

THE

CUSO INTERNATIONAL'S MAGAZINE
ON GLOBAL VOLUNTEERING

CATALYST

AUTUMN 2017





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The Catalyst is published by Cuso International

Cuso International is a non-profit international development organization, working to improve the lives of people living with poverty and inequality around the globe. Each year we mobilize hundreds of volunteer professionals who work with local partners to create positive, lasting change. Established in 1961, Cuso International is a registered charity in Canada and the United States.

We wish to thank the many volunteers, alumni, partners and staff who have contributed to this edition of *The Catalyst*.

Please send your comments, ideas and submissions to:
editor@cusointernational.org

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Cuso International
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Canada: No. 81111 6813 RR0001



We gratefully acknowledge the financial support of the Government of Canada through Global Affairs Canada.



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du Canada

Le Catalyseur est également disponible en français | *The Catalyst*
is also available in French

LETTER from the CEO

I was recently in Winnipeg to take part in the launch of a new project for Cuso International with the Ma Mawi Wi Chi Itata Centre and the Winnipeg Foundation. Called “Mino Stat An”, Cree for ‘making things right’, the project will help non-Indigenous people take their first steps on the road to reconciliation. I was so pleased to meet several Cuso International alumni at the event and hear about the experiences they had while serving as volunteers.

After the event, a group of us gathered at a spot called Neechi Commons, a community store based around the principles of an Indigenous owned and operated worker co-operative. While there, someone came over to us and asked: “Are you the group from Cuso? I’m sorry I couldn’t be at the event earlier today but I was busy here at Neechi.” Dennis Lewycky, who was in Botswana from 1974–78 joined us to discuss his role as a volunteer at Neechi and elsewhere in Winnipeg. This is one of the things that really strikes me as the new CEO of Cuso International, the effort and time alumni put into their communities. So many alumni have told me that not only did they see an impact in their placement communities but they were also changed. And many of you, like Dennis, have used your experience and inspiration to bring change to your own communities back in Canada and around the world.

As we recognize Canada’s 150 years of Confederation, we believe that that one of this country’s greatest achievements is the support it provides to the world through its skilled volunteers. This year, Cuso International has launched *Canada 150+ Volunteers* to highlight this and to recognize 150 volunteers and more who returned from their volunteer placements and created positive change in Canada and the world.

We need your help to find those inspiring individuals.



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Do you have a colleague or friend who volunteered with Cuso International who has inspired you with the impact they made when they returned to Canada or elsewhere? I invite you to nominate them—look for more information on how to do that in this edition of *The Catalyst*.

We’ll be recognizing inspiring alumni to the end of 2017 and beyond. Check our *Canada 150+ Volunteers* website: alumni150.cusointernational.org.

C. Glenn Mifflin
CEO, Cuso International

Cuso International uses the term Canada 150+, as first suggested by the City of Vancouver’s Urban Aboriginal Peoples Advisory Committee, to recognize the long history of different nations who comprise what we recognize today as Canada.



CANADA 150



When Tim Brodhead accepted a volunteer placement in 1965 to teach in Nigeria, he was a new graduate at the time and had no idea the impact this experience would have on his future career—or the mark he would leave on his home country, Canada.

“My placement in Nigeria was undoubtedly a launching pad for my career,” he said. “After my placement, I felt I had a responsibility to apply what I learned in our own society. I had a sense that very important changes were required here and that became the motivation for everything I did afterwards.”

Tim dedicated 25 years to international development, including six with Inter Pares, a social justice organization he co-founded in Canada. Over the years, he took leadership positions with several organizations, including the Canadian Council for International Co-operation. Today, he is a board member with seven organizations, including Canadians for a New Partnership. In 2001, his contributions were recognized with his appointment to the Order of Canada.

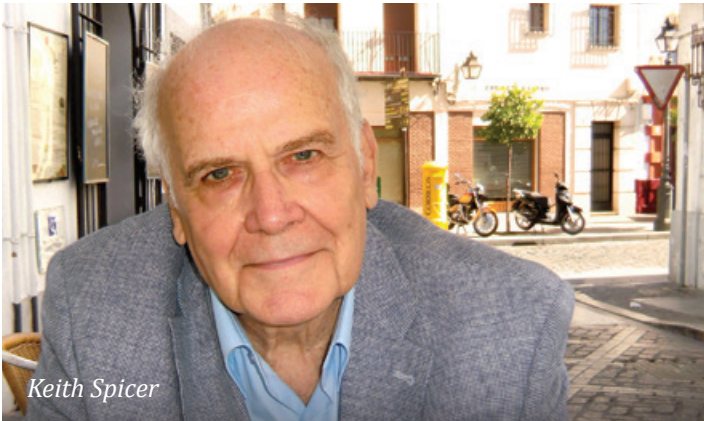
For many volunteers like Tim, their Cuso International placement was the catalyst to help them become some of our country’s leading activists, business leaders and public servants inspiring other Canadians to volunteer, give and make a difference.



