

2018

IMPACT REPORT

**Alleviating Hunger by
Helping People Help
Themselves Since 1959**



SELF  **HELP**
INTERNATIONAL

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Self-Help International is now an accredited charity with the Better Business Bureau's Wise Giving Alliance! Take a look here: <http://bit.ly/SelfHelpBBB>

Message from the **EXECUTIVE DIRECTOR**

Friends,

Talent is universal, opportunity is not. Every day at Self-Help International, we see the difference opportunity can make to talented individuals and their communities. The pages that follow are filled with examples of talented individuals – mothers like Ama and fathers like Isidro and girls like Vera – whose families and communities are thriving today because of the opportunities you granted to them through your gifts to Self-Help. Thank you.



NORA TOBIN

These life-changing opportunities are carried out our teams on the ground in Ghana and Nicaragua who demonstrate incredible leadership, dedication and determination, even in the face of unexpected adversity. When political unrest in Nicaragua led to three months of road closures during the first planting season of 2018, Country Director Jorge Campos adapted, implementing a new system to send text and photo messages to train those communities he couldn't reach, and extended training opportunities to new communities he could reach. Fearing an economic crisis, talented farmers who might have otherwise resisted change seized the opportunity to learn, and were able to double and triple yields! Those three months highlighted how meaningful your support has been over the years: the rural farm families we've served were more resilient because of the past financial literacy and business training opportunities your support made possible.

We continue to deepen and integrate our work to empower women and girls, improve nutrition and food security, and foster entrepreneurship in both countries, as exemplified by the two new pilot programs Self-Help Ghana launched in 2018: the Graduate Entrepreneurship Program and the Growing Healthy Food, Growing Healthy Children Program. Each program is strengthened through partnerships with local universities as well as governing bodies such as the Ministry of Food and Agriculture, who demonstrated their trust in Self-Help as a key ally in the Feed Ghana strategy by placing a dozen new employees with Self-Help under the National Building Corps Program.

In addition to the teams on the front lines, many of you worked “behind the scenes” this year, sharing your talent, time, and treasure by advising our overseas teams from the US or in person, helping move our headquarters into a new, more accessible office space in Waverly, helping organize or participate in a fundraising event, spreading the word to invite your friends to join us in this mission, or giving generously to offer these life-changing opportunities in Ghana and Nicaragua.

Together, we extended opportunities to more than 7,300 individuals to share their talents and build healthier, happier, safer places to live, work, and raise their families. Thank you for allowing us at Self-Help to be your partner in impact.

With gratitude,

A handwritten signature in dark ink, appearing to read "Nora Tobin".

Nora Tobin, Executive Director

Empowering through training & resources

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.**



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.

SUSTAINABLE COMMUNITY DEVELOPMENT

Bringing people together to share knowledge, learn about best practices, and strengthen their communities.



IMPROVING AGRICULTURE

Equipping farmers with training in improved techniques, access to the inputs they need when they need them, and post-harvest storage options so they can maximize yields and better feed their families.



PROMOTING CLEAN WATER, SANITATION, AND HYGIENE

Partnering with communities, to access safe drinking water and improve the community's overall health and productivity.



EMPOWERING WOMEN AND GIRLS

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

to put knowledge into action

Founded by Vern Schield in Waverly, Iowa in 1959, Self-Help initially manufactured and shipped small “Self-Helper” tractors to subsistence farmers in 48 countries. In 1989, in collaboration with Nobel Peace Prize Laureate Dr. Norman Borlaug, Self-Help shifted its focus to sustainable development programs centered on local community leadership. Our services to farm families pair education and trainings with access to the resources necessary to put that knowledge into action.



WHERE WE WORK, AT A GLANCE

NICARAGUA

Area total: 130,370 sq km
(slightly larger than Pennsylvania)

Population: 6,085,213
(29.6% lives below the poverty line)

Life expectancy at birth: 73.7 years

Climate: tropical in lowlands, cooler in highlands

Language: Spanish
CIA World Factbook 2018

GHANA

Area total: 238,533 sq km
(slightly smaller than Oregon)

Population: 28,102,471
(24.2% lives below the poverty line)

Life expectancy at birth: 62.7 years

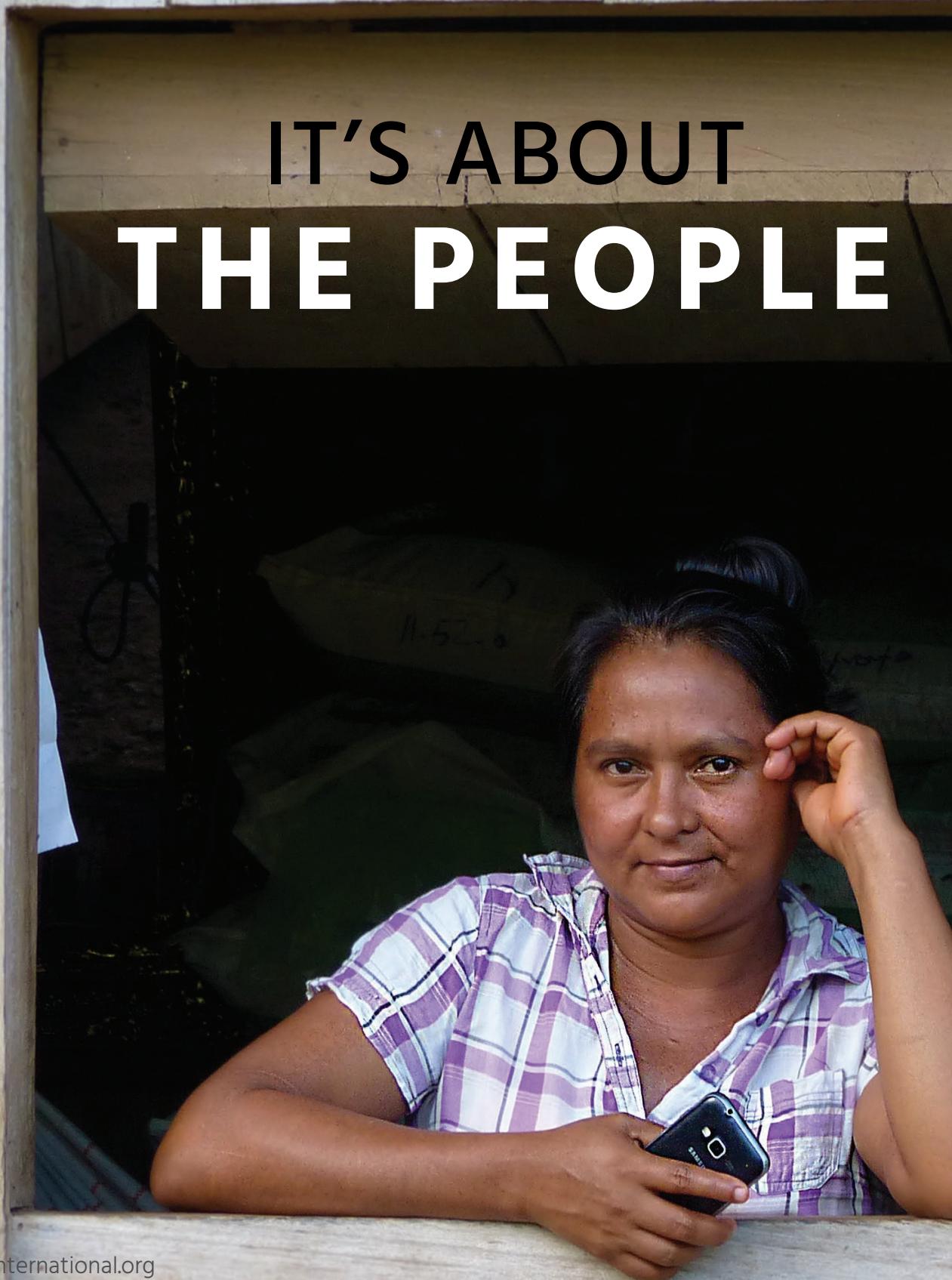
Land use: 69.1% agriculture land; 21.2% forest; 9.7% other

