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Contents ■ Bea Álvarez

Review of content

■ Esteban Jiménez ■ Lucía Baráibar

Design ■ Bea Álvarez

Translation ■ Nancy Orr

■ Ann Conway ■ John Chávez

■ Alison Abbott ■ Anita Smart

OPEN HOUSE 2013

Event

On Friday August 16, 2013 we held our Open House 2013 in the new Amigos de San Cristóbal office. There were about 60 people in attendance, including members, friends and representatives from our partner NGOs.

The event was a time for attendees to get to know one another and exchange information and views on the different realities that exist in our city. Our partner NGOs had the chance to speak with attendees about their work and how they benefit from the funds they receive Amigos de San Cristóbal. It was an opportunity to spend some quality time and share.

The office space was decorated with a traveling exhibition from the Casa de Las Flores, with photos taken by children with pinhole cameras. In addition, there were some informational posters with photos of projects Amigos funded in 2013.

Some San Cristóbal businesses participated in the organization of the event: Carajillo Café donated coffee, Quinto Sol Jewelry





donated wine and fresh waters, and Restaurante Plaza Real loaned couches and other furniture. Chantiik A.C., offered a delicious assortment of bread that was prepared by the boys and girls in the bakery shop, which was also a way to publicize what they do. All the NGOs that participated brought informational material about their organizations.

Our president Lucia Baráibar expressed her appreciation to all those who attended Open House 2013. She introduced the new director, Esteban Jimenez Lobeira, who spoke about the importance of the work that Amigos does in San Cristóbal. He also stressed the importance of

everyone's commitment to support the projects.

The Open House was also an opportunity for current members to renew their memberships (6) and new members to join (8). In addition, several people made donations. This event allowed old and new Amigos members to get to know each other in this new space that we want to be a center for work and shared projects. Having this space helps us promote philanthropy and volunteerism in our community. Thanks to all who attended and those who participated in the organization of Open House 2013.



NEW PROJECTS FOR 2014

Information

After intensive work by the Amigos Project Committee, to whom we offer our gratitude and congratulations, the new organizations that Amigos will partner with in 2014 were selected. We thank all the NGOs that submitted their applications; all were quality projects. We appreciate your trust and good work. We know that the needs are many but resources are limited.

This will inspire Amigos to make an even stronger commitment to obtain more resources that will allow us to help more people. So many organizations are working hard to develop the best possible ways to improve education, health, children's welfare, community development, and human and gender rights.

The new projects are:

ORGANIZATION	NAME OF THE PROJECT
MADRE TIERRA MÉXICO	"Smiles for the Future" establishment of a dental clinic and health education in the Sierra region of Chiapas
CHANTIIK TAJ TAJINKUTIK A.C.	Strengthening services in the areas of consultation, guidance and psychological care
GRANJAY TALLERES PARA PERSONAS CON CAPACIDADES DIFERENTES ÁNGELES DE AMOR	Health, training and physical therapy for adults with disabilities
HOGAR COMUNITARIO YACHIL ANTZETIC A.C.	Holistic support for rural women and female migrants to the city, to exercise their rights in terms of equity, through community outreach to prevent unwanted pregnancies of young women.
CEPAZDH (COLECTIVO DE EDUCACIÓN PARA LA PAZ Y LOS DERECHOS HUMANOS)	Health project on water and sanitation through renovating and building latrines
CASA DE LAS FLORES A.C.	An educational and life skills program for working children in San Cristobal
MUJERES SEMBRANDO LA VIDA	Remedial tutoring for children in Zinacantán
ASOCIACIÓN DE PRODUCTORES "LA JORNADA" A.C.	Food self-sufficiency and environmental stewardship for families in Chiapas

In this newsletter we will describe 4 of the 8 projects. The other 4 will be described in the next newsletter.

MADRE TIERRA MÉXICO

This project falls within a comprehensive health program that seeks to build Farmers and provide a humane and dignified Health Service for more marginalized. The specific objective of this project is to establish and equip a dental office at the Center for Integral Campesino Mother



Earth Health and pay the salary of a dentist for 3 months before being self sufficient. This is to cater to indigenous peasant families and promote oral health in the region as part of prevention work.

Prevent tooth decay and avoid

extractions only solution for oral health.

The diet has changed a lot in these past few years increasing consumption of junk food and sugary drinks, this has brought problems mainly caries in children. Dental services are in the city, at a distance of between 3 and 8 hours of communities and the cost is very high. The easiest way to alleviate pain is extraction, but that entails a deterioration in the health of the person and their quality of life.

HOW WILL SUPPORT FRIENDS? It will support the dental office equipment and salary for 3 months in a dentist.

