

## Bridges of Hope *Pull for Poverty*

Agences et Coopératives de  
Développement International

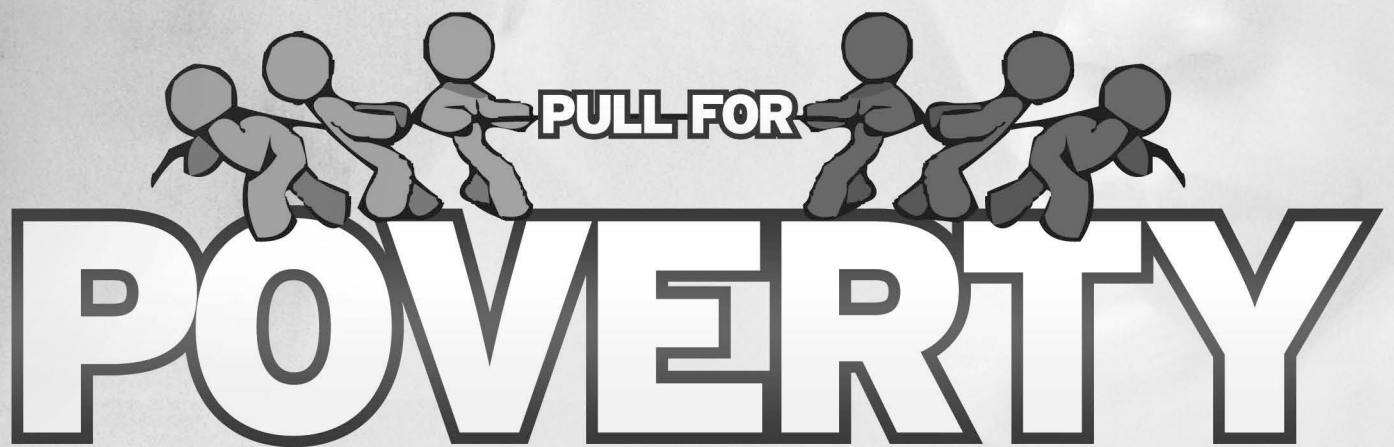
Bridges<sup>of</sup> Hope

International Network of  
Development Agencies



ACGC   
Alberta Council for Global Cooperation





PULLING TOGETHER GIVES US THE  
STRENGTH TO CHANGE LIVES

**School Participants Package**

# PULL FOR POVERTY



## PARTICIPANT'S PACKAGE

1. Individual Registration Form
2. Team Registration Form
3. Release and Waiver of Liability
4. General Rules and Guidelines
5. Sample Fundraising Letters
6. Pledge Form to Track All Donations
7. Fundraising Tips

"If you can't feed a hundred people,  
then feed just one"

MOTHER THERESA

# INDIVIDUAL REGISTRATION FORM

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Sex: Male ☐ Female ☐

I am part of a team: ☐ Name of Team: \_\_\_\_\_

I need to be placed in a team: ☐

Any current or past medical conditions? YES ☐ NO ☐

If Yes, please explain briefly: \_\_\_\_\_

\_\_\_\_\_

## Team Division

Boys ☐ Girls ☐ Coed ☐

This form needs to be filled out and given to the Event Organizer one week **prior** to the event date.

**The world is very different now.**

**For man holds in his mortal hands**

the power to abolish all forms of human poverty,  
**and all forms of human life."**

-- John F. Kennedy

# TEAM REGISTRATION FORM

Team Name: \_\_\_\_\_

Team Leader: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Team Members

1. \_\_\_\_\_  
Name/Grade

4. \_\_\_\_\_  
Name/Grade

2. \_\_\_\_\_  
Name/Grade

5. \_\_\_\_\_  
Name/Grade

3. \_\_\_\_\_  
Name/Grade

6. \_\_\_\_\_  
Name/Grade

## Team Division

Boys ☐ Girls ☐ Coed ☐

This form should be filled out and handed in to the **'Pull for Poverty'** event organizer, no later than one week prior to the event. Only **one** *Team Registration Form* is necessary per team.

"There is enough in the world for everyone's need,  
**but not for everyone's greed."**

-Frank Buchman

## LEGAL DETAILS – RELEASE AND WAIVER OF LIABILITY

In consideration of the acceptance of my entry and permission to participate in and attend the **BRIDGES OF HOPE 'Pull for Poverty'** on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_ in \_\_\_\_\_.

I, for myself, my heirs, executors, administrators and assigns, hereby release, hold harmless and forever discharge Bridges Of Hope International Network Of Development Agencies, the City of \_\_\_\_\_, all **'Pull for Poverty'** organizers, volunteers, workers and all other associations, sanctioning bodies, promoters, sponsoring companies and organizations in any way associated with the **'Pull for Poverty'** and their respective officers, directors, employees, agents, officials, servants, contractors, representatives, successors and assigns (collectively or singularly the "Releasee") from any and all liability, actions, causes of action, claims, complaints, suits, debts, demands, costs, expenses, statutory rights, or remedies, whether in law or equity in respect of death, accident, injury, illness, loss, or damage to persons or property caused by negligence or otherwise of the Releasee arising directly or indirectly as a result of, or in any way connected with, my participations in or attendance at the **'Pull for Poverty'** and waive any such claims arising directly or indirectly from or attributable in any way to any act or omission of the Releasee in connection with the sponsorship organization and execution of the **'Pull for Poverty'**.

I understand to save and hold harmless and agree to indemnify the Releasee from and against any and all liability incurred by any or all of them, whether caused by the negligence of the Releasee or otherwise arising directly or indirectly as a result of, or in any way connected with my participation in or attendance at the **'Pull for Poverty'** whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the **'Pull for Poverty'**.

I understand and I am sure of the nature and circumstances involved in the **'Pull for Poverty'**. The participant hereby fully assumes responsibility for any risk of bodily injury, death or property damage howsoever arising out of this event, whether foreseen, or unforeseen, and whether caused by negligence or otherwise.

I consent to receive medical treatment in the event of injury, accident and/or illness at or during the **'Pull for Poverty'**. I represent and warrant that I am in proper physical condition to participate in the **'Pull for Poverty'** and I understand that participation could, in some circumstances, result in physical injury.

I understand that the **'Pull for Poverty'** may be photographed, filmed or recorded and I consent to allow my photograph, audio or video likeness to be used for any purpose by the Bridges of Hope organization or any of its agents, officials, servants, contractors, representatives, successors or assigns.

I have read this **Release and Waiver of Liability** and understand its terms. I also understand that I have given up substantial legal rights by signing. I have signed it freely and voluntarily and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Dated at \_\_\_\_\_, this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature

I \_\_\_\_\_ the parent/guardian of \_\_\_\_\_ have read and understand the above release and waiver liability and with such knowledge give permission for my child \_\_\_\_\_ age \_\_\_\_\_ to participate in and attend the Bridges of Hope Pull for Poverty.

\_\_\_\_\_  
Parent/Guardian Signature



# GENERAL & GUIDELINES

1. Participants Must Be Wearing Full Length Pants (No Shorts Allowed)
2. No Swearing
3. Running Shoes Required - No Sandals or Open Toed Shoes Allowed
4. No Wrapping the Rope Around Hands, Wrists, Arms, or Any Other Body Part
5. Hands Must Be Free and Clear of Any Sticky Substances or Powders
6. Each Team Must Consist of SIX (6) Members
7. Each Team Member is Responsible for Raising a Minimum of \$100/Person or \$600/Team. (Tax Receipts Will Be Issued for Pledges over \$20)
8. Pledges Will Be Due On \_\_\_\_\_
9. All Pledge Forms, Pledged Monies, Team Name, and Roster Must Be Handed in ONE Week Prior to the Event to Ensure Adequate Time for Arrangement of Round Robin Tournament Schedule
10. Event Start Time Will Be \_\_\_\_\_





# DEAR FRIENDS AND FAMILY,

I've been given an amazing opportunity to connect with other students in our High School to help make a difference in the **global poverty crisis!** We want to make an impact in a way that is fun and brings people together to learn how to make a difference and **support a great cause.**

**Bridges of Hope** is a non-profit organization that is advancing poverty relief and community empowerment amongst the poorest nations of the earth. They are working to improve health, education, social services and economic development amongst the poorest people in the poorest nations.

In the first ever **Bridges of Hope 'Pull for Poverty'**, over \$10,000 was raised in a single day! My hope is that this year will be even more successful and bring about even greater change. I will be part of a 6 member tug-of-war team that needs to raise a minimum **\$600 as a group or \$100 per person.** My goal is to blow past the minimum! **This is where your involvement comes in and is so important!** I have decided to offer my time and energy and am asking if you could please support me by making a pledge towards this worthwhile cause. Every penny raised will go to the work which **Bridges of Hope** is doing around the world to raise the quality of life for those who need it most.

This event is being held at \_\_\_\_\_ on \_\_\_\_\_  
(Name of school) (Date)

So please, come cheer us on and **join in the fun** as we do our part to raise money to supply **meals, clean drinking water** and **education.** All for kids - just like me - that desperately need our help.

**Thank you so much** for your generous support and enthusiastic involvement! Please make cheques payable to **Bridges of Hope** (any donations over \$20 will receive a charitable tax receipt). If you have any questions at all, please call **Bridges of Hope:** 403-380-3844.

**My personal goal is to raise \_\_\_\_\_!**

Please help me win the prize for most money raised!

Sincerely,

---

"Poverty often deprives a man of all spirit and virtue;  
**it is hard for an empty bag to stand upright"**

-Benjamin Franklin

# DEAR BUSINESS OWNER

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I invite you to come, cheer us on and **join in the fun** as we do our part to raise money to **supply meals, clean drinking water and education.** All for kids - **just like me** - that desperately need our help.

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**and all forms of human life."**

-John F. Kennedy

# PULL FOR POVERTY



## OFFICIAL PLEDGE FORM

Charitable Tax Donation #  
863616843RR0001

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
1.					
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19.					
20.					
21.					
22.					
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24.					
Total Pledges:					

Please make cheques payable to, Bridges of Hope. Pledges can also be made via credit card by calling 403-380-3844.  
Pledges over \$20 will be issued a tax receipt when complete mailing address is provided.

