

**Just Launched!**

Visit our NEW WEBSITE!!  
[www.hopeforkorah.org](http://www.hopeforkorah.org)

**Personal Development & Business Training**

**Challenging the mindset of powerlessness created by poverty**

For transformation to take place, there are many aspects of poverty to consider, including deeply ingrained attitudes and beliefs that have formed through years of living with the fear and uncertainty of daily survival.

Below are some key concepts taught and reinforced during many trainings attended by the women in our Family Empowerment Program.



**OBJECT LESSON: Poverty is like a rock, no matter how you sit on it, you will never be comfortable.**



Meseret offers to give her phone to someone, but before the recipient can put it in her hand, Meseret changes her mind and quickly takes it away.

**Lesson Learned** - When someone gives you a hand-out, they stand above you, in a position of power & control. They can decide to give or take away. You are self-empowered when you earn from your own hand.

**Kindergarten & Grade One Field Trip**  
 First School Bus Ride, Park & Playground



There was lots of excitement and energy in the air as we loaded all of our 5 - 7 year old children onto a school bus and drove through Addis Ababa to a beautiful park near the Hilton Hotel. Each child was mesmerized by the hustle and bustle of the city and they could not contain their giggles or delight as they explored all of the swings, slides and

various playground equipment. It was a joy to watch... this was a day of 'firsts' as all of these experiences are not possible when growing up in a slum.



**NEW BACKPACKS** - In fall all HFK children received their school supplies and new uniforms. They were all smiles again in January, when their new backpacks filled with socks and underwear arrived!

**SAVE THE DATE!!**  
**OCTOBER 27th**

*An Evening for Korah*

Fundraising Dinner & Auction - Abbotsford, B.C.

Meseret is HFK's Income Generation Specialist and leads many of our trainings. As a social worker, she has years of experience helping women overcome the barriers of poverty and become self-sufficient.

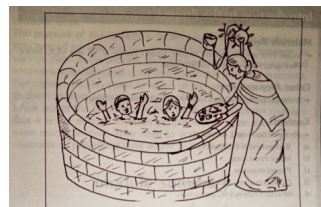


Fig. A

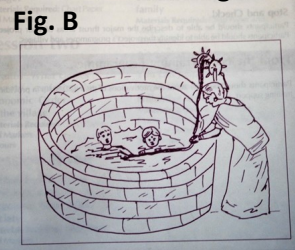


Fig. B

**FACILITATING CHANGE: Lessons on Personal Empowerment**

Fig. A - Hungry people in a pit, being fed by a passerby. When she leaves they remain stuck in the pit and will be hungry unless someone else happens to come along.

Fig. B - Instead of food, the passerby offers a way out of the pit through a rope. But each individual must use their own strength in order to climb out.



Serving Berta Pancakes to 275 children at our current Berta Breakfast compound.

**Hope for Korah News**

**375 KIDS!! We're expanding Berta to a 2nd location!**

We are expanding our Berta Breakfast Program to a second location in Korah! Hope for Korah is collaborating with Abune Basilius, a government school, located next to the trash dump. School officials have identified 100 of their neediest children and provided HFK with a permanent space to work out of. Over the last few weeks we have been constructing our new kitchen on the school grounds and by the end of April we will be serving breakfast at both locations to a combined number of 375 children.

During my visit to the school in February, it was hard to fathom that over 4300 elementary and high school students attend here. The classrooms are overcrowded and most children come from extremely poor homes. Many of their uniforms were tattered and in shreds as they arrived to our intake assessment. Their skin tone, hair and slight frames were evidence of how very needy these children are. Our HFK nurses and staff were on hand measuring each child against the World Health Organization (WHO) standards so that we can have a baseline to track their growth and to help identify those who may be severely malnourished and require further intervention.

Serving an additional 100 kids seems like a drop in the bucket, especially considering how many more thousands of impoverished children live in Korah... But this intervention makes a difference to each child we serve!

**'BERTA' means strong in Amharic.** Berta pancakes are made from *Berta* or *Fafa* - nutritious products specifically designed for malnourished children. They are served five days a week before school & for many it is their largest meal of the day.

**HOPE**  
 for **KORAH**

Spring 2018



Measuring new children for intake assessment into 2nd Berta Program location.



Many uniforms were tattered and in shreds.



**SPONSORS NEEDED! See families inside...**

# Sponsor a Korah Family

The goal of HFK's Family Empowerment Program is to break the cycle of extreme poverty through a holistic approach that acknowledges the biological, psychological, social, spiritual, and environmental factors influencing each family member.

Sponsorship provides a range of supports including basic needs such as rent, groceries, education, and health care. Children are enrolled in school, tutoring, Berta and youth programs, while adults participate in literacy and numeracy training, business and job-skills training, savings & credit self-help groups, and community support.

As families grow in their skills, they progress through the following 6 phases toward economic independence.

