



Sewing Machines

Pedals for Progress is a non-profit corporation devoted to global economic development. It has strived to improve economic prosperity in developing communities through a simple, yet challenging, bicycle collection, shipping, and distribution process. Our organization, however, is much more than biking enthusiasts trying to help others. Over the years we have supplemented our bicycle shipments with other products to help achieve the same economic development goals. And, the single most significant item has been the portable working sewing machine. Including sewing machines in our bicycle shipments has been a tremendous success and one true success story has involved Profesora Rosa Palacio Hernando.



Rosa, a 5th and 6th grade elementary school teacher at the General José Maria Montaya School, in Rivas-Nicaragua, has been sewing all of her life. Rosa is taller than the average Nicaraguan woman, and, while growing up, "store-bought" clothing never quite fit her tall frame. At an early age Rosa's mother taught her how she could alter "store-made" clothing to better fit her physique and Rosa soon discovered that she had a natural talent for

sewing. Initially she took great pleasure in altering "store-bought" clothing and soon she began sewing her own clothing.

Rosa's sewing activity was always a personal activity, her personal hobby, but that all changed one day when one of her student's parents came to her elementary school and offered working sewing machines to the school if sewing classes would be included in the school's curricula. When Rosa heard this news, she rushed to the administration office where she offered to teach the classes during the day and volunteered to teach community education sewing classes in the evenings.

Rosa now teaches the basics of sewing to 11-12 year-old boys and girls during the day and to adults, as necessary, several evenings each week. The adults who come to the school typically know how to operate the machines,

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MISSION STATEMENT

Pedals for Progress envisions a day when:

1. North America recycles over half of the 15 million used bicycles discarded each year, as well as unused parts and accessories for reuse overseas.
2. Poor people in developing countries have bicycles to get to work, obtain services, and meet other needs.
3. The bicycle is an effective tool for self-help in all developing countries.
4. Trade regulations enhance international commerce in bicycles and parts.
5. Policy makers in developing countries respect and support non-motorized transportation.

OUR OBJECTIVES ARE:

1. To enhance the productivity of low income workers overseas where reliable, environmentally sound transportation is scarce, by supplying reconditioned bikes at low cost.
 2. To promote in recipient communities the establishment of self-sustaining bicycle repair facilities, employing local people.
 3. To provide leadership and innovation throughout North America for the recycling of bicycles, parts, and accessories.
 4. To reduce dramatically the volume of bicycles, parts, and accessories flowing to landfills.
 5. To foster environmentally sound transportation policies that encourage widespread use of bicycles worldwide.
 6. To foster in the North American public an understanding of and a channel for responding to the transportation needs of the poor in developing countries.
- Approved 12/08/96

30 year old Brenda Griselda Carranza Pérez lives in a small village in Chimaltenango Guatemala. Working as a seamstress sewing by hand, she was barely making enough to live. FIDESMA, our partner in Guatemala, imported 41 sewing machines from Pedals for Progress in the last three years. Brenda considers herself extremely lucky that she was one of the persons who received one of the sewing machines. She paid about \$43US for the machine and has in 7 months paid for the machine many times over in fact, working five hours a day on the machine she now makes enough money to support herself and is putting money aside with the hopes of purchasing a second machine. Just one machine of hundreds shipped by Pfp, which has allowed a person to help themselves.



Carmen Castillo is a 37 year-old single mother of three young girls for whom she is the sole provider. She and her daughters live in Nandaime, Nicaragua where Carmen's job as a maid brings 1000 cordobas of income into their household each month. Recently, in order to pay for an urgent increase in living expenses, Carmen sold the bicycle she had been using for 2 years and acquired (from one of her employers) a replacement bicycle – a high-value mountain bike at the bargain price of 650 cordobas.

