



**CPAR**

Canadian Physicians for Aid and Relief

CC BY



Building healthy communities in Africa

**Annual report 2016-2017**





## Mission & Vision

### Our mission

CPAR works in partnership with vulnerable communities and diverse organizations to overcome poverty and build healthy communities in Africa.

### Our vision

CPAR envisions a world in which all individuals, families and communities are able to lead healthy and dignified lives where their rights are respected and their basic needs are met.

### Commitment to change

For over 30 years, CPAR has made a commitment to long-term change in rural East Africa. CPAR employs a community-centred development approach, working in partnership with African community members to develop initiatives that best address their needs and where they live. We work to improve the quality of their lives, and that of future generations.

### Everything is connected

Basic needs must be met to mobilize our commitment to change. To achieve this, we work with an understanding that everything is connected:

- Without adequate forest cover, soils become depleted.
- Without fertile soil, food production declines, and the threat of hunger increases.
- Without secure food supplies and clean water, good health is impossible.

## Four sectors and cross-cutting themes





# Board of Directors

## **Chair**

Dr. Steve Ferracuti

## **Vice-Chair**

Ms. Judith Dyck

## **Treasurer**

Ms. Bonnie McIlmoyl

## **Past Chair**

Mr. Andrew Williamson

## **Board Members**

Mr. Getachew Tesfaye

Dr. Rita Laker-Ojok

Mr. Max Alfred Anyuru

Mr. Tony Rogge

The Hon. Justice Michael Brown

Mr. Gizaw Shibru

Dear Friends,

Thank you for making 2016-2017 yet another great year at CPAR.

At CPAR, we are focused on looking towards the future as we work to secure funding, design and implement programs, and continually improve systems. It seems the only time we glance back is in past program evaluations, which are used to strengthen future programs. Because of this, we appreciate this opportunity presented through the Annual Report to reflect on some of the achievements that our donors have made possible.

In this Annual Report, we share with you a brief timeline of some of the events and projects that defined our 30+ year history. So many life-changing projects have been implemented over the course of the life of this small but impactful organization. In the past year alone, we've helped over 37,000 villages and communities and over 260,000 individuals to increase their access to nutritious food, clean water and primary healthcare, improve hygiene and sanitation practices, and develop secure livelihoods. Indirectly, our projects have reached more than 900,000 additional people.

The environment for non-profit organizations working in international development has always been, and remains, a challenging one, with obstacles ranging from the logistics of working in remote locations to a tough funding environment. Our dedicated Board of Directors, staff in Canada and Africa, and our partners have been steadfast in our commitment to overcome these challenges year after year, so that members in some of the most vulnerable communities in Africa can take charge of their own lives, improve their own health, and thrive.

As we strive together to expand our work, we are grateful to you all for the part that you have played in shaping CPAR's story. Thank you ever so much for your generous support and interest in our work.



Dr. Steve Ferracuti  
**Board Chair**



Dusanka Pavlica  
**Executive Director**



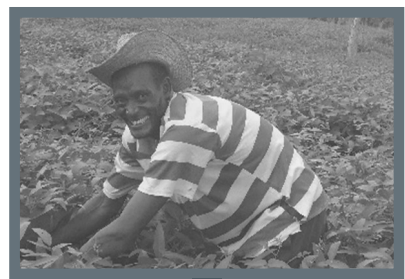


1984

- CPAR establishes first Canadian Medical Mission in Ethiopia led by Dr. Mark Doidge and founding members Henry Gold and Smicha Jacobovici

- CPAR launches its first integrated rural development program in Ethiopia
- CPAR changes its name to Canadian Physicians for Aid and Relief

1986



1987

- Official NGO status is secured in Ethiopia
- First ODA-NGO Food Aid Project implemented in Ethiopia with CPAR participation

## Food Security and Nutrition

The vast majority of households in communities where CPAR works are engaged in farming. Addressing the ever-increasing impact of climate change is an essential component of CPAR's work. We are helping farmers improve their production, address land degradation, and increase the variety of crops they grow. We also work with communities to help ensure optimal nutrition and improved livelihoods so that families have the resources to protect their health in the long term.



## Water, Sanitation & Hygiene

Far too few families in Sub-Saharan Africa have access to clean water and sanitation facilities or are aware of the critical link between proper hygiene and good health. CPAR works with communities to establish water points, build and install latrines, and provide hygiene training to promote good health and limit the spread of disease.







