Neal
by Mercy Neal
In honor of Grace Burchett
by Jed Gannon

In honor of Skylar Becker
by Darryl Fox
In honor of Madison Novo
by Paul J Roiger
In honor of Gianna Tulio
by Patricia Aber
In honor of Olivia Scott
by Beth Scott
In memory of Lags
by Phillip Moran
In honor of Aria Slavin
by Whitney Goodwin
In honor of Madison Novo
by Michaela Falco
In honor of Sloan Miavitz
by Paul O'Renick
In honor of Richard Neal
by Wesley Neal
In memory of Julie Ranum
by Leona Amdahl
In memory of Vern Schield
by James and Judy Fogdall Family Fund

BACK TO SCHOOL:

About the Cover Photo & the School Feeding Program



Afriyie Mayuruba is in class one in the community of Ama Badu. She is one of many students in the School Feeding Program from Self-Help International. She said, "There would be no food for us without the School Feeding Program. With the help of the porridge, I am able to concentrate in class

and am punctual to school because breakfast is always assured."

The feeding program is geared towards increasing primary school enrollments in ten schools in the Ashanti Region of Ghana. The program works hand in hand with the schools and their communities by supporting the communities to grow Quality Protein Maize so the schools can prepare corn porridge for breakfast.

"We are so grateful to Self-Help for initiating this ingenious idea to help increase school enrollment in our village", said Madam Anne, a kindergarten teacher at Ama Badu School. "A lot of the students get little or nothing to eat at home as breakfast before coming to school. This lack of breakfast makes them unable to pay attention in class and enjoy teaching and learning due to hunger. Some hungry students end up skipping classes, dropping out of school completely or not bothering to attend school," she added. "But after Self-Help's initiative, the students come to school on a regular basis, are excited to come to school and even come extra early so that they can eat their QPM breakfast. They are so active in class after their breakfast and it has made teaching and learning fun for these kindergarten students."

Make a gift in honor of your child or grandchild's return to school! A \$77 donation supports breakfast all school year for a student like Afriyie.





Self-Help's mission is to alleviate hunger by helping people help themselves.

Our locally hired teams of skilled professionals serve rural communities in Ghana, West Africa, and Nicaragua, Central America, to improve quality of life with dignity. Founded by Vern Schield in Waverly, Iowa in 1959, Self-Help initially manufactured and shipped small "Self-Helper" tractors to farmers in 48 countries. In 1989, in collaboration with Nobel Peace Prize Laureate Dr. Norman Borlaug, Self-Help shifted to provide sustainable, extension-style programs to rural families and community leaders in both countries. Today, Self-Help International focuses on the following program areas to enhance food security and to put knowledge into action.

OUR PROGRAM AREAS



FIGHTING MALNUTRITION

Offering students a protein-rich school breakfast to combat hunger, and supporting mothers and newborns in the first 1,000 days to prevent stunting.



EMPOWERING WOMEN & GIRLS

Supporting girls to stay in school, and offering women financial literacy training and micro-loans to start enterprises and achieve economic self-sufficiency.



PROMOTING CLEAN WATER, SANITATION & HYGIENE

Partnering with communities to access safe drinking water to reduce waterborne disease transmission and improve the community's overall health and wellbeing.



IMPROVING AGRICULTURE

Equipping farmers with training in improved techniques, financing to access the inputs they need, and seed fortified with micronutrients so they can better feed and nourish their families and communities.

PROGRAM HELPS TEEN MOTHER

Akosua became a mother when she was just 16 years old and in her final year of junior high school. When she realized she was pregnant, she knew she needed to go for prenatal care. Even though Akosua knew it was necessary, she was afraid because of things she had heard from other teenage mothers in the community. The other mothers said that when they went for prenatal care, the nurses mistreated them because they were teenagers.

Looking for support, Akosua decided to enroll in Self-Help International's Growing Healthy Food, Growing Healthy Children (GHFGHC) program in Beposo because of what she had heard from other mothers about Self-Help's nutrition team.

