

MARY A. TIDLUND CHARITABLE FOUNDATION NEWSLETTER

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Angola, Africa - 2002

Angola has been ravaged by civil war for 27 years and finally achieved peace within its borders in April 2002, almost one year ago. Half of the population is under the age of 18 and knows only war. Allan Markin, chairman of Canadian Natural Resources Limited, (CNRL) sponsored a trip to Angola for Mary Tidlund, Dr. Violet Shadd and Eliza Cutcher, last October and November. The purpose of the trip was to explore if donated funds could be directed to the people in Angola in order to support and empower them in self-sustaining projects. CNRL generously provided office space and transportation that made the trip successful. The team met with the UN, UNISEF and many Non Governmental Organizations (NGOs), the oil companies BP and Chevron Texaco and local individuals.

Numerous NGO's were identified for future donations and at present we are in the process of donating funds to Development Workshop, and NGO run by Canadian, who have been in Angola for the past twenty years. The first project that will be funded is a micro finance project in the rural town of Huambo, which we visited. This is one of the hardest hit areas in Angola. The rebel leaders used this city as its headquarters during the war. The micro finance project mainly supports women in small business. The support given to women will educate them and give them experience with small business loans which in turn will enable them to feed and nurture their families more adequately. Other initiatives to be funded include medical and educational projects.

Further Expansion – Haiti 2002

In August of 2002 Mary Tidlund travelled to Haiti to review the ongoing water and education projects. Tal and Adele Woosley with Clean Water for Haiti hosted the visit. The building of the BioSand Concrete Water Filters is located on Tal and Adele's property outside of St. Marc. Toni, a local Haitian who works with Tal and Adele was busy building filters while the welders were busy building the moulds for them. During that trip Mary assisted in the securing of a home for the Ambroise family. We purchased beds, linen, kitchen and food supplies to assist in starting the family off in their new home. A successful hernia operation was funded for the young boy Ricardo, who suffered pain due to an enlarged hernia. Medical treatment was also provided for the other three children in the family. The Foundation will support the annual education fees for the children to attend school and the rental of the home.

In September 2002, John, Theresa Carruthers and family had a Haiti fundraiser in which family and friends raised approximately \$30,000 towards the support of the Ambroise family. In addition, funds were raised and donated to Clean Water for Haiti. The funds were used to purchase 8 moulds in the training program set up by Tal and Adele. Tal and Adele provide training for the manufacturing, installation of water filters, and the associated micro enterprises.

Special thanks to the Carruthers family and our many sponsors and donors that supported the fundraiser which enabled us to make this happen.

Mary Tidlund met with the two boys whose education is sponsored by the Foundation. Their report cards and progress was reviewed. All in all, they are progressing well.

Local Projects – Retreat 2002

In November the Foundation hosted another holistic one-day retreat for 12 registrants and 12 practitioners at SMEDS corporate facilities in the Priddis area. This was the first retreat held for men and it was well received by all participants. The theme of the retreat was similar to our past retreats in which we provided education to men about complementary therapies that could be incorporated into their daily lives to enhance wellness and health. Some of the complimentary therapies include yoga, meditation, Qi Gong, nutrition, acupuncture, Traditional Chinese Medicine, Reiki and drumming. Many thanks to all the registrants and the practitioners for making it a great day. Special thanks to Jan Stewart, Patti Maher and Cynthia Mackenzie who helped organize the retreat and to the staff at SMEDS.

Feeding the Homeless: Mustard Seed 2002

The Foundation completed four dinners at the Mustard Seed in 2002 and has completed its first one in 2003. Over the year we are committed to organizing and cooking four roast beef dinners in total that will feed approximately 1600 of Calgary's homeless at the Mustard Seed Foundation. Many thanks to the volunteers who help organize, cook and serve these dinners and to the generous anonymous donor, Tusk Energy Inc., and the Calgary Foundation.

New for 2003

We will continue to fund selected Angolan projects that support schools, educate orphan children, and medical projects that help alleviate Angolan's suffering from poverty. Application will be made to CIDA and the Wild Rose Foundation for matching funds for various projects.

John Carruthers will be travelling to Haiti for an update and to review our projects there.

The Foundation

The Foundation was registered on October 14th 1998 as a public foundation with Revenue Canada. The Foundation identifies, financially supports, and participates in medical and educational programs in Canada and overseas. The Foundation also has a mandate to help alleviate poverty.

The Governing Board

The Foundation is governed by directors Dr. Violet Shadd, a physician from Kitchener, Ontario; Alex Squires, a managing partner with Brant Securities Ltd., in Toronto, Ontario; John Carruthers with BP Canada Energy Company from Calgary and Mary Tidlund serving as President of the Board from Calgary, Alberta.

Endowment Fund

In February 2001 an endowment fund was started for the long-term growth of the Foundation, in which the interest or a portion of the interest is used annually.

THANK YOU

Thank you for each and every donation. Your donation made each project into a successful reality. Thank you to the Board members for direction and to all volunteers who have worked at the clinics, helped to feed the homeless, organized fundraising events, edited this news letter, updated the web site and most of all for fueling me with the drive to continue this great work.

If you are interested in making a donation please contact us at

www.tidlundfoundation.com or call the Foundation at (403) 269 2989.

Mary Tidlund