

HORIZONS OF FRIENDSHIP

Horizons



HOPE PREVAILS

Four Indigenous leaders from Guatemala, Panama and Nicaragua take part in a gender-based workshop. Left to right: Veronica, Ebinia, Angelina and Doris.

Thanks to your generosity, this fiscal year we were able to make a tremendous impact in the lives of thousands of people in the communities to which Horizons provides key support.

We supported 16 partners in Central America and Mexico, with a total of 21 projects directly benefiting 75,690 people, and indirectly benefiting 173,502. The many projects we supported tackled critically important issues, such as violence against women, food sovereignty, migration, community health and ancestral medicine, Indigenous rights, and maternal and child health.

Thousands of additional community members were able to benefit through radio programs, massive educational campaigns on health issues, gender-based violence and labour rights.

Through the financial support you provide to make these projects a reality, we were able to support Indigenous groups in Chiapas, Mexico, Guatemala, Honduras, Nicaragua, Costa Rica and Panama. These groups are historically marginalized and live in abject poverty in very isolated areas. They know that we, Canadians, are there for them.

Development comes from the bottom up – community members know better than anyone else what they need and

how to achieve it. Local organizations shape these ideas and we, from the North, assist them in making the impossible a reality.

When we visit these communities, we witness how resourceful people are, using all the tools at their disposal and all the ideas that come from their experience to make it possible to advance, survive and thrive under difficult circumstances. Hope is the beacon that marks people's path, even in the direst of circumstances.

COVID-19 arrived at the end of our fiscal year, changing our lives and the way we interact with each other dramatically. It has shown us that resilience and adaptability are the keys to survival. *Read about how Horizons, its partners and community members are adapting to this new reality in this newsletter.*

Our community initiatives have saved thousands of lives throughout Central America and Mexico. You have played a big part in that, and should feel very proud. On behalf of the communities in the South, a big gracias to all of you for keeping them in your hearts.

P. Rebolledo

Patricia Rebolledo
Executive Director, Horizons of Friendship

Highlights: Our Year in Numbers

75,690

men, women and children **directly** benefited from Horizons' work.

173,502

men, women and children **indirectly** benefited from Horizons' work. Our projects help increase community and family access to food, improve health systems, increase livelihood opportunities, and reduce violence and injustice.

Canada

Migrant Workers

Through its Migrant Workers Outreach Program in Northumberland County, Horizons directly supported **124** migrant workers through **43** individual farm visits and **10** health and legal aid clinics. In partnership with sister organizations, Horizons also supported migrant workers who were victims of tax scams in 2019.

Public Engagement

As part of our Maternal, Newborn, and Child Health (MNCH) project, **7** Anishinaabe, Cree, Inuit, Mohawk and Oji-Cree women joined Horizons in Guatemala for a knowledge exchange with our Maya K'iche' partners, community leaders and comadronas.



Indigenous women living in Canada share stories with a Maya K'iche' midwife from Guatemala.

Panama

134 Ngäbe-Buglé peoples worked towards mapping and outlining how traditional food is prepared & preserved, improving nutrition outcomes for their families.



Guatemala

1,104 youth in Guatemala learned about consent, preventing gender-based violence and creating a life plan.



El Salvador

190 children and at-risk youth participated in musical and sports programs and **6** more communities started to set up their own programs.



Honduras

34 youth trained on cyberactivism generated an average of 36 monthly publications & social media campaigns to raise awareness about gender-based violence.



Nicaragua

34 participants in **11** Indigenous Miskitu communities participated in sexual health and reproductive rights workshops and training.



Costa Rica

230 primary-aged children in rural and low-income areas received books, musical, and sports equipment in their schools.



Mexico

204 Indigenous families were supported in setting up gardens to grow corn, beans, vegetables and fruits.



Investing in People & Communities

CASE STUDY 1: Food Sovereignty & Rights of Indigenous Peoples



Access to secure and nutritious food is key to the sustainability and resilience of any community. Horizons supports Indigenous communities' right to food by helping them establish sustainable and ecological localized food systems. In Chiapas, Mexico, Horizons' partner DESMI (Economic and Social Development of Indigenous Mexicans), which actively works to support community gardens and horticultural endeavours, also

regularly organizes activities that include children and youth. These activities ensure a whole-of-community approach towards achieving food security.

"It is important to involve our children as they will inherit what we leave behind. This activity was a special moment for all of us. The children said that they want us to keep protecting the land, our nature and our food."

