



**ONE EQUAL HEART**  
FOUNDATION

# Your Impact in Chiapas!

- \* Families Grow More Food & Build Resilience
- \* New Support System for Domestic Violence Survivors
- \* Movement for Rights of Tzeltal Women Grows
- \* Renovated Radio Provides Sole Source of Vital Information
- \* What Your Support Will Achieve Next Year!



**2019-2020**

**GRATITUDE REPORT**



# Ecological Farming to Grow Healthy Food



*"We are very happy with our harvest this year! We got 1,000 ears of corn—more than ever—from our 20 m<sup>2</sup> (65 ft<sup>2</sup>) plot. The ears of corn were bigger so we could sell them for \$5 each, more than double what we usually get."*

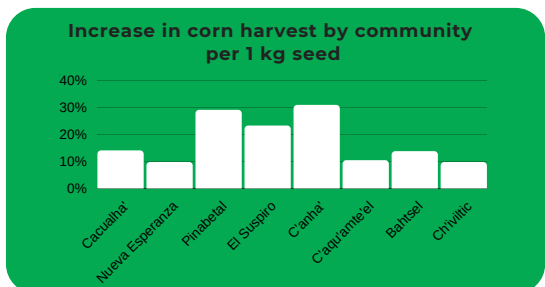
*José and Ana Hernández,  
Pinebetal Village*

## You made this possible:

### Families are harvesting bigger crops and better quality food

By applying agroecology practices, families not only grew more food, but also better quality, **with measurable success**—making the best of their small farms!

- 17.9% increase in corn
- 40% increase in beans
- 20% increase in squash



**122 Indigenous Tselal families** from 9 communities are growing traditional crops of corn, beans, and squash, using agroecology practices to enrich soils, control pests, and create organic fertilizers.

### Women are earning and saving money

Indigenous women and their families are earning money from selling products they grow and produce on their farms, including vegetables, eggs, and bread.

A total of **141 people**, primarily women, are saving their earnings and making **micro-loans** to each other through 9 savings and credit cooperatives.

- Members borrow money for medicines and school supplies and to start micro-businesses.
- This past year, small groups managed as little as \$60 in savings, while larger, more established groups managed \$3,200.
- Cooperative groups loan to members at 5% interest and to non-members at 10%, generating additional funds for members to invest.





# You made this possible:

## Indigenous women built a new support system for domestic violence survivors

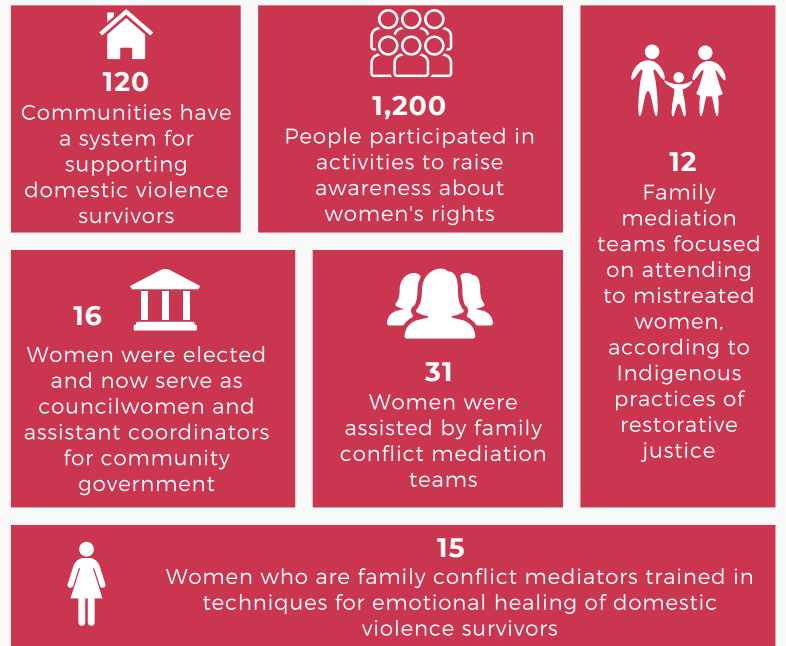
Indigenous women leaders established a system to prevent and reduce domestic violence against women in Tselal communities. Organized into 12 dedicated teams of family mediators, they learned about various forms of violence against women and family **conflict resolution strategies grounded in traditional restorative justice practices**. In the last 6 months, teams directly supported 31 women, facilitating resolution of domestic violence conflicts.

## Family mediators learned techniques to facilitate emotional healing of domestic violence survivors

15 Indigenous women who are family mediators received specialized training to support survivors of domestic violence in their emotional healing. Training drew upon **traditional wisdom and healing practices**, as well as techniques adapted to the Indigenous context, to repair “the pain of mind and heart” of women survivors of domestic violence.

*"Because many women helped to change my life, I help women who are mistreated, sharing my hope that they can change their lives as my life was changed. We all have the right to live free of violence."*

*Dora Roblero, Family Mediator*



## A movement for the rights of Tselal women is growing

- 16 women began serving as **councilwomen and assistant coordinators** in Indigenous community governments.
- Indigenous women, who are serving their communities as women's rights advocates, worked very hard to **organize public outreach and awareness** activities so that men and women become more aware of women's rights.
- Several respected male leaders, who serve their communities in various capacities, are encouraging women to **assume leadership roles and to participate actively** in community meetings.



