



ONE EQUAL HEART
FOUNDATION

Your Impact in Chiapas!

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A look at how your generous support set in motion transformational change, supporting Indigenous women, families, and communities in Chiapas!

2021-2022

GRATITUDE REPORT

You made this possible:



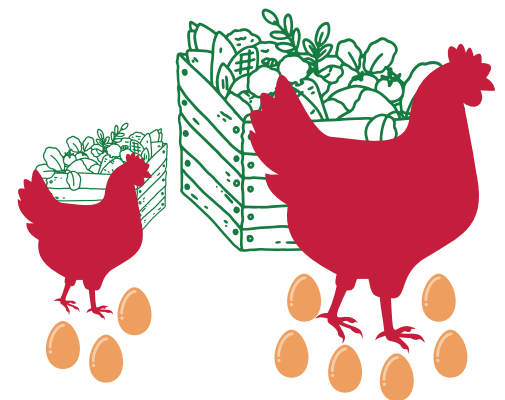
"We learned to prepare meals with foods that we did not have or were not aware of before, such as dehydrated soybeans and various vegetables. We can feed our children better now. The new ingredients are very popular with children and they're good for them." -- Rosa Santiz, from Bachén

Indigenous Families Improve Their Health and Nutrition

In general, Indigenous families in Chiapas do not have enough to eat and little variety in their diets. This falls hardest on children, who often suffer from anemia, various degrees of malnutrition, and difficulties at school.

Thanks to your generosity and with the technical support of our partners in Chiapas, 278 Tzeltal and Tsotsil women learned how to better grow vegetables and raise chickens to improve their families' nutrition and health.

They also learned about the nutritional value of various foods and new recipes for preparing delicious, nutritious meals with maximum health benefits. Families with children also received medical assistance to evaluate their children's health and enhance their wellbeing.



Before the project, each family kept an average of 4 hens that produced only 12 eggs per month; now they each have 8 hens producing 24 eggs per month

"Our children had anemia and got sick from poor nutrition, but with the support of doctors and medicine, that changed. My children no longer get sick, and their diet has improved."

-- Ana Gomez, from Pinabetal



- To date, 90% of the 278 families have doubled their production and increased the variety of vegetables they grow - totaling an average of 1,050 pounds per year, including the poultry and eggs they produce and consume.
- At the beginning of the project, families ate meals that were 87% beans, 6% protein, and 7% vegetables. Now their food is more nutritious, diverse, and bountiful, and meals are a mix of 45% beans, 25% protein, and 30% vegetables.
- Because of your support, 215 children are not only eating better, but they're also receiving basic medical care and taking vitamin supplements to alleviate their anemia and malnutrition.



"Before we planted some vegetables in our milpas (cornfields), but now that we have our gardens fenced in, we do all the soil preparation: we till, fertilize, plant, and weed, and we make our own organic insecticide. With all that, we harvest a good crop of vegetables." -- Marta Mendez, from Suytic

Thanks to your support:



"We want to continue learning how to make things with wood so we can earn money and make progress. We already know how to cut, nail, sand, and assemble boxes. Now we're learning how to make wooden furniture. Before, we didn't know anything about this; we thought that only men could do this. They tell us now that we know more than they do!"

-- Juana Gutierrez, from San Jerónimo Tulijá

Women Build and Grow Their Economic Autonomy

Indigenous women throughout Chiapas face considerable challenges around access to money and the chance to make decisions about spending it. Most family income is earned by men and traditionally handled solely by them. Men make economic decisions without considering much (if any) input from their wives, other women, or their families' needs.

More difficult yet, women living in rural areas typically don't even have opportunities to earn money.

Thanks to your support, 108 Tzeltal women - organized in groups from the communities of San Jerónimo Tulijá, Pinabetal, Fortuna, and Capulín - are building 3 businesses to generate income and improve their families' economic resilience.



Women's New Business Enterprises:

- Making clay pots, candle holders, and lattices
- Making furniture and water treatment filters
- Keeping bees to produce honey and other products

“What we do (making clay pots) helps us financially, and we don't have to travel to the city to work and earn money. Outside our villages, our work is not valued, and we are paid little because we are Indigenous. It is very good to be able to work right here, in our community.”

