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Dear Friends,

Let me begin by saying how very excited I am to be a part of the WINGS' family. Over the past six months, I have learned a tremendous amount about the organization and have been continually impressed by the dedication of our team, our board members, and our network of passionate supporters who make WINGS' work possible.

As I accompanied our staff members into the field to meet with teenagers who have never learned about the risks of sex or how to protect themselves, young mothers who don't have the knowledge or resources to limit or space their pregnancies, men seeking information about family planning methods as they struggle to support ever-growing families, and women in their 40s coming for their first cervical cancer screening, I became even more convinced of the critical importance of providing family planning and reproductive health services in Guatemala.

WINGS is constantly striving to ensure that the financial support we receive is being leveraged to generate the maximum

impact on the communities we serve. This is especially important in the current economic climate, when each dollar must be invested carefully across our program areas in order to ensure that we can continue our life-changing work in the long term. With 27.6% of women in Guatemala reporting an unmet need for family planning (39% of indigenous women), and a population of over 13 million, at least 1.8 million Guatemalan women are not being provided with the family planning and reproductive health services that they want and need. Though WINGS continues to develop new programs and expand the geographical reach of existing programs,

our small staff and relatively limited funding means we are simply not yet in a position to reach all of the people in need of our services.

However, by partnering with like-minded individuals and organizations throughout the country, WINGS can leverage our limited resources to make a greater and more sustainable difference in the communities we serve. Whether by partnering with local government institutions and other

reproductive health NGOs, utilizing new modes of communication, or enlisting the help of committed individuals in areas where services are otherwise limited, WINGS can expand the reach of our programs and stretch our resources further. In this newsletter, you'll discover some of the ways that WINGS is already doing this in our WINGS for Men, Youth

WINGS, and Family Planning programs.

In a challenging economic environment which affects us all, WINGS promises to use your support wisely and carefully to reach even more Guatemalans living in underserved communities with our life-changing reproductive health education and services. Thank you for your commitment to building healthier, stronger, and more prosperous communities in Guatemala.

Sincerely,
Janeen Simon
Executive Director



WINGS' New Executive Director, Janeen Simon

WINGS Reaches Out ON THE RADIO

In Guatemala, radio functions as the only means of mass communication for the many families who can not afford a television and who do not receive or can not read a newspaper. WINGS has begun utilizing radio in a variety of ways to reach new audiences, educating them about reproductive health and family planning and encouraging them to seek out services at local health centers.

WINGS for Men has begun an ambitious communications campaign that includes the use of radio spots to educate men about basic reproductive health and family planning issues, including condoms, sexually transmitted infections, family planning, and vasectomies. The spots, which vary in length from 30 seconds to a full minute, will all be written by WINGS staff and produced with the help of a local production studio. Five of a total twenty planned radio spots have already been produced and are currently airing 8 times per day, 7 days a week, on two major FM radio stations that cover large parts of the Guatemalan provinces of

Chimaltenango and Escuintla. The radio spots have already attracted the attention of the Guatemalan government and other NGOs. Both the Ministry of Health's National Reproductive Health Program and the Ministry of Communication have requested copies of the radio spots for potential use in the future.

Cultural Survival is a US-based NGO that trains community members to develop and run local radio stations. The organization currently works with 140 radio stations throughout Guatemala, providing on-going technical and programming guidance as well as program content in four different languages – Spanish,

radio. A group of former peer educators have teamed up to give informational talks on the radio in Yepocapa. Starting last May, the youth developed a program called Jóvenes en Acción (Youth in Action) which airs twice a week at 6:30pm on Tuesdays and Thursdays. WINGS provides supervision and the content for



Youth Receive Radio Training

WINGS has also been approached by the international NGO Cultural Survival, both to further distribute the WINGS for Men radio spots and to develop health-related content for radio stations throughout Guatemala.

