



CPAR

CHANGING LIVES IN RURAL AFRICA

ANNUAL REPORT 2009 | 2010

HEALTHY Communities

CHANGE IN AFRICA

Sustainable Futures

Build. Empower. Grow.

MESSAGE FROM THE EXECUTIVE DIRECTOR AND CHAIR OF THE BOARD



CPAR and its community partners have enjoyed much success in building healthy communities and improving lives in an ever-changing and challenging environment for international development organizations and partner communities. The realities that influence organizational life and the life of the communities with whom we work can only be successful by ensuring that our capacities evolve to meet these demands as we continue to learn from our experiences.

The lessons learned from CPAR's experience of 26 years in working with communities, and that of four decades of international development, is that we remain flexible so that we can continue to respond and adapt to the dynamic and complex development circumstances in any given community.



Whether it is in Ethiopia, Malawi, Uganda or Tanzania, it is imperative to respond to local needs in order to ensure sustainable change and CPAR continues to be cognizant of this fact. This is reflected not only in our work here in Canada, but also within our principles of working in partnership with communities. In building sustainable healthy communities, these principles contribute to the direction of our work to successfully change and improve lives.

As we look to the future of building healthy communities, our volunteer Board of Directors will continue to provide the vision and governance to ensure the organization meets its obligations in an ever-changing environment. Our dedicated staff in Canada, Ethiopia, Malawi, Uganda and Tanzania remain committed to achieving sustainable change to improve the lives of those with

whom we partner to address the many factors that influence their lives.

It is important to acknowledge that partnership is the cornerstone to achieving our goals. As we embark upon another year of building healthy communities we look forward to everyone's continued support and contribution. As you have an opportunity to read this year's report you will note the success we are achieving in improving lives. Be assured this would not be possible without the participation of everyone from our community partners, donors, board members and staff working in partnership.

Together we are building healthy communities in rural Africa!

Kevin O'Brien
Executive Director

Dr. Diane Lacaille
Chair, Board of Directors

A handwritten signature in black ink that reads "Kevin O'Brien".

A handwritten signature in black ink that reads "Diane Lacaille".



“We believe that relationship building is CPAR-Tanzania’s most important responsibility. The partnerships we form with local communities lay the foundation for our work. The essential attitude we bring to communities is one of ‘respect’. CPAR doesn’t enter a community as a so-called ‘expert’ with all the answers but as a ‘partner’ with much to learn. Our successes come as a result of listening first and then responding to support the communities’ own concerns and priorities.”

Jean Goerzen
Country Manager **CPAR-Tanzania**



“I am proud to be part of the CPAR family that highly values its partnership with governments and communities among whom it works. Recognizing the difficulty or perhaps the impossibility of seeking to change lives without the support, cooperation, encouragement and goodwill of the national and local governments and communities, CPAR’s strategy of engaging other stakeholders in its work has yielded dividends over the years. Outside political, economic and legal frameworks, district local governments and communities have also lent tremendous grassroots support for CPAR’s programs.”

Patrick Sambaga
Executive Director **CPAR-Uganda**



REFLECTIONS ON COMMUNITY CHANGE

“Working in partnership with communities is the cornerstone of our interventions towards replacing the circle of poverty with a circle of self-reliance for those who are disadvantaged and marginalized. The basic concept of using this approach is to empower local communities to find solutions for the challenges they are facing. In most cases the communities know what opportunities and challenges exist and what best works for them. Being part of the process, we are always witnessing the capability of the local communities when they are given the tools and resources.”

Mekdes Girmaw
Country Manager **CPAR-Ethiopia**



“The Malawian government is continuing to make an assessment of the strides that have been made towards meeting the Millennium Development Goals. As a proud and dedicated government partner, CPAR-Malawi is also taking stock of outputs and outcomes in all its programs and is looking forward to starting each year with renewed partnership and support.”

