



Friday, September 19, 2014

Presidents Message

Greetings from the Sombrilla Board,

Well, we just wrapped up another eventful Sombrilla year and we hope you will all be able to join us at our upcoming Annual General Meeting to celebrate with us.

I am pleased to announce that we successfully completed phase one of the Micro Pharmacy project in Chajul, Guatemala. It was very rewarding to be working again with our historical partner ADIM. Details of the project's achievements are detailed further on in this newsletter.

Our first adult volunteer trip took place in this first quarter of 2014. We took a small but mighty team of volunteers to Peru and the trip was a raging success. Our volunteers journeyed to Peru to work with the community and Andean Alliance on the ongoing initiatives related to the Yurac Yacu school and community centre.

In another first for Sombrilla, we brought Yesenia Lazaro Roque from Yurac Yacu to share her experiences from her work in the Yurac Yacu projects as a pre-school teacher and youth leader. Any of you that had the pleasure of attending one of the events will agree that Yesenia was charming and engaging, and an excellent public speaker. Hopefully we will be able to bring more representatives from the communities we work in to share their experiences with you.

Two volunteer trips to Yurac Yacu took place this summer, involving many more youth this time. First the Peru service trip, a group of 17 youth, all former students of Strathcona High School, came down and helped the community to make 1000 adobe blocks to use in the construction of the final phase of the Community Centre. This group also raised \$15,000 for the Yurac Yacu project. They were followed by the 6th Edmonton Venturers who spent a week in the community filming for a video of the projects and getting to know the Yurac Yacu youth. The venturers worked hard to fund raise all the money they needed for their trip. Way to go everyone!

We have a busy fall planned so make sure to read through the entire newsletter. Upcoming, in addition to the AGM, we have a concert with Colectivo 97 which includes some of our friends from De Menor a Mayor. You can also join us and many other charities for shopping and entertainment at Just Christmas in November.

Sombrilla members, keep an eye out for revised Bylaws to be coming your way soon. The Board has reviewed the bylaws and made some small updates which we will be presenting to the membership for approval at the AGM.

Cheers Tracy

New Project in Honduras

This year Sombrilla is adding a new partner, Cooperativa Agricola Ezfuerzo Occidental Limitada (CAEOL), which is an agricultural cooperative in Honduras. Honduras is one of the poorest countries in Latin America with over two thirds of the population living in poverty. In rural regions such as our project area six out of ten households live in extreme poverty. CAEOL is made up of 86 members who are working together to reduce poverty for their families by producing food and vegetable crops. Sombrilla's project with the co-op will help the women to participate by producing seedlings for use in the vegetable production. 40,000 seedlings are needed by the co-op each month and, at present, they have to be bought from the other side of the country, which



About Sombrilla



Sombrilla International Development Society is an Alberta-based, independent Non-Governmental Organization (NGO) founded in 1985. Sombrilla develops partnerships with Latin American NGOs that share its values in order to assist them in their development. Sombrilla focuses on providing assistance that is result oriented and sustainable. "Sombrilla" is the Spanish word for "umbrella," which symbolizes the partnerships between organized communities from Canada and Latin America that assist in sheltering vulnerable populations from oppression while promoting community participation. Presently Sombrilla has projects in Guatemala and in Peru. These projects are focused on helping communities to gain stable access to basic health care, clean water, basic education for pre-school and primary school aged children, maternal and child health and economic development within the community.

Sombrilla's Mission



To empower the marginalized communities and people in Latin America so that they may assert their economic, political, environmental, cultural, and social rights; which enables them to improve the conditions and quality of their life in a just and sustainable manner.

is expensive, and the seedlings tend to arrive in poor quality.

The project will include the building of a greenhouse and training for the women. When underway this will empower the women in the co-op to contribute to their household incomes and to become more independent. It will also benefit the co-op as a whole by supplying good quality seedlings at a better price.

This fall we will be raising funds for this project at all of our events.

