

#### THE GLOBAL GOALS For Sustainable Development





































Non profits, community groups, governments and multinational agencies, such as the UN, have spent decades working to reduce global inequity and social issues.

The United Nations was formed in October 1945 as a way to achieve global peace and provide conflict resolution. By 1948 it began to turn its attention to improving individual quality of life across the global community.

In 1948 the United Nations adopted the "Universal Declaration of Human Rights. In 1961 the "World Food Program" was established. And gender equality efforts were highlighted when they declared 1975 the "International Women's Year".

World Bank statistics report that in 2021, **9.2%** of the world's population lives in abject poverty\* as compared to **42.7%** in 1985.

\*less than \$1.90 USD per day

When the new millenium began in 2000, the United Nations adopted 8 Millennium Development Goals to accomplish by 2015. Amongst those 8 goals were eradicating extreme poverty and hunger, and achieving access to universal primary education.

Civil Societies, governments, businesses, and individuals around the globe were invited to work towards these goals. These first 8 goals made a significant global difference as people responded.

In 2015, the United Nations adopted **17 Sustainable Development Goals** to further the progress made in the first 15 years of the new millenium.

The Sustainable Development Goals serve as a blueprint to achieve global peace and prosperity by the year 2030.

Charities, businesses, all levels of government, and individuals are again invited to join in efforts to achieve a better global community, protect our planet, and create a peaceful world to be shared by all people.



This year, we taught our students in Ethiopia about the Global Goals, and how every person can do something to make the world a better place.













Canadian Humanitarian is part of this effort as we serve vulnerable, highrisk children and youth populations, their families, and communities. Each day our colleagues in Ethiopia, Ghana, Guatemala, and North America put into action the Social Development Goal ideals as they help students and their families achieve peace and prosperity within their own home today, and for the one they hope to create in the future.

We invite you to join our efforts, be involved, and share with those around you what can be done. So that we can each contribute to creating a safe, healthy, prosperous space to live and grow in our global home.

In our reporting of this year's activities we have indicated which Social Development Goals each of our programs and initiatives work to achieve. We hope you enjoy the successes that are achieved because of your involvement in this life changing work.

Together, we are truly changing lives in a changing world.



All persons, regardless of their residence, are globally intertwined. This means what impacts one sector will eventually affect others. Poverty and economic inequality lead to political and social tensions that can grow to create instability and conflict.

Poverty and instability in a home have an enormous impact on children. It factors into how they feel emotionally, perform in school, and effects their ability to have confidence to plan their future. Canadian Humanitarian reaches beyond the classroom to help support our student's homes and improve the quality of life for their whole family.



In October a team from the Alberta office travelled to Ethiopia and visited with women in their homes or at their business location. It was inspiring to see the positive impact this program is having!

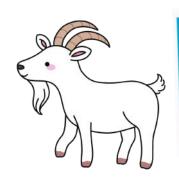
45
Women - owned small businesses launched





- Spices
- Shoes
- Clothing
  - Candles
- Roasted Barley
- E Kitchen Utensils
- Baskets
- Fresh Vegetables
- Coffee Ceremony
- Enjera
- Traditional Clothing
- Cosmetics
- Catering
- Deep Fry Fast Food
- Bathing Facility
- Bakery
- Hairdressing
- Hardware Supplies





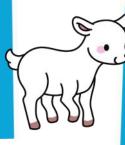
10 Families Received Goats



5 Families Received Sheep



13 Animal Kids were born



7
Goats or
Sheep still
to give birth

More than just a goat

"A recipient family in our Kersa program purchased a pregnant goat that had twins fairly quickly after they recieved her. Those twin goats are now old enough to sell. The local market value of one goat is 3500 BIRR (\$95 CAD). From the anticipated earnings, they will set aside an amount to bring water access to their home.

The main benefit to the family of having water more accessible is for their daughter, the sibling of the student in our after-school program.

This young girl currently has been struggling to attend school and keep up with schoolwork because a large part of her day is spent walking to carry water for the household. The walk is 3 km each way to the water soruce. Done once or twice every day it takes her several hours, creating a burden on her and the family. The family worried because the walk places this girl at risk of abduction or assault as she walks the roads alone, without protection of home or school.

Now they will not have this worry anymore."

- Bisrat, Ethiopia Country Director



Prolonged hunger and malnutrition negatively impact families and communities when members cannot work or participate in education processes fully due to ill health. Children suffer from wasting and stunted growth and are more susceptible to disease.

