

Spring 2020

INGEAR INSTITCH

THE NEWSLETTER OF PEDALS FOR PROGRESS THE NEWSLETTER OF SEWING PEACE

Robert Musil's Sewing Machine: from New York to Sandra Anani in Togo

By Sandra Anani

My name is Sandra ANANI. I am a 37-year-old widow with two daughters. The older one is Joséphine, who is in her final year of high school. The second is Marceline, also a pupil in the high school. I lost my husband 11 years ago. I worked part-time as a housekeeper and as an assistant cook in a restaurant to support my family. In addition to this work, I also did laundry for people in need. I do everything that falls into my hand to earn money and take care of my daughters. I pay for food, tuition, and rent with enormous difficulties, despite the fact that I am a seamstress. I am a high-fashion designer and I sew clothes for men and women, but I could not afford to buy a sewing machine.

My husband had promised to open my workshop at the end of my apprenticeship, but unfortunately he died after a short illness just a year before the end of my training. My step-family put me and my two daughters out; since that time our life became really difficult.

Like many women my age in our community, I never had the chance to go to school. One day, I attended a talk organized by the DRVR Association at a literacy center in my village. That's when I discovered that the DRVR Association runs a program that supplies sewing machines to the needy. I joined their program and now I have my very first sewing machine. With this machine I can open my workshop and practice my sewing trade, earn money and save money to support my family. My daughters' future depends on their studies and now I have my machine which will allow me to work and pay their school fees.



Words fail me. The photo shows the joy that animates me and my daughters at this moment. We thank the DRVR association, Mr. David of Pedals for Progress, and especially the family of Mr. Robert, who donated this pedal sewing machine. As my family life has just changed and improved, I ask those responsible — DRVR and Pedals for Progress / Sewing Peace — to do the same for other people like me. ♦

Spring 2020: Coronavirus!



THE DARIU FOUNDATION
Investment In Empowerment

pedals for progress™
Putting used bikes to good use

TVA
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Thailand #1
Trans Valley Asia Association
~~March 28, 2020~~



Postponed
due to
coronavirus



Guatemala Success Story, Spring 2020

Spring 2020 Newsletter

Maria Isabel Luna Salazar graduated from Perito Contador high school at 18 years old. She has a 13-year-old son named Juan Daniel. She is a single mother and lives with her 62-year-old mother since her father passed away when she was 24. Since then she had to take care of her mother and her two brothers. In February 2000 she started working at FIDESMA, keeping the accounts of the Foundation. She has been in charge of delivering credits and giving training to women's groups in rural and urban areas, and also working in the sale and repair of bicycles. In 2019 we received our 20th container from Pedals For Progress, and Isabel completed her 20th year of working at FIDESMA.

It is incredible how the donation of a bicycle can change the life of a person, a family, and an entire country. Isabel has had the opportunity to work at FIDESMA and thus has been able to support her family and pay for her son's studies since second grade. Now that he is a teenager he volunteers to fix bikes at FIDESMA in his spare time. Isabel's son has been growing along with the Bicycle Project.

During these twenty years the progress of Isabel and her family has been thanks to all those people who donate bicycles, resources no longer used in the U.S. There are many single mothers like Isabel who struggle to support their families doing decent work, and there are many more stories of how bikes can change lives. Isabel has shown that with a good attitude and teamwork it is possible to achieve dreams for both yourself and your family.

That is why Isabel wants to thank with all her heart Pedals For Progress and especially President David for this support, as well as all those who donate their bicycles in the U.S. We know that everyone makes a great effort to collaborate, and the results are very satisfying in the end. THANK YOU! ♦



Report from Kosovo, Spring 2020

By Kushtrim Gojani

Spring 2020 Newsletter

GoBike is a social enterprise set up and registered in 2018. GoBike's business model of growth and prosperity is closely linked with developments and contribution into the community, and most importantly the environment. GoBike believes the bicycle is the best solution for better health, cleaner environment, poverty alleviation, and more efficient transport. The objective of GoBike is to improve access to a bicycle as a means of independence, mobility, and employment. Selling and renting bicycles, promoting cycling and cyclists, teaching people how to ride a bike, recycling of used bikes are services that we currently provide. GoBike is operational between the months of March and October. In other months the weather is colder in Kosovo so people stop cycling.

