

HORIZONS OF FRIENDSHIP Horizons

Helping Communities Lead Change



Indigenous Ngobe-Bugle leader Armando Sire (L) and Horizons' Dr. Paul Caldwell (R) discuss potential projects in the Indigenous territories of northern Panama.

What magic formula is behind Horizons' success over the last 50 years? It's simple: we let our partners in the South take the lead.

Since our founders, David and Christine Stewart and Father Tim Coughlan, returned from Central America in 1971, Horizons of Friendship has offered development and social justice programs that are designed and initiated not by us here in the North, but by communities in the South.

Our partners in the region are on the frontlines in their communities, tackling priority issues in ways that make sense to them. This is the essence of what makes Horizons different – we don't say "you should do this." We say "how can we help you make the changes and improvements you have identified?"

This philosophy starts with recognizing that communities in the South have the experience and wisdom to identify problems and craft solutions that work. And Horizons is there to support them in their journey.

There is no better example of how successful this approach can be than our recently completed Maternal, Newborn, and Child Health (MNCH) project in Guatemala with our local partner, PIES de Occidente. PIES recognized that the primarily Indigenous community of Totonicapán had the highest mortality rates for newborns and children in the country and in Central America.

They knew that a multi-pronged, systematic approach was needed to tackle this dire problem: providing culturally relevant education for women on safe maternal practices, training

and equipping traditional midwives (comadronas) and health care workers, getting the support of Indigenous leaders, better equipping hospitals, and much more.

As the agents of change in their community, PIES with the support of Horizons, put a plan in motion: developing project objectives, timelines, strategies, programs, methods, and a budget for the initiative. Here in Canada, we secured 85% of the funding for this project from the Government of Canada – the other 15% came from donors like you.

The five-year, \$13.2 million MNCH project was the biggest ever in our history. And it was a huge success; mortality rates for newborns and moms in Totonicapán fell significantly over the course of the project. Comadronas reported that they felt more equipped and trained to support pregnant women and newborns. The hospital and health clinics in Totonicapán are better prepared to attend obstetrical emergencies.

Our MNCH project, led by PIES, is living proof that our partners in the South have what it takes to make their communities a better place.

Every project Horizons undertakes, however big or small, is initiated and driven by the needs of the people. This "magic formula" ensures that donations are used wisely and that projects will have a positive impact on the day-to-day lives of families in the South now and in the future.

Dr. Paul Caldwell
President, Horizons' Board of Directors

HIGHLIGHTS: Our Year in Numbers

71,522

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

212,479

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

Horizons' projects help increase access to drinking water, medical services, sanitation, and COVID-19 supplies and information. They improve food security and the sustainability of farming practice, support young survivors of sexual violence and exploitation, preserve Indigenous culture, support labour, human and gender rights, strengthen local economies and opportunities, and build resiliency to future climate change effects.



Canada

Horizons directly supported **132** people through our Migrant Worker Program in

Northumberland County. We provided COVID-19 care packages, including food, hygiene items, and vital safety information, and supported the roll-out of vaccination clinics where 27 migrant workers received first and second doses. We also distributed 50 digital thermometers and 50 blood oxygen sensors for screening and monitoring of COVID-19 symptoms. In addition, Horizons conducted 40 farm check-in visits, and facilitated safe access to 31 health and legal service appointments and 17 appointments to government/business offices.

We acknowledge that Horizons' offices are located on the traditional territory of the Michi Saagiig and Chippewa Nations, collectively known as the Williams Treaties First Nations, which include: Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations. We respectfully acknowledge that the Williams Treaties First Nations have been stewards and caretakers of these lands and waters, and that today remain vigilant over their health and integrity for generations to come. We recognize that we have a duty to do more to learn about the rich history of this land, support work towards honouring the treaties, and support Indigenous peoples here and globally. Towards this goal, Horizons directly supports 10 Indigenous groups in Mesoamerica.

Panama

30 Ngäbe-Buglé Indigenous families built community gardens and orchards, learned sustainable farming practices, and studied the nutrition and culinary potential of edible forest plants with the help of a local university.



Guatemala

107 girls (ages 9 to 17), mostly Indigenous, who have survived sexual violence and sex trafficking are being provided with improved access to trauma-informed and culturally relevant healthcare as part of the Safe Haven Project.



El Salvador

33 underserved communities recovering from five straight years of extreme weather are learning and implementing sustainable agricultural methods, including beekeeping, and working to protect sensitive ecosystems and make them resilient to future climate change events.