- CPAR launches Reintegration and Reconciliation Program for former abductees and returned child soldiers in Northern Uganda
- Canadian icons, The Tragically Hip show support for CPAR by wearing Plant a Tree in Africa t-shirts on part of their *Another Roadside Attraction* tour



1988-1991

- CPAR launches food security and disaster preparedness projects in Ethiopia
- CPAR receives funds from Band Aid in support of Emergency Food Aid Relief
- Our Plant a Tree in Africa program reaches 20 million trees planted

1993-1999



2000-2001

- CPAR works with World Vision in response to the Ebola crisis in Northern Uganda
- CPAR launches Mines Action Awareness Program in Northern Uganda
- CPAR Tanzania office opens
- An official partnership is formed with 8 year-old Ryan Hreljac of Ryan's Well Foundation

## Livelihoods

In the countries where CPAR works, household livelihoods are integrally linked with health outcomes. Access to adequate food, water, sanitation, education and medical care are not possible without an income. Livelihood gaps can result in a vicious cycle of expanding marginalization as families are forced to compromise their long-term interests for immediate survival, increasing the burden on public systems and limiting future options.



## Primary Health Care

Communities in rural Sub-Saharan Africa often lack access to the most basic of health care services, including but not limited to adequate support for pregnant women to deliver their babies safely. CPAR works closely with local health professionals and health workers, to implement reliable and long term solutions to healthcare.







- The Plant a Tree in Africa Program plants 50 million trees
- CPAR Tanzania integrates sexual and reproductive health education into all of its program activities
- CPAR Ethiopia begins first major studies and surveys of nutrition taboos and practices



2003

- CPAR celebrates the release of *Against All Odds* documentary, highlighting the important work we do in HIV-AIDS prevention in Rural Malawi
- War reaches Lina District in Northern Uganda. Approximately 3,000 flee TDP camps and take refuge in CPAR's Lina basecamp

2004-2005



2006-2008

- CPAR receives support from the Canadian Government to launch multi-country initiative: Moving Beyond Hunger
- CPAR launches new flagship event, the World Health Day Challenge in Canada



## The ripple effect: one act can change the future

Through our *pay-it-forward* model, participants are encouraged to share inputs, such as seeds or livestock, and knowledge gained through CPAR trainings, with other members of the community. Applying this model throughout more than 30 years of projects has ensured that benefits are shared across communities and generations.

In Tanzania, CPAR helped a teacher establish a school garden where students could learn and practice modern agricultural techniques. These students grew nutrient-rich food that the school transformed into healthy school lunches. Teachers and students told their communities about their garden and their meals, resulting in more students enrolling in the school - with a particular rise in the number of girls. And all students saw their exam scores rise thanks to the comfort of studying on a full stomach. While in Malawi, CPAR provided information to community leaders on proper hygiene and sanitation practices. This information helped entire villages reach 100 per cent open defecation free status and put into practice life-saving sanitary behaviours that are being carried on into future generations.

Projects designed with the participation of the community, and respect for the abilities and knowledge of the local populace, are at the core of all our work. As a such, CPAR is continuously working with our communities and with other international development organizations to innovate and adapt so that we may continue to provide lasting solutions and benefits that continue long after our projects are completed.





- CPAR celebrates 30th anniversary
- CPAR renews and increases our commitment to gender equality in all projects



2009-2011

- CPAR celebrates 25th anniversary
- CPAR launches an integrated five-year food security program with the support of the Canadian Government
- The World Health Day Challenge reaches its 5th year and nearly \$400,000 raised by Canadian physicians and medical professionals

2012-2014



2015-2017

- CPAR partners with the Ontario Council for International Cooperation for a photo journalism project documenting our work in Tanzania
- Plant a Tree in Africa Program reaches over 66 million trees planted
- Donors visit our work in Ethiopia - CPAR's 11th donor trip!

## A global effort for real change

The 17 Sustainable Development Goals (SDGs), or Global Goals, and their associated targets were agreed upon by all countries at the United Nations in September 2015. They constitute a shared global framework of development priorities until 2030. These goals aim to bring an end to extreme poverty, promote prosperity and well-being for all, protect the environment and address climate change, and encourage good governance and peace and security.

CPAR believes that the Global Goals can only be achieved by empowering the world's most marginalized people and fighting root causes of poverty. In line with this understanding, CPAR addresses the link between poverty, hunger, malnutrition, lack of clean water, poor sanitation and hygiene, insecure livelihoods, environmental degradation combined with climate change, and weak health care systems. Through this work, we are proud to lend our strength to achieving the Global Goals and seeing a future filled with hope, aspiration, and prosperity for all.