She rides this bicycle every day – minimally 4 miles roundtrip from her house in the "campo" (city-outskirts) to the center of town. Since the mountain bike is so strong, Carmen can carry a second person to see a nurse/doctor or to the marketplace; or, transport firewood from the hillsides for cooking. While the physical effort Carmen exerts (the surtax of owning two wheels!) is significant, cycling gets her to work reliably, assures her the security of regular income, saves 6 cordobas daily bus fare, allows her to take things into the market to sell and makes her feel healthier. When her bike breaks down, occasionally, Carmen goes to a local mechanic – but not for a flat tire. She felt it necessary to learn how to patch in tubes herself; thus, she can save additional bus fare!



Getting her first professional job as an elementary school teacher was a great step forward for 22 year-old Paola Roxana Juárez Garcia. Her great joy became concern when she realized that the school to which she was assigned was 5 km away from her home and public transportation did not exist. She went to FIDESMA because she knew there were bicycles available and was able to purchase a sturdy mountain bike for \$15. Monday through Friday she uses her bike to commute back and forth to work and on weekends uses the bike for shopping and meeting with friends.



Sandra del Carmen Hernández has owned her bicycle since she was 10 years old. Her father bought it for her originally to go back and forth to school; however, during the last six years there is no member of her family who has not had the occasion to use it. In fact often what happens is, it is the commuting vehicle of the whole family - dropping off and picking up people much as Americans do in a minivan. This mini van, though, is a mountain bike that someone pedals. CESTA, which obtained this bike from Pfp, has imported over 13,000 of our bikes since 1995.

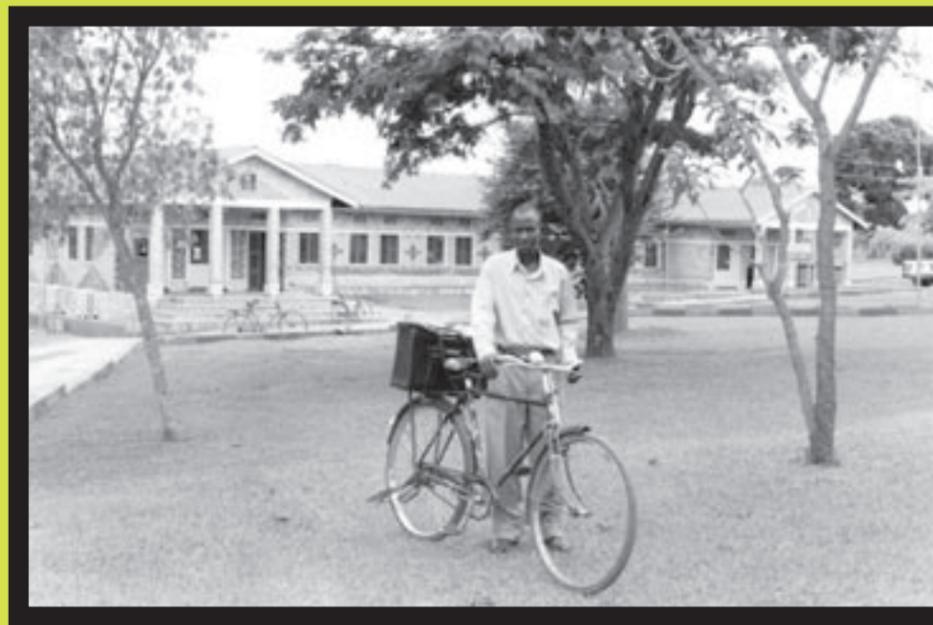


Uganda

The most remote places on Planet Earth are very often the poorest because it is so very difficult for products and materials to reach such distant locations. This remoteness usually causes bicycle container shipping costs to be quite exorbitant, and, for example, shipping bicycles to the very center of the African continent is two times more expensive than shipping the same bicycles to Central America. This is further complicated by the insistence of Governments in these countries to Tax heavily these goods. These high shipping costs & taxes have severely challenged attempts by Pedals for Progress to establish partnerships in Central African nations, but, despite these tremendous financial challenges, in late 2004 Pedals for Progress initiated a program with the Biikira Development Centre Project at the Biikira Health Center (BHC) in Masaka, Uganda.

