
HELP-O ECO GREEN LTD
HELP-O ECO GREEN COMPANY is compiling to assist & addressing waste management, energy needs and sanitation through utilizing otherwise discarded waste materials to upgrade the green productivity.

HOLDE WOMEN'S CO-OP
HOLDE Women's co-op is a co-operative society based on Galle district working for the housing & livelihood development in the area. Women's leading social services are doing for poverty alleviation.
**EDITORIAL**

We are happy to come out with our services with you. In this month HELP-O staff has continuing their programs for achieving goals.

Protect our environment is the special topic for the present world. HELP-O & HOLDE women’s Co-operative was celebrated the New Year festival. Participated the New Year festival in Prison and gave scholarships.

Carry on the Bio gas project in Star Garment – Baddegama and Negambo hospital. And also opened the Bio gas system in Mahinda Rajapaksha sports complex.

Gave the loans to Chaina Garden, Malawanna, Walawaththa, Thotagamuwa and Milidduwa from CLAFNET and HOLDE women’s co-operative. Community empowerment and development and most valuable social service of HELP-O by community networking to improve the living condition of them.

HELP-O is facilitating for more opportunities to experience in different countries through programs related to different themes and we are do not hesitate to share that experiences with our readers to learn something.

We are cordially invited to our readers to take over our monthly news letter and warmly welcome your valuable comments and ideas.

**WELCOME TO OFFICIAL NEWS LETTER OF APRIL 2013**

HELP-O is organization that established on 1992 and since on that implementing many effective programs

**INSIDE STORIES**

*Protective Earth will Create Protective Future*

*HELP-O New Year celebration*

*New Year celebration in Galle prison*

*Hospital waste management in Negambo hospital*

*Waste management program in Fairmount garment (PVT) LTD*

*Inauguration ceremony of bio gas project in the Mahinda Rajapaksha Sports Complex*

*HOLDE Women’s C-operative loans Distribution*

*Successful woman of China Garden branch of HOLDE Women’s Co-operative*

*JEJU workshop on Food & Nutrition Security: Developing Local Government’s capacities to Enhance Resilience to Food Crisis and Food self reliance*
First of all we carry out the introduction about the earth. Earth is the third planet from the Sun, and the densest and fifth-largest of the eight planets in the Solar System. It is also the largest of the Solar System's four terrestrial planets. It is sometimes referred to as the world or the Blue Planet. Earth formed approximately 4.54 billion years ago, and life appeared on its surface within its first billion years.

These days earth became a dangerous situation. There are many reasons. I like to point out main reasons one by one.

- **Development of out of measure**

These days world have ready to develop their village, town, country. Unlimited world development harm to the earth. Because peoples are not think about environment. Especially atoms actions are harmful to the humans too.

- **Air pollution has been a threat for the earth**

Air pollution if harmful to human and the earth pollutants can be in the form of solid particles, liquid droplets. CO, SO₂, NO₂ are main 3 gasses to air pollution CO release from the vehicles. SO₂ release from the factories. And acid rains are also harmful to the earth.

- **Water pollution**

Water is the important matter to the world. Without water any one can’t live. All the human beings, trees, animals….etc water is very special their lives. Excessive removal of water from rivers, tanks, other waterways has exposed birds, animals, and fish and plants species to danger.

We should protect our earth for our future generations. These are some important actions to care our earth.

  - Reduce toxicity
  - Protect our air
  - Conserve energy
  - Save water

"WE CAN SAFE THE BOOK, WHICH IS INCLUDING THE SECRETS OF NATURE, IF WE CAN READ ONLY. All the peoples should be mind it well."
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HELP-ONew Year Celebration

The Sinhala & Hindu New Year or as we all call it “Avurudu” in Sinhala, has become an important national holiday for Sinhala Buddhists and Tamil Hindus of Sri Lanka.

HELP-O & HOLDE Women’s Co-operative Ltd celebrated Sinhala & Tamil New Year on 16th April 2013 in the HELP-O office premises by all staff members’ participation. We wish to happy Sinhala & Hindu New Year with successful year with happiness.

Event was organized to start by boiling milk to see prosperity of the year and lighting the traditional oil lamp & HELP-O chairman/chief executive Mr. Chathura Welivitiya addressed all staff and gave many new valuable ideas.