Community Impact

Partnering with Pedals for Progress has been crucial to getting the GoBike social enterprise going. Through our partnership we have managed to set up the enterprise, sell bicycles to beneficiaries from all walks of life, organize cycling events, and teach people how to ride a bike. To cover the initial expenses and consolidate the work of the new social enterprise, GoBike's work was oriented towards commercially driven projects.

1. GoBike Store

In our first season, in 2018, GoBike was concentrated on sales. In our second season, in 2019, GoBike worked hard to build bike-renting services and to put bikes to good use for people and for the environment.



2. Rent Services – Cycling Events

GoBike has rented bicycles for numerous cycling events commemorating various environmental days, and to interested individuals and organizations who rented bicycles for their away days with staff or to go on biking excursions. Partnering with Pedals for Progress has been crucial to getting the GoBike social enterprise going. Through our partnership we have managed to set up the enterprise, sell bicycles to beneficiaries from all walks of life, organize cycling events, and teach people how to ride a bike. To cover the initial expenses and consolidate the work of the new social enterprise, GoBike's work was oriented towards commercially driven projects.



a. "Movement" Campaign – August 2019

The first activity was the campaign "Movement" with

more than 200 cyclists. The purpose of the campaign was to raise awareness of policy-makers for environmental policy and to halt decisions that harm the quality of air, water and land. The movement called for concrete programs and investments in creating conditions for unimpeded pedestrian walking, dedicated bicycle trails, and unimpeded cycling for urban transport.

b. Mobility Week – September 2020

For Mobility Week, the staff of Public Housing Enterprise in Pristina decided to use cycling as a means of transport, to conduct field work, go on lunch break, or to commute to work. With the support of GoBike bicycles, they made our city beautiful, cleaner and more livable. From now on, the parking lot of the Public Housing Enterprise and the Municipality of Prishtina offer special and secure bicycle parkings for employees and citizens alike.



c. Critical Mass in Prishtina – June 2019

GoBike partnered with a local youth non-governmental organization AYA 'Pjetër Bogdani' to organize the Critical Mass in Prishtina. The event was an activity within the project "Bicycles, Me and the City", funded by the European Union Office in Kosovo.



d. Cycling Schools in Prishtina

In June 2019, GoBike teamed up with AYA 'Pjetër Bogdani' to organize Cycling Schools, and teach people how to ride a bike. Cycling Schools were quite popular. One can never have enough of such events, as the demand was high, particularly amongst children.

Cycling Schools took place in downtown Pristina and were free of charge. Whilst our teams helped every interested person balance and pedal, we gave particular attention to little girls, for whom parents often neglect this important milestone in their lives: learning how to ride a

bicycle, be free, and grow their independence. GoBike can only hope that through these activities we can contribute in growing the cycling community of Pristina; help young girls and boys grow independent; provide a cycling experience to the adults who have never experienced cycling before; and reduce carbon emissions air by promoting cycling as a more sustainable way of transport.

Qualitative Assessment, Impact on Beneficiaries

For the time being, the monitoring, evaluations and learning aspect of our operations are done by my family. We are using a combination of quantitative and qualitative data to assess the reach and impact of our activities so far: e.g., the number of bicycles sold (343), rented bicycle services (over 200), the income generated in a given season, and comparison with prior season(s) of operation (so far only two seasons).

Until now, we have kept in touch with clients who purchased bicycles at GoBike to learn how have the bicycles added value into their life or business, and have publicized their stories in our social media pages and also submitted human stories to P4P for the newsletters. For new projects in the future, we will use feedback forms and other tools to see how our projects are having a wider societal impact. We also keep track of the number of boys, girls, women and men who have benefited from Cycling Schools (+100 kids), or participated in Critical Mass (+50), and other cycling events we have organized – as we try to see whether access to bicycles is as easy for girls and women as it is for boys and men. Unfortunately in Kosovo there are not many female cyclists. The demand for women's bikes is over 75% less than for men's bikes. We notice the same trend in parents, who mostly buy bicycles for their sons but not for their daughters. This is why in our cycling schools we gave particular attention to little girls.

To evaluate the image and reach of GoBike we monitor and engage with followers' comments, reviews and likes in GoBike's social media.