#### **Garden Programs**

Security issues in Ethiopia impacted the mobility of food commodities within the country, causing inflation in specific food sectors.

In response to this, each center has taken on a customized gardening program to augment family diets and the hot meal program at the the center. Any excess is available for sale to the general community.

Special Garden Clubs have helped to provide nutrition education, gardening education, and small business experience for the students.

Teams helped with the adjustment of compound spaces to find places to grow food. Staff, children, and their families worked on the gardens at the center throughout the year.



Common crops: Kale, Maize, Peas, Swiss Chard, Spinach, Carrots, Potatoes.

In the rural programs, excess produce was brought to Addis to supplement hot meal programs at our centers there. Students were also able to sell excess produce in local markets.







Healthy people are key to building prosperous societies. Health workers, health care facilities, medical supplies, and public health systems are crucial to creating healthy communities.

Health has always been one of the important focuses of our support. Volunteer health professionals combined with program staff and local clinical resources are an important part of the health services that are provided to all student beneficiaries and their families.



#### **Student and Family Health Care**

Each program has a medical contingency fund that can be accessed for students or their family members when Government Health Care Programs do not cover the health care needs. It is used for items such as emergency surgeries, medications, specialist appointments, physio-therapy, prescription glasses, hearing aids, or in-hospital stays.

#### On Site Handwashing Sanitizing Stations

Throughout the pandemic and into 2022, special handwashing stands provide sanitation for students and visitors as they arrive to the center. Situated near the compound entrance, it has been a catalyst for conversations around infection control, disease spread, and other health topics related to the importance of personal cleanliness.





Needed health care is extended to the guardians and family members of our students. One student's mother is diabetic. The center provided glucose test strips for her glucometer so she can better monitor her blood sugar levels and maintain good health.



#### Reusable Menstrual Kit Distribution

Environmentally friendly, and inexpensive reusable menstrual kits from Days for Girls have been given to young women who have begun menstruation. The kits are sewn by volunteers in Alberta and Saskatchewan, and carried with our expedition groups for our young women in high school and university to use. This year, Danielle and Rachel delivered another supply when they travelled in October to Ethiopia, and when Danielle travelled to Guatemala in November.

# Hygiene Supply Distribution & Saturday Wash Days

The After School Centers provide a safe place for students to recieve personal grooming items as well as a physical space for them to wash their clothing and to bathe each week. Usually Saturdays have some time set aside for students to come to wash themselves, their hair, and to help one another with laundry and hair care. Quarterly distributions of laundry soap, body soap, shampoo, and hair and body oil help students maintain their health.



#### **Nutritional Supplement Program**

In the early 2000's, outcomes for those diagnosed with HIV/AIDS was poor, with short life expectancies. With free access to anti-retro-viral medications, and TB medications, the prognosis for those with these life threatening diseases has drastically changed. Their life expectancy is now almost the same as a person without these conditions.

An important factor for treatment is proper diet and nutrition, so that the body is not negatively impacted by the medications. TB treatments include very strong medications that require good health and nutrition for those taking them. Those on ARV medications require more protein in their diet than is regularly available to our students and their family members.

A special program is offered at each center to provide additional food supplements to those students and families who need it because of the medications they are taking.



Education is key to upward economic mobility and overcoming poverty. Education has been found to be crucial when reducing inequalities, fostering a peaceful, more tolerant society.

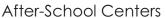
Canadian Humanitarian's focus is on education; whether academic, informal, or experiential, all help students build life-long skills, knowledge, and confidence in their ability to problem solve.

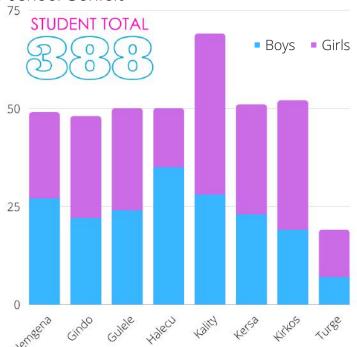
#### **School Attendance**

Providing education support is a core benefit of our program. Identifying and filling common obstacles that face a child's path to finishing their education journey is key to all our programs. Covering public, government school fees, purchasing school uniforms, providing educational materials (text books, pencils, note books, etc) are the basics and beginnings of our support.