New Pharmacies in Guatemalan Communities

Our Guatemala micro-pharmacy project, with funding assistance from the Government of Alberta is now completed. Sombrilla and our partner NGO ADIM recently opened the second of two micro-pharmacies. The first of the new pharmacies was in Santa Cruz (shown in the photo) and the second in Uspantan. Both of these pharmacies are in communities where people previously did not have access to medications due to their remote location or their inability to pay the market value. The ADIM pharmacies provide subsidized medicines so that everyone will have access. We are really happy with the success of this project and look forward to our next endeavour with ADIM.



The Development Mirror by Sandra Cuadra

According to the dictionary, a mirror is an object that reflects a clear image. Speaking of human behavior, we can reflect our values and experiences to others like a mirror; we could be a good or bad model for others or some people perhaps want to imitate some of our actions. Even more if you are a parent; your children are reflections of your mirror, as they follow you!

Adults have major responsibilities to their children's education. If we want our children to have good values and to engage with their societies, we need to show them how, explain to them with examples from our own lives, not just by telling them what to do, but also demonstrate it with actions.

For example, if the parents volunteer with their communities, their children will have more willingness to do volunteer work as well. Also, if a person starts to volunteer from his/her childhood, it is more likely that he/she would volunteer as an adult. We need to take the initiative and make the difference.

Individuals and families shape communities and communities shape the planet Earth. Every one of us is part of a community or communities that face economic, social and environmental issues. Good community development happens when people are engaging and fostering a clean environment, equality, education and human rights for every one.

We should assume our responsibilities within society, be active in our communities and educate our children to collaborate with others.

There are a lot of people who think that community engagement is not important. I have heard people saying that they just care about their family and that is alright, but if you want a better life the community matters. We all live together on the same planet. Our actions always have effects on others even in communities far from us. We need to teach our children the importance of promoting healthy development and giving back to our communities.

Remember that our actions reflect our values like a mirror. Decide to be a good mirror for your community members and for your community development.

Sandra Cuadra

Yurac Yacu Project Update



Thank You to our Supporters

We would like to thank everyone who has supported us in our projects including,

- The Government of Alberta
- Choices in Community Living
- The Ontario English Catholic Teacher's Association
- The Monsignor Irwin Foundation
- The Calgary Federation of University Women
- Alberta Council for Global Cooperation
- Encana
- The University of Alberta Community Services Learning Program and especially the SPAN 406 class
- The Peru Service Tour
- 6th Edmonton Venturers
- Canadian Home Economics Foundation
- And the many individual donors and volunteers who have helped us so much.

Donate to Sombrilla



Donations to Sombrilla are tax deductible. You can donate to any of our projects through Canada Helps using the link below. If you would like your donation to go to a specific project please indicate that on the Canada Helps site. If you prefer to donate directly to Sombrilla cheques can be mailed to:

Sombrilla International Development Society

11424, 77 Avenue

Edmonton, Alberta

The past few months have been a busy time for the Yurac Yacu Project in Peru. June, July and August are high season for tourism in the Peruvian Andes and this year the Yurac Yacu Cafe was open throughout the season and for the first time it made a small profit. The proceeds from the cafe will pay for a little more than one month of the general expenses to run our programming in the community centre. This is a landmark in the project and a first step toward sustainability. We expect to see the cafe do even better in the future with more marketing and, in time we hope to see it provide more and more funding for the projects. As well as raising money for the projects the cafe contributes to the income of the women who work there. This year, between the cafe, the computer centre and the women's co-op twenty five women were working.

In January and February we ran a 6 week summer school program with the help of volunteer teachers Bianca Manly from Edmonton, Alison Bell from Invermere, BC, and John Hayes from the USA. The kids had a great time learning to cook foods from all over the world, mapping each country studied, and learning about other cultures. They also had a fine time at their science olympics day and really enjoyed the bottle rockets that John helped them to design and launch. They flew soooo far.

The preschool has 12 students registered again this year and the children have been enjoying their mornings with teacher Soledad. The program is very hands-on and the children have access everyday to the many toys and books that have been donated over the years. They also enjoy the outside play area and tire playground, and each child has a small garden to grow their own vegetables.

