



ALDEA™
STRENGTHENING MAYAN COMMUNITIES SINCE 1967

NEWSLETTER SPRING 2017

Formerly Behrhorst Partners for Development

Magdalena Mucia de Cuex leads an informal discussion about nutrition during pregnancy among patients at the Behrhorst Clinic in 1977. Photo by Ulli Steltzer.



An ALDEA/ABPD staff member demonstrates healthy cooking with members of a partner community during a 2014 nutrition training. Photo by Javier Borrayo.



Celebrating Milestones, 50 Years and Beyond!

MESSAGE FROM OUR PRESIDENT

Dear Friends and Supporters,

ALDEA's 50th anniversary is upon us! At this special time, we are particularly aware of the many accomplishments that have brought us this far. Our friends and supporters, a series of active board members, committed staff, community leaders and individual families have offered innumerable contributions of time, resources and efforts over five decades, creating an amazing legacy of hundreds of communities that are on the path to a better future.

I believe it is our ability to integrate such broad engagement—which spans 50 states, Europe, Guatemala, and beyond—that makes ALDEA so powerful. Every

donation, every contribution of time and effort, every new leader who helps her community succeed, every new water system, efficient stove, or sanitary latrine over the past five decades represents a milestone that has helped shape us into the organization we are today.

In this newsletter we highlight some of the current milestones that help mark our 50th year. Some of these events—like when Francisca Jutzutz Tucubal harvested the first radish from her garden in Choantonio—happen on a small scale. Others, like engaging in our 100th community partnership since ABPD was established in 2006 or being selected as the subject of a new

Continued on page 2

documentary in Sam Waterston's 2017 *Visionaries* series on PBS—are so wide reaching that their full and lasting impact is difficult to fathom. All are significant.

At the same time that we reflect on and celebrate our 50-year history, we continue to look ahead. Mayan families continue to look to ALDEA to help them emerge from poverty and ensure that their young children will not suffer from chronic malnutrition. We need your continued support.

In our **50K for \$50K: Walk to Support Mayan Communities**, three of our staff members are leading the way toward a healthier future for more families with a commitment to walk one kilometer for every thousand dollars raised up to 50 kilometers. This is the third consecutive year Jessica, Paco, and José have taken on a physical challenge to help raise funds for our programs—last year they climbed four volcanoes in just three days; but they are sure this will be their most difficult feat yet! Check page 5 to learn more about their plans and how you can help us raise \$50,000 by April 24.

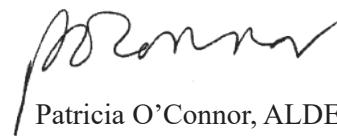
Did you know you can help sustain our vital work for the long term by naming ALDEA as a beneficiary in your will or estate plan? The Dr. Carroll Behrhorst Legacy Society has set a goal of reaching 50 members by the end of this year. Learn

more on page 7 about the impact of planned giving and how you can join the Legacy Society today.

In our own lives, many of us have achieved significant personal or professional milestones through our involvement with ALDEA and/or our founder, “Doc” Behrhorst. We are thrilled to have the opportunity to honor the larger impact of Doc’s vision with many of you at our 50th Anniversary Celebration and Fundraising Dinner in Antigua, Guatemala on June 18. If you have not already made plans to join us, I hope you will! Reservation costs will increase after April 15, so register now at www.aldeaguatemala.org. You can also sign up for a mini-tour of the highlands which will allow you an opportunity to see our program as well as many beautiful sites in Guatemala.

Whether you have been with us for 50 days or 50 weeks or all 50 years, we’re so grateful for your contributions as we continue along this powerful journey. **We hope you’ll make this a true milestone year with us!**

Sincerely,



Patricia O'Connor, ALDEA Board President

COMMUNITY MILESTONE: POTABLE, RUNNING WATER

By Dina Elizabeth Baram, San Lucas, Santa Apolonia

We have wanted to have a potable water system for 35 years, so this opportunity came as a very distant dream come true! Thank you ABPD and ALDEA.

