



# A HAND UP NOT A HAND OUT

Providing practical & sustainable  
solutions to poverty



# CLEAN WATER AND THE FIRST STEPS OUT OF POVERTY

## UPDATE: Moal Yian and her husband Luan, Prongil village

Moal and Luan and their five children lived in poverty, owing debt and labour from one season to the next so they could never do any more than barely live hand to mouth. They were earning a meagre \$1 a day—a quarter of the average income.

Without clean water, the family were often sick. Sickness here means that the family can't earn enough to eat let alone afford any expensive medicine. Yian was very sick with anaemia and malaria. She almost lost her life because she had to keep working to earn enough rice to feed their children. When she could not work or even walk anymore the whole family lost all hope.

Just \$100 brought the Yians access to clean water has enabled them to live in sanitary conditions.

Moal and Luan were able to increase the size of their garden and grow enough to sell at the local market. They were able to get out of debt, buy wood to build a proper house and even start a palm sugar business.

They have recently bought two cattle and a plough and cart to go contracting on neighbouring properties. They've even managed to earn enough money to buy another two plots of land to grow more rice. All five of Moel and Luan's children now attend school.

The Yian family now earn \$30 a day.



*The Yian family before receiving their well*



*The Yian family after receiving their well*



## THE PEOPLE BEHIND HOPENZ CHARITABLE TRUST

**On behalf of those we have helped and those we want to help in the future, thank you.**

It has been overwhelmingly gratifying to experience the continuing level of support from our generous donor base despite difficult economic times.

If you have been supporting HOPENZ previously you will note that we have changed our name from HOPE International Development Agency (New Zealand) to the much simpler HOPENZ. We remain committed to being a fully functioning member of the HOPE International Family and its philosophy of helping the poorest of the poor to help themselves. But with a new name and logo.

We are now half way through our biggest single year of projects in Cambodia, please read the updates on families that have appeared in previous brochures. By the end of 2013 there will be an expanded Dry Season Rice farm—in just two years the current facility has dispersed

seed to 500 families—plus we will establish a second facility, more wells, more latrines, more training. Exciting!

We are also scoping a major project in the Philippines: this project will be our biggest single project. It will take two years to complete and involves tapping springs to provide remote indigenous village's access to water plus a training programme in sustainable agriculture. Please read more about what's happening in the Philippines. We see tremendous benefits in this project but in order to complete and therefore maximise the outcome we desperately need your on- going support.

Please use the information on the back page to set up direct payments using on line banking. Donations are tax deductible.

**Kurt Boyle, Chairman , HOPENZ**  
*Kurt is a Company Director based in Auckland*

# HYGIENE

HOPE provides practical solutions for real problems affecting real people.

## UPDATE: Sem and Chea Khean, Svay Pak village

Sem and Chea and their three children spent every day searching for mushrooms, bamboo shoots, and fish to eat. Unfortunately it was never enough. They got paid labour whenever they could to help out. They didn't have enough water to drink or clean with, let alone enough to plant a garden.

They were unable to send all their children to school as they never had the money and needed help just finding enough food to survive on. They were always sick and had to always borrow money from people that live near house for their medicine.

After receiving the well Sem, Chea and their family are very happy. They have clean water

to drink and wash with and can now plant crops to feed the family and are able to take the surplus to market to earn money.

All their children now attend the local school. They have bought a bicycle for their children to get to school.

They say that getting a well from HOPE is like being given gold.

