

# STORIES TO INSPIRE



## DREAMS BECOME REALITY



Life has improved enormously for Ruth Buhayan and her eight children since CAFOD's partner, Josefina Parish Integrated Programme (JPIP), began supporting them.

### **Running water, three meals a day and going to school seemed impossible for many in the Philippines five years ago - but not anymore, thanks to CAFOD partner JPIP**

Thanks to training from our partner, the Buhayan family has built a new house, can now pipe spring water onto their land, and produce more than enough to eat - as well as sell produce and send all the children to school.



Photo: Annie Bungeroth/CAFOD

### **Household budget**

Ruth, 50, says: "We used to buy food because we couldn't produce enough for consumption but now we have other sources of income to help us if there are shortages.

"We grow maize, bananas, sweet potatoes and vegetables for our own consumption. JPIP's household budgeting course helped us realise we need to eat these crops rather than try to sell them."

Ruth has also been able to build a new house for her family with the income from her farm animals.

One of Ruth's eight daughters, Rotchel, 21, notes many changes, saying: "Before we had to walk a long way to collect water but now it's right here. Before we used to have to go out looking for food like wild root crops if we had shortages but now we grow enough to feed us."

"Before, our house was so small and when CAFOD came to visit, people banged their heads on the door. Now our house is quite spacious".

"We had to sell some of the animals to build this house but we hope to breed more."

When CAFOD met Ruth in May last year, her farm was home to cattle, chickens, ducks and a new fish pond in addition to producing a wide range of vegetables, fruit and herbs. Ruth and her family are also supporting her community to increase their food security by establishing a communal 'palau' farm, a plant which can be harvested in times of drought.

### **Electricity and water**



Photo: Annie Bungeroth/CAFOD

Meanwhile, the Yap family can now afford solar powered electricity and piped water as their crops and livestock have flourished.

Jul Yap now has a flourishing coconut crop thanks to training from CAFOD's partner JPIP

Jul Yap, 36, who also works for JPIP as its sustainable agriculture worker, explains: "Some of the coconut trees were only just planted in 2000 but now they are all bearing lots of fruit.

"The soil has really recovered since then and it's full of earthworms. We've also done contour farming so the slope has been flattened out.

"We use totally chemical free farming methods and grow enough to feed the family. I usually sell the peanuts and coconuts and I also sell chickens and sometimes a pig, a goat or a cow.

"The latest thing is the water project. Last year the local water system was expanded so CAFOD helped us buy pipes so 18 households now have water.

"Before it would take us five minutes to walk down a steep hill to the water source but now it's just a few steps from our house. It saves time and also we can use the water for the crops during dry season.

"I'm very thankful to CAFOD because much of the changes in our lives are due to CAFOD. My children couldn't have this kind of life without CAFOD. Without this support I could not do what I'm doing on my farm or help our community as I do."

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## HOW YOU COULD USE THIS MATERIAL



1. You could just use a quote or tell the basic story of how life has improved for Ruth's and Jul's families, as an example in a talk, or:
2. You could involve a number of people in presenting this story to an audience.

You would need:

- A narrator, who could introduce:
- Ruth Buhayan and she could introduce:
- Her daughter, Rotchel, and the programme officer from JPIP.
- An interviewer to ask the questions.
- Round off with a discussion of what families throughout the world hunger for: what is essential to life and to well being?

