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## QUOTE

"This may be a poor environment that is flooded by tidal waters every day, but health and hygiene can never be set aside"

**FITRI, TEACHER AT MARUNDA 02 ELEMENTARY SCHOOL, NORTH JAKARTA**



**The school now on the map** An isolated school in Marunda, North Jakarta celebrating Hand Washing With Soap Day through numerous fun activities

YAYAK M. SAAT

### WORLD HAND WASHING WITH SOAP DAY:

## A Healthy Living Message from the Northern Fringes of Jakarta

A small school in North Jakarta reminds us once again of how important it is to learn healthy living habits at a young age.

**Jakarta.** You won't find SD Negeri Marunda 02 Pagi elementary school on any map of Jakarta. The only thing you might find is a listing of coordinates on how to find mangrove swamps in the further reaches of northern Jakarta. And, then, if you are still interested in going there, you need to prepare yourself to traverse dusty, rut pitted roads full of container trucks. One kilometer before you reach your destination, you are going to have to roll up your pants' legs and exchange your shoes for sandals because the tidal waters reach almost to your knee on the way to the gateway leading into the school compound.

Its isolated location is, in itself, enough reason to forget that this school even exists, let alone requires a place on the map of Jakarta. But on October 18, 2008, the 16 teachers and 400 students placed their school firmly on the "map" of health and hygiene in Indonesia. Yes, indeed, the SD Negeri Marunda 02 Pagi elementary School was the site of the celebration of International Hand Washing with Soap Day 2008 with its health festival held by the school in conjunction with ESP, Aman Tirta, Helen Keller Indonesia, and Dettol.



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SDN Marunda 02 Pagi is a model inclusion school that places learning impaired and disabled children of all kinds among children who have no disabilities.

This health festival, taking place at midday, featured the theme "Keeping Clean Means Living a Healthy Life" and included activities such as playing the snakes and ladders game, decorating pots, good water-bad water experiments, and a health presentation by dr. Handrawan Nadesul, in order to remind everyone that washing hands with soap is the core and most practical way to keep bacteria from attacking our bodies.

"This activity makes me even more enthusiastic about continuously reminding the children to always wash their hands with soap. This may be a poor environment that is flooded by tidal waters every day, but health and hygiene can never be set aside," said Fitri, a teacher at SD Marunda elementary school.

Putut, a third grader, really seemed to enjoy the health festival that lasted until 1 p.m. that day. "I liked the quizzes with prizes that I got to participate in," he said. While, Tiara, a fifth grader, acknowledged that the festival helped her learn how to wash her hands with soap properly. "I have been washing my hands with soap at home, but this activity has helped me to know how to do it more correctly," she said.

Dita, a journalist from TV network, who was covering the health festival, was impressed by the enthusiasm of both the students and teachers alike throughout the activities. "Their enthusiasm for living healthily will provide them with a better future," she said.

#### ■ SISKI DOVIANA, ESP JAKARTA

"This may be a poor environment that is flooded by tidal waters every day, but health and hygiene can never be set aside"



**Healthy visit** An elementary school student visiting a house to campaign about healthy lifestyle during HWWS Day event in Bandung, West Java

SUGIANTORO

## Celebrating Hand Washing with Soap Day in Five Regions

It turns out that International Hand Washing with Soap Day was celebrated not only in Jakarta.

**Jakarta.** A number of events to commemorate International Hand Washing with Soap Day also took place at ESP offices in West Java, Yogyakarta/Central Java, East Java, North Sumatra and Aceh.

In Aceh, the celebration was centered at SD 28 Kampung Kramat elementary school in Banda Aceh. The hundreds of children attending participated happily and enthusiastically in the activities from beginning to end. One of the students even got up on stage and explained how to wash ones hands with soap properly.

SD Pertiwi elementary school in Bandung had its own unique way to commemorate International Hand Washing with Soap Day. On October 29, as many as 25 Hand Washing with Soap Ambassadors were sent out from the school to visit homes in the neighborhood around the school to spread the word about clean, healthy and hygienic living. They took everything they needed to demonstrate the proper way to wash hands with soap with them, such as bars of soap, jugs of water, and clean towels, along with posters, leaflets and banners. Elgiani Yasifa, 11, one of the Ambassadors was quoted by the daily newspaper Harian Pikiran Rakyat as saying that the Hand Washing with Soap drive began in 2005. "Since I have been washing my hands properly with soap, I have rarely gotten sick," Elgi said proudly.

The Mayor of Medan, Afifuddin Lubis, attended a commemoration event on October 25 in Medan, which involved more than 300 participating students from various communities from several sub-districts in Medan.

