



IDEX UPDATE

Fall 2009 • Strength to Face the Future

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The Strength To Face The Future

When Gladys Nikelo discovered she was HIV-positive in 1999, she was 15-years old. Needing support, she turned to her family. They turned their back on her. Initially, Gladys kept her HIV status secret, did not seek treatment, and watched her health decline.



Gladys Nikelo,
PWN Outreach Coordinator

This is an all-too-common occurrence in South Africa, where HIV/AIDS infection rates reach nearly 40%* in some areas. Stigma prevents HIV/AIDS being discussed and restricts accurate information about prevention and treatment.

In 2003, Gladys happened to see Prudence Mabele, the founder of Positive Women's Network (PWN) on TV. She was amazed at how confident Prudence appeared even while she was talking about being HIV-positive.

Gladys went on a mission to find Prudence. And, when she did, she immediately signed up as a member of one of PWN's support groups. For the first time since her diagnosis she no longer felt alone. Now she was part of a community that understood what she was going through.

Through PWN, she learned about her illness and how to access treatment and Anti-Retroviral drugs (ARVs). Gladys also learned about good nutrition, essential for

the ARVs to be effective. With the support of PWN, Gladys decided to "come out" with her HIV-positive status and to challenge those who discriminate against those who are HIV-positive. Gladys became an active, confident PWN member.

In 2008, Prudence asked her to become the Outreach Coordinator in the township of Kwathema. In this role, Gladys now organizes a number of discussion groups with the church youth group. Her goal is to organize even more discussion groups to involve all the youth in the townships.

She also works to inform families about resources for HIV-positive people, often participating in "funeral outreach." That is, at the invitation of family members of someone who has died of AIDS, she and other PWN members attend the funeral as an opportunity to educate others about the disease.

Today, Gladys is on ARVs and has a four-year old boy who, because she was able to access key information about mother-to-child transmission, is HIV-negative. Gladys still tires easily and deals with health issues, but with the support of PWN, she has found the strength to face the future and live life richly despite her illness.



Positive Women's Network Youth Group

When asked her opinions of PWN, Gladys responds, "Because of PWN, I'm a strong person. And with my strength, I hope to lead other women who are HIV-positive to be strong as well."

**Your donation changed Gladys's life.
Please continue to support our work and make your tax-deductible donation to IDEX today.**

*South African Department of Health Study, 2007

IDEX News Roundup

IDEX Expands Grantees In South Africa

After careful review, IDEX has recently selected six grassroots organizations in South Africa to each receive a one-year \$5,000 Catalyst Grant. We hope to be able to choose new partners for a longer-term commitment from this pool by June 2010.

All of the selected groups work in underserved communities across South Africa and develop local initiatives to end poverty that also empower women, build local economies and care for the environment. We are excited to announce the following grantees:

Angus Gillis Foundation

Angus Gillis builds self-sufficiency in communities that have faced poverty and ill health. Angus Gillis runs a health program and works with communities on food gardens, income-generating activities, and leadership development and self-reliance.

Biowatch

Biowatch is an environmental organization that strives to prevent biological diversity from being privatized for corporate gain. Biowatch trains community groups to grow their own food in organic and sustainable ways that allows people to control their food supply.

Nyanggezizwe Community Information and Training Center

Nyanggezizwe was founded by a group of indigenous women to alleviate poverty through supporting indigenous healers. Nyanggezizwe works to improve health services, and sustainable community driven programs and services.

Rural Education, Awareness & Community Health (REACH)

REACH raises awareness on the issues of sexual harassment and sexual violence, especially in rural farming communities. REACH provides support services to address and assist those whose lives are affected by these social problems.

South Durban Community Environmental Alliance (SDCEA)

SDCEA is a coalition of communities that are seeking to end pollution caused by large industry in South Durban. SDCEA trains people how to measure pollution and advocate for greater environmental protections.



