Kenyans Stand Against The "Curse" of Disability
This week I read a report from our colleagues at ADRA Kenya, introducing me to a young girl whose life events literally brought her to her knees… and hands. Crawling. I had to share her story with you. Read how Aquinata is now standing tall for those with disabilities (pg. 8).

You’ll also want to read how a single pot of soup changed an entire community (pg. 12) and see how your Inner City offerings to ADRA’s programs within Canada are changing lives!

As the snow falls and you start dreaming of a holiday in a warm place, why not consider taking a vacation with a purpose by joining an ADRA Connections trip (pg. 10). Read past trip participants’ experiences, then have a look at upcoming trip dates and pick one you could join!

I also want to say a huge THANK YOU for responding so generously to our Christmas Appeal. Thanks for adding God’s children living in poverty to your gift list this past holiday. Someone desperately needs the hope you gave through your gift which can provide clean water, seeds for planting, health services or a loan to start a small business. Thank you! If you didn’t have the chance to give a gift, just fill out the back cover form and tuck it into the postage paid envelope provided and drop it into the mail today.

We also have a gift for you. Would you like to see or share the latest report of ADRA’s work? Just request our latest video on the back cover form and we’ll send it your way! It’s great to share with your family, your church or small group!

Thanks for traveling with ADRA throughout 2011 — for your gifts that helped pull someone from poverty and for your prayers for our ministry and those we serve. We hope you’ll continue to journey with us in this new year.

With gratitude,

Michelle L. Oetman
Donor Relations Director
ADRA’s Mission

ADRA works with people in poverty and distress to create just and positive change through empowering partnerships and responsible action.

1148 King Street East,
Oshawa, ON L1H 1H8
Tel: 905.433.8004
Toll Free: 888.274.2372
Fax: 905.723.1903

Executive Director
Ronald Kuhn

Donor Relations Director & Editor
Michelle L. Oetman

Emergency Management Director
James AstieLord

Finance Director
Steven Keys

Program Director
Analynn Bruce

Follow us on

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Gifts guaranteed to get used!

How it works:

1. Select a gift(s) from the ADRA Canada Really Useful Gift Catalogue.

2. Purchase gift(s) for Christmas, a birthday, anniversary or graduation for a loved one — or for yourself just for fun!

3. Receive a gift card (upon request) with your tax receipt. Give the card to your loved one.

4. Thank you for changing a life.

Giving can be fun especially when the gift you give can change a life.

Complete the back cover form, email us at pr@adra.ca or call toll-free 1-888-274-2372 to request your free copy of the latest Gift Catalogue.
As a result of the generosity of our supporters, ADRA Canada received $254,251 eligible for the Canadian government matching fund, transforming donor generosity to $508,502 of impact. These funds can help alleviate the suffering of drought-affected people in Somalia, Ethiopia and Kenya with food, water and essential household items.

Beyond the matching fund, an additional $32,172 has been received for the East Africa response.

As part of our response to the African crisis, ADRA Canada has partnered with Canadian Foodgrains Bank (CFGB) on the Mandera West Food Aid Project, ensuring food distribution to 1,000 of the most vulnerable households (6,000 men, women and children) in Mandera West, Kenya. The partnership with CFGB resulted in $40,000 of your generous donations being turned into $400,000 in food aid for the pastoral people of Mandera West.

Additionally, GlobalMedic and ADRA Canada partnered to provide 1,000 water purification units to families. These simple water systems are easily assembled and sustained by the recipients, making them an excellent asset for supplying clean drinking water in harsh drought conditions.

To continue supporting emergency efforts, please consider the ADRA Canada Emergency Fund – Where Needed Most, online at www.adra.ca or by calling 1-888-274-2372.
IT'S NOT WHAT A LOT OF PEOPLE THINK. MATTER OF FACT, IT'S JUST THE OPPOSITE.

The truth is, by far, the overwhelming majority of ADRA's work is international development (meeting the needs of those in poverty through long-term food, education, health and economic development projects). And just a small portion of its work relates to responding to natural and human-caused disasters.

So, when disasters occurred, ADRA’s response activities were often added to the already full plate of ADRA Canada’s international community development specialist staff, which was growing to be problematic. Responding to immediate needs arising from a disaster requires a markedly different approach, different partnerships, and technical expertise than community development. Added to that, there's the ever-increasing number of international emergencies and the increasing complexity of responding.

As such, ADRA Canada’s board of director’s appointed James Astleford, at that time serving as ADRA Canada’s Donor Relations Director, as Emergency Management Director, creating a new Emergency Management (EM) department in the agency. The EM director is responsible for organizing and implementing ADRA Canada’s international and national emergency preparedness and response activities and strategies in cooperation with the ADRA network and the Seventh-day Adventist Church in Canada and its entities.
as well as government agencies and partner non-governmental organizations (NGOs).