#### ■ SARI WATTIMENA, SUGIANTORO, ULINA NABABAN, ESP

# Strong Camaraderie Helps Water Running in Keutapang

The construction of a water facility has tested the solidarity and camaraderie of Keutapang people. The results are really something to be proud of.

**Banda Aceh.** Keutapang Village, with a population of 70 families, is one of the communities in Lhoong Aceh Besar District that was a site of Field School activities in 2007. Through the various efforts of the Field School, participants came to realize that their biggest problem was access to clean water. Just imagine, the residents only had easy access to clean water 5 months out of the year, during the rainy season. The rest of the time, the villagers had to carry water more than 500 meters from a well or a river located outside their village just to be able to wash, cook and for drinking.

After tsunami, a non-governmental organization (NGO) once assisted the people there to try to overcome this problem by piping water into their homes from the river. But the piping network didn't last long, leaks occurred and the pipes were damaged during the plowing of fields because they were not buried deeply enough. This is not to mention, the selfish attitude of some residents, which resulted in unfair water distribution.

Yet, the villagers refused to let any of the constraints stop them from resolving the problem once and for all. Through a meeting facilitated by ESP, they decided to build a more permanent piping network to bring in water from the Lamsujen spring, about five kilometers from their village, before distributing it to the people.

Even though this initially seemed to be an easy task to accomplish-- simply piping in water from the spring to the village

“Where there is a will, there is a way. No matter how large the challenge, we can overcome it if we work together”



**Pipe is on** A strong camaraderie in Keutapang leads to a new water facility for the entire village

NAD ESP

– it really was too large in scope for the people of Keutapang. This was not a pessimistic view; the cost alone would reach more than Rp 100 million. Fortunately the villagers had a strong work ethic and a strong sense of gotong royong or mutual help. With the funds scraped together by the villagers themselves, the technical assistance of ESP and donations of materials, construction tools and equipment, and the provision of 150 lengths of pipe from the World Church World Service, the villagers were able to install a piping network from the spring to the village reservoir. “It is incredible, it turns out that the social solidarity of the village is really strong,” Geusyik, the chief of Keutapang, said proudly.

In order to avoid the new water piping facility from fall into disrepair as previously, the people agreed to set up a maintenance forum, whose task is to collect a monthly fee of Rp. 10,000 from each family to be used to maintain and repair the piping network and related infrastructure. This forum has also set out a number of regulations for the villagers to follow to ensure the sustainability of their water system. “Residents are forbidden to run their own pipes from the reservoir to their homes, and anyone failing to pay the maintenance fee for more than three months in a row, will have their water service cut off,” Rajali, the elementary school teacher who functions as the Keutapang Water Forum coordinator, explained.

Now, after almost five months, the village’s new water pipe system is contributing steadily to improving the welfare of each and every resident of Keutapang Village. Rajali, who makes a little extra money taking photographs for people in the various communities in the area, is enthusiastic about promoting the success of the Keutapang people in overcoming their water difficulties among the residents of other villages. “Where there is a will, there is a way. No matter how large the challenge, we can overcome it if we work together,” he says.

■ AGUS ELIA NOVA & SARI WATTIMENA, ESP NAD

# Wakid Paying His Water Bill After 17 Months in Arrears

Through a small donation program, an organization providing clean water services has revived itself and begun to provide good quality service to its customers.

**Malang.** Abdul Wakid marched enthusiastically into the HIPPAM (Himpunan Penduduk Pemakai Air Minum or association of drinking water consumers) office in Arjowinangun, Malang, East Java, without paying any heed to the people already occupying the small space.

This 40-year-old man from Arjowinangun Sub-district, who makes his living as a farmer, went immediately to the cashier and pulled out a wad of Rp. 1,000 notes and put them on the counter. Yuni, the cashier, quickly sorted through the pile of water bills on her desk and calculated the total owed under the watchful eyes of Wakid.

Suddenly, the voice of Tony Noermawan, the community chief of Arjowinangun, who happened to be in the office at that time, broke Wakid's concentration. "Pak Wakid, are you finding any difference in the current HIPPAM service than now?" With a wide smile, Wakid answered, "I held off paying my bill 17 times. Now I am paying it off in full because the water is flowing reliably now, not cutting off and leaving us dry like before."