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
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Total Pledges:					

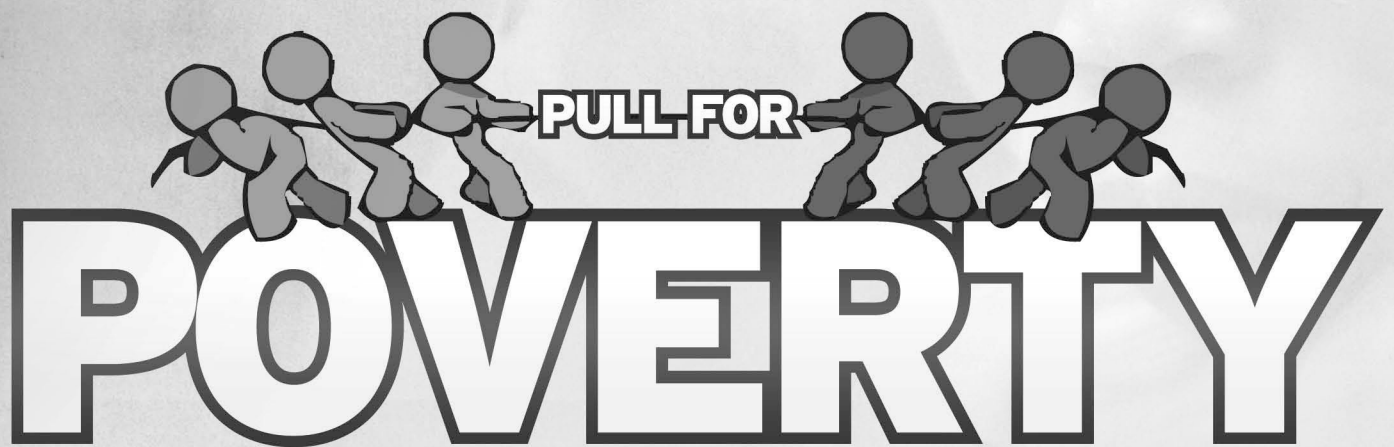
# FUNDRAISING TIPS

Spreading the word and **creating awareness** about global poverty is increasingly important. The **'Pull for Poverty'** is all about creating advocates for the poor; but it is also about raising the funds to help those in need. Did you know that it costs **only 27 cents to feed a hungry child one meal**? How many people do you know that can afford 27 cents? Most people are willing and able to help.... All we have to do is ask. **Here are some helpful tips on fundraising:**

- Set a **personal goal** for yourself and your team.
- Explain to your friends and family exactly **what you're doing and why**. Let them know that **you are part of a generation that does not have to stand for poverty existing in the world!**
- Don't be afraid to ask, **remember you are not asking for yourself, but rather for a child in desperate need**. Every amount helps, no matter what people are able to give and remember to **always thank them**.
- Contact local businesses and ask if they would be willing to **match your fundraising goal**.
- Encourage people to go to [www.bridgesofhope.ca](http://www.bridgesofhope.ca) to learn more about the work they do and the people they help. This is an easy way to inform out-of-town friends and family about what you're doing and why.
- Put up a **goal poster** to show everyone at school how your group is progressing.
- Create friendly competition amongst other school groups that are participating in the **'PULL FOR POVERTY'** and challenge them to match or beat your goal.
- Get your teachers involved, **challenge them** to meet or beat your goal.
- Let people know that **any donation over \$20 receives a tax receipt**.
- Stay motivated! The more money raised, the more hungry mouths **you** can feed! Remember that you are doing your part in, **"Taking a Stand Against Hunger, Poverty and Injustice"**.

**"If you want to make the world a better place, take a look at yourself,  
and then make a change...."**

--Michael Jackson



PULLING TOGETHER GIVES US THE  
STRENGTH TO CHANGE LIVES

**School Event Organizer Package**

# PULL FOR POVERTY



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"...Let Us Recognize that extreme poverty anywhere is a threat to human security everywhere. **Let us recall that poverty is a denial of human rights.** For the first time in history, in this age of unprecedented wealth and technical prowess, we have the power to save humanity from this shameful scourge. Let us summon the will to do it."

KOFI ANNAN

# WHY PULL FOR POVERTY?

According to UNICEF, 22,000 children die each day due to poverty, and they “die quietly in some of the poorest villages on earth, far removed from the scrutiny and the conscience of the world.”

Imagine knowing **extreme hunger and thirst** from as early as you can remember. At a young age you find yourself working to help with the family income **instead of attending school**. One day you wake up to find **your mother has died of starvation**. As a result of this, your sister is married off. **You are sold** and forced to **work as a slave** in a cocoa plantation to provide the world its chocolate ... and expect little hope for your future.

This is part of **Daniel Zopoula’s story**, founder and CEO of **Bridges of Hope**. **Over 20 million across the world** share a similar story to Daniel’s and are living in bondage this very day.



“The social injustices of this world are pulling the human race down,  
**and it’s time for us to pull back!”**

- Sammy Golom

# HOW DOES IT WORK?

Bridges of Hope hosted its first ever ‘Pull for Poverty’ in May 2010 in Lethbridge, Alberta. It was a huge success! ‘Pull for Poverty’ is a round robin tournament, tug-of-war fundraiser that helps raise awareness about poverty in the world today. This year we are inviting students and teachers from schools in your area to enter a team in the tournament and help Bridges of Hope bring light to the issues that matter most.

Each team will consist of 6 participants. Each participant is required to raise a **minimum** of \$100 in pledges; or \$600 per team. All the money will be donated directly to **Bridges of Hope** in aid of the work they are doing to help orphaned and vulnerable children in Africa and other impoverished countries around the world. A prize will be awarded to the participant who raises the most money in pledges. We encourage you to bring a cheering squad to join in the festivities.

Our hope is to see a **little friendly competition between schools**, and for the **entire school district to come together** in this event with Bridges of Hope in **pulling against poverty**.





# GLOBAL POVERTY FACTS & STATS

## Hunger and Poverty Concepts and Definitions

### Hunger:

- The uneasy or painful sensation caused by want of food; craving appetite. Also, the exhausted condition caused by want of food.
- The want or **scarcity of food** in a country .
- A strong desire or craving.

### Poverty:

- The state or condition of having **little or no money, goods, or means of support**; condition of being poor; indigence.
- Deficiency of necessary or desirable ingredients, qualities, etc. poverty of the soil.
- Scantiness; **insufficiency**.

### Contaminated Water Supply and Unsuitable Sanitation Facilities:

- Lack of sanitization is the **world's biggest cause for infection**.
- **3.575 million people die each year from water-related diseases**.
- **43%** of water-related deaths are due to **diarrhea**.
- **84%** of water-related deaths are in **children ages 0-14**.
- **98%** of water-related deaths occur in **the developing world**.
- **884 million people lack access to safe water** supplies, approximately one in eight people.
- **443 million school days are missed each year** due to water-related illness.
- The water **sanitation crisis claims more lives** through disease **than any war claims through guns**.
- A North American taking a **five-minute shower** uses **more water** than a typical person living in a developing country slum uses in a **whole day**.
- The **daily requirements** for sanitation, bathing, and cooking is—**51 Litres** per person.
- **The poor in the slums** often pay **5-10 times more** per litre of water than **wealthy people** living in the same city.

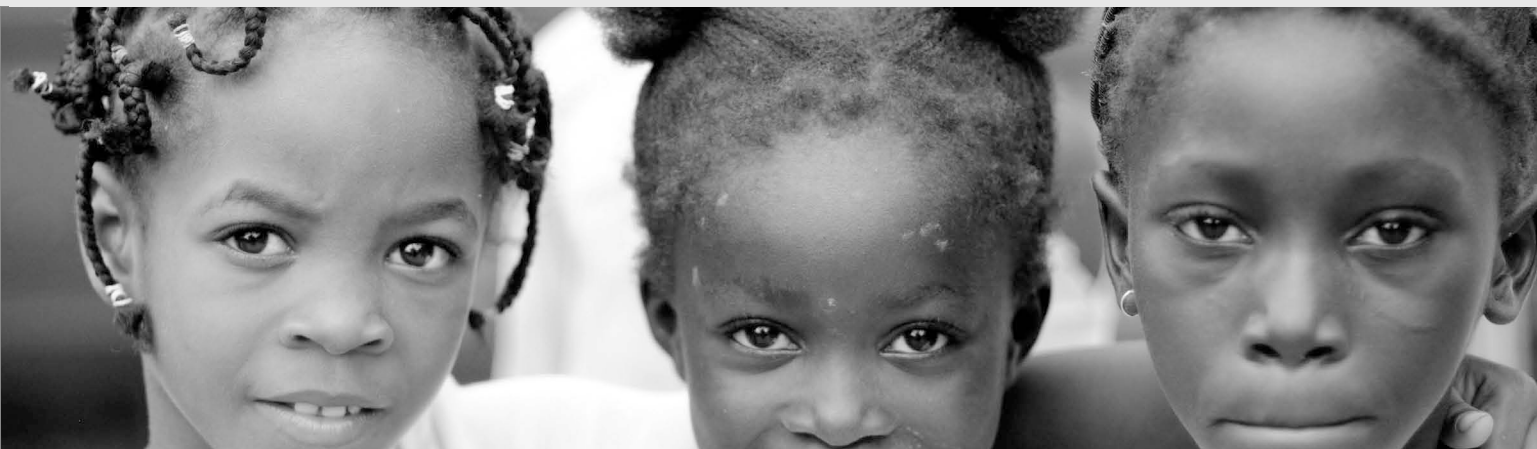
**\*Info for this section was adapted from Bridges of Hope's 'Water Highways Project'**

## Food Shortage and Malnutrition:

- **Abundance, not scarcity**, best describes the world's food supply. **Enough wheat, rice and other grains are produced** to provide every human being with **3,500 calories a day**. On earth, **enough food** is available to provide at least **4.3 pounds a day per person**. The problem is that many people are **too poor** to buy readily available food. Food is **always available for those who can afford it**—starvation during hard times hits only the poorest, (Food First).
- The majority of the **people who don't have enough to eat** live in poor, rural communities in developing countries. **Many have no electricity and no safe drinking water**. Public health, education and sanitation services are often of low quality, (FAO).
- **The world's most food-insecure and hungry people are often directly involved in food production**. They cultivate crops on small plots of land, raise animals and catch fish. **They do what they can** to provide food **for their families** or earn money at the local produce market, (FAO).
- Sub-Saharan Africa, with **239 million undernourished**, has the largest prevalence of undernourishment relative to its population size, (Feeding Minds).
- **Malnutrition** is one of the main causes of **low birth-weight babies**. Those who survive are likely to suffer major developmental defects and illness from earliest childhood through into adulthood. As a result, the **affected adult women** with these developmental defects are **likely to carry on the vicious cycle of malnutrition** by giving birth to low birth-weight babies.
- Some **30 million infants are born** each year in developing countries **with impaired growth** caused by poor nutrition in the womb, (Feeding Minds).