"I heard that Self-Help was doing marvelous work for both expectant and lactating mothers in the community," Akosua said. "I also had the opportunity to hear Self-Help's team educating another pregnant woman on what type of food to eat during pregnancy."

Akosua was a little reluctant to join the program at first because she thought she was joining a program for adults. During one of the GHFGHC meeting days, she told Self-Help's team that she was interested in joining the program, and they assured her that participation was open to any and all pregnant and lactating mothers in the community, at any age. Self-Help's team asked her about her prenatal record card, which she didn't have. Akosua told Self-Help's staff nutritionists about her fears to attend a prenatal exam. They listened attentively, and then explained the benefits and potential challenges to Akosua so she could make an informed decision about how to proceed.

"I changed my mind and decided to attend my prenatal exam, and I am so glad I listened to Self-Help's advice - I got to learn more about the health of my unborn baby, and I was treated so well by the nurses, even though I am a teenager," Akosua said.

"I am thankful for the Self-Help team and the nutritional supplement they provide (high-protein porridge and eggs)," Akosua added. "This supplement was lifesaving for me every morning before my baby was born, and it is now lifesaving for both my child and I. I know the supplement helped me give birth to a healthy baby."

Did you know? Self-Help International uses a multi-pronged approach in the Growing Healthy Food, Growing Healthy Children project, focusing on three major pillars: **empowering women** through community building, education and loans, providing **education on nutrition and facilitating access to nutritious foods**, and supporting long-term community food security by providing training, education and **access to agricultural techniques, crops and livestock**.



TOGETHER WOMEN RISE PARTNERSHIP ANNOUNCED

Self-Help International is pleased to partner with Together Women Rise to expand the vital interventions of the GHFGHC project to a new community in the coming year. Together Women Rise is a powerful community of women and allies dedicated to global gender equality. Members come together to learn about and advocate for gender equality issues, give grants to organizations that empower women and girls in low-income countries, and build community to forge meaningful connections that increase our strength and collective impact.

Funding from Together Women Rise will provide an additional 80 women with the knowledge and resources to build a healthy and sustainable foundation for her and her children. In addition, funds will support the implementation of key new projects in two active partner communities based on feedback from participants and community members, such as support for community-based lactation coaches for new mothers and the expansion of vegetable plots.



\$300
CAN BRING
SANITATION
AND
HYGIENE
EDUCATION
TO KIDS

\$77 CAN PROVIDE ONE
KINDERGARTENER AT AN
ASHANTI REGION SCHOOL A
DAILY BREAKFAST FOR A FULL
ACADEMIC YEAR

\$140 CAN OFFER MONTHLY
NUTRITION AND HEALTH
EDUCATION FOR NEW AND
EXPECTANT MOTHERS

PICTURED: Akosua and her baby Georgina Ama Adjei Nyame

ARIEL BUILDS SUCCESSFUL BUSINESS

Ariel Aguirre is without a doubt one of the most recognized seed corn producers in the community of Las Minas, Nicaragua. Originally from the town of El Rama, Ariel arrived in Las Minas in 1994 when he married his wife, who was from there originally. Needing to support his family and not finding work locally, he worked as a field hand in Costa Rica periodically to earn money by harvesting coffee.

When Ariel returned to Nicaragua, farming was totally different. Corn was planted by throwing the seed over the ground and then covering it with the stubble from the previous crop. With this planting system, he harvested yields of only 55 to 72 bushels per acre. In 2011, Ariel learned that the priest in his community had organized a group of farmers to work with Self-Help International. They were planting corn plots and evaluating different varieties to observe which ones performed best in that area. The group also began to receive training in the double-row planting system. Soon, Ariel was one of several farmers chosen to produce high-protein (QPM) seed corn.

Thanks to the training that Self-Help provided, Ariel is now able to harvest nearly 180 bushels of corn per acre. Plus, the certified seed he now grows can be sold for a higher price. He has a goal of producing 900 bushels of certified seed corn each year to be distributed throughout the region by agricultural input dealers, so that other small producers of the region can also benefit. He currently grows 11.2 acres of certified seed and 5.6 acres of commercial seed. His motto is, "Plant less but harvest more."

