



ONE EQUAL HEART
FOUNDATION

Your Impact in Chiapas!

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2020-2021

GRATITUDE REPORT

Tseltal women build gender equity and autonomy in their homes



Women grow nutritious food

117 Tseltal women are growing vegetables and raising chickens ecologically to improve their families' nutrition. **At the beginning of the Project, just one-third of the participating women had some sort of vegetable garden at home.** They also learned about the nutritional values of food and new recipes to prepare them for maximum health.

Women create small businesses to earn and save money

10 groups of women have been building their local businesses. **Through microenterprises or kitchen businesses, women are earning their own money, for most of them, for the first time in their lives!** They sell surpluses from what they farm, including vegetables and eggs, in local markets.

They are baking and selling bread to sell in their communities. And some have opened small stores to sell food, household necessities and clothing they make.

These women faced considerable challenges around access to money. Their male partners often spent the money they earned, leaving their families without food, medicines, or basic supplies.



"In my community, only men have the right to leave home to work or study. Now I am learning that we women have the same rights. When we make bread with our women's group and sell it, I feel I am making my right to paid work a reality. Now I decide what to do with this money."

*Imelda Gutiérrez Gómez,
C'anha' community*

You made this possible:

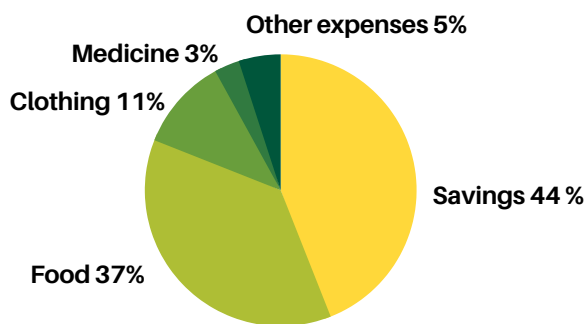


Women learn about their rights and build economic autonomy

At the Project's start, 87 women reported knowing nothing about their rights. After a year, the 117 women participating in the Project know they have the right to: be paid for their work, to live without violence in their families, to eat healthy foods, to participate in community meetings, to study, and to express themselves freely.

Women say that by **earning money through various initiatives, they are advancing their rights to paid work and to make decisions about how to spend the money they earn.** Some of the younger women have decided to return to school to continue their studies. They can pay for their expenses with what they earn through their microenterprises.

Over the course of a quarter, **the women earned \$2,950**, budgeting for the following purposes:



85 of the 117 women participate in 6 savings and credit cooperatives. During this past year, groups managed as little as \$50 and as much as \$1,500.

40 of the participating women say that **their lives have started to change over** the past year: They are less afraid. They are taking better care of their health. They feel more confident to deal with everyday challenges in their lives, which includes expressing their opinions to their partners.

"I have learned to grow vegetables. I go to the market and sell a part of my crop. I also save my earnings through the savings and credit cooperative. At last, I have the opportunity to earn income. Now I have my own money and I use it to buy pantry supplies for my home. My family is very happy when I come home with my bag of groceries."

Juana Mendez Cruz, El Suspiro community



Indigenous leaders advance their rights



Young women prepare themselves to serve as mayors, councilwomen, leaders of community organizations, treasurers, union representatives, project specialists, entrepreneurs of microenterprises, judges, and midwives.

Thanks to your support:

Young women learn about their rights

36 young Indigenous women graduated from the Transformational Leadership School where **they learned about their rights and how to exercise them in ways to transform their future** and the future for other women in their communities. They also learned about the “Agreements for the Restitution of the Rights of Women,” the basis of the plan to assert these rights that women leaders in 5 municipalities in the Highlands of Chiapas have created.

This past year, the young women at the School organized around **35 gatherings in their communities to share with 1,233 other women what they learned in class**. Through these dynamic opportunities, they got to practice what they had learned, consolidating their knowledge, increasing their confidence about speaking in public, and facilitating a dialogue about women’s rights with older women in their communities.

Women leaders champion the rights of women to food, education, recreation, and political participation in their communities.

