ADRA Global

Healthy Living in Laos

On average, the men of Laos are not expected to live past the age of fifty-two; for women, the life expectancy is approximately fifty-seven. Sadly enough, these lives are often cut short by causes that are, for the most part, easily preventable. Simple yet fundamental hygienic practices and health education have, until recently, been foreign to this southeast Asian country.

In response, ADRA Canada determined to counteract the health problems in 19 villages with a total population of 4,500 people through the Responsive Education and Action for Community Health (REACH) project. Practices such as building fencing for animals, washing cooking utensils, drinking boiled water, proper waste disposal, the use of latrines, and increased access to medicine through the established revolving drug funds have greatly improved the health of the villagers. Women are especially encouraged to become pillars in the improvement of family and community health. ADRA not only establishes these practices, but also monitors them through follow-up programs and mobile clinic visits.

Since its start three years ago, REACH has had tremendous success, and the villages are beaming with excitement. The communities actively participate in “Three Cleans” contests. The “three cleans” principles are drink clean, live clean, and eat clean. The contests are fun and motivational, ensuring that the villagers maintain their new way of life.

“My family and I used to get sick with diarrhea every year,” says Mrs. Kham of Kilometre 44 village. “I didn’t clean my food before eating it, boil water for drinking, or have fencing for the animals.” When her family and village learned of the importance and principles of cleanliness, they adopted the practices and, as a result, are much healthier. Mr. Phing, a forty-five-year-old man from Sop Tou village was heavily addicted to opium, eating both his health and finances to suffer. “ADRA came to help me during detoxification,” says Phing.

“They gave me a physical examination, medicine, and some food items. Now that I have quit opium, I save money to spend on important things like food, and I am much healthier.” Mrs. Kham and Mr. Phing are only two of the many success stories in Laos.

By supporting ADRA Canada, you play a direct role in improving lives of people like Mrs. Kham and Mr. Phing.

ADRA National

Caring for Children in Newfoundland

Sandy Brittain
Administrative Assistant,
National Program

Children come from every walk of life, from varying environments, diverse family backgrounds, and with different levels of opportunity. In Newfoundland, ADRA Canada has responded to the needs of underprivileged children through traditional relief-based services such as providing food and clothing.

Once a year, however, ADRA Canada, in partnership with the Newfoundland Police, has an opportunity to make a difference for a few children by sending them to Woody Acres Camp for one week. These children come from homes that have a combined family income of less than $15,000 per year. Due to these circumstances, they often have health problems, do poorly in school, and have low self-esteem.

Some pastoral staff in Newfoundland established a relationship with the local RCMP a few years ago. As a result, the officers help to identify “at risk” children. The RCMP officers send applications to local Adventist churches for these children to attend Junior Camp. For the most part, the officers help children

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ADRA Youth

Expect Great Things from Our Young Ones

We would need volumes of publication material to publicly recognize all of Canada’s young people who support our projects. ADRA Canada extends a special “thank you” to all the children and youth who, in many ways, are helping ADRA Canada help others.

In this issue, we would like to recognize the Lacombe Outsiders 4-H Multi Club of Lacombe, Alberta, for donating $250 toward the tsunami relief fund. Consisting of members aged nine to sixteen years, the club participates in activities such as hiking, backpacking, camping, fishing, canoeing, and other outdoor sports. Their mission statement is “to enhance and enrich the lives of 4-H members by providing outdoor pursuits that will build knowledge, develop lifelong skills, and foster appreciation for the outdoors.”

Judy Holt, leader of 4-H, states that they fundraise for their own outdoor equipment throughout the year. “Our club likes to ‘give back’ to the community,” she states, “and by donating to the tsunami relief fund we were able to give back to a larger community in another part of the world. It was a great learning experience for our members.”

The 4-H Multi Club shows us that when children and young people join together for a specific cause, we can expect great things.

ADRA People

Reaching into the Community in Service and Love
in Halifax, Nova Scotia

“Recognizing the dignity and worth of every person, we pledge compassionate and practical action to overcome racism, poverty, and injustice. We will work to build a caring community where all people, without regard to national origin or religious persuasion, may live in freedom, harmony, and trust.” This is the mission statement of Community Care Network Society (CCNS), formerly called Parker Street Food and Furniture Bank. Working in partnership with ADRA Canada and many other organizations and companies, CCNS is a not-for-profit organization that provides food, furniture, professional skill development, mentoring services, and support services to the residents of the Halifax Regional Municipality.

Mel Bottiller founded the Parker Street Food Bank in 1983 as a non-profit organization to provide food for low-income families. In 1995, the organization established a furniture bank at a separate location. In 1999 the organization purchased a two-story warehouse in the city core (on Maynard Street), and they merged the operations for greater efficiency and effectiveness. The food bank department of CCNS, for example, has roughly 1,000 visits per year, benefiting approximately 18,000 individuals with about 50,000 grocery bags and 600 deliveries per year—the annual value of groceries is nearly $100,000. In addition, the furniture bank department of CCNS has distributed nearly 12,000 pieces of furniture.

In 2003, CCNS sought to meet yet another need in the community: training and education. The organization now offers courses in computer skills, flooring installation, and more, taught by certified instructors. The students attain self-sufficiency, and most graduates immediately enter the workforce. The community has commonly regarded executive director of CCNS, Mel Bottiller, as a real-life Santa Claus. When it comes to caring for the needy, Mel never sleeps. His team continually invents new ways of reaching out into the community, making people feel loved and helping them establish self-sufficient roles in society. Bottiller’s motto is “Reaching into the Community in Service and Love.”