Mrs. Thabethe in her organic garden, which she planted after receiving training from Biowatch.



Elsa and Shireen participants of a workshop organized by REACH.

Whole World Women Association (WWWA)

African refugee women in Cape Town founded WWWA to empower refugee women and children. WWWA organizes leadership and societal integration training, promotes HIV/AIDS awareness, provides legal assistance for refugees, and protects their rights. WWWA also educates South Africans about refugees.

“One Hope Ahead” With EduPaz

IDEX Program Officer, Katherine Zavala, traveled to Chiapas, Mexico to learn more about IDEX’s newest partner, Educación por la Paz (Education for Peace, or “EduPaz”).

IDEX supports EduPaz’s programs in economic development and agroecology, which focus on microcredit and technical assistance for 40 collectives and community groups. Communities work on projects such as livestock rearing, growing vegetable crops, and other income-generating activities.



Grocery Cooperative “One Hope Ahead” in their store.

In the community of Amparo Agua Tinto, Katherine met with many people who were taking part in EduPaz’s programs, including Leonor Vazquez Alvaro, a 53 year-old mother of 11 children ranging from 7 to 30. Leonor’s story – and her grocery store named “One Hope Ahead” – is a great example of EduPaz’s work.

Leonor saw a need for a grocery store in her community but knew that she couldn’t start such an undertaking alone. She proposed the idea of a grocery store to her family and neighbors. Over many cups of coffee, they developed the idea of having a cooperative to run the grocery store together and finally approached EduPaz to see if the cooperative could take out a microloan to get the store up and running.

EduPaz not only provided a loan to establish the grocery store, but they worked with the all female group to facilitate the development of the cooperative. They gave guidance on cooperative management and, when asked, talked with the womens’ husbands to ensure they were supportive and on board.

In its first six months, the store is going strong and generating a revenue of approximately \$40 a day. Leonor and her group decided to reinvest all their earnings in the first year back into the grocery store. Just as impressive, the women have been able to develop their own savings plans. Every month they each save 30 pesos (\$2.30).

Once the store is more established, and profits grow, each group member will be able to take a salary for household consumption. This is just one of many ways IDEX partners and grantees are working to end poverty in their communities.

IDEX News Roundup (continued from page 2)

IDEX Takes On Seva Foundation's Community Self-Development Program

On September 1, 2009, IDEX assumed responsibility for Seva's Community Self-Development (CSD) Program in Mexico and Guatemala.

As a result of your continued support, IDEX has experienced sustained growth in recent years, and has built internal systems to continue on a path of expansion. Acquiring Seva's CSD program allows IDEX to grow our support in Latin America significantly in one year, while achieving greater efficiencies and engaging new funding opportunities.

In early 2009 the Seva Board of Directors engaged in a strategic planning process. The Seva Board made the difficult decision to discontinue supporting the CSD Program to tighten its focus on health issues. Seva began to look for another organization already doing similar work in Latin America.

IDEX and Seva have a long history of working with indigenous communities in southern Mexico and Guatemala. The two organizations have common goals of supporting community development initiatives. Both Seva and IDEX are committed to providing sustained support, as both organizations have found this to be fundamental to poverty alleviation.

IDEX has always encouraged best practices to be shared among our grantees. This will allow us to facilitate more opportunities for like-minded groups to share their successes and challenges and learn from one another. We are confident that this will be an enriching experience for both IDEX and Seva grantees.

Over the next 12 months IDEX will work to transition the Seva CSD program to match the format of our existing programs. We hope you will join us in extending a warm welcome to the Seva CSD program.

For more information please visit <http://www.idex.org/seva.html> or contact IDEX at (415) 824-8384.

About IDEX

Our Mission:

IDEX promotes sustainable solutions to poverty by providing long-term grants and access to resources to locally run organizations in Africa, Asia, and Latin America.

Our Vision:

We envision a global community that embraces economic, social and cultural rights in which all people may access resources, preserve their environment, and are empowered to live free from poverty and discrimination.