HOLDE Women’s co-operative Chairmen & some members participated in this occasion. Co-operative branches are Walawwaththa, China Garden, Malawanna, Aththiligoda Thotagamuwa & Kalupe celebrated New Year
The Galle Prison was celebrated the Sinhala & Hindu New Year on 27th April 2013 in Galle prison premises. The chief guests were Mr. Keerthi Liyanagama the Director of Education in Southern Province & Captan Janaka Nishshanka commander of "Dakshina" Navy Camp in Galle. HELP-O Chairman Mr. Chathura Welivitiya and lots of honorable guests also participated to this occasion.

HELP-O provided scholarships for prison's children since the incorporation of HELP-O. We have provided scholarships the children continuously for 20 years. The prison’s children have many financial difficulties for education. We received children names in need through prison welfare association and we clarify and ensure the necessity for assistance through government representative of the village. The main objective was the children education with financial.
HOSPITAL WASTE MANAGEMENT IN NEGAMBO HOSPITAL

Reducing The Volume, Cost and Environmental Impact of Waste

Description about Biogas Plant

- **Capacity of Bio Gas Plant**: 35m³
- **Feeding Wastes**: Organic Waste including Food waste
- **Gas Generation**: More than 3420m³ per month

STOPs.... CH₄ GREEN GAS EMISSION TO AIR

Benefits OF Bio Gas

- Can Use For Cooking Purpose
- Can Use for Lighting Purpose and That will
- Decrease the Electricity Expenses & Expenditure for L.P Gas

PLUSS+++ Bio gas plant produces fruitful fertilizer by digesting organic wastes

It's not WASTE!...until you waste it
Waste Management Programme In Fairmount Garment

Minimize the methane gas emission to air

Value adding for waste by treating as resources

Capacity of Bio Gas Plant: **44m³**

Feeding Wastes: **Food waste**

Gas Generating: **More than 11m³ per day**

Minimize the soil, water & air pollution

Improve the environment health and making pleasant surrounding

To introduce & promote organic cultivation

Benefits of the Bio Gas plant

Can use for cooking & lighting

Bio Fertilizer can use for gardening and cultivation

Improving the living standards the people
Inauguration ceremony of biogas project in the Mahinda Rajapaksha sports complex.

The opening ceremony of biogas plant in the Mahinda Rajapaksha Sports Complex was held at the sports complex premises in Homagama on 29th of April.

The Minister of Agriculture, Mr. Mahinda Yapa Abeywardhana, Mr. Sakalasooriya of Secretary of ministry, Additional Secretary Mr. Asoka Siriwardhana and Mr. Chathura Welivitiya of Managing Director of HELP-O ECO GREEN Ltd were the honorable chief guests in the opening ceremony as well.

In this Bio gas system they can get big advantages. Not only community that will helps to the whole world. Now they use natural liquid fertilizer instead of chemical fertilizer for their cultivations. That will be a very good earning to them. This bio gas system helps to make good bio diversity for earth. Reduce the garbage problems. Prevent bad smell, Dengue and other epidemics. Solution for the waste water and other garbage problems. Reduce Methane gas. This will be a better environmental friendly solution and new experience to the world. Biogas systems supplies a better answer for organic waste handling.

And also this helps to make green earth for the future.
**HOLDE Women's Co-operative another loans Distribution**

We are very happy to say that we have received loan to 04 beneficiaries of HOLDE Women’s co-op from the Community Livelihood Facility Network (CLAFNET) and HOLDE Women’s co-operative Ltd. The beneficiaries were China Garden, Malawanna,Walawwaththa, Thotagamuwa & Milidduwa branches.

Few of the loans were distributed as the 02 self employment loans and 02 housing loans for to continue their housing constructions. On this occasion organized by China Garden branch members and it was held in Sangarama temple. Beneficiaries were W.P.Leelani, Wimala Panditharathne, P.O.Anula & Mallika Rathnayake. And other beneficiaries were other branches.

From that their living condition situation rebuilt as well as possible and they can develop their lifestyle. Among they planned to continue their retail business, small business, making sorties, tailoring, making lunch packet and etc.

