

Mary A. Tidlund Charitable Foundation Newsletter

Issue 8

May 2005

Dear Friends:

Our Foundation continues to grow and to make a difference at home and around the world. Over the past year, we supported worthy causes in Calgary, we continued efforts in Haiti, Guatemala and Angola, and we expanded our reach in Africa.

My personal impression of the past year was of the power of individuals in making a difference and that no contribution is too small to make an impact. I had the good fortune of meeting the Dalai Lama at the University of Toronto and it struck me that his message is what our Foundation is all about – he says that life is not about self but about what you bring to the community.

I continue to be humbled by the passion and dedication of individuals who are inspired to serve others – by your generosity of time, money and spirit.

With gratitude,

Mary

P.S. Watch for a more detailed account on our website www.tidlundfoundation.com

Foundation News

In addition to the support work that we carry out around the world, the Foundation continues to build upon its vision.

VISION FOR LIKE-MINDEDNESS – Our Board of Directors developed a vision statement based on the real need we have witnessed, the contribution of our volunteers and the willingness of like-minded organizations to work together. Our vision is to grow and work together as a creative part of our world community, with respect, compassion, understanding, and openness to empowering each other. Our objectives, through a combination of volunteers and financial funding, are to share and exchange knowledge of health, education and the alleviation of poverty.

A LIKE-MINDED INDIVIDUAL – In keeping with our vision, we are pleased to announce a wonderful addition to our board, namely, Bob McMahan, who for 31 years has been the executive director of St. Christopher-Ottile (SCO), a social agency in New York City which looks after 5,000 children daily at 81 locations in Brooklyn, Queens and Long Island. We can learn so much from this amazing organization, and are fortunate to have the benefit of Bob's vast knowledge and experience on our board.

A LIKE-MINDED ORGANIZATION – The Foundation is participating on a steering committee with Calgary's AGAPE Hospice, setting up a sister partnership to provide more assistance to the hospital and new hospice community outreach programs in Leitein, Kenya.

CIDA-APPROVED – The Foundation has been recognized by the Canadian International Development Agency (CIDA) as an organization eligible for international aid funding. CIDA is responsible for roughly 80 percent of the Government of Canada's aid funding.

Inspiring individuals

The ability of the Foundation to continue to expand the scope of our projects depends on the generous donation of time, money and spirit from individuals. We appreciate each and every donation and contribution. For their outstanding contributions, we would like to give honourable mention to:

- Calgarian Allan Markin, Chairman of Canadian Natural Resources Limited (CNRL), who generously continues to give our single largest, annual donation and Alex Squires for our second largest annual donation.
- John and Teresa Carruthers who are raising twins from Haiti and who continue to fundraise to support the twins' birth family in Haiti.
- Cathy Viccars who organizes the Foundation dinners at Calgary's Mustard Seed and co-chairs a fundraising bridge with Teresa Carruthers.
- 11-year old Sally Vos who raised \$370 for our family in Haiti, asking her friends and family to donate funds rather than buy her a birthday gift.
- Norm Hall who did the same.
- 82-year old Sydney Turner who held luncheon fundraisers in Calgary.
- Drs. Violet Shadd, Gulshan Lodhi and Yusuf Mnyusiwalla and retired principal Brian Barass from Kitchener, Ontario for their volunteer work in Kenya.
- The Mamujee family for their hospitality in Mombasa.
- Jeff Rolheiser, Peta Collings and Cathy Garratt from AGAPE Hospice Calgary who met with us in Kenya, coming from Calcutta where they had been working with the Sisters of Charity; and the support team from Calgary, including colleagues Fran Humphries and Dr. David Falk.
- Vlad Grigore, a Calgary teacher who donates time and his own resources to take inner city youth on backpacking and sailing trips.
- Jerilyn Wright who opened her home for a Calgary fundraiser which raised over \$14,000.
- Constance Van Rensburg and Ilze Riley, owners of Calgary's Jabulani Restaurant which raised \$12,000 at an evening of African cuisine.
- Kathy Tidlund for hand-making 100 finger puppets for the children in Kenya.
- John Black and Dr. Jim Swann for their assistance in getting medicines donated.

Ongoing projects

In Calgary, Foundation volunteers organized four dinners for the homeless at the Mustard Seed kitchen, feeding 700 people per night. We also funded a wilderness/leadership program for young people from Robert Warren Junior High School, giving them experiences to build self-esteem and confidence, and memories to last a lifetime. We utilized funds from the fundraiser held last year at Lord Beaverbrook High School, to renovate the home and van of Tom Parks for wheelchair access.