**\$100/family**  
will provide clean drinking water.



*Mrs Chen is a happy and healthy lady today.*



[www.hopenz.org.nz](http://www.hopenz.org.nz)



**Patricia Horne, Treasurer**  
*Patricia is a Chartered Accountant based in Auckland*



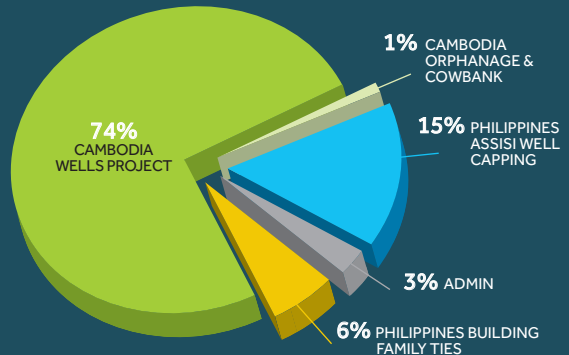
**Lowell Sheppard, Asia Pacific Director**  
*Lowell supports the work of Hope International Development Agency in the Asia Pacific Region and is based in Japan*



**Richard Brown, Board Member**  
*Richard is a Company Director based in Palmerston North*

## Where your money goes...

**97%** OF YOUR MONEY GOES DIRECTLY TO THE PEOPLE THAT NEED IT



# SPRING TAPPING IN THE PHILIPPINES

## The problem

It would be safe to say that the Filipino people might be considered the "poorest of the poor" in regards to water access—only a quarter of the poor get piped water into their homes, and the indigenous peoples have even less hope of government water supplies ever reaching them in their remote and often inaccessible mountainous communities.

These communities struggle to survive on water from contaminated sources. They simply lack the organisational capacity, technical know-how and resources to develop the water springs in their areas.

A lack of clean water leads to poor nutrition, sanitation and hygiene, making these people very vulnerable to diseases like gastroenteritis, skin disorders, and diarrhoea.

The burden of fetching water falls to the women of the family, who usually have to hike over long distances and steep mountain trails to reach water. This takes them away from more active and productive participation women have within their communities, meaning that development of their communities is limited and they are unable to break the cycle.

## The solution

This water project is the important first step of the larger programme which uses a comprehensive framework to establish community livelihood projects and capacity through peace building, community schools, sustainable agriculture training, advancing women and health causes.

Help us with the first step for these communities to be able work their way out of poverty.

*Feedback from a recently completed project by a teacher*

"We never thought we'd get this water system project, or even dared plan for it, since we know it is impossible for us considering the huge investment required."

**\$50/person**  
for clean water



**Help us now! See the back page to help with this important project**

# DRY SEASON RICE PROJECT

## The problem

The rainy season is the only time of year that provides the abundance of surface water necessary to grow rice and enough of it must be produced during this season to ensure there is food to last for the year. When there is not enough, families are forced to leave their village during the dry season to engage in poorly paid, often dangerous, labour jobs in a city.

## The solution

The Dry Rice Project trains farmers in the techniques required to enable farmers to grow rice in the dry season. Simple irrigation systems are being set up to provide water year round, and seed banks are established within the communities to help farmers bridge the gap between growing cycles. Members make contributions to the 'bank' in the form of seed and they may withdraw this seed, with interest, at a later date. This ensures that there is enough seed for the next cycle of rice and in times of emergency, provides food for families.

With this system in place families no longer have to struggle to grow enough rice over the rainy season just to feed themselves. And they are able to take the next step in their future and generate sustainable incomes by selling their surplus rice enabling them to build better housing, send their children to school, and help the rest of the community by employing other villagers.

## An update

So far 80 families in Prahos Kbal and Ptea Rong villages have benefited from the Dry Rice Project. The distribution of new variety of dry season rice seed, water pumps and non-chemical fertilisers was carried out in February 2013. An area of 56 ha which was previously unable to be used during the dry season has been cultivated and the first harvest for the two villages is expected in June 2013.

The ChomroeunPhal community has also extended their production area to be able to put aside 1.5 ha of land solely for rice seed production to ensure enough quality seed is produced to extend the project.

# \$610

will provide a water pump for growing rice during the dry season.