The women's craft cooperative has been busy knitting hats, toques, gloves, socks and other things. They work with their teacher, Berta, twice a week. They have been perfecting their designs and this year learned about using natural dyes. In March two Canadian women, Rita Milligan and Mary Leah de Zwart taught the women to use their new sewing machines. The sewing classes were really popular and the women were all really excited to sew their own knitting bags and diapers. On return Mary Leah was able to access a grant from the Canadian Home Economics Foundation which will provide more machines and will pay for a teacher to continue to work with the women on their sewing. Expect to see some of their work at Just Christmas next year.

The youth leadership group has been working with an instructor on a series of local hikes that will be of interest to visitors to Yurac Yacu. When the guiding office opens in the centre next summer, they will be ready to lead hikes in the area and to tell people about the natural history and culture of the Yurac Yacu area.

Over the summer, the community hosted two groups of Edmonton youth. The Peru Service trip was a group of 17 young adults who raised \$15,000 for the project this year then came down to help make the adobe blocks for the construction of the final part of the community centre. Their goal was to make all 1000 blocks needed for the construction. It was a huge task but they were determined and they did it.

The 6th Edmonton Venturers also spent a week with us. They spent their time getting to know the youth of the community, hiking in the mountains, playing with the children in the preschool and filming everything. Lookout for the video they were working on later this fall.

Many thanks to all the volunteers that visited the project over the past few months. We couldn't have done it without you.

Peru Service Trip by Tim Schwalfenberg

For two weeks this summer, I had the privilege to travel down with a group of sixteen amazing individuals to the community of Yurac Yacu near Huaraz, Peru. During our time there, we had the chance to work closely alongside many community members to construct one thousand adobe bricks for use in the construction of a community expedition centre. Despite the language barrier, we were able to share many moments of fun as well as laughter with the community members as we worked together and in the process formed connections that will last far longer than two weeks.



Along with the construction that we were involved with, many of us also had the chance to help out with the education classes offered through the local community centre. The kids that we were able to work with were absolutely adorable and reminded many of us of younger siblings or children that we interact with on a regular basis at home. Part of our involvement with the education classes included a dental clinic where we were able to teach many families the importance of dental hygiene as well as provide

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Thank you for your support.

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<https://www.canadahelps.org/en/charities-international-development-society/>

Sombrilla Calendar of Events

Sombrilla AGM

Our annual supporter and volunteer appreciation evening and AGM is coming fast. Please join us on Friday October 24th at La Cité francophone. We continue to work with our partners to make change for communities in Peru and Guatemala and Honduras and we couldn't do it without you. This is our opportunity to say thank you to everyone who has contributed to Sombrilla in any way.

Please join us for our 2014 Annual General Meeting followed by a celebration of our year

and recognition of our members, supporters and volunteers

Friday, October 24, 2014

La Cité francophone 8627 rue Marie-Anne-Gaboury (91st Street)

Cocktails & refreshments at 7pm

AGM: 7:30-8 pm

Reception 8-9:30

Features: Complimentary finger foods, wine, beer and out Sombrilla pisco sours.

Update on present and upcoming projects

Conversations with current and former board members

RSVP not required, but we would love to know if you plan on attending!

them with tooth brushes and toothpaste to help them keep clean gums and teeth. The day after the clinic we had the privilege of seeing one of the community's young boys proudly brushing his teeth for all of us to see, which was demonstrated once again to all of us that the time and money being invested in this community is more than worth it.

Aside from our involvement in education and construction, we also had the chance to experience the beautiful Andean mountains and the intricate culture of the people who live there. Throughout the course of our trips we were able to take two different hikes into the mountains, grabbing just a glimpse of their marvelous beauty and we also had the privilege of experiencing three different pachamancas (local community dinners) full of fantastic food. Both experiences made us fall even more in love with the country of Peru, and I'm sure that if we get the chance many of us will return to visit the friends that we were able to make in the Yurac Yacu community.

