HELP-O

HELPO ECO GREEN LTD
HELPO 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.
A GREEN CLEAN AND HEALTHY ENVIRONMENT

We need a clean environment so we can live healthy lives and leave future generations a healthy Earth. There have been changes in the environment in every time period but the biggest and most negative changes are happening today. A lot of groups and people are doing everything they can to raise awareness about the importance of a clean environment and to make the environment healthier. Unfortunately, it just isn’t enough. The only way we are going to achieve a clean environment is if everyone works together to take care of our planet.

There are several easy steps you can take to help create a clean environment and a healthier planet including the following ideas:

* Do what you can to simplify your life whenever possible. The simpler your life the more you are contributing to a clean environment. One way to do this is to use what you have and not buy things that you really do not need. That will help you create less waste that has to go into our already full landfills. The less waste we all create the better off the environment will be.

* Use less products that come from trees in your home and at work. This is referred to as having a tree-free home. Using less tree products will mean more trees will be saved and that leads to better air quality. Easy ways to use less tree products include using rags instead of paper towels, cloth napkins instead of paper ones, using toilet paper that contains at least 80% recycled waste, using both sides of papers you have and print in your home, and only using wood in your home that is easily renewed.

* If you can have less trash come out of your home, the landfills will not be so overflowing for future generations. You can do this by purchasing products with as little packaging as possible and recycling as much of your waste as possible. Also, buying only what you need will lead to less trash and that will help the environment.

Another way to contribute to a clean environment is to take steps to get less junk mail so the papers don’t get sent to landfills. Also, you can buy reusable shopping bags for all your shopping needs so you don’t use plastic and paper bags that just get thrown away. Plastic bags especially are bad for the environment. If you have unused items, you can donate them to someone who can use them instead of throwing them away.

It is easy to take steps to create a clean environment. If everyone makes a few small changes, it will have a big impact on our environment. We all need to be focused on creating a clean environment.
SUNFO (Sri Lanka United Nations Friendship Organization) was organized a workshop on “stand up-speak out” against poverty speak out for the millennium development goals” in Galle at last 14th of February 2013, to investigate the public opinion & what need to have in future against poverty in Sri Lanka. There were more than 50 participants from different organization by representing various community groups & HELP-O also participate to share the ideas regarding that.

Nearly 12 years ago when world leaders adopted the Millennium Declaration, they made an unprecedented commitment to create a more equal and just world, recognizing equality and solidarity as essential to international relations in the twenty-first century. The Millennium Development Goals (MDGs), which emerged as practical and measurable articulation of the Millennium Declaration, have enjoyed sustained interest and support from governments, the global development community, civil society and other stakeholders. Admira ble progress has been made in many areas. For example, in aggregate terms, the global goal on access to safe drinking water has been met five years ahead of schedule and poverty rates as well as the number of absolute poor have declined.

Despite many of the successes of the MDGs, they have not managed to integrate all principles outlined in the Millennium Declaration, including equality. Furthermore, the MDGs’ focus on national and global averages and progress can mask much slower progress or even growing disparities at the sub-national level and among specific populations. To the extent that accelerating progress towards some targets is easier when resources are concentrated among the better off, the era of the MDGs may have inadvertently seen some channeling of resources away from the poorest population groups or from those that are already at a disadvantage because of the effects of discrimination based on their gender, ethnicity, disability or residence.

A more inclusive and equal society is more likely to be sustainable. Having better access to quality education and health services, housing and clean water, land, financing and judicial recourse means that poor and excluded people can become better equipped to contribute to economic growth, care for their children and embrace newer low-carbon approaches to production and consumption.

So, this is the best time to rethink where are we are at present & what we achieved in millennium goals where we need to move beyond 2015. As a civil society organizations & general public we have challenges to stand against the poverty to make better world without inequality.
HELP-O is implementing home gardening project in selected areas within Galle with the financial support of FAO (Food & Agriculture Organization) & active participation of HOLDE Women’s Co-op members. It can be consider as one of the best practices which we are implementing to ensure the food security in home garden & second step of the program will implement in very recently.

When we are reviewing the success of the project it is clearly indicated that most valuable thing is keen of the people to doing this type of program. Today most of the people are concerning about the food nutrition & food availability in quality manner. Through this project every home garden of community members were cultivated beyond the financial assistant. Earning from home garden products is the best experiences shows by the community & they were expanding their home garden day by day with new plants. A seed sharing among each other is also a good lesson we learn from home garden program & every home garden cultivator has seeds storage.