Wakid is one of the residents of Arjowinangun Sub-district, Kedung Kandang District, Malang, who is now being served well by HIPPAM, which pipes in water to the homes of the people of Arjowinangun. Before ESP's small grant program provided Rp. 155 million for the development of a community-based clean water management and sanitation and waste management services, in the area, the people of Arjowinangun faced nothing but difficulty with the discontinuity and unreliability of the HIPPAM water supply. Sometimes there was water, but more often than not, there wasn't. Even worse, this lack of water led to conflicts among the people of Arjowinangun, with everyone blaming each other

"I held off paying my bill 17 times. Now I am paying it off in full because the water is flowing reliably now, not cutting off and leaving us dry like before"



**Dry no more** After 17 months, Wakid, 40, paying his water bills, knowing that he will receive nothing but improved service from HIPPAM

CATUR RUKMIYANTI

for the problem. In the end, most of the residents simply stopped paying their water bills to HIPPAM, because the service was so bad.

On November 2007, LPKP (Lembaga Pengkajian Kemasyarakatan dan Pembangunan or center of study for community and development), grantee of ESP's grant program, kicked off the implementation of a community-based clean water development system in Arjowinangun Sub-district. The organization also took action to improve the organizational structure and services of HIPPAM.

HIPPAM itself is a communal forum which aims to manage the daily provision of clean water to all area residents. The Arjowinangun HIPPAM forum lists all of the residents in all of the neighborhoods and community units of Arjowinangun Sub-district as customers.

The improvement program included raising the water flow capacity of the water pump from 5.5 liters per second to 10 liters per second, and electrical service from 11,000 watts to 23,000 watts. The water pipe network was also repaired and 60 more homes were connected to the system, while a new panel was installed to ensure a better supply of power. In addition, HIPPAM's administrative system was upgraded, and its position as a community-based services provider was strengthened through a notary act.

The results of all of these efforts are apparent now. By October 2008, the Arjowinangun HIPPAM had gotten 560 new customers and is now serving a total of 586 families. With support from the new pump, HIPPAM expects to be able to meet the water needs of 1,000 families. From a total of 2,276 families living in Arjowinangun, HIPPAM has the potential to open up more service branches, and could eventually compete with existing water suppliers, such as the PDAM.

With renewed public confidence and support from the local administration, the Arjowinangun HIPPAM water services are pumping new life not only into the organization itself, but into the community it serves.

■ CATUR RUKMIYANTI, EAST JAVA ESP

# In Sikeben, Dewi Sells Vegetables and Appetite for Environmental Protection

There are lots of ways to save an environment. The method applied by a Sikeben farmer is to raise and sell ecologically friendly vegetables, while enthusiastically promoting an appetite for ecologically sound cultivation.

**Medan.** Dewi Boru Sembiring, 43, of Sikeben Village, Sibolangit District, North Sumatra, is now a famous persona, at least in her own village. People consider Dewi an example of success story of chemical-free ecological cultivation application.

Twice a week, Dewi harvests vegetables she has planted in her garden and sells them to a vegetable shop near her home. She is fond of explaining to everyone who will listen, "These are all ecologically raised vegetables."

To Dewi, cultivating plants organically, in an ecologically friendly manner, is a pleasant process indeed. She spends her evenings experimenting with different cultivation techniques to overcome problems she encounters in cultivating her vegetables.

In order to repel pests, for example, Dewi uses goat urine mixed with a bit of ground up, fermented, *sibincar matawari* plant (*Titonia* red). "The *Titonia* leaves are bitter and smell bad, and when I spray this mixture on my plants, pests avoid my plants," Dewi explained.

Dewi uses still another method to protect her vegetable plants and coax them to blossom quickly. She uses a ground up mixture of wood tuber leaves, golden snail eggs, and bay leaves that is fermented for a week before she sprays it on her plants. "Of all the natural pest repellents, besides being the most potent, this one really keeps my cultivation costs down," Dewi said.

"The foliage of rubber plants keeps the rainwater from falling straight down onto the soil and washing the nutritional elements in it away so that other plants can grow better"



**Love to bits** She plants, experiments and harvests what nature gives to her. In return, Dewi decides not use anything that will harm the nature

RIDAHATI RAMBEY

On her plot of one-hectare land, Dewi applies a mixed gardening pattern, in which she raises 300 rubber plants (*Hevea brasiliensis*) right along with the usual garden fare of ginger, green beans, greens (*sawi*) and onions (*gundera*). Fruit trees like petai, manggis and durian grow around the periphery. Besides simply diversifying what she plants, she also makes sure that everything cultivated on her land is proven to be environmentally friendly. "The foliage of rubber plants keeps the rainwater from falling straight down onto the soil and washing the nutritional elements in it away so that other plants can grow better," Dewi said, explaining why she bothered to grow rubber plants in her garden.

As one of the participants of the Sikeben Village Field School, Dewi made sure not to waste the knowledge she was gaining from the informal education activity. She has taken to collecting animal droppings and household waste for composting. "I used to buy chemical fertilizers for my plants, but that was costing me hundreds of thousands of rupiah," Dewi said.