## Education

- Even **mild forms of deficiencies** due to malnutrition can **limit a child's development and learning capacity** early in life. This can progressively lead to **hindrances in school performance**, resulting in higher **drop-out rates and illiteracy** in our future populations.
- The three main micronutrient deficiencies in children **could be greatly diminished** by ensuring **adequate food supplies** and varied diets that provide essential vitamins and minerals, (Feeding Minds).
- Many governments in the developing world are **not able to provide** consistent, **quality education for children**. We focus our attention on two main areas within the education sector: **Private Education and Girls' Education**, (BOH).
- **Private education** in developing nations holds a number of **key advantages**. It has proven to be more **cost effective** than public school offerings, despite the scarcity of educational resources. In places where classes are smaller, **teachers are personally motivated**, and greater attention is paid to the challenges and **potential of individual students**. Private education provides **better academic opportunities** for children in low-income families and economically poor communities, (BOH).
- **Gender Equality**: In identifying the best projects, we recognize the need to specifically address the **educational support available for young girls**. Given the critical role women play within their broader communities, we recommend projects that bring attention to young girls' education and seek to correct the gender inequality problem in developing countries, (BOH).



## General Health and Medical Care

- Each day, **24,000 children die from preventable causes** such as neonatal complications, diarrhea, malaria and pneumonia; this amounts to **8.8 million children each year**, (UNICEF).
- Nearly **20 million children worldwide suffer from severe malnutrition**. This contributes to one million child deaths annually, (WTO).
- Almost **16 million** of current **HIV infections are women** and **2.1 million are children under age 15**, (UNAIDS).
- In keeping with the UN Millennium Development Goals, **Bridges of Hope** is partnering with key agencies to **reduce the preventable deaths of children under five**. Through our critical intervention centers, safe drinking water programs and projects, we are insuring that hundreds of mothers and children are well nourished, protected from infection & diseases with **access to essential health services**.

## Economic Development

- **Over 1 billion people** in the world today live on **less than \$1.00 USD a day**; another **2 billion** live on **just \$2.00 USD a day**.
- **Tens of millions fall victim to war, natural disaster, corrupt governments and disease. The end result is**, despite charitable efforts over the last 20 years, **the number** of those caught in extreme poverty **has continued to rise**.
- Malnutrition can result in **major productivity and economic losses**. As adults afflicted by nutritional related disorders are unable to work, **educational losses** then affect their children too weak or sickly to attend school due to their hard physical work in helping to support their families. **Healthcare costs in developing countries increase significantly** due to the volume of these nutrition-related illnesses, (Feeding Minds).
- **Conflict is a cause of hunger and poverty**. At the end of 2005, the global number of refugees was at its lowest level in almost a quarter of a century. In **2008** there was a **significant increase in refugee numbers**, due primarily to the violence taking place in Iraq and Somalia. **By the end of 2008**, the total number of **refugees** under UNHCR's mandate **exceeded 10 million**. The number of conflict-induced internally displaced persons (IDPs) affected **26 million worldwide** at the end of the year.

## Related Websites - Poverty and Hunger Information

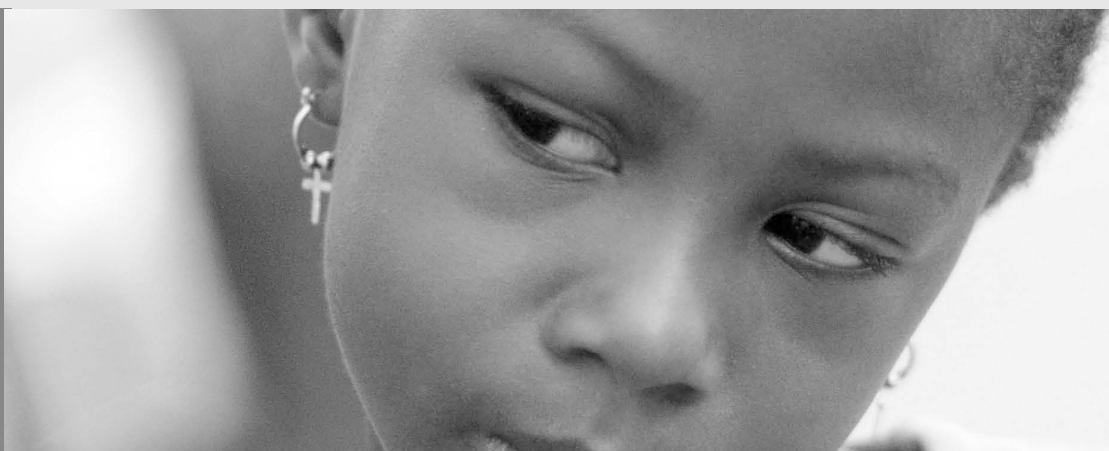
[www.bridgesofhope.ca](http://www.bridgesofhope.ca)

[www.fao.org](http://www.fao.org)

[www.feedingminds.org](http://www.feedingminds.org)

[www.foodfirst.org/12myths](http://www.foodfirst.org/12myths)

[www.worldhunger.org](http://www.worldhunger.org)



# WHERE DOES THE MONEY GO?

The majority of work done with **Bridges of Hope** is based in **Burkina Faso, West Africa** which is the native home of founder and CEO, Daniel Zopoula. We also have active projects in many countries including, **Ethiopia, Tanzania, Rwanda, D.R. Congo, Haiti** and the **Dominican Republic**. Among various project areas of critical aid, one of the most important sectors is in providing vital care for **orphans and vulnerable children**. The problem of poverty affects billions but it is in serving the needs of one child or family at a time that will help stop the spread of preventable diseases and **offer hope** for a better way of life.

## Nutrition and Food Security Programs

**Healthy food is hard to come by** in many parts of the underdeveloped world. Even though we produce enough resources to meet the world's needs, **over 850 million people still go hungry** every day. With the rise of global food prices and the constant threat of famine in many countries, it is a **constant struggle** for parents to meet their family's basic needs and provide enough food. So, to provide the much needed health sources, **Bridges of Hope** has placed specific investments in **supplemental food production, foster homes, medical care** and **education** for orphans. We also focus on providing medical assistance for mothers with **chronically sick and severely malnourished infants**. These programs give "at risk" children the opportunity to receive the proper nutrition and health care needed to focus properly in school and have a fair chance at success in life.

## Safe Water Projects

Although water is the most abundant resource on earth, there are still **1 billion people without access to safe water**. (Every day, women and children walk many miles to collect bacteria-ridden water from the only source that is available.) **Providing a healthy source of water** is the first major step in raising the standard of life for everyone in the community. When clean water is available close by, women can focus on other important duties and spend their time and energy on providing better nutrition, education and security for their families.

Other water-based problems are as simple as **providing a toilet** for girls to use at school. When maturing into teen years, **girls often quit school to save the embarrassment** of exposure in improper facilities. Providing toilets ensures a healthy environment where young women can **feel safe, respected** and have all the more reason to continue their **critical education** and develop into **successful young women**.

## Protecting Children at Risk

Whether children have parents and a home or are orphaned and live with a relative, **the risk of being improperly cared for exists**. Since parents can barely support their own family's basic needs, **children often have to work instead of going to school**; or worse, be abandoned or **sold into slavery** because their family cannot afford to feed them at home. With the funds for child sponsorship, education, proper food and necessary health care **can be** provided to young children who are otherwise vulnerable to become victims of the poverty crisis which they cannot change themselves.

# HOW CAN YOU GET INVOLVED?

## Build a team

Now that you know **why** to 'Pull for Poverty' and where the money goes, it's time to begin! These next few pages are designed to help you build your team. Each 'Pull for Poverty' team consists of **6 members**. That's you plus 5 of your friends who are **willing to join you in the fight against poverty!** You and your 5 friends need to **register your team** and **choose a team name**. Each of you will get a copy of the Participant's Package consisting of:

- 1.) Individual Registration Form
- 2.) Team Registration Form (only one per team to hand in)
- 3.) Release and Waiver of Liability (signed by you and your parents)
- 4.) General Rules and Guidelines
- 5.) Sample Fundraising Letters (sign and make copies to give to all your friends and family)
- 6.) Pledge Form (to track all donations)
- 7.) Fundraising Tips

Once you have these forms, you and your team are ready to start **spreading the word, creating awareness about global poverty**, and most importantly **making a difference!**

Let the **voice of your generation** be heard!

Make a stand against the injustices that are pulling the human race down  
**and pull back!**



# PULL FOR POVERTY



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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Sex: Male ☐ Female ☐

I am part of a team: ☐ Name of Team: \_\_\_\_\_

I need to be placed in a team: ☐

Any current or past medical conditions? YES ☐ NO ☐

If Yes, please explain briefly: \_\_\_\_\_

\_\_\_\_\_

## Team Division

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Team Leader: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Team Members

1. \_\_\_\_\_  
Name/Grade

4. \_\_\_\_\_  
Name/Grade

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Name/Grade

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Name/Grade

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Name/Grade

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Name/Grade

## Team Division

Boys ☐ Girls ☐ Coed ☐

This form should be filled out and handed in to the **'Pull for Poverty'** event organizer, no later than one week prior to the event. Only **one** *Team Registration Form* is necessary per team.