Tim Broadhead



Sally Ravindra



Keith Spicer



Nora W. Murdock

As Canada marks its 150th and beyond, Cuso International is celebrating the contributions volunteers have made overseas and here at home by launching a new *Canada 150+ Volunteers* website (alumni150.cusointernational.org). Whether they were teaching in Nigeria in the 1960s like Tim, or supporting agriculture projects in Peru in the 1980s, this site takes viewers through the decades to learn more about the difference Cuso International alumni continue to make.

Launched in time for Canada Day, the site will continue to be updated with volunteer stories until the end of the year.

HUMBLE BEGINNINGS

It would be remiss to talk about Cuso International through the decades without acknowledging its humble beginnings. Now a global organization recognized for supporting communities around the world, Cuso International started in the 1960s as an idea from a 25-year-old university student, Keith Spicer.

Keith raised a hefty \$36,000 to start a project that would send Canadian students to volunteer placements around the world. He even took his idea to the Prime Minister at the time. “John Diefenbaker was intimidating and gruff,” Keith said. “I told him we wanted him to send word to embassy staff that we were sending volunteers, and we wanted them to be treated seriously. He said: ‘alright, I’ll do that.’ I was so nervous that I dropped all my papers on the floor and was too nervous to pick them

up. Diefenbaker picked them up and handed to me—that’s how green I was.”

Following that meeting, the first 16 volunteers, known as Canadian Overseas Volunteers, were deployed. The program was later taken over by the Canadian Association of University Presidents. Keith left the CUSO project and dedicated his career to journalism and public service through the Canadian Radio-Television Commission (CRTC) and later was a key figure in the Spicer Commission following the collapse of the Meech Lake Accord.

That meeting with Keith and Diefenbaker was key for Cuso International. It demonstrated what Canadian youth are capable of, and the Prime Minister demonstrated a commitment to volunteerism, which continues to be a core value for many Canadians. A few years later, Prime Minister Lester B. Pearson was on the record recognizing Cuso International as a “trail-blazer in Canada’s voluntary efforts.” Today, the Government of Canada continues to acknowledge the value of volunteers by maintaining its commitment as a key partner.

VOLUNTEER IMPACT

Since 1961, Cuso International has deployed around 13,000 volunteers to more than 16,000 different placements globally. From coast to coast in Canada, volunteers have travelled to Asia, Africa, Latin America and the Caribbean to integrate in communities for months, even years, to share their professional skills.

“Volunteers often tell us when they return from their

placements that the experience was transformative, not just in the community they served, but personally as well—and that is what inspires them to make change here at home,” said Glenn Mifflin, Cuso International CEO.

Amongst the first 16 volunteers was Sally Bambridge (now Ravindra) who was the women’s sports editor for the University of Toronto’s Varsity newspaper. “I was assigned to go to an event that I didn’t know anything about,” recounted Sally. “It was with Keith Spicer and Dr. Donald Faris, who was speaking about grassroots international development. I barely took a note because I was so captivated with what they had to say.” By the end of the event she had put her name on the list that sent her to India in 1961. “I was there for two years, mostly at a health centre along the Varana River near Varanasi.

“I initially had ambitions to be in medicine,” said Sally. “But ended up studying social work.” Sally taught social work at both Dalhousie University and the Maritime School of Social Work. During a sabbatical in New York,

she met a potter and learned how to create out of clay. For 35 years Sally has been a ceramic artist, with shows in Canada, Europe, Japan and the United States.

For volunteer Nora W. Murdock, her volunteer stint in the 1980s was life-changing. “My volunteer experience with Cuso International was completely transformative. As a Cree First Nations from Northern Manitoba, my volunteer experience opened up the world. It helped to make me who I am today. I am proud of what I achieved and the experience continues to impact my work in First Nations education in significant ways.”

Nora now works for the Manitoba First Nations Education Resource Centre as a director of system development, which involves establishing an education system for the First Nations schools in Manitoba.

