

# INGEAR

THE NEWSLETTER OF PEDALS FOR PROGRESS



## A Guatemala Success Story

We regularly feature stories of our partners' customers whose lives have been improved by a bicycle. Here's a different kind of story: the story of a former employee of our good friends at FIDESMA, our partner in Guatemala, who hired a hard-working young man five years ago and supported him in a series of jobs of ever greater responsibility.

Byron Rodrigo Can Fernandez began working at FIDESMA at age 20. He rode a bike to work every day.

He helped at the bike shop, starting with simple repairs and maintenance and learning more and more with time: assembling, disassembling, and refurbishing bikes — all aspects of bike mechanics.

Eventually he was appointed manager of the shop, in charge of accounts and billing as well as sales and repairs.

Byron promoted bicycles through the use of social media, posters, and advertising. He promoted bikes for reasons that P4P and its partners have emphasized since the beginning: bikes provide cheap, reliable, non-polluting, efficient transportation and exercise. On a bike, you can go farther and faster than on foot, to work or to school.

Byron remembers how happy children were to be able to buy a bike with their own savings, how some of the riders became superb athletes in part because of their training on their bikes, how families were able to save money on transportation because they used bikes instead of taxis or buses.

Besides its bicycle operations, FIDESMA runs several other programs. In one of them, Byron taught computer skills to both students and teachers who had little or no previous experience with computers. He also helped with tech support for social projects, worked with rural communities, worked on medical outreach, and helped with job training for youth and the disabled. Besides his work with FIDESMA, Byron continued his education in several different fields, earning credentials in industrial security, computer and industrial art, first aid, and natural and alternative medicine.

Finally, Byron attended the University of San Carlos of Guatemala, the state university of Guatemala, and in 2015 received his

law degree, a most unusual and impressive accomplishment for someone from his modest circumstances. Among his areas of university study were criminal investigation, poll tax law, finance law, and protection of childhood and adolescence.

His current job is based on his law school education and is far removed from the world of bicycles. He now works for the municipality in the office of the mayor, conducting civil marriages, helping local residents negotiate government programs, and helping with municipal paperwork.

Thanks to FIDESMA for giving Byron a start in its bike shop and other programs, congratulations to Byron for his accomplishments so far, and good luck to him in a most promising future!



## A SPECIAL THANKS TO OUR SPONSORS AND MAJOR CONTRIBUTORS

AXA Foundation

John Alexander & Jane Divinski

CCG Facilities

Mrs. Diane Claerbout & Professor Jon  
Claerbout

Clif Bar Family Foundation

FedEx

Pamela Hanlon

Jack & Donna Haughn

Robert & Laura Hockett

Leo & Helen Hollein

Elliott & Kathleen Jones

Ronald & Judith Lubcher

Dorothy Magers

David Schweidenback & Geraldine Taiani

Edith Wais

Andrew Williams & Emily Winand

You can donate to Pedals for Progress  
immediately! Please visit [www.p4p.org](http://www.p4p.org)  
and click "DONATE NOW"

"Do the best you can to help as many people as you can, for as long  
as you can."

# Turning Waste into Opportunities

Turning Waste into Opportunities  
by Liz Sweedy

The Morris County Municipal Utilities Authority (MCMUA) has hosted a used bike & sewing machine collection for 14 consecutive years since 2003. The Pedals for Progress collection program aligns with the MCMUA's overall vision to reduce waste, reuse items that already exist, and building a culture for sustainability. In those 14 years, the MCMUA has collected over 3,676 bikes and 26 sewing machines through the programs run in conjunction with Pedal for Progress and Sewing Peace.

Some people may be turned off by the idea of working in the solid waste field. Trash, you ask? Yes, trash, litter (which is different from trash), recyclables, hazardous waste, and vegetative waste. A world of waste that is so wildly interesting, there is never a dull moment! I have worked for the MCMUA for over 20 years in the recycling division and I have learned a lot about the behavior of people and our obsession with throwing things "away." Most people do not think about where their waste ends up, or how much energy, natural resources, pollutants and fossil fuels were used/created in the process of making these items and what it takes to properly dispose of them.