The water system represents an advancement in our community’s development because just by turning on the spigot, I can do my washing, make my coffee, and prepare our meals. It also means well-being for the future generations, who are only going to hear about the suffering we went through carrying water to our homes.



MESSAGE FROM THE EXECUTIVE DIRECTOR OF ABPD, OUR PARTNER IN GUATEMALA

Dear Friends of ABPD and ALDEA,

The last six months have been filled with exceptional success and hard work in the Mayan communities of Chimaltenango.

Together, we have now worked with more than 100 communities to create dramatic, sustainable change—19 communities were engaged in our integrated program during the second half of 2016 alone. During that same time period almost 2,200 families took part in the challenge of improving their own lives with our support, ***a record high number for ALDEA and ABPD.***

As we were achieving these milestones in the field, in October we celebrated ABPD's 10th anniversary as ALDEA's sister organization in Guatemala with an emotional event held in our partner municipality of Santa Apolonia. Authorities and promoters representing every one of our current and past Santa Apolonia partner villages took time out of their busy lives to attend and show their gratitude. The municipality itself took a lead role in organizing a celebration with food, music, dancing, and the presentation of an award recognizing the impact of our work on a large portion of their population. The communities' involvement really reflected the enduring nature of our partnerships and the long-term value of the advancements we've made together in the Department of Chimaltenango over the last 10 years.

We celebrated a decade of partnerships with **102 communities** through which we have completed **60 water systems** benefiting **35,000 people**, installed close to **7,000 gray water filters** and more than **6,000 latrines and efficient stoves**, and trained nearly **2,500 women** on combating childhood malnutrition. Almost **11,000 people** have learned about family planning through our programs, and in our earlier work we constructed **24 community schools**.

As ABPD/ALDEA, we challenge ourselves daily to make sure our programs are providing the very best service possible to the communities that



have committed to working in partnership with us. Prompt follow-up on our interventions is a key part of this process, as we need to monitor and evaluate the implementation of our programs in time to be able to make any changes needed to accomplish the set objectives of each community.

As we work in an increasing number of villages, each year this follow-up takes up more and more staff time. In 2016 we decided to adapt our monitoring system to better

serve the higher number of communities involved by converting the promoters of each community into leaders of the evaluation process. We developed a data collection system specially tailored for the community promoters and trained them to use it. Now, these women collect the necessary information regarding our programs' progress in their own villages monthly, and our staff analyze the results and conduct our own annual evaluations. Thanks to this new participatory methodology, our data is updated much more frequently and the promoters are empowered to evaluate and immediately address any issues that need attention, which helps them develop in their leadership roles and makes the interventions more effective.

These recent achievements represent the culmination of a decade of success made possible only through the strong partnerships forged among the communities, the local governments, APBD/ALDEA, and our friends and donors. We hope that 2017 marks the beginning of another decade of sustainable development for families in rural Chimaltenango. **Thank you for your support as we continue this journey together.**

Sincerely,

A handwritten signature in blue ink, which appears to read "Paco Enríquez".

Paco Enríquez, ABPD Executive Director

COMMUNITY MILESTONE: FIRST GARDEN HARVEST

By Francisca Jutzutz Tucubal, Choantonio, Santa Apolonia

When I started my family garden, I was very excited and happy to see my little plants grow. Every morning and afternoon I went to see how much it had grown, and I never failed to give it attention. The first thing I harvested was radishes. Each week I harvest chard.

For me it is a new experience—for years I have wanted to grow a garden, but I did not have the means or the knowledge. Now I have learned how to plant and cultivate, and I use brush, ash and goat's dung as fertilizer.



I plan to always keep the garden in production and further diversify the varieties of vegetables I grow, because the garden now represents a savings in family spending which helps me purchase other necessities.