Overall, the entire trip was a life-changing and fully worthwhile experience. It has given us a chance to have our eyes opened to the world beyond Canada's border and our place as global citizens in the world today. We would like to thank everyone at Sombrilla for your support as this trip and the development of the Yurac Yacu community would not be possible without you. We hope you all have a wonderful fall and a fantastic year ahead.

Interview with Evelyn Frey by Zenashe Aytenu

Evelyn first met Bert in Bruderheim where he was teaching junior high school and boarding with her parents. She was working as a secretary in Edmonton but came home on weekends. Bert normally went home to his parents in Josephburg on weekends but, after crossing paths with Evelyn a few times, Bert started to spend more time in Bruderheim. Bert and Ev married in 1949 and went on to have four sons, Marc, Dean, Lane and Lee. At one point, Bert attended Seminary in Pennsylvania, and then completed a second degree to become a school psychologist. In 1980, the couple moved to Tanzania for two years, where Bert taught typing and Evelyn taught English to young adults.



Upon their return to Alberta in the late 1980s, Bert and Evelyn assumed an increasingly influential role in the LGBTQ rights movement. It should be mentioned that the roots of their awareness and support for the LGBTQ community went back many years. During her career as a Medical Secretary at Alberta Hospital and in the University Of Alberta Department Of Psychiatry, for instance, Evelyn remembers having been distressed to learn about the high incidence of suicide and attempted suicide among gay people. In talking to gay patients, she learned more about how deeply they suffered from discrimination and abuse, as well as self-repression and personal torment. She and Bert were angry that homosexuality continued to be considered a criminal offence, and they committed to do what they could, when they could, to help this marginalized community.

In 1990, the Freys took on a challenging role in promoting LGBTQ rights when Bert and Ev were invited to assume the ministry of the pastoral charge of Champion-Carmangay, which had just undergone a difficult split over the issue of ordaining gay clergy. They led the congregation through an extensive dialogue and study with the result that the members petitioned the United Church General Council to welcome gay and lesbian persons into the church ministry.

Upon their return to the Edmonton area, the Freys continued to take every opportunity to advance LGBTQ rights. At their suggestion, a group of nearly fifty supporters joined to organize the first ever Diversity Conference of Alberta Society. Beginning in 1998, this group annually hosted a conference to raise awareness and promote the gay community in Alberta. The first conference "Embracing Spirituality, Embracing Sexuality" took place at Grant MacEwan College and featured a concert and multiple speakers including Bill Siksay, MP, and Bill Richardson, a well-known radio broadcaster and award winning author, both of whom happen to be gay. When Bert and Ev walked into the hall, the two hundred people in attendance gave them a standing ovation. The Freys were also recognized for their amazing work with an Edmonton Pride Certificate in 2009, a Volunteer of the Year Award from Affirm United in 2004, the Agape & Community Hero Award from the

Contact us at 780-988-2976 or sombrillahome@gmail.com

Colectivo 97 Concert; Canto Para una Semilla, The Story of Violetta Parra



Sombrilla is proud to partner with Colectivo 97 to present an evening of music honoring the life and work of Violetta Parra (1917-1967). Violetta Parra was a Chilean singer songwriter who was one of the pioneers of Nueva Cancion Chilena (Chilean New Song) which has influenced much of the music of Latin America. She was an inspiration to artists such as Victor Jara and Mercedes Sosa. One of Violetta Parra's most famous songs is Gracias a la Vida.

Saturday November 29th

Expressionz Cafe

Doors at 7 pm

Concert at 7:30 pm

Tickets \$20

Contact Sarah at 780-988-2976

sombrillahome@gmail.com

Or buy your tickets on-line through eventbrite.

>> <http://www.eventbrite.ca/e/colectivo-97-presents-canto-para-una-semilla-the-story-of-violetta-parra-tickets-13205890173>

Just Christmas.

Faculty of Education at the University of Alberta in 2004, and many other honors in recognition of their efforts and contributions.