The solid waste hierarchy lists waste reduction at the very top. The federal Environmental Protection Agency (EPA) has created a hierarchy which ranks various waste management strategies from most to least environmentally preferred. The hierarchy places emphasis on reducing, reusing, and recycling as key to sustainable materials management. It is important to purchase only items we really need. The second listing is reuse! It means to use again or more than once, give something a new purpose. Because we are a throw-away society it is difficult to get some people to understand the concept of reuse. Most of us want instant gratification by purchasing the latest, the biggest, the shiniest, the absolute BEST there is to buy, and quickly get rid of items that no longer suit our needs, wants or whims.

This brings me to the lowly used bike standing on the curb, out for trash collection. It has a flat tire and a few scratches on the rear fender. It is not the prized possession it used to be when it was brand new. To the untrained eye it is a meager shadow of its former glory. Don't judge this discarded bike that is out for trash. With a little elbow grease and a new tire this gem will become the new transportation for a student who currently walks 6 miles in order to get to school! It will provide the liberty and luxury to ride to school in less time than walking, and perhaps provide a ride to a passenger so he or she can avoid the long walk as well. Pedals for Progress, with the assistance of their partner agencies, delivers the chance of a lifetime to those who need it most. Some people don't have any means of transportation and this opportunity can make such a positive impact on their lives.

## MISSION STATEMENT

TO DELIVER ECONOMIC DEVELOPMENT AID BY  
RECYCLING BICYCLES AND SEWING  
MACHINES IN THE U.S. AND SHIPPING THEM TO  
THE PEOPLE OF THE DEVELOPING WORLD



Unfortunately, many used bikes and sewing machines are put out to the curb for trash collection and will end up in a landfill. Through Pedals for Progress and Sewing Peace, these discarded items can become an important chance at new opportunities to better someone's life. Many of us in the United States do not worry about transportation; we take it for granted that we can go from one place to another without too much effort or thought. Bicycles provide sustainable transportation that does not rely on fossil fuel and does not pollute the air. A sewing machine may be sitting in your attic or basement collecting dust. A sewing machine in working order can change the lives of a family in a developing country by offering them a way to earn a living by creating clothing!

The MCMUA's 2016 Environmental Excellence Awards celebration in May included an upcycled fashion show featuring some fashions that were sewn on donated sewing machines through Sewing Peace. An amazing outfit that was created for Dave Schweidenback in Ghana was modeled by Tim Butler of Green Vision Inc. Green Vision is a non-profit organization that employs disabled adults who learn how to disassemble electronic waste that is then recycled! Our other models included Chris Vidal, recycling specialist for the MCMUA, who modeled a dress made in Ghana; Larry Gindoff, solid waste coordinator for the MCMUA, modeled a shirt that was sewn in El Salvador; Ashley Singewald, student at Montclair State University and daughter of Anita, MCMUA transfer station accounts, modeled a dress made in Nicaragua. We discovered that the facing fabric of the pieces that were sewn/made in Ghana were pieces of fabric from old flour sacks. How humbling it is to get

a better understanding about the lives and struggles of people in other parts of the world in contrast to how much we take for granted. Scrap pieces of fabric were reused because the people in Ghana would never dream of throwing them away because they are precious resources. These outfits signify the success of Sewing Peace and were a wonderful addition to our fashion show! Thanks so much Dave for sharing them with us.

## Albanian Update: Albania Update

### The Bike Academy

We've been providing free cycling classes for the past 2 years, where many young people come to learn how to ride a bike. We notice more and more young people come to learn the bike each week goes by and improving at the same time. Each week we are inspired to keep persisting on changing our daily life and the traffic of Tirana. We're glad to inform you that we've used several of the bikes for the activities we've organized hence changing the lives of those who only dreamed of learning or using a bike. We are pleased to see our former students riding on city streets. The number of bike riders has tripled and all this thanks to the "Bike Academy".