In Haiti we continue to support Lena Ambroise and her six children with housing and education. The Foundation also supports the Clean Water for Haiti effort initiated by Tal and Adele Woosley. The Woosleys have set up a micro-business teaching Haitians to build BioSand Concrete Filters. (These are filters developed by Dr. Manz from the University of Calgary, Davnor Water Treatment Technologies Ltd., and Camille Dow Baker from Center for Affordable Water and Sanitation Technology [CAWST]). The filters cost \$50 CDN and ensure potable water.

In Angola we continue to support our micro-finance project, working with the NGO Development Workshop. We contributed \$25,000, with an additional \$20,000 granted from Alberta's Wild Rose Foundation and \$25,000 from the Calgary Foundation / W. Brett Wilson Legacy Fund. The impact of the project is quite remarkable. When we started in Huambo two years ago, the city was one of war-torn buildings with no signs of life. When we returned last April, there were people everywhere, dressed with care and walking with purpose. Buildings had been restored and stores were open - many new and encouraging signs of life and purpose.

Our micro-finance project contributes to the bustling commerce. There are approximately 700 members, 81 per cent of whom are women we help finance in small business ventures. A number of women have told us that the additional income they earn enables them to feed their families two meals a day. We have received repeated thank yous from the recipients to all the donors.

In Guatemala, Calgarians Jacquie and Brian Lewis are continuing to support the internet connection the Foundation started last year. In addition to the Lewis' contribution, Dr. Heather Baxter, her daughter Jennifer and teacher Nancy McCutcheon traveled to El Remante in August 2004, to volunteer in the medical clinic with Dr. Enrique as well as assist in the school and computer centre there.

Plans are currently underway for a second medical clinic **in Trinidad**, to be held in November 2005 – a continuation of our project initiated last year through the generous support of Roy and Erma Wilson.

Expanding our reach in Africa

In Mombasa, Kenya, a team from Kitchener, Ontario, including our Foundation director Dr. Violet Shadd, Drs. Gulshan Lodhi and Yusuf Mnyusiwalla (radiologist) and retired principal/photographer Brian Barass worked in the Bomu Medical Clinic with HIV/AIDs patients. We paid for medication for many of the poor, and purchased an ultrasound machine for the clinic and trained a local technician. We also set up a tuition fund to enable a nurse, Fatuma Marshed, to get her RN certificate over the next two years. We purchased 20 wheelchairs and tricycles for the disabled from the Bombalulu workshop that is run by the disabled in Mombasa.

In Leitein, Kenya Mary Tidlund traveled with three volunteers from Calgary's AGAPE Hospice, Jeff Rolheiser, Peta Collings and Cathy Garrat, visiting hospitals, orphanages and a hospice. At the hospital we saw the poorest of the poor assisted at next to no cost and we saw the great need for hospital supplies. Caregivers wash out gloves for reuse, for example. As a starting point, we were able to donate four wheelchairs.

WISH LIST FOR FURTHERING OUR WORK...

Such is the nature of our Foundation, that one connection, one project leads to greater connection and more projects. We learned a great deal in 2004 about the need in Africa and we now know that we can do so much more there.

In Kenya and Swaziland the overwhelming realization has sunk in of how wide spread the HIV/AIDs situation is. The news reports alone are not enough to prepare one for the reality that – virtually every family is affected. Dealing with the consequences has become a way of life. There is a huge need to assist the dying in all aspects of their lives and their families' lives. There is also a need to assist them through education on HIV/AIDs.

Our Foundation could participate in sponsoring hospices for the dying. An inspiring example is a hospice in Manzini, Swaziland, that made it possible for patients to live their last years in a home with kitchen and bathroom facilities so family and loved ones could be with them. This is so important as so many die alone and in pain. The small homes were roughly 450 square feet and had been built and furnished by sponsors.

The Foundation might also assist the Good Shepherd Sisters in Meru, Kenya, in their work with orphaned girls. The Sisters are working with the horror of international trafficking of young women and children. There is a need to give young women who have been abandoned as a result of AIDs, skills and micro-finance programs that will give them options other than prostitution. The Sisters are able to support the girls until they are 16, but then they are on their own. With limited skills and options, many of the girls turn to prostitution. It would be great to have Canadian volunteers to teach the young women skills such as hair dressing and manicure/esthetics, and then bring them into a micro-finance program.

Another urgent need our Foundation could address is the need for clean water in Africa. We are looking into a water project with CAWST in Angola and Kenya, similar to the project in Haiti.

Seeing the success of our micro-finance project in Angola, we would like to raise US\$100,000 for expansion, to include all the towns along the country's main railway line.

CONTACT US

You can help by participating as a volunteer and/or donating funds to:

The Mary A. Tidlund Charitable Foundation.
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Tens of thousands of people-in-need, in Canada and around the world, are reached through the Mary A. Tidlund Foundation— through the efforts of volunteers and the funding of medical assistance, education and programs to alleviate poverty.