**HOPE helps families grow food and earn income sustainably**

# PROVIDING THREE YEAR SCHOLARSHIPS

**\$185**/year or  
**\$15**/month for 3 yrs  
will send one  
child to school.

## You can:

- Write to your child—the children love to receive letters and photographs from you
- Support more than one family or child
- Expect to receive yearly progress reports on your child either in the post or by email

## HOPENZ currently sponsors 27 children, help us to help more

Discrimination and poverty are robbing indigenous Filipino children of their future. Despite their best efforts and hard work, families simply cannot afford to send their children to school. Providing for their basic needs is difficult enough and there's simply not enough money to pay for school. Education is one of the best ways to create a future full of hope for an entire generation that would otherwise suffer the same fate as their parents.

## Your support provides your child with:

- Tuition fees, school books and supplies
- A safe environment in which to learn, including personal hygiene skills and HIV/AIDS prevention
- Assistance and additional skills training for rural teachers
- Nutrition training and supplements
- The opportunity to eventually choose an occupation that provides self-reliance and freedom from extreme poverty



Dear Sponsors,

My name is Jerome C. Bansilan. I'm seventeen years old. I wish to become a policeman someday so I can help my mother because she is the only one working for our family. Because of your help, I am able to go to school and learn how to read and write and many more.

I'm very grateful to you. May God bless you always. Have a good day!

Dear Sponsors,

First of all, I'd like to greet you a good day!

My name is Diana Gulam, a fifteen-year-old pupil. I'm now in the Grade IV level. I'm the fifth child among the nine children of Mrs. Editha who is the only provider of the family. I wish to become a teacher someday so I can teach the children in our community.

Thank you very much for your help.



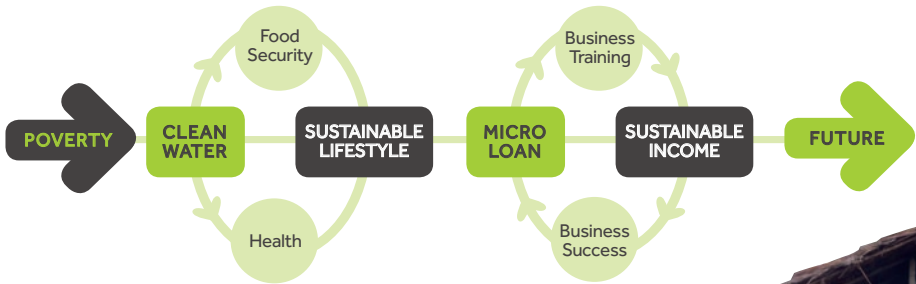
Diana Gulam

The effects of your support will last a lifetime.

# MANY FAMILIES ARE STILL WAITING FOR A HAND UP

Our development programme focuses on clean drinking water, sustainable agriculture, primary health care, family income development, education, training, and bio sand water filters, and can move those in desperate need to a new life that has hope and a sustainable future with a regular income, education and improved health. Your generosity can give them a new tomorrow.

When you give to HOPENZ you're giving to the people that need the money. HOPENZ is unique in that overheads are practically nonexistent. 97% of your money goes where it will be appreciated most—with people that need it. HOPENZ remains committed to Cambodia but we also acknowledge the great need in the Philippines. We've established a relationship with a well respected local organisation based in Manila. Going forward HOPENZ will evaluate, design and implement projects in both Cambodia and the Philippines. Although we have changed our name to HOPENZ to reflect our kiwi roots, we remain committed to being a fully functioning member of the HOPE International Development Agency family and its philosophy of helping the poorest of the poor to help themselves.