"There is enough in the world for everyone's need,  
**but not for everyone's greed."**

-Frank Buchman



## LEGAL DETAILS – RELEASE AND WAIVER OF LIABILITY

In consideration of the acceptance of my entry and permission to participate in and attend the **BRIDGES OF HOPE 'Pull for Poverty'** on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_ in \_\_\_\_\_.

I, for myself, my heirs, executors, administrators and assigns, hereby release, hold harmless and forever discharge Bridges Of Hope International Network Of Development Agencies, the City of \_\_\_\_\_, all **'Pull for Poverty'** organizers, volunteers, workers and all other associations, sanctioning bodies, promoters, sponsoring companies and organizations in any way associated with the **'Pull for Poverty'** and their respective officers, directors, employees, agents, officials, servants, contractors, representatives, successors and assigns (collectively or singularly the "Releasee") from any and all liability, actions, causes of action, claims, complaints, suits, debts, demands, costs, expenses, statutory rights, or remedies, whether in law or equity in respect of death, accident, injury, illness, loss, or damage to persons or property caused by negligence or otherwise of the Releasee arising directly or indirectly as a result of, or in any way connected with, my participations in or attendance at the **'Pull for Poverty'** and waive any such claims arising directly or indirectly from or attributable in any way to any act or omission of the Releasee in connection with the sponsorship organization and execution of the **'Pull for Poverty'**.

I understand to save and hold harmless and agree to indemnify the Releasee from and against any and all liability incurred by any or all of them, whether caused by the negligence of the Releasee or otherwise arising directly or indirectly as a result of, or in any way connected with my participation in or attendance at the **'Pull for Poverty'** whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the **'Pull for Poverty'**.

I understand and I am sure of the nature and circumstances involved in the **'Pull for Poverty'**. The participant hereby fully assumes responsibility for any risk of bodily injury, death or property damage howsoever arising out of this event, whether foreseen, or unforeseen, and whether caused by negligence or otherwise.

I consent to receive medical treatment in the event of injury, accident and/or illness at or during the **'Pull for Poverty'**. I represent and warrant that I am in proper physical condition to participate in the **'Pull for Poverty'** and I understand that participation could, in some circumstances, result in physical injury.

I understand that the **'Pull for Poverty'** may be photographed, filmed or recorded and I consent to allow my photograph, audio or video likeness to be used for any purpose by the Bridges of Hope organization or any of its agents, officials, servants, contractors, representatives, successors or assigns.

I have read this **Release and Waiver of Liability** and understand its terms. I also understand that I have given up substantial legal rights by signing. I have signed it freely and voluntarily and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Dated at \_\_\_\_\_, this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature

I \_\_\_\_\_ the parent/guardian of \_\_\_\_\_ have read and understand the above release and waiver liability and with such knowledge give permission for my child \_\_\_\_\_ age \_\_\_\_\_ to participate in and attend the Bridges of Hope Pull for Poverty.

\_\_\_\_\_  
Parent/Guardian Signature



# GENERAL & GUIDELINES

1. Participants Must Be Wearing Full Length Pants (No Shorts Allowed)
2. No Swearing
3. Running Shoes Required - No Sandals or Open Toed Shoes Allowed
4. No Wrapping the Rope Around Hands, Wrists, Arms, or Any Other Body Part
5. Hands Must Be Free and Clear of Any Sticky Substances or Powders
6. Each Team Must Consist of SIX (6) Members
7. Each Team Member is Responsible for Raising a Minimum of \$100/Person or \$600/Team. (Tax Receipts Will Be Issued for Pledges over \$20)
8. Pledges Will Be Due On \_\_\_\_\_
9. All Pledge Forms, Pledged Monies, Team Name, and Roster Must Be Handed in ONE Week Prior to the Event to Ensure Adequate Time for Arrangement of Round Robin Tournament Schedule
10. Event Start Time Will Be \_\_\_\_\_



# DEAR FRIENDS AND FAMILY,

I've been given an amazing opportunity to connect with other students in our High School to help make a difference in the **global poverty crisis!** We want to make an impact in a way that is fun and brings people together to learn how to make a difference and **support a great cause.**

**Bridges of Hope** is a non-profit organization that is advancing poverty relief and community empowerment amongst the poorest nations of the earth. They are working to improve health, education, social services and economic development amongst the poorest people in the poorest nations.

In the first ever **Bridges of Hope 'Pull for Poverty'**, over \$10,000 was raised in a single day! My hope is that this year will be even more successful and bring about even greater change. I will be part of a 6 member tug-of-war team that needs to raise a minimum **\$600 as a group or \$100 per person.** My goal is to blow past the minimum! **This is where your involvement comes in and is so important!** I have decided to offer my time and energy and am asking if you could please support me by making a pledge towards this worthwhile cause. Every penny raised will go to the work which **Bridges of Hope** is doing around the world to raise the quality of life for those who need it most.

This event is being held at \_\_\_\_\_ on \_\_\_\_\_  
(Name of school) (Date)

So please, come cheer us on and **join in the fun** as we do our part to raise money to supply **meals, clean drinking water** and **education.** All for kids - just like me - that desperately need our help.

**Thank you so much** for your generous support and enthusiastic involvement! Please make cheques payable to **Bridges of Hope** (any donations over \$20 will receive a charitable tax receipt). If you have any questions at all, please call **Bridges of Hope:** 403-380-3844.

**My personal goal is to raise \_\_\_\_\_!**

Please help me win the prize for most money raised!

Sincerely,

---

"Poverty often deprives a man of all spirit and virtue;  
**it is hard for an empty bag to stand upright"**

-Benjamin Franklin

# DEAR BUSINESS OWNER

I've been given an amazing opportunity to join other students in our High School to help make a difference in the **global poverty crisis!** We want to make an impact in a way that is fun and brings people together to learn how to make a difference and support a great cause.

Bridges of Hope is a non-profit organization that is advancing poverty relief and community empowerment amongst the poorest nations of the earth. They are working to improve health, education, social services and economic development amongst the poorest people in the poorest nations.

In the first ever **Bridges of Hope 'Pull for Poverty'**, over \$10,000 was raised in a single day! My hope is that this year will be **even more successful** and bring about even greater change. I will be part of a 6 member tug-of-war team that needs to raise a minimum **\$600 as a group or \$100 per person.**

My goal is to blow past the minimum! **This is where your involvement comes in and is so important!** I have decided to offer my time and energy and am asking if you could please support me by making a corporate pledge towards this worthwhile cause. Every penny raised will go to the work which **Bridges of Hope** is doing around the world to raise the quality of life for those who need it most.

This event is being held at \_\_\_\_\_ on \_\_\_\_\_  
(Name of school) (Date)

I invite you to come, cheer us on and **join in the fun** as we do our part to raise money to **supply meals, clean drinking water and education.** All for kids - **just like me** - that desperately need our help.

**Thank you so much** for your generous support and enthusiastic involvement! Please make cheques payable to **Bridges of Hope** (any donations over \$20 will receive a charitable tax receipt). If you have any questions at all, please call **Bridges of Hope: 403-380-3844.**

**My personal goal is to raise \_\_\_\_\_!**

Please help me win the prize for most money raised!

Sincerely,

\_\_\_\_\_

**"The world is very different now.**

For man holds in his mortal hands the power to abolish all forms of human poverty,  
**and all forms of human life."**

-John F. Kennedy

# GETTING THE WORD OUT AND CREATING AWARENESS

Making a difference when it comes to Global Poverty is a very attainable goal **if we do it together!** Getting excited about a good cause can be contagious; **creating hope is contagious!** Spread that excitement and hope to all of your friends and family and there is no limit to what we can accomplish. Here are some tips to help you **spread the word and create awareness:**

- Send **emails** to all of your friends, Facebook and Twitter - **make it go viral!**
- **Hang posters** about the **'Pull for Poverty'** at school, community centers and/or your parents' work place.
- Ask your teacher to let you say a few words to your class about the event and about global issues like **extreme poverty and hunger.**
- Make regular **P.A. announcements** about the upcoming Pull for Poverty. (see sample announcement in this package)
- **Talk to friends** about global poverty facts and how important it is to **speak up for those that can't be heard!**
- Approach all the school clubs and sports teams as well as the teachers and **challenge them** to support the cause! Have them organize friendly competition amongst their groups: Wouldn't it be great to see the **football team pull against the coaches, or senior class against the teachers!?**
- Make sure you have a **sign-up booth** at the school where kids can sign up to participate. Once they've signed in, hand them their **Participant's Package.**
- Contact the local **media, radio, TV stations and newspaper.** They will help you get the word out!
- Encourage **parents** to come out and **support the event!** They can tell their friends and help support you with **obtaining pledges.**
- Word-of-Mouth is still one of the **best forms of advertising!** So, don't be shy, go out there and spread the word!

**"Never doubt that a group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has!"**

--Margaret Mead

# P.A. ANNOUNCEMENT

It's just about time for the **'Pull for Poverty'** tug-of-war fundraiser. You know what that means ... **It's time to get a tug-of-war team together!**

Mixed grade and **co-ed teams**; girls b-ball against cheerleaders, football players against coaches or teachers vs. teachers. Whatever, **any team goes!** So be creative, **have fun** and organize your teams A.S.A.P!

