

Health Access Sumbawa



Health for Remote Communities

Fall 2021 Newsletter

Access to Health Care & to Healthy Food Improves!

It's been a busy year for HAS in Sumbawa. So many positive stories to report despite the pandemic. Although our programs are diverse, they all boil down to advancing two goals: Improving access to both health care & to food for the poor.

Headlines: HAS adds two medical staff, builds a second clinic, and launches a water taxi to connect isolated communities to city hospital & services!



Health Access Sumbawa Inc / registered with IRS as a 501 (C) 3 Public Charity

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New full time hires bring experience & commitment to our village health team.

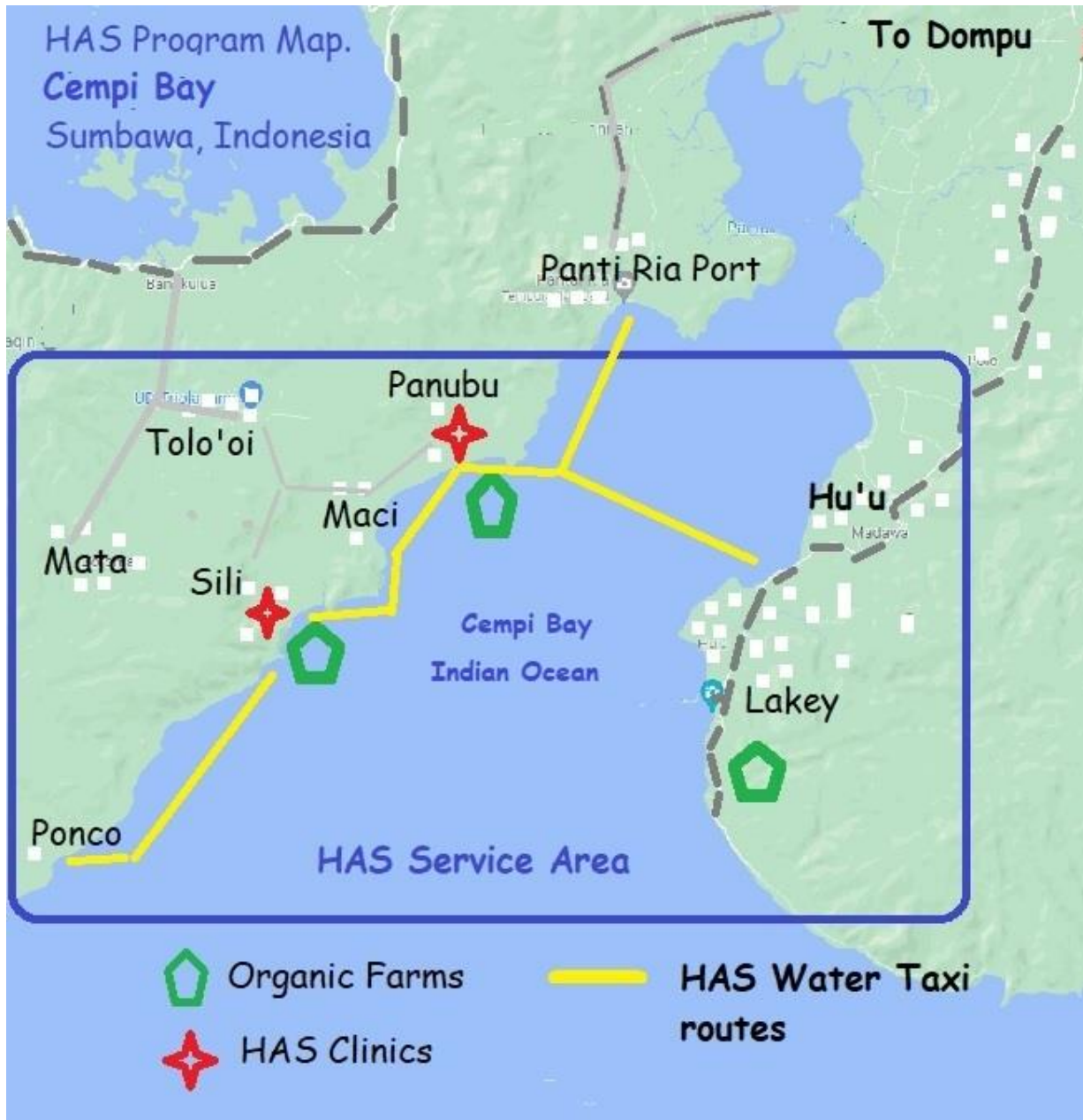
Midwife Putry spent most of the past year going house-to-house in 8 villages teaching families the importance of a healthy diet. How to identify and prevent childhood stunting. When not doing health education, Ms. Putry works at our clinic, providing primary health care to the community.