Language: English is the official. Asante (Twi) 16%; Ewe 14%; Fante 11.6%; more than 7 others making up the rest

CIA World Factbook 2018

**IT'S NOT ABOUT
THE PROGRAMS,**

**IT'S ABOUT
THE PEOPLE**





940

WOMEN & GIRLS
PURSUED THEIR
BUSINESS AND
EDUCATIONAL GOALS.

671

PARTICIPANTS
ATTENDED
AGRICULTURAL &
ENTREPRENEURSHIP
TRAINING SESSIONS

865

CHILDREN WERE FED A
NUTRITIOUS BREAKFAST
EVERY DAY OF THE
SCHOOL YEAR

4,699

RESIDENTS OF RURAL
COMMUNITIES GAINED
ACCESS TO SAFE
DRINKING WATER

FIGHTING MALNUTRITION

Read more about ending malnutrition by visiting
selfhelpinternational.org/ending-malnutrition/





In Ghana, the Ashanti Region has the highest number of malnourished children, an estimated **150,000** and the lowest Vitamin A supplementation coverage (**58%**).

UNICEF 2015 / MICS 2011

OUR 2018 IMPACT BY THE NUMBERS



70 expecting and new mothers and **65** children participated in the pilot GHFGHC program in Beposo.

85% of mothers in the pilot program practiced **exclusive breastfeeding**, compared to 39% in the region at large.

64 mothers in the GHFGHC program planted **Orange Fleshed Sweet Potato** (OFSP) to increase household Vitamin A consumption.

865 students were fed a **nutritious breakfast** through the school feeding program.



Mothers Find Hope For Their Children

The Rev. Dr. Mary Jane Oakland is an emeritus professor of Food Science and Human Nutrition at Iowa State University, and retired Episcopal priest. She has served on the Self-Help International Board of Directors since 2006.

SELF-HELP INTERNATIONAL HAS BEEN INSTRUMENTAL in starting breakfast feeding programs across primary schools in rural villages in the Ashanti Region of Ghana. These schools report increased attendance and improved test scores.

In 2016, I traveled to Ghana to see the school feeding programs and saw that children, parents, and teachers loved the school feeding program. However, adults could see their children needed more nutrients and asked how they could fortify the porridge. As a result, we introduced intercropping to the school farms. Schools began planting groundnuts or cowpea in the rows between the Quality Protein Maize (QPM), adding to the calories and protein content of the porridge.

For the past two years, Self-Help staff have been weighing and measuring the students receiving the breakfast porridge, and they found that a number of children starting school at 4 – 5 years old are already stunted. Children who are stunted aren't only short in stature – their brains have been impacted in ways

that can't be overcome by better feeding later in childhood or adulthood. In some schools we serve, more than one in four children are stunted, slightly above the national average of 22% for rural Ghana. Thinking about the children starting school malnourished, I considered Roger Thurow's recently published book, *The First 1,000 Days*, which focuses on improving nutrition and health for pregnant and lactating women. In his book, Thurow found three critical factors prevent stunting: 1) calorie and protein requirements must be met during prenatal development, during the first six months of breast feeding, and weaning; 2) nutritional health is important during pregnancy and lactation; and 3) it's crucial that babies are exclusively breastfed for the first six months.

OKAY, BUT WHAT NOW?

In 2017, an Iowa State University nutritional science student intern found that only 36% of mothers in Beposo, Ghana practice exclusive breastfeeding for the first six months, a figure consistent with the Ashanti Region rate of 39% but well below the WHO recommendations. Mothers often feed water or fufu (a mixture of cassava and water) to their infants, diluting the nutrients from breastfeeding. Based on our evaluation and research, we wanted to

Adwoa and her daughter, Mayfred, are happy because Mayfred is growing strong and healthy! For the newest updates on this program, go to: www.selfhelpinternational.org/tag/ghfghc

know: was it possible to grow foods in these villages that mothers would use as more nutritional weaning supplements to prevent stunting?

With that question in mind, I returned to Ghana in January 2018 to work with our staff nutritionists. We began by consulting nutritionists Drs. Grace Marquis and Esi Colecraft of McGill University and the University of Ghana, Accra, respectively. We then collected data on the villages we serve. Based on growth data from the schools and commitment of the community, we launched a pilot intervention in the village of Beposo called Growing Healthy Food, Growing Healthy Children.

The idea was to work with farmers to grow foods locally that would provide more nutritious options for infants, as well as provide more adequate diets for pregnant and lactating women. Self-Help nutritionist, Jesse Jackson Sarkodie, started working with Beposo in March and has enrolled around 70 pregnant women in the program. We currently provide supplemental food porridge packets for the mothers during pregnancy and lactation since it's difficult for them to farm; we monitor weight gain in pregnancy; and we track the babies' weight and lengths. We also look at the quality of their diets and look at their food security at home.

WHAT YOU FARM MATTERS

At the same time, our agriculture training team is teaching intercropping of QPM with cowpeas or groundnuts to amount of protein in the porridge. The team also taught farmers to grow orange-flesh sweet potatoes to add to the weaning food because they're high in Vitamin A. The next step will be to introduce poultry production in the village for both family food and income through our micro-credit and farm input loan mechanism.

In order to enroll, the mother (and father,

when possible) must commit to both the farming and nutrition education parts of the program. The program mostly engages the mothers, from individual counseling to group nutrition education sessions; however, we are working to gain buy-in from the whole community.