If you want to participate in the **'Pull for Poverty'** please visit our sign up table located at \_\_\_\_\_ during \_\_\_\_\_ (recess or lunch)

Remember **that every penny raised is going towards the great cause of saving the lives of kids** just like us. There is no reason to be shy about saving a life **so start collecting pledges to make a difference in your world.** So get your game faces on and flex your muscles and **get ready to 'Pull for Poverty'!**



# FUNDRAISING TIPS

Spreading the word and **creating awareness** about global poverty is increasingly important. The **'Pull for Poverty'** is all about creating advocates for the poor; but it is also about raising the funds to help those in need. Did you know that it costs **only 27 cents to feed a hungry child one meal?** How many people do you know that can afford 27 cents? Most people are willing and able to help.... All we have to do is ask. **Here are some helpful tips on fundraising:**

- **Set a personal goal** for yourself and your team.
- Explain to your friends and family exactly **what you're doing and why**. Let them know that **you are part of a generation that does not have to stand for poverty existing in the world!**
- Don't be afraid to ask, **remember you are not asking for yourself, but rather for a child in desperate need**. Every amount helps, no matter what people are able to give and remember to **always thank them**.
- Contact local businesses and ask if they would be willing to **match your fundraising goal**.
- Encourage people to go to [www.bridgesofhope.ca](http://www.bridgesofhope.ca) to learn more about the work they do and the people they help. This is an easy way to inform out-of-town friends and family about what you're doing and why.
- Put up a **goal poster** to show everyone at school how your group is progressing.
- Create friendly competition amongst other school groups that are participating in the **'PULL FOR POVERTY'** and challenge them to match or beat your goal.
- Get your teachers involved, **challenge them** to meet or beat your goal.
- Let people know that **any donation over \$20 receives a tax receipt**.
- Stay motivated! The more money raised, the more hungry mouths **you** can feed! Remember that you are doing your part in, **"Taking a Stand Against Hunger, Poverty and Injustice"**.

**"If you want to make the world a better place, take a look at yourself,  
and then make a change...."**

--Michael Jackson

# MEDIA GUIDE

Media coverage of your **'Pull for Poverty'** tug-of-war event can help spread the word about the global issues of poverty and hunger. Through media coverage, you can get others involved in your event and ask for their support. Here are some basic steps on how to invite your local media.

## Step 1: Create a list of media contacts (6 weeks before the event)

- Look for contact details on local news websites. You can also ask your school events planning representative for local media contact lists.
- Develop a list of local journalists to invite to cover the **'Pull for Poverty'** event. It might be helpful to contact the journalists on your list and ask them how they prefer to receive media materials—via email, phone or fax.

## Step 2: List your event in community calendars (4 weeks before the event)

- Send out a **Press Release** to TV, Radio, and Print Media.  
(see attached Press Release sample)
- Local community calendars can draw attention to the **'Pull for Poverty'** event.
- The purpose for an event listing is not to get media to the event, but to **encourage the community to support your event.**
- Usually, calendar listings give a short description of what the event is about, where it is taking place, the date and time of the event and contact information so people can get more information.
- Listings are often found in local newspapers, radio and television websites.



## Step 3: Contact your local media

### (1 week before the event)

- Develop a media advisory that mentions **your** event details including: date, time, and location, contact information, what the event is, who will participate in the **'Pull for Poverty'** and how the funds will be raised.
- One week prior to the event, email or fax your advisory to your media list contacts

## Step 4: Follow-up with your local media

### (3 days before the event)

- Three days before the event, call the reporters to whom you sent your advisory to confirm that they received it. This will also give you the opportunity to chat with them about why the event will be of interest to their audiences and why they should attend. Remember to keep things local. Journalists need a local angle that will interest their readers.
- Think of **why** people would be interested in reading or hearing about your story. Make sure you mention how many people are participating in the event.
- If possible, try to offer your media contacts a spokesperson who is comfortable talking about the **Bridges of Hope 'Pull for Poverty'** charity fundraiser. This could be a student organizer. Direct the reporter to [pullforpoverty.ca](http://pullforpoverty.ca) if they require more information.

## Things to remember:

- When you call a journalist, ask if they are on a deadline. If they answer yes, offer to call back. If the answer is no, feel free to begin telling them about the **'Pull for Poverty'** event and why the local community would be interested in it.

## Best time to call journalists:

- **Print:** Between 10:00 am and 2:00 pm
- **Television:** Between 10:00 am to 11:30 am or 1:00 pm to 3:00 pm
- **Radio:** Before 8:30 am or try calling after 10:00 am

## DO

Get to the point about why you are calling

Show your excitement about the event

Follow-up with a journalist and make sure to ask if they are on a deadline

Ask a journalist to point you to the right person if they are not the right one to cover the story

Thank the journalist for talking with you

## DON'T

Don't ramble

Don't plead for a journalist to attend your event

Don't pitch to two journalists from the same media outlet one right after the other

Don't call during a big media event or emergency

Don't be upset if a journalist decides not to cover the event

# PULL FOR POVERTY



## P R E S S   R E L E A S E

**'Pull for Poverty'** is an exciting event partnering (your school's) students, parents, and teachers with **Bridges of Hope** to help raise awareness about local and international poverty.

This event is a round robin tug-of-war tournament where all participants will raise pledges to help in the on-going fight against poverty. Proceeds will be going to support the life-giving work **Bridges of Hope** is doing around the world.

Currently **Bridges of Hope** is working in underdeveloped countries to improve education, social services, economic development and health **amongst the poorest nations of the earth.**

**'Pull for Poverty'** will be held on (date) at (your school) (time)

This will be an event geared toward the students and teachers, but parents and friends are strongly encouraged to come join the fun and cheer their teams on.

We would greatly appreciate your media team coming out to cover this event. Our hope is to make the biggest impact of all participating schools in bringing poverty awareness to members of (your city) and the surrounding communities and most importantly, in helping other kids that don't have the same opportunities we do.

Sincerely,

(Event organizer or committee member – contact information, phone, email)

# ORGANIZATIONAL CHECKLIST

It's never too early to start planning.  
Getting organized and planning early is key to a successful event!

**Below is a checklist to help you get started.**

## 8 Weeks before the Event

- Ask your school administration to support the Bridges of Hope **'Pull for Poverty'** relief event.
- Getting teams of dedicated people together can help you have the most successful **'Pull for Poverty'** ever! A school club such as Student Council or the Ignite Club could head this up. **Some suggestions for possible committees include:**
  - » **Public Relations:** Responsible for **getting word out** at school and in the community.
  - » **Promotions/Marketing:** Responsible for **generating excitement** and increase participation throughout the school.
  - » **Administrator:** Responsible for **ensuring donations are collected** and tracked. (this can be a teacher or parent or responsible student)

## 6 Weeks before the Event

- **Book the facilities.** (gym or auditorium with bleachers for the spectators)
- **Contact local businesses** to support your event. Some businesses may offer to match the donations you collect!
- **Set a date** to have an assembly or presentation at your school to introduce the **'Pull for Poverty'**.
- Invite your **'Pull for Poverty'** contact to speak at your presentation. (Bridges of Hope office: 403-380-3844)

- **Set a fundraising goal** for your team, for yourself, even for your school! Get competitive and **challenge another school** to match your goal! Make a creative poster that outlines your school fundraising goal and hang it up in a high traffic area where kids can see it and track your progress!
- Get excited about the event and spread the word. Hang up posters (provided), pass out flyers, and create a Facebook group.

## 4 Weeks before the Event:

- **Ask permission to hold an assembly** to show the '**Pull for Poverty**' DVD. Motivate and recruit as many participants as you can!
- **Secure a referee** for the event, **an MC** willing to host and introduce the teams and a first aid attendant. (school nurse perhaps or a qualified parent or teacher volunteer to be there the day of the event) Tug of war rules are available on the website – [www.pullforpoverty.ca](http://www.pullforpoverty.ca) and in this package.
- Set up a **sign-up table** at lunch in a high traffic area.
- **Make regular announcements over the P.A.** Pump up the event! Send out challenges to different groups in the school i.e. **The Science Club** challenges **the Ignite Club**; or the **Football team** challenges their **coaches**; or any other fun and exciting grouping of teams you can think of! Also, let the students know where the table is located so they can sign up for the event. (PA announcement examples can be found at the 'Pull for Poverty' website in this package)
- **Hand out donation sheets and disclaimer and release forms to all participants.** (download forms from the Pull for Poverty Website or photocopy forms from this package) Be sure you have everyone's name, phone number and email address recorded.
- **Compile a mass-email contact list** and send out an email to thank all of your participants for joining. Also remind them of:
  - » **The date of the event.**
  - » **The deadline for the donations. (one week before the day of the event)**
  - » **The contact person information. ie. Teacher or leader of the club in charge**
  - » **To return the signed disclaimer and release form.**

## 2 Weeks before the Event

- Send a **media release** to local papers, TV and radio stations to cover your event. (samples available at the Pull for Poverty website and in this package) **Be bold and challenge another school**; there's nothing wrong with a little friendly competition to get you motivated - especially when it's such a good cause!
- Make **daily, morning 'PA Announcements'**.
- Remind participants of the upcoming event, the deadline for entries; and to **hand in their donations, Pledge Forms, and the Disclaimer and Release Forms before** the event.

## 1 Week before the Event

- Make a final list of the teams that will be participating.
- Go to the free **Round Robin Tournament Generator Tool** found at <http://www.teamopolis.com/tools/round-robin-generator.aspx>  
(This site will help you put together the round robin tournament if you need it.)

## During the Event

- **Set up a table** at the event. Have a **volunteer collect any late donations** and pledge forms from teams. Have a **cash box** with you that can be locked and given to a teacher or parent for safe keeping during the event.
- Have the **MC share some poverty facts** - download the **Poverty Fact Sheet** at the Pull for Poverty website or photocopy from this package.
- Have a **donation box available** and get your MC to encourage anyone that is visiting or watching the '**Pull for Poverty**' to make a donation in the box and help your school meet its goal!
- Have the MC **introduce your Referee**.
- The MC will **announce the rules** - very important!
- Have the MC **introduce all the teams** and call out the first two teams to participate.
- Take lots of pictures and **have fun!!!**

## After the Event

- **Thank all of the participants and volunteers** and follow up with those who did not hand in their donations.
- **Count all cash and fill out the deposit slip** provided in the package.
- Put all checks and cash in an envelope, seal the envelope and sign on the seal.
- **Bring sealed envelope** to the Bridges of Hope office located at 223 - 207 13 Street North, Lethbridge, AB or make prior arrangements for a **Bridges of Hope staff member to pick up**.
- **Send thank you letters** to everyone that supported your event.
- Send your photos to **[pullforpoverty@gmail.com](mailto:pullforpoverty@gmail.com)**

A hungry man **is not a free man.**

---Adlai Stevenson

# PULL FOR POVERTY



## OFFICIAL PLEDGE FORM

Charitable Tax Donation #  
863616843RR0001

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
Total Pledges:					

Please make cheques payable to, Bridges of Hope. Pledges can also be made via credit card by calling 403-380-3844.  
Pledges over \$20 will be issued a tax receipt when complete mailing address is provided.