“With the increased numbers of disasters around the world and in Canada, this new position is aimed at taking ADRA Canada to a more proactive and significant role in responding to, as well as preparing for, disasters,” stated Ron Kuhn, Executive Director for ADRA Canada. James brings a wealth of international emergency response experience to this position, including initiatives as a result of civil war, and natural disasters including typhoons, hurricanes, cyclones and earthquakes.

Since its establishment in September, the EM department has been actively strengthening and building relationships with International Humanitarian Assistance (IHA - the CIDA Emergency Response arm), the ADRA network, and other NGOs and coalitions (e.g. Canadian Foodgrains Bank and Christian Churches in Action) that work cooperatively in emergency response efforts. Most recently, EM department Director James travelled to Haiti to conduct monitoring and evaluation activities on the ongoing response to the devastating 2010 earthquake.

ADRA responds to global incidences of famine, drought, displacement, war, earthquakes, tsunamis or fires. Since 2010, ADRA Canada has responded to 22 disasters.

2010-2011
Emergency Responses

Mexico ➔ Flooding
Philippines ➔ Typhoon
Myanmar ➔ Cyclone
Vietnam ➔ Flooding
Columbia ➔ Flooding
Serbia ➔ Earthquake
Zimbabwe ➔ Cholera
Brazil ➔ Flooding
Serbia ➔ Flooding
Japan ➔ Earthquake/Tsunami
Myanmar ➔ Civil Unrest
Ivory Coast ➔ Civil Unrest
Ecuador ➔ Preparation Readiness
Peru ➔ Cold Wave
Kenya ➔ Drought/Famine
Somalia ➔ Drought/Famine
Ethiopia ➔ Drought/Famine
Uganda ➔ Landslides
Cambodia ➔ Flooding
Those words have fallen on many ears in Homa Bay and Rachuonya Districts in Kenya. And once a family member has a disability, the entire family is often treated as outcasts. As a result, the disabled are often hidden to spare the family shame.

Fourteen-year-old Aquinata comes from Homa Bay. Shortly after her pre-mature birth at six months, she was diagnosed with mild cerebral palsy and paraplegia. Without access to appropriate equipment, she crawled to school each day.

Imagine a child of God crawling to school each day? Will you help?

Lying along the shores of Lake Victoria, these communities have high incidences of disabilities due to reduced immunization coverage, being in a malarial endemic zone and because health facilities are often inaccessible, ill-equipped and static (non-mobile). All those elements, combined with entrenched cultural beliefs associated with disabilities makes life nearly unbearable for the community’s most vulnerable. Since getting to work and school – or even being accepted in society – was difficult, disabilities in this community were resulting in illiteracy and poverty so ADRA went to work with mobile health service delivery as well as initiatives to address poverty and the dignity of those with a disability.

As a result, Aquinata was fitted with new appliances. “I am grateful to therapists for helping me! I now go to school even when it rains with not much difficulty,” Aquinata said.
Your donations to ADRA change lives! Will you give today?

One of Joseph’s lower limbs became gangrenous and had to be amputated last year. He immediately felt stigmatized and discriminated against by the community. “I felt sad and lonely because I lost my friends.” The project team bandaged and shaped his stump in preparation for prosthesis and issued him with crutches. After Joseph received the prosthesis through the project his life changed. Standing tall Joseph commented, “I am happy to have the artificial limb because I can walk around, visit friends and go back to my job.”

As a result of this community-based rehabilitation project, community members were provided with sensitivity training toward those with disabilities and children with disabilities were integrated into schools. Additionally, participants received training in small-income generation, vocational skills and given loans for their small businesses to provide sustainable income to meet their family’s needs.

ADRA partners with people in Kenya and around the world to lift their lives from poverty and restore their God-given dignity.

You can impact lives worldwide like helping crawling Aquinata and jobless Joseph stand tall on their way back to school and work to build their own prosperous future.

Right at this moment, you can change lives caught in poverty around the world.

Just tear out the donation form on the back cover, stuff it into the envelope stapled right here and send your gift today!
LAST MAY, 18 CANADIANS from five provinces travelled to Cuzco, Peru as participants in the very first ADRA Connections trip. They came back with lots to say:

“Most of all I enjoyed our interaction with local Peruvians, something that a typical tourist wouldn’t have the privilege of experiencing. That interaction is what makes this kind of trip stand apart from a typical tour.”

“This was a very good experience. I learned more about Peru and the people, and to appreciate another way of life. I gained a better outlook on life and would like to do more to help. I would like to return.”

“My experience was great. I enjoyed the manual labour as well as the cultural tours. It was great to befriend some of the locals and spend time with them. I know that I will support ADRA projects throughout my life, and will probably go on more ADRA trips as well.”