### Bike Tours

We travel by bikes every Saturday to various destinations, thus traveling several miles while discovering, cleaning and promoting different attractions on the outskirts of Tirana. We are grateful for the bikes you've donated because it is through those bikes that the young people are provided the opportunity to become part of these travels since they don't possess a bike of their own. The bike trips have brought us closer to the people who need us the most and more conscious of the distinctive issues the suburbs face.

### Bicycle Essay Contest



We often organize a literary contest consisting of a bike essay and award the winners the bikes you have provided. The main purpose of this contest is to raise awareness of the citizens, artists and bike lovers through the LITERARY EXPRESSION with the main topic being the ecological TWO WHEELED vehicle. The aim of this competition is to assess everyone, be they young or old (be they writers or artists in the first steps) who want or need to express themselves regarding the bikes.



Working with the Dariu Foundation of Switzerland Pedals for Progress shipped two containers to Vietnam in 2011 and 2012 totaling 1135 bicycles. The bicycles were distributed by the Vinh Long Union of Friendship Organization in the upper Mekong Delta. Vietnam has very strict import laws and we had not been able to get permission to bring in bikes since 2012.

We were recently contacted by the Dariu Foundation and were very happy to hear that the situation with the importation of our bicycles has changed. The Dariu Foundation has been granted an import permit to bring four containers of bicycles into Vietnam in the next two years.



# SAVE THE DATE



6th International Convention of Environmental Laureates  
Freiburg, Germany  
09-12 March 2017

The “International Convention of Environmental Laureates” has become a leading platform for networking and exchange among leaders and visionaries working for the benefit of the environment.

[www.european-environment-foundation.eu](http://www.european-environment-foundation.eu)

## PEDALS FOR PROGRESS BOARD OF TRUSTEES 2016

John Strachan  
NJ Highway Traffic Safety 95 Old York Road  
Hopewell, PA 18938

Robert Zeh (Secretary)  
Woods Edge Court Clinton, NJ 08809

Andrew Williams  
1217 Washington Street Hoboken, NJ 07030

John Alexander (Treasurer)  
1594 Frontero Ave. Los Altos, CA 94022

David Schweidenback (Chairman & President)  
86 East Main Street High Bridge, NJ 08829

Gary Michael (Vice President)

Michael Sabrio (Webmaster)

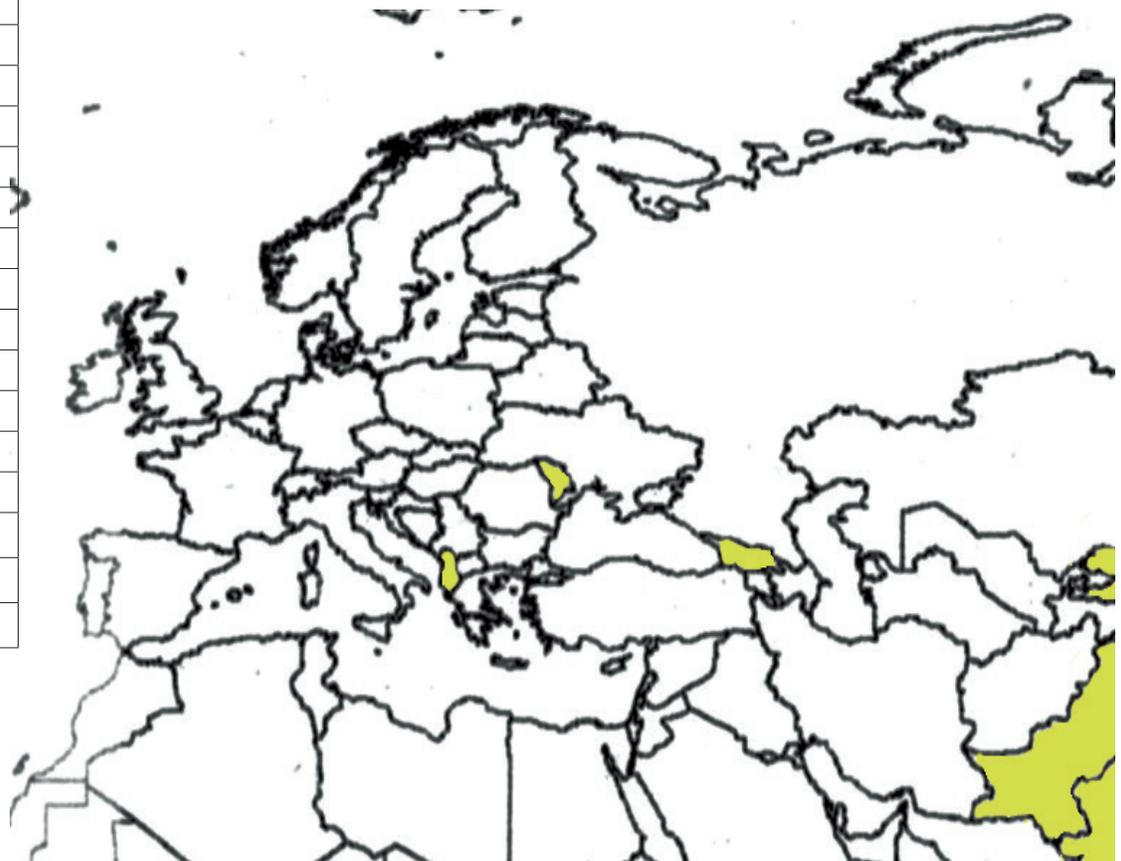
Reykha Bonilla (Webmaster)