This new partnership with the Biikira Development Center (BDC) in Masaka-South Buganda in Uganda began with a shipment of 436 bicycles, predominantly women's style bicycles. BDC Supports different development projects in the area all revolving around St Andrew's Biikira Health Center (BHC). BHC provides primary health care services and health education through an extensive network of volunteer health workers, most of who are female. Uganda Electronics & Computer Industries Ltd Company funded the trans-Atlantic freight costs for this initial shipment, and it also funded the costs of trucking the bicycles from the port of Mombasa-Kenya to the BHC site about 1,000 miles inland.

Pedals for Progress has applied for a grant to fund this program during 2005. This grant is imperative because the cost of trucking the bicycles across Kenya to Uganda increases the total transportation cost per bicycle to more than \$21, well beyond the \$10 per bicycle transportation cost that allows a typical partnership to remain self-sustaining. Although this specific Biikira Project is urgently needed by the people of Masaka, its viability is extremely challenged due to these high transportation costs. Pedals for Progress has accepted this program fully acknowledging that its standard financing program will never be sufficient, but it is hopeful that long-term financial sponsorship will be received for both this Biikira Project and other programs in sub-Saharan Africa.



The initial 400+ bicycles received by Biikira Development Center have already changed the lives of many Ugandans. Hopefully many more shipments will follow. Here is one story about a bicycle recipient – it illustrates the significant value of this entire project. Pictured here in front of the St. Andrew's Biikira Health Center Administration Building is Mr. Kibi Francis Xavier, a Community Based Health Care Outreach Staff Member who works as a professional trainer for Community Health Worker trainees. Kibi works with the Franciscan Congregation in the Biikira Health Center in Rakai District in Masaka Diocese. He is routinely assigned to a wide variety of job responsibilities for the Health Center, and his newly purchased bicycle allows him to now perform these varying job tasks with much greater efficiency and effectiveness.

During a typical week, here's a brief summary of Kibi's many varied duties.

- 1 Works as a Health Center Mobilizer for immunizations in two neighboring villages (Biikira Gayaza L.C.1 and Biikira Bijja L.C.1).
- 2 Gives personal hygiene, nutrition, and malaria health talks at the Health Center and in nearby villages every Monday and Friday.
- 3 Conducts home visits to check on disabled individuals and discharged patients.
- 4 Completes school inspections regarding health improvements such as checking school toilets, student linens, and the nature of hostels.
- 5 Serves as a trained counselor for the VCI/PMTCTI Government Program, even though the community hosts an HIV/AIDS Testing Center.
- 6 Counsels attendants, voluntary donors, and other people on a variety of blood-related matters in addition to the local blood transfusion service that is offered.
- 7 Assists the Health Center by attending local village council meetings as the Health Center delegate.
- 8 Participates in the local HIV/AIDS Data Collection Program in Masaka Diocese.
- 9 Partners with the Health Center to provide eye care and dental mobilization systems.
- 10 Utilizes his home business management skills by assisting women's groups, widows, youth, orphans, and guardians with their day-to-day income generating projects.

Kibi is truly a remarkable man in a remarkable land. His bicycle is his lifeblood. Without it he could not possibly serve the Health Center and nearby villages with the care and compassion that is so vital to the everyday lives of countless people in the remote village of Masaka-Uganda. Despite the tremendous financial challenges, it is this very story and others that propels the desire for Pedals for Progress to continue its partnership with the Biikira Development Project and pray that long-term financial sponsorship will soon be received.

400+ BIKES

Rosendo Cuadras is a 65 year-old security guard at the Villa Hermosa in Diramba, Nicaragua. For seven years he has used a mountain bike (purchased for 750 cordobas) to go from his house to his work – bicycling at least 7 mi. daily. Fortunately, with the climate in Rivas, he can use the bike every day all year-round.