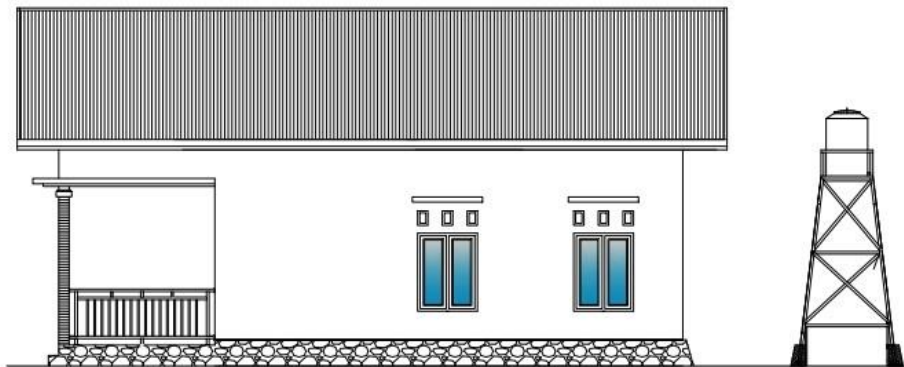


Nurse Andry spent seven years as an emergency nurse at the regional hospital in Tarano before joining HAS in July 2021. His skill and experience bring greater depth to our medical team.

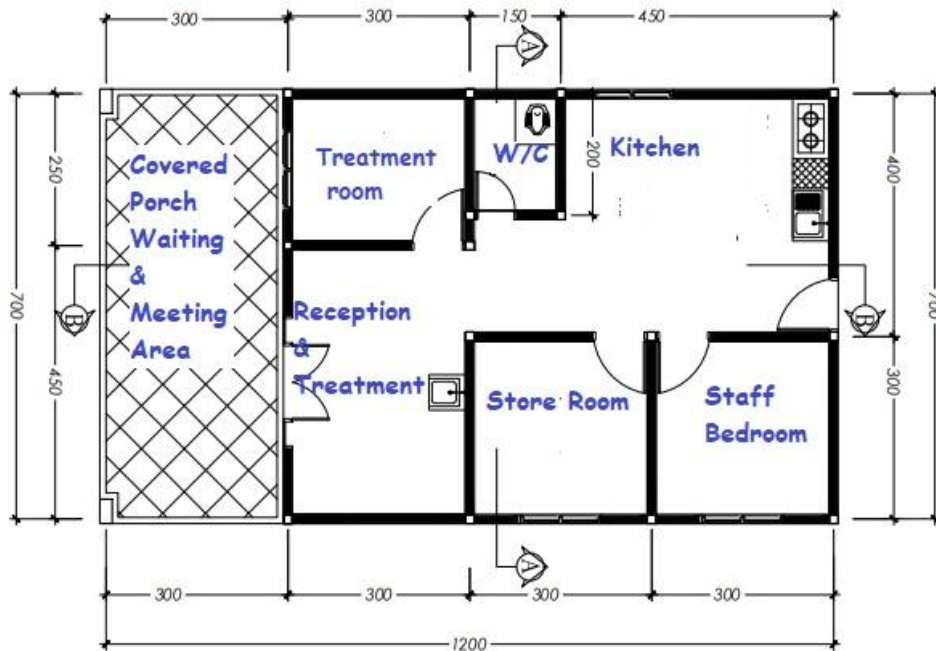
HAS Builds a clinic in Panubu. It will serve Panubu & Maci hamlets.

In remote villages like Sili, Maci & Panubu, most people don't have transportation. Health workers must make house-calls or there needs to be a clinic within walking distance of every home. There has never been a clinic in Panubu. Panubu is also home base for our new water taxi because the village is closest to Dompu city, and Panubu has a safe all-weather harbor.





New HAS Clinic Now Under Constuction in Panubu Hamlet.



Maiden Voyage of the Good Ship “Health Access Sumbawa”



Our new water taxi provides improved access to the city for people living in the remote villages on Cempi Bay. The boat’s first mission was to bring a load of eggs, peanuts, and sweet potatoes to feed hungry children during a flood disaster this past rainy season. Although the double-outrigger looks small, the design is sea-worthy and it has been fitted with a new inboard engine, making it faster and more reliable than other local watercraft.



Bed Nets for Malaria Control

Our service area has been free of malaria for three years now! We must remain vigilant to prevent a new outbreak. HAS will hang new treated mosquito nets over every bed in Sili, Maci & Panubu next year.



