

THE

CUSO INTERNATIONAL'S MAGAZINE
ON GLOBAL VOLUNTEERING

CATALYST

SPRING 2018



Volunteering at the
Frontline of Change

A woman with a headband and backpack is sitting on a log over a stream in a lush forest. She is holding a camera. The background is filled with green foliage and trees.

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**Launch
into your next
adventure**

Volunteer again!

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On the cover: Health clinics were often targets in countries like Mozambique for South Africa backed destabilization in neighbouring countries.

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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du Canada

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

LETTER from the CEO

At the end of 2017, I traveled with our new Chair, Frank O'Dea, to visit our programs in Colombia. I was immediately taken by the warmth of the people and the culture. It's a beautiful and fascinating country, and throughout my visit I could feel a tremendous energy everywhere. The changes that are taking place are palpable.

Colombia, like many countries, has experienced significant challenges over the past half century. As in all conflicts, it's the country's citizens who bear the greatest burden. Today Colombia's people are enjoying a time of peace unlike any they have known for generations.

I met Windy Johanna Castro when in Cali, Colombia. Windy is working at a restaurant, Crepes and Waffles, thanks in part to support she received from Fundación Carvajal.

Fundación Carvajal connects clients like Windy to psychological and emotional support to help them deal with the impact of living through conflict, which is often a barrier to employment. I am proud that Cuso International has partnered with an important organization like Fundación Carvajal who have trained over 450 people and linked nearly 300 individuals with employment.

Thanks to her drive and the support of Fundación Carvajal, Windy told me she's on her way to achieving her dream of owning her own house for her and her son, and to someday starting her own business.

Cooperation between Cuso International volunteers and the people of conflict affected countries is the focus of this edition of *The Catalyst*. South Africa, Colombia,



Myanmar—all countries that have been challenged and changed by people struggling for a better life.

Your stories are part of the changes that have taken place all over the world and every story is important. We want to hear them. Please share your stories with us at editor@cusointernational.org.

C. Glenn Mifflin
CEO, Cuso International

NEW APPOINTMENT BOARD CHAIR



Frank O'Dea



Lloyd Axworthy

Cuso International is pleased to announce the appointment of our new Board Chair, Frank O'Dea. Mr. O'Dea will be replacing outgoing Chair, Hon. Lloyd Axworthy, who has been in the role since 2014.

Frank O'Dea is a celebrated entrepreneur who has launched and led a number of successful not-for-profits and businesses, including Second Cup and Street Kids International. He is an inspiring speaker who shares his lessons-learned from his days of living on the streets of Toronto.

After struggling through alcoholism and years on the street in his youth, Frank O'Dea hoped for a better life, and with the spirit to forge ahead, co-founded Second Cup, which soon became the largest chain of gourmet coffees and teas in Canada. "Even when I was out pan-handling," says Frank. "I was pretty lucky. I had the great good fortune to be born in Canada."

It was in part, Frank's experience overcoming his own struggles that has inspired him to work with organizations like Cuso International that support the vulnerable and marginalized. This experience showed Frank how with support, people can achieve their dreams. "Cuso International also speaks to me as an entrepreneur," says Frank, recognizing the impact Cuso International has on helping women and youth start businesses and change the course of their lives, "It resonated with my story," says Frank.

Frank is excited about our unique position to bring together skilled Canadians with new technology to work

with even greater impact and efficiency. "We're finding new ways to be more flexible using systems that never existed," says Frank. "Our current senior management and Board are inspired by the opportunity to change even more lives in new and innovative ways."

We would also like to thank outgoing Chair, Hon. Lloyd Axworthy, for his dedication and guidance of Cuso International. During Mr. Axworthy's three-year tenure as Chair, Cuso International introduced our Canadian program to contribute to meaningful reconciliation. Under his leadership Cuso International has improved our financial and programmatic strength leaving us well-positioned for a new phase of programming.

Mr. Axworthy has brought with him a perspective on international development and volunteerism borne from his vast international experience as a champion for human rights and international diplomacy. Speaking at the launch of the Mino Stat An partnership with the Ma Mawi Wi Chi Itata Centre in Winnipeg, Mr. Axworthy commented on the importance of volunteering to Canada: "There are a large number of people of good will that want to find a way to express it. And the whole idea of volunteerism, I think, is one way which the whole country can take some real pride."

