



Change
for Children

A CHANGE FOR CHILDREN PUBLICATION

BUILDING BRIDGES

EDUCATION THE KEY TO LASTING CHANGE

THIS ISSUE:

- Educational Tour with Nicaraguan & Ugandan Leaders
- A Holistic Approach to Education & Development
- A Local Youth's Pursuit of Meaning

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THERE IS RARELY ONE SINGLE CAUSE TO POVERTY.

And once poverty has struck, its impact can spiral. One deprivation leads to another and multiple rights are lost. Children are hit the hardest. Our partner communities in Latin America and Africa know this too well. Girls can't go to school because they are required to spend hours a day collecting water, children of market-less farmers are too malnourished to learn, and grandmothers of HIV orphans are trapped in impossible situations.

There is rarely one single solution to poverty.

Change for Children's international projects rarely support a singular action. Effectively addressing the causes and consequences of extreme poverty requires a holistic approach. A water-well can dry up quickly if there is not proper management. Crops may continue to fail if knowledge is not shared. Guided by locally-led project partners that know the barriers (universal and unique) that challenge participating communities, Change for Children projects can have lasting impact through appropriate, holistic solutions. And for any solution to be sustained, there must be education.

CFCA's definition of "education" moves beyond books and classrooms to a broader vision of involving all men, women and children in accessing the tools and knowledge necessary for unlocking access to all human rights, including: food, water, health, gender equality, and democratic participation in the sustainable development of their communities and environments.

Education is the force that can build the path out of poverty; it enables foundational solutions and creates opportunity. For those living on less than \$2 a day, opportunity is desperately needed.

For those of us who recognize the injustice of so many having so little (and how much we actually have), our education is equally important. Our southern partners, including our visiting community leaders from Nicaragua and Uganda, help us understand the issues, the impacts and our own opportunities to contribute to solutions.

Education - there can be no lasting change without it.

On behalf of the children and families that your continued support has helped- thank you.

Sincerely,



Shelaine Sparrow

Manager: Communications & Fund Development,
Change for Children Association (CFCA)

P.S. Your contribution is essential to our progress – please help us ensure critical projects are funded.



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Canadian Publication Agreement
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Change for Children Association (CFCA) is an award-winning Edmonton-based charity that partners with grassroots organizations in Latin America and Africa to support community-based solutions to extreme poverty. Funds support international programs that provide: access to potable water and education, health and nutrition programs, sustainable agriculture and economic development initiatives. Locally, Change for Children provides unique global education programs that foster awareness, understanding and leadership amongst students, youth and the community at large.

Change for Children

10808-124 Street, 2nd Floor,
Edmonton, AB, T5M 0H3

Ph: 780.448.1505 / Fax: 780.448.1507

www.changeforchildren.org

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Change for Children has a unique history of facilitating opportunities for Canadians to meet face to face with our international partners and beneficiaries. Over the past 15 years, CFCA's education, health and food security projects in Miskito communities of the remote Biosphere Reserve of Nicaragua have been visited by over 500 Canadian dentists, teachers, students and volunteers. More recently, Change for Children has been facilitating health and dental brigades to Kigezi, Uganda. In the fall of 2012, leaders from Nicaragua's rainforest and the hills of southwest Uganda travelled all the way to Alberta to bring these unique relationships full circle.



Throughout the months of September & October, Tony and Primitivo, and Dr. Geoffrey and Robert spoke with over 4000 Canadians about the challenges of extreme poverty in Nicaragua and Uganda, and the positive impact that Change for Children's education, health and food security projects are having on populations today.

MISKITO LEADERS CELEBRATE 15 YEARS OF SOLIDARITY WITH CANADIANS

"Me siento que estoy con mi familia aquí," – I feel I am with family here – Primitivo Centeno said warmly to 250 Alberta donors, supporters and volunteers at Change for Children's Annual Development Dinner.

Primitivo, an indigenous Miskito leader from the BOSAWAS, Nicaragua, was proud to visit Canada and speak to today's challenges faced by the 32,000 indigenous people who call the rainforest home. Miskito communities continue to face some of the highest rates of food insecurity and malnutrition in Central America. Effects of climate change and threats to territorial borders are increasing. Primitivo spoke of the urgent need to strengthen and multiply these efforts. "Podemos hacer mas con juntos" –

we can do more, together.

Seventeen year old, Tony Zelaya, travelled with Primitivo to share his poignant story with Alberta students of having to leave his family when he was only twelve years old to travel alone to the capital city of Managua to complete his high school education. As Tony explained to his Canadian peers, when he left the BOSAWAS five years ago, there was virtually no access to high school education in the region. Tony gratefully acknowledged Change for Children's support through constructing schools in the region, so that his younger and brothers wouldn't have to leave home to fulfil their basic right to education.