COMMUNITY MILESTONE: BECOMING A HEALTH PROMOTOR

By Francisca Gonzales Batz, Xesajcap II, Santa Apolonia



After nine months of participating in trainings led by ABPD, I felt ready to lead them myself. When I led my first training I felt very nervous, but as time passed it became something that I liked and now I do it with a lot of joy and excitement. Becoming a health promotor has allowed me to set a great example to my four year old daughter. She was very shy before and now is more sociable and communicative. My husband has also been a great help to me, since he motivates me to continue being a leader for my group.

50K for \$50K: Walk to Support Mayan Communities

We're raising \$50,000 by April 24 to celebrate 50 years of partnership with Mayan communities!

On April 24, ALDEA/ABPD staff members Jessica, Paco, and José will complete their third physically challenging fundraiser to date!

They will hike from the municipality of Patzún to the Peace Park in Santiago Atitlán, on the shores of Lake Atitlán. This group has climbed as many as 4 volcanoes in 3 days during past fundraisers, but this will be their most difficult feat yet! In just 10 hours, they will hike 50K (that's 30.1 miles) starting at an altitude of about 7,000 feet, with steep ascents and descents throughout the trip.

While the Walk will be difficult, our hikers are motivated to complete it in support of our partner communities, where women exert great strength every day carrying water and firewood for their families.



Jessica, Paco, and José at the summit of Volcán Zunil in 2016.

- **\$50 (\$1/km)** is the cost of **empowerment training for women and youth** to become change agents and emerging leaders in their communities.
- **\$100 (\$2/km)** is the price of a **family goat** so young children will benefit from the vitamins, nutrients, and protein in its milk.
- **\$150 (\$3/km)** is what it takes to install a **safe, efficient stove that takes toxic smoke out of a home** and provide training for its proper use and care.
- **\$450 (\$9/km)** is the amount needed to support a family's **clean drinking water system, a sanitary latrine, and training in hygiene.**
- **\$1,400 (\$28/km)** is the total cost of **providing one family access to our full, two-year integrated program.**

Please help our walkers and our partner communities reach their goals—***donate today!***

Mail: Use the enclosed envelope and write "50K" on the memo line.

Online: Visit our secure site at ALDEAGuatemala.org/get-involved/walk-2017/.



COMMUNITY MILESTONE: COOKING ON A NEW, EFFICIENT STOVE

By Florinda Baran Macario, San Lucas, Santa Apolonia

For six years, I did not have a stove to help me prepare food for my family. When our new stove was installed, the first meal I made to share with my family was a chicken stew accompanied by rice, tortillas, and pineapple juice. I prepared it in only 30 minutes!

I am thankful to the donors, since these programs have changed our lives and ensured better health for our community's children.

Administrative Office:

Jessica LaBumbard, Executive Director
Arianne Peterson, Outreach Coordinator
1732 1st Avenue #26867
New York, NY 10128
(313) 205-4249
alde@aldeaguatemala.org

Please address donations to:

ALDEA
Dept. 116234
P.O. Box 5211
Binghamton, NY 13902-5211

www.ALDEAGuatemala.org

ALDEA Board

Patricia O'Connor, *President*
Jonathan Maupin, *Vice President*
Wayne Gilbert, *Secretary*
Cameron Clark, *Treasurer*
Sonya Fultz
Yvonne Gatz
Letty Manne
Bruce Robbins
Deborah Walters
Barbara Yost
Pat Krause (Emeritus)



The staff of Asociación BPD (our sister organization in Guatemala) works on the ground in villages in the Department of Chimaltenango, implementing our vital programs in their capacities as Executive Director, Administrator, Accountant, Field Supervisors (Agronomist and Water Specialist), Nutrition Educator, Social Worker, Monitoring and Evaluation Specialist, Sanitation Technician, Program Support Specialist, and Housekeeper.



Help us reach 50 members during ALDEA's 50th year!

The Dr. Carroll Behrhorst Legacy Society honors those who partner in our work with indigenous communities in rural Guatemala through a gift in their wills or estate plans.

Legacy Society members include ALDEA's full Board and Executive Director. Since 2012, Legacy gifts have totaled more than \$225,000—all invested in the long-term future of our work.