-- Antonia Alvarez, from Pinabetal

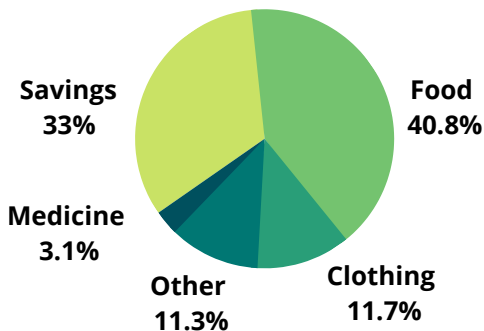


92 Tzeltal women from 15 communities in the municipality of Chilón (50 more than last year!) organized to sell vegetables and bread they produce at community markets or in nearby towns -- earning each woman a quarterly income of approximately \$35.

For many of these women, it's the first time in their lives that they have money in their own hands!

And while \$35 may seem modest, that sum goes a long way in this region, where food costs a family of five around \$75 per month. The women all prioritize their families in their spending.

How Women in the Chilón Enterprises Spend Their Income



Impressively, 200 local women in the area have established 12 savings and credit cooperatives, allowing them to save their earnings and facilitate critical micro-loans to each other as needed.



“We have never done this. It is the first time that we have organized ourselves as a group to make bread and sell it. We feel good about being able to generate income, because with that money we can buy some of the essentials that we need at home. We greatly appreciate the support we receive!”

-- Andrea Moreno, from Co'lolte'el

You made this possible:



Maria & Diego Velasquez from Bachen happily show off their rainwater catchment system.



Families Secure Access to Clean Water and Better Household Sanitation

For Indigenous families in Chiapas, getting access to water at home is a huge challenge and severely limits their daily lives. In general, families have to walk 2-3 hours every day to collect water in buckets and carry it back to their homes. They can only collect enough for cooking, drinking, and washing dishes. And this water – a basic necessity of life – is contaminated, unfit for human consumption.

Thanks to your support, 100 Tzeltal and 20 Tsotsil families now have access to clean water in their homes! Their lives have changed immensely: better health, quality of life, and living conditions at home. Plus, they have more time now for other activities.

- 38 families installed 28 rainwater catchment systems so they can collect clean water close to home.
- 80 families installed water purification filters for drinking safe, clean water.
- 42 families built and installed greywater treatment systems

“The greywater that we filter is used to water the plants. We save water, and we no longer have so many mosquitoes in our house.”

-- Jeronima Guzman,
from San Jeronimo Tulijá



At Right: Before & After Work on Sanitation Upgrades

“The truth is, before the Safe Water project, there was no water in the bathrooms and it was very frustrating because we couldn't use them - much less, have water to drink. It was almost absurd to talk about healthy habits and spaces. Now, we teachers and students feel that we have dignity.”

-- Professor María Edali Díaz,
from Huixtán high school



Students at Rural High Schools Improve Access to Clean Water & Sanitation

Students of all ages in rural Chiapas – children and teenagers alike – lack access to safe drinking water, running water in bathrooms, sewer sanitation systems, and even handwashing facilities for basic hygiene in their schools. These atrocious conditions mean they get sick more often and cannot do their best at school.

With your support, this year principals, teachers, and 215 students from 2 high schools in Huixtán and Mitontic are installing rainwater catchment systems with 1,320-gallon cisterns at each school. They've also repaired and updated the bathrooms at both schools to make them fully functional, including installing handwashing stations and sewer systems.

They also are building 2 sheds for disinfecting and distributing secure drinking water on site. They will collect purified water in large jugs to distribute to all 10 of their classrooms.



“Cántaro Azul has taught us to work as a team to change the water and sanitation conditions at our school. The students of the Safe Water at School Committee are the ones who set the example for hygiene activities, so that the rest of our classmates join in.”

-- Students from Mitontic
High School

Thanks to your support:



“Ach’ Lequilc’op Community Radio is a station that reaches Indigenous communities with what is happening and links Tseltal people who are far away from Chiapas to their families here.

We are the most-listened-to station around here and considered the best in the region -- something that makes us very proud.

We continue improving our programming to serve our audience better!”