These are just a few of the 150 stories from Cuso International alumni in the new *Canada 150+ Volunteers* website. Read more about the incredible work of Cuso International alumni at alumni150.cusointernational.org.

NOMINATE A VOLUNTEER

Do you know a Cuso International Alumna or Alumni who has helped shape Canada?
Nominate them to be profiled as part of Canada 150+ Volunteers

Visit: alumni150.cusointernational.org/nominate

Or email us: editor@cusointernational.org
with a few details about this person’s contribution to their community.



Chef's Tour

CUSO
International

Recipe for Changing Lives

INGREDIENTS

.....

1 cup Intrepid Volunteer	2 cups Life-changing Experience
2 cups Good Friends	1/2 cup Funny Photos
1/3 cup Comfortable Setting	A dash of Social Justice
3 cups Great Food	1 clove of Lasting Change

Recipe serves unlimited fun and laughter

Share your passion for Cuso International with the people closest to you. Dust off your old photos, host a dinner and let others know how your volunteer placement changed your life.

You don't have to be a culinary wizard to share photos and stories of your experience while raising funds for a cause you believe in.

REGISTER NOW

.....

Register now or to get more information contact Amie.
amie.gibson@cusointernational.org or 1-888-434-2876 ext. 245
or visit cusointernational.org/chefstour.





Your VOICE Counted!



Seven finalists, three projects chosen. Thank you for voting as part of Cuso International's VOICE Innovation Fund. Our projects are:

- **Building Resilience & Adaptability Through Volunteer Organizations (BRAVO), Philippines**
- **Feeding Lima from Within, Peru**
- **Building up Climate Resilience of Women Farmers, Cameroon**

Building Resilience & Adaptability Through Volunteer Organizations (BRAVO), will be piloted in the Philippines, a country prone to natural disasters. BRAVO will introduce innovative activities to strengthen the recruitment and retention of disaster relief volunteers and explore new approaches to volunteer management.

The Feeding Lima from Within project responds to issues of urban growth, migration, livelihood and climate change by drawing attention to the role and potential of urban agriculture. The three-year project aims to increase the income, savings and access to safe and nutritious food for the urban poor, as well as reduce environmental degradation.

Building up Climate Resilience of Women Farmers aims to narrow the gap between male and female farmers in Cameroon through a pilot model village. Female farmers in Cameroon are less likely to have access to weather information and innovations in agriculture, which results in lower productivity than their male counterparts. The model village will help farmers become more resilient to the effects of climate change and improve food security.

We're excited to show you how Cuso International is putting innovation at the forefront of its programs. We'll update you on these projects as they progress.

THE IMPACT AT HOME

VOLUNTEERS AND THEIR CONTRIBUTION TO CANADA

Member of the Legislative Assembly, college instructor, environmentalist: what do these three leaders have in common? Their life paths were influenced by their volunteer placements with Cuso International.

For more than 55 years, volunteers have worked around the world through Cuso International. In many cases, the work has had an incredible and sustainable impact. What often goes unnoticed, however, is the impact on Cuso International volunteers once they return home to Canada and the substantial impact volunteers have had on Canada.

As Glenn Mifflin, Cuso International CEO, points out, "Volunteers often return home with memories, stories and anecdotes to share of their time abroad, but there is also quantifiable research that shows how Cuso International plays a role in shaping the lives of volunteers at home and in shaping Canada."

A study from the Knowledge Development Centre titled "The Overseas Experience: A Passport to Improved Volunteerism" looks at the numbers. It was published in 2007 by Sean Kelly of Cuso International and Robert Case

of the Centre for Research and Education in Human Services. The report included a survey of 647 returned volunteers and interviews with 40 respondents in Canada.

The research shows that a large portion of volunteers continue to give their time to organizations when they return home.

"Two thirds (67%) of Canadians who have volunteered overseas get involved in volunteer activities in Canada through charitable or non-profit organizations and community groups," the study shows.

Nearly half (44%) of the returned volunteers in Canada went on to work with three or more organizations, and "85% offered their services to two groups."

In fact, the research suggests that returned overseas volunteers are some of "the most active volunteers in Canada," transferring their passion for community involvement from abroad to

their own backyards.

These statistics don't come as a surprise to Mifflin, who says he has seen Cuso International's impact first-hand.