Tchaka Thole
Country Manager **CPAR-Malawi**



ACCESS TO NUTRITIOUS FOOD

The struggle is ongoing. Access to adequate and nutritious foods continues to be a challenge for rural African communities. CPAR's beginnings are rooted in the response to the 1984 Ethiopian famine when a group of Canadian physicians extended their support to provide emergency medical care to communities in crisis. Since that time, CPAR has developed long-term food security and nutrition programs that help farming families build secure livelihoods through diversified crops and livestock. These programs also help to enhance the nutrition of children under five and improve the nutritional needs of people living positively with HIV&AIDS. CPAR's food security programs are committed to ensuring that rural African communities have the opportunity to meet their income generation and nutritional needs.

Lives Changed....

SELINA EMMANUEL

Selina Emmanuel lives in Kilima Tembo village with her husband Emmanuel and six children. She has been farming for 23 years. Before CPAR arrived in her village, Selina was locked in a cycle of providing hard labour on another farmer's land in exchange for access to the farmer's ox plough to plough her own two-acre piece of land. As a result, she always planted late and her yield of maize, pigeon peas and beans was very low – only three to four bags of maize, one to two bags of pigeon peas and one bag of beans per acre, per year.

Selina soon joined one of CPAR's Farmer Field Schools and during discussions, ox ploughs emerged as a top priority. CPAR then provided ox ploughs as a component of the program.

Selina now shares an ox plough with another woman farmer – so gone are the days of providing labour for other farmers. Through her participation in CPAR training on good agronomic practices and conservation agriculture, Selina realized that she was cultivating her sloped land at the wrong angle (i.e. at a vertical instead of a horizontal angle). Now, after ploughing her field at the right time and at the correct angle across the slope, and having access to improved seeds and papaya seedlings through CPAR's material support, Selina is anticipating a good harvest this year. She expects to triple and quadruple her previous yields which will help her to pay the secondary school fees of her two teenagers.

"I now have control over my own shamba (farming land) and it is really starting to produce."



TAKING ACTION - INSPIRING ACHIEVEMENTS

In Tanzania, CPAR **established and facilitated 27 Farmer Field Schools for 726 farmers** (400 of whom were women) and also trained 41 “farmer to farmer” facilitators in conservation agriculture (21 of whom were women).

In Tanzania, CPAR also **conducted seed fairs for 6,000 farmers** to provide appropriate information about seed varieties and available options. We also distributed 4,000 kg of composite improved maize seeds to 318 FFS members, of whom 268 were women.

In Ethiopia, CPAR **distributed 12 quintals of teff and wheat seeds**, 77 kg of vegetable seeds (carrot, cabbage, pepper, onion, tomato) and 23 quintals of potatoes to a total of 885 households and 377 families.

In Ethiopia, CPAR **provided 12 days of livestock health protection training** to 14 Community Animal Health Workers as well as first aid kits.

In Uganda, 5,000 kg of rice were **procured and distributed to 3,000 beneficiaries**.

In Uganda, CPAR provided 100 HIV&AIDS-affected households with goats to increase their protein intake. CPAR-Uganda also **provided 1,200 farmers with improved agricultural inputs** (maize, groundnuts and rice).

In Malawi, CPAR **conducted over 100 sessions of cooking demonstrations** focused on food preparation and feeding practices in villages reaching over 6,000 women.

WATER IS LIFE.

Water. A crucial human resource. A basic human need and a human right. In many Western nations we turn on a tap and out flows clean water – the lifeblood of healthy communities. In rural Africa, this scenario is not so simple. In rural Africa, a lack of viable water sources or access to clean and safe water impedes development by impacting health, constraining food production, impacting the economy and greatly reducing the overall quality of life.

For many years, CPAR has prioritized access to clean and safe water for rural African communities. Over the years, CPAR has worked in partnership with communities and used a variety of appropriate technologies to bring clean water to communities. Some of these technologies have facilitated the protecting of existing fresh water springs, developing hand dug and shallow wells, deep wells or boreholes and constructing rainwater harvesting tanks.

A crucial element of the process involves community partnership where community members gain the training and tools they need to maintain their new water points. The voices of village leaders are also present as they help to establish water management committees which oversee the use of the water points and ensure community-wide access to the water source.

Lives Changed....