TAKING A LONG-TERM VIEW

Babies born in Beposo are followed until two years old with the goal that none of them are stunted at the end of the program. Similar interventions in other parts of Ghana and across Africa that combine nutrition education and a means of growing nutritious foods have found that supporting a mother with one child will improve health for all her future children, even after the intervention has ended.

This isn't a one-size-fits-all approach. For those without farmland, Self-Help is teaching them how to manage their own small businesses to generate income to buy the food from their neighbors. We've already seen that the moms in Self-Help's micro-credit program have the resiliency to respond to the unplanned needs of their children.

Based on initial results, we're seeing that we can grow healthier food and healthier children in Beposo, and hope to expand this initial pilot program. Thank you to all who have made this program possible to date – it is truly granting the children the ability to learn and earn long-term!



IMPROVING AGRICULTURE

Read more about improving agriculture by visiting
selfhelpinternational.org/improving-agriculture/





In both Ghana and Nicaragua, around **one-third** of the workforce is employed in agriculture.

www.worldbank.org

OUR 2018 IMPACT BY THE NUMBERS

671 attendees participated in **agricultural trainings** on topics like agribusiness, marketing, and best practices in planting and cultivating.

NICARAGUA HIGHLIGHT



Expanded to serve a **third geographical region** in 2018, serving **30 farmers** on Ometepe Island.



GHANA HIGHLIGHT

9 new communities were engaged in the **agriculture program**.



Helping Farmers to Increase Yields, Incomes, and Food Security

Written by Jorge Campos Solis, Country Director

MOST FARMERS IN THE WORLD have about 40 growing seasons, or 40 chances to improve on every harvest. We recall fondly what our best yielding year was and how much that yield was. Each year, we work to move that number a little higher, whether we're farming in Iowa or Ghana or Nicaragua.

The low-income farmers in rural Nicaragua often yield only 45-50 bushels of corn per acre, which is about 25% of what is considered a good yield in Iowa. For the past 20 years, my colleague, Alfredo Aleman, and I have been working with Self-Help International to equip farmers with the access to technology and knowledge to make informed decisions so they can increase yields and better feed their families.

Just like in Iowa, farmers improve yields by innovating, inventing, or improving topological designs. We decide whether or not to apply fertilizers, whether or not to use improved varieties, and whether to use hybrid seed or local varieties.

After more than two decades of farming, my long-time colleague, and an experienced Self-Help seed producer, Alfredo Aleman set a new goal for himself. He wanted to achieve a yield of 140 bushels per acre on his farm, triple the typical yield of a small-scale Nicaraguan farmer such as himself. In that way, he would be able to show his friends and neighbors that even when working with limited resources or machinery, still a higher yield was possible.

Together, we pioneered the experimentation and application of the Double Row Corn planting system at Self-Help's Fred W. Strohbehn Training Center. Double row planting is our own invention - we designed a way to introduce 12 corn plants per linear meter, in order

We saw for ourselves that yields were higher - two to three times what they'd been before we intervened. Bit by bit, we are improving the lives of Nicaraguan farmers.

to obtain a population density of 120,000 plants per hectare.

By planting in this way, the producer can achieve the same yields on much less land. By employing double-row planting and improved farming techniques, farmers have higher yields on two or three well-planted acres than they do on greater acreage that's been poorly planted. This allows farmers to save money by renting less land than they normally would.

Additionally, farmers trained in this manner learn how to be more efficient in their work. They learn to rely on family members to work the farm instead of hiring outside workers, thus decreasing their costs. Additionally, when they plant Nutrader certified QPM seedcorn, yields are double or triple what they normally are when a farmer uses only one additional fertilizer. With the money farmers save using our improved farming techniques, they are able to reinvest in their farms and technologies and thus continue improving over time.

These impressive results showed that our innovation worked, but that was only the first step. We had to convince local farmers to try these innovations themselves. Double-row planting sounded strange, and we weren't sure how farmers would react. We needed to show them that our method worked, so we began establishing demonstration plots. With the success of those plots, farmers realized they didn't need to plant huge parcels of land but could be more effective on smaller plots if they improved their methods. We reached these farmers by way of our seminars and training sessions, and ultimately 118 family farmers experimented with our demonstration plots in 2018.

WHEN ONE FARMER HAS SUCCESS, EVERYONE BENEFITS

Alcides Torres Gamez was one of the first farmers who attended the double row corn planting technology training.

"I remember the first time Jorge Campos from

Self-Help Nicaragua came and invited me to a training session that he was going to lead on improving corn harvest yields," Alcides recalled. "I said to myself, 'There is no way I'm going to that meeting.' Believe me, I don't like those kinds of things. But, after thinking for a little while, I decided - well, I guess I can go, and if I don't like what I hear, I can always leave the meeting."

Despite his hesitation, Alcides was impressed by what he was learning. "I liked hearing that my corn harvest would double if I followed the double row planting method and used proper supplies, such as pesticides, herbicides, and fertilizers," he explained. "I decided to start implementing the double row planting method, and as a result, I got what Self-Help told me about - double the yield!"

Double-row technology includes associated costs in land, inputs, family and hired labor, tools, and equipment. Initial costs per family are between \$660 – \$830 US per manzana (\$388 – \$488 per acre), with a return of roughly \$1,153 per manzana (\$678 per acre), even after family consumption. The economic return is greater, and the harvest ensures that the farmer can feed his family. After working with 118 families, we saw for ourselves that yields were higher – two to three times what they'd been before we intervened. It was more than we anticipated, and we were thrilled! Bit by bit, we are improving the lives of Nicaraguan family farmers.



EMPOWERING WOMEN

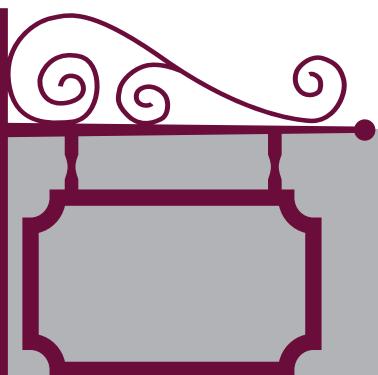
Read more about empowering women and girls by visiting
selfhelpinternational.org/empowering-women-girls/



AND GIRLS

If women in rural areas had the same access to land, technology, financial services, education and markets as men, the number of hungry people would be reduced by **100 million**.

Food and Agriculture Organization of the United Nations



OUR 2018 IMPACT **BY THE NUMBERS**

777 women in Ghana and Nicaragua participated in **business training and accessed loans** through the micro-credit program.

163 young girls from **3 communities** in Ghana participated in the **Teen Girls Club**.

Disbursed \$134,235 worth of loans in 2018.



Rosa Learns By Doing



Written by Yolanda Fletes, Micro-Credit Program Officer.