# Community Tsetal Radio Ach' Lequic'op



This year, the community radio has been a lifeline for rural Tsetal communities, broadcasting vital information about COVID-19 and its prevention.



40,000

Listening audience

## You made this possible:

### Rural communities break free of isolation through Indigenous radio

The Radio is providing accurate and relevant information in the Tsetal language that not only **raises awareness, but also educates**. Radio staff and a team of volunteers are producing and broadcasting 6 regular programs on topics that are critical to Tsetal communities in hundreds of rural Indigenous communities in the region, including:



8

Programs about COVID-19



8

Programs about caring for Mother Earth



26

Programs about women's rights, leadership, and personal development



103

Programs recorded by volunteer community radio reporters



38

Programs about community government and reclaiming social and economic rights



25

Programs for children and young adults

### The Radio team is expanding its impact because of your support!

With the consistent and generous support of One Equal Heart donors, the radio team expanded its impact by training 29 community volunteers to serve as reporters. They are sending their audio clips on different topics to the main station to **broadcast what is happening in outlying communities**.

Also, the radio staff **developed their professional skills** with training on recording software management. And as a concrete way to advance autonomy, your donations supported driver's training for two radio staff. Now the team can get out to isolated communities to do their jobs without having to rely on hiring a driver.

### Indigenous radio renovated essential infrastructure and equipment to improve transmission and broadcast quality

- An audioprocessor
- A mixer for the main studio
- An air-conditioning unit
- A professional microphone and headset
- High-capacity memory disks

The two transmission towers received long overdue maintenance, and the main radio station got a new metal roof that replaces the old leaky roof.



# Thanks to your support:



- Indigenous families in Chiapas strengthen their **food sovereignty** and build **economic opportunities**, while caring for the Earth.
- Indigenous women advance their **rights and gender equity**, improving the wellbeing of everyone in their families and communities.
- Indigenous communities strengthen their **language, culture and traditional knowledge** in their work toward sustainable and equitable development.

**Thank you for supporting this work of transformation and social justice!**

## The One Equal Heart Team

### Board of Directors:

*Carla Villoria, Emily Schulman, Adrian Abrudan, Malou Chávez, María del Rosario Almaguer, Jeannie Berwick, Isabel Carrera, and Clare Cooper.*

### Staff:

*Karin Columba, Executive Director  
Eli Inzunza, Communications and Donors Relations Manager*





# Look what your support



## Indigenous families will strengthen their nutrition, health, and incomes

100 Tseltal women from 10 communities **will improve the nutrition of their families, and reduce gender inequalities** by growing healthy food, generating incomes, and making decisions about how they manage and invest their earnings.

*Project Partner:*

*Centro de Formación Integral para Promotores Indígenas  
[www.mb.org.mx](http://www.mb.org.mx)*



200 Tseltal and Tsotsil children and adolescents from 2 rural schools in the Chiapas Highlands **will have access to clean water and sanitation** in their schools and will learn new habits of healthy eating and hygiene.

*Project Partner:*

*Fundación Cántaro Azul  
[www.cantaroazul.org](http://www.cantaroazul.org)*

20 Tsotsil families from 2 communities will **improve their children's health and their families' nutrition** by constructing rainwater catchment systems in their homes, improving habits of hygiene, and growing more nutritious food.

*Project Partner:*

*Centro de Investigación y Servicios Profesionales  
[www.ciserp.org](http://www.ciserp.org)*



# will achieve next year!



## Indigenous women will advance their rights and gender equity

75 Tselal and Tsotsil women, including 25 community leaders and 50 municipal councilwomen from 5 municipalities, will **advance and exercise their rights** in their respective regions, including the rights to rest, education, recreation, and political participation.

*Project Partner:*  
*Colectivo Feminista Mercedes Olivera*  
[www.cofemo2013.blogspot.com](http://www.cofemo2013.blogspot.com)

30 Indigenous men who are active leaders in organizations that defend human rights will participate in the **School of Positive Masculinities** to modify patriarchal behaviors and create more egalitarian ways in their relationships with women and men.

*Project Partner:*  
*Voces Mesoamericanas, Acción con Pueblos Migrantes*  
[www.vocesmesoamericanas.org](http://www.vocesmesoamericanas.org)

30 Indigenous women who are active leaders of community organizations will participate in the **School of Community Feminism** to exercise their rights to live more autonomously and with more confidence, to strengthen their ties to other women, and to raise awareness of women in their communities about patriarchal behaviors, and inequalities.

## Tselal communities will have access to relevant information on Covid-19 and educational programming through their Radio

Ach' Lequilc'op Tselal Community Radio, with an audience of 40,000 people, **will become a stronger communications platform**, providing communities direct access to relevant information and vital educational programming in the Tselal language about sustainable living, Indigenous rights, traditional knowledge and culture, and about how to stay safe during the Covid-19 pandemic.

*Project Partner:*  
*Centro de Apoyo Educativo para la Comunidad*  
[www.achlequilcop.org](http://www.achlequilcop.org)





# Your support amplifies and transforms!

- One Equal Heart always begins by **listening to the priorities** of Indigenous communities.
- One Equal Heart **partners with Mexican nonprofits** that share our values.
- One Equal Heart **amplifies Indigenous voices** by advancing their vision of development.



## You can make this possible!

- 1 Make a multi-year pledge
- 2 Become a monthly sustainer
- 3 Make an honorary gift
- 4 Sign up for regular updates from Chiapas



## Stay in touch!

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 @oneequalheart

 One Equal Heart