With extra profits from his seed corn production business, Ariel has been able to purchase tools that make his field work easier, such as a sprayer for applying agro-chemicals. Self-Help also helped him obtain a gasoline-powered corn sheller, which is used both by him and by other farmers in the community. He has made several improvements to his home, too. For example, because he lives far from the electrical grid, he installed solar panels

Did you know?

In Central America, there are typically two main growing seasons: the Primera (April-September) during which maize is primarily produced, and the Postrera (August-December) during which bean production dominates. Some farmers are also able to take advantage of a third growing season called the Apante season (October - February) in south central Nicaragua.

SHI Nicaragua will issue ag loans at the end of September and planting takes place in mid-October.

\$300 CAN CREATE AN OPPORTUNITY FOR A WHOLE GROUP OF PEOPLE TO LEARN AND TRAIN ON BEST-PRACTICE AG PROCEDURES.

Ariel Aguirre

on his roof for lighting his house. Ariel and his wife have managed to help their children obtain better educations as well. Ariel is a responsible farmer who is a respected leader in his community. He formed a group of 26 other small producers who have taken advantage of the agricultural financing offered by Self-Help to help them purchase crop inputs. His group has an 88.46% repayment rate in 2022 on their loans. Ariel is the president of a cocoa bean cooperative, an active member of the co-op, and was elected to export certified INTA-Nutrader QPM seed to El Salvador because of his work quality and because he follows all the requirements needed for international business standards. Ariel exemplifies the types of community leaders who partner with Self-Help to alleviate hunger and improve nutrition both within and beyond their national borders.



POULTRY VACCINATIONS INCREASE PRODUCTION



Justice Amoka Sam from Self-Help International administers a vaccine to a chicken held by Maame Akua.

In Ghana, poultry is generally owned and managed by women and children, and the major source of animal protein in a rural family's diet is poultry. Traditionally, the weight of village chickens and their egg output are low. Both bird weight and egg production can be increased with factors like housing, disease control, management, and supplementary feeding.

Self-Help International estimates that over 90% of rural households in our partner communities in Ashanti Region own poultry. Accessing veterinary services for poultry in these communities is a challenge in Ghana, and this causes families to lose their birds, especially during a disease outbreak. One of the outbreaks that causes high poultry mortalities in Self-Help's partner communities is the annual Newcastle disease. The Ghana Ministry of Food and Agriculture (MOFA) states that this disease kills more than 90% of unvaccinated birds during outbreaks between December and February.

Some of Self-Help's partner communities expressed concern about how they had lost almost all of their birds during previous years. Self-Help's Agriculture Extension team collected data in five partner communities to confirm

this issue. For sustainability reasons, the team also involved the Department of Agriculture and the veterinary in dealing with this challenge. Self-Help's Agriculture Extension team, with support from MOFA, reached out to five partner communities - Timeabu, Beposo, Asuogya, Abompe, and Kukuboso - through a mass rural community vaccination program. In 2021, 3,412 rural birds from 132 houses were vaccinated. During a follow-up on bird's response to the vaccines, the communities were thankful to Self-Help International as they saw a great drop in bird mortality.

Due to the successes chalked in 2021, more clients requested services and in February 2022, the mass vaccination exercise continued with six communities, 140 clients and 4,240 birds. A second round is scheduled for October.





WATER PROJECTS NEED SUPPORT

Only 56% of Nicaraguans use safely managed drinking water services*. Consuming water that is contaminated by chemicals and fecal matter can cause waterborne diseases which would be preventable with proper water purification.

For example, Melchorita and Espavel make up a community of 893 people comprising of 246 households. The community has a water tank that can hold up to 50,000 gallons of clean water (see above) at full capacity, but only 65% of households had access to the water at home, which was untreated. Without properly treated water, diarrhea is a daily reality that prevents people from keeping nutrients in their bodies. Chronic illness due to waterborne diseases jeopardized the educations of the 200 students attending the local school and made it difficult for parents to work and earn income while caring for ill children or battling waterborne diseases themselves. With support from SHI's trained technicians, the communities of Melchorita and Espavel were able to install a CTI-8 water system to bring treated drinking water to all households in the community. The difference is especially clear in the classrooms, where children now drink the water without any problem, without being afraid that they will get sick, and without having to haul water with them to school from distant places.

