

Eseyнеш's story: new seeds bring new hope

Eseyнеш Yesho is a 28 year- old widowed mother of four. She and her daughter and three sons live on a small farm in Yesho village, Ethiopia. Eseyнеш depends on her ability to farm finger-millet, beans, eanuts, and maize to feed and provide for her children.



Eseyнеш Yesho

"Before CPAR, I didn't have enough seeds, so I had to rent out my land to richer farmers through *sharecropping*. With *sharecropping* I would only receive a small portion of the crops produced on my farm, and it was never enough to feed my children", she explains.

In 2016, she participated in a CPAR project through which she was provided with extra seeds and agronomic training. This helped her increase crop production of her land, which allowed her to feed her family and have enough surplus to sell. This income she says is enough to send all four of her children to school.

Eseyнеш expressed her gratitude to CPAR and our donors: "Thank you for providing me and my children with hope for a brighter future."



Thank you for your monthly support!

Learn more and get involved at cpar.ca



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Your gifts at work:
Spring 2017 semi-annual monthly
donor report



Distributing emergency food aid in Malawi



Reducing maternal and infant mortality in rural communities

Improving the quality of life for vulnerable people living with HIV

CPAR believes that having HIV doesn't have to stop anyone from living a full and healthy life. As a result, CPAR works with communities to provide counselling, instruction on proper use of medication, and stigma prevention. With the help of our donors, CPAR has provided women and men in our communities with counseling and instruction on use of medication. Parents and guardians have learned about proper nutritional practices for feeding HIV-positive infants and children. And our outreach work has reduced the stigma surrounding HIV within families and communities.

Update: Food insecurity crisis in Malawi

On April 12, 2016, Malawi's President Arthur Peter Mutharika declared the ongoing draught a national disaster, causing nearly 3 million people to go hungry. CPAR responded to this crisis by partnering with the World Food Programme (WFP) and distributing emergency food aid to over 113,000 people in more than 20,000 households. Particularly vulnerable households were given special considerations. As of April of this year, CPAR has distributed over 3,000 tons of cereals, 600 tons of legumes, and 90 tons of vegetable oil. Infants, pregnant, and breast-feeding mothers received an additional 164 tons of nutritionally dense super cereals. These achievements would not have been possible without the support of our monthly donors.

Giving mothers and babies a healthy start

Every hour at least one woman in Tanzania dies as a result of pregnancy and childbirth. And for every woman that dies, another thirty suffer a debilitating injury, often with life-long consequences. CPAR's work in Tanzania's Mara region has changed this reality for at-risk women in 118 communities. Because of the support of donors like you, we have distributed 1,800 Safe-Birth kits, containing life-saving medicine for new mothers, sterile equipment, and blankets for both mother and baby. These Safe-Birth kits combined with our work training community health workers has helped decrease infant mortality in these communities by 87% and child mortality by 72%.

Sharing local knowledge

CPAR is committed to providing environmentally and socially sustainable programs rooted in initiatives developed in partnership with the communities we serve. As a result, CPAR is implementing **The Ngitiri Fodder Management System**.

This system comes from the rich knowledge of the Sukuma people, living in the Rubana River region in Northern Tanzania. *Ngitili* meaning fence or enclosure were traditionally used for conservation and restoration of land. CPAR is using the techniques learned from the Sukuma people to help farmers from different ethnic backgrounds plant trees around their farmland in order to create a barrier between domestic animals and unwanted intruders. Through this knowledge sharing practice, CPAR is helping to fight deforestation while ensuring that farmers' crops are used for the nutritional needs of the farmers and their families.