

W. 505 St. Thomas More Way  
Spokane, WA 99208

# FAMILY-TO-FAMILY

# NEWSLETTER

ADELA'S AWARD | NATALIA IN WASHINGTON | GIFTS THAT GIVE

## Adela Honored by INTECAP

Family-to-Family regional manager Adela Tambriz was recognized by INTECAP on September 23, 2022, with an Honored Woman of the Year award, as an Entrepreneurial Woman. The award, translated from Spanish, reads “For her trajectory of contributions in support of the well being of the community of Western Guatemala, with dedication, commitment and heart, impacting thousands of families.”



INTECAP is an acronym for Instituto Técnico de Capacitación y Productividad, which translates to Technical Institute for Training and Productivity. While INTECAP officially began in Guatemala 1972, its predecessors date back to 1888 with the National School of Agronomy and extend through the National Center for Development, Training and Productivity. Family-to-Family regularly collaborates with INTECAP by contracting professional instruction for courses.

We extend our heartfelt congratulations to Adela for this well-deserved recognition; the impact of her dedication, innovation, and transformative work over the past 30 years is truly astounding.

## Natalia De León's Visit

We gratefully welcomed Natalia De León, Family-to-Family program coordinator from Guatemala City, to Spokane and Walla Walla in September.



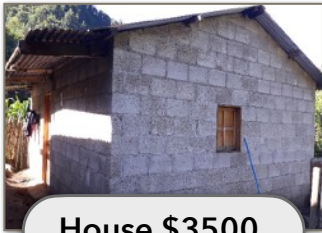
Natalia showed photos and videos from the program and shared how moved she has been by the improved health, housing, community connection, dignity, and economic opportunity that she witnesses in participating families over the course of their three-year involvement in FTF.

Natalia highlighted the recreational and educational center at Xe'ul and spoke about how families in the program learn by working at that site and in other FTF projects.

Natalia thanked donors for their support and emphasized the continued need for safe housing, an essential part of the program. As the prices of building supplies and food have increased drastically (Natalia reported that a 100-pound bag of corn that cost \$15 prior to the pandemic now costs \$40), our continued support is essential.

## Alternative Holiday Gifts

Many of us have loved ones who would be more appreciative of a donation to a nonprofit than a physical gift for themselves. As the holidays approach, we hope you will consider alternative gift giving through Family-to-Family. The gift options below improve health, dignity, and opportunity for people living in extreme poverty. To “purchase” one of these gifts and receive a gift certificate shortly thereafter, please do so on our website: <https://www.familytofamilyguatemala.com/support-other-programs>. Although the certificate will take longer to arrive, you may choose to mail the proper amount with your fourth quarter donation, clearly indicating the items you are gifting. We are happy to be able to offer these truly uplifting gifts.



House \$3500



Latrine \$300



Sink \$100



Hen \$20



Sewing Machine \$500

50 lbs corn  
5 lbs sugar  
5 lbs beans  
5 lbs Incaparina  
1 vegetable oil  
2 lbs coffee  
5 lbs oats



Food Basket \$50



Table & Two Chairs \$75



Stove \$270



Cow \$600



Sheep \$100

Thank you for your alternative gifts in 2021!

Your generosity helped improve living conditions by providing:  
39 beds,  
10 sinks,  
7 stoves,  
10 tables,  
26 chairs,  
3 hutches,  
2 sweat baths,  
and additional items needed by families.

Every year, families participating in the program receive a Christmas/New Years gift. For the 2021 year, each family received a woolen blanket at the cost of \$15. In the photo on the right, participants receive their blankets along with household supplies, natural medicines, and gardening tools.



**About Family-to-Family:** Family-to-Family was founded in 1985 as an economic development program in the Guatemalan Highlands. Its primary mission is to provide income-producing skills training and resources to families and communities working to rise from poverty and become self-sufficient. For further information about the Family-to-Family program or to view newsletters in color, please visit our website [www.familytofamilyguatemala.com](http://www.familytofamilyguatemala.com). You may also contact us by email at [ftfguatemala@gmail.com](mailto:ftfguatemala@gmail.com) or by phone at (509) 593-8204. This newsletter was written by local director Julianne Connell Sachs.