- Indigenous Leader
Participant of Activity in San Joaquin

CASE STUDY 2: Community Health

Horizons' partners promote culturally respectful health care for marginalized communities, and this is a core feature of the Maternal, Newborn and Child Health project (MNCH) in Guatemala. Key to this has been training local health authorities, health professionals and medical and nursing students on culturally pertinent health care. This year PIES de Occidente, our local partner, undertook an ambitious diploma program on navigating and using the updated Guatemalan Comprehensive Medical Guidelines. The course uniquely focused on frontline community health workers who rarely have access to continuing professional development. Over a six-month period, 545 auxiliary nurses completed the diploma course. By directly investing in these frontline health care providers, the program is ensuring that rural and mainly Indigenous communities have access to better quality health services.



CASE STUDY 3: Migration & Gender-Based Violence

Horizons' partner FOCA (Formacion y Capacitacion) in Mexico led work to bring together 25 managers and leaders to support migrants and refugees in Honduras, El Salvador, Guatemala, and Mexico as part of the Mesoamerican Women's Network on Health and Migration.



"Women face so much abuse crossing the borders, and many travel with their children. ... We need strong leaders at every organization leading work to support women, their rights, and to help them stay safe during their journey. But we can't do this alone; to serve them we need to work together."

- Woman's Network Participant

Horizons' Staff and Board of Directors

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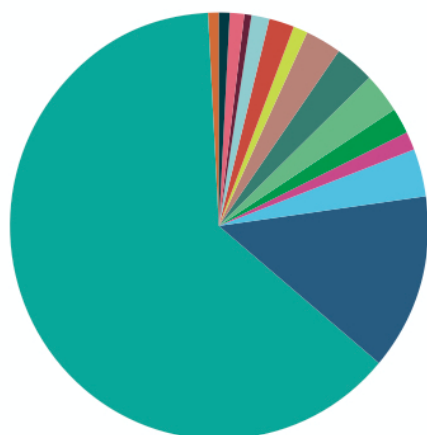
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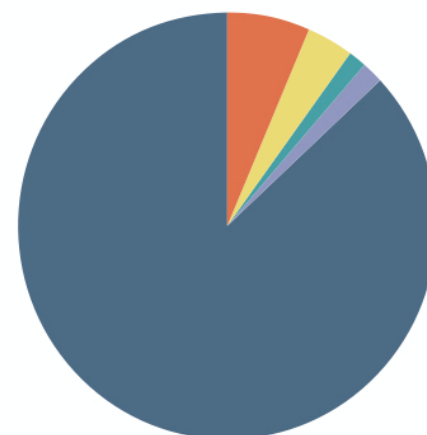
A group of Horizons' staff members congratulate our Mexican partner DESMI on their 50th anniversary.

Horizons of Friendship Revenues and Expenditures Year Ended March 31, 2020



REVENUES

REVENUES	\$	%
Rose and Zal Fund	7,058	0.22%
Bequests	38,425	1.22%
Fundraising Events	16,856	0.53%
Investment & Miscellaneous Income	41,314	1.31%
Major Gifts	58,006	1.84%
NGO Collaborations	42,259	1.34%
Thrift Shop	83,596	2.65%
Monthly Donations	98,067	3.11%
Endowment Capital Funds	100,000	3.17%
Delegations	58,650	1.86%
Oneness	44,803	1.42%
General Donations	111,295	3.53%
Foundations	425,572	13.50%
Government Grants (Global Affairs Canada)	2,009,299	63.72%
COVID Fed. Gov. Wage Subsidy	18,019	0.57%
	3,153,218	
EXPENDITURES		
Delegations	48,050	1.54%
Thrift Shops	51,220	1.64%
Operating	106,759	3.41%
Administration	206,923	6.61%
Program Expenditures	2,716,802	86.81%
	3,129,754	



EXPENDITURES

Note: The source for the figures are unaudited financial statements for the year ending March 31, 2020. Copies of the full audited financial statements are available at www.horizons.ca.

ACKNOWLEDGEMENTS

Horizons of Friendship gratefully acknowledges the generous support of the following donors during the 2019/2020 fiscal year.

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 Estate of Angus Rankin
 Charles van Duren

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 Patrick Sloan & Myra Colette Sloan
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The "Amigos" Circle (The Seeds)

Many thanks to the 221 donors that have made a monthly commitment to Horizons of Friendship.