Make a difference for generations to come.

We need 15 new members to reach our goal of 50. Join us today!

- **Name ALDEA as a beneficiary of your IRA or retirement account**—specify a dollar amount or a percentage. This does not require a will or trust, and the benefits to ALDEA are tax-free!
- **Make a bequest** to ALDEA in your will or trust.

Please contact us with any questions or concerns. Then let us know your intent—visit our website at www.ALDEAGuatemala.org/donate and download the Declaration of Intent form; call us at **313-205-4249**; email aldea@aldeaguatemala.org; or check the box on one of our donation envelopes.



I have been impressed with ALDEA's work for several years, especially after two trips to Guatemala where I saw its impact firsthand. ALDEA's

philosophy of helping people help themselves and empowering them to take responsibility for their lives particularly appeals to me.

When I visited villages before and after ALDEA had become involved, I saw ALDEA's integrated and health-oriented program in action. The progress and differences were overwhelming! During my recent visit to Xesajcap II, I saw the village preparing to sustain the work through ALDEA's emphasis on community empowerment and the actions of local health promoters.

These experiences led me to include ALDEA in my estate plan. I feel confident my gift will be efficiently and effectively used to improve the lives of Mayan families for many years to come.

—Jacqueline Woodle, Legacy Society member

Newsletters are occasional publications of ALDEA, 1732 1st Avenue #26867, New York, NY 10128. ALDEA, together with our collaborators at the Asociación BPD (ABPD) in Guatemala, works in partnership with communities to improve their health and well-being. Our approach to partnership and community development is based on the principles espoused by Dr. Carroll Behrhorst in his work with the Mayan communities of Chimaltenango. All contributions are tax-deductible. Restricted contributions to ALDEA are forwarded directly to projects; unrestricted contributions are forwarded directly to projects except for the amount required to maintain the US office. ALDEA is non-sectarian and non-political. © Copyright 2017 ALDEA: Advancing Local Development through Empowerment and Action. All rights reserved.

Celebrate with us!

50 years of strengthening
Mayan communities

Guatemala Reunion Weekend & Fundraising Dinner Celebration

*Saturday and Sunday,
June 17-18, 2017
Antigua, Guatemala*

50th Anniversary Mini-Tour

*June 18-21, 2017
Antigua, Guatemala*

Make your plans as soon as possible! Early bird rates are available through April 15.

Learn more and register at
ALDEAGuatemala.org.



**ALDEA: Advancing Local Development
through Empowerment and Action**

**1732 1st Avenue #26867
New York, NY 10128**

Presorted
Non-Profit
US Postage
PAID
Milwaukee, WI
Permit #3927

Visionaries Documentary Team Finishes Filming!

A production crew from *Visionaries*, an award-winning public television series hosted by Sam Waterston, spent five days in Guatemala this January shooting footage of our work. The series will be released to public television in the fall, and we will have access to an advance copy. Expect to be invited to a house party in your area for a showing, or contact us to host a house party of your own!

The documentary will explore ALDEA's history, our founder Doc Behrhorst, and our work today. It will include interviews with community members and our staff who work on the ground to implement these incredible projects, as well as interviews with the mayor of Santa Apolonia, and ALDEA board members Patricia O'Connor (former mentee and colleague of Doc) and Jonathan Maupin (Doc's grandson). The crew spent a significant amount of time in the communities of Choantonio (where our work is just beginning) and Xepanil (where our programs were recently completed) in Santa Apolonia, Chimaltenango.



The *Visionaries* production team films an interview with a Xepanil family.

Doc's philosophy was simple but visionary—people can and will lead their own development processes. Doc firmly believed that Guatemalans have the capacity to solve their own problems—to be agents of change in their communities. This approach is now a core piece of how international development is practiced today—and still critical to ALDEA's own mission. What better way to share our message in this 50th year of our work?

Learn more about *Visionaries* at www.visionaries.org.