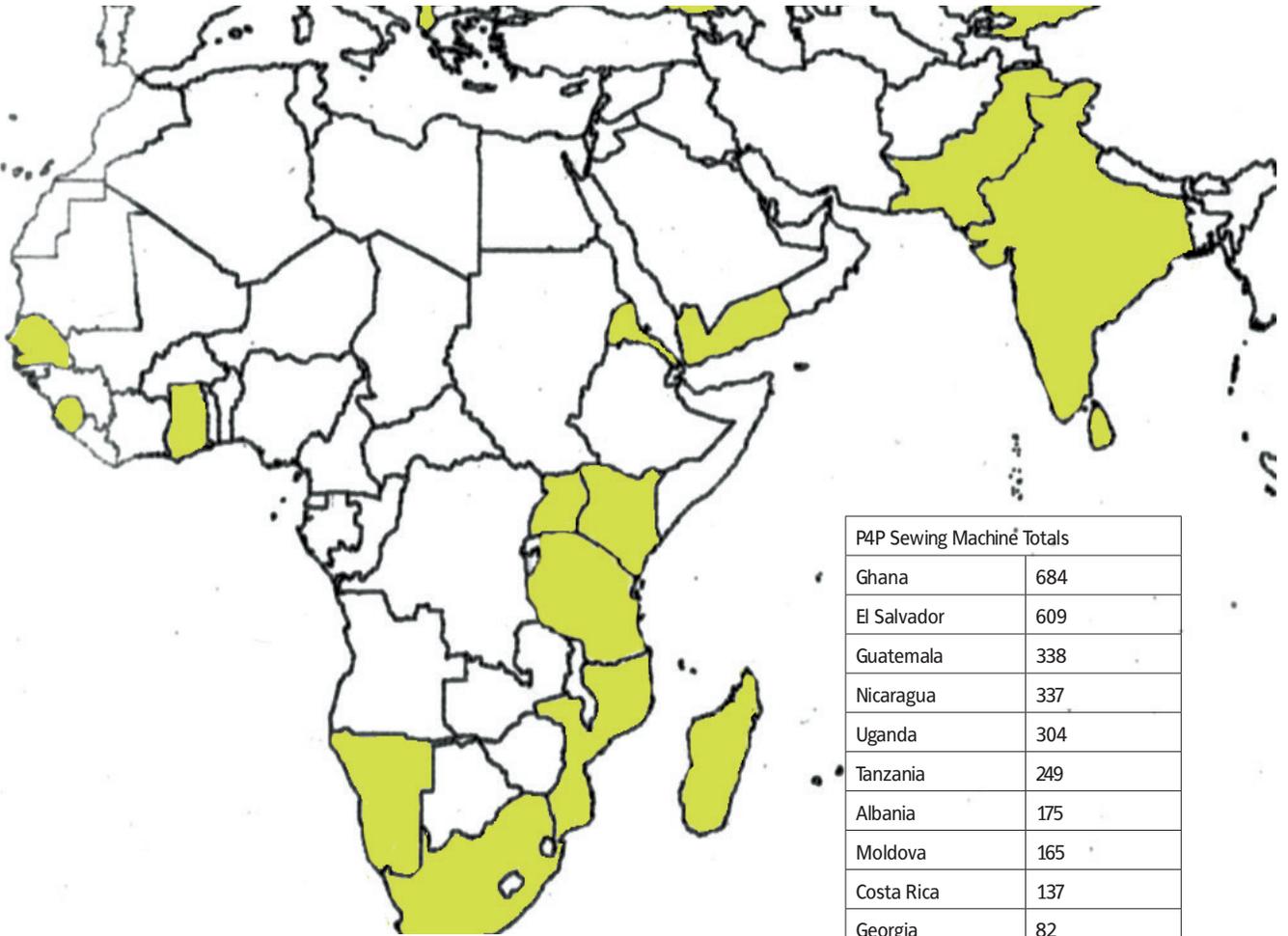


Nicaragua	42,346 - Active
El Salvador	24,457
Ghana	13,400 - Active
Guatemala	8,885 - Active
Barbados	7,878
Honduras	7,376
Panama	6,520
Albania	4,402 - Active
Uganda	4,140
Moldova	3,684 - Active
Dom. Republic	3,560
Eritrea	2,761
South Africa	2,180
Colombia	1,699
Ecuador	1,555
Fiji	1,452
Vietnam	1,135
Costa Rica	1,027
Sierra Leone	938
Senegal	890
Namibia	824
Mozambique	800
Solomon Islands	623
Jamaica	600
Mexico	553
Haiti	523
Sri Lanka	487
Venezuela	411
Kenya	403
Pakistan	400
Domestic USA	220
Peru	143
Madagascar	72
India	18