ROSA CANDIDA SEQUEIRA IS A MOTHER AND A BUSINESS WOMAN, and at 56 years old, she's determined to learn how to run her business better. Rosa is from Laurel Galán, a community almost 2 miles (3 km) from Self-Help International's Nicaragua office. She has her a business selling fresh dairy products like cheese and cream, which she also uses to prepare baked goods like tortillas and cornbread.

Rosa has three children, but two of her children are already grown, married, and live in homes next to hers. Her youngest daughter is only 13 years old, and is an enormous help to Rosa. In the mornings, her daughter helps with chores around the house, or sometimes she goes around the community to help sell Rosa's products.

In the afternoon, she goes to a nearby high school. Rosa wants to continue to support her daughter's education, so in February 2018 she joined the Self-Help micro-credit program.

ROSA INCREASES PRODUCTION

Rosa received her first \$50 loan after going to basic lessons on marketing and improving the quality of her products. With the first loan, Rosa was able to purchase more supplies and ingredients to make her tortillas and cornbread. Because of the loan, Rosa was able to double the amount of corn she purchased for production (from a little over 100 lbs to just over 200 lbs).

By being able to purchase more supplies up front, Rosa is able to make more tortillas and corn bread to sell. Before her first loan, Rosa made around 100 tortillas a day. Now, she's able to make 150 tortillas every day and she sells all of them fresh on the same day. Sometimes people even ask her for more! Rosa usually earns about \$6.25 per day from the tortillas – or about \$163 per month, which is an average salary in Nicaragua.

As for the cornbread, Rosa only makes it twice a week on Monday and Friday, and she makes about 1,500 piece each time. The cornbread is baked in a traditional Nicaraguan oven, which is difficult for Rosa to manage on her own. Her daughter-in-law usually comes to help Rosa during the baking. Rosa earns \$15.62 per day from the cornbread and makes it 8 days a month, so she earns an additional \$125 per month.

"I am using the rest of my income to provide a better life for my daughter: to give her the education she needs for the future so she will be able to go to college."

At the base of these baked goods are Rosa's fresh dairy products, creams and cheeses, which she also sells for a good profit.

"It's great because word has spread around the community and people know about my products," Rosa said. "Most of the time time, people stop by my house to buy things because they know that I sell good, high quality products."

IT ALL COMES FULL CIRCLE

From the profits, Rosa pays her daughter-in-law for her help baking the cornbread. In this way, they are able to help each other.

"i am also using my income to provide a better life for my daughter: to give her the education she needs for the future so she will be able to go to college," Rosa said.

Rosa is also able to take care of her home and her basic needs with the her income.

"I feel grateful to be part of Self-Help's micro-credit program because I have seen a change in my business. I have been prospering since joining the program!" Rosa said. "I want to thank God and thank the all of Self-Help's supporters. I feel very happy to have this prosperity in my life."



STEPS TO THE *Micro-Credit Program*

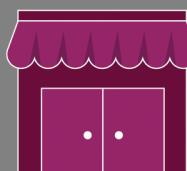
A woman learns about the program through an informational session in her community or word of mouth. She attends a series of training sessions led by SHI's Micro-Credit Officer on topics such as financial literacy, basic business skills, and marketing to set her up to succeed in her business endeavor.



Once she completes the trainings, she can access her first \$50 loan to start her business. The interest rate is comparable to commercial financial institutions, but has no hidden fees and requires no collateral.



She's now ready to open the doors to her business!



The interest collected from the loans is used to help finance free ongoing training sessions for participants, and the repaid funds are re-issued to support another woman's start up loan or a business expansion loan.

After the first few weeks of business, SHI's Micro-Credit Officer will check in to see how she is doing. As the woman repays her loan, the officer provides ongoing business consultation to help her achieve her own unique goals for her business and family.





Vera Follows Her Dreams

Written by Patience Obour, Teen Girls Club & Nutrition Program Officer.

IN 2018, VERA TOOK THE NEXT STEP TOWARD accomplishing her dreams by starting her first year of senior high school at Wesley High School in the town of Bekwai. She's currently a member of Self-Help International's Teen Girls Club in her hometown of Bedaabour, which is organized by local leaders who are active in Self Help's micro-credit program. Going to senior high school was a huge milestone for Vera, and she attributes it to the support and education she received from the Teen Girls Club.

EDUCATION OPENS DOORS

Before joining the Teen Girls Club, Vera was constantly worried about passing her Basic Education Certificate Exams (BECE), which are essential for any Ghanaian student wanting to move beyond junior high school.

The Teen Girls Club gets girls excited about learning by giving them the tools they need to succeed! Learn more about how Teen Girls Club empowers girls in Ghana by going to: www.selfhelpinternational.org/tag/tgc

Students in rural Ghana often struggle with the reading comprehension portion of the test, and constructing simple English sentences can be a headache. Vera knew there would be no one at senior high school in class or during prep time to help her read and understand what she was learning; so, when she got the opportunity to learn through Self-Help, she gladly took it.

"I can recall the joy in my heart the first time I was able to read and understand what I was reading," Vera said. "Now that I can read and comprehend what I am being taught in class, I am always excited to pick up my books and study!"

Thanks to the Teen Girls Club, Vera has not only passed her junior high school exams – she can also speak in English with other students from the city at her school.

"Although I haven't mastered the language, being able to express myself a little has really boosted my self-esteem," Vera said.

AN EMPHASIS ON ETIQUETTE

Teen Girls Club also gave Vera the opportunity to learn

TEEN GIRLS STAND FOR EDUCATION FAIRNESS EMPOWERMENT

how to use and own a cutlery set for the first time in her life during a lesson on eating with utensils. This helped with her confidence while living in the city. Many students in rural villages have never owned a cutlery set and don't know how to use it while students from the city learn use it when they're growing up.