In her spare time, Dewi keeps busy seeking out and collecting the various kinds of plants she needs to make her natural fertilizers and pesticides. These activities frequently leave other people scratching their heads as to what possible benefit they could be. And when they ask her what she thinks she is doing, she launches still another mini-ecological cultivation information campaign, sharing tips and all kinds of knowledge with her neighbors and other local farmers.

"You see, I am a vegetable farmer, who also cultivates an appetite for ecological cultivation practices in others by promoting the benefits of such methods," Dewi says.

And Dewi's goal from all of this? "To become a successful gardener and manager is all I want," she says with great expectation.

■RIDAHATI RAMBEY, NORTH SUMATRA ESP

# When Water Flows, Business is Good

Water leakages and losses in two housing complexes have been curbed through intensive training, spurring new customers to register for the improving services.

**Yogyakarta.** Hani is a resident of the Perumahan Departemen Kesehatan housing complex in Magelang, Central Java, who meets her daily household needs by running a beauty salon with her younger sister. Adequate supplies of water are vital to their salon business because almost all of their customers require services that need it.

Unfortunately, the city's Municipal Water Company (PDAM), of which Hani is a customer, does not provide the service consistently. She has had to spend extra to bring in water from her neighbor's house, outside of what she has to pay to PDAM. In addition to spend more for water due to PDAM's poor service, Hani has also had conflicts over water with her neighbors.

And Hani is only one of thousands of the PDAM customers who have been disadvantaged by the water leakage/loss rate of up to 39%, which means that the amount of water actually distributed by the water company falls short of the amount being charged for.

This difficult situation motivated ESP and PDAM to carry out a study on how to reduce water losses, which began on April 1, 2008, and will be completed in January 2009.

This research study and training program, called "Technical Training for Non-Revenue Water Reduction", aims to improve the capabilities of PDAM water company staff, as well as to provide a model for other water companies wanting to reduce water losses in their operational territories. This training of 300 Magelang Municipality PDAM staff members is being funded by the ETC Foundation of the Netherlands, and facilitated by trainers from AKATIRTA (Akademi Teknik Tirta Wiyata or school of water engineering) of Magelang .

The Armada Estate dan Ministry of Health housing complexes, two residential areas in the service area of the Magelang Municipal PDAM water company, were selected for the training because water flow into those areas has never been optimal. Some of the PDAM customers there only get water for a few hours, late at night.

Unlike previous training, this training program was very comprehensive and intensive toward assisting PDAM staffers in detecting water losses from the outset through the utilization of both physical and non-physical training materials. The physical practice included visually detecting illegal water connections and leakage points at night through the use of a leak detector. The non-physical training involved taking a census of customers and double checking the accuracy of their meters.

A few months after the program started, its benefits were already apparent. The most direct benefit was that the total amount of water actually sold by Magelang Municipal PDAM increased by 10%. Installation requests also rose by around the same percentage. This indicates that improved water services have begun interesting more people in becoming PDAM customers.

■ **JEFRY BUDIMAN & NI NYOMAN NETI MARLENI,**  
**ESP YOGYAKARTA/CENTRAL JAVA & AKATIRTA**



**Flowing well** For Hani, PDAM training means improved service and better income

NI NYOMAN NETI MARLENI

## Jakarta Office

Ratu Plaza Office Building 17th Floor  
Jl. Jenderal Sudirman Kav. 9  
Jakarta 10270  
Tel : + 62-21-720-9594  
Fax : + 62-21-720- 4546

## Regional Office

### **ESP Nanggroe Aceh Darusalam**

Jl. Teuku Iskandar No. 74, Lamglumpang,  
Ulee Kareng, Banda Aceh, NAD  
Tel : + 62-651-635 044/45  
Fax. : + 62-651-28282

### **ESP North Sumatera**

Jl. Slamet Riyadi No. 6  
Medan 20152, Sumatera Utara  
Tel : +62-61-453-1007  
Fax : +62-61-451-2884

### **ESP West Java**

Jl. Bagus Rangin No. 1  
Bandung 40132, Jawa Barat  
Tel : +62-22-2534455  
Fax : +62-22-2500974

### **ESP Yogyakarta/Central Java**

Jl. Pandega Marta No. 41  
Catur Tunggal Depok Sleman  
Yogyakarta  
Tel/Fax: +62-274-561820

### **ESP East Java**

Jl. Raung No. 17  
Malang 65112, Jawa Timur  
Tel : + 62-341-336 196  
+ 62-341-366 197  
Fax : + 62-341-325 928