-- Amalia Hernández, Team Leader of Ach’ Lequilc’op Community Radio

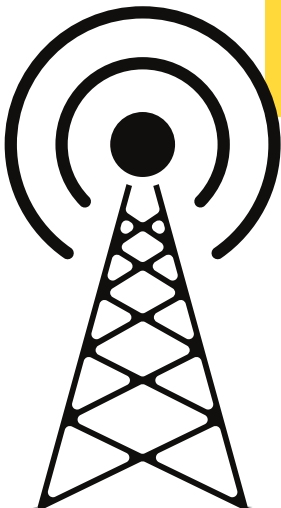
Tseltal Community Radio Ach’ Lequilc’op Expands Its Impact

Living in Tseltal communities in Chiapas is not easy: because the communities are spread out and geographically isolated, local people have difficulty getting news and information and their access to media is very limited.

Radio Tseltal provides accurate, relevant information to educate, connect, and inform Tseltal people in their own native language who live in hundreds of rural Indigenous villages in the region. The station broadcasts 24/7, serving an audience of 40,000+ people.

Last year, the radio team created 2 news programs which have established themselves as the region’s primary news source for Tseltal families.

The signal from Tseltal Radio's tower has a broadcast range of up to 50 km!



As in urban areas, in rural communities the number of people accessing information online grows every day. In response, Radio Tseltal is also investing more to broadcast and promote their programming online:

- Their Internet Radio programming serves an average monthly audience of 2,600+ listeners, including Tseltal workers far from their communities
- So far, they’ve published 42 local informational posts on their website
- They’ve significantly improved the audio quality of their online broadcasts
- And, Radio Tseltal’s app is now available on Google Play



Petrona, Maria, and Nicolasa recording a program on women's rights for Radio Ach' Lequilc'op



Tselal Women Radio Broadcasters Speak Up & Out to Break Down Walls of Exclusion

Radio Ach' Lequilc'op features 29 women broadcasters who run 2 special weekly programs for women: "Mujeres Floreciendo" ("Women Blossoming") and "La Voz de la Niña" ("Voice of the Girl").

These vital programs focus on relevant topics such as: Tselal women, women's rights, boys and girls, the lives of youth before-and-now, women's roles in the home, types of violence against women, and healing the wounds of domestic violence.

What Some Women Broadcasters Said About Their Radio Experience:



Thanks to you:



"We have learned that we have the right to participate and be part of the decision-making in our communities. The men try to silence us if we go to community meetings, but now we know that it is our right!"

-- Guillermina Alvaro, from Co'lolte'el

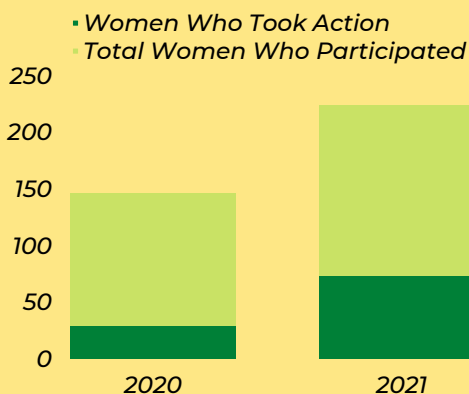
Indigenous Women Across Generations Learn About and Exercise Their Rights

Two years ago, Indigenous women who participate in projects to improve their families' economic wellbeing opted to begin also incorporating discussions and lessons about women's rights into their program.

Thanks to you, during this past year:

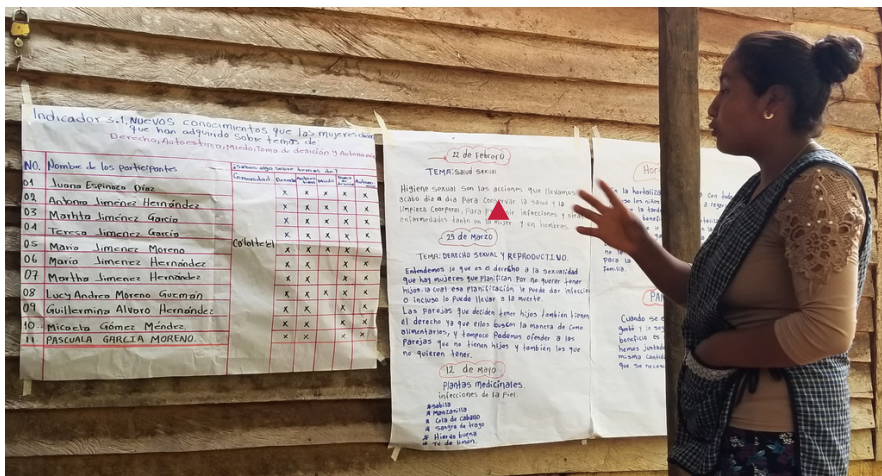
- 150 women from 12 communities learned about their rights, strengthening their self-esteem and participating in decision-making.
- 73 of the 150 women took action to exercise their rights – especially their right to paid work through productive initiatives.
- The women affirm that by earning money through those initiatives, they're advancing their economic agency and their right to decide how to spend the money they earn.

Women Work to Exercise Their Rights



"We have reflected on the violence we suffer as women, and we have learned that our rights within the family - such as rights to education for children, health, and access to food and rest - must be equal."

-- Andrea Moreno, from Co'lolte'el



"My name is Liliana Perez, I'm from Tzoeptic. I have been at the Transformational Leadership School for 5 years.

When I started to participate in the School, I was shy and my parents hardly allowed me to go out. I transformed myself: I began to organize women, and now I participate and collaborate with 5 groups of women who are engaged in various productive initiatives.

My dream is that all women know their rights and I want to support them so that they have an income.

Since I was a child, I dreamed of having a savings account with other women and now we have it. 60 women are part of our savings and credit cooperative."



What the Women Learn About:

- Life without violence
- Equity in childhood, youth, and old age
- Equitable distributions of labor and roles at home
- Decent work and fair pay
- Participation and political representation
- Women's ways of living and cultures
- Use of land, territory, and natural resources

Indigenous women in Chiapas live under the compounded, triple oppression of extreme poverty, gender inequality, and racial discrimination. These women grow up learning to think that they are worthless – that they cannot and should not make any decisions for themselves.

Thanks to your generous support, 25 young Indigenous women attended the Transformational Leadership School this year, where they learned about their rights as women and how to exercise them in order to transform their own futures.

This past year, young women at the School organized over 120 gatherings in their communities to share what they learned in class with other women.

"Most women do not know that we have rights. We need to strengthen our hearts. When we participate in the School, we feel very happy and excited."

-- Women from Mitontic



Thanks To Our Partner Organizations in Chiapas, Who Work with Passion and Commitment Every Day:



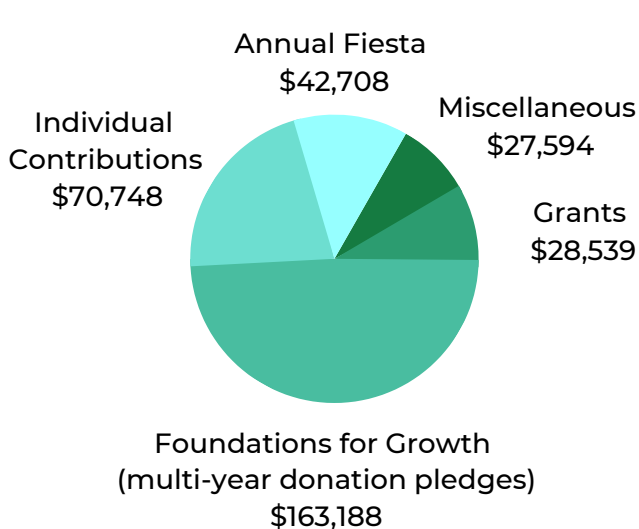
- *Fundación Cántaro Azul* - cantaroazul.org
- *Centro de Apoyo Educativo para la Comunidad (CAEC)* - achlequilocop.org
- *Centro de Formación Integral para Promotores Indígenas (CEFIPI)* - www.mb.org.mx
- *Centro de Investigación y Servicios Profesionales (CISERP)* - ciserp.org
- *Colectivo Feminista Mercedes Olivera (COFEMO)* - cofemo2013.blogspot.com
- *IXIM* - www.iximac.org



Visit Us Online!

2021 Financial Results

Annual Income: \$332,777



Annual Expenses: \$290,685