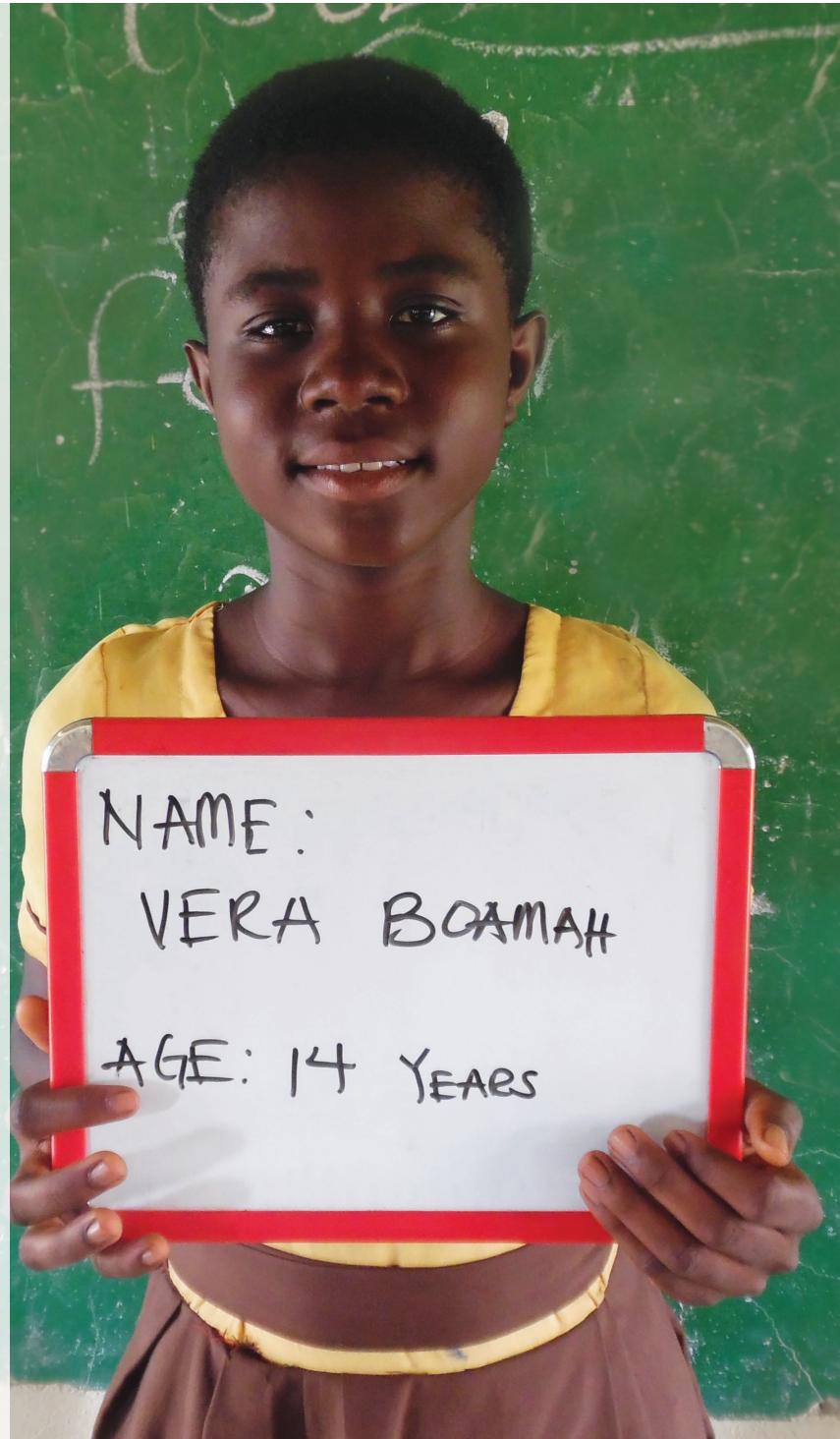
"Some students from the city were making fun of people who couldn't use the cutlery set properly, and I was able to imagine the embarrassment I would have gone through in the dining hall if I hadn't owned a cutlery set," Vera said. "I was saved from that embarrassment thanks to the Teen Girls Club's cutlery lesson."

"I'm more than grateful for Self-Help, the Teen Girls Club, and the many other things Self-Help is doing in the rural communities and for the underprivileged in Ghana," Vera added.

TO HIGH SCHOOL AND BEYOND

Because of the time spent focusing on the essentials of a solid education, girls like Vera have the opportunity to advance to senior high school and beyond to university. It is the hope and mission of the Teen Girls Club that all of the girls in the communities the club serves will succeed and further their opportunities in life. By teaching them basic skills, they will be able to improve their lives with dignity.

With the help of Self-Help's supporters across the globe, young girls in rural Ghana like Vera will grow up and become representatives for their communities.



PROVIDING CLEAN WATER

Read more about providing clean water and sanitation by visiting
<https://www.selfhelpinternational.org/accessing-clean-water/>



AND SANITATION



Nearly **1 million** people in Nicaragua currently live without clean, safe drinking water.

www.wateraid.org

OUR 2018 IMPACT BY THE NUMBERS



Nearly 5,000 more Nicaraguans now have clean, safe drinking water.

15 more rural communities have improved **health and sanitation** due to the installation of new community water chlorinator systems.

434 more people are now trained on water system administration and laws, as well as technical maintenance of chlorinators and community leadership development.



No Longer Forced to Save Rainwater in El Rótulo

Written by Orlando Montiel Salas, Clean Water Program Officer.

FOR MANY YEARS, EL RÓTULO WAS AN UNFREQUENTED rural agricultural community. The Los Chiles community six miles (10 km) away was the closest center of commerce for people to sell their produce. In the last few years, El Rótulo has grown to become its own commerce center, with other people visiting from surrounding communities to sell products from their farms and buy necessities for their homes.

In 2015, a government organization known as the Emergency Social Investment Fund (FISE) constructed a gravity aqueduct in El Rótulo to work in tandem with an electric pump to fill a water tank for citizens in the community. By July 2017, 600 people living in 120 homes were benefiting from the aqueduct.

Although the aqueduct project brought water to the community of El Rótulo, there was still one problem: the water tank was unprotected and very vulnerable to stormwater runoff and animal waste. The surface water was exposed to the elements and fecal contamination.

Working in coordination with Uriel, an engineer and local government water technician, Self-Help

International visited El Rótulo in February 2017. Self-Help International then contacted the community's Water and Sanitation Committee (CAPS), and they sent Marcial and Ernesto to complete a Pathoscreen water quality test.

The test came up positive for contamination after just 24 hours of incubation, and the water turned dark and had a foul odor – characteristics of fecal contamination.

When CAPS' president, Harvin, found out about the contaminated water, he was primarily concerned for the health of El Rótulo's citizens. It's the CAPS' responsibility to ensure the public receives safe drinking water, and the water in El Rótulo was not compliant with the legal health standards for drinking

Fewer cases of waterborne illness mean more children attending school every day, more business owners keeping their stores open, and more farmers tending to their crops.

water set by the Nicaraguan Ministry of Health. Harvin called Self-Help's Nicaragua office and asked Self-Help to visit to the community again to explain the importance of chlorinated water as well as the functions of the CTI-8 chlorinator that Self-Help helps install in community water systems.

"I've been living in this community for more than 10 years. I've witnessed how we used to struggle to get water," Harvin said following the visit. "Now that our community has a system of pipes bringing water directly to our homes, we should be getting water that that is pure and free of contamination. To achieve that, we need Self-Help's assistance disinfecting the water and helping us avoid illness."

A REFRESHING DRINK ALSO MEANS REFRESHING CHANGE

By June 2017, Self-Help had coordinated with the local community and CAPS to install a CTI-8 manual chlorinator in the water tank in El Rótulo.