#### **Tutoring**

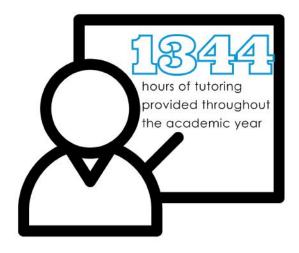
The most impactful asset of our education support program is our tutoring and academic support services. Daily attendance to the After School Center provides a safe environment to do homework, receive personalized mentoring from tutors, and learn from on site educators.





99%

of our students from last year are continuing with the program this year.





#### **Leadership Opportunities**

Students are given the chance to work together in group projects and activities that they lead themselves. Program Managers encourage them in creating leadership teams, and assist in planning and organizing specific activities. Students try to offer a community volunteer service at least once a year.

#### **Special Interest Clubs**

Based on the interests of those attending the center, special interest clubs are organized for students to join and learn from. This year, martial arts, gymnastics, gardening, drama, traditional dance, music, keyboard class (piano), table tennis, soccer (football), and reading were all active clubs.

### **COVID Restrictions Update**

#### **ETHIOPIA**

Students returned to classes in the spring. Since most class sizes exceed 70 students per room, special precautions were implemented to be COVID restriction compliant. This meant mandatory hand wash facilities and face masking were introduced. To keep class sizes smaller, instruction sessions were organized in shifts with new attendance hours. After spring term, the Ministry of Education removed the shift sessions and reduced class sizes, returning to the usual face-to-face, full classroom attendance at regular daytime hours. In October, students started a new academic year in this same environment, with masking and handwashing continuing on school grounds. Free COVID vaccines are available at school campuses to those 13 years and older.

#### **GUATEMALA**

Schools have been slow to reconvene since the declaration of the pandemic. Return to face-to-face education in schools has yet to be announced.



Gender equality allows the world's communities to progress upward. Girls and women represent half the world's population; denying them access to healthcare, education, or economic potential reduces everyone's opportunities for advancement and growth by half. Traditional views that devalue women or girls and their potential expose women to legally sanctioned injustice, violence, oppression, and social exclusion. Women must become full partners in their homes, communities, countries, and the world.

Our partner in Guatemala continued to have an impactful year, despite on-going school closures and growing pandemic numbers.



Their Mission:

To advance gender equality in Guatemala by supporting the empowerment of girls, women and youth to reach their highest potential and become innovative leaders dedicated to the creation of safe, equitable, and just communities.

#### **2021 Program Impact**

**DISTANCE LEARNING** 

400 children participated in

children participated in our "Blooming in Freedom" STUDENT LEADERSHIP

24

youth completed our online SERelCambio program

SUPPORT PROGRAM

**150** 

individuals participated in our whole-family support program

ADULT PARTICIPATION

40

women participated in our programs THERAPY

573

individual therapy sessions provided

SURVIVORS OF VIOLENCE

54

survivors received comprehensive support

"SERniña has been working in our school for 5 years, and for the first time since our school opened we have seen real change in the teen pregnancy rates. In fact, over the past few years we have had no pregnancies. It is very clear this change is from SERniña."

- Principal at SERniña Partner School

#### "Blooming in Freedom" - COVID Distance Learning Empowerment Program

To address on-going school closures and lockdowns, in 2021 we launched our "Blooming in Freedom" empowerment magazines to 400 children in our five partner communities. For this program, we re-designed our regular SERniña/SERniño workshop program into monthly distance learning magazines. Each magazine covers 1-2 of our "12 Core Modules" and includes key information and engaging activities. Each month REALgirl (SERniña) Facilitators lead individual coaching calls with each participant to check in on well-being, safety and magazine understanding. In 2021, over 2000 magazines were provided, reaching 400 children.

#### **Violence Prevention & Response Program**

In 2021, we launched a new branch of our program which provides holistic violence prevention and response support to survivors of violence in our programs and their family. This includes, but is not limited to free group therapy, free one-on-one therapy, free family counselling, free legal support, and personalized case support for each survivor of violence. In 2021, 573 therapeutic sessions were provided reaching 54 survivors of violence.

#### **Leadership & Community Activism**

SERelCambio (Be The Change) is a program aimed at young graduates of our flagship programs. Whereas our flagship programs focus on personal empowerment, SERelCambio encourages youth to apply their learning from SERniña/SERniño in their daily lives and step up as agents of positive change in their families, schools, and communities. Throughout the course of the program participants explore local community needs, brainstorm creative solutions, and then plan, execute and evaluate a youth-led community action project. In 2021, we ran SERelCambio online with 24 innovative, inspiring and driven young leaders. We look forward to growing this program in 2022.