Youth set their sights on positions of leadership

Of all the women participating in the Transformational Leadership School, **only 9 women were serving in formal leadership roles in their municipalities at the start of the Project.** For the rest, they faced big challenges in preparing for and achieving their goals to take on positions of representation and service in their communities. **All the young women created personal profiles in their bid for positions of territorial representation or traditional leadership.**

Little by little, I have been growing as a leader in my community. I feel more empowered in public spaces and when we dialogue among women. We are several women leaders that support and walk with each other in the defense of our rights. People know I am part of the Transformational Leadership School, and this motivates women and girls to learn about and advance our rights."

Anastasia Pérez Díaz, Pantelhó community



Young men learn about positive masculinities

25 young men, who are leaders in community organizations, participated in 5 modular sessions in the School of Positive Masculinities. They increased their **awareness about patriarchal behaviors and explored ways they can modify their actions to contribute to more egalitarian relationships** with women and men at home and in their communities.

"I am very young and I am a father. My first child was a girl and this was very disappointing to my community. This experience put me into direct conflict with my family and my community. I asked, why don't we value women and much as we do men? I have learned in the School of Positive Masculinities that if something isn't equal for men and women, then it isn't a right, but a privilege."

José Pérez, Chilón community

Through discussions about emotional intelligence, gender justice, and a system that gives them privileges over women, **these men identified how they can be more self-aware and responsible for building new positive masculinities.**

After each training session, the young men organized gatherings with men and women in their communities to share what they learned in the School about gender equity and ways to express positive masculinities.

Tsotsil Families work toward food independence and economic autonomy



“We walked a lot to carry water!

All of us in our family would leave around 4:00 in the morning and we would return around 8:00 with our buckets of water. Now that we have cisterns that collect rainwater, our children can drink water whenever they want and they don’t get sick because this water is clean. We can wash our clothes and water our vegetable garden and trees.”

*María López Jiménez,
Bachén community*

Thanks to you:

Families gain access to clean water at home

20 Tsotsil families (approximately 120 people) from the communities of Bachén and Suytic **built 10 rainwater catchment systems** near their homes. Each system has the capacity to store 18,000 liters of water for families to drink, bathe, cook, wash dishes, grow vegetables and raise chickens.



Before the Project began, all the families had to spend between 3 and 4 hours a day collecting water!

They woke early at 4:00 AM to walk to mountain streams, buckets in hand. Practicing good hygiene—especially handwashing—was impossible. Families spent money on sweet soft drinks. They couldn’t grow vegetables or raise barnyard animals without a reliable and nearby water source

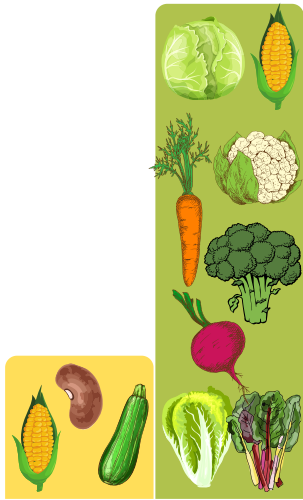
“Here in the community of Suytic we are poor people, but hardworking. Almost no one comes to see us and we don’t have any support. I want to say to the people of One Equal Heart: Thank you for the rainwater cisterns!”

*Antonio Méndez Santis,
Suytic community*

Women improve their families' nutrition

Women increased and diversified their food crops. 20 women and their families built large (100 m²) fenced chicken coops and vegetable gardens.

Annual Vegetable Harvests



Before

After

"Before we wanted to eat vegetables and eggs, but we had to buy those things, and we almost never had money. Now I have built my henhouse and installed a little vegetable garden, and I am happy to be learning to cook more nutritious meals for my family."

*María López Jiménez,
Bachén community*

They increased their annual harvests by over 70%!

That is to say, families harvested 1,058 pounds of crops in three harvests, versus only 306 pounds before this Project began.

They grow lettuce, carrots, cabbage, broccoli, mustard greens, chard, radishes, amaranth, cauliflower, chicory, and corn, ecologically.

Before the Project began, families ate mainly what they could grow seasonally in their cornfields: corn, beans, squash, and amaranth.

Because of this Project, women now prepare nutritious food that they could not prepare before. This is an important first step to reducing malnutrition since 84% of children under 5 years old are malnourished.



Download your copy of the Recipe Book with photos, prepared by Tsotsil women (in Spanish)
<https://www.oneequalheart.org/newsandstories>



Secure water for children and adolescents in rural schools in the Chiapas Highlands



Handwashing station at Betania School

Children and adolescents in 2 rural schools operate clean drinking water and handwashing systems

In the rural schools in the communities of Betania and Yashtinin, the principals, teachers, parents, and students have organized Healthy School Environment Committees.