Barbados & St. Vincent

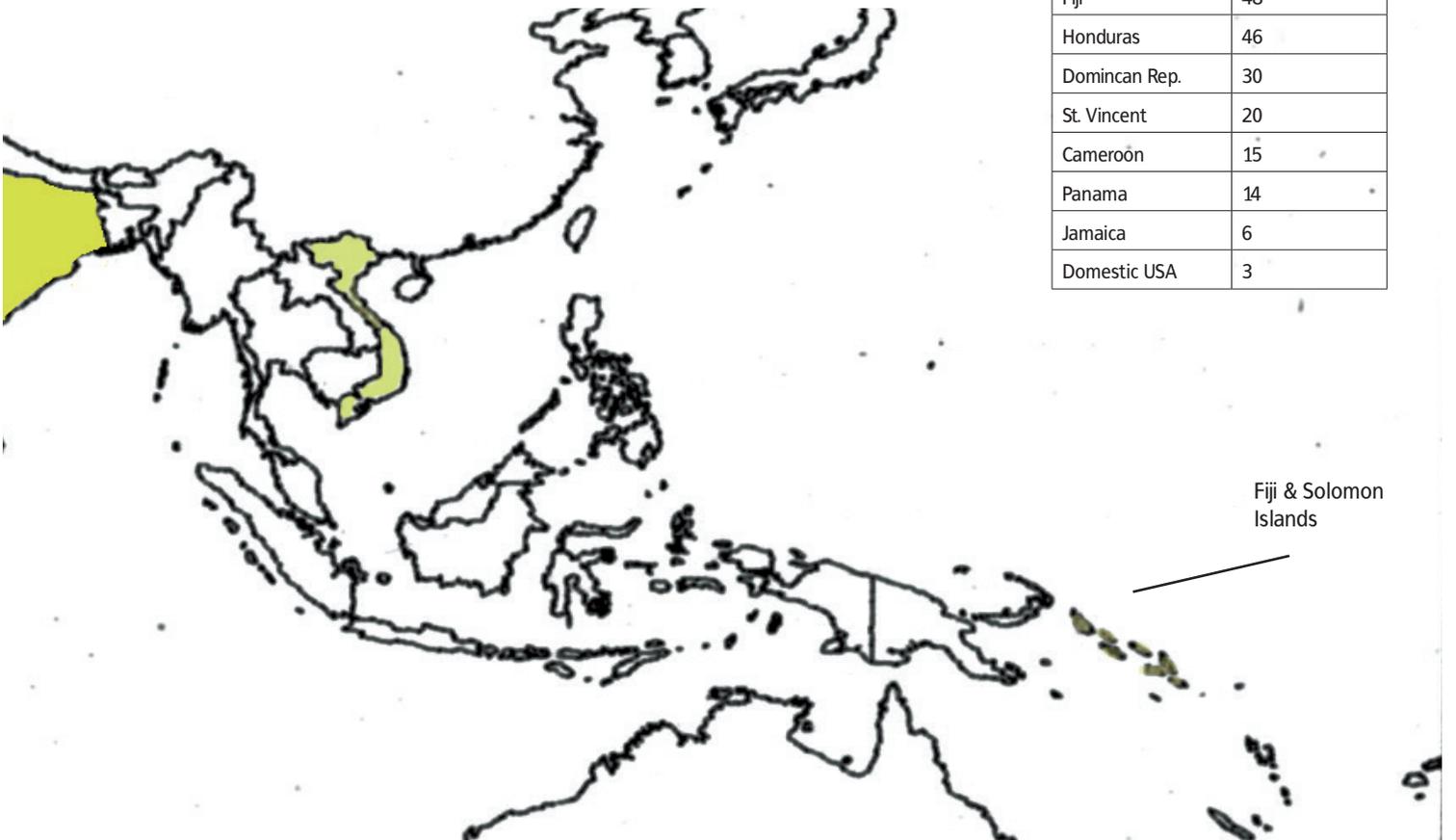
# CELEBRATING 25 YEARS OF PUT





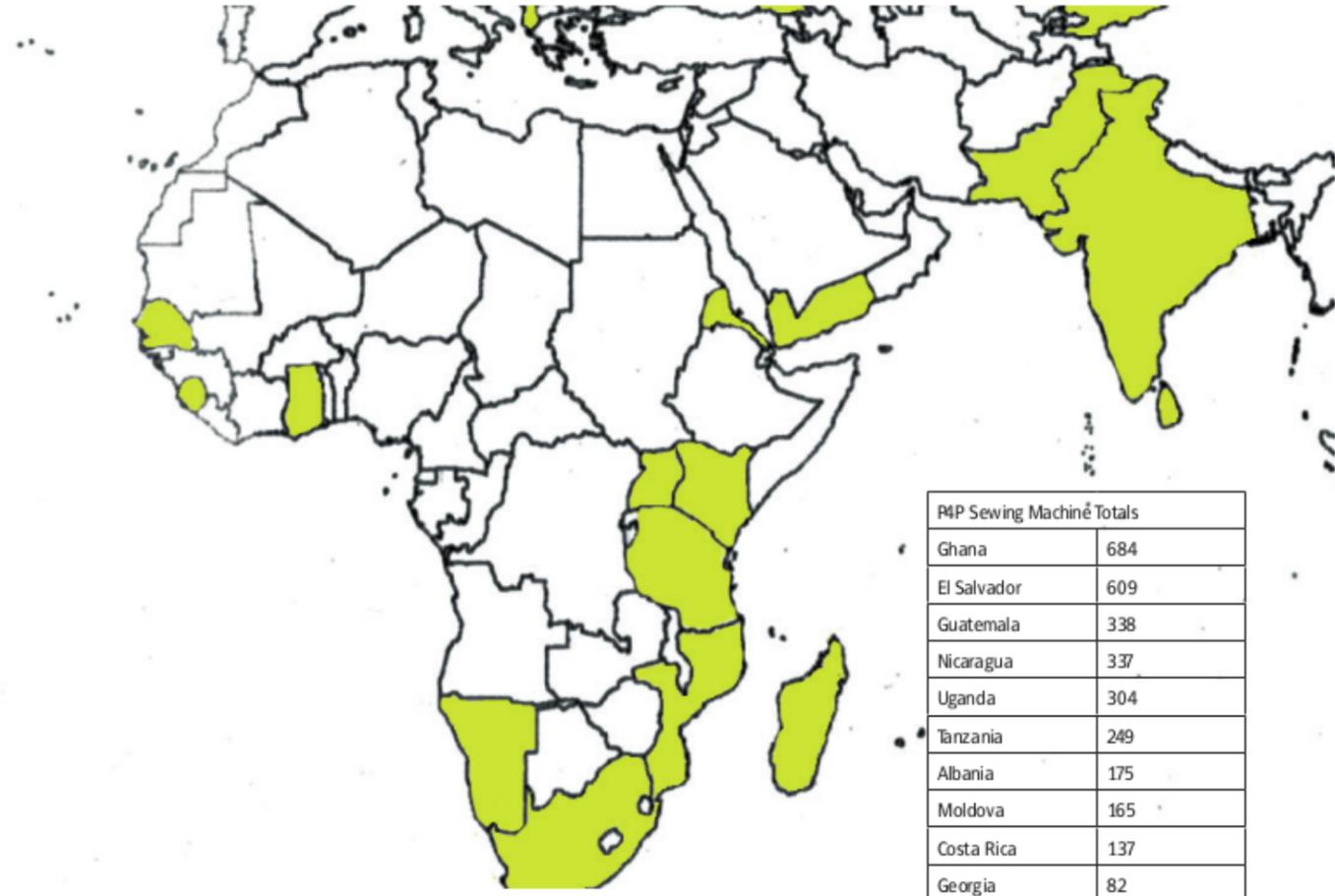
P4P Sewing Machine Totals	
Ghana	684
El Salvador	609
Guatemala	338
Nicaragua	337
Uganda	304
Tanzania	249
Albania	175
Moldova	165
Costa Rica	137
Georgia	82
Yemen	60
Kyrgyzstan	55
Fiji	48
Honduras	46
Dominican Rep.	30
St. Vincent	20
Cameroon	15
Panama	14
Jamaica	6
Domestic USA	3

TING USED BIKES TO GOOD USE.