When we consider growing their own vegetables, they probably focus mainly on the potential benefits of having fresh veggies available at home weighed against the convenience and ease of visiting your local market. They were even give some thought to the potential feeling of accomplishment their real experience as a result of successfully raising their own food. But there are other potential benefits of home vegetable production that they not have considered.
The constant availability of fresh vegetables is one advantage to home gardening that many people consider. After all, it is hard to beat the freshness of produce grown in their back yard. The up-front costs and work planting and maintaining a vegetable garden may deter some, but the eventual access to fresh veggies will eclipse the convenience provided by even the closest market.

Home growing also provides them with a certain amount of control over their food that is not possible when shopping at the grocery store. They will be able to decide much and what kinds of fertilizers, additives, and pesticides are used in the process of growing the vegetables they eat. Also, they will know for a fact that none of their food arrived at their table as a result of unfair labor or trade practices. And, of course, they will be able to ensure that the varieties they grow are the ones they enjoy the most. It gives the happy in mind.

Growing their own veggies also offers the advantage of lessening their food consumption’s environmental impact. Store-bought produce has to be trucked to stores, which can amount to a significant carbon footprint, even for locally produced food. By growing their own produce, they can reduce the carbon footprint from transporting vegetables to their table to zero.

Homegrown vegetables can also be cost-effective. Even after the cost of planting and maintaining a garden, growing their own food can be significantly less expensive than buying food at the store, especially if they typically eat organic or pesticide-free produce. With thoughtful selection and planning, home growing can even cost less than buying conventionally grown vegetables.

Many people also find that producing their own vegetables gives them a profound sense of pride and accomplishment. Planting, growing, and harvesting the food they bring to their table can give them a deep connection to the food you eat that shopping at the grocery store simply cannot provide. They may be put off by the amount of work and planning necessary to start a home vegetable garden, especially when they are used to the convenience of shopping at the local market. But growing your own vegetables carries benefits that may surprise you, and may ultimately outweigh the ease and comfort of the grocery store.
The Centre for Policy Alternatives (CPA) organized a workshop at last 17th February 2013 in Galle on “Lessons Learnt and Reconciliation Commission Report” with the vital contribution of civil society to review what we can do to implement the recommendations of the report. HELP-O chairman/chief executive Mr. Chathura Welivitiya was actively participate for that by presenting the experiences from different countries & what are the challenges we are facing today as a country.

The Lessons Learnt and Reconciliation Commission was a commission of inquiry appointed by Sri Lankan President Mahinda Rajapaksa in May 2010 after the 26-year long civil war in Sri Lanka. The commission was mandated to investigate the facts and circumstances which led to the failure of the ceasefire agreement operationalized on 27 February 2002, the lessons that should be learnt from those events and the institutional, administrative and legislative measures which need to be taken in order to prevent any recurrence of such concerns in the future, and to promote further national unity and reconciliation among all communities.

The mandate of the LLRC was as follows:

"To inquire and report on the following matters that may have taken place during the period between 21st February, 2002 and 19th May, 2009, namely:

- The facts and circumstances which led to the failure of the ceasefire agreement operationalized on 21st February, 2002 and the sequence of events that followed thereafter up to the 19th of May, 2009.
- Whether any person, group or institution directly or indirectly bear responsibility in this regard;
- The lessons we would learn from those events and their attendant concern, in order to ensure that there will be no recurrence;
- The methodology whereby restitution to any person affected by those events or their dependants or their heirs, can be affected;
- The institutional administrative and legislative measures which need to be taken in order or prevent any recurrence of such concerns in the future, and to promote further national unity and the reconciliation among all communities.

It was a kind of better discussion & debate to reviewing real opinion of the general public regarding this report.
LESSON LEARNED FROM SUSTAINABLE AGRICULTURE TRAINING IN ISLANDAR

Islander Center of Sewalanka Foundation conducting wide range of program including. 3-month residential training programs for rural youth leaders & HELP-O representatives also participate for this program. Through this newsletter we are trying to share the lessons learned from the training.

Gardening means different things to different people. Thousands view gardening as a hobby, a relaxing escape from the pressures of an urban environment. For these people, the food produced may be almost secondary. Growing fresh vegetables, herbs, or fruits provides a great sense of joy and accomplishment.