Direct beneficiaries:

Women: 611

Men: 407

Indirect beneficiaries:

Women: 2,100

Men: 1,400

CHANTIIK TAJ TAJINKUTIK

The area of advice, guidance and psychological care is strategic, in coordination with the parallel technical training, working children and street youth in San Cristóbal de Las Casas aware of what it means to be subjects of law and therefore achieves emancipatory empowerment necessary to strengthen the possibility of building a life insurance plan, which represent real benefits for them, they and their families item.

In working with young people Chantiik has realized that it can perpetuate support and maintain the state of vulnerability. His proposal highlighted the importance of intervening at this

stage of life of children to support the construction of a life that allows them to advance their autonomy, once acquired skills to work, accompany them to a process of empowerment on Free and self-worth.



HOW WILL SUPPORT FRIENDS? Will support for workshops built into the emancipatory empowerment through awareness of being a subject of law, a psychologist who makes the detection, care and focused detected cases and family counseling in cases psychological care they so warrant (violence, trafficking, abuse, sexual abuse, emotional restraint, addictions, negative self- evaluation) and workshops, counseling and

emotional support of the team working on issues dealing with violence , trafficking , addiction and abuse, conscious education , good treatment, and prevention values of burnout syndrome.



Direct beneficiaries:

Women: 17

Men: 15

Indirect beneficiaries:

Women: 57

Men: 60

HOGAR COMUNITARIO YACHIL ANTZETIC



Chiapas has a high incident of mother mortality from malnutrition, being forgotten by the community, and discrimination in general and particularly toward women with an unplanned pregnancy.

Other factors are family violence, premature pregnancies (12- 15 olds) and back room abortions which cause a lot of maternal deaths, not to mention malnutrition and labor exploitation while women work out side of the home for low salaries thus making a double work load along with their domestic chores.

This project looks at the whole woman in the training and education of rural women and indigenous single mothers who migrate to the city of San Cristóbal.

They are educated on their rights as women, how to strengthen their personal skills and how to build a sustainable path for themselves under unequal circumstances.

HOW DOES AMIGOS HELP? With room and board for 80 women who attend training workshops, transportations expenses in order that they can attend the workshops, payment for the facilitators of the workshops and payment for the didactical material.

In San Cristóbal 36.7% of the population is from the marginal urban area and indigenous communities from the highlands and the jungle.



The workshops are about identifying alternatives with which the women can optimized their productive activities and development, workshops on transforming self knowledge that

can move toward positive change and activities that accompany an unplanned pregnancy, workshops on education and prevention of violence for children in marginalized schools.

Direct beneficiaries:

Young women (13-29):

120 indigenous and mestiza women who have migrated to San Cristóbal, single mothers and women with unplanned pregnancies.

Indirect beneficiaries:

About 300/400 people will see benefits indirectly from the changes in these for the better of the women who come to HOGAR.

**CEPAZDH (Colectivo de Educación para la Paz y los DDHH)
Group for peace and human rights**

This project will build purification systems of residual water (gray and sewage water). Improvements to composts dry toilets will be made as well. This will benefit women and their families in 5 tojolobal and tzotziles communities.

A training commission will be formed of men and women to oversee the implementation and maintenance of these compost toilet and purification systems. They will also form in each of the 5 communities a training commission to give education about the environment and proper use of the toilets and systems.

The five communities (Ojo de Agua, Flor del Rio, Olonja, Nuevo Momon, municipality of Las Margaritas and Candelaria, municipality of San Cristóbal) lack in basic services. There is no drinking water nor tubes to transport the water. no drainage systems, and in one of the communities there is no electricity. The sewage and gray water are discharged without any treatment and have contaminated community



springs which cause illnesses. This also effects women in that they are responsible for taking care of the sick and gathering wood to boil the water to purify it.

HOW CAN AMIGOS HELP? With the installation of purification systems, dry compost toilets and printing of teaching material and posters on proper use of these systems. This will also facilitate the exchange of experiences and dialogue among the villages.

Direct beneficiaries:

Women: 48

Men: 42

Indirect beneficiaries:

Women: 130

Men: 110



CHRISTMAS FLEA MARKET

Last things to prepare



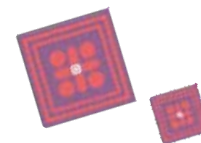
On Sunday, December 15, Amigos de San Cristóbal will hold its traditional Christmas Flea Market; this year it will be held in the lower level of the Palacio Municipal (Municipal Palace, at the west end of the Zócalo) from 10 a.m. to 4 p.m.