Together, they built and are using rainwater catchment systems with 1,320-gallon cisterns at both schools. They also built 2 sheds for disinfecting and distributing secure drinking water. They put purified water in large jugs that are distributed by the children to each classroom where students can fill up their personal water bottles.

Also, they **renovated and put to use 12 bathrooms for girls, 9 for boys, and 6 for adults, which include sanitation systems, plus 4 handwashing stations** in the school courtyards.

Before the Project began, the schools could not provide safe drinking water to the children, the bathrooms had no running water, and there were no sewer sanitation systems.

“To have clean water at school is a big change! Before, the children suffered intestinal sickness all the time and they missed their classes. Now the bathrooms have running water and we have clean water in all the classrooms. We are learning to change our hygiene habits and to manage the water purification system. I am the guide in my family and in my classroom!”

*Fabiola Georgina Aguilar,
teacher at the school in
Yashtinin community*

You made this possible:

Children and adolescents drink more water and wash their hands more

650 children and adolescents from rural schools in Betania and Yashtinin now drink safe water, rather than sugary sodas and unsafe, contaminated water. They are learning to practice good personal hygiene at school and at home, including washing their hands several times a day.

Before the Project began, these schools had no way for students to wash their hands with soap and water, practice good hygiene, or have access to clean drinking water.

In Yashtinin, the homes still have no clean water for drinking, and in both communities, children and their families do not practice good hygiene.

This Project is helping to decrease the number of children getting sick and missing class.



"My son spends most of the day at school. With this project we have been working with the teachers and the students to improve the water at school and to learn about hygiene. Before, we didn't know very much and for this reason I think we got intestinal sicknesses a lot. I have learned how to wash my hands, disinfect and handle food, and the important of drinking water throughout the day. I'm interested in learning new things to do at home to take care of my family's health."

Leticia Esperanza Flores, Betania community.

Tseltal Community Radio “Ach’ Lequilc’op”

“We really like listening to news on our Radio about what happens in our communities and neighboring areas. We’re more interested in the news that’s happening near to us, not so much what’s happening far away.”

Tseltal community radio listener



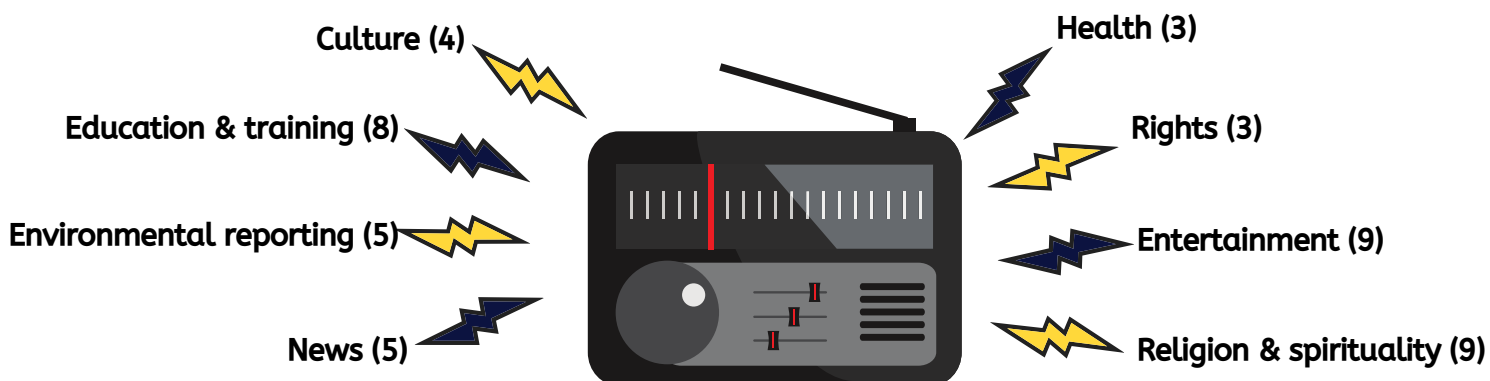
Thanks to your support:

Tseltal Community Radio grows a stronger communication platform

This year Tseltal Community Radio organized and strengthened its programming in response to the information and educational needs of its audience of approximately 40,000 people. **Currently, 43% of the content that is broadcast is informational, 33% is educational, and 23% is entertainment.** Most of the programming is broadcast in the native Tseltal language.