While in his time as Cuso International Board Chair, Mr. Axworthy was recognized by the United Nations with the Pearson Peace Medal for outstanding achievements in the field of international service and understanding. We are very pleased that Mr. Axworthy will be continuing as a Board Director.

CUA

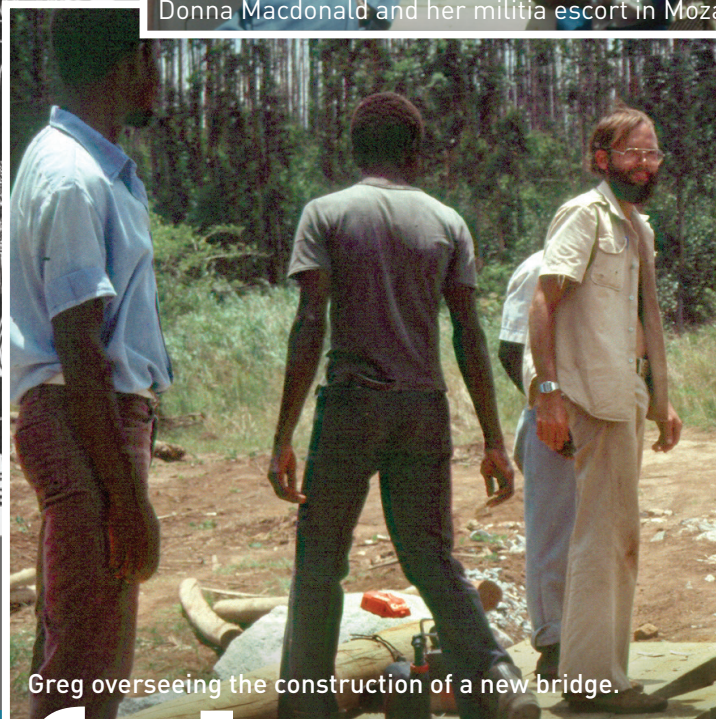
JOURNAL



Special Issue on Southern Africa
Summer 1987



Donna Macdonald and her militia escort in Mozambique



Greg overseeing the construction of a new bridge.

South Africa Revisited



In 2018, all eyes will be on South Africa as the nation marks what would have been the 100th birthday of its beloved anti-apartheid revolutionary leader, Nelson Mandela. This milestone has inspired Cuso International to revisit the important work its cooperants did during what would later become a defining moment in African history.

While Cuso International cooperants were banned from entering South Africa because of its support to the resistance, many were stationed in nearby countries at the time, bearing witness to the devastating effects of South Africa's destabilization policies and efforts—all the while trying to help local communities. In this story, three Cuso International cooperants share their memories from Mozambique and Zambia.

When Canadians Donna MacDonald and Greg Utzig, a young couple with a three-year-old daughter in tow, set out as Cuso International cooperants to Mozambique, the magnitude of what they would experience couldn't have been imagined. It was 1983, a pivotal time for the country—and all of Africa—as neighbouring South Africa was rife with conflict while masses rose in protest to apartheid.

The couple was aware of South Africa's attempts to destabilize the region, but the impact had been limited to southern Mozambique. The two forestry professionals from B.C. had been assigned to a rural development project in a northern area near Lake Malawi that had been, so far, untouched by violence or conflict.

Through the year, however, the situation changed. "It started with a few attacks, and just kept getting closer, until it culminated in an ambush on German cooperants working on a nearby state farm," Greg recalls. "The main reason for the attack was to scare off foreign cooperants."

Cuso International had been supporting the state farm by supplying a generating station. A week before South African-backed rebels (the bandidos) murdered the cooperants, Greg had visited to provide support and check on the program. Despite the attack, the couple chose to move to another project in Mozambique.

"CUSO was committed to the anti-apartheid struggle," Donna said. "We didn't want to leave and give in to South Africa and the horror they were wreaking on this country."

"It was hard to abandon our colleagues and friends in the north," Greg said. "They had to continue in a dangerous situation without our support."

The couple ended up spending more than two years in Mozambique, and their efforts continued long after they were home.

An Era of Change

Not only was it a critical time in African history, but it was also an important one for Cuso International as an organization. As former Cuso International cooperant and staff member, David Beer recalls: "We were moving from innocence in the 60s and early 70s—that was the

decade of development. But, we became politicized with volunteers living and working in national areas where there was conflict: Asia with the Vietnam war, black power consciousness rising in the Caribbean—all of this was happening. Not all volunteers experienced a struggle, but we were aware of the trials and tribulations of people fighting for human rights.”