K'iche', Kaqchikel, and Mam. In October last year, Cultural Survival asked for WINGS' help to develop various health segments for their weekly health programming with a focus on reproductive health and family planning. In November and December, WINGS coordinated interviews with several of our educators as well with doctors with whom we collaborate closely who work at local health centers and who have performed tubal ligations and vasectomies. The completed segments, which were distributed to all of the Cultural Survival-affiliated radio stations, began airing in February.

the program, which covers a variety of family planning and reproductive health topics that are relevant for youth, including puberty, sexually transmitted infections, HIV/AIDS, family planning, and anatomy.

By capitalizing on the broad appeal of radio, both the WINGS for Men and Youth WINGS programs are reaching an ever wider audience of Guatemalans and providing them with accurate information about reproductive health and family planning. To learn more about these programs, visit www.wingsguate.org.

Youth WINGS is also tapping into the potential of the



A WINGS for Men Group

WINGS Teams Up WITH FAMILY PLANNING PROMOTERS

One morning last November, twelve women gathered in Antigua. The women had come from towns across Sacatepéquez, Escuintla, and Chimaltenango, some of them several hours away, for a two-day intensive training led by Family Planning Program staff Delphine Liston, Luis Ordóñez and Carmen Roquel. Over the course of the next two days, the women reviewed the anatomy and physiology of the human body, undertook a thorough review of the various family planning methods available in Guatemala, discussed obstacles they faced as advocates for family planning, and recounted the many reasons why they felt their work is important to their communities. They are WINGS' family planning promoters.

These twelve women, along with five others, serve as ambassadors within their communities for the family planning program by sharing the knowledge they have acquired from WINGS, providing short-term family planning methods at low cost to individuals in their communities, and giving referrals for WINGS-subsidized long-term and permanent family planning methods. The result is that WINGS is able to extend the reach of its Family Planning Program while developing local capacity to provide reproductive health and family planning information and services.

Together with several partner NGOs, including a community birthing center and a few health centers, individual promoters receive temporary methods subsidized by WINGS for distribution in their communities. Promoters benefit by making a small profit from the sale of the methods, and



Promoter Training in November

communities benefit by having a local and knowledgeable source of family planning education and short-term methods. The result is that more Guatemalans are able to use family planning methods; in 2008, the promoters and partner NGOs provided 2,150 Depo Provera injections, 1,165 Cyclofem injections, 1,659 monthly packets of birth control, and 7,696 condoms, and referred over 200 women for long-term and permanent family planning methods.

The women are typically chosen or recommended for participation in the promoter program based on their standing in the communities and their health-related experience. For example, Julieta, a 45-year-old nurse in Escuintla, works with the Guatemalan Institute of Social Security, visiting people in their homes to provide primary health care services like vaccinations. Since joining WINGS as a family planning promoter two years ago, Julieta has also been able to offer the individuals she visits access to short-term family planning methods and referrals for WINGS-subsidized long-term methods, enabling them to make healthy choices for themselves and their families. Visit www.wingsguate.org for the story of another family planning promoter, Luz, and for more information about WINGS' Family Planning Program.



WINGS' Family Planning Promoter, Julieta

Personal Testimonies FROM THE FIELD

Carmen, 32, is a mother of 7 who hopes her children will have more opportunities than she did. Carmen married when she was only 16 years old and by the time she was 19, already had two children. She attended just one year of school as a child, and her husband went to school for three. Today, she is a housewife who spends most of her time caring for her seven children who range in age from 14 to 6 months, while her husband has paid work in Escuintla. Carmen and her husband believe that education will provide an opportunity for their children to avoid manual labor and other difficult jobs, but they realized that they could not afford to continue to send the children to school if they got pregnant again. With the support of her husband, Carmen has decided to get a tubal ligation, in the hope of improving the chances of her children to have a better life.



Isaac

Isaac, 25, is a Salvadoran immigrant who works as a gardener and does not want any more children. He is married and has two children, aged 4 and 5, both of whom suffer from hearing and sight disabilities. After having his second child, Isaac realized that if he had any additional children, he wouldn't be able to pay for the medical care needed by his first two. He asked his friend William, who works as an accountant at WINGS, about his family planning options. William explained the family planning methods, and provided him a referral to receive a WINGS-subsidized vasectomy at a nearby APROFAM clinic. Isaac is grateful to WINGS because now can be sure that he will be able to afford the medical and other care required by his two children.