#### **Fund For Innovation & Transformation**

This year Canadian Humanitarian was awarded a grant from the Fund for Innovation and Transformation (FIT) funded through and Transformation Fonds pour l'innovation et la transformation

Fund for Innovation

Global Affairs Canada. Canadian Humanitarian received \$244,000 of funding to launch a new approach to addressing gender equality and violence prevention Guatemala in partnership with our newest local project SERniña by REALgirl.

Through the support of FIT, Canadian Humanitarian, and our local partner SERniña by REALgirl is testing the impact and effectiveness of a holistic, family-centered, gender-equity focused violence prevention and response program in Guatemala. Key innovations of this project include incorporating Mayan restorative justice methodologies, offering a healing-focused approach to violence prevention and response, and engaging whole families and boys and men throughout the process.

#### FIT Project Objectives:



reduce rates of gender-based violence







We are only half-way through the project, which wraps up in August 2022, but already we have seen incredible impacts:

150 community members of all ages are



#### **REALgirl Ethiopia**



With schools re-opening we were finally able to launch the REALgirl and REALboy Empowerment & Equity programs! From June-September, over 50 children attending the Addis Ababa centers (Kirkos, Kality, Alemgena and Gulele) participated in bi-weekly half-day workshops.

## REALGIRL & REALBOY EMPOWERMENT

WORKSHOF THEMES

Critical Thinking and Using Your Voice Discovering Your REAL Self

(Authentic Self-Discovery and Self-Love) Understanding and Protecting Your Human Right Creating Your Own Path

(Personal Agency and Goal Setting)

Understanding & Overcoming Gender Roles

Creating Gender Equality

(Feminism & Women's Empowerment) Your Amazing Body

> (Puberty & Menstrual Health)

Your Body. Your Rules.

(Bodily Autonomy & Consent)

Comprehensive Sexual and Reproductive Health Education Creating Healthy Relationships with Yourself & Others

Healthy Communication Boundary Setting, and Violence Prevention) Your Body Is A Temple

(Nutrition and Exercise)

Claiming Your Strengths

(Closing Workshops)

All workshops were led by former graduates of the centers who served as relatable and inspiring role models. We look forward to running more REALgirl and REALboy programs in 2022, and growing the program to our rural centers!

"The role of girls and women in overall societal / community growth is undermined in Ethiopian context. However, it is very much instrumental. As the project focuses on empowering girls and boys to be dedicated to creating gender equal communities by giving them the knowledge needed for making informed choices and being enlightened for having the respect for each other, it paves the way for the journey out of poverty."

- Bisrat Sime, Country Director

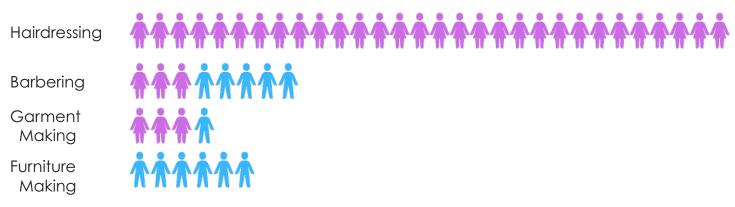


The opportunity to work for a fair income, to have work that is productive in a safe environment, offers employees good prospects for personal development and social integration. Decent employment drives economic progress, improved standards of living for all, and sustains economic growth.

#### **Vocational Training School**

Operated by the Ethiopian NGO, "SSCM", the school is now in its 11th year of partnership with Canadian Humanitarian. Initially this partnership was to help fund trainings for street youth, unable to continue in traditional academic programs. It remains a valuable option for youth who are not on an academic path, but are able to pursue training so that they have skills to provide a living for themselves.

#### **Current Students**



Graduates of 2020 had to wait until 2021 to sit their examinations and receive their Certificates of Competency to begin employment. During their visit in October, Rachel and Danielle were able to attend the long-anticipated graduation ceremony for that class. Thank you to the Stewart Family for providing awards and trade tools to the graduates on this special day!

Investing in education that provides high quality skills for industries where market demand is high improves the opportunity for decent work and employment for young people.



Of last year's graduating class, 85% of the Hairdressing students already have employment, and 100% of the Furniture Making students are working in their trade. The Barber and Garment Making classes don't yet have their final numbers for job placement.

