

LemonAid Fund

Summoning the human spirit to its best self.

Annual Report 2020-2021



A Note from our Founder Dr. Nancy

The years of Covid 19 were hard on everyone, yet our donors continued to give and the people who are part of LemonAid Fund's Network continued to do. LemonAid Fund's systems are in place so without LemonAid Fund being on the ground anywhere, the past two years were full of activities showing just how successful LemonAid Fund partners are as they help people help themselves. Our network partners know what they want to do and with just a little support do it.

LemonAid Fund was so fortunate that both the 2020 Rwandan Women's Journey and our partners North Caroline State University - Engineers without Boarders (EWB) visit to Sierra Leone were completed before the Covid 19 lockdowns began.

The centerpiece of the Women's Journey was the Forgiveness, Gratitude and Appreciation (FGA) Training Program. Together the women and the Rwandan survivors and perpetrators of the Genocide Against the Tutsi went through the training and experienced its life changing transformation. Now the Rwandan's who were trained are using FGA in their communities to increase physical wellness, economic development, and joy as they reduce stress.

At the same time over in Sierra Leone the North Caroline State University - EWB were able to finish up their solar and water projects with the Dele school and start an assessment for two new projects.

You will find the following pages filled with stories about the inspired actions and achievements, of the LemonAid Fund Network Organizations and Individuals; Engineers without Borders; Dele Peddle International School; Social Workers Sierra Leone and many more thanks to our generous donors. I appreciate each dollar we have raised as we make lemonade from the lemons people have been given and inspire people to help make dreams come true! Together we are making a difference.

Nancy Peddle



Our Mission:

to aid and inspire individuals in their efforts to achieve positive and lasting change in the lives of their children, families and communities.

Dr. Peddle, LemonAid Fund Founder/Director leading a Women's Journey in Rwanda





Partners with Purpose
North Carolina State UniversityEngineers without Boarders (NCSUEWB) completes water and solar
projects

In 2020, before the Covid-19 pandemic shut things down, the EWB's completed their solar and water projects at the Dele Peddle International School. LemonAid Fund has been working with NCSU-EWB for over 10 years on both water and solar projects for its Village School. Not only does LemonAid Fund benefit but so do the NCSU-EWB students.

This project, and volunteering in general, helped me realize that engineering isn't just solving equations. It's about how projects affect people. -Taylor Robertson

I'd definitely say my favorite memory was the thanksgiving festival that we experienced while on our first few days in Sierra Leone. The school played music, sang, and came together as a community to give appreciation for what they had, and it was honestly breathtaking to see!

-Cedric Clyburn

We will always have room to improve and to question ourselves in an effort to do better by our communities -Connie Feinberg

When development includes the beneficiaries needs, capabilities and expertise the outcome is more sustainable. Members of NCSU-EWB have done their due diligence over the years to do just that. The projects are sustainable and make a difference to the education (solar supports the computer lab) and health (water supports the sanitation and hygiene) of 800 students.

We Believe...

We Believe that before something unimaginable can become real someone must go beyond believing it to be true to KNOWING it to be true. Someone who knows with unwavering determination. Someone who holds so firm in to their conviction and believes so powerfully that other people start to believe too. We believe that that deep knowing of one person can lead to more and more people believing and bringing the seemingly impossible to be possible. We have brought the possible forward and will continue to do so.

Camp life





Camp life has been a life of blessing, a life of hope, a life of peace and joy. It provides truama healing for children who are in trouble and are disconnected from their parents.

The need for psychosocial camping can not be over emphasised, but is needed. Apart from the camp, a lot of needs have been identified like adoption into families, support with medication, support of school educational materials and many others.

Partners with a Purpose: LemonAid Fund Network Organizations Mission4Salone (M4S) Ministries

Covid 19 brought out the creativity in LemonAid Fund's Network Organizations. In 2020 and 2021, M4S Ministries got decided since they couldn't bring children together they would bring Christmas to over the over 500 vulnerable children and their families. They brought families presents, food, clothes and other basic needs. M4S's work continues to be supported through LemonAid Fund's Champion Luc Aalmans along with his friends and family. Each year the event is in a different area of the country. In 2022, M4S will be heading to Bonthe Island, located in the Atlantic Ocean, where few programs reach children and families.

Partners with a Purpose continued

Connecting with Columbia, Benefiting Bhutan and Supporting Sierra Leone



Teaching Children in San Andres de Pisimbala, Colombia

LemonAid Fund was invited to the rural community of San Andres de Pisimbala, located on the southeastern mountains of Colombia, to bring its Forgiveness Gratitude and Appreciation (FGA) workshop to heal wounds and find peace and forgiveness by David Tormo. Their participation in the the one-day Forgiveness Gratitude and Appreciation workshop made a difference.

Because of LemonAid Fund, teachers, families and the community of San Andres de Pisimbala are building a better future. Families, teachers and administrators from the local and indigenous schools are talking again and working together in ways the hadn't in years. They found, during that day, ways to find peace and look for forgiveness and build resilience.

In addition, in 2021 the school in San Andreas de Pisimbala received two laptop computers and a project from LemonAid Fund

with the help of World Computer Exchange. This helped support education during Covid 19. While we offer a special thanks to the Australian knitter volunteers for knitting the children dolls and bringing a smile to their faces.

Healing the Addicted Chithuen Phendhey Association (CPA), Thimphu, Bhutan

CPA stands to protect those whose lives are affected by drugs and alcohol along with their family members. CPA believes each person has the ability to pursue a productive and meaningful life irrespective of the obstacles.

