

Trócaire

YOUR LOVE IN ACTION

News on how Trócaire supporters like you are conquering fear worldwide

Summer 2022



Photo: Barnaby Jaco Skinner/Trócaire

At the Frontlines of Climate Change

Hear from this past Lent's Thandekile Ncube in Zimbabwe on what her family and community are facing, and the help you're bringing.

Trócaire's Yvonne Muto, centre, and David O'Hare listen intently as Thandekile describes what she's seeing at the frontlines of climate change.



The Quest to Restore Wild Foods, Pages 2-4

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AT THE FRONTLINES OF CLIMATE CHANGE

So many of you opened your hearts this past Lent to the story of Thandekile and her family in southwest Zimbabwe, and all they were facing due to climate change and Covid. Today as Trócaire's David O'Hare recounts his recent visit with Thandekile at the frontlines of climate change, you'll see how your love has literally become a lifeline...

FROM DAVID O'HARE, BULAWAYO REGION, ZIMBABWE:

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"It's going to be a very difficult year ahead," 32-year-old widowed mother of two Thandekile told me when I met her on a recent visit to the Bulawayo region of Zimbabwe. "I would usually be expecting a yield of twelve bags from my harvest of sorghum, millet, maize, and melons," she continued, gesturing with her hands to show what's at stake. "Now it looks like I will only harvest two or three bags. The price of food was already going up because of Covid, but now everything is costing more. I don't know how I will pay for the children's school fees and fear they will be sent home if I can't pay."



Photo: Barnaby Jaco Skinner/Trócaire

HOW YOU'RE RESTORING THE WORLD'S WILD FOODS

Imagine an 8,000-year-old seed that is drought-tolerant, a complete source of protein, loaded with nutrients, and grows like a weed. Or a tuber packed with nutrition potential and so hardy it's called a 'survivor crop,' whose flour can be used as an alternative to wheat. Or a climate-smart tree that can live for 200 years, acts as a carbon sink, and yields fruits, seeds, and bark extract that can be used for everything from a food source in the hungry months to oil to medicine. Imagine all these things, and you've just named three of the world's wild and traditional foods that your far-reaching support of Trócaire is helping hardworking rural farmers to restore: Amaranthus, Yuca (cassava), and the Shea tree. Thank you...

Around the world, your support is helping families like Lucia Kanyoza's in Malawi to restore long-overlooked wild and traditional seeds like amaranth, pictured here, and build a better future.



At the frontlines of climate change, Thandekile and her children - daughter 11-year-old Forward and son 8-year-old Nomatter - are by no means alone.

According to the Zimbabwe National Vulnerability Assessment Report, chronic malnutrition is already endemic throughout the country. More than half of Zimbabweans now face acute food insecurity, which means their lives or their livelihoods are in immediate danger. Russia's invasion of Ukraine has only pushed food prices higher at a time when people need that food most.

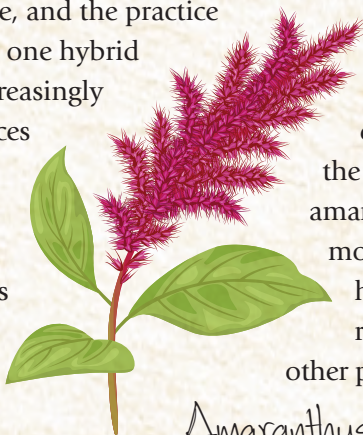
The hard truth is that things are bad across much of eastern and southern Africa, including Zimbabwe. The coming months will be tough. But the community gardens and solar-powered wells that



The land beyond Thandekile is parched. Farmers have already lost 75% of their harvest this year due to an unrelenting drought driven by climate change. It will mean worsening food shortages in the months to come. That's why the community gardens and solar-powered wells that your support is helping villages like Thandekile's to create and continue are such a lifeline. Thank you for the help you give.

Photos: Barnaby Jaco Skinner/Trocaire

One patch of land and one seed bank at a time, you're helping Trocaire staff, local partners, and farmers in rural and indigenous communities to work together to show how often-overlooked wild and traditional seeds can not only help feed the world, but they can also help the planet. With food insecurity now at crisis levels for many worldwide, and the practice of growing only one hybrid crop species increasingly common in places hit hard by hunger and loss of agricultural biodiversity, this movement to restore wild



Amaranthus

and traditional seeds and foods is urgently needed. And with the help of your support, it's already taking root.