To read more Personal Testimonies from the Field, please visit us online at www.wingsguate.org.

Donate Now

Your continued support of WINGS is vital to ensuring that women, men and young people in Guatemala receive the reproductive health and family planning services that are so desperately needed. Donate online at www.wingsguate.org or send a check to our San Francisco office at: 793 Ashbury Street, San Francisco, California, 94117.

The GlobalGiving Challenge

This past November, WINGS competed in the GlobalGiving Challenge, a three week competition to raise at least \$3,000 from 75 different donors in order to earn a permanent spot on www.GlobalGiving.com, a website that connects potential donors to international grassroots projects around the world. Thanks to the incredible generosity (and competitive spirit) of our supporters, not only did WINGS earn a permanent spot on the site, we ended up raising over \$15,000 from 245 donors. And because WINGS raised more funds than the 68 other projects competing in the contest, we earned a \$4,000 bonus prize from the GlobalGiving Foundation! WINGS is now raising money for both our family planning and our cervical cancer programs on the GlobalGiving website. On behalf of the team here at WINGS, thank you for your support!

www.JustGive.org Registry

“JustGive is a non-profit organization whose mission is to connect people with the charities and causes they care about and to increase overall giving.” During the upcoming wedding season, keep in mind that with JustGive’s wedding registry, it has never been easier to give something back to others, from the couple that has everything. This unique wedding registry is designed to offer guests an opportunity to provide charitable donations as wedding gifts in lieu of traditional ones.

Stay Informed

Sign up for our e-newsletter and stay up-to-date on recent efforts at WINGS. We will share stories about WINGS’ programs and the impact your support is having on Guatemalan families. These periodic e-blasts reduce paper consumption and also let you know when our latest newsletter has been uploaded to our website for easy viewing. Go to www.wingsguate.org and sign up.

Join WINGS On-line

Help raise awareness about WINGS by joining our Facebook Cause, “Strengthening Guatemalan Families Through Reproductive Health” on www.Facebook.com. You can recruit your friends to join the cause, make a personal fundraising pledge, solicit donations, and participate in discussions about WINGS’ work, Guatemala, and reproductive health. Please help us to make this an active online community! You can also become a friend of WINGS on www.MySpace.com.

Why I Support WINGS

“My past experiences living and working in Latin America reinforced for me



the importance of reproductive health and family planning as tools to reduce poverty and improve the lives of families. And now, as an expectant mother, I feel even more strongly

that all women should have access to the essential reproductive health services that will enable them to plan their pregnancies and to ensure that they, and their children, have the best chance of living a healthy life. I gave to WINGS for the first time this past year, and I have no doubt that I will continue to support the life-changing work that they are doing in Guatemala.”

—Shana Ward-Ryzowy, New York, NY

New NEST in New York

NESTs are WINGS’ volunteer groups that raise project funds and increase awareness about reproductive health issues in Guatemala. We are pleased to announce that former volunteer Kate Berrío will be starting a new NEST in the New York City / Northern New Jersey area in the upcoming months. If you live in the area and are interested in getting involved as a member, or just want to be kept informed about New York NEST events, please write to us at: info@wingsguate.org.

If you want to participate, join one of our current NESTs in:

Bay Area, CALIFORNIA • **St. Paul, MINNESOTA**
San Diego, CALIFORNIA • **Manhattan Beach, CALIFORNIA**

Or start your own! We have numerous resources and a dedicated staff member to help you get started and put you in contact with people in your area. Find out more by e-mailing us at: info@wingsguate.org.

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CONTACT US:

info@wingsguate.org

IN THE UNITED STATES:

793 Ashbury Street
San Francisco, CA 94117

IN GUATEMALA:

7a Avenida Sur 3A, La Antigua Guatemala
(502) 7832 9325

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