



The *Harold Foster Foundation*

Newsletter Update

January 20, 2010

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”
~ Margaret Mead

Uganda Sponsorship Program

The [Harold Foster Foundation](#) has joined efforts with the [Uganda Partnership](#) and the [Gerry Morgan Foundation](#) to completely transform the lives of many people living with HIV/AIDS in Uganda. We are working with a group of widows and children, who helped us understand the difficulties they face – trying to earn an income, lack of transportation to get health testing and care, and poor health. All of this is now dramatically improving.

Our partner foundations have set up several projects to help groups of widows and children through micro-finance loans. These groups receive a loan in order to purchase either pigs or chickens for each adult to raise. They are then able to sell the offspring to raise money, where half goes towards supporting projects for the group including food and emergency medical funds. The other half supplements the income of these HIV+ women.

Many of these women and children suffer from the effects of HIV/AIDS, putting in jeopardy their ability to continue with this progress. As the projects continue to support with transportation to get tested (which is very expensive on its own), more women are being tested positive and then join the groups for support.

This is where the Harold Foster Foundation is helping. Through our sponsorship program, we are able to provide the supplements required to replenish the nutrient deficiencies caused by HIV. As was shown through the years of research and trials on HIV/AIDS completed by Dr. Harold (Harry) Foster, taking the right nutrients is critical in being able improve the quality of life of those with HIV. His work resulted in the development of our immune support product, Replenish+ ([Read More](#)). We are now getting it to those people who are most in need of it. This project is an amazing opportunity to make Harry’s dream of “making life better for people” a reality. As their health improves, they are able to grow their income to better support themselves, their family and the community.



Give the Gift of Health

For as little as \$1.15 / day or \$40 / month, sponsors can provide a child or widow with the nutrient supplements that are critical for the immune systems and restoring key nutrient deficiencies.

If you, or anyone you know, would like to sponsor, all you have to do is fill out the sponsorship form found at www.haroldfosterfoundation.org/sponsor-now and send it back to us.

Meet some of the children and widows looking for Sponsors.



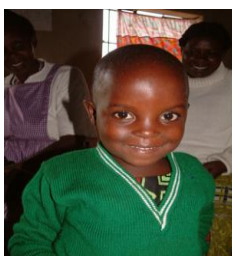
Sanyo is the youngest widow of a polygamist who left twelve wives HIV+ and over 60 children. Half of the wives have now also died of AIDS. Sanyo has two of her own children that she cares for but is often required to care for the children of her co-wives that have died. Sanyo's children are often sent away from school and are frequently sick from untreated allergies. Sanyo herself suffers from HIV/AIDS and the side effects of ARVs. Sanyo owns a house in a trading centre but needs to walk 4-5km during the dry season to collect water. Sanyo's land is small but she feeds her children plantains and beans. The family also lacks clothing and bedding.



Prudence attends school fulltime. When her father found out he had AIDS he sold the families land and house to pay for his medical bills. Her father then died leaving his family fatherless, landless and homeless. Her neighbours pulled together and built their family a mud and stick house where she lives with her family. She was diagnosed as HIV+ and the doctor is trying to figure out how to manage her HIV.



Resty's husband died in 1995 leaving her with 3 year old twins and an infant. Two of her children live at home, one son has been sent to a grandmother to care for the grandmother. Resty struggles with being sick often and trying to pay school fees for two of her children (one child is sponsored under the Project Uganda pay-it-forward sponsorship program). The children have a 3km walk each way to get to school and are often turned away for lack of fees. The family typically eats twice a day starch and non starchy vegetables. Resty has one water container and collects water from a spring 1 km away.



Agatha lives in a mud house with a tin roof with her family of six. Each member of her family has one or two sets of clothing. Her family tries to grow a variety of food to keep their family healthy. Her family owns one water container which makes it difficult to keep boiled water for drinking. The water source is located 1 km from her home. Her brothers and sisters have a three km walk each day to and from school. They struggle to stay in school because they often cannot earn enough money to pay for the school fees. They dig in the gardens of their neighbours or hire themselves out to carry sand.

For more information visit www.haroldfosterfoundation.org, or contact Brian Holmes at bholmes@hdfoster.com, 250-381-9133 ext 260.