"Our priority is to provide sanitary and safe water to the people of El Rótulo, and the CTI-8 chlorinator is helping us do that," said Gilma, El Rótulo's CAPS secretary.

"Some of our residents have commented that they can taste the chlorine in the water, but we've explained that it's normal and that it's better now because we're avoiding many water-borne illnesses," Gilma said.

Martha, a preschool teacher, said that it was hard to keep her students healthy and clean prior to installing the chlorinator. The water tastes like chlorine, but Martha said that means that the water is safe for the students to drink.

"Before we had the community water system, we had to collect water in containers and save it for the next day because the children would play, get dirty, and get thirsty. They needed water to drink and wash their hands," Martha said.

"After we got the community water system, we still



needed the water chlorinator to care for all of the school children and keep them healthy," Martha said. "Now the children no longer get sick from the water."

As of May 2018, the aqueduct in El Rótulo distributes clean water to 125 homes where 625 people live as direct beneficiaries; however, there are also many others who benefit from the chlorinated water, including people from Los Chiles and San Carlos wanting to sell their wares and harvests and purchase goods from El Rótulo.

2018 LEADERSHIP

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*Self-Help is saddened by the loss of one of our greatest champions, Fred Strohbehn, on March 10, 2018. His legacy lives on in the lives of the thousands his support helped serve and through the Fred W. Strohbehn Training Center in Nicaragua.

IOWA

Nora Tobin	Executive Director
Jacqueline Steinkamp	Development Director, through Aug. 2018
Megan Sehr	Development Director, beginning Sep. 2018
Susan Cornforth	US Operations & Administrative Specialist
Caroline Scott	Development & Communications Officer, May 2018 - Sep. 2018
Braxton Addoh	Accounting & Finance Intern, Spring 2018, Wartburg College
Angeline Neo	Graphic Design Intern, Spring 2018, Wartburg College
Taylor Webb	Videography Intern, Spring 2018, Wartburg College
Alison Doak	Marketing Intern, Summer 2018, University of Northern Iowa
Rhiannon Smeby	Communications & PR Intern, Summer 2018, University of Northern Iowa
Delynn Plante	Graphic Design Intern, Fall 2018, University of Northern Iowa
Katherine Jackson	Communications Intern, Fall 2018, University of Northern Iowa
Phephile Ndlovu	Operations & Office Intern, Fall 2018, Wartburg College

GHANA

Benjamin Kusi	Country Director
Victoria Yamson	Program Coordinator
Zakaria Adams	Training Center Manager, Agriculture and Entrepreneurship
Elizabeth Adu-Opoku	Program Officer, Micro-Credit
Nancy Ansah	Program Officer, Micro-Credit
Jesse Jackson Sarkodie	Program Officer, Nutrition
Patience Obour	Program Officer, Teen Girls Club and Nutrition
Bernard Frimpong Bannor	Program Officer, Agriculture and Entrepreneurship
Emmanuel Obiri Laryea	Program Officer, Agriculture and Youth Development
Dominic Boakye	Training Center Caretaker
Benjamin Antwi	Training Center Security
Madison Lapke	Nutrition Education Intern, Summer 2018, Iowa State University

NICARAGUA

Jorge Campos Solis	Country Director
Lucia Vega Galeano	Program Operations Manager
Yolanda Fletes	Program Officer, Micro-Credit
Orlando Montiel Salas	Program Officer, Clean Water
Alfredo Aleman	Program Assistant, QPM Agriculture
Mario Barberena	Program Assistant, QPM Agriculture

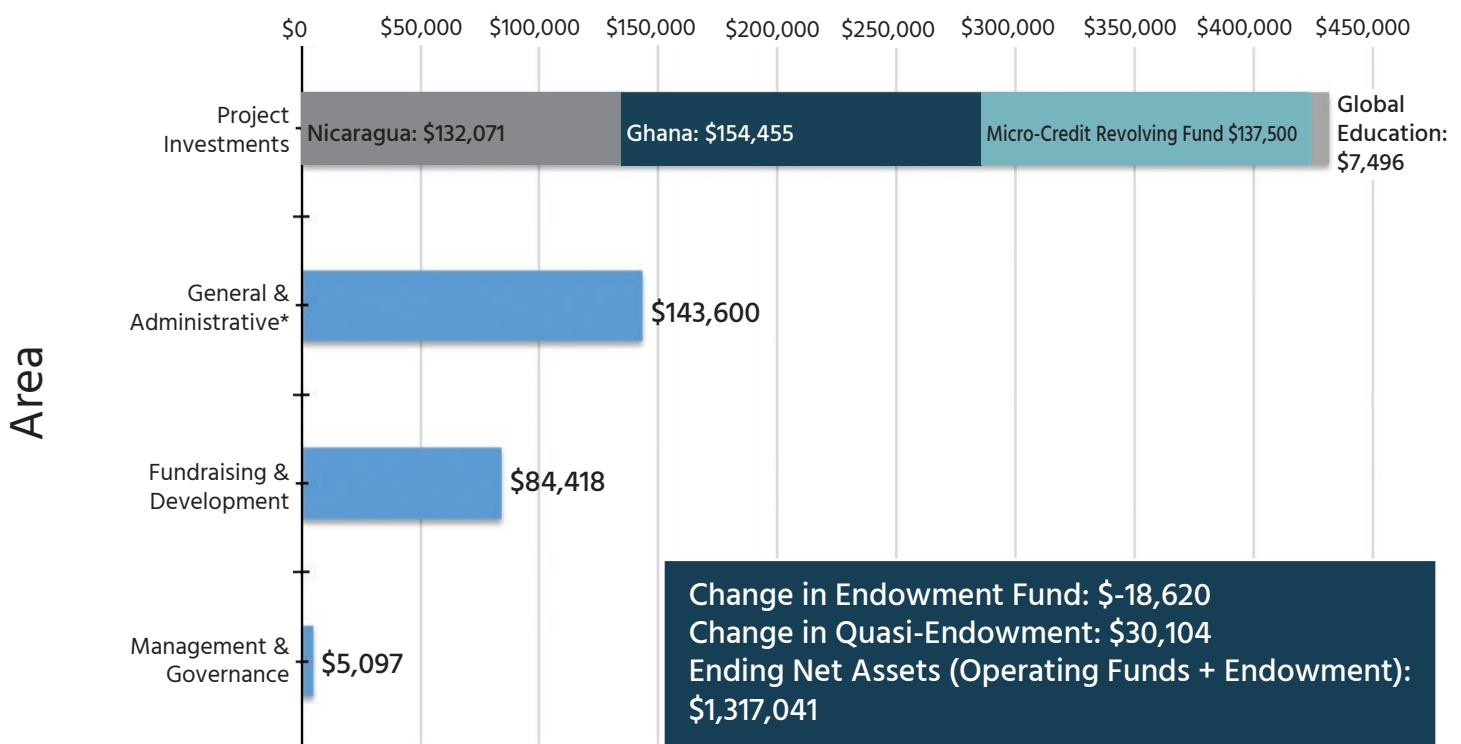
FINANCIAL OVERVIEW

INCOME



EXPENSES

Amount (in US dollars)



*Includes one-time office renovation and relocation expenses

AWARDS AND RECOGNITION



Isidro Aguilar Andino, Los Chiles Cooperative President, Receives Merry Fredrick Leadership Award

Isidro Aguilar Andino serves as president of the Los Chiles Cooperative. He has been working for the economic development of his community for decades. In the early 2000s, he led efforts around the construction of a new road that connects Los Chiles to the community named El Guasimo, as well as establishing a Quequisque Production Project.