#### **Hairdressing & Barbering**

SSCM's managers worked with the Ministry of Trade & Industry to add to the existing curriculum of Hairdressing. They have been newly accredited for Barbering so that students can choose one or the other, or both, as they work in this high demand service. New students for this program were accepted towards the end of 2021 for the upcoming study sessions. Hairdressing classes are held in the morning, barbering in the afternoon, so that the training lab is able to accommodate more students. Course completion remains a 10 month In-class training, with 2 month internship for job site experience.

#### **Furniture Making**

Wood working and Metal working trainings received approval to merge, with a new focus on Furniture Making. The combination of these two skills works well to create functional, atractive pieces that are in demand in the current market. This is also a 10 month in-class training with a 2 month internship component. Students recieve a Certificate of Competence in Furniture Making when they graduate.

#### **Garment Making**

New to campus, students receive training to be competent in using factory or industrial sewing machines that are typical in the growing clothing industry in Ethiopia. Completing the course also qualifies the individual to offer service to tailoring retailers, or to begin their own tailoring services. This is a 6 month, in-class course. Completion of the course provides a Certificate of Competency in Garment Making.

The vocational school continues to partner with other schools to offer trianing in Food Preparation, Catering, and Hospitality (waitressing) for those interested in the food industry, another large hiring market.















Partnerships are crucial. No one organization, person, corporation, country, or people is skilled in all ways to solve the challenges they face or those of their global neighbour. Joining together to share expertise, experience, and skills is the only way that finding a better life for all can be achieved. Everyone is welcome to join; private sectors, civil societies, government, educators, and professional corporations.

Together, the 2030 goals can be achieved.

As we work with our donors and partners, we see how quickly challenges and barriers can be eased or removed.

The work to change lives despite the challenging circumstances continues because of these valuable partnerships.

### **Implementing Partners**















### **Funding Partners**



Fund for Innovation and Transformation

Fonds pour l'innovation et la transformation





















Global Affairs Canada



D. Lawrence Penner

Stewart Family
Foundation

Dr Rizwan Manji

MRS JAQUELINE BURGHARDT MANJI

REALgirl for SERnina Funding Partners

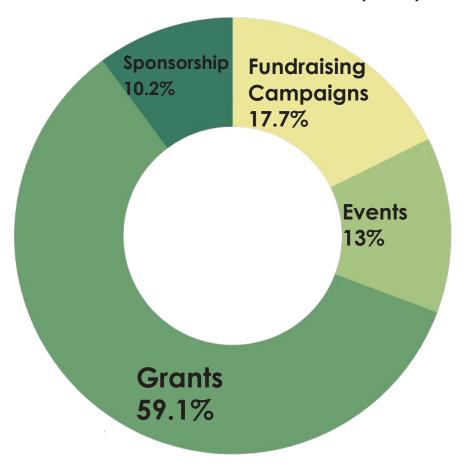


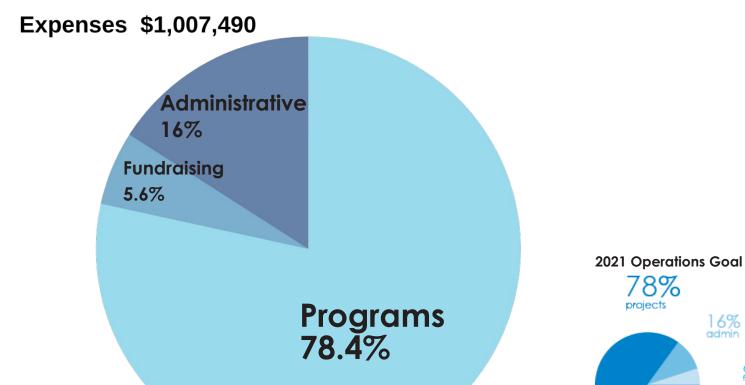
**Luis von Ahn**Foundation

### **Financial Report**

Global Organizational Operations

Income \$1,065,723







#### Coming up in 2022!

Hues for Humanity - Fort McMurray Hues for Humanity - Medicine Hat Hues for Humanity - Harmony

Test of Humanity - a Virtual Challenge

Beyond Belief Hope for Tomorrow

Calgary Marathon Toronto Marathon

### Highlights from our Office













Although regular expeditions are not yet back, we were able to send Danielle and Rachel from the office to Ethiopia to pass along your support and encouragement to the students,

visits to the centers in Addis, work with the Program Managers and staff, and get a report in person from the facilitators of the REALgirl Ethiopia summer workshops.

Danielle also went to Guatemala to support the team there with their work and reporting on the FIT program, and share with our students and staff the encouragement and enthusiasm we feel from all of our donors in keeping these impactful programs going.

