

The **SHEAF/ESPIGA Foundation** affirms the concept of integrated development. Specific activities undertaken in a community must fit together to promote consciousness-raising, self-respect, and transformation of the individuals.

The officers of **SHEAF/ESPIGA** are dedicated to a holistic model of development which recognizes the need to integrate work, education and spiritual development. The officers have all enjoyed extensive work in pastoral ministry, social work and /or administration. They have all visited projects in Nicaragua and some have had extensive overseas service, particularly in Central America. They come primarily, but not exclusively, from The Presbyterian Church in Canada. They are dedicated to real and meaningful development in Central America.

**SHEAF/ESPIGA** projects are in place in Nicaragua and they will gradually expand to other countries in Central America.

## Current Projects

### Health Projects

#### Medical Clinic Syksayari, Rio-Coco (East Coast)

The Siksayari community has a medical building, a part time nurse, itinerant doctor and medical supplies provided by



**SHEAF/ESPIGA**. The isolated communities on the Rio Coco can only be reached by boat making rental of a boat a necessity to transport patients, medical staff and medical supplies between Waspsam and Siksayari.

#### Medical Clinic Managua (West Coast) SHEAF/ESPIGA

supports this clinic by providing medical services to marginalized and



indigenous people. The clinic is run by three dedicated staff: a nurse, a pharmacist and an administrator. Medical doctors are available three days a week.

### Agricultural Projects

#### Cow, Well and Latrine Projects (Veracruz Area)

The pregnant cow project has been successful. The project is ongoing and sustainable, as the first heifer born calf of each cow is gifted to another vetted



family.

The community identified the need for major upgrades or construction of community wells and latrines. The wells have been completed, but require ongoing testing of water quality.

Sanitation is the next big issue. Construction of latrines is our current project necessary to help protect wells, soil, and rivers from contamination.

With the latrines in place, the ongoing cow project and purified well water this community will have its basic needs met.



#### Macadamia/Cocoa Project (Matagalpa Area)

The objective of this project is to increase crop diversity by introducing an alternative crop to coffee in Nicaragua. The coffee market is inherently volatile, and causes economic instability and hardships, partially because it is so highly seasonal for farmers. Macadamia trees are planted strategically to provide shade for coffee, which will enhance the quality of the coffee as well as provide a macadamia crop.

Farmers, who are active members of the Association of Farming Cooperatives, *Unión de Cooperativas Agropecuarias (UCA)* in San Ramon are participating in this project. Their farms are located in different zones and at different elevations in the Matagalpa area.

The farmers are small landowners with 2 to 3 acres of land. Each of the participants cultivates 20 trees on about half an acre. The first seedlings, imported from Guatemala, are now 8 years old and most of these trees are producing nuts. Some of the nuts produced have been planted to produce future trees.



Our resources will be used for the development of harvesting and roasting facilities and an action plan for finding appropriate markets. As well, as the Macadamia Project, the UCA wishes to introduce more cocoa plants as a replacement crop for coffee. The object is similar to the macadamia project, reduce reliance on coffee.

## Educational Projects

### Scholarships

#### High School

**SHEAF/ESPIGA** provides scholarships for rural high school students. Although high school education is free in Nicaragua, students need assistance to pay for uniforms, supplies and travel costs.



#### Post Secondary

**SHEAF/ESPIGA** grants part scholarships to post-secondary students. These scholarships are designed to cover transportation, school supplies and part of their tuition fees.



Students tend to go to school on weekends and work during the week to help pay part of their tuition fees.

#### Teacher Training

Teachers require specialized education to teach students with special needs.



Teachers' salaries in Nicaragua are too low to enable them to pay for this training.

**SHEAF/ESPIGA** endeavours to help offset this cost.

#### Graduation Fees

Post Secondary institutions in Nicaragua charge substantial graduation fees ranging from \$800 to \$1,200 US dollars. Most students cannot afford these fees, but cannot find appropriate work until they have their degree/diploma.

**SHEAF/ESPIGA** helps with these fees.

#### How You Can Help

Financial contributions, one time, annually or monthly, are very welcome. If you wish to support a specific project, please indicate this when you donate and your contribution will go directly to the designated project. If you prefer not to designate your donation, it will be directed toward the greatest need. A donation form may be downloaded from our web site.

We are proud to report that our administrative costs are low because the Canadian component of **SHEAF/ESPIGA** is managed by volunteers.

We invite you to inquire about groups visiting our projects in Nicaragua.

#### Contact information:

Joe Reed, President  
**Telephone:** 514-416-3459

Greta Hofstra, Treasurer,  
6 Karen Ave.  
Guelph, ON N1G 2N9  
**Telephone:** 519-824-7194  
**Email:** [greta.hofstra@rogers.com](mailto:greta.hofstra@rogers.com)

**Website:** [www.sheafespiga.org](http://www.sheafespiga.org)  
**Email:** [info@sheafespiga.org](mailto:info@sheafespiga.org)  
**Fax:** 519-824-7280



Salud (Health)

Educación (Education)

Agricultura (Agriculture)

Fundación (Foundation)

(**SHEAF/ESPIGA**)

(Espiga is Spanish for Sheaf)

## What is SHEAF

It is a Non-Governmental Organization (NGO) that fights poverty in Central America. It is a registered Canadian charity.

## Purpose

To assist the poor, the marginalized, the underprivileged and minority groups in Central America in living more meaningful and productive lives by focusing on health issues, educational programs and agricultural projects.

To fulfill its purpose **SHEAF/ESPIGA**

- Invites the support and participation of donors and volunteers.
- Cooperates with compatible local agencies and organizations that have like-minded goals.