David was a youth leadership trainer in Zambia in the early 1960s before taking on a staff position in Lusaka with Cuso International in 1970. “It was really in the late 70s that CUSO was involved with the liberation movements, as two freedom movements were based in Zambia,” he said. “That wasn’t our central function, but this became part of our identity and work in the region. You couldn’t not be aware of it or become involved.”

At the time, Cuso International was supporting projects in the region to improve child care, women and girls’ education, agriculture projects, as well as supporting parts of the African National Congress (ANC) in exile. “I think it was very important to CUSO that we were involved,” said David. “Our role was significant, and still small compared to the Swedish government and huge



David (centre) in Lusaka with colleague Dorcas Nduna (right), at an ANC daycare centre being funded by CUSO.

organizations, but we had this combination of bringing South Africans to Canada to speak of their story, and we also had the on-the-ground projects in several countries around South Africa.”

Africa Impacts Cooperants

David dedicated his career to the movement, eventually volunteering and working in South Africa for about five years following apartheid, helping communities reclaim and return to their lands once Mandela became president. Greg and Donna also spent time in South Africa when their CUSO contracts ended, visiting forestry projects and anti-apartheid groups.

Africa’s impact lasted a lifetime. When the couple returned to Canada, they became anti-apartheid activists

and educators, presenting to schools and the general public. “It was a really important time to be there, to bear witness to that,” said Donna. “I learned so much and developed values that still serve me today. Africa gets in your blood, and I still think of it today.”

MANDELA VISITS CANADA

OTTAWA- Twelve-year-old Julian Van Mossel-Forrester presents a bouquet to Winnie Mandela, wife of Nelson Mandela, at the official welcoming ceremonies for the African National Congress leader in June. Julian is the son of John Van Mossel, who works on the East/Central/Southern Africa Desk in Ottawa, and his wife Ellen Forrester. John was a CUSO field staff officer in Botswana for four years and then directed CUSO’s special program of assistance to the ANC in Zambia for two years until he and his family returned to Canada in 1988. Julian spent these years in southern Africa with his family and went to school and played with exiled South African ANC children. Mr. Mandela, who was released earlier this year after 27 years in South African jails, was welcomed by Prime Minister Brian Mulroney, addressed Parliament, and was guest-of-honor at an official dinner in Toronto. A number of CUSO staff and donors were invited to the dinner.



Trek to Machu Picchu



Team 2015



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amie.gibson@cusointernational.org

Si a la PAZ



Young Colombians making their voices heard

Colombia is a country with a complicated, violent history, but there is new hope with the 2016 peace agreement between the government and the Revolutionary Armed Forces of Colombia (FARC).

Cuso International has a long relationship with Colombia, and is among those who have recommitted to helping build a lasting peace for Colombians.

Displacement, and poverty bring CUSO to Colombia

In the early 1970s David Catmur, director of the newly formed Projects Division at CUSO, was visiting Colombia

in search of opportunities when a walkathon, or caminata, became the first step in a decades long commitment to Colombia.

When a group of students asked their teacher, Canadian Neil Webster, how they could help the recent migrants to their city Neil came up with the idea of a walkathon. Extreme poverty in Colombia's rural areas had brought many migrants to the city, seeking a better life. The walkathon was a huge success hosting 30,000 marchers and introducing Neil and his wife Eleanor to Dan and CUSO. They both became CUSO volunteers.

Jane Maxwell volunteered as a university teacher in the early 1970s, not long after the organization started its work in Colombia. Her students were activists, politically motivated by their turbulent times.

"I gained incredible insights into the reality of Latin American countries trying to develop while dealing with huge social inequities," recalls Jane. "I worked with highly educated students who were eager to make their country better, and I also worked as a counsellor to young women at risk living in reform schools, which showed me the other side of Colombia's social struggles."



Marketplace in Bogota circa 1960s

Rights for all—a new constitution for Colombia

Indigenous people in Colombia now had rights enshrined in their country's 1991 constitution, and a strong national movement grew quickly. But after generations of being left out of the political process, knowledge of how to navigate the system and take advantage of their new political momentum was lacking.

Don Cockburn worked for CUSO in the early 90s as liaison between headquarters in Ottawa and the partners in the field, working mainly on projects with two Indigenous communities in Colombia. Travelling back and forth gave him a unique opportunity to see the contrast between a developing nation under extreme social pressures and one like ours, with a stable democracy and the social infrastructure that comes with it.