Nicaragua

To help reduce the cycle of violence against women and girls, **2,580** Indigenous youth received training on issues such as sexual and reproductive health, rights, and the life-threatening complications of early pregnancy.



Costa Rica

625 families in four rural communities received improved in-home access to water with new infrastructure to connect a mountain spring to an existing aqueduct as well as training on water conservation.



Mexico

304 Indigenous women and their families in rural Mexico learned sustainable farming techniques, enabling them to grow and save enough food to fully supply their communities throughout the pandemic and to trade and sell surplus food.



Investing in People & Communities

CASE STUDY 1: Food Security and Community Sustainability



Women prepare medicinal tinctures in the community of San Francisco, Teopisca.

Community sustainability and health depend on access to secure and nutritious food supplies. This is a human right, but the pandemic and the last few years straight of extreme weather have challenged the resilience of food supplies and production methods for many Mesoamerican communities.

Three of Horizon's partners are working currently to address this issue. DESMI (Economic and Social Development of Indigenous Mexicans) in Chiapas, Mexico, is supporting small farming families to learn and implement sustainable livestock-rearing techniques and farming practices that can increase yields, save seeds, and make natural medicines locally.

ACUN (Ngäbe Cultural Action) in Panama and ACUDESBAL (Intercommunity Association of Communities Working Together for the Economic and Social Development of Lower Lempa) in El Salvador are providing supplies and support to implement more eco-friendly techniques that can build local food supplies and resilience to floods, fires, droughts, livestock damage, and so on.

“Communities have been able to integrate their children and husbands into the agricultural activities. In this way, the orchards have become a family job, so the workload of females in the communities is reduced with the participation of the men.”

DESMI

CASE STUDY 2: Community Health & Gender-based Violence



Students take part in an online training workshop on the prevention of violence during their last year of studies in medicine, rural social work, psychology, and education at University Center of the West.

Access to healthcare for marginalized communities is critical to maintaining human rights and dignity. This year Horizons and our local partner in Guatemala, PIES de Occidente (Association for Health Promotion, Research, and Education), wrapped up one project dedicated to improving access to healthcare and started another.

Our Maternal, Newborn and Child Health Project (MNCH) was completed in September 2021 and our Safe Haven Project began in January 2022, supporting young survivors of sexual violence and sex trafficking living in a government-run shelter.

At their core, both projects share a similar, ambitious focus of improving healthcare systems to better support marginalized communities. They do this by training local health authorities, caregivers, and current and future healthcare practitioners on culturally and age and circumstance appropriate care so they may provide improved services to these communities.

Our Safe Haven Project is working to provide training on violence prevention, sexual and reproductive rights, self-esteem and gender equality to support equal access to care for women, girls, and adolescents who request the services of the health, justice, and education sectors.



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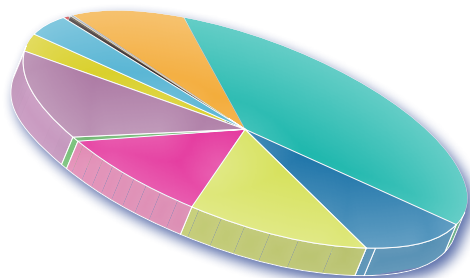
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Horizons of Friendship Revenues and Expenditures Year Ended March 31, 2022



REVENUES

Revenues	\$	%
Foundations	\$356,079.00	34.52%
General Donations	\$134,393.00	13.03%
Government Grants (Global Affairs Canada)	\$101,544.00	9.84%
Endowment Capital Funds	\$130,000.00	12.60%
COVID-19 Government Grants	\$111,540.00	10.81%
Monthly Donations	\$101,062.00	9.80%
Thrift Shop	\$46,708.00	4.53%
Investment and Miscellaneous Income	\$35,199.00	3.41%
NGO Collaborations	\$8,068.00	.78%
Major Gifts	\$3,851.00	.37%
Bequests	\$2,066.00	.20%
Fundraising Events	\$1,013.00	.10%
Rose and Zal Fund	\$129.00	.01%
Oneness	\$-	0%
Total:	\$1,031,652.00	

Expenditures	\$	%
Program Expenditures	\$773,491.00	60.76%
Administration	\$311,153.00	24.44%
Operating	\$168,213.00	13.21%
Thrift Shop	\$20,148.00	1.58%
Total:	\$1,273,005.00	



EXPENDITURES

Note: The source for the figures are from the audited financial statements for the year ending March 31, 2022. 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 2021/2022 fiscal year.

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