SARA MHONE

Sara Mhone tells her story about how a newly constructed water point in her community changed lives.

"Before this borehole was constructed we used to wake up as early as 1 am in order to collect water for drinking and household use from a tap nearby. Water was inadequate and as a result we had to wake up early and queue for long hours," laments Sara.

"The water source could only run for about two hours since it was supporting more than 45 households. Once the water was finished we would wait for some time for the water to run again, which meant spending a lot of time at the water source even at night," she adds.

"During those hard moments we could not sleep because of water problems. But now since the construction of this borehole, through CPAR-Malawi's water program, we are able to fulfill other economic household activities and not waste time fetching water. Now I spend more time in the maize field with my husband and we are looking forward to a good harvest this year."



TAKING ACTION - INSPIRING ACHIEVEMENTS

In Uganda, we constructed four boreholes that have enabled at least 400 households (2,000 people) to have **access to clean water**.

In Tanzania, we **constructed six rainwater harvesting tanks** of 30,000 litres each, established handwashing and drinking facilities and **built three ventilated improved pit (VIP) latrines** designated for girls in three rural primary schools to benefit 1,385 students (700 girls, 685 boys) and 20 teachers (9 women, 11 men).

In Malawi, we trained water point committee members in the operation and maintenance of water points. This has improved the functioning and reliability of water supplies as **community members have taken ownership of water points** and can now easily fix their boreholes when they are in need of repair.

Over CPAR's history, we have constructed more than 800 water points in villages across the region **providing safe and clean drinking water to African communities**.

CRITICAL PRIMARY HEALTH CARE

From the 1980s to now, CPAR has spanned the full spectrum of primary health needs in African communities. Whether responding to critical emergency health care needs or providing more holistic community health care services – CPAR has focused on building healthy communities that will survive and thrive for generations to come.

With a focus on providing access to primary health care, CPAR trains community health workers, rehabilitates and builds health clinics and provides essential medicines, supplies or transportation needed to ensure the healthy futures of African men, women and children.

Lives Changed...

MARY ELIYA

Mary Eliya age 31 is a mother of three children, – Paul age four, Andrew age two and Felina age one. Mary was one of the beneficiaries admitted to the PD hearth program at Chazama village, Malawi.

“Before the introduction of the hearth nutrition program in my village, my son’s weight kept on dropping,” says Mary. Paul Eliya’s weight during admission into the Positive Deviance Hearth Program was about 12.3 kg while the normal weight of children of his age was supposed to be over 14 kg. His mother also confessed that Paul was sick most of the time.

“When given food, my son could not eat much. This was because I didn’t know how to prepare nutritious food. When CPAR presented us with the idea of a village-based group child feeding program, I decided to join the group. Through this Program, we learnt how to make nutritious porridge with ingredients such as maize flour, pigeon peas, milk, groundnuts, eggs, vegetables, sugar and some cooking oil. After 12 days Paul gained 0.7 kg. I will continue doing this at home since I now know what is needed to prepare nutritious food for my children,” says Mary.

CPAR introduced a community feeding program using the Positive Deviance Model which aims at reducing the number of malnourished children. Village health volunteers and caregivers conduct monthly growth monitoring sessions right at the village, and measurements are taken to identify a child’s potential nutrition problems at an early stage. Paul’s father also expressed his gratitude for the PD hearth program.

“Since my wife started attending PD hearth sessions, we no longer have frequent illness of our children. This has helped us to concentrate on our farming business,” he explains.



TAKING ACTION - INSPIRING ACHIEVEMENTS

Tackling malnutrition in Malawi - 100 cooking demonstrations have been conducted and 20 demonstration plots have been established to support the cooking demonstrations and to reduce malnutrition cases among children under-five.

In Tanzania, **working in partnership with the Stephen Lewis Foundation**, we supported the UMATU women's group to conduct educational outreach around issues of HIV&AIDS. This work led to an increased demand by people to know their status, test for HIV and take steps to either protect their HIV-free status or join the treatment centres and support groups to "live positively".