While the question of LGBTQ rights was a passionate interest of Bert and Evelyn, it was not their only focus for social justice. The need for food security in Edmonton became a major preoccupation of the couple, and as in the case of human rights, they threw themselves fully into their efforts to help. As in the case of LGBTQ rights, Bert's and Evelyn's involvement was catalyzed by their personal experiences and observations. They happened to pass by a major grocery store just as an employee was emptying bread and produce into a dumpster. Bert and Evelyn were horrified and couldn't help enquiring as to why food was being thrown away in a city where people go hungry on a daily basis.

When they learned that store regulations prevented the selling of items deemed to be expired, Bert and Evelyn went into action. They organized a weekly bread run, which involved the efforts of store staff, and a team of volunteer drivers and delivery people. The produce and bakery staff was encouraged to set aside the expired, but still edible, products, until a volunteer could collect the goods and transport them to places such as the Youth Emergency Shelter and low income neighborhoods, where families waited thankfully for a share of the food. As in all their projects, Bert and Evelyn were not just the organizers, but also the boots on the ground. They rose early every Saturday morning for years to volunteer with the Bread Run.

A truly extraordinary couple, Bert and Evelyn exuded respect for all people and a steadfast and quiet strength, which they dedicated fully to the cause of social justice and community development. Sadly, Bert passed away in 2012, leaving behind an incredible legacy and wonderful memories in Edmonton and many other communities. Evelyn Frey continues to shine in the Edmonton community, as she devotes herself to her own family and extended family, her Garneau United Church community and the Ashbourne community where she now lives. You can find Evelyn helping out at the Garneau United Church's Food Security program bright and early every Saturday morning, playing the piano. She still makes time every year to join the United Church float at the Edmonton Pride Parade and despite missing Bert painfully every day, she carries on his legacy, helping people in the same way that they have done together for over sixty years.



Sombrilla will be at Just Christmas on November 28th and 29th. We have beautiful hand knit toques mitts socks and scarves from our Yurac Yacu women's cooperative as well as new weavings and ceramics from Ayacucho Peru.

Friday November 28th 5:30 - 9 pm

Saturday November 29th 9:30 am - 4 pm

Alberta Avenue Community Hall

9210 - 118 Ave.

Featuring international gifts for purchase, food, live entertainment

Free Parking * Admission by donation.

Chocolatada

A chocolatada is a Peruvian holiday tradition in which people gather, drink hot chocolate and celebrate. In Peru often those with more financial means will host a chocolatada for their community.

We have been fortunate over the years to spend much time in the Yurac Yacu Community and to have made wonderful friends there. Our involvement with this community has enriched our lives in many ways, and one of the celebrations we have brought home from there is the Chocolatada.

We hope you will join us for an afternoon of hot chocolate and friendship. Come for 15 minutes or for several hours!

Sombrilla International Development Society
11424 - 77 Avenue
Edmonton, Alberta, Canada
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Sombrilla crafts will be on display, we'll have fair trade chocolate for sale, and donations to Sombrilla projects will be gratefully accepted.

Que? *A Chocolatada*


Porque? *A fun gathering of friends and a benefit for the Yurac Yacu Community*

Cuando? *Sunday December 7th, 1 to 4 pm*

Donde? *Cashmore Goldie House, 11424, 77 Ave.*

Travel with Sombrilla




We are in the process of putting together some trips to our projects in 2015. We are planning on a trip to Peru in late March to early April, visiting both the beautiful colonial city of Ayacucho during Semana Santa and the magnificent Cordillera Blanca and our Yurac Yacu Project. In late July to early August we will be taking a combined youth adult volunteer trip to Yurac Yacu. The project will be to build fuel efficient stoves with chimneys with community members. Look for more details to come, or if you know you are interested contact us, Jeff Goldie or Sarah Cashmore, 780-988-2976 .

Join the Sombrilla Team

Do you have a strong interest in International Development. Do you have connections to Latin America? We are always looking for volunteers. We have positions open on our board of directors, on committees and for events.

Right now we are looking for someone to head our fund development committee.

If you are interested please contact us at sombrillahome@gmail.com

or call Sarah 780-988-2976 .