"When volunteers return home, not

90%
said their volunteer experience
changed their life for the better

70%

said their volunteer
experience has a positive
impact on their career

only do they share their volunteer journey knowledge and experience with others, they also get actively involved. This, in turn, has had a profound effect on Canada.”

THE “CHICKEN OR EGG” DILEMMA

One of the questions the report poses is a ‘chicken or egg’ dilemma. The researchers ask: “Does the overseas experience spark the volunteer spirit or was it there before they journeyed abroad?”

The answer, in a way, is yes to both.

Although many people who answered the survey say that they were already committed to the idea of

volunteering before going abroad, upon returning home they felt an increased sense of appreciation and as a result, a deepened desire to make an impact in their communities.

Dr. Erin MacLeod, an avid Cuso International volunteer, says she felt this coming home to Montreal after a placement.

“I realized there are so many places in Montreal that I have not seen. There’s so many elements of culture in Montreal that I don’t know,” she says. “Learning more and enriching your own experience of your own home I think can also come out of

Cuso International volunteering and that’s something that I found.”

This focus on community as a result of international development volunteering can be seen as a key impact on Canada.

John Harvey was in Ghana from 1981 to 82. He reflects on how his placement shaped him: “The overseas experience exposed me to such a different cultural experience and a true understanding of how rich we are in Canada. Without the African experience, I might be a very different person today.”

Harvey is a dedicated environmentalist and community activist. He’s deeply engaged in his community of Squamish, BC, building

local trails infrastructure and working with young offenders and those with different abilities to increase the opportunity to experience the natural world. “It has been rewarding and fulfilling to know that I have given back to Canada,” says John. “Volunteering keeps us motivated to improve the lives of those around us.”

From working internationally, volunteers not only learn the importance of global development but of local, grassroots, community involvement in ways they may not have seen at home before.

This is shown in the research as “63% of returned volunteers undertake volunteer activities for organizations that focus efforts mostly on domestic issues” and “29% volunteer with organizations that focus on both

95%

would recommend volunteering
internationally to others



91%

are proud to be Cuso International Alumni

domestic and international issues.” These diverse areas of interest span from literacy to the arts to sports and recreation to political development and beyond.

Lisa Roberts was first elected as the Member of the Nova Scotia Legislative Assembly in 2015 for Halifax Needham. “Over the years, I’ve applied skills I developed in Guatemala to my Canadian work and volunteer experiences,” says Roberts. “My work on various boards, as a community organizer, as Executive Director of Halifax’s Veith House, and now as an MLA.”

The impact felt by returned volunteers is summed up into 4 categories by Kelly and Case’s research: confidence, resourcefulness, patience and openness, and new or enhanced skills.

Mifflin agrees, “For Cuso International volunteers, returning home doesn’t mean the end of an experience. It means a new journey, a new perspective on life at home and how to make a difference, how to get involved in Canada.”

The report also discusses the significance of open-mindedness through volunteering: “This broadened worldview may explain why 36% of returned volunteers get involved with organizations that have some link with international issues [and] they often deal with immigrants, refugees, and international students.”

As MacLeod puts it, “The impact of what happens afterwards can’t be understated.”

To learn more about the impact Cuso International has had on volunteers here in Canada, visit alumni150.cusointernational.org and read more about the *Canada 150+ Volunteers* project.



Erin MacLeod in Jamaica



John Harvey



Lisa Roberts in Guatemala



The GLOBE-RUNNING FUNDRAISER

When Ishwar Persad was a boy, he played a game with his brother. Poring over an atlas, one brother would name a remote place and the other would have to find it. As long as he can remember, Ishwar dreamed of exploring the world, with Zanzibar topping his list of must-see destinations.

Born in Trinidad and Tobago, Ishwar remembers a humble childhood with caring parents who emphasized education. “I saw first-hand how technical and financial help, as well as mentoring, can make a difference,” says Ishwar. “I always wanted to give back.”

Ishwar first heard about Cuso International when he studied International Affairs at Carleton University in Ottawa. When a volunteer placement in tourism came up in Zanzibar, Ishwar jumped at the chance.

In 2011, Ishwar spent two years working in Zanzibar and Dar es Salaam in Tanzania. In his first placement, Ishwar taught at a small tourism college that offered a free

tourism and hospitality diploma—including meals, uniforms and supplies—to students in desperate need. To qualify, students had to speak a bit of English, show a willingness to learn and be unable to pay for an education. “One of our students studied by candlelight and had one shirt that he washed every day,” remembers Ishwar. “Without the program, he wouldn’t have gotten a decent education.”