A vegetable garden can also reduce the family’s food budget, and it can be a source of hard-to-find vegetables. One of the main reasons that people garden is that vegetables from the supermarket cannot compare in taste, quality, or freshness with vegetables grown in the home garden. A vegetable garden can also reduce the family’s food budget, and it can be a source of hard-to-find vegetables. One of the main reasons that people garden is that vegetables from the supermarket cannot compare in taste, quality, or freshness with vegetables grown in the home garden.

With proper planning, however, the garden can be both functional and attractive. Landscape designers today often incorporate the home landscape and ornamental plants such as flowering annuals into the vegetable garden. This gardening philosophy, coupled with our favorable climate, can offer gardening opportunities nearly all year long.

Selecting a Garden Site

If you are a beginning gardener with an average-sized family, you will not need a lot of space for a vegetable garden. An area 25 feet square should be adequate. Be careful not to start with too large a space; it is easy to "bite of more than you can chew."
Regardless of size, there are five factors to consider in selecting a garden site. The first is **sunlight**. All vegetables need some sunlight. The garden should receive at least 6 hours of direct sunlight each day. Eight to 10 hours each day is ideal. Vegetables should therefore be planted away from the shade of buildings, trees, and shrubs. But if your garden does not receive at least 6 hours of sunlight daily, you will not be successful growing vegetables.

The second consideration is **nearness to the house**. The closer the vegetable garden and the easier it is to reach, the more you will probably use it. You will be likely to harvest vegetables at their peaks and thus take maximum advantage of garden freshness. It is also more likely that you will keep up with jobs such as weeding, watering, insect and disease control, and succession planting if the garden is close by.

The third consideration is **soil**. You do not need to have the ideal type of soil to grow a good garden. If possible the soil should be fertile and easy to till, with just the right texture -- a loose, well-drained loam. Avoid any soil that remains soggy after a rain. Heavy clay and sandy soils can be improved by adding organic matter. Of course, gardening will be easier if you start with a naturally rich soil.

The fourth consideration is **water**. Including rain and irrigation, the garden needs at least 1 inch of water per week. Therefore, it is essential to locate the garden near a spigot or some other water source.

The fifth consideration is **good air drainage**. Avoid locating the garden in a low spot such as the base of a hill or the foot of a slope bordered by a solid fence. These areas are slow to warm in the spring, and frost forms more readily in them because cold air cannot drain away. Vegetable gardens located on high ground are more likely to escape light freezes, permitting an earlier start in the spring and a longer harvest in the fall.
Kadugannawa urban council is a major urban council in Sri Lanka & entire area is highlighted as tourist destination. As a high waste generation point they were finding most sustainable solution for organic waste management. National Solid Waste Management Support Center (NSWMSC) could to link them with HELPO Eco Green Ltd to install a biogas plant, especially JICA Ex-participant’s Association for Solid Waste Management in Sri Lanka funded for this project in Kadugannawa market.

Kadugannawa urban council biogas unit has a of capacity 18m³ plant and can feed 300 kg of organic waste a day, normally generating average of 4.3 cubic meter of biogas per day, which is equivalent to 3 kg of LPG. A month's biogas generation would equal 90 kg more than Seven LPG domestic cylinders.

As per the current market rate of Rs. 12.5 per kg of LPG, a month’s biogas production would fetch Rs. 2,280. The LPG, an exhaustible form of fossil fuel, would surely become dearer in the coming days. Taking into account the quantity of manure produced by the biogas unit (say about Rs. 500 a month), the initial installation cost of Rs. 4.49lakh will be recovered in two and quarter years’ time only from income of bio gas, based on the calculations.“Commercial benefits apart, the environmental advantages of such products are immense and cannot be calculated in terms of money”. Actually this will be very good pilot project for waste management activities of Kadugannawa urban council.

**Advantages of Biogas Plant:**

- Installation of our biogas plant will enable them to very conveniently treat your entire biodegradable waste and thereby maintain a clean, hygienic, pollution free environment and also avoid all hassles of storage and transportation of waste.
- Hygienic surrounding and airtight top covers for the system, hence no smell and foul odour from this system.
- No flies and mosquito problems, birds and stray dogs, cattle menace and also no rats and rodents problem.
- Water consumption is very low.
- Saving in terms of transport and labour costs for disposal of above waste from source of generation to the disposal site.
- Biogas, a renewable source of non-conventional energy generated, is proportional to the waste loaded per day.
- Maintenance cost is low since the operation of the equipment is periodic.
- The biogas produced provides smoke free fuel to your kitchen, can be used to gas cookers or lightning.
- The high quality manure generated, which would be weedless can be used directly in their garden as it has excellent organically rich fertilizer properties and no foul smell.
- The size of our plant is very compact, can be installed in the area close to the generation of waste.
ECO-FRIENDLY WASTE MANAGEMENT MODEL IN OASIS HOTEL-HAMBANTOTA

HELPO Eco Green Ltd introduced biogas program can be consider as island wide sustainable waste management mechanism in Sri Lanka. This mechanism will help to make waste into resource by generating extra income for users & benefiting to environment. Through this volume of newsletter we have interview one of beneficiaries in OASIS hotel-Hambantota.