The team created 15 new programs to add to its regular broadcast. In addition, 40% of the programs are now produced by organizations and members of the community that collaborate with the Radio, greatly enhancing the programming offered to the public.

Weekly programs include:



Tseltal communities access reliable, relevant, and local information

Until 2020, the Community Radio broadcast national and international news only 3 times a week. Starting this year, the Radio team created 2 news programs:

"News from My People" showcases local news twice weekly.



26 community reporters gather news and conduct interviews in their villages and then send the recordings to the station for editing by the base team.

Each month the Community Radio broadcasts an average of **190 news reports**.

"Circle of News" broadcasts 4 times a week with news from the state of Chiapas, as well as national and international news.



The base team selects news for broadcast that is published by serious, ethical, and reliable communications sources.

On average, **40 of these news reports** are broadcast each month.

Tseltal women "radio presenters" use their voice to connect with women in communities

39 women radio presenters develop and broadcast 2 weekly programs for women called "Mujeres Floreciendo" (Women Blossoming) and "La Voz de la Niña" (Voice of the Girl). Before this year, the radio only had 12 women radio presenters and one weekly program.

The Radio base team has prioritized training and support for women who have stepped up to serve as radio presenters because they know that **broadcasting programs by and for women make a critical impact in the communities** where more and more people are talking about and recognizing the rights of women.

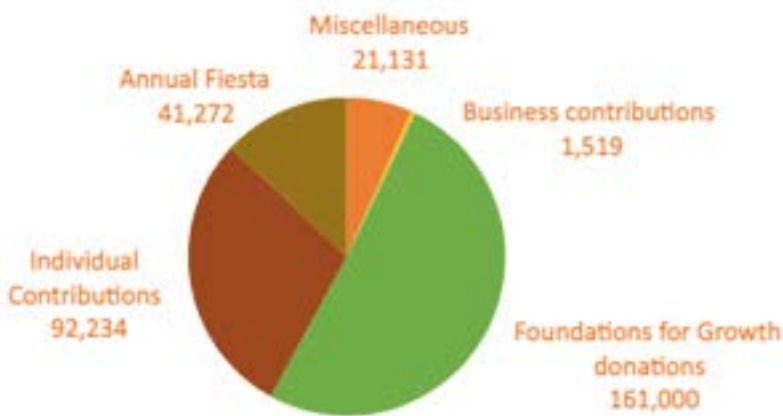
"The women also have a place to participate in the Community Radio. Every two weeks, we broadcast news about the rights of women and we teach about how to distinguish between kinds of violence and how to seek help. We do this so that more women are aware of their rights and can denounce violence."

*Maria Demeza,
San Antonio de las Palomas community*

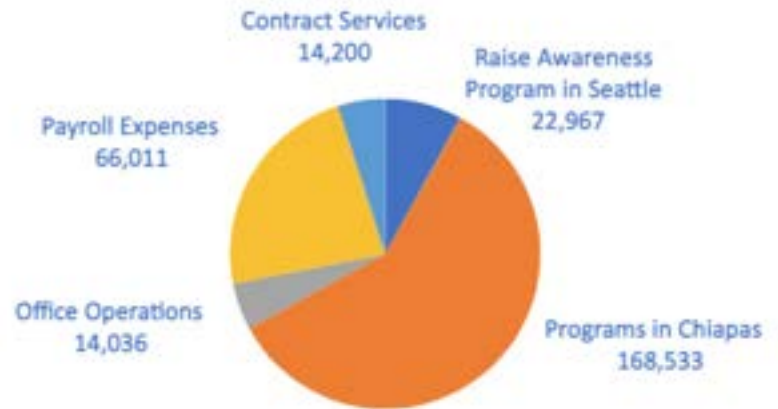


2020 Financial Results

INCOME: \$ 317,156



EXPENSES: \$ 285,747



Deepen Your Impact! Save the Date!

Annual Fiesta 2021



Livestream:

Saturday, October 16th, 6:00 pm

October 14-17:

**Online Auction, Dessert Dash,
and more!**

*Join us for this short and
inspirational event!*

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