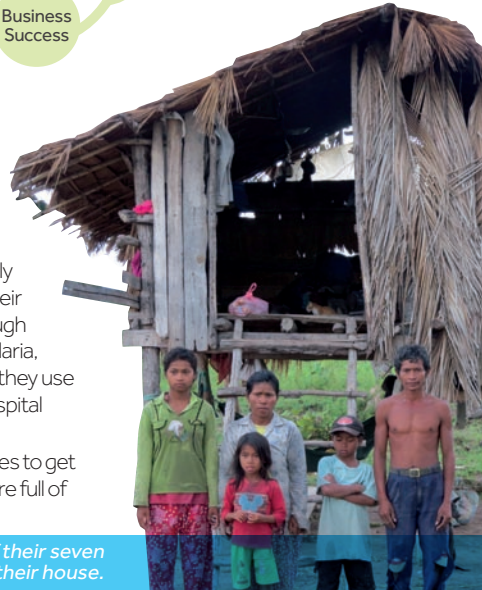


## Hat and Paingal Hun, Say village

Hat and his wife, Paingal, and their seven children, live in Say village, Prongilcommune PhnomKravanh district Pursat province. They live in a small one-room shack.

Everyday they try to survive by finding fish, lizards, spiders, frogs, leaves, and wild fruit and vegetables. Sometimes they can find work for rice or money. Their only real source of water is nearly 3km away so they can't plant crops. They are unable to send all their children to school because they need to help the family find enough food or work everyday. The family is often sick with diarrhoea, malaria, typhoid, and dengue fever from the contaminated water source they use for drinking and washing. Paingal has to borrow money for the hospital visits. They are in a cycle of poverty with no way out.

\$100 will secure a well providing clean water. Clean water is all it takes to get Hat and Paingal on the path to healthy sustainable living and a future full of hope for their children.



*Hat, Paingal and three of their seven children, outside their house.*

When HOPE is present everything becomes possible.

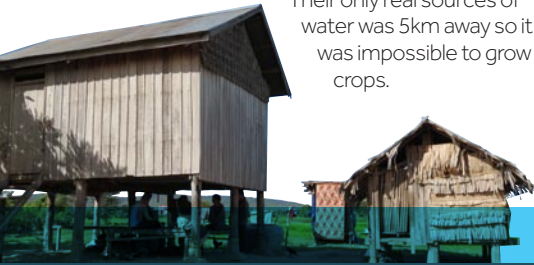
# A LITTLE GOES A LONG WAY

## Ms Pech Mourn and her six children, Prey Omal village

Pech and her family were living day-to-day working for rice and finding mushrooms, bamboo shoots, small crabs and wil leaves to eat.

Her husband died from malaria and liver problems caused by their contaminated water. They had no money to take him to the doctor.

Their only real sources of water was 5km away so it was impossible to grow crops.



None of the children were able to go to school.

## They received a well

They now have clean drinking water and sanitation so are no longer sick. They are able to grow crops on their small piece of land—enough to feed the whole family and to sell at the local market every second day for income. Pech has been able to expand their house and purchase another house for her married daughter. The children can now attend school.

She is happy that her family now has a future.



The opportunity for education is the most important step in breaking the cycle of poverty.

# BE PART OF THE SOLUTION

## CREDIT CARD DETAILS:

\$50  \$75  \$100  \$250  \$500

METHOD OF PAYMENT

Visa  Mastercard

CARD NUMBER

EXPIRY DATE

NAME ON CARD

SIGNATURE

EMAIL

## AUTOMATIC PAYMENT DETAILS:

TO (YOUR BANK) NAME

ADDRESS

Please set up an automatic payment to HOPENZ Charitable Trust, account number **03 0285 0189387 00**

AMOUNT

\$ \_\_\_\_\_

FREQUENCY

weekly / fortnightly / monthly

FROM ACCOUNT NUMBER

COMMENCING ON

SIGNED

until further notice

NAME

EMAIL

## OR POST YOUR CHEQUE TO:

HOPENZ, PO Box 40012, Glenfield 0747, Auckland  
info@hopenz.org.nz Phone 027 537 4004

[www.hopenz.org.nz](http://www.hopenz.org.nz) 

HOPENZ is affiliated to HOPE International Development Agency

[www.hope-international.com](http://www.hope-international.com)



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