In Ethiopia, nine **Health Extension workers provided education** on nutrition and methods of food preservation to 343 mothers and 11 people living positively with HIV&AIDS and five community volunteer group workers.

Under the RAISE initiative, CPAR-Uganda continued to strengthen the capacities of health centres in Emergency Obstetrics Care. Four health centres (in Purongo, Awere, Aromo and Mucwni) also continued to receive quarterly supplies of drugs, and technical support. CPAR-Uganda is also training one midwife at each health centre to increase effectiveness of maternal and child care services.

COMMITTED TO A HEALTHY ENVIRONMENT

When CPAR refers to building a healthy environment we are also referring to our long-term commitment to ensuring that our natural environment is considered in planning and developing our community projects. CPAR maintains that the long-term sustainability of our projects is not possible without ensuring that our natural resources are protected, maintained or enhanced.

Whether planting trees or maintaining tree nurseries; providing training, seeds and tools to maintain community gardens or promoting the use of innovative irrigation techniques, CPAR focuses on natural resource management that prioritizes the essential resources which sustain communities.

Lives changed...

IRENE ADONGO

Irene Adongo is a widow residing at Acori village Abalang parish in Batta Sub County. When the Farmers First beneficiary was visited by CPAR's staff at home, she was able to make a comparison between the traditional cooking stove and the environmentally-friendly energy-saving stove that CPAR trained them to construct.

During the training, she discovered that the stove uses less firewood as compared to the traditional three-stone stove and also that it can use both charcoal and firewood. This feature makes the stove environmentally-friendly and reduces environmental degradation.

Irene also realized the potential health benefits of using energy-saving stoves.

"My children have been suffering from exposure to excessive smoke which has been choking them while I am cooking. I like this energy-saving stove which does not let out a lot of smoke because it has a chimney," says Irene.

By using the energy saver, food cooks very fast and therefore leaves more time for the husband and wife to engage in other productive household work. Irene also appreciates that the stove is easy to construct and because it uses little wood or charcoal there is no litter in the kitchen.



TAKING ACTION - INSPIRING ACHIEVEMENTS

In Ethiopia, **two nursery sites were established** in two Kebeles and 156,436 indigenous and multipurpose (10 different species) tree seedlings were produced and distributed to 272 households (seven families) and seven institutions.

In Ethiopia, we **supported environmental clubs** for two primary schools and provided training and technical support as well as seeds and hand tools.

In Ethiopia, we **distributed 125 energy-saving stoves** to households to decrease fuel wood consumption.

In Malawi, CPAR successfully conducted garbage collection campaigns in schools focused on **environmental clean-up** and also constructed rubbish pits.

In Malawi, we introduced marigold, garlic, lemon grass in Farmer Field Schools as a form of **natural pest control** for plants in vegetable gardening.

INSPIRING CANADIANS TO TAKE ACTION

A critical part of developing successful health and development programs involves inspiring and engaging Canadians in the work that is being accomplished on the ground in African communities. Engaging the Canadian public about CPAR's continual strides and successes must also be balanced with providing education about the ongoing need in African communities.

In an effort to educate and inform the Canadian public about the realities and challenges being faced by vulnerable communities in rural Africa, CPAR attends medical and educational conferences and community events.

CPAR also engages younger generations through its Global Kidz, Tools for Learning and Tools for Action educational materials, which focus on giving students a sense of the importance of global citizenship.

Since the 1990s, CPAR has been providing Canadians with the opportunity to see critical health and development projects in action – through CPAR's Study Tour program. This 2.5 week tour takes Canadians to a diverse range of communities in one of CPAR's program countries and is an educational and inspiring way to see development firsthand while meeting African community members.



LIVES CHANGED

WITH SO LITTLE RESOURCES...SO MUCH CAN BE ACHIEVED. THIS IS A TELLING REALITY OF HOW CPAR PROJECTS CAN CHANGE LIVES IN RURAL AFRICAN COMMUNITIES.

Here are a few brief stories about how Canadians are taking action and inspiring change in rural Africa.