After successfully implementing both projects, Isidro learned about Self-Help International in 2010 and requested technical assistance and support to formally incorporate his community members into a farming cooperative and to support 50 members of the cooperative to become members of the QPM Certified seed production program. With the profit he earned from the sale of the certified seed, he invested in educating his children. He is also the leader of one Community Seed Bank in his community of San Agustin, which produces beans and corn. Most recently, Isidro and the cooperative members are planning to start coffee production.

Country Director Jorge Campos and Executive Director Nora Tobin formally presented the award to Isidro during National Farmers Day in Nicaragua, and gifted a seed sizer to the Los Chiles Cooperative in honor of Isidro's leadership. The Board of Directors established the Merry Fredrick Leadership Award in 2013 to recognize and promote leadership based on merit. It is named in honor of retired Executive Director Merry Fredrick.



Donna Dravis Receives Governor's Volunteer Award

Waverly's very own Donna Dravis received a Governor's Volunteer Award from Governor Kim Reynolds during a special recognition ceremony held June 21, 2018 in Cedar Falls!

Donna was selected for an individual award by Self-Help International for volunteering to assist with event planning and administrative tasks to help keep overhead as low as possible and allow Self-Help's staff to focus more on their mission of serving others by helping people help themselves. Donna volunteered at Self-Help for roughly 1,000 hours between 2016 and 2018.



In August 2018, Jeff Cornforth received the Rockstar Volunteer Award for his contributions to renovating Self-Help's new office! Jeff was instrumental in the creation and functionality of the new space, dedicating more than 360 volunteer hours to electrical work, floor installation, painting, and moving and assembling furniture to get Self-Help settled into the more accessible and donor-friendly location and minimize the disruption to our core services. Our beautiful new space wouldn't be what it is without Jeff's incredible volunteer work! Come visit us at our Waverly Headquarters during office hours any time to see the fruits of his labor.

Jeff Cornforth Receives
the Rockstar Volunteer
Award

2018 CONTRIBUTIONS

\$20,000 +

Richard and Karlene Neal
Estate of Fred Strohbehn
Keith and Nancy Swanson
Ted and Deb Waitman

\$10,000 - \$19,999

Fran and Howard Mueller
Redeemer Lutheran Church, Waverly
The Iowa Annual Conference of The United Methodist Church

\$5,000 - \$9,999

Greg and Andrea Abel
Anonymous
Brown Advisory
Coast Beacon
Compass Group Management, LLC
Jim and Judy Fogdall
Bea Kleis Family
Jessica and Jeff Manno
Paula Archibald O'Brien
Kim O'Connor
Rotary Club of Waverly
Paul and Claudia Schickler
James and Virginia Smith
Estate of Neil Smith
Donna and Ken Speake
Sean and Chelsea Sullivan
Gina Heagney and Jim Tobin
Terrence and Maureen Roach Tobin
Cynthia Thorland and Fritz Weitz

\$2,500 - \$4,999

Agricorps
Ann Bell
Beck's Hybrids
Jeff and Angela Clement
Corteva Agriscience
CUNA Mutual Life
Dr. Norma Hirsch
Paul Lynch
Phyllis Meyer
Prairie Links Golf Course and Event Center
Rotary District 5970
Nick Taiber
Chris and Jessie Weaver
West Bank
Westminster Presbyterian Church, Waterloo

\$1,000 - \$2,499

Adaville UMC-Merrill First UMC
Anonymous
Bill Becker
Bev and Gary Boveia
Terry Brawner
Margie Brennan
Cedar Falls First UMC
Randy and Julie Crom
Dick and Jean Crouch
Paul and Kiki Curtis
Barb and Jack Dahlby
Days for Girls Des Moines
Des Moines Area Hunger Hike
Elaine Dove
Rod and Bonnie Drenkow
Jan and Dave Dressel
Sherri Dressel
Ed Droste
William and Jane Edwards
Robert and Linda Erlandson
Episcopal Diocese of Iowa
In Memory of Varlyn Fink
Ann and Marty Fredericks
David and Merry Fredrick
Scott Galenbeck and Leann Treloar
Maureen Gearino
Rodie and Tom Gibson
Marv Gilliland
Bill and Patti Graham
Bill Hamm
Dale and Mary Harpstead
Barbara and Dale Hatinger
Heritage UMC Waverly
Pat Houlihan and Dan Jacobi
Iowa City First UMC
Jerry Roling Motors, Inc.
Marilyn Johnson
Bob Kern
Kit and Jodie Klingensmith

\$500 - \$999

Adel UMC
Brian Badgley
Jo and Hank Bagelmann
David and Judy Beane
Benevity Causes
Bethlehem Lutheran Church
Margaret Bradford
Tom Campbell
Joan Clark

Colleen and Rick Krausmann
Cordell Lageschulte
Estate of Dick Luloff
Holly and Mark Lyons
Pat Martin and Brad Mock
Mark and Jeri Mueller
Tom and Rosanne Neal
Chris and Amy Nebons
Paul Neukirch
Bill and Pauline Niebur
Mary Jane and David Oakland
Jim and Jeanne O'Halloran
Jerry and Peggy Perkins
Dennis and Carol Preslicka
Mary Kay and Dennis Rhodes
Dr. Norm and Eloise Rinderknecht
Helen and Marv Schumacher
Bob and Becky Shaw
Karen Skovgard
Bob and Carol Richardson Smith
Chris and Michelle Speake
Spirit Lake UMC
Rachel Stauffer
St. Mary's Catholic Church, Waverly
Tom and Sue Taiber
Elmon and Barb Tatroe
Dawn Taylor
Bernie and Lisa Tobin
Michael Tobin
O. Jay Tomson
Martha and Robert Ward
Duane Weiland and Mary Rose Stone
Anna and Wes Welker
Kristine Wells
Darrel and Krista Wenzel
West St. Charles UMC
Tonya Williams
Rev. Ed and Verona Zelle