The projects Don helped manage supported regional Indigenous groups in exercising their political rights, and with economic development in a time of new opportunity.



Gabriel Foreastero with villagers in Chocó rainforest

“One of the most interesting components of our work was building a connection between the Indigenous people in Colombia and the Indigenous peoples of Canada. They faced similar challenges—such as how to do an environmental assessment for a large infrastructure project. The opportunity to share experiences, and, in the long-term view, opening up trade channels between the two, seemed an obvious avenue to pursue.”

Sadly, the security situation in Colombia had continued to deteriorate. The constant conflict among the cartels, guerilla groups, and national military, along with kidnappings, bombings, and assassinations made it difficult for international development organizations to operate. Faced with these threats, Cuso International withdrew from Colombia in 2000.



Ted Moses meets with Embera villagers

Peace brings new opportunity in Colombia

In the fall of 2016, the Colombian government signed a peace agreement with FARC resulting in the lowest level of violence in the country in more than 40 years. Colombians who have never known a country at peace now have renewed hope.

Rosa Degado brings a unique volunteer perspective; she is a native Colombian who, like many, left in the 1990s when conditions in her home country made her career in social work too dangerous to continue. She moved to Toronto and has since worked with immigrant women from Latin American countries who were at risk, but there was always a sense of loss at leaving Colombia behind.

Rosa says that, while she loves Canada and the opportunities it has given her, “I always felt divided in two—Canadian and Colombian. I’ve always wanted to go back, but it was as if I was waiting for a ‘healing moment’ when it felt right to return.”

The opportunity arrived with the peace accord. Non-governmental organizations in Colombia have begun the task of rebuilding a civil society at a time when so many had been displaced or disenfranchised for so long that things like social justice, gender equality, and employment options were forgotten concepts.

She refers to this time, with new peace in Colombia, a lifetime of experience in Canada, and the Cuso Inter-

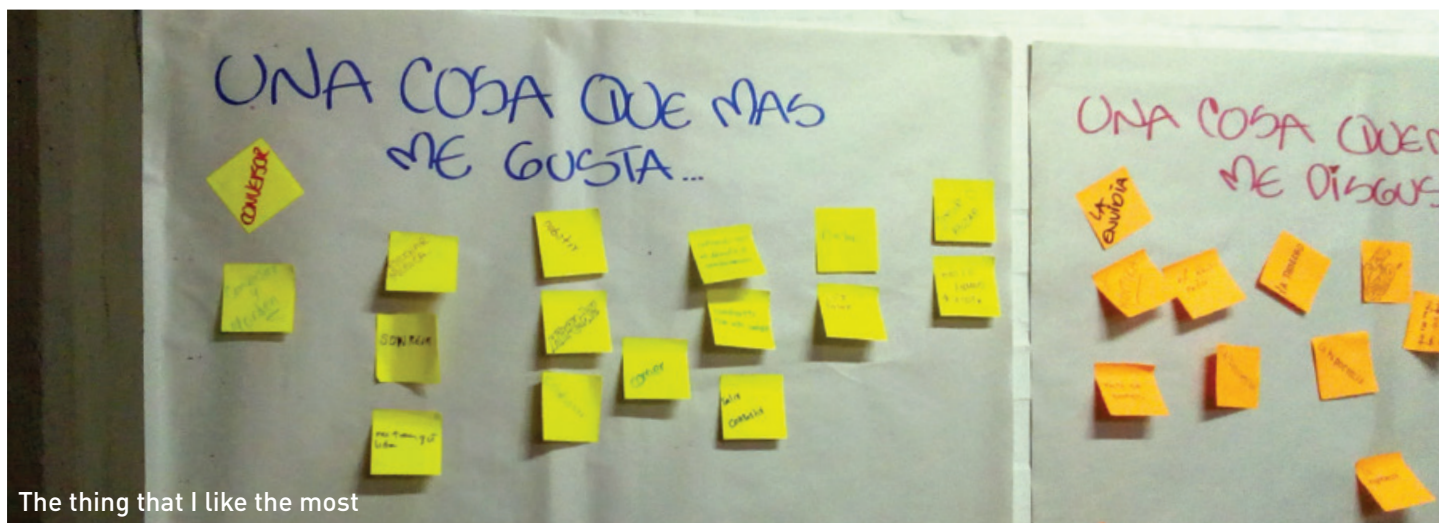
national opportunity as a “nexus” of all her passions and interests. “This was the moment. I feel connected again, and I feel like I am healing the ‘broken roots’ and releasing the pain of those early days.”