1. Stabilization Phase
2. Growth & Development Phase
3. Pre-launch Phase
4. Business Development & Launch Phase
5. Transition Out-of-Sponsorship Phase
6. Maintenance Phase

**What Does Sponsorship Cost?** It costs \$240/month per family to provide holistic care. On this page, listed below each family is the monthly amount remaining for them to be fully sponsored. Sponsorship fees can be covered by one person, or shared by a church, care group, or friends.

If you are interested in a full or partial sponsorship of a family please do one of the following:

1. Fill out the **form below** and mail to HFK with enclosed Donation Card/envelope along with credit card information or 12 post-dated checks
2. **Go online** to become a sponsor and donate. <http://hopeforkorah.org/family-sponsorship.html>
3. Call us at 604-807-4826.
4. Email us at [office@hopeforkorah.com](mailto:office@hopeforkorah.com)

Yes! I would like to sponsor a Korah family for a monthly commitment of \_\_\_ \$120 \_\_\_ \$60 \$\_\_\_ other

Please match me with one of the following families:  
( If you have a preference, please number #1-10)

- \_\_\_ Any available needy family
- |             |             |            |
|-------------|-------------|------------|
| ___ Meseret | ___ Birhane | ___ Lensa  |
| ___ Senayet | ___ Hirut   | ___ Tekea  |
| ___ Tsehay  | ___ Etenesh | ___ Zeritu |



**Meseret**  
Family of 4

Mother, father, twins - boy & girl

Meseret and Mekonnen have one year old twins. While one twin is quite healthy, the other struggles with severe developmental and health challenges. Meseret lost several fingers in a machine accident and struggles to find work. Her husband is a gentle and kind man who is visually impaired. Due to the lack of opportunity for education, Mekonnen begs in order to provide for his family.

\$120 per month



**Birhane**  
Family of 4

Mother & 3 boys

Birhane is a single mother of three teen boys. Her youngest wants to become a doctor. She moved to Korah from the countryside in search of better opportunities for herself and her sons. Because Birhane is illiterate, her source of income and means of providing food and shelter for her family has primarily come through begging. They live in a small mud hut with poor ventilation.

\$120 per month



**Lensa**  
Family of 3

Mother, 1 boy & 1 girl

Lensa is a single mother of two. Her 9 year old daughter has never gone to school. Lensa's 3 year old has several health issues, as he was born 2 months premature, and lacks adequate nutrition. His twin brother tragically passed away at birth. After injuring her back, Lensa can no longer lift heavy things, and now earns money by washing clothes and selling vegetables.

\$120 per month



**Senayet**  
Family of 7

Mother, 2 boys, 2 girls, grandma & aunt

Senayet is a resilient mother of four and lives in a small mud home with her children, elderly mother, and adult sister who has significant physical disabilities. Two of her children also have significant health concerns, yet it has been difficult for Senayet to afford necessary medications to ensure their wellbeing. Her primary source of income has come through begging.

\$120 per month



**Hirut**  
Family of 4

Mother, father, 1 boy & 1 girl

Hirut and Adisu have been married for 10 years. Both parents struggle with severe health issues which interferes with their ability to work and pay rent. They have two sweet children, an 8 year old boy, and a two year old girl. Watching his parents battle with illness has inspired their son to dream about becoming a doctor so that he can help others who are sick.

\$120 per month



**Tekea**  
Family of 2

Mother & son

Tekea is a single mother with a two and a half year old son. Before we met her, Tekea was homeless, unable to afford rent, so she stayed intermittently with different people for a few days at a time, before moving on to another home. Because Tekea dropped out of school in grade 5, her options for earning income are very limited.

\$120 per month



**Tsehay**  
Family of 4

Mother, 1 boy & 2 girls

Tsehay came from the countryside after her husband passed away because she was attacked by neighbours who feared she was cursed. Being illiterate has severely limited her employment opportunities. Unable to pay rent Tsehay has often feared that she and her children will end up on the street. It is a daily struggle just to feed her family.

\$120 per month



**Etenesh**  
Family of 4

Mother, 2 boys & 1 girl

When we first met Etenesh, she was living in a makeshift home of plastic and cardboard at the edge of the trash dump. She has two sons and one daughter. Etenesh had previously run a small café, until her health significantly declined and she could not continue. She survived by washing clothes, begging, and selling vegetables on the roadside.

\$120 per month



**Zeritu**  
Family of 4

Mother & 3 girls

Zeritu lives in a small mud home with her three daughters. Zeritu grew up in the countryside, and moved to the city searching for a better life. After 7 years of marriage, her husband abandoned their family without explanation. Being illiterate has severely limited Zeritu's earning potential and made it extremely difficult to feed and house her family.

\$120 per month

**HOPE**  
for **KORAH**

**Family Empowerment Program**

Sponsorship offers HOPE AND A FUTURE to the most vulnerable families in Korah.

*"Keeping Families Healthy Keeping Families Together"*

FOR MORE DETAILS GO TO:

<http://hopeforkorah.org/family-empowerment.html>