Andrea and Robert Compton
Tim Curley
The Dirty Dog American Bar and Grill
Teri Edman
ECHOPPE Inc
Europa Cycle and Ski
Martha and Jim Fifield
First National Bank of Waverly

\$500 - \$999 cont'd

First UMC, Shenandoah
Kathy and Marvin Folkerts
Brian Foster and Patricia Koch
Lynne and Bill Fruehling
Deb and Rick Giarusso
Gary and Nancy Guthrie
Carrie and Joe Hall
Hazelton UMC
Hellman Associates, Inc.
Floyd and Melva Herum
Gerald and Audrey Huddleson
Sheryl and Kelly Hulstein
Erwin and Yoshiko Johnson
Bob Jolly
Lindley and Joanne Jones
Erik Kettleson
Clarence and Julie Leichty
Clair and Mary Lensing
Elyse Lyons
Kevin MacFarlane
McCausey Lumber Company

Francisco Martinez
Jim and Sue Meimann
Tom and Paula Michel
Phillip and Virginia Moran
Denise O'Brien
Prairie Chapel UMC - Marion
Republic Community UM Church
Pam and Ken Riggs
Ruthven UMC
St. John's Lutheran Western Douglas
Women's Group
St. Paul's Lutheran Church and
School, Waverly
St. Paul Presbyterian Church
Alternative Gift Market
Bert and Diane Schou
Marvin and Marcia Schultz
Signature Realty
Dorothy Stanley
Jim and Kathy Stavneck
Storm Lake UMC

Tatroe Electric, Inc.
Jon and Gloria Tehven
Deb Tharnish
Tray and Tamara Thomas
Fr. Chuck Tobin
Irene and Kelly Tobin
Nora Tobin and David Murphy
Trinity UMC, Waverly
Kyle Ungs
Eashaan Vajpeyi
Martha and Ed Van Hemert
Rev Elizabeth Walch
Wesley UMC, Muscatine
Deb Wiley and John Schmidt
Jim and Ann Willer
Winsdor Heights Lutheran Church
Foundation
Edward and Nina Wunderlich
Jim and Lauri Young

\$250 - \$499

Richard and Leslie Althaus
Anonymous
Anonymous
Anonymous
A & R Travel
Baja Trucking
Alan and Sue Beck
Josie and Brian Beckstrom
Glenn and Jan Behrends
Mike Beninga
Bob and Phyllis Boeding
Joe and Eileen Bogosian
Britt United Methodist Church
John Bruha
Jessica and James Burtis
Joan Chandler
Al and Phyl Charlson
Christ Lutheran Church, Blair
Coloff Media
Joe and Monessa Cummins
Steve and Barb Dinnen
Al and Jo Dorenkamp
Donna Dravis
David and Helen Duncan
Carolyn and Dan Eggers
Episcopal Church of the Good
Shepard
Marty Goodrick
Jana and Calvin Haack
Jayne and Ricky Hall
Hazelton UMC
Hewett Wholesale

Suzanne and Donald Hofstrand
Roger Hoth
Lorna Hoversten
Jim and Nancy Hughes
Troy and Grace Ivey
Jason Jackson
Kaiser-Corson Funeral Home
Kanawha United Methodist Church
Carl Kasalek
Mary and Ray Keables
Dr. Roy Kintner
Greg Kirk
Jerry and Marian Larson
Krys and Gary Lange
Judi Langholz
Lowell J Walker Fund
Maggie McGill
Kenneth and Adele Mikesell
Joseph and Brenda Milana
Lori and Robert Mitchell
Morgan Stanley Wealth Management
Des Moines
Marcie Morrison
Mt. Hope United Methodist Church
Steve and Jackie Mueller
Dick Murphy
New Hope UMC, Des Moines
Next Generation Wireless
Lois and Gene Novak
Tiffany O'Donnell
Bill and Cathy Olson

The Oregon State Federation of
Garden Clubs
Kathy and Kevin Paul
John Perkins
Margaret Phelps
Julie Powell-Mohr
Prairie Chapel UMC, Springville
Kristi and Steve Quarles
Esther Reinart
Anthony Richard
Sable Robbert
Barbara and Daryl Roberts
Ruthven UMC
Tracy Sabus and LeAnn Stubbs
Jodi Schaapveld
Caroline Scott
Jim Secor
Richard and Jackie Seibert
Anjie Shutts and Pete Kitundu
Barb Smith and Rod Hoffman
Dave and Cherie Souhrada
Gail and Mark Stelmacher
Beth and Mike Stevens
Jane Swallow
Terry Tackenberg
Tenenbaum's Jewelry
Helen Tobin
Susan Tobin
Jenny and Rod Townsend
Trinity UMC, Charles City
Ruth Welliver and Bob Higbee
Kim and Gary Winterhof



Average gift size: \$409

Thank you! to all of those more than 800 families who donated your hard-earned funds to **alleviate hunger by helping people help themselves.**

The accomplishments highlighted in this report would not have been possible without each and every one of **you**.



Volunteers of 2018

Special Events Champions

SPRING GALA

Mary Jo Bagelmann
Ann Bell
Rosemary Hagensick
Fran Mueller

GIVE A HOOT FOR SELF-HELP

Kristi Quarles
Nick Taiber
Ted Waitman

SELF-HELP LUNCH TO EMPOWER

GLOBAL WOMEN

Paul and Claudia Schickler
Keith and Nancy Swanson
Terry and Maureen Tobin
Fritz Weitz and Cynthia Thorland

International Trips

GHANA, JANUARY 2018

Rev. Mary Jane Oakland, PhD
Denise O'Brien
William Rekemeyer
Keith Swanson
Nora Tobin

GHANA, MAY 2018

Jessica Manno
Keith Swanson

GHANA, SEPTEMBER 2018

Rev. Mary Jane Oakland, PhD
Jerry Perkins
Nora Tobin

NICARAGUA, NOVEMBER 2018

Jerry Perkins
Megan Sehr
Nora Tobin

US Volunteers

Dr. Ann Bell
Boy Scouts Troop 90
Charles Buhman
Rachel Burtis
Taryn and Mark Colby

Jeff Cornforth
Donna Dravis
Employees of Advantage
Administrators
and Fortress Benefits

Roger Hoth
Judi Langholz
Fran Mueller
Mark Mueller
David Murphy

Dr. Richard Neal
Paula Archibald O'Brien
Sally West



Alleviating Hunger by Helping People Help Themselves Since 1959

NEW OFFICE LOCATION!

207 20th St NW Ste A
Waverly, IA 50677

(319) 352-4040
www.selfhelpinternational.org
information@selfhelpinternational.org

The production of this impact report was made possible through a generous anonymous donation.



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