GoBike Plans for Container 2

As a recently established enterprise, with the first contingent of bicycles, GoBike's work was oriented towards commercially driven projects. With the second container of bikes, GoBike will continue the activities we have carried on until now, revamping some of the projects, and initiating new ones. A key goal is to generate sufficient income from selling bicycles to enable us to keep our business as a social enterprise. We hope to be able to continue promoting cyclists and cycling, especially amongst women and girls and economically disadvantaged groups. And we hope to further develop our renting services.

Sewing Machines

Sewing Machines are made available for online sale via the facebook page Sewing Machines from America (in Albanian). Just recently, GoBike has sold two machines.

GoBike is still seeking to partner with organizations that would organize sewing classes for training of people from marginalized groups.

GoBike Active Programs

Program	Description	Dates
GoBike Store	GoBike initially started operating as a bicycle store. Throughout two summers of operation, it has developed other services which together with the bicycle store help us deliver our social mission. The store is located 6.5 miles from capital Pristina. GoBike received its very first shipment of bicycles in July 2018. Although new in the market in Pristina, and operational only during the warmer months of the year, we managed to become an established name, and one of the most sought-after bicycle providers in eastern Kosovo. In a country of 1.8m inhabitants, in only two summers we obtained 3,800 followers on Instagram and 1,200 on Facebook. We sold 364 bicycles to people who used them: a) to substitute cars with bicycles for their commute; b) to run errands for their business, thus cutting overall business costs; or c) to use for recreational purposes. Steady and controlled start, establishing a good name, providing bicycles at an affordable price thus increasing the number of cyclists in city streets, and promoting cycling as a healthy way of living helps the mission of GoBike as a social enterprise.	July 2018 – October 2018 and March 2019 – October 2019
Renting Services	In our second summer of operation, GoBike has started GoBike’s renting services. We have rented bicycles to numerous cycling events commemorating various environmental days, and to interested individuals and organizations/companies who rented bicycles for their away days with staff or to go on biking excursions.	March 2019 – October 2019
Partnering	We have partnered with Prishtina-based youth non-governmental organization AYA ‘Pjetër Bogdani’ to promote cycling role models, and have advocated for the expansions of cycling lanes within the municipality of Prishtina. As a result, Prishtina’s mobility plan now includes expansion of cycling infrastructure, for which municipal financial resources have already been allocated. In partnership with AYA ‘Pjetër Bogdani’, we have organized Cycling Schools to teach cycling skills to around 100 children. Advocacy activities as well as joint work with AYA ‘Pjetër Bogdani’ has helped us meet other businesses and reach new clients.	March 2019 – October 2019

Vietnam Success Story, Spring 2020

By Hanh Nguyen

Spring 2020 Newsletter

Vy Nguyen, 15 years old, was born into a poor family of four children in Vinh Long province, 120 miles west of Ho Chi Minh city. The family had only one dilapidated bicycle, which Vy rode to school, 3 miles from home, with her younger brother every morning. The couple came back home at about 11 a.m. Then Vy took her two sisters to school in the afternoon, and rode them back after school. Vy took care of the four of them while her parents were working.

Vy's mother, Nga, worked as a lottery ticket seller. Every day she walked to sell the tickets from dawn to dusk, hardly making ends meet. The family's income depended largely on her daily sale of tickets because they had no land for agriculture. The family faced a financial crunch due to her father's unstable employment. The pressure of household and educational expenses of four children was continuously increasing. Sometimes they had to borrow money from relatives or friends to meet their daily household needs.

In 2015, when she was selling lottery tickets at a coffee shop, Vy's mother met the local loan officer of The Dariu Foundation, P4P's partner in Vietnam. The loan officer suggested that she join our microfinance program for loans and savings. In 2015, Nga took her first loan of 250 Swiss francs (about \$250 U.S.) to invest in raising chickens and pigs. She continued her job selling tickets until 2016, which enabled her to repay the loan in weekly installments. In 2016, as part of a Dariu Foundation program, Vy's mother got a P4P/SP sewing machine. She started a part-time job with the sewing machine instead of selling lottery tickets full time, and her income improved slightly.

In 2018, Vy was granted a bicycle donated by P4P via The Dariu Foundation. She used the bike in the morning and her sisters used it in the afternoon. In the afternoon, she also helped her mother with sewing jobs. This September, she will move to high school, which is 5 miles from home. The bike will be a great help to her and her family.