Rosa has chosen to live in the same community in Cali that was her home in the 90s, working with the same people she knew as a young counsellor. “It’s different now, more hopeful. There is a sense that both sides want this to work, to forgive and move forward together.”

It’s a fragile but optimistic time for a country that has seen almost 100 years of near-constant upheaval, and Cuso International is proud to play a role in building a lasting peace.



Rosa facilitating youth training workshop



The thing that I like the most

IN THE MOOD FOR A BETTER WORLD



Gerry and Sharleen in Honduras

After Sharleen and Gerry Moodie retired from the corporate world, they wanted to spend two or three years traveling the world. The couple consulted with a travel doctor who asked if they ever considered volunteering for Cuso International. “We never really did this kind of thing,” says Sharleen. “We never even went backpacking before!”

Curiosity piqued, Gerry contacted Cuso International and found a volunteer opportunity in Laos. “I asked Sharleen if she wanted to go to southeast Asia,” Gerry says. “And we went!”

Gerry describes the experience developing a social enterprise model for rice farmers in Laos as remarkable; an experience replete with challenge and exceptional rewards.

Upon their return home, Sharleen describes feeling restless. Before long, she and Gerry were heading to Tanzania, where they volunteered to redesign a business program and train the program instructors.

Today, the couple is on placement in Honduras where they are developing systems and strategies for farming cooperatives to improve their livelihoods.



Sharleen in Laos

The couple work as a team, blending Gerry’s operation and management experience with Sharleen’s sales and marketing expertise. With a basic understanding of Spanish, Gerry and Sharleen use Google translate to have complex conversations with the people they are working with.

“We’re here to help the farmers,” says Sharleen. Most of the farmers operate small farms and live on a salary of about \$2,000 a year.

As Honduras redefines itself after its recent economic collapse, Gerry has observed that there are many well-educated and eager people who lack the fundamental foundations from which to grow. “We believe in the concept of social enterprise,” says Gerry.

Sharleen and Gerry are developing export strategies that will put more money into the pockets of farmers. During her market research on the coffee industry, Sharleen identified four potential partners for a cooperative as well as six buyers seeking high quality coffee from Honduras. She’ll support the cooperatives as they develop relationships and pursue these exciting new opportunities. As well, she and Gerry will train the cooperatives on the business strategies that will grow their existing businesses.

“Volunteering has changed us as human beings,” says Sharleen. “Five years ago, we were more concerned about the colour of our granite countertops. Now we are concerned about government influence on coffee and rice farmers.”

Reflecting upon their newfound passion for volunteer work, Gerry believes that acceptance is a key quality for a volunteer. “There will be challenges,” he says. “It’s up to you to adapt to the environment.”

Rule of Law

In September 2017, Ottawa lawyer Rosanna Carreon waved goodbye to her husband Denis and their teenaged sons Sam and Lucas, as she boarded an airplane for Yangon.

Rosanna has always had a deep passion for human rights, gender equality and poverty reduction, but she first became interested in volunteering after speaking with her aunt over the holidays in 2016. Rosanna's aunt was a retired nurse who had just completed two volunteer placements—one in Vietnam and one in Uganda.

"I've always wanted to help people," says Rosanna. "My aunt's experience really inspired me."

She started researching volunteer opportunities and connected with Cuso International. "Everybody knows about Cuso International," Rosanna says. "There was a great variety of opportunities in a range of different countries."

Rosanna accepted an opportunity in Myanmar, a country stepping out from under military rule. The country is establishing new political, economic and social structures that have the potential to build the economy, introduce new legislation and improve the lives of its citizens. "There is tremendous hope for change in Myanmar," says Rosanna.



Rosanna spent six months working as a legal advisor with the Tharthi Myay Foundation (TMF), a granting organization that funds community projects and programming in education, gender rights and rule of law. In her role, Rosanna provided technical assistance to TMF's partners and grantees. She worked with legal professionals and community organizations that work directly with survivors of gender-based violence.

As she got to know her new work environment, Rosanna found herself immersed in interesting work with tireless and dedicated partner organizations. She applied her expertise in critical legal analysis to review existing laws and examine new legislation—such as the draft bill of the Prevention of Violence Against Women law, which was first drafted in 2013.