UGANDAN PARTNERS INSPIRE ALBERTANS TO TAKE ACTION ON EXTREME POVERTY

Dr. Geoffrey and Robert Kukuru, Ugandan partners from KIHEFO, were welcomed into Albertan classrooms and community events to share about the harsh realities facing people in the Kigezi region of Uganda. Robert's gifted story telling captivated Albertan students with song and stories of the impact that a goat, or seeds can have on a family (often a grandmother caring for multiple HIV orphans). Albertan students made connections to the contrasting situations between the Global North and South, and the power we hold to take action to rectify unjust situations of extreme poverty.

At CFCA's Development Café, Dr. Geoffrey's sincere passion for his people astounded people as he explained that there are only 10-20 physicians, and no dentists, for over 2 million people in the Kigezi region. Dr. Geoffrey, who grew up without being able to afford a blanket, or shoes, shared his personal story of overcoming poverty by growing pineapples to sell in the local market. Today, Dr. Geoffrey's commitment to Ugandans facing extreme poverty is truly inspiring. Our small contributions can really make a big difference in Uganda, by providing education on nutrition and social enterprise, and micro-credit loans that help people generate income and lift themselves out of poverty.

TODAY,

- 72 Million children worldwide are out of school
- Malnutrition affects 1 in 3 children in developing countries
- 4500 Children die each day from unsafe water and lack of basic sanitation facilities
- Children without access to education are twice as likely to suffer from poverty, disease & malnutrition;

"The right to education is not just about education – it is a key right that unlocks other human rights... It must therefore be at the centre of any development agenda."

– UNESCO Institute for Statistics, 2012.

CFCA gratefully acknowledges the financial support of:



Canadian International Development Agency

In the Kigezi region of southwestern Uganda, high rates of malnutrition and vitamin deficiency are exacerbating problems related to maternal and child health. Due to the economic inability to diversify crops, many households only produce and consume one or two vegetables, which contributes to high rates of anemia amongst women and children. Malnutrition is a major contributing factor to illness, disease and even death in Uganda – currently, the country has the 15th highest rate of infant mortality and the 20th highest rate of maternal mortality in the world.

Through CFCA's "Healthy Mothers, Healthy Communities" women gain access to agricultural training and nutrition education programs, and seeds, livestock, and micro-finance. Through their participation, women and their families are able to diversify their diets, nourish their children, and generate income. Maternal education helps women build capacity for household and community food security, which increases children's ability to attend school, and contribute to the long-term development of their communities.



UGANDA

Maternal & Child Health



Livestock provides essential protein in diets growing children & income for families:
Chickens > \$15, Goats > \$60



NICARAGUA

Gender Equality & Democratic Participation



UNESCO studies (2012) show that girls living in developing countries face the greatest barriers in receiving their right to education. In rural villages in the Chinandega region of Nicaragua, many girls do not receive an education beyond grade six because they cannot leave their household responsibilities, including the procurement of water and firewood, to travel to larger communities to attend secondary school. Water and wood scarcity in this region has created a situation in which girls must dedicate the majority of their day working to satisfy the family's daily needs.

CFCA's "Nicaragua Water Project" provides infrastructure (wells, water systems and fuel efficient stoves), training and a communications campaign to build local capacity and promote gender equality in water management. The project encourages girls to attend school and develop leadership skills to occupy future decision making positions in their communities.

Appropriate Technology reduces wood & fuel consumption, and respiratory problems
Eco-stoves > \$85, Solar ovens > \$165



GUATEMALA



Sustainable Agriculture & Food Security

The Comitancillo region of northwestern Guatemala is home to the Maya-Mam indigenous peoples, who are currently facing high rates of extreme poverty and malnutrition, due to frequent disasters and an economic reliance on growing cash crops for export rather than for food.

CFCA's "Community Food Security" project works with the Mayan Mam indigenous peoples to implement nutritional and environmental education programs in schools, and as well, to provide tools, seeds, training and micro-credit loans for farmers. Establishing community gardens at schools (providing seeds, gardening tools, rain barrels, small livestock and fruit tree seedlings & training) not only provides an ongoing source of nutritious food for students, but also increases knowledge of sustainable agriculture.

Community gardens established with agriculture training improves food security > \$2000



HONDURAS & NICARAGUA



Environmental Preservation

Indigenous Miskito and Mayaguan youth from the rainforest regions of Nicaragua and Honduras are facing immense challenges to receiving an education. Studies indicate the region has the highest occurrence of stunted growth from malnutrition amongst children under five in Central America. Due to the remote location of communities and the lack of secondary education infrastructure, the majority of youth do not have the resources to travel out of the region to complete their high school education.

CFCA's projects promote education in the region through a multi-pronged approach – increasing training and education in sustainable agriculture through our "Food in the Forest" project, which improves household food security and child nutrition, and building communication infrastructure between communities to promote the sharing of knowledge and resources. Additionally, CFCA's "School Construction" projects are increasing accessibility for youth to complete their high school studies throughout the region.

Seed packages reduce malnutrition by diversifying diets & increasing production > \$40

Classroom construction provides students with a secure place to learn > \$12,000



BOLIVIA

Sustainable Economic Development



In the Alto Beni region of Bolivia, many school children must walk long distances every morning to reach the nearest school. The majority of these children arrive without having eaten breakfast. According to Food and Agriculture Organization's statistics (2012), nearly 25% of the Bolivian population today is malnourished, with the rates of child malnutrition amongst the highest in South America.