#### A Visit From Bisrat

We were thrilled to have our Ethipoia Country Director, Bisrat Sime, come to Canada to meet with a variety of supporters, like previous expedition team members, Rotary Clubs, donors, supporters, and volunteers. It was a wonderful visit.



You may have noticed we have a new address! We moved into a new office space this summer, into a quieter part of town and smaller square footage as the hybrid office is becoming a constant reality for us. Thank you to the volunteers, staff, and interns who helped pack up, transfer us, and then set up the new space!

Make sure you update our info if you plan on sending us some mail! 203 - 1741 Dunmore Rd Se, Medicine Hat, AB T1A1Z8

### Office Staff



Dr Richard Northcott Executive Director



Deborah Northcott Expeditions & Volunteers Director



Danielle Skogen Program Development Director



Ana Velasquez
Project Development &
Marketing Coordinator



Rachel Austin Marketing & Sponsorship Director



Jessica Lavigne Financial Officer

### 2021 Internships

Adult Entrepreneurship & Student Files Coordinator
Roland Agodzo

**Sustainable Development Goals Education & Awareness**Precious Osadjere

**Canada Summer Student Jobs Interns**Joyce Fang
Daniel Da Cunha

Veronica Yeoman

### Our Board of Directors

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Dr. Edgar Cowtan
Shirley Lewis
Paul Morrell
Dr. Matthew Gibb
Jonathan Tieman
W. Ian Northcott
Heidi Pederson
Sarah Wood
Anea Bogue
Jordan Johnson

### Thank you

Amanda Olsen

Amanda VanderMolan

Andrew Allan

Angela & Bill De Silva

Arah Maskell

**Badlands Training Centre** 

Big Ridge Grocery Boylan Imaging Inc

Brenda Dyck

Brian & Nancy Lokhorst

Brian Heninger

Canadian Embassy in Addis Canada Fund for Local initiatives

Canmore Rotary Club Christopher Grauer

Community Foundation of Lethbridge

CORE Linepipe Inc Courtney Brown

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Ellie & Carter Siebens

FtMac Industrial Cleaners Ltd

Gaslight Dental

Graystone Dental Center

Holiday Inn Express & Suites Southeast

IG Wealth Jake Knelson Jason Cormack

Jayne Brooks

Kenny & Christine Cheung

Kim Boehme

KM Hunter Peterborough

LadCorp Inc Lance Watson Lyle & Sharon Taylor Marijana Agicic

Matt May

Medicine Hat Amateur Radio Club

Medicine Hat Brewing Co.
Medicine Hat Hearing Centre
Medicine Hat Rotary Club
Medicine Hat Tourism
Medicine Hat Toyota

Megan & Nathan Nunweiler

Melanie Bott

Nic & Shea Seaton

Oz Heating Paul Morrell

Peppers Pro Grass

PM Gigs Inc (Dueling Piano Kings)

SAAMIS Immigration Society Scotiabank Medicine Hat

Sean Wheeler Sharon Barr Shawn Hass

**Shooting Star Events** 

SIX ONE SIX
Stan Sakamoto
Susan Marrier
Suzanne Downey
the Bouey Family
the Burgoyne Family
the Dyck Family
The Groundskeeper
the McLeod Family

Viola Glaze

Walnut Beach Resort

Wayne Chesley

Zerocor



#### Fikru says:

#### What could i not live without?

I feel that living without my families, friends, my sponsor and my country is impossible.

Your contribution to my education and in fulfilling other necessary things is huge. It is with me since I joined the-project. Hence,I would like to express my earnest gratitude.

#### One world problem you would like to solve?

Facilitating access to education; medication and facilitating job opportunity to people living in rural areas would be my priorities. Because, they are parts and parcel of the population.



#### Hirut says:

#### What is the hardest thing you have done?

I used to be a very lazy student. After I joined the center and started to receive the special support, Istarted to change. Now I am among the top successful student. Last year I was the first ranked student in my class and this is a heroic success for me.

#### One world problem you would like to solve?

I want to ensure equality for women and men and help those in need, as well as to take care of and change disadvantaged children to be successful in life.



#### Derebe (mother of Lamrot) says:

Thank you very much for everything you are doing for me. I have been receiving treatment for thyroid disease for the last three years. During my treatment time the organization has covered my medical expenses from drug purchase to laboratory test.

I would say thank you for your support and I love you. Currently, my thyroid tumor was removed by surgery and I am totally healed.