TMF colleagues admired how Rosanna applied her critical thinking skills to her review of laws. “Lawyers in Myanmar aren’t trained like Canadian lawyers are,” says Rosanna. So, she developed and delivered in-house training on critical legal analysis. TMF hopes to continue this training to give community organizations the critical analysis skills they need to make an impact with their advocacy work.

Rosanna saw first-hand the impact partner organizations had on the people they serve. One meeting about safe houses at a community-run organization in Mawlamyine was interrupted when a participant got a call from a woman reporting a rape. This was not a rare occurrence; over the years, these organizations have built trust among their constituents so rather than calling the police, citizens seek help from these organizations instead.

Throughout her placement, Rosanna worked hard to establish trusting relationships with TMF partners. She



communicated her desire to help them, while asking questions and listening actively to the answers. After six months, Rosanna was filled with a sense of personal and professional accomplishment from her efforts to help Myanmar incorporate gender equality in its burgeoning democracy.

As Rosanna contemplated her return to work in corporate Ottawa, she mused on the differences in work environments. The atmosphere at TMF is more relaxed than in the typical Canadian legal office. “I would go to meetings with high-level MPs in flip-flops,” Rosanna laughs. “It’s a lot more formal in Ottawa.”

While she was in Myanmar, Rosanna missed her family, but she never regretted her decision to volunteer. “Before I left, my eldest son Sam told me I inspired him,” says Rosanna. “Maybe one day, we’ll volunteer together.”

“There is tremendous hope for change in Myanmar”

Alumnotes

A place to share and connect

Jacques Jobin

*Burundi 1965–1967
Uganda 1969*

In September 1965, my wife Hélène Pedneaud and I left for Burundi as newlyweds. During our placement, our firstborn, Stéphane Ntwari was born—surely one of the first CUSO/SUCO babies born in the field!

If anybody is curious about how volunteer service overseas can impact children, here's where they are today. Stéphane serves at the Canadian Embassy in Moscow, Russia. Maxime is now the mayor of Gatineau, Quebec. And Emmanuelle is a lawyer who served four years in Nunavut at the Department of Justice. Today, she is a jurilinguist at the Department of Justice here in Ottawa.

Nicole Hainault

*Nigeria 1966–1967
Uganda 1967–1968*

I want to respond to Harold Pohoresky's inquiry about a Quebecer who loaned him \$1. I too left Nigeria, in August 1967 because of the Biafra war. Rather than being repatriated I chose to be transferred to Uganda. I do not really remember the \$1 but I came from west of Montreal and if I'm not the "Pelletier" he remembers, we could still exchange memories.

Eleanor Louise Webb

*Ghana 1968–70
Botswana 1973–74
Sudan 1974–75*

When alumnus Eleanor Webb retired, she launched the Webb of Excellence Scholarship Fund, a foundation that funds education for girls at the secondary school where she volunteered in Ghana.

Eleanor recently returned to Ghana to meet the Foundation's first scholarship recipients. During her visit, Eleanor was installed as a Queen Mother in recognition of her contribution to the school.



Peggy and Bob Cumming

Zambia 1969–1972

I had the pleasure of attending the Cuso International reunion with my wife, Peggy Cumming. Since the reunion, I came across the attached photo that I wanted to share. The photo shows new CUSO volunteers, who had just landed in Chiptata in August 1969. From there, they travelled to their placements in the eastern province of Zambia.



Claudia Kuryk-Serray

Colombia 1971–1973

My life was changed by my time in Colombia. Shortly after my return home to Winnipeg the coup d'état in Chile saw many refugees come to Canada. There were few Spanish speakers in Winnipeg and as the word spread that I was a nurse who spoke Spanish, refugees sought me out at the clinic and at home.

At the 40th anniversary of the coup d'état, I was presented with a Humanitarian Award from the Chilean community.

My life has been very exciting to say the least, so thank you, Cuso International!

Michael Primiani

South Africa 1973–1975



I feel very strongly that volunteers gained more from the experience overseas than we actually contributed to the host country. I was fortunate to have worked in 16 countries over a period of 17 years.

I am enclosing some of my poems that express my sentiments on the experience in other countries.

Visit
cusointernational.org/alumni
to read Michael's poems.