Glamour, Glitter and the Gift of Education

Michelle Begin wanted to do something meaningful for her 50th Birthday – so she set herself a goal of raising \$100,000 in support of girls' education in Tanzania. After a successful event in Ottawa on January 16th – Glamour, Glitter and the Gift of Education, she raised \$50,500 at the gala event that was attended by over 450 people. Funds raised went towards completing a girls' dormitory at Awet, Tanzania and Michelle will also continue fundraising so that teachers' accommodations can be completed at Getamock village.

Charity Run for a Cause

For the past 13 years, Dr. Steve Ferracuti has been organizing an annual running event in his hometown of Haliburton, Ontario – the 'Kash End of Summer Dash'. All proceeds raised from the event are donated to CPAR to support building healthy communities in Africa. So far, the Kash Dash has raised more than \$65,000 and has truly been an inspiration to the community.

Fundraising for Clean Water

After four years of global education in the classroom and inspired fundraising for clean water at schools in Tanzania, 18 students, four teachers and seven family members from Kildonan-East Collegiate in Winnipeg finally arrived in Karatu District, Tanzania to meet the kids, teachers and parents of Qaru Lambo and Gilala primary schools. The students' fundraising efforts were responsible for raising over \$150,000 to build two rainwater harvest tanks at Qaru Lambo and Gilala primary schools. The students also discovered one of the wonders of north-east Africa when they had the opportunity to climb Mount Kilimanjaro.



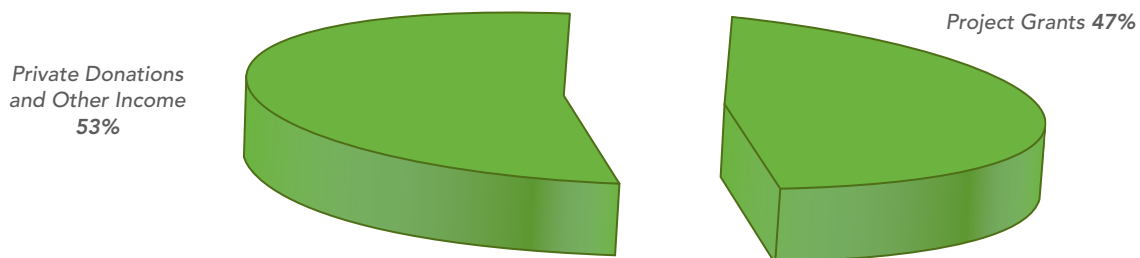
FINANCIALS

SUMMARIZED STATEMENT OF OPERATIONS

For the Year Ended March 31, 2010

	2008/2009	2009/2010
REVENUES		
Project Grants	\$1,682,744	\$4,118,748
Private Donations and Other Income	\$1,887,816	\$2,326,055
Total Revenues	\$3,570,560	\$6,444,803
EXPENSES		
Overseas Development Projects	\$2,601,447	\$4,810,518
Fundraising, Communication and Education	\$960,386	\$975,229
Administration	\$380,035	\$546,686
Total Expenses	\$3,941,868	\$6,332,433
EXCESS OF REVENUE OVER EXPENSES	(\$371,308)	\$112,370

*2009/10 figures do not include CPAR-Uganda which is now reported under CPAR-International