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
25.					
26.					
27.					
28.					
29.					
30.					
31.					
32.					
33.					
34.					
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49.					
50.					
51.					
52.					
53.					
54.					
55.					
56.					
57.					
58.					
59.					
60.					
Total Pledges:					

# TRACK IT ALL SHEET

Use this form to start organizing your group. Photocopy as needed.

1. Record each participant's name and contact information. Hand out the Pledge Forms.
2. After the "Pull", collect all funds and Pledge Forms from all participants. Summarize their information on this form.

Group Name

Group Leader's Name

Participant's Name	Phone Number	Email Address	Total Pledges	Total Collected
Total Pledges:				

**"The prevalent fear of poverty** among the educated classes  
**is the worst moral disease**  
**from which our civilization suffers"**

--William James

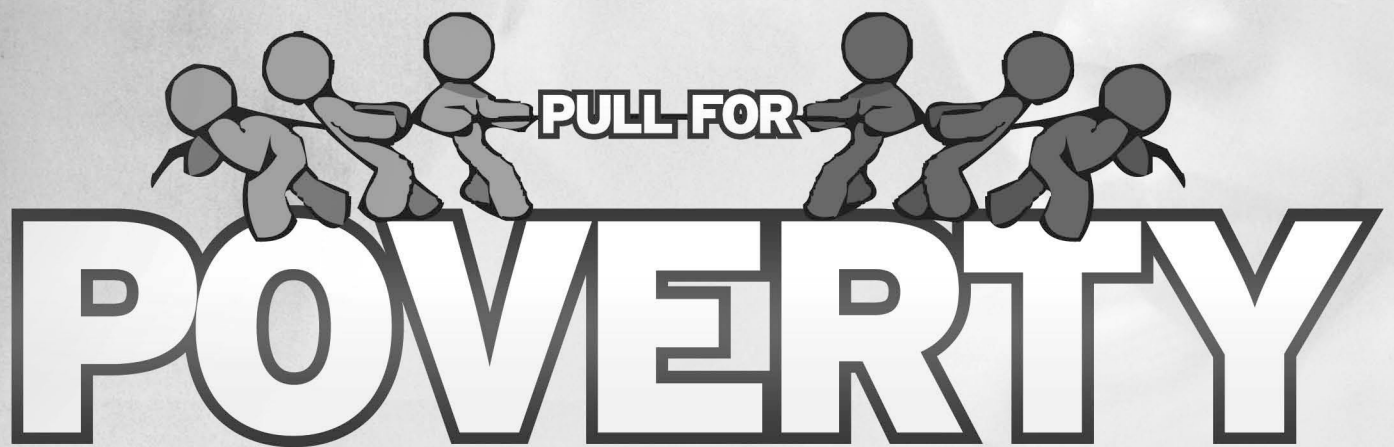


# CASH COUNT SHEET

Denomination	Number of Coins and Bills	Total
\$2.00		
\$1.00		
0.25¢		
0.10¢		
0.05¢		
0.01¢		
\$100.00		
\$50.00		
\$20.00		
\$10.00		
\$5.00		
Total Cash Counted:		
Cash Collected		
Cheques Collected		
Total Collected		

Counter Signature: \_\_\_\_\_

Reviewer Signature: \_\_\_\_\_ Date: \_\_\_\_\_



PULLING TOGETHER GIVES US THE  
STRENGTH TO CHANGE LIVES

**School Team Leader Package**

# PULL FOR POVERTY



## TABLE OF CONTENTS

- Why 'Pull for Poverty'?
- Fact Sheet on Poverty
- Where Does The Money Go?
- How Can You Get Involved?
- 'Pull for Poverty' Participant's Package
- Fundraising Tips
- Track It All Sheet
- Cash Count Sheet

"...Let Us Recognize that extreme poverty anywhere is a threat to human security everywhere. **Let us recall that poverty is a denial of human rights.** For the first time in history, in this age of unprecedented wealth and technical prowess, we have the power to save humanity from this shameful scourge. Let us summon the will to do it."

KOFI ANNAN

# WHY PULL FOR POVERTY?

According to UNICEF, 22,000 children die each day due to poverty, and they “die quietly in some of the poorest villages on earth, far removed from the scrutiny and the conscience of the world.”

Imagine knowing **extreme hunger and thirst** from as early as you can remember. At a young age you find yourself working to help with the family income **instead of attending school**. One day you wake up to find **your mother has died of starvation**. As a result of this, your sister is married off. **You are sold** and forced to **work as a slave** in a cocoa plantation to provide the world its chocolate ... and expect little hope for your future.

This is part of **Daniel Zopoula’s story**, founder and CEO of **Bridges of Hope**. **Over 20 million across the world** share a similar story to Daniel’s and are living in bondage this very day.



“The social injustices of this world are pulling the human race down,  
**and it’s time for us to pull back!”**

- Sammy Golom

# HOW DOES IT WORK?

Bridges of Hope hosted its first ever ‘Pull for Poverty’ in May 2010 in Lethbridge, Alberta. It was a huge success! ‘Pull for Poverty’ is a round robin tournament, tug-of-war fundraiser that helps raise awareness about poverty in the world today. This year we are inviting students and teachers from schools in your area to enter a team in the tournament and help Bridges of Hope bring light to the issues that matter most.

Each team will consist of 6 participants. Each participant is required to raise a **minimum** of \$100 in pledges; or \$600 per team. All the money will be donated directly to **Bridges of Hope** in aid of the work they are doing to help orphaned and vulnerable children in Africa and other impoverished countries around the world. A prize will be awarded to the participant who raises the most money in pledges. We encourage you to bring a cheering squad to join in the festivities.

Our hope is to see a **little friendly competition between schools**, and for the **entire school district to come together** in this event with Bridges of Hope in **pulling against poverty**.



# GLOBAL POVERTY FACTS & STATS

## Hunger and Poverty Concepts and Definitions

### Hunger:

- The uneasy or painful sensation caused by want of food; craving appetite. Also, the exhausted condition caused by want of food.
- The want or **scarcity of food** in a country .
- A strong desire or craving.

### Poverty:

- The state or condition of having **little or no money, goods, or means of support**; condition of being poor; indigence.
- Deficiency of necessary or desirable ingredients, qualities, etc. poverty of the soil.
- Scantiness; **insufficiency**.

### Contaminated Water Supply and Unsuitable Sanitation Facilities:

- Lack of sanitization is the **world's biggest cause for infection**.
- **3.575 million people die each year from water-related diseases**.
- **43%** of water-related deaths are due to **diarrhea**.
- **84%** of water-related deaths are in **children ages 0-14**.
- **98%** of water-related deaths occur in **the developing world**.
- **884 million people lack access to safe water** supplies, approximately one in eight people.
- **443 million school days are missed each year** due to water-related illness.
- The water **sanitation crisis claims more lives** through disease **than any war claims through guns**.
- A North American taking a **five-minute shower** uses **more water** than a typical person living in a developing country slum uses in a **whole day**.
- The **daily requirements** for sanitation, bathing, and cooking is—**51 Litres** per person.
- **The poor in the slums** often pay **5-10 times more** per litre of water than **wealthy people** living in the same city.

**\*Info for this section was adapted from Bridges of Hope's 'Water Highways Project'**

## Food Shortage and Malnutrition:

- **Abundance, not scarcity**, best describes the world's food supply. **Enough wheat, rice and other grains are produced** to provide every human being with **3,500 calories a day**. On earth, **enough food** is available to provide at least **4.3 pounds a day per person**. The problem is that many people are **too poor** to buy readily available food. Food is **always available for those who can afford it**—starvation during hard times hits only the poorest, (Food First).
- The majority of the **people who don't have enough to eat** live in poor, rural communities in developing countries. **Many have no electricity and no safe drinking water**. Public health, education and sanitation services are often of low quality, (FAO).
- **The world's most food-insecure and hungry people are often directly involved in food production**. They cultivate crops on small plots of land, raise animals and catch fish. **They do what they can** to provide food **for their families** or earn money at the local produce market, (FAO).
- Sub-Saharan Africa, with **239 million undernourished**, has the largest prevalence of undernourishment relative to its population size, (Feeding Minds).
- **Malnutrition** is one of the main causes of **low birth-weight babies**. Those who survive are likely to suffer major developmental defects and illness from earliest childhood through into adulthood. As a result, the **affected adult women** with these developmental defects are **likely to carry on the vicious cycle of malnutrition** by giving birth to low birth-weight babies.
- Some **30 million infants are born** each year in developing countries **with impaired growth** caused by poor nutrition in the womb, (Feeding Minds).

## Education

- Even **mild forms of deficiencies** due to malnutrition can **limit a child's development and learning capacity** early in life. This can progressively lead to **hindrances in school performance**, resulting in higher **drop-out rates and illiteracy** in our future populations.
- The three main micronutrient deficiencies in children **could be greatly diminished** by ensuring **adequate food supplies** and varied diets that provide essential vitamins and minerals, (Feeding Minds).
- Many governments in the developing world are **not able to provide** consistent, **quality education for children**. We focus our attention on two main areas within the education sector: **Private Education and Girls' Education**, (BOH).
- **Private education** in developing nations holds a number of **key advantages**. It has proven to be more **cost effective** than public school offerings, despite the scarcity of educational resources. In places where classes are smaller, **teachers are personally motivated**, and greater attention is paid to the challenges and **potential of individual students**. Private education provides **better academic opportunities** for children in low-income families and economically poor communities, (BOH).
- **Gender Equality**: In identifying the best projects, we recognize the need to specifically address the **educational support available for young girls**. Given the critical role women play within their broader communities, we recommend projects that bring attention to young girls' education and seek to correct the gender inequality problem in developing countries, (BOH).