An avid runner, Ishwar wanted to explore the exotic landscape while meeting his fundraising objectives. So, he assembled a team of volunteers to run the Kilimanjaro marathon in 2012. Together, the team raised nearly \$11,000.

After the Kilimanjaro marathon, Ishwar went on to organize other marathon fundraisers in Rwanda and Tanzania 2012, raising money for maternal health programs.

Recently, Ishwar returned to Zanzibar and visited former students. He was delighted to see them working successfully in tourism. “Volunteering in Zanzibar was a good experience,” Ishwar says. “That’s why I am doing it again.”

Today, Ishwar is on his second volunteer placement, this time based in Myanmar. He is working with the Myanmar Responsible Tourism Institute (MRTI) to build skills in tourism and help vulnerable communities develop sustainable programs.

One of the first things Ishwar did upon arrival in Myanmar? He scouted out a marathon! In November 2017, Ishwar will run the Bagan Temple marathon, which winds through the ancient city’s 2,000 Buddhist temples and pagodas. Once again he will be leading a team of Cuso International volunteers and staff, as they attempt to raise \$15,000. Through the work of our volunteers, our partners and funders every dollar is leveraged 10 times, \$15,000 will have the power of \$150,000.

“It’s very rewarding to see the world,” says Ishwar, reflecting upon his experiences. “We all have to work together for the greater good.”

Learn more about Ishwar’s Bagan Temple Marathon Fundraiser at: bit.ly/2eU1tpq

Practical Skills for Making a Difference

Jennica Rawstron has always been passionate about improvement and adventure. Volunteering was a big part of her family life growing up in British Columbia. Jennica's family values fuelled her deep desire to make a meaningful contribution to the global community.

At 19, Jennica participated in the Canada World Youth (CWY) volunteer exchange program, which took her to Burkina Faso, West Africa. It was during that exchange that Jennica witnessed a mother giving birth—and decided to become a midwife. When the exchange ended, Jennica vowed to return to Africa with the practical skills to help women and children.

Jennica worked hard to achieve her goal. As she trained with the Midwifery Education Program at Laurentian University, Jennica recognized that she needed experience working in low-resource settings. To gain the necessary experience before volunteering overseas, Jennica lived and worked in rural areas, including fly-in communities in northern Canada.

Today, Jennica is a registered midwife. Her professional experience is high in demand in countries working to improve maternal and newborn health. In 2017, Jennica

accepted a volunteer opportunity to work as a midwife advisor at the Pawe Health Science College in Pawe, Ethiopia, which provides training for midwives, nurses and pharmacists. “I was excited to have tangible experience to share,” says Jennica. “And I was motivated by the potential for change in an area where maternal and perinatal morbidity and mortality rates are so high.”

Jennica is volunteering as part of Cuso International's commitment to maternal, newborn and child health. By improving access to quality health services we aim to help reduce illness and death in women and their newborns in Ethiopia and three other countries in Africa.

During her placement, Jennica is supporting the midwifery department at the Pawe Health Science College. She will help plan and implement needs-based changes, and design and deliver

training to midwives and other relevant professional groups at the neighbouring hospital. One opportunity for change that Jennica has identified is that many of the sinks at the hospital don't work. This means that hand hygiene is lacking and infection rates are high.

Jennica appreciates that her placement is focused on building capacity of local partner organizations. “Cuso





International placements aren't about doing the manual work," says Jennica. "They are about teaching and aiming for sustainable change!"

One of the things Jennica likes best about her placement is working with her counterpart, Amare, who is also a midwifery instructor at the college. The two work together and discuss how things are done in Ethiopia and in Canada. By talking through the similarities and difference, they gain a fresh perspective on how to tackle the issues they face. "Amare helps me believe that working with one person can make a difference," says Jennica. "Then, the ripple effect can occur."

Learning to live and work in a new culture can be challenging. "I often feel like a detective," Jennica says of her new surroundings. "When I don't understand something, I just keep looking around to gather more information." These challenges have taught Jennica that meaningful change can take a long time. She maintains a positive attitude, uses creative problem-solving skills, and asks for help when she needs to.

When she isn't working at the college, Jennica is making the most of her time in Ethiopia. She has been training with an Ethiopian running coach, and has had the chance to spend a few days at an internationally recognized training village. "It's an amazing opportunity to travel and experience things you are interested in," says Jennica.