On that day HOLDE Women’s co-op put take another great service to their members @ it will be another step for the future consideration.
Successful Women of China Garden Branch of HOLDE Women’s Co-operative

Mallika Rathnayake is a mother of a child and she is one courage women in China Garden co-operative branch and she always tries to develop their family situation. Mallika is a start member of HOLDE Women’s co-operative. She always participates many social works in their community needs. In present she tries to diversify her business by getting the advantage of different kind of assistances. One day HELP-O officer could get chance to visit her.

Reporter: Could you please tell me about your family background and the way the women’s co-operative assist you?

Mallika: As a mother I always try to do some for my child to save his future. I was pushed to find a alternative sources to earn an income. Suddenly I remind to started bakery products which can sell in their area shops. I started it in small scale by making packet of rice. But I was suffer for financial problems as I couldn't supply it according to demand. I started my own business and I could get financial assistance from China Garden. HOLDE Women’s co-operative to ameliorate it. I could to get many loans from HOLDE Women’s co-operative previously. I got Rs.35000/= from (CLAFNET) (Community Livelihood Action Facility Network). Through this financial assistance I could develop my business in strong way alone with my sewing business.

Reporter: What is the next step to develop this business?

I have planned to start small shop to develop my business in next month and I hope it will get much demand for my products future. Also I hope to prepare various sorties, string hopers and pittu.

Reporter: What kind of message you wish to give for the other women of the society?

I also want to teach others in my committees that a woman can contribute her family in bad situation even if her mind is full of courage. HOLDE Women’s co-operative is very strong committee to us for develop our lifestyle.
JEJU “workshop on Food and Nutrition Security: Developing Local Government’s Capacities to Enhance Resilience to Food Crisis and Food Self-Reliance”

Introduction:

The programme was organized by United Nations (Unitar, cifal JEJU & Jitc) in the JEJU Island, ‘United Nations Institute for Training & Research’, from March 20-22 2013. 17 participants from 10 countries participated, each country by 1 or 2 selected officers only. From HELP- O Srilankan, Mrs. Kumudinie Abeywickrama-Director, nominated & participated. It was a very good opportunity given by the chairman Mr. Chathura Welivitiya.

Ms. Abeywickrama presented case study in Jeju, named “ECO-FRIENDLY SMALL SECTOR AGRICULTURE PROGRAMME-GALLE SRI LANKA” Unitar selected & appreciated it. The case study included city profile, objectives, SWOT analysis, National plan, Government engagement in regional activities, organization-initiated activities to promote effective food security, sustainability of the project, and key challenges.

Food & nutrition security includes both physical and economic access to food that meets people’s dietary needs, as well as their food preferences. It should be safe, sufficient & nutritious food to maintain a healthy & active life.

Malnutrition and food borne diarrheas are become double burden. There for I believe we have to think and work strongly about following 3 areas.

1. Food availability
2. Food access
3. Food use

1. Food availability:
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sufficient food. Agriculture remains the largest employment sector in rural areas of Sri lankan is crucial to a country’s food security

2. Food Access:

Having sufficient resources to obtain appropriate foods for a nutritious diet is another question in some areas in Sri Lanka. There we have to assure ability acceptable food in socially acceptable ways. Food access is closely linked to food supply, so we should develop food supply system too.

3. Food use:

Appropriate use based on knowledge of basic nutrition & care. Already there are many nutritional programmes in Sri Lanka. But we have to improve them and educate both urban & rural people about nutrition, safe food, clean water, sanitation, domestic food security, food processing.

Our ‘HELP-O’ organization in Human & Environment Links Progressive organization. It has good practice & learning experiences associated with food and nutrition security.

We have community supported agriculture programme in Galle District Sri Lanka. It tries to increase agricultural productivity enables women farmers to grow more food (home gardens) which translate into better diet.

Women’s small groups under HELP-O play many roles in land use, production, processing, distribution & market access.

Small scale women centered agriculture co-operatives try to fulfil these needs by pooling resources, creating greater collective bargaining power for resources, land rights & market access.
WE ARE WELCOME YOUR COMMENTS & SUGGESTIONS

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“1 tree makes 1 million matchsticks, but one match-stick can burn
1 million Trees”