Over the past five years, the used bikes and sewing machines donated by P4P via The Dariu Foundation have enabled hundreds of families to overcome their difficulties, improve their mobility, incomes, and quality of life. This year, the foundation continues its partnership with P4P to extend its services to our friends and partner in Thailand. "I am sincerely grateful to P4P for your generous support," said Hanh Nguyen, General Manager of The Dariu Foundation in Vietnam. ♦



A Crisis in Albania, 15 March 2020

By Pass/Ecovolis

Spring 2020 Newsletter

P4P and PASS/Ecovolis support the community's need to go on in the middle of a global crisis.

- Free bicycles for doctors and nurses in Tirana.
- Brake adjustment and tire-inflating for anyone who still has to work or who has an immediate need to move.
- Free bicycle transport for food, for pharmacy needs, for other support, for lonely elders.

It was the 15th of March, Summer Fest in Albania, one of the most popular holidays welcoming the summer, when everything was suddenly canceled. The decorations of that holiday still line the empty streets of Tirana.

The final order of the Albanian government: everything shuts down, everybody stays home. The situation is critical. Two weeks ago the pandemic had exploded in Italy, only 25 miles away from Albania. Thousands of Albanians fly in and out of Italy every day for work, business, and to meet their families. Many Italians work in Albania. The probability that the virus has invaded Albania is very high. The invisible enemy was in the air

and sacrifice from everybody had to start.

Quickly we began supporting doctors and nurses by offering them free bicycles. Seventy bicycles from P4P are in use by doctors and nurses in Albania.

There are no cars in the city, no buses, no public transportation. The police and the military are serving 24 hours a day, every day. Ecovolis donated 30 children's bicycles for the children of the police and soldiers on the front lines of the war with the virus.

Ecovolis also donated 15 bicycles to support employees of the postal service.

We donated 10 sewing machines to the elderly in difficult economic situations so they can work from home. Our activists also distributed food to poor communities.

The bicycle has helped fight the virus in Albania. P4P helped a society to continue life in the middle of a global crisis. ♦



A nurse says thank you.

Tanzania Report, Spring 2020

By Norbert E. Mbwiliza

Spring 2020 Newsletter

[Our partner organization in Tanzania is The Norbert and Friends Missions (NFM). A Report from Fall 2019 gives an introduction to their program and offers stories from people who have received a bike or a sewing machine. Here is their report from spring 2020.]

The February shipment was due to arrive in Dar es Salaam on 16 December 2019, but in fact arrived on 16 February 2020. The delay of the container entailed a long wait of the NFM envoy tasked to process the container clearance. We had trouble getting information on the schedule of the arrival. The long-awaited container arrived on February 16, incurring unexpected expenses. We thank God that finally the container arrived safely and the clearance process started the same day, taking 11 days, from February 16th to February 26th.

The transfer of the container to Arusha started on February 26th and arrived at NFM headquarters on February 27th; unloading began immediately. Bicycles and sewing machines were given to beneficiaries according to the preferences indicated in their orders, as shown in this table.

Region	District	Number furnished to beneficiaries	
		Bicycles	Sewing Machines
Arusha	Arusha DC	360	12
Dar es Salaam	Kurasini	–	2
	Segerea	4	13
Kilimanjaro	Moshi DC	10	4
Kigoma	Kigoma DC	10	2
Singida	Ikungi	2	–
Total Distributed		376	32
Remaining Stock		52	20

Tanzania Success Stories, Spring 2020

Grayson Godson, Remen Eliona, and Junior

[We got personal stories from three students who got bikes from The Norbert and Friends Missions: Grayson Godson, Remen Eliona, and Junior. Here are some of their comments about their lives before and after getting their bikes.]

Before Getting a Bike

“In order to be on time at school, I had to be up very early in the morning, when it was still dark.”

“I live a long way from school, so I was already tired when I got there in the morning.”

“The long distance from Sasi to Oldadai primary School was totally discouraging me. . . I was sometimes late.”

“In the evening, I was arriving very late and exhausted at home and did not have enough time and energy to review my lessons and do my homeworks.”