It's been 5 years since we hung the original 600 nets. These nets are now in tatters, from sun damage, tears, and mouse holes.

Harvest for Health

Improving Access to Healthy Food



Ningsih's Organic Farm (pictured left), sponsored by HAS, is beginning to change the food system in Sili hamlet.

The typical farm family in Sumbawa grows corn for a giant corporation which processes the crop into syrup, oil, and animal feed. Without any training, without protective clothing or masks, village farmers apply toxic chemical pesticides and herbicides to their small fields, and accidental poisonings are common.

Meanwhile, hardly any fresh food is grown or sold in these

communities. Farm families subsist on a diet of white rice and noodles, often without anything on it. Vegetables, fruit, eggs, dairy, bean curd, fish, poultry, or meat are rarely included in the daily diet due to poverty and a lack of food in local markets.

One of the best ways to improve public health is to improve people's diet. An ethical food system should provide all people access to healthy food at affordable prices. As we know, this rarely happens, even in wealthy countries. It's not easy to

build a food system that serves the needs of the poor, but HAS keeps on innovating, and our latest efforts are showing results. HAS sponsors and trains local farm women to become market gardeners using organic methods. The result- healthy, locally produced food is increasingly accessible to poor people in our region. HAS uses a venture capital approach to fund the farms until sales can cover the operational costs. The women in the program are changing the local food system, literally from the ground up.



How “Harvest for Health” Works

This market-based program launched two successful entrepreneurs this past year. With extraordinary hard work and determination, these women and their families are making a better life for themselves as they produce healthy food for their communities. Here are their stories.



Tuti's Organic Farm School in Lakey. Tuti and her husband Becky have been the pioneers of organic gardening in Sumbawa for some years now. Tuti dreamed of scaling up her back-yard garden to a small commercial farm. In early 2021, HAS bet on her dream.



Tuti knew exactly how she wanted her center to look. She re-purposed old, discarded clay roofing tiles to edge her beds. Each bed was created using a composting formula, starting with carbon-rich twigs on the bottom. She added plant waste, aged animal bedding, and other nitrogen-rich materials mixed with screened loam on top. Tuti meets frequently with a consultant from Java and educates herself by

reading books and watching YouTube videos. She has learned to use organic pest control methods with great success. With support from HAS, Tuti now trains and inspires other would-be organic farmers in the region, including Ibu Ningsih, a teacher and wife of a farmer from Sili hamlet, across the bay. Sili is home to the HAS health clinic.



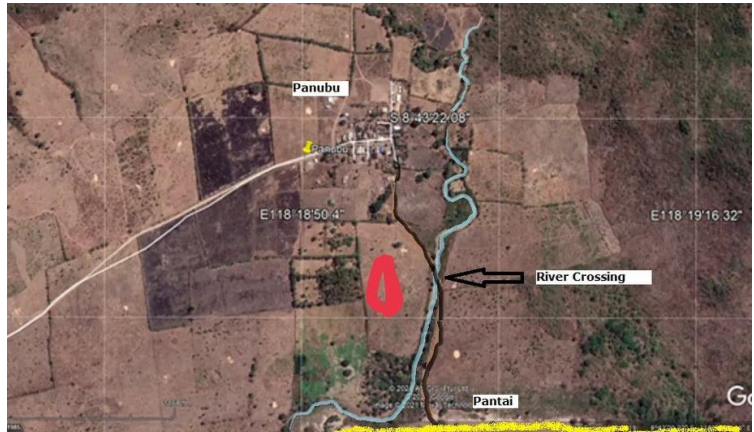
Ningsih's husband Pak Sudirman was frustrated with growing corn for the agri-business company. He realized that this wife was speaking the truth when she told him it was a money-losing occupation. They were looking for a better farming opportunity and heard that we had a program to help organic farms get started. We invited their family to visit with Tuti and Becky for a few days to see what they were doing.

Today Ningsih's Organic Farm is thriving in Sili Hamlet. After a brief training period with Tuti in Lakey, Ningsih and Sudirman took over management of the HAS beach farm in Sili. In



a few months they transformed the property into a healthy productive market garden. Extraordinary progress! The family lives on the land to defend their crops from monkeys, wild pigs, and other wildlife. They built a little farm cottage and dressed it up with potted flowers. Ningsih sells their crops mostly in Sili. To expand their market, they plan to buy a motorbike so Sudirman can make deliveries to near-by towns.