## General Health and Medical Care

- Each day, **24,000 children die from preventable causes** such as neonatal complications, diarrhea, malaria and pneumonia; this amounts to **8.8 million children each year**, (UNICEF).
- Nearly **20 million children worldwide suffer from severe malnutrition**. This contributes to one million child deaths annually, (WTO).
- Almost **16 million** of current **HIV infections are women** and **2.1 million are children under age 15**, (UNAIDS).
- In keeping with the UN Millennium Development Goals, **Bridges of Hope** is partnering with key agencies to **reduce the preventable deaths of children under five**. Through our critical intervention centers, safe drinking water programs and projects, we are insuring that hundreds of mothers and children are well nourished, protected from infection & diseases with **access to essential health services**.

## Economic Development

- **Over 1 billion people** in the world today live on **less than \$1.00 USD a day**; another **2 billion** live on **just \$2.00 USD a day**.
- **Tens of millions fall victim to war, natural disaster, corrupt governments and disease. The end result is**, despite charitable efforts over the last 20 years, **the number** of those caught in extreme poverty **has continued to rise**.
- Malnutrition can result in **major productivity and economic losses**. As adults afflicted by nutritional related disorders are unable to work, **educational losses** then affect their children too weak or sickly to attend school due to their hard physical work in helping to support their families. **Healthcare costs in developing countries increase significantly** due to the volume of these nutrition-related illnesses, (Feeding Minds).
- **Conflict is a cause of hunger and poverty**. At the end of 2005, the global number of refugees was at its lowest level in almost a quarter of a century. In **2008** there was a **significant increase in refugee numbers**, due primarily to the violence taking place in Iraq and Somalia. **By the end of 2008**, the total number of **refugees** under UNHCR's mandate **exceeded 10 million**. The number of conflict-induced internally displaced persons (IDPs) affected **26 million worldwide** at the end of the year.

## Related Websites - Poverty and Hunger Information

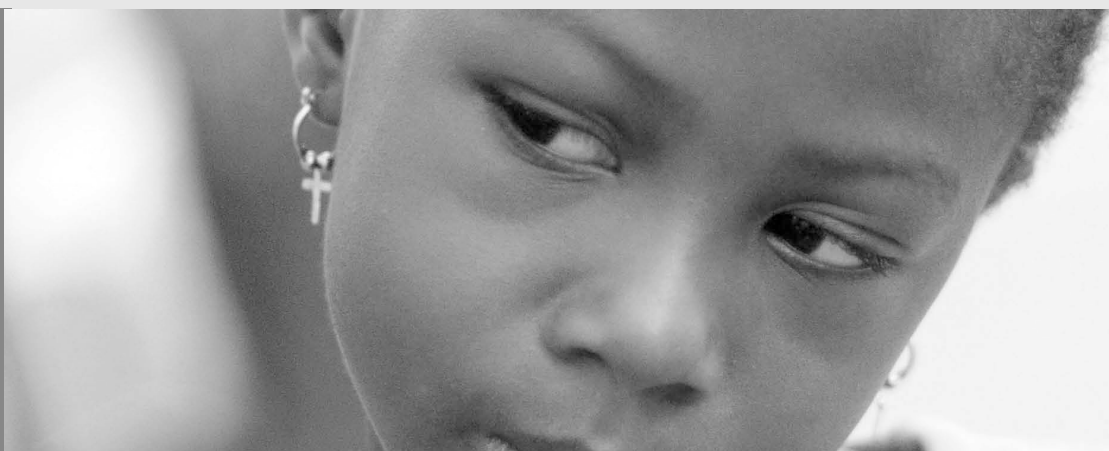
[www.bridgesofhope.ca](http://www.bridgesofhope.ca)

[www.fao.org](http://www.fao.org)

[www.feedingminds.org](http://www.feedingminds.org)

[www.foodfirst.org/12myths](http://www.foodfirst.org/12myths)

[www.worldhunger.org](http://www.worldhunger.org)



# WHERE DOES THE MONEY GO?

The majority of work done with **Bridges of Hope** is based in **Burkina Faso, West Africa** which is the native home of founder and CEO, Daniel Zopoula. We also have active projects in many countries including, **Ethiopia, Tanzania, Rwanda, D.R. Congo, Haiti** and the **Dominican Republic**. Among various project areas of critical aid, one of the most important sectors is in providing vital care for **orphans and vulnerable children**. The problem of poverty affects billions but it is in serving the needs of one child or family at a time that will help stop the spread of preventable diseases and **offer hope** for a better way of life.

## Nutrition and Food Security Programs

**Healthy food is hard to come by** in many parts of the underdeveloped world. Even though we produce enough resources to meet the world's needs, **over 850 million people still go hungry** every day. With the rise of global food prices and the constant threat of famine in many countries, it is a **constant struggle** for parents to meet their family's basic needs and provide enough food. So, to provide the much needed health sources, **Bridges of Hope** has placed specific investments in **supplemental food production, foster homes, medical care** and **education** for orphans. We also focus on providing medical assistance for mothers with **chronically sick and severely malnourished infants**. These programs give "at risk" children the opportunity to receive the proper nutrition and health care needed to focus properly in school and have a fair chance at success in life.

## Safe Water Projects

Although water is the most abundant resource on earth, there are still **1 billion people without access to safe water**. (Every day, women and children walk many miles to collect bacteria-ridden water from the only source that is available.) **Providing a healthy source of water** is the first major step in raising the standard of life for everyone in the community. When clean water is available close by, women can focus on other important duties and spend their time and energy on providing better nutrition, education and security for their families.

Other water-based problems are as simple as **providing a toilet** for girls to use at school. When maturing into teen years, **girls often quit school to save the embarrassment** of exposure in improper facilities. Providing toilets ensures a healthy environment where young women can **feel safe, respected** and have all the more reason to continue their **critical education** and develop into **successful young women**.

## Protecting Children at Risk

Whether children have parents and a home or are orphaned and live with a relative, **the risk of being improperly cared for exists**. Since parents can barely support their own family's basic needs, **children often have to work instead of going to school**; or worse, be abandoned or **sold into slavery** because their family cannot afford to feed them at home. With the funds for child sponsorship, education, proper food and necessary health care **can be** provided to young children who are otherwise vulnerable to become victims of the poverty crisis which they cannot change themselves.



# HOW CAN YOU GET INVOLVED?

## Build a team

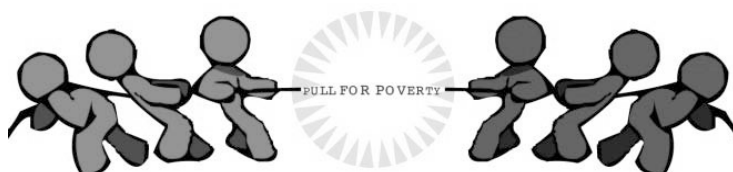
Now that you know **why** to 'Pull for Poverty' and where the money goes, it's time to begin! These next few pages are designed to help you build your team. Each 'Pull for Poverty' team consists of **6 members**. That's you plus 5 of your friends who are **willing to join you in the fight against poverty!** You and your 5 friends need to **register your team** and **choose a team name**. Each of you will get a copy of the Participant's Package consisting of:

- 1.) Individual Registration Form
- 2.) Team Registration Form (only one per team to hand in)
- 3.) Release and Waiver of Liability (signed by you and your parents)
- 4.) General Rules and Guidelines
- 5.) Sample Fundraising Letters (sign and make copies to give to all your friends and family)
- 6.) Pledge Form (to track all donations)
- 7.) Fundraising Tips

Once you have these forms, you and your team are ready to start **spreading the word, creating awareness about global poverty**, and most importantly **making a difference!**

Let the **voice of your generation** be heard!

Make a stand against the injustices that are pulling the human race down  
**and pull back!**



# PULL FOR POVERTY



## PARTICIPANT'S PACKAGE

1. Individual Registration Form
2. Team Registration Form
3. Release and Waiver of Liability
4. General Rules and Guidelines
5. Sample Fundraising Letters
6. Pledge Form to Track All Donations
7. Fundraising Tips

"If you can't feed a hundred people,  
then feed just one"

MOTHER THERESA

# INDIVIDUAL REGISTRATION FORM

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Sex: Male ☐ Female ☐

I am part of a team: ☐ Name of Team: \_\_\_\_\_

I need to be placed in a team: ☐

Any current or past medical conditions? YES ☐ NO ☐

If Yes, please explain briefly: \_\_\_\_\_

\_\_\_\_\_

## Team Division

Boys ☐ Girls ☐ Coed ☐

This form needs to be filled out and given to the Event Organizer one week **prior** to the event date.

**The world is very different now.**

**For man holds in his mortal hands**

the power to abolish all forms of human poverty,  
**and all forms of human life."**

-- John F. Kennedy

# TEAM REGISTRATION FORM

Team Name: \_\_\_\_\_

Team Leader: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

## Team Members

1. \_\_\_\_\_  
Name/Grade

4. \_\_\_\_\_  
Name/Grade

2. \_\_\_\_\_  
Name/Grade

5. \_\_\_\_\_  
Name/Grade

3. \_\_\_\_\_  
Name/Grade

6. \_\_\_\_\_  
Name/Grade

## Team Division

Boys ☐ Girls ☐ Coed ☐

This form should be filled out and handed in to the **'Pull for Poverty'** event organizer, no later than one week prior to the event. Only **one** *Team Registration Form* is necessary per team.

"There is enough in the world for everyone's need,  
**but not for everyone's greed."**

-Frank Buchman

## LEGAL DETAILS – RELEASE AND WAIVER OF LIABILITY

In consideration of the acceptance of my entry and permission to participate in and attend the **BRIDGES OF HOPE 'Pull for Poverty'** on the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_ in \_\_\_\_\_.