**Service provider**: I would like to know about OASIS in brief

**Beneficiaries**: OASIS hotel is well-known among local & foreigners regarding the Ayurvedic treatment. This hotel located in most attractive environment in coastal area.

**Service Provider**: In a hotel waste generation amount is very high in every time. So, how can you manage daily waste to keep the environment in attractive manner?

**Beneficiaries**: Waste becomes a more serious problem at the beginning of the hotel & over three years HELPO Eco Green ltd introduced a sustainable solution with biogas technology. Before the bio gas plant construction in our hotel generated waste sold to person in a village. It was high cost for our management & biogas technology was support to save those extra expenses & generated biogas cause to save the energy bill of hotel. Biogas is using in a kitchen purposes & generated bio fertilizer helps to organic cultivation.

12m³ capacity biogas plant will reduce daily 75kg-100kg waste & it generate 2kg of biogas comparatively LP gas. It saves over Rs.25000-30000 per month.

**Service Provider**: What are the uses of bio fertilizer for your hotel? What will your massage for others to use biogas technology?

**Beneficiaries**: We are using bio fertilizer for organic cultivations & it is increase the growing possibility. Actually we are recommending this system for any place where highest waste generation. Other thing is benefits which we can gain from the biogas plant such as free energy, free fertilizer & environment protection with free of methane. We invite to any visitor to study this system in our hotel to get further aware.
Mrs. Hemanthi Priyangani live in Dadalla, Walauwaththe. Her husband is Mr. R. Wasantha & he is a mason. He is a daily based worker & sometimes he has no place to work in few weeks. As a example in rainy season he has no work. Therefore they are facing big problems to live with three children. Cost of living is so high with the expenses of their education. They were not having their own house & they live in their parent’s home. In their also they were facing many difficulties & decide to construct at least a little hut to live in separately.

Mrs. Hemanthi was an active member in “Pubudu” pilot group of Dadella-Walauwaththe in Galle District Housing & Livelihood Development Women’s Co-operative (HOLDE Women’s Co-op). She is actively participating for any event in society.

With the time she received a 06 perch land from her farther to construct a house. From that day she was dreaming to realize the building of own house. However she could put the foundation to construct a small house. After, she has to waiting over one year to build up walls of house, due to financial difficulties.

As a member in “Pubudu” group, she was participating for every meeting session & makes a request to get housing loan to construct the house. Group members also agree to listen her request. Mrs. Hemanthi’s high dedication was speed up to issue loan. That loan request present to the director board of HOLDE Women’s Co-op & after that it presented to CLAF-NET organization.

In order to that CLAF-NET representative came to observe situation & they agree to issue the value of Rs.150, 000 housing loan to Mrs. Hemanthi. By using this loan she could finish the wall & roof construction. After completing that part she decided to live in their new house without completing the entire construction. It was a dream for them due to their financial difficulties.

Mrs. Hemanthi said that “this is a dream for me. Actually we are living with more financial difficulties. We must thank & appreciate the service & way of work in HOLDE Women’s Co-op. If we not received this housing loan we will never construct an own house. Other thing is other bank also will never issue loan for people like us. So, I must thank again & again for our co-operative society.”

Now, she is trying to complete the loan payment & apply for another loan to complete the rest of house construction works. This is the way of work HOLDE Women’s Co-op in grass root level society. Helpless people will empower with this program to realize their dreams.
To subscribe to HELP-O newsletter or to send comments regarding the publication, contact HELP-O communication unit:

HELP-O
No364/18A,
Samagi Mw,Dangedara,
Galle,Sri Lanka
T.P./Fax- (+94)91 4380121/
(+94)91 2226818
E-mail- helpogn@wow.lk /helpo@sltnet.lk
Web-www.helpo-srilanka.org
Web-www.helpoecogreen.com