While commuting efficiently to his job is important (he could feed himself on the cost of daily bus fare), Carmen says the most important reason for having a mountain bike is to use it for getting out into the countryside (where the roads are dirt) to visit his daughters, lend it to them when possible and to go shopping in the market without wasting money on the bus. Thus, Rosendo's bike is in use constantly. He likes the mountain bike's versatility. Being sturdy, he uses it not only to bring back firewood from the hillsides for cooking, but also to transport him rapidly all around the city and countryside with minimal expense. Because he doesn't have many tools (and he wouldn't know how to use them if he did), whenever maintenance of the bike becomes an issue, he brings it to a mechanic in one of the many small shops in the area.



**SPECIAL THANKS
TO OUR MAJOR
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P4P Partnerships as of 4/23/05

Country, City, Partner Name, Type of Program	#Bikes Shipped	Years
BARBADOS , Bridgetown, Pinelands CreativeWorkshop Youth development/small enterprise	7,411	1995 – 2004
COLOMBIA , Ibagu, Tolima, Fundacin Horizontes de Libertad ransport/small business/community development	1,301	2002 – 2004
EL SALVADOR , San Salvador, Centro Salvadoreo de Tecnologa Apropiada (CESTA) transport/small business/community development	14,815	1995 – 2005
ERITREA , Asmara, Cultural Assets Rehabilitation Project, transport/small business/community development	2,761	1995 – 2003
GHANA , Ada & Tema, NekoTech, Development/appropriate technology	2,932	2000 – 2003
Edikanfo Progressive Foundation, /small business/community development Kumasi	1,337	2003 – 2004
GUATEMALA , Chimaltenango, Fundacion Integral de Desarrollo Sostenible y Medio Ambiente small business promotion , agricultural extension work	3,132	1999 – 2004
KENYA , Nairobi, Baisikeli Kenya, Rural development/appropriate technology	403	2003
MOLDOVA , Stefan Voda, Rural 21 community development	869	2002 – 2003
NICARAGUA , Jinotepe Ecotecnologa (Ecotec) Community development Rivas EcoBici, Community development	8,749	1997 – 2004
PANAMA , Panama City Industria de Buena Voluntad (IBV) & Panama City Rotary transport/small business/community development	7,677	1992 – 2004
UGANDA , Biirkira Heath Center	436	2004

Other shipments between 1991 and 2004 have gone to non-profit agencies in Appala-
chia, the Dominican Republic, Ecuador ,Haiti, India, Malawi, Mexico, Mozambique, Na-
mibia, New Guinea, Pakistan, Peru, Senegal, Sierra Leone, the Solomon Islands, South
Africa, Sri Lanka and Venezuela as well as other unlisted groups in Colombia, Ghana,
Honduras and Nicaragua.

1997 total: 5,468	1998 total: 6,287	1999 total: 7,001
2000 total: 8,970	2001 total: 9,174	2002 total: 11,576
2003 total: 11,808	2004 total: 12,317	2005 total: 1016

Thirteen Year Grand Total 87,159

**Pedals for Progress has become a
valued partner with the Ellsworth
Correctional Facility (ECF) located in
Ellsworth Kansas.**

The goals of P4P have become personal for many of the men who work in the bicycle shop at ECF. One of the men Scott Blanchat has taken a very personal role with renovation of bicycles by involving his grandfather Bobby Claborn who has generously contributed a large number of handtools and equipment for the bike project in Ellsworth. Scott has worked in this shop for many months and feels that he is not only using his mechanical talents productively but has also been able to help others through his work. The Pedals for Progress story makes a deep impact on someone who feels they are on the margins of society. The chance to be involved in such a positive activity while doing time in