Amaranthus in Guatemala and beyond

In Guatemala, for example, more than six out of ten people still live in poverty. Here you're helping indigenous communities to restore hardy native varieties of maize, beans, chili, and squash. And the ancient, protein-rich amaranthus? Once forgotten as more generic food imports took hold, today amaranth is being recovered by Guatemalans and other people worldwide.

Shea trees, Bambara nuts, and black beans in Uganda

In Uganda, where one in three children is malnourished, you're supporting communities and families to recover climate-smart Bambara groundnuts and Ocuc black beans, and the mighty but still-threatened



Shea tree

Shea nut tree - also known as 'women's gold' for the lives and livelihoods of women, girls, and families uplifted through its sustainable harvests.

FOR YOUR LOVE THIS PAST LENT: A VERY SPECIAL THANK-YOU FROM ZIMBABWE



Yvonne Muto

“Thank you so much for supporting Trócaire’s work this past Lent. The situation in Zimbabwe has deteriorated in recent months, as failed rains have led to a poor harvest, with lack of crops for people to sell, food shortages, and rising food prices due to the attacks on Ukraine. With your support we are working with people to have more climate-resilient food production through community gardens and improved agricultural techniques, providing sustainable clean water sources, and ensuring access to gender-based violence supports, particularly for women and girls. Your help means we can continue to work with families like Thandekile’s, and I thank you for the solidarity you’ve shown the people of Zimbabwe through these very challenging times.” — Yvonne Muto for Trócaire in Zimbabwe

Zimbabwe

AFRICA

your kind support is helping villages like Thandekile’s to create and continue have been a lifeline to people here - and so far Thandekile has been able to grow small crops of kale, spinach, beetroot, tomatoes, and carrots that are life-giving nutrition for her and her children. “If we didn’t have the garden, things would be even more difficult,” she told me. Although Lent is long past for this year, your commitment to world change is deeply appreciated always - and any generosity you show is needed and put to careful, lasting use.

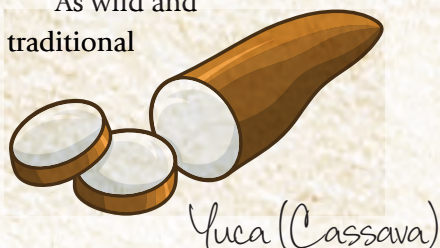
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Thank you for believing in families like Thandekile’s. And thank you for believing that a better tomorrow belongs to us all. ♥

Yuca in Nicaragua, cassava across Africa

Countries like Nicaragua not only shoulder the world’s worst poverty. They also suffer some of climate change’s most catastrophic damage. But yuca, or cassava across Africa, could help save the day. Thanks to you this hardy tuber and its nutrient-rich greens are being restored. And as attacks on Ukraine threaten grain supplies, it’s a high-calorie diet staple and wheat flour alternative that is proving vital.

As wild and traditional



Yuca (Cassava)

www.trocaire.org

seeds begin to return, food security, farmer income, and biodiversity are improving with them, along with the precious village seed banks that promote solidarity and the sharing of knowledge, and ensure reliable access to hardy, affordable seeds for all. **Thank you, today and always, for all you do to build a better world. ♥**

LEARN MORE: To learn more about how you are helping the world’s most vulnerable people to protect their rights to food and resources, visit <https://www.trocaire.org/our-work/food-resources-rights>.

A local family garden in Nicaragua.
Photo: Trócaire



You ♥ Ireland

Central America

Africa



WHAT RADIO, RICE, & RESILIENCE CAN DO

Statistics show that every day, women and girls around the world suffer more food insecurity, poverty, gender-based violence, and the effects of an unequal voice. Yet, given the chance, women and girls hold the key to real resilience and change. Below, two remarkable ways you're helping...