Alumnotes

A place to share and connect

Lynn Graham

Ghana 1964–1966

Canada 2016–present

On April 28, 2017, Cuso International alumna and current board member Lynn Graham was awarded the Sovereign's Medal for Volunteers. Presented by Her Excellency Sharon Johnston and Ottawa Mayor Jim Watson, the Medal is the highest volunteer honour in Canada.

Lynn Graham has helped advance public educational activities in the community as chair of multiple committees and organizations, and as a volunteer with the Old Ottawa South Community Association, Child and Youth Friendly Ottawa, Christie Lake Kids, and Girl Guides of Canada.



Harold Pohoresky

Nigeria 1966–1967

I am a CUSO alumnus who got caught up in the Biafra war in Nigeria 50 years ago. Today, I am writing for help in locating the only French Canadian CUSO volunteer who was also in Nigeria. I believe her last name was Pelletier—but I could be wrong about that—and

that she was from west of Montreal. The reason I want to contact her? She lent me an American dollar as I was being evacuated and I wish to repay her!

Shelley O'Callaghan

Zambia 1970–1972

Shelley O'Callaghan was a volunteer teacher for two years in Zambia, where she fostered literacy among adults in the rural communities and encouraged girls to complete their education.

After 25 years as one of our country's pre-eminent environmental lawyers, Shelley combined her passion for history, social justice and the environment and wrote a book about the history of Chilliwack Lake in British Columbia, where her family has summered for nearly 100 years.

How Deep is the Lake connects geography, history and deep-rooted family traditions in a warm memoir. For more details, please visit: bit.ly/2feHp1y

Elaine Martyn

Nigeria 1978–1980

When I looked at your Canada 150+ profiles, I didn't see any familiar faces from my time in Nigeria. Can I nominate fellow alumni?

Editor's Note: If you know someone

who was a Cuso International volunteer and has made a notable contribution to Canada, we want to hear from you! Visit alumni150.cusointernational.org/nominate or email editor@cusointernational.org.

Joanne Coffey

Sudan 1983–1985

I am an o-l-d Cuso International volunteer who worked as a medical lab technologist at the Juba Teaching Hospital in the Sudan.

This year I turned 65 and applied for Old Age Security (OAS) benefits. On the application form, Canada Revenue Agency (CRA) asks detailed questions about being absent from Canada for over a year. If you were absent for more than a year, you must prove you are a Canadian citizen, and provide proof of entry back to Canada.

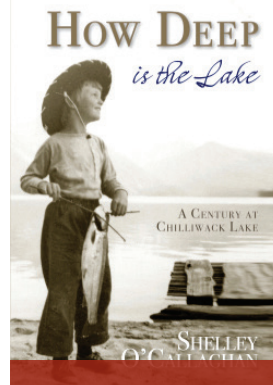
I found the only way for many CUSO returned volunteers (RV) to prove when they returned to Canada is to submit old, voided passports.

Editor's Note: While it is important for volunteers to keep records of their dates, Cuso International can provide you with a letter that confirms your volunteer service. To request a letter please contact reintegration@cusointernational.org.

Lynne Mitchell

Thailand 1991–1992

This past February, Dr. Lynne Mitchell shared her insight on inter-



national volunteering with University Affairs.

"I learned a lot in two years. I hope I contributed something. I made a lot of connections with people, many of which I still have," says Dr. Mitchell, now director and international liaison officer at the University of Guelph's Centre for International Programs.

Read more at: bit.ly/2k3U4Jr

Nareena Switlo

Tanzania 2010–2011

Umeeda Switlo

Rwanda 2011

Belize 2014–2015

Over the past three years, the mother-daughter team of Nareena and Umeeda Switlo—both Cuso International alumnae—have built a successful social enterprise to support farmers, employ youth, improve health and produce sustainable products in Belize.



In 2014, Umeeda was volunteering in Belize, where she advised the government on opportunities to engage youth in business. She made many trips to the Toledo district, and on one of those trips, she met a farmer who showed her the turmeric that grew wild on his land. Inspired by the vivid orange root, Umeeda and Nareena spent months formulating the world's first wild-crafted, whole root turmeric paste—Truly Turmeric.

Through their company, Naledo, the duo provides business training, mentorship and wages that are triple the area's minimum wage. Their growers are spread across 10

communities, and earn three times the market price for turmeric.