a state prison is very significant since it helps an individual reconnect with the outside world and especially with the good people of the developing world who can really benefit from a well tuned bicycle. The Kansas program has involved many outside local agencies and today has a vast network of collection efforts that brings bicycles to the correctional facility on a near daily basis. The back lot at ECF has over 1,000 bikes that have been collected and donated from across Kansas. Many of these bikes are not suitable for reconditioning, so these are cut up for scrap and sold to a local junk iron dealer. The

money collected from this recycling effort is then used to buy tubes and tires as well as shop supplies for the bike shop. The money is managed by the local Ellsworth Kiwanis Club. Scott Blanchat has come to appreciate his abilities thanks to his work in the bicycle shop at Ellsworth Correctional Facility, he has also come to see how he can impact the world through his work and positive efforts. Scott is anxious to get out of prison and find employment that will afford him a similar opportunity to grow and serve others. Pedals for Progress has a new way to touch people positively by partnering with the Ellsworth Correctional Facility. Warden Sam Cline has been very pleased by the work habits and growth in maturity demonstrated by the men involved in this program. It has been his goal to find an industry that would employ inmates within a security setting without a large budget impact, he also hoped to find a project that could involve the men in uplifting work that they could easily see benefits others. Association with Pedals for Progress has been a good marriage for the Ellsworth Correctional Facility and together

there is a bright future for many people at home and abroad to benefit. Scott Blanchat and his grandfather Bobby Claborn have seen the vision set forth by P4P and they have come to support the organization with time, talent and treasure. For additional details about the program in Kansas click on: <http://docnet.dc.state.ks.us/ecf/standard/default.htm>.

Sam Cline
Warden, ECF



**Pedals for Progress has shipped over 150 sewing machines to CESTA in
El Salvador. There is a woman's group in Corral Viejo where 15 women
work together making clothes and other items to be sold at the market
in the capital San Salvador. The youngest member, 16 yr. old Gloria Luz
Hernández, has now been working with them for seven months. The arrival
of the machines has given her the ability to practice a vocation – keeping her out of poverty
and giving her the self-esteem of being able to earn a living.**



SEWING MACHING PROGRAMS:

Fundación Centro Salvadoreño de Tecnología Apropiada (CESTA) San Salvador, El Salvador	152
Ecotecnología (Ecotec) Jinotepe, Carazo, Nicaragua EcoBici, Rivas, Nicaragua	120 71
Fundacion Integral de Desarrollo Sostenible y Medio Ambiente (FIDESMA) San Andres Ixtapa, Chimaltenango, Guatemala	41
Instituto Hondureno de Educación Radial, (IHER), Tegucigalpa, Honduras	25
Ecología, Economía, Vivienda, Desarrollo, (EcoViDe), El Progreso, Yoro, Honduras	21
Rotary Club of Cristi, Dominican Republic	17
Asociación Panameña de Industrias de Buena Voluntad (IBV)	14
NekoTech, Ada & Tema, Ghana	10

Grand Total:

471 SEWING MACHINES

You have more to give than you know!

Maybe you can't make a gift to protect the environment during your lifetime, but you can become a financial hero by remembering Pedals for Progress in your will. You can even direct your gift to a specific Pedals for Progress overseas program. For information on making a bequest to Pedals for Progress, please contact:
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(908) 638-4811 phone • (908) 638-4860 fax • Bob Zeh, Treasurer

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so they use the machines for their own family needs and to produce different items to sell in the marketplace.

For Rosa, this work has become a dream come true. She is able to combine her passion for teaching with her lifelong love of sewing. She originally ventured into teaching because she wanted an opportunity to help make a positive change in her community. She remains dedicated to being a 5th and 6th grade teacher because educating children is the future of her community. But now she gains "extra" satisfaction by teaching sewing to both children and adults, and volunteering her time to keep the donated Pedals for Progress sewing machines fully functioning. Her efforts are very clearly and positively impacting the lives of many people in Rivas-Nicaragua.



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