Grayson Godson

After Getting a Bike

“I do not have enough and proper words to describe my joy and happiness at this time. With this bicycle, I will no longer toil and arrive late at school.”

“This bicycle has provided me with an easy transport that makes me arrive quickly at school without fatigue enabling me to follow lessons in all class sessions.”

“I can now get an ample time to do my homework and make my readings.”

“I will henceforth have enough time to review my lesson, do my homeworks and rest enough to gather the needed energy for the



Remen Eliona

next day.”

“I am happy that this bicycle will be of a great help to increase my performance as I look forward to doing my national examination this year.”

“I will be swiftly riding to and from school. I will moreover spare my energy for class sessions and am now confident to boost my performance.”

“I address many thanks to the Norbert and Friends Missions for having made all this possible through this bicycle.”



Junior



Ruth Mbeho

Being a mother of 3 children without any reliable income is an uncertain life, a life without tomorrow. This sewing machine came to rescue me from this situation as my family and I were deeply sinking in the muddy ocean of poverty. We have been raising our hand for anyone to rescue us and the Norbert and Friends Missions have seen our hand. With this sewing machine, we will help ourselves alleviate poverty and as well other girls and young women who will come our way to acquire tailoring skills or practical tailoring experience. This is the offer I can make to increase the community impact of the tools I have received. May God Bless The Norbert and Friends Missions.

Veronica

I am much this sewing machine and my business that keep me busy apart from generating an income. This sewing machine has created for me an employment and has taken me from the street. I will sell women fabrics in my Tailoring Mart to increase my income. It is very dangerous for a young lady to live a life without any income, heavily depending on parents or family members. This opens a wide door for mischievous deeds as it is easy to get lured. The Norbert and Friends Missions are really helping the very needy category of people like me. May God continue blessing them abundantly so that their helping hand can reach many people. ♦



Report from South Africa, Spring 2020

By Cosmas Bwanya

Spring 2020 Newsletter

More Care International is a registered Non Profit Organization operating in South Africa in a village near Pretoria.

More Care International operates in the rural areas where the majority of women and girls are in need of upliftment. The majority of our communities do not have skills development centers. We reach out to the poor without discriminating on the basis of religion.

The organization started a program called Woman and Girl-Child Empowerment, which seeks to offer sewing and tailoring skills to women and girls. A sewing project has great potential to create employment, offer skills transfer, and create income.

In all the four provinces of South Africa where we reached to offer our services, we witnessed a great need for sewing projects. Our goal is to help as many women and girls as possible to acquire sewing training.

Since 2008 the Founder/President Mr. Cosmas Bwanya tried to source sewing machines from different individuals and organizations, including our own government, but with no success.

It was last year when our leader Mr Cosmas Bwanya send an enquiry email to Mr. David enquiring if P4P could help in donating sewing machines. It was all joy when the response from Mr. David was positive. He offered to extend the helping hand. The donation of 71 sewing machines was sent to us. We received them with much joy.

While we were still preparing to start our project the coronavirus pandemic led the Government to order a lockdown. We hope that the lockdown will soon come to an end so we can start our project. ♦

P4P/SP Partners, April 2020

ALBANIA, Tirana, PASS/EcoVolis: 7,824 bikes (2010 – 2020), 409 sewing machines (2010 – 2020)

GUATEMALA, Chimaltenango, Fundacion Integral de Desarrollo Sostenible y Medio Ambiente (FIDESMA): 10,333 bikes (1999 – 2019), 314 sewing machines (2003 – 2019)

KOSOVO, Kastriot, GoBike: 450 bikes (2018), 50 sewing machines (2018)

SIERRA LEONE, Kenema, WWOOF, community development: 938 bikes (2008), 30 sewing machines (2008)

SOUTH AFRICA, More Care International, 71 sewing machines (2020)

TANZANIA, Arusha, The Norbert and Friends Missions: 908 bikes (2019 – 2020), 176 sewing machines (2019 – 2020)

TOGO, Vogan, Association Défi et Révolution de la Vie Rurale: 463 bikes (2020), 172 sewing machines (2019 – 2020)

UGANDA, Mityana, Mityana Open Troop Foundation: 209 sewing machines (2017 – 2019)

Twenty-Nine Year Bicycle Grand Total 159,113

Twenty Year Sewing Machine Grand Total 5,179

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Togo



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