Julio Martínez

Benin 2016

While in Benin, volunteer Julio César Martínez shared Joseph's inspiring story of resilience and achievement. Joseph received medical and psychological treatment, as well as training at the Agricultural Training Center operated by the Saint-Camille-de-Lellis Association, which is supported by Cuso International. Read more at: bit.ly/2xaE61u



Read more from other alumni at cusointernational.org/alumni

Alumni Flashback

Do you recognize anyone from this photo? Help us dust off this memory by sharing your stories or identifying those in the picture.

Please email us at editor@cusointernational.org or send us a tweet at [@CusoIntl](https://twitter.com/CusoIntl) using the hashtag **#flashback**. Submissions will be shared via the next edition of *The Catalyst*.



Did you recognize anyone in the photo?

We asked our readers to send in their best guesses about this photo. Check out the stories at cusointernational.org/alumni



In Memoriam

Peter H. Hecht **Malaysia 1972–1974**

On November 21, 2014, Peter Hecht died with family and friends by his side.

Peter and his wife Lily lived in the same Ottawa neighbourhood for 35 years. Peter was an engaged community activist and long-time editor of the community newspaper. As an editor, Peter worked hard to inform the community and encourage debate.

In his volunteer placement with Cuso International, Peter drafted National Park legislation, created a National Park system for the State of Sabah, and designed and supervised building of a variety of projects including viewing decks, retaining walls and water supply systems. During his placement, Peter met Davis Myers, and the two became lifelong friends.

Remembered for his big heart, kind smile and generous spirit, Peter will be dearly missed.

Elizabeth Dugger-Udell **Burundi 1967–1969**

On March 27, 2017, Elizabeth passed peacefully at age 75, with her family by her side. An adventurous traveller, keen reader and gifted gardener, she loved and cared for her family with a nurturing spirit. To the end, she was strong and playful, embracing her quirky sense of humour and her faith in the Lord.

Martha J. McGinn **Sierra Leone 1980–1982**

Martha Joan McGinn of Dartmouth, NS died at home on July 3, 2017 at the age of 66. She had lived fifteen full if occasionally difficult months with brain cancer, surrounded and

supported throughout by her loving family and extensive network of friends.

Martha lived an adventurous life that took her to Botswana, Sierra Leone, Zimbabwe and Nepal. Her favourite destination was Bayfield in Antigonish County, where she and her husband Anthony immersed themselves in rural life along the blustery shores of St George's Bay, and started their family.

Passionate about empowering women through education, Martha's career took her to four universities and a variety of organizations, including Cuso International's Atlantic office.

Jean Murtagh **Ghana 1986–1988**

Jean Murtagh passed away in September of 2017 after contracting an illness during a trip to Ghana. As a volunteer with Cuso International in the 1980s in Ghana, she attended more than 1,800 births as a midwife and examined more than 22,000 newborns and toddlers. Jean and her husband Ephrem Carrier, along with their friend, founded the Fondation Murcar Foundation, which runs programs for poor and vulnerable women and their families.

Visit: cusointernational.org/alumni to celebrate the lives of other members of the Cuso International family.





WHAT KIND OF MARK WILL YOU LEAVE ON OUR WORLD?

“I CAN PARTICIPATE IN THE WORLD FROM MY TINY CORNER OF THE PLANET.”



“Volunteering gave me an opportunity to get to know myself better, and to clarify my values around work, education, and the vast wealth of things available to me in Canada—basics like water, and health care, but also the incredible choices we have around us. When my placement was over, I later became a passionate fundraiser for CUSO from 1987-1997.

It was in this time that I learned the most about the power of generosity. It inspired me to leave a legacy gift to Cuso International. My two years overseas opened my heart and head to new experiences which helped form me. I wanted to ensure that other Canadians would have the same opportunity.”

Ann Speak, Nigeria '87

To learn more about how you too can continue to play an integral role in Cuso International's mission by leaving a legacy gift, please contact Laurie Buske, Director of Resource Development.

We would be happy to send you a copy of Cuso International's legacy brochure.



Phone (toll-free): +1.888.434.2876 x263 | Email: laurie.buske@cusointernational.org

A photograph of a smiling woman wearing a white helmet, sunglasses, a teal polo shirt, and light blue pants. She is standing next to a blue motorcycle on a wooden pier or boat. The motorcycle has a blue tank and a black bag on the back. In the background, there is a body of water and a pier with some buildings and trees.

**Your next journey with
Cuso International can start
with a Click**

cusointernational.org/evol