TURNING UP THE VOLUME IN SIERRA LEONE

In most parts of the world, women are still under-represented in everything from national and local governments, to businesses, to decisions in their own households. Yet without a way to have women's voices and stories heard, the conversation remains one-sided and there is never a chance to change it. Enter Nyapui Radio, a new women's radio station in Sierra Leone that is shifting that equation thanks to amazing support like yours and local partner SEND

Sierra Leone. **Says Station Manager Fatima Sesay (37), it's "a dream come true.** We have a segment that profiles women and their contributions to society, such as in engineering or agriculture, and our daily news programmes keep women informed about upcoming issues and how they can become involved." This includes coverage of local elections, she shares proudly, which recently saw two women candidates running. And in a country ranked 182nd out of 189



Photo: SEND Sierra Leone

countries on the UN's Gender Development Index, that's a step forward for everyone. ♥

CULTIVATING SUSTAINABLE FARMING EXPERTS IN MYANMAR

At first, other farmers made fun of Nang Hla Kwel. She had no technical knowledge of her family's

small rice farm in Shan state, Myanmar, and the new skills she'd learned from Trócaire trainings were different to anything the farmers had seen. But **Nang Hla**

Kwel's family wasn't even able to meet their basic needs, and as the mother of a four-year-old daughter, she was determined to contribute. Your generosity gave Nang Hla Kwel a way to upskill: a savings group, leadership seminars, and trainings on natural fertilizers and SRI, the System of Rice Intensification that saves water, preserves biodiversity,

decreases synthetic pesticide use, and increases rice yields. In Nang Hla Kwel's case, a 42% increase, enough to build for the future. Today her husband, father, and the other farmers are learning all they can from Nang Hla Kwel – and she was recently chosen to head up a collaborative SRI project between Trócaire and the Department of Agriculture that will see her sharing her expertise with seven other area villages. Her voice brims with confidence as Nang Hla Kwel smiles widely and says, "I feel like more than a female farmer. They want me to share every single piece of knowledge acquired." ♥



Photo: Trócaire

LEARN MORE: To learn more about the many ways you are supporting women and girls to become agents of change for a better world, visit <https://www.trocaire.org/our-work/womens-empowerment>. **And thank you – for your commitment, for your vision, for your love. This work couldn't happen without you.**

YOUR LOVE IN UKRAINE: THANK YOU FOR NEW HOPE

Ljubov Vladimirovna (70), and her little dog were displaced from their home by Russia's attacks on Ukraine. Your kindness is reaching them.

Photo: Caritas Czech Republic



A Trócaire-funded project with local partner Caritas Czech Republic is now reaching people who were displaced from their homes and lives by Russia's attacks on Ukraine. This urgent help could not have happened without your unwavering generosity and commitment. In the coming months you'll be there to help provide vital medical and mental health care that will ease suffering and protect dignity for 2,000 traumatised people sheltering in the western Drohobych region of Ukraine. "Indications are that people will have to stay away from where they come from for a prolonged period," said Evžen Diviš, regional manager of Caritas Czech Republic. **For new hope and extended help, we thank you. ♥**

BECOMING A REFUGEE IS NEVER A CHOICE

Today and every day, let us always remember that becoming a refugee is never a choice:

1.4 MILLION In 2020, UNHCR (United Nations High Commissioner for Refugees) identified **1.4 million refugees as particularly vulnerable and in need of resettlement.** And this was before the massive movement of people in Ukraine.

8.6 IN 10 **86% of the world's refugees are hosted in low-income countries** that are already struggling with high levels of poverty – that's nearly nine out of ten people.

2X **Forced displacement of human life has almost doubled in the last decade** since 2010, again before Russia's attacks on Ukraine.

This year millions of Ukrainians have been forced to become refugees or forcibly displaced from their homes by a war they didn't cause. And this past May the number of people displaced globally topped 100 million for the first time ever. Your steadfast support of Trócaire's work ensures their voices will not be extinguished.



From Gaza to Syria to South Sudan, Ukraine and beyond, you bring lasting relief and human dignity. Thank you. ♥

Trócaire

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Ganite's small business in Ethiopia now provides essential income for her family

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Thank you!

Trócaire is the overseas development agency of the Catholic Church in Ireland. We work with partners in over 20 countries in the developing world to empower communities to improve their lives, meet their basic needs and ensure their human dignity. In Ireland, we raise awareness about the root causes of poverty and injustice, and advocate for change. ROI Charity Regulatory Authority No. 20204842, CHY22508, Company Number 661147, NI Charity Commission No: NIC 103321, Revenue Number (HMRC) XR10431, Company Number NI021482