Donations can pay for trained technicians that will teach communities like Melchorita and Espavel how to install & maintain a CTI-8 water chlorinator system which will eliminate the bacteria from the 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 incidence of acute diarrheal disease so families can lead healthier, more productive lives.

The CTI-8 systems are durable enough to last five years or more. Since it's made of PVC pipe and valves, any damaged parts are easily replaced. At just \$28 per month for chlorine tablets for one whole community, the ongoing maintenance is affordable. Our staff provide extensive training and follow-up to ensure proper maintenance, and educate residents about hand washing and sanitation practices. Communities with a CTI-8 demonstrate higher levels of education and community sensitivity about water and public health long term. **To make a monthly donation to cover the tablet expense for one community, please call the Self-Help office at 319-352-4040 to participate.**

** source: <https://data.unicef.org/country/>*

SPOTLIGHT ON STAFF:

STAFF

IOWA

Nora Tobin
Executive Director
Susan Cornforth
Administration, Finance, &
Technology Manager
Rose Dougan
Development &
Administrative Assistant
Anne Denholm
Development Officer

NICARAGUA

Jorge Campos
Country Director
Lucia Vega Galeano
Program Operations
Manager

Yolanda Fletes
Women's Empowerment
Program Officer
Orlando Montiel Salas
Clean Water
Program Officer
Rodolfo Hernandez Navas
Agricultural
Program Officer
Mario Barberena
Agriculture Program
Assistant
Carlos Obando Ruiz
Accounting Assistant
Santos Hernandez
Training Center Security

GHANA

Benjamin Kusi
Country Director
George Saforo
Ashanti Region
Program Coordinator
Constantine Nanguo
Upper West Program
Coordinator
Edna Baloo Upper West
Region Program Officer
Ali Mumuni Banye
Accounts Officer
Grace Marfo
Teen Girls Club Program
Officer
Bridget Gyamfi
Teen Girls Club Program
Officer

Lydia Adomako
Micro-Credit Program
Officer
Florence Boama
Micro-Credit Program
Officer
Christopher Doe
Assistant Micro-Credit
Program Officer
Matilda Amanor
Nutrition Program Officer
Christiana Daankwah
Opoku
Nutrition Program Officer
Justice Amoka Sam
Community Crop &
Livestock Specialist
Ignatius Tang
Training Center Manager

Dominic Boakye
Training Center Caretaker
Benjamin Antwi
Training Center Security
Richard Opoku
Logistics Officer
Castro Acheampong
Logistics Officer
Emmaculate Etaah
Upper West Support Staff

NATIONAL SERVICE PERSONNEL

(Completed term of service
August 31, 2022)
Gideon Konta
Oppong Abednago
Bright Opoku
Linda Mensah
Mary Adubea
Robert Anika Mensah
Sara Nana Adufah
Ghartey Obed
Forster Mensah

BOARD OF DIRECTORS

Keith Swanson
President
Dr. Richard Neal
Vice President
Deb Giarusso
Treasurer
Barbara Hatinger
Secretary

Dr. William Edwards
Will Erken
Pat Martin
Dr. Dorothy Masinde
Rev. Dr. Mary Jane Oakland
Jerry Perkins
Carol Richardson Smith
Nick Taiber

EMERITUS MEMBERS
David Fredrick
Dr. Dale Harpstead
Robert Hellman, Sr
Jerry Larson
Maria Maixner
Fran Mueller

J. Howard Mueller
Dr. Warren Prawl
Dennis Preslicka
Dr. Bertel Schou
Jon Tehven
Dr. James (Jim) West

MEET CARLOS RUIZ

Nicaragua Accounting Assistant

Carlos Alfredo Obando Ruiz grew up with three brothers and two sisters on a farm near Santa Isabel, very near Self-Help's headquarters in Quinta Lidia. For five years in primary and secondary school, Carlos had to walk 5 kilometers (about 3.1 miles) to school but near the end of high school he and his parents decided he should switch schools to find something that was both closer and offered better education. His new school was still 3 kilometers (about 1.9 miles) from home, but it had computer equipment. After graduating from high school, Carlos had no other options to study so he emigrated to Costa Rica where he worked to save money so he could continue his studies in Managua. He graduated in 2016 with a Bachelor of Public Accounting and Auditing in 2016 from the Universidad del Valle in Managua.