**THE GLOBAL GOALS**  
For Sustainable Development



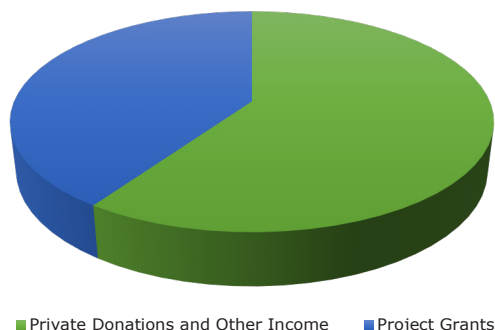


# Finacials 2016-2017

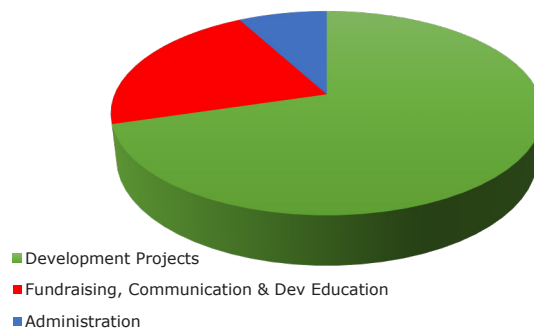
## SUMMARIZED STATEMENT OF OPERATIONS For the Year Ended March 31, 2017

	2016/17	2015/16
<b>REVENUES</b>		
Project Grants	798,689	860,129
Private Donations and Other Income	1,175,970	1,172,696
<b>Total Revenues</b>	<b>1,974,659</b>	<b>2,032,825</b>
<b>EXPENSES</b>		
Development Projects	1,492,540	1,189,205
Fundraising, Communication & Dev Education	459,299	374,945
Administration	168,581	178,632
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>-145,761</b>	<b>290,043</b>
<b>SUMMARIZED STATEMENT OF FINANCIAL POSITION As at March 31, 2016</b>		
<b>ASSETS</b>		
Current Assets	326,002	453,712
Long-term investments	234,378	228,198
Restricted Cash	445,380	581,825
Capital Assets	524,156	513,432
<b>Total Assets</b>	<b>1,529,916</b>	<b>1,777,167</b>
<b>LIABILITIES AND FUND BALANCE</b>		
Current Liabilities	599,029	700,519
Net Assets	930,887	1,076,648
	<b>1,529,916</b>	<b>1,777,167</b>

**Revenues**



**Expenses**





# Joseph's story



## How one project helped improve the health, livelihoods, and wellbeing of a boy, his family, and his community

Joseph Mashaka is a student facilitator in Nyamuswa Primary School. He leads his school's Junior Farmer Field School group in farming, dairy goat management, and gardening activities. Joseph has participated in a number of CPAR trainings where he learned about land preparation, planting, weeding, harvesting, and the use of local pesticides like ash. He shares his new skills with other students who are in turn bringing this knowledge home.

"Some of us have started planting vegetables at home after the training sessions. Now, our families are also eating vegetables and we sell the surplus at the local market. We use the money we earn to buy school uniforms and workbooks," explains Joseph.

Joseph's father admits he was skeptical at first but is now very proud of what his son has learned.

"When my son started growing vegetables, I didn't think he would be able to earn an income from them. But, after the second harvest I saw people coming to his garden, learning from him, and buying his vegetables. From his income he is helping our whole family buy basic necessities like medicine, clothes, and sugar. I am very proud of him. I thank CPAR for teaching these new skills to our children."

## Thank you!

CPAR would like to give special thanks to the following partners for their significant contributions to our projects:

The Addax & Oryx Foundation  
Gay Lea Foundation  
Manitoba Council for International Cooperation (MCIC)  
The McArthur Foundation

UNIFOR Social Justice Fund  
United Nations Children's Fund (UNICEF)  
World Food Programme (WFP)





Learn more and get involved at [cpar.ca](http://cpar.ca)



**CPAR - Canadian Physicians for Aid and Relief**  
1425 Bloor St. West  
Toronto, Ontario  
M6P 3L6

For more information contact us at  
(416) 369-0865 OR 1-800-263-2727  
[info@cpar.ca](mailto:info@cpar.ca)

Charitable Registration Number 1883 5230 RR0001

© 2017 Canadian Physicians for Aid and Relief (CPAR)  
Selected photography courtesy of Allan Lissnar & OCIC

**CPAR works in partnership with vulnerable communities and diverse organizations  
to overcome poverty and build healthy communities in Africa.**