Nicaragua	42,346 - Active
El Salvador	24,457
Ghana	13,400 - Active
Guatemala	8,885 - Active
Barbados	7,878
Honduras	7,376
Panama	6,520
Albania	4,402 - Active
Uganda	4,140
Moldova	3,684 - Active
Dom. Republic	3,560
Eritrea	2,761
South Africa	2,180
Colombia	1,699
Ecuador	1,555
Fiji	1,452
Vietnam	1,135
Costa Rica	1,027
Sierra Leone	988
Senegal	890
Namibia	824
Mozambique	800
Solomon Islands	623
Jamaica	600
Mexico	553
Haiti	523
Sri Lanka	487
Venezuela	411
Kenya	403
Pakistan	400
Domestic USA	220
Peru	143
Madagascar	72
India	18



P4P Sewing Machine Totals	
Ghana	684
El Salvador	609
Guatemala	338
Nicaragua	337
Uganda	304
Tanzania	249
Albania	175
Moldova	165
Costa Rica	137
Georgia	82
Yemen	60
Kyrgyzstan	55
Fiji	48
Honduras	46
Dominican Rep.	30
St. Vincent	20
Cameroon	15
Panama	14
Jamaica	6
Domestic USA	3

## CELEBRATING 25 YEARS OF PUTTING USED BIKES TO GOOD USE.