Coming in 2022: New Organic farm for Panubu hamlet. The village leader of Panubu and his wife will develop an organic farm on the same one-hectare plot of land where HAS is building a new clinic. HAS dug a deep well on the property in 2021, so the farm has proven water. We have a new solar water pump to install once the water tower is built. The rich volcanic soil has few stones and will be excellent for most crops.



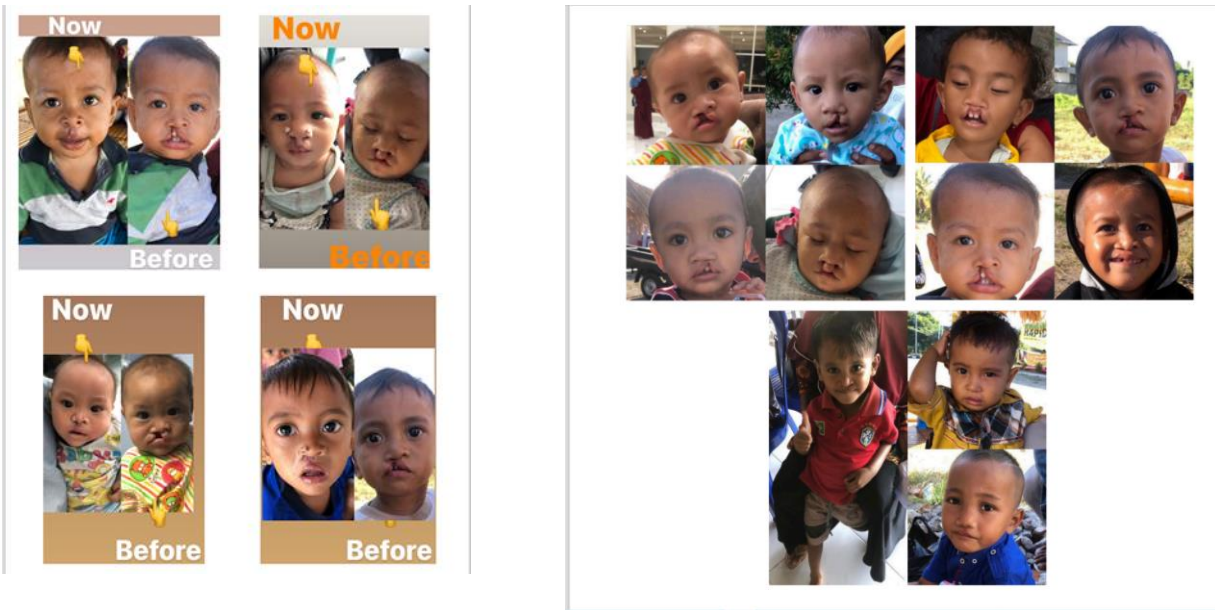
Feeding Hungry Kids after a flood (temporary food relief program)

Yani, HAS Community Organizer, purchased eggs, sweet potatoes, and peanuts in Dompu city and brought the food relief to Sili by boat during a flood crisis this year. This program continued for several months.



A second chance for children with cleft palate

I thought you would like to know about this worthy project. In June 2021 HAS teamed up with NGO Harapan Project to sponsor 11 children for corrective surgery in Lombok to fix cleft lips or palate. Two HAS Directors volunteered to fund this initiative.



Metro Medika Hospital
Mataram, Lombok

11 kids were flown from Sumbawa to Lombok Island for surgery. 7 of the children needed corrective surgery for thier lips, while 4 others, who already had their lips rebuilt, came for palate surgery.

A family member must travel with each patient. HAS covered the travel expenses for the whole group. After one week on the island of Lombok, the kids and their parents came back home to Sumbawa safe and sound.

HAS Pandemic Response

Pop-Up School in Bali Teaches Out-Of-School Children



Our weekend school in Bali teaches village children English and computer skills. Vital knowledge for the jobs of the future. The program tries to offset some of the damage caused by school closures, which are now in their second year. Someday this pandemic, which has caused mass unemployment in Bali, will just be a bad memory. Until then, we do what we can to help.



Time to Pass the Hat

In closing, thank you for generously supporting our work! None of these programs would be possible without you. I'm starting our Annual Appeal earlier this year because HAS needs to raise

an extra \$25,000 to pay for the new clinic. Yes, we can construct a high-quality health center for that little! So, here's "passing the hat 'round to me mates", asking everyone who can, toss in a few extra coins this year. You won't find better value for money anywhere, and the kids will thank you. Stay healthy everyone!

Gratefully,

Jack

Jack Kennedy, Health Access Sumbawa Inc / registered with IRS as a 501 (C) 3 Public Charity

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