Our Values:

- Equitable partnerships with our grantees;
- Transparency, accountability, and integrity in all our relationships;
- Open communication with the communities we support;
- Grassroots solutions, free from agendas imposed by governments, corporations, or funding agencies;
- Local knowledge and leadership that encourages sustained community development;
- Changing the power dynamic in international grantmaking.

In Practice: Reducing Poverty, Integrating Rights

IDEX works with partners and grantees in Guatemala, Mexico, India, Nepal, South Africa and Zimbabwe. IDEX values community initiatives that come from people who want to create change for themselves. We provide the financial support. Local leaders and community members do the rest.



IDEX Staff from left to right: Greg Hunt, Rajasvini Bhansali, Anne Mawdsley, Gillian Wilson, Katherine Zavala, Deborah Goldberg, Pete Stanga

Welcome Greg!

IDEX welcomes Greg Hunt to our team. Greg joins IDEX as our Office Manager, and brings to IDEX over ten years of experience in administration and bookkeeping for local non-profits. Greg has worked with various organizations that serve urban and at-risk youth, advocate for senior citizens, and foster local artists. He holds a B.A. from San Francisco State University where he

is also currently working towards a Master's degree in Cultural Anthropology. Greg has been an organizer for SF State's annual Human Rights Summit and continues to keep issues of global poverty, women's rights, and social justice central to his academic work.

Mark Your Calendars!

Missed an event? Have IDEX news emailed to you! Sign up for our email newsletters and event invitations on our website www.idex.org.

September 10 – IDEX Open House

What: A casual wine and cheese get-together and the premiere of a short video featuring the work of our newest grantees in South Africa

When: Thursday, September 10, 2009 at 5:30pm

Where: IDEX, 827 Valencia Street, #101, San Francisco

From rural villages to urban townships, a vibrant civil society movement in post-Apartheid South Africa is a ray of hope in overcoming widespread poverty and inequality. Come learn about the issues and what inspiring citizens are doing to lead change in their communities.

October 13 – IDPN Meetup with IDEX

What: A monthly gathering to discuss international development

When: Tuesday, October 13, 2009 at 6:30pm

Where: Medjool Restaurant/Lounge, 2522 Mission St. San Francisco

Join IDEX and IDPN at Medjool for a lively mixer and discussion.

International Development Professionals Network is a network for people interested in international development. Each month IDPN members gather to network and learn more about an international non-profit. IDEX



IDEX Board member, Kyra Sanin (left) with her husband Alex Lilien (right) and IDEX's Development Director, Anne Mawdsley at IDEX's Seeds Of Change Event.

is the host of October's gathering and we would love for you to join us. For more details visit <http://groups.google.com/group>

November 4 – IDEX Panel: Creating A Just Food System Global & Local Struggles

What: A timely discussion on the problems, challenges and solutions to the global food crisis

When: Wednesday, November 4, 2009, 6:00pm

Where: The Goldman Theater, The David Brower Center, 2150 Allston Way, Berkeley

Who: Vini Bhansali (IDEX Program Officer), Raj Patel (Author & Activist), Jeff Conant (Food & Water Watch) and Brahm Ahmadi (The People's Grocery)

Join us for this eye-opening panel to learn how communities around the world, from India, Brazil, South Africa and Oakland are facing the challenges posed by the current food system. Find out how they are organizing and creating local solutions and learn what you can do.

For more info visit www.idex.org/events

December – Photo Exhibition of IDEX Partners

What: An exhibition of photography of IDEX projects

When: Throughout November or December, 2009 (exact month TBD)

Where: Ritual Coffee Roasters, 1026 Valencia St. (@ 21st Street), San Francisco

All month long, stunning photography of our work will be showcased at Ritual, the Mission District's coffee mecca! Be sure to drop in, relax with a fair trade, organic coffee, and enjoy stunning photography of IDEX and our partners.



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