I, for myself, my heirs, executors, administrators and assigns, hereby release, hold harmless and forever discharge Bridges Of Hope International Network Of Development Agencies, the City of \_\_\_\_\_, all **'Pull for Poverty'** organizers, volunteers, workers and all other associations, sanctioning bodies, promoters, sponsoring companies and organizations in any way associated with the **'Pull for Poverty'** and their respective officers, directors, employees, agents, officials, servants, contractors, representatives, successors and assigns (collectively or singularly the "Releasee") from any and all liability, actions, causes of action, claims, complaints, suits, debts, demands, costs, expenses, statutory rights, or remedies, whether in law or equity in respect of death, accident, injury, illness, loss, or damage to persons or property caused by negligence or otherwise of the Releasee arising directly or indirectly as a result of, or in any way connected with, my participations in or attendance at the **'Pull for Poverty'** and waive any such claims arising directly or indirectly from or attributable in any way to any act or omission of the Releasee in connection with the sponsorship organization and execution of the **'Pull for Poverty'**.

I understand to save and hold harmless and agree to indemnify the Releasee from and against any and all liability incurred by any or all of them, whether caused by the negligence of the Releasee or otherwise arising directly or indirectly as a result of, or in any way connected with my participation in or attendance at the **'Pull for Poverty'** whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the **'Pull for Poverty'**.

I understand and I am sure of the nature and circumstances involved in the **'Pull for Poverty'**. The participant hereby fully assumes responsibility for any risk of bodily injury, death or property damage howsoever arising out of this event, whether foreseen, or unforeseen, and whether caused by negligence or otherwise.

I consent to receive medical treatment in the event of injury, accident and/or illness at or during the **'Pull for Poverty'**. I represent and warrant that I am in proper physical condition to participate in the **'Pull for Poverty'** and I understand that participation could, in some circumstances, result in physical injury.

I understand that the **'Pull for Poverty'** may be photographed, filmed or recorded and I consent to allow my photograph, audio or video likeness to be used for any purpose by the Bridges of Hope organization or any of its agents, officials, servants, contractors, representatives, successors or assigns.

I have read this **Release and Waiver of Liability** and understand its terms. I also understand that I have given up substantial legal rights by signing. I have signed it freely and voluntarily and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Dated at \_\_\_\_\_, this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature

I \_\_\_\_\_ the parent/guardian of \_\_\_\_\_ have read and understand the above release and waiver liability and with such knowledge give permission for my child \_\_\_\_\_ age \_\_\_\_\_ to participate in and attend the Bridges of Hope Pull for Poverty.

\_\_\_\_\_  
Parent/Guardian Signature



# GENERAL & GUIDELINES

1. Participants Must Be Wearing Full Length Pants (No Shorts Allowed)
2. No Swearing
3. Running Shoes Required - No Sandals or Open Toed Shoes Allowed
4. No Wrapping the Rope Around Hands, Wrists, Arms, or Any Other Body Part
5. Hands Must Be Free and Clear of Any Sticky Substances or Powders
6. Each Team Must Consist of SIX (6) Members
7. Each Team Member is Responsible for Raising a Minimum of \$100/Person or \$600/Team. (Tax Receipts Will Be Issued for Pledges over \$20)
8. Pledges Will Be Due On \_\_\_\_\_
9. All Pledge Forms, Pledged Monies, Team Name, and Roster Must Be Handed in ONE Week Prior to the Event to Ensure Adequate Time for Arrangement of Round Robin Tournament Schedule
10. Event Start Time Will Be \_\_\_\_\_



# DEAR FRIENDS AND FAMILY,

I've been given an amazing opportunity to connect with other students in our High School to help make a difference in the **global poverty crisis!** We want to make an impact in a way that is fun and brings people together to learn how to make a difference and **support a great cause.**

**Bridges of Hope** is a non-profit organization that is advancing poverty relief and community empowerment amongst the poorest nations of the earth. They are working to improve health, education, social services and economic development amongst the poorest people in the poorest nations.

In the first ever **Bridges of Hope 'Pull for Poverty'**, over \$10,000 was raised in a single day! My hope is that this year will be even more successful and bring about even greater change. I will be part of a 6 member tug-of-war team that needs to raise a minimum **\$600 as a group or \$100 per person.** My goal is to blow past the minimum! **This is where your involvement comes in and is so important!** I have decided to offer my time and energy and am asking if you could please support me by making a pledge towards this worthwhile cause. Every penny raised will go to the work which **Bridges of Hope** is doing around the world to raise the quality of life for those who need it most.

This event is being held at \_\_\_\_\_ on \_\_\_\_\_  
(Name of school) (Date)

So please, come cheer us on and **join in the fun** as we do our part to raise money to supply **meals, clean drinking water** and **education.** All for kids - just like me - that desperately need our help.

**Thank you so much** for your generous support and enthusiastic involvement! Please make cheques payable to **Bridges of Hope** (any donations over \$20 will receive a charitable tax receipt). If you have any questions at all, please call **Bridges of Hope:** 403-380-3844.

**My personal goal is to raise \_\_\_\_\_!**

Please help me win the prize for most money raised!

Sincerely,

---

"Poverty often deprives a man of all spirit and virtue;  
**it is hard for an empty bag to stand upright"**

-Benjamin Franklin

# DEAR BUSINESS OWNER

I've been given an amazing opportunity to join other students in our High School to help make a difference in the **global poverty crisis!** We want to make an impact in a way that is fun and brings people together to learn how to make a difference and support a great cause.

Bridges of Hope is a non-profit organization that is advancing poverty relief and community empowerment amongst the poorest nations of the earth. They are working to improve health, education, social services and economic development amongst the poorest people in the poorest nations.

In the first ever **Bridges of Hope 'Pull for Poverty'**, over \$10,000 was raised in a single day! My hope is that this year will be **even more successful** and bring about even greater change. I will be part of a 6 member tug-of-war team that needs to raise a minimum **\$600 as a group or \$100 per person.**

My goal is to blow past the minimum! **This is where your involvement comes in and is so important!** I have decided to offer my time and energy and am asking if you could please support me by making a corporate pledge towards this worthwhile cause. Every penny raised will go to the work which **Bridges of Hope** is doing around the world to raise the quality of life for those who need it most.

This event is being held at \_\_\_\_\_ on \_\_\_\_\_  
(Name of school) (Date)

I invite you to come, cheer us on and **join in the fun** as we do our part to raise money to **supply meals, clean drinking water and education.** All for kids - **just like me** - that desperately need our help.

**Thank you so much** for your generous support and enthusiastic involvement! Please make cheques payable to **Bridges of Hope** (any donations over \$20 will receive a charitable tax receipt). If you have any questions at all, please call **Bridges of Hope: 403-380-3844.**

**My personal goal is to raise \_\_\_\_\_ !**

Please help me win the prize for most money raised!

Sincerely,

\_\_\_\_\_

**"The world is very different now.**

For man holds in his mortal hands the power to abolish all forms of human poverty,  
**and all forms of human life."**

-John F. Kennedy



# PULL FOR POVERTY



## OFFICIAL PLEDGE FORM

Charitable Tax Donation #  
863616843RR0001

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
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15.					
16.					
17.					
18.					
19.					
20.					
21.					
22.					
23.					
24.					
Total Pledges:					

Please make cheques payable to, Bridges of Hope. Pledges can also be made via credit card by calling 403-380-3844.  
Pledges over \$20 will be issued a tax receipt when complete mailing address is provided.

Donor Name	Address	Postal Code	Phone Number	Amount	Cash or Cheque
25.					
26.					
27.					
28.					
29.					
30.					
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32.					
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49.					
50.					
51.					
52.					
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54.					
55.					
56.					
57.					
58.					
59.					
60.					
Total Pledges:					

# FUNDRAISING TIPS

Spreading the word and **creating awareness** about global poverty is increasingly important. The **'Pull for Poverty'** is all about creating advocates for the poor; but it is also about raising the funds to help those in need. Did you know that it costs **only 27 cents to feed a hungry child one meal?** How many people do you know that can afford 27 cents? Most people are willing and able to help.... All we have to do is ask. **Here are some helpful tips on fundraising:**

- Set a **personal goal** for yourself and your team.
- Explain to your friends and family exactly **what you're doing and why**. Let them know that **you are part of a generation that does not have to stand for poverty existing in the world!**
- Don't be afraid to ask, **remember you are not asking for yourself, but rather for a child in desperate need**. Every amount helps, no matter what people are able to give and remember to **always thank them**.
- Contact local businesses and ask if they would be willing to **match your fundraising goal**.
- Encourage people to go to [www.bridgesofhope.ca](http://www.bridgesofhope.ca) to learn more about the work they do and the people they help. This is an easy way to inform out-of-town friends and family about what you're doing and why.
- Put up a **goal poster** to show everyone at school how your group is progressing.
- Create friendly competition amongst other school groups that are participating in the **'PULL FOR POVERTY'** and challenge them to match or beat your goal.
- Get your teachers involved, **challenge them** to meet or beat your goal.
- Let people know that **any donation over \$20 receives a tax receipt**.
- Stay motivated! The more money raised, the more hungry mouths **you** can feed! Remember that you are doing your part in, **"Taking a Stand Against Hunger, Poverty and Injustice"**.

**"If you want to make the world a better place, take a look at yourself,  
and then make a change...."**

--Michael Jackson

# TRACK IT ALL SHEET

Use this form to start organizing your group. Photocopy as needed.

1. Record each participant's name and contact information. Hand out the Pledge Forms.
2. After the "Pull", collect all funds and Pledge Forms from all participants. Summarize their information on this form.

Group Name

Group Leader's Name

Participant's Name	Phone Number	Email Address	Total Pledges	Total Collected
Total Pledges:				

**"The prevalent fear of poverty** among the educated classes  
**is the worst moral disease**  
**from which our civilization suffers"**

--William James

# CASH COUNT SHEET

Denomination	Number of Coins and Bills	Total
\$2.00		
\$1.00		
0.25¢		
0.10¢		
0.05¢		
0.01¢		
\$100.00		
\$50.00		
\$20.00		
\$10.00		
\$5.00		
Total Cash Counted:		
Cash Collected		
Cheques Collected		
Total Collected		

Counter Signature: \_\_\_\_\_

Reviewer Signature: \_\_\_\_\_ Date: \_\_\_\_\_