“We were given a taste of the country and the conditions the people endure on a daily basis. I feel that non-governmental organizations face a real challenge in serving the people, earning their trust and yet not making them feel like they are constantly receiving handouts.”
ADRA Connections trips seek to create a closer relationship between participants, ADRA Canada, and those whom ADRA serves, and to provide opportunities for participants to increase their knowledge of development work, of ADRA projects, and of unfamiliar cultures.

If you desire a vacation with something special added, you may find that the enrichment an ADRA Connections trip offers is just what you’re seeking.

**2012 ADRA CONNECTIONS TRIPS:**

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**For more information:**
Website: www.adra.ca/connections Email: connections@adra.ca Phone: 1-888-274-2372 ext. 3101

Don’t be surprised if the life that’s changed is your own!
IT ALL STARTED 16 YEARS AGO when a small group of individuals were moved to reach out to their community. On a Sunday afternoon, with a single pot of soup, they headed out to a local park frequented by the homeless. The response to this simple act of kindness was so overwhelming that they returned the next week and the community outreach program of the Terrace Seventh-day Adventist Church has never looked back.

Today, the Terrace church has a multifaceted outreach program that not only provides immediate assistance for those in need but also offers services to help individuals overcome personal difficulties and become self-sufficient. On a Sunday afternoon, the doors to the All Nations Centre are open and anyone in need may visit the Daily Bread Soup Kitchen for a few hours of fellowship, a hot bowl of soup and to receive a box of fruit, vegetables and other food staples to carry them through the week. Monday to Friday, the Homeless Outreach Program (HOP), a Terrace & District Community Services Society program utilizes the centre, offering a wide variety of services to visitors such as drug and alcohol counseling, free chiropractor services once a week, helping the homeless find homes, work training experience, and referrals to other available services. In addition to a number of other soup kitchens, the Terrace church also has a vibrant community garden program through which members are assigned a garden plot and have access to the tools, seeds and mentoring.
needed to successfully grow fresh produce. This program has been so successful that not only do participants have enough produce to supplement their own groceries; they often are able to contribute produce to the soup kitchens.

Over the years, the city of Terrace has witnessed the growth and impact of this amazing community outreach - reduced stress of poverty, fewer incidents of youth and homeless loitering, family abuse, crime and depression, and lower unemployment - and businesses and citizens are becoming actively involved, offering both services and time.

For the Terrace church though, the most rewarding gift has been to see the transformation in people's lives; the hungry have food, the disheartened have hope, the isolated now have community.

As one patron so aptly said, “You are not just giving me a meal. This is a place where I can come to heal.”

Your generous gifts to the Inner City offering and National Program enable ADRA Canada to provide support not only for Terrace, BC but also for many other vital community outreach initiatives across the country. Initiatives such as school breakfast clubs, bags of love for displaced children, grief and depression counselling, food and clothing banks and skills training. Your gifts are making a difference.

If you have a story about your National Project or about how you have been supporting ADRA Canada please write to us at pr@adra.ca

And to think, it all began with a single pot of soup.
...To leave the world a bit better whether by a healthy child, a
garden patch or a redeemed social condition; To know even one life has
breathed easier because you have lived. This is to have succeeded.

— Ralph Waldo Emerson
YES! I want to change lives caught in poverty around the world.

Please accept my gift of:

☐ $10  ☐ $25  ☐ $100  ☐ $500  ☐ Other $______.

Please use my gift: ☐ where it’s most needed.

☐ Other (see below*): ________________________.

☐ My cheque or money order is enclosed (made out to ADRA Canada).

☐ Please charge a ☐ monthly gift on the ☐ 1st or the ☐ 15th of each month.

One-time gift

To my credit card  ☐ Visa  ☐ MasterCard  ☐ Amex

Card No. ____________________________

Name on card _________________________________________________________________

Signature ___________________________________________________   Expiry ___ /___

You can donate toll free at 1.888.274.2372 or online at www.adra.ca.

Donations of $10 or more are tax deductible.

Please attribute my donation to the goal of my Church:

________________________________________________________.

Please send me a copy of ADRA Canada’s latest video.  ☐

Please send me ______ copies of the 2012 ADRA Canada wall calendar.

Please send me ______ copies of ADRA Canada’s Really Useful Gift Catalogue.

Please sign me up for email updates _______________________ email address

*Donations can only be received for ADRA approved projects. Please call 1.888.274.2372 to confirm your project of choice is available. If donations received for a particular fund or project exceed those needed, ADRA reserves the right to reallocate funds to other similar projects without further notice to the donor.

ADRA Canada is a Registered Canadian Charity, registration number 132056813RR 0001.
Hearts on the Ground DVD - the latest report from ADRA Canada

Order Yours Today for Free on Page 15.