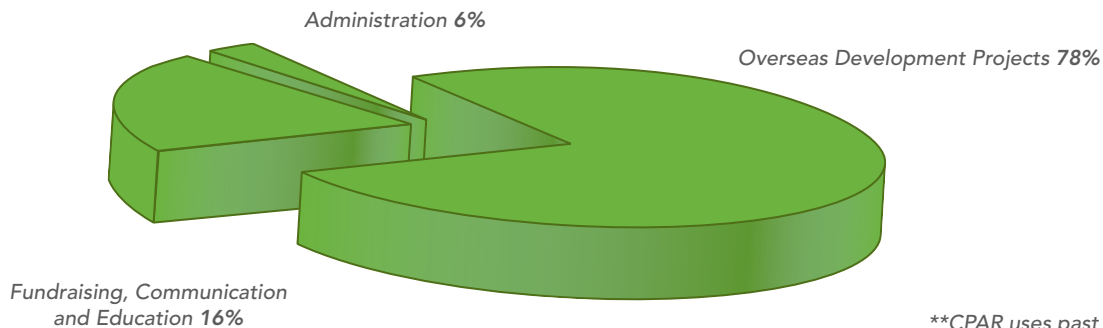


REVENUES

SUMMARIZED STATEMENT OF FINANCIAL POSITION

As of March 31, 2010

	2008/2009	2009/2010
ASSETS		
Current Assets	\$948,773	\$1,436,670
Restricted Cash	\$17,668	\$159,014
Capital Assets	\$663,682	\$731,336
Total Assets	\$1,630,123	\$2,327,020
LIABILITIES AND FUND BALANCE		
Current Liabilities	\$803,806	\$952,071
Long-term Liabilities	-	\$177,324
Net Assets	\$826,317	\$1,197,625
Total Liabilities and Fund Balance	\$1,630,123	\$2,327,020



EXPENSES

**CPAR uses past five year averages for its pie chart to best reflect multi year program spending which can vary significantly year to year

PARTNERS IN BUILDING HEALTHY COMMUNITIES

CPAR would like to thank the more than 10,000 individual donors whose continued commitment has contributed to building healthy communities in Africa each and every year and acknowledge the generous contributions of our partners from across Canada and around the world.

FOUNDATIONS, ASSOCIATIONS & ORGANIZATIONS

Athletes for Africa	Fleming Foundation	Thomas J. Ranaghan Foundation
The Andy and Beth Burgess Family Foundation	Foundation Marchand Ndong	Elephant Thoughts / Tin Roof Global Action
Audry S. Hellyer Charitable Foundation	Howick Foundation	The Kitchener-Conestoga Rotary Club
Barber Family Charitable Foundation	International Student Center University of Manitoba	International Aid Fund
Canadian Auto Workers (CAW) Social Justice Fund	The KM Hunter Charitable Foundation	Seagull Foundation
Cloverleaf Foundation	Margaret McKenzie Charitable Fund	Society of Obstetricians and Gynaecologists (SOGC)
Derrick Brenninkmeyer Charitable Foundation	Manitoba Council for International Cooperation (MCIC)	Strategic Charitable Giving Foundation
The Brumara Foundation	Medical, Education, Training and Development, Inc. (METAD)	The Stephen Lewis Foundation
Edwards Family Charitable Foundation	Muttart Foundation	UNICEF
Elisabeth Fulda Orsten Family Foundation	Leanne Palylyk Children's Foundation	Ursuline Religious of the Diocese of London
	Ptarmigan Fund – Calgary Foundation	Vancouver Foundation

GOVERNMENT AGENCIES

Canada Fund-Uganda	Ministry of Health – Uganda	Oyam District Government – Uganda
Canadian International Development Agency (CIDA)	National AIDS Commission (NAC)	

SCHOOLS & INSTITUTIONS

Algonquin College – Ottawa	F.H Collins Secondary School – Whitehorse	Notre Dame Catholic Secondary School – Burlington
Ontario College of Art and Design (OCAD) – Toronto	Haliburton Highlands Secondary School – Haliburton	St. George Elementary School – Winnipeg
Ontario Secondary School Teachers' Federation	The Humberview School – Bolton	St. Thomas Aquinas Secondary School – Oakville
Peel District School Board – Ontario	Kildonan East Collegiate – Winnipeg	Timberline Secondary School – Campbell River
Ernest Manning Senior High School – Calgary	Mentor College – Mississauga	
	Morden Collegiate – Morden MB	

BUSINESSES

Fath Group/O'Hanlon Paving	Klasner and Solomon	Synergy Benefits Consulting
Globescan International	MBNA Canada	Telus Corporation
Jastram Engineering	Rivanna Designs Inc	Canada Blooms

HEALTHY Communities

CHANGE IN AFRICA

Sustainable Futures

Build. Empower. Grow.

CPAR works in partnership with vulnerable communities and diverse organizations to overcome poverty and build healthy communities in Africa.

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