Carlos has worked as an accounting assistant in two large and recognized companies in Managua - Gilberto Bendaña & Cia Ltda from 2014 to 2018 and Bombas de Nicaragua SA and Piscinas de Nicaragua SA from 2019 to 2020.

Carlos lost his job due to the COVID-19 pandemic, so he moved back to his parents' farm. While job hunting, his aunt, a member of SHI's Women's Empowerment Program, recommended Carlos for the role of Accounting Assistant. He joined the SHI team in March 2021.



MEET LYDIA ADOMAKO

Ghana Micro-Credit Program Officer

Lydia joined Self-Help International's Micro-Credit Program in July 2019. Lydia received her bachelor's in sociology from KNUST in 2010, and she earned an advanced postgraduate research degree in sociology with an emphasis on gender and development.

She has more than seven years of practical experience in coaching and empowering young women in various areas including human rights related issues to economic empowerment.

As an adept researcher, Lydia brings her expertise in women's economic empowerment to Self-Help International, helping in whatever capacity to fulfill the mission and to help people help themselves.

She is married to a neurosurgeon and has three children: a 7-year-old son, a 3-year-old daughter and an infant.



In her spare time, she enjoys singing with her husband as the pianist.

Her favorite inspirational quote is "Change of any form requires courage, so never give up, never quit!"

MEET CONSTANTINE ZOMANAA NANGUO

Upper West Program Coordinator

Constantine Zomanaa Nanguo joined the SHI team in July 2021. Constantine has more than eight years combined experience in project management, administration and development planning. He obtained his bachelor's degree in Political Science with philosophy from the University of Ghana, and a master's degree in Development Policy and Planning from the Kwame Nkrumah University of Science and Technology. He also holds a certificate in Project Cycle Management from the Institute of Social, Statistical and Economic Research, University of Ghana. He has worked in various capacities as District Director of National Health Insurance Authority in the Jirapa/Lambussie District; Programme Manager for Youth Alive, a child centered NGO, in the Upper West Region of Ghana; and a Project Officer with the Upper West



Regional Planning and Coordinating Unit where he had experience in monitoring and evaluating activities and programs of District Assemblies in the Region.

He also consulted on a freelance basis on research projects, medium term development planning and strategic planning. Constantine also has an interest in dry season irrigation farming where he grows watermelon, pepper and other vegetables.



Self-Help International
207 20th St NW Suite A
Waverly, IA 50677

NONPROFIT ORG
U.S. POSTAGE PAID
WAVERLY, IA
PERMIT NO. 10

ADDRESS SERVICE REQUESTED



@SelfHelpIntl



@SelfHelpInternational



@SelfHelpIntl

Self-Help International
is a 501(c)(3)
nonprofit organization.
Tax ID: 42-0844679



Alleviating hunger by helping people help themselves since 1959

Self-Help International
www.selfhelpinternational.org

IN GHANA
Cadbury Hall
Kumasi, Ghana

IN NICARAGUA
Quinta Lidia, frente al Km. 288 (Este)
Carretera a Managua, San Carlos
Río San Juan, Nicaragua

IN UNITED STATES
207 20th St NW Suite A
Waverly, IA 50677 • (319) 352-4040

UPCOMING EVENTS:

September 12-16
Little by Little Online Campaign
Donate and SHI gets a 50% Match!

Tuesday, Nov. 29
Giving Tuesday

Wednesday, Dec. 7
Empower Women Luncheon
World Food Prize Hall of Laureates
in Des Moines, Iowa

little x little
Matching
Campaign

Mark your
calendar!

SEPT. 12-16

GlobalGiving is
matching all online
donations* **up to \$50** at

50%

for FIVE straight days

* Terms and conditions apply