For more information on CCNS, please visit communitycarenetwork.org or phone 902.446.3993. CCNS always welcomes monetary donations, non-perishable food items, furniture/small appliances, household items, and computer equipment. Volunteers are also welcome always. ADRA Canada salutes Mel and his team.
ADRA Corporate Impact

Red Deer Business Helps Sri Lanka Business Back On Its Feet

Due to their large spheres of influence, business owners who endeavor to make a difference in the world are vital and instrumental in the effectiveness of humanitarian agencies. Gary Gant, president of Westridge Cabinets, a business based in Red Deer, Alberta has been a tremendous supporter to the projects of A Better World, a humanitarian organization that operates in partnership with ADRA Canada. Gant was first introduced to A Better World through business relations with Erik Rajah, Volunteer Director of Public Engagement at ADRA Canada.

Impressed by the organizations’ determination to effectively and systematically help the suffering world, Gant did not hesitate to get involved. His generous support, for example, feeds at least sixty children in Kenya per year and supports infrastructure needs.

After the tsunami struck Southeast Asia in December 2004, Gant immediately organized a fundraiser within his own company. Approximately one hundred employees readily donated to the cause, at a total of $3,670, which Gant matched, turning it into $7,310. They contributed these funds to the tsunami relief effort of A Better World and were immediately put to use by Rajah in Sri Lanka during his trip there in March 2005.

“When we arrived in Pottuvil, on the east coast of Sri Lanka, thousands had clearly lost homes and businesses,” Rajah explains. “Getting these people back to work as soon as possible became the main goal.” Rajah states that the only possible way to begin the mission was to walk the streets and ask the people what they needed.

He soon found a man whose business of cement cinder block-making had been wiped out. This business was in high demand and he used to employ sixteen individuals. His family was living in a tent next to the remains of his business. With the money donated by Westridge Cabinets, Rajah purchased all the raw materials needed to run the block-making business. Not only was the man extremely grateful to again be operating his business, but he was soon employing other individuals. The huge demand for cement blocks was being met. “The very next day,” says Rajah, “we were at a school that needed cement blocks to start rebuilding, and we were able to order the blocks from this very business. A few days later, the construction site for homes also needed blocks, and guess where the business was sent!”

ADRA Canada and A Better World always ensure that funds are used to create lasting solutions, to bring aid and relief to many people and promote self-sufficiency. “By rebuilding the business, we were able to rebuild the lives of people and provide useful resources for an entire community,” Rajah says.

Many thanks to Westridge Cabinets of Red Deer, Alberta. Because you care for the suffering world and believe in the ability to create a better future, your donation went a long way to help a family, business, and community.

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who are either victims of domestic violence, have lost their parents, or whose parents are incarcerated or in trouble with the law. During camp week, they can leave their troubles behind and enjoy water skiing, canoeing, crafts, model rocketry, power boating, and campfire stories. They make friends and enjoy a good time.

Because many of these children do not have transportation to the camp, the RCMP officers often bring them to the camp in a police cruiser. Sometimes, the officers visit the camp and allow the children to sit in the driver’s seat of the car and try out the sirens and lights.

It is a joy to give a child the gift of one week of peace and happiness. The children express their appreciation repeatedly and look forward to visiting Woody Acres Camp again. By supporting ADRA Canada’s National Program, you enable us to fund existing projects and initiate new ones that will touch the lives of young Canadians.
**ADRA Community**

**Little Acts of Kindness or Miracles?**

Tantallon Seventh-day Adventist Church (Tantallon, Nova Scotia) is busy doing little acts of kindness, and God turns them into miracles. Church members operate a community service centre, partly funded by ADRA Canada’s National Program. They collect and distribute food and clothing to about sixty-five underprivileged individuals every Wednesday. Rose Redman, a volunteer, has many stories to tell of how the centre has helped people through their most difficult times in life.

One such story is about a mother and her six-year-old son who came to the centre every week to get food. It was December, and every time the little boy came in he would ask if they had a tractor. He was so persistent in his requests that the volunteers kept their eyes open for one. Just before Christmas, a donation of toys came into the centre. As the volunteers were sorting through the toys, they discovered a tractor. Of course, it was put aside for the six-year-old boy. The next time he came in with his mom, the volunteers ran to get the tractor from its hiding place. When they presented it to him, the boy’s eyes lit up with excitement, and in his childish way he expressed his appreciation. The joy of seeing his happiness brought great satisfaction to the volunteers who work tirelessly to help their neighbours.

Redman also tells of a lady who, upon having developed thyroid cancer, was no longer able to work. She visited the centre regularly to obtain groceries. Eventually, after many months of treatment, she recovered and returned to work. The lady sent a thank-you card to the centre, expressing her appreciation for the help they had given her when she needed it. She and Rose Redman happened to cross paths at the grocery store one day, and the lady again thanked Rose for her kindness. Cards of thanks are a rare thing today but when someone takes the time to put into words their heartfelt thanks, it makes the work especially worthwhile.

For the volunteers of Tantallon Community Services Centre, seeing the lives of others touched even in a small way is the best reward they could receive. If we allow God to use us as channels of blessing, we can change the lives of many unfortunate individuals for the better. All great things that exist were at one point merely ideas in individuals’ minds. ADRA Canada encourages everyone to act on their ideas of helping others. Needs are everywhere – let us try to meet them. Remember: a little act of kindness on your part may be somebody’s miraculous answer to prayer.

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**Contact**

ADRA Canada
1/48 King St E
Oakville, ON L6H 1G8

Telephone: 905-433-2004
Toll-Free: 1-888-570-2372
Fax: 905-723-1903

Online: www.adra.ca
E-mail: info@adra.ca

Global Impact is a publication of the Advent Development and Relief Agency (ADRA) in Canada. ADRA Canada welcomes comments, suggestions, and contributions for ADRA news publication.