From 11 November to 13 December we were inviting members of Amigos and society in general to make donations of clothing, shoes, accessories, electronics, furniture, books, CDs, movies, etc. The response was very positive, and we received a lot of interesting things that will be sold in the third Flea Market our organization.

The objective of the flea market is to promote participation and philanthropy among people living in San Cristóbal and the sale of donated items can finance the operation of the association and so continue to help as the 8 diferents projects already mentioned above.



We are receiving many donations and thank our many volunteers, such as you. We thank, in advance, the many people who have recently came to our office to donate, and we also thank the volunteers that make this effort possible.



We hope that with events such as this the family of Amigos may continue growing and make San Cristobal a community that offers better opportunities for all.

AMIGOS PARTICIPATION IN VARIOUS EVENTS

Conference by Dr. Panas regarding philanthropy

On October 21, in the Ambar Museum, a conference about philanthropy was presented by Dr. Jerold Panas.

He has been sharing his experiences over the last few years in various regions of Mexico, and came to San Cristóbal to share the successful practices that he has developed for the procurement of funds for NGO non-profits, collectives, and other local activities.

Various members of Amigos de San Cristóbal attended the conference.

Dr. Panas mentioned 3 things of importance:

- 1) To create an understanding and connection with donors.
- 2) To create a sense of urgency.
- 3) To ask directly for the resource and assistance, knowing that if it is not asked for, it will likely not be given.

It is known that each year we will receive

less via government funding, and thus we will need more donated funds from individuals, and the words of Dr. Panas are an inspiration to work on behalf of the many organizations, such as Amigos, that work to acquire needed resources that will go to ONG non-profits that work on local constructive projects that contribute to better lives in our local communities.



Radio interview with Guadalupe Ruiz Narvaez

On November 8, our Amigos Director, Esteban Jimenez, and Margarita Rojas Nandayapa, were interviewed on the radio program "Viva Radio" on local radio station FM 91.6, during a talk with Lupita Ruiz Narváez; the radio broadcast interview lasted 25 minutes. Margarita and Esteban had the opportunity to describe Amigos de San Cristóbal, what Amigos goals and accomplishments are, how Amigos membership functions, and how one may collaborate and assist Amigos. It was a wonderful experience and we hope that we will have another opportunity to communicate Amigos' efforts for the people of San Cristóbal and Chiapas.



Participation in the Angeles de Amor event

On November 28, an event, “Granja y Talleres (Farming & Workshops) for People of Limited Abilities”, was organized by Angeles de Amor A.C., one of the projects funded by Amigos in 2014, and Nataté Voluntariado.

These two organizations, in coordination with the Instituto de Formación Pública Varois des Professions de Santé (IFPVPS), proposed the formation of a brotherhood for long-term collaboration to contribute to the betterment of the quality of life for the citizens of San Cristóbal by delivering basic health services.

Within this framework, Nataté, IFPVPS, and Ángeles de Amor A.C. formed the “Program for Humanitarian Action” in the neighborhood of Cuxtitali in San Cristóbal. This is the only organization in that locale that provides care for

adults with disabilities.

Esteban Jimenez, Director for Amigos, was invited to participate and described the local community projects supported by Amigos de San Cristóbal. Further, representatives of the Fundación Dr. Simi (Dr. Simi Foundation), the Colegio de Arquitectos (Architect School) and Nataté Voluntariado Internacional S.A. (Natate International Volunteers), spoke as beneficiaries of the project.

There was also food for sale, artisan crafts, raffles, live music and other activities in support of youth and adults with disabilities.



Breakfast with the Rotary Club of San Cristóbal; a networking opportunity

On November 30, the Rotary Club invited Amigos de San Cristóbal to their weekly meeting. Nancy Orr, Lucía Baráibar, and Esteban Jimenez Lobeira (Director of Amigos) attended the meeting. We are very grateful for the warm reception and for having the opportunity to foster an awareness of the works which we do as Amigos. We are sure that this will be the beginning of a relationship with the Rotary Club that will be helpful to the efforts and projects of Amigos.

In thanks for the invitation, Amigos de

San Cristóbal donated a piñata for the posada event that the Rotary Club organizes every year for the children of the community.



NEW VOLUNTEERS ON THE COMMITTEES

Volunteer work

We have some new volunteers joining our different committees this month. We thank them all for their enthusiasm, their time and their good work. We know that they like working with good humor and creativity for the good of their community.

We welcome Anita Samrt, new member of the Amigos' Board of Directors, who has come in to replace Brian Fuller as secretary of the Board.

Also on the subject of committees, Nancy Orr has given a push to the Membership Committee along with those participating members, Glenn Rotton, Ernesto Kiang Chong, Kathy Kemper, Kraig Kemper, Lupita Yannini, Lily Morales, Edmundo Ortiz, Ivonne Velasco and Lucía Baráibar.