Diane Shepherd*Nigeria 1982*

My name is Nebiha Huq. I am originally from Bangladesh but I am currently living in Vancouver. Diane and I were very close while working in Nigeria in 1982. Diane worked as a teacher in GGSS Kankiya, Kaduna state, with me, and she became a close friend to me and my family.

We lost contact with Diane around 1990 when she was living in Ontario, and we are very eager to connect with her. If anybody knows how to contact Diane, please email qehuq@yahoo.ca or phone 778.881.2446. Thank you!

Christopher Braeuel*Tanzania 2013–2014*

On September 16, 2017, Chris was presented with a 2017 Carleton

University Humanitarian Alumni Award. This award recognizes Carleton graduates for volunteer community service that has made a difference to the well-being of others.

Prior to joining Veterinarians Without Borders Canada as Executive Director, Chris was the Country Program Director for Cuso International in Nigeria where he was instrumental



in launching the Youth Leadership, Entrepreneurship, Access and Development (YouLead) project.

His volunteer placement in 2013

was an extension of a career already dedicated to development work. He had served in Afghanistan in 2010 as First Secretary for Development with the Canadian Embassy and with the then Canadian International Development Agency.

Special Requests

Researcher seeks report submitted to Robert Mugabe by John Saxby on March 21, 1983.

U.K. researcher seeks information on Jeremy Corbyn who volunteered with VSO in Jamaica, 1967.

Sarawak to the world-researcher shares paper on development efforts in Sarawak.

[Read details about the special requests and more updates 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 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

Robin Cullum **Tanzania 1968-1969**

Robin Alexander Cullum passed away peacefully at Élisabeth Bruyère Hospital after a rapid decline in health on November 15, 2017.

Robin was noted for his dry wit, known for his quirky behaviour and almost made famous by his world travels, which frequently included an unplanned stop-over in an exotic hospital.

Galen Kennel **Gambia 1988-1990**

Galen Lee Kennel died on September 19, 2017, at the Mennonite Nursing Home in Rosthern, Saskatchewan.

Galen loved traveling, creating unique projects in his woodworking/metalworking shop, as well as hiking and birdwatching.

Susan McPhail-Lopez **Jamaica 1972-1976**

Susan passed away at the age of 70 at the Cornwall Community Hospital on Saturday, May 20, 2017.

Susan was a lifelong educator and administrator in the local school system for over 42 years.

Susan gave her time, energy and enthusiasm freely to all those around her.

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, Elizabeth 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.

Sydney Woollcombe **Nigeria 1989-1991**

Sydney Anne Woollcombe (nee Machell) passed away peacefully at age 80 on March 28, 2017 after a long struggle with Alzheimer's.

In 1989, Sydney embarked on a life-changing two-year posting with

Cuso International in Nigeria, where she pioneered new approaches to teaching health education to children. She returned to Canada and concluded her career at Save the Children, Canada.

Sydney was caring and compassionate, with a strong will, a great sense of adventure and a deep love of her family.

Michael Jack Rosberg **Colombia 1966-1968**

Michael Rosberg passed away on June 18, 2016 in Belmopan, Belize.

We will remember Michael's delight for the small things in life, love for family and witty sense of humour.

Helen Rommings **Jamaica 1990-1991**

Helen Rommings passed away on April 9, 2016 at the age of 86.

One cannot think of Helen without remembering her sense of humour, kind and caring nature, many talents and her great capacity to love. Her passing leaves a deep emptiness that hopefully with time, will be filled and healed by the memories that we made together. She was a light in our lives.

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





PAYING IT FORWARD

**“MY GIFT TO CUSO INTERNATIONAL REFLECTS
MY PERSONAL JOURNEY AND VALUES”**



It's hard to put into words just how meaningful my volunteer experience with Cuso International was for me. I started my journey thinking of the many ways that I would make a difference...how my work would improve the lives of people in a developing country. The most remarkable thing for me, however, was realizing how much my life was enhanced,

and how much I grew as an individual during my time in Nigeria.

I believe that more Canadians should have the opportunity to volunteer internationally and see the world through new eyes. That's why I'm so pleased to be making a gift in my Will so that I can pay it forward in a way that is meaningful to me.

Donna Miniely, Nigeria '80

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 Melissa Graham, Manager, Major Gifts and Legacy Giving. We would be happy to send you a copy of Cuso International's legacy brochure.



Phone (toll-free): +1.888.434.2876 x205 | Email: melissa.graham@cusointernational.org



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