Through the "Better Nutrition for Better Learning" project, local indigenous women are organizing to increase food security and education through sustainable economic development initiatives, including fruit and vegetable processing centres, where women process a diversity of fruits and vegetables into juices, breads, yogurts and dried fruits. These products are sold to the municipality for the school's feeding program, which generates income for women and improves child health – which, in turn, improves students' ability to concentrate on learning and fulfilling their right to education.

Equipment for women entrepreneurs' enterprise development > \$140

Youth Education & Fundraising Opportunities

Video Conference for Hope

CFCA's Annual Video Conference for Hope brings together students from North America to Nicaragua via video conference technology to interact face-to-face, learn, share, and celebrate the rights of children everywhere to sustainable water, food, education and healthcare.

Tools for Schools

Visit our online resources for Canadian teachers and educators – download lesson plans on water, food, healthcare, micro-credit loans, human rights, and more. Inspire your students to learn beyond the classroom, and fundraise to support one of our projects.

Youth Council – Food Revolution

Youth apathy in our world is 'no longer an option' – CFCA's 'Youth Council' is made of up 15 high school youth who meet biweekly to learn about social injustice and international development, gain leadership skills, and participate in change making projects!

Youth in Pursuit of 'Something More Meaningful'

By Melissa St. Dennis –
(Project HOPE Team Leader)



Through a unique partnership with Project HOPE (Hands Open to People Everywhere) – a student-led initiative managed by CEIBA Association at Grant MacEwan University – Change for Children has helped create pathways for over 100 students in Edmonton to travel to rural communities in Guatemala and Nicaragua, and participate in the construction of schools, health clinics and community centres. In May 2012, Melissa St. Dennis (Project HOPE Team Leader) and her teammates travelled to the BOSAWAS Biosphere Reserve of north-central Nicaragua to build 2-classrooms for a high school expansion project in the community of San Andres and participate in a month-long cultural exchange.

In San Andres, BOSAWAS, our 2012 Project HOPE team constructed a high school. But we never worked alone. Each day people from the community would be there to help us – whether it was singing us songs to make us laugh, or shoveling the sand into our bags so we could have a thirty second break before hauling it up the hill to the construction site. Our team lived with a family for a day, exchanged craft making skills, and toured the schools and community gardens. With the students and teachers, we learned about the importance of growing and eating fruits and vegetables, gained knowledge on local gender equality and health issues, and worked with the community to paint a mural on the value of food security and education.

By traveling to the BOSAWAS and getting to know the people who call the region home, we witnessed extreme poverty. But because of that, we realized absolute gratitude for the opportunities and "things" we usually take for granted in Canada. Maybe most importantly, we discovered a deeper understanding of world issues and how our daily choices – from where we invest our money to how we spend our time – no matter where we are in the world, affect people in other communities, and we brought that understanding back to Canada. Today, team members are now applying to be part of local leadership programs, mentoring youth, and quitting well-paying jobs to pursue something more meaningful.

Our project succeeded in affecting the lives of people living in the BOSAWAS in a positive way – but living in the region and being submersed in the Miskito culture (in small, yet significant ways) truly affected our lives, as well.

Change for Children gratefully
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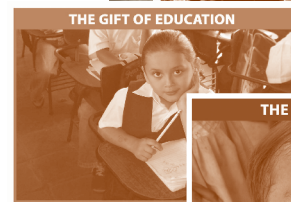
Government of Alberta ■
Culture and Community Spirit

WE CAN'T DO IT WITHOUT YOU - YOUR CONTRIBUTION IS PART OF THE SOLUTION

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Honour your loved ones on special occasions with Gifts that Change the World. Symbolizing the bonds we have globally and the power we have to actively make the world a better place with simple actions, these gifts are a truly meaningful tribute for any occasion. Make a donation and send a gift card (available on our website to email or print) or have a card sent by us.



MONTHLY GIVING

Sign up for automated monthly donation.

Affordable way to make a meaningful contribution – and ensure your annual charitable tax credit is taken care of before year end!

SIGN UP FOR ENEWS

CFCA`s Enewsletter keeps you connected to our results and opportunities.

COMMUNITY PARTNERS

We need YOU.

Several unique opportunities are available for your company to be visibly involved on a regular basis: Event Sponsor, Fundraising Partner, Program Benefactor – lets work together to find the right fit.

SAVE THE DATE

Friday, September 27, 2013



Join us at our monthly `Café`: an inviting space to learn, connect, and engage with CFCA's development projects and community. If you are interested in volunteering, the Development Café is a great introduction to exploring how you can best contribute.

ANNUAL REPORT

Available online or by request.

www.changeforchildren.org



Thank you to all the volunteers that have hosted, mentored, advocated, donated, fundraised, sorted, stuffed and coordinated. We can't do it without you!

Global poverty hits
children the hardest.
Your contribution can help.



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SHARE
GIVE
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