As to the Events Committee Ivonne Velasco, Lupita Yannini, María Eugenia Castellanos González who with Kathy and Kraig Kemper have participated in the organization of the Mercado de Pulgas. Surely on the 15th of December we will see many more volunteers helping with this event. We'll see you there!

Margarita Rojas Nandayapa, psychologist and expert in social communications methods has come to reinforce our Communications Committee, Elisa Díaz Ozuna and Beto Domínguez work in the graphic design as Karla Pimentel who has taken over as admistrator of the Facebook page. Follow us in Facebook: facebook.com/Amigos-de-San-Cristobal and find out all the news.

If you are interested in parcipating as a volunteer on any committee do not hesitate to contact us, we can always use your help! amigos@amigosdesc.org

FRIENDLY COMPANIES

New memberships

It is a pleasure to announce a new type of membership, the EMPRESA AMIGA, through which different businesses can join the Amigos' effort to work in favor of the community.



The businesses locacted in San Cristóbal play a very important role in the community: they generate proffits, provide employment and offer quality products and services. This role carries a varaity of business responsibilities on the authority front as well as on the social front where unfortunately not all opportunies exist for everyone.

A society with great inequality makes us more vulnerable in difficult times, therefore it is important to offer basic tools and productive

projects to more people in matters of education, nutrition, community heath and economic developement.

For this reason Amigos invites all those businesses that would like to join us to form part of a business network committed and conscious of the diverse reality that exist in our San Cristóbal, businesses who want to colaborar with our organization, contribute their grain of sand and help to change the reality in our community.

Through these businesses and their numerous clients that use the stores, restaurants and hotels more people will be able to know about Amigos de San Cristóbal and the projects it helps. We thank the following businesses for their confidence in Amigos and joining our efforts. Some of the businesses that now form part of Empresas Amigas are: Panóptico, Plaza Real, Quinto Sol Joyería, Quinto Sol Casa y Boutique, El Tacoletto,

Servicios 2000, Cocoliche, Repostería Oh, La, La, Intervino, Casa Felipe Flores, La Joya Hotel and Sna Maruch and Carmen Rion. Thanks to all of them.



Benefits of being a EMPRESA AMIGA:

- Recognition** as a business with social responsibility that contributes to the well being of its community and inhabitants.
- Distinction** for the business: a sticker with the logo of Amigos de San Cristóbal reading BUSINESS WITH SOCIAL RESPONSIBILITY, box with flyers about Amigos for their counter.
- Space** and description of business in the Empresas Amigas section of the web page of Amigos.
- Mention** of business and logo in the section of

Empresas Amigas in the Amigos quarterly bulletin that goes out to all the members and spreading the word on Facebook.

-**Personalized** welcome at the quarterly breakfasts. Opportunity to briefly present their business in front of the membership, networking and branding.

-**Presence** at events: Quarterly breakfasts, concerts, Open House, membership meeting, annual membership meeting and cocktail parties (with promotional space for banners and flyers).

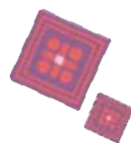
-**Deductible** tax receipts once we have obtained the Donataria Autorizada (Mexican tax deduction status) this coming year.

CARD DESIGN CONTEST

and printing of cards

In November we had a design contest and made post cards to use to thank our members, donors, and friends for their support, as well as to send for Christmas, Thanksgiving and other special days.

We want to thank the children of Casa de Las Flores and Chantiik for their participation and for their beautiful creations. A backpack was given to those whose designs were chosen and from Amigos we send them a big hug.





Some drawings made by children

MERRY CHRISTMAS

and happy New Year

From Amigos de San Cristóbal we wish you a Merry Christmas and Happy New Year, hoping that these holidays help us to renew our spirit of solidarity and closeness with those who most need it.

We send a special thanks to all our donors and volunteers during the year 2013 who have helped make possible our journey and to the organizations with whom we have worked.



THANKS TO DONORS

Amigos de San Cristóbal thanks everyone for their donations during 2013. We want to give special thanks to S.A. Camp Companies, Kellogg Foundation and Hahn Air Foundation for their indispensable support of the work that we do through our NGO partners in San Cristóbal and Chiapas.

Our thanks also goes to those organizations through which we were able to receive funds from many generous donors: Maya Educational Foundation (MEF) and Project Neighbors. Thanks also to Quinto Sol Jewelry who has made it possible for people to give donations at their convenient location.

Please remember that you can also donate through Paypal or directly into an account at Bancomer (account 00 151 830 546).

There is still time to receive donations this year, and we look forward to your donation in 2014.