CPA has been the lead agency in Bhutan for FGA trainings and forgiveness activities over the past six years. In February of 2021, LemonAid Fund supported CPA's "Changchag" (Prostration-forgiveness) Program to help with the rehab process.



Forum Against Harmful Practices member Tamaraneh, Sierra Leone Acts to End Female FGM

Salimatu Kamara and daughter Isha started the organization Tamaraneh to advocate for the end of Female Genital Mutilation (FGM) and to help girls and women who have gone through the FGM to heal. They use Forgiveness Gratitude and Appreciation (FGA) for the healing and building resilience. Tamaraneh is a member of the Forum Against Harmful Practices which LemonAid Fund was instrumental in founding. LemonAid Fund, with the help of donors such as Fr. McCarthy and Kathy Reinhardt, gives them some small support as they combine work on Ending FGM with FGA in Sierra Leone for better outcomes for the women and girls.

Thanks to our Volunteers and those who support through unkind gifts

Sharon & Jim Anderson (IL)

*Nancy Peddle (IL)

Andrea Wicks Bowles (NJ)

Shirley Peddle (IL)

Francess Browne (SL)

Vicky Puig (NY)

Vicki Brendel Browne (NY)

Simon Sadinsky (UK)

Sue Sanders (IL)

Alexander Danel (IL)

*Cherry & John Grandy (DC)

*Fabienne Swanson (VA)

*Mari Loehrlein (IL)

Loren Toussaint (MO)

Chuck & Ardi Howard (IL)

Donna Kowaski (IL)

Susan Meier (MD)

Bruce Sanders (FL)

Iris Pattyn (Belgium)

Larry Kasser (NH)

Amy Lax (NY)

Wade Gotwals (IL)

Maya Reed & her Knitters

(AU)

Frank & Linda Caruso (NY)

Tshering (Bhutan)

Jeanne Muhawenimana

(Rwanda)

*Board Members

Partners with a Purpose continued Social Work Sierra Leone (SWSL) gets Funded for Emergency Work

Emergency support was funded by Kathy Reinhardt, Andra Ellingson,

Vicki Browne and Jane Parhiala as their contributions allowed LemonAid Fund to help 10 women head of households restart their

businesses after everything they owned was destroyed in a deadly fire that ripped through their community. They were given money to buy whatever it took to restart their businesses. SWSL said they use the concept called "Tina 4 U Sef" or in the language of LemonAid Fund helping people help themselves. When you help women you help a village.

Not only did the donors generously fund these women but their donations allowed us to work with SWSL and Francess Browne of the Dele Peddle International High School to ensure that all of their (58) children received backpacks filled with school uniforms, supplies and books to get back to school. Additionally, SWSL ran FGA workshops to help address the stress and trauma many of the community experienced during this disaster.



Social Work Sierra Leone

In addition to collaborating on the emergency projects and FGA trainings, LemonAid Fund has supported SWSL in their capacity building including Social Work Month celebration.

Since that first meeting, Dr. Peddle has served as a mentor, coach, and funding resource to SWSL. "I am most grateful for her help in identifying my potential and helping me recognize my dreams and bringing them into reality," Mr. Koroma said. "Dr. Nancy gave me the tools now I train new social workers and we can really make a difference."





What You Can Do:

Visit our website:

www.lemonaidfund.org

Email our founder at:

info@lemonaidfund.org

Send a donation to:

LemonAid Fund 490 Lincoln Ave, West Highland Park, IL 60035 School and Scholarship Support During Covid 19

In 2020 and 2021, LemonAid Fund continued supporting 8 schools to enable children (over 10,000) to achieve their educational dreams. Families work hard to pay the fees while LemonAid Fund helps in funding some building of schools as well as general support for the schools so they can except children whose families can't afford the full tuition.

Although the education system was disturbed during Covid 19 as it was during

Ebola, we made sure that schools were the source of support for teachers, children and families beyond just education. LemonAid Fund worked with the schools and scholarship families to provide some of the basics to those in extreme need.



Samuel & Grandpa

Keep safe, keep well.
And most of all
Keep the Faith.
We will get
through this
together.

For instance, with donors such as Andrea Wicks
Bowles and family, we have supported individual scholarships such as Samuel (and his sister Zinab not pictured) who lost both their parents at age 9 and 5 (9 years ago) and went to live with elderly grandparents who were themselves struggling to survive.

Samuel obtained high enough college entrance exam scores to enter college for the 2021-2022 school year. LemonAid Fund will continue to support this family and others as we provide continuity over time.

LemonAid Fund looks to make sure that your generous support goes to those who are able to achieve their dreams. Some of these schools include: Annie Caulker Memorial in Waterloo, Joshua Community School in Freetown, Goshen Community School in Rokel, Dele Peddle International School in Lower Allentown, Browndel Preparatory and High School in Wellington, Lillian Preparatory School in Wellington, Beckley Preparatory School in

Allentown. With your support over 1400 children annually have the opportunity of learning in a safe, local and affordable setting while 42 receive direct scholarships funded by you our donors.

Successful Scholarship Student

As a graduate with a Bachelors and Masters in business from Institute of Advanced Management Technology (IAMTECH), Foday Kamara now works at the Dele Peddle School. Foday started receiving a scholarship to attend first Dele Peddle School then IAMTECH, since 2004 a little after the end of the war in Sierra Leone in which both of his parents were killed. Foday has excelled socially, academically and now economically. We are very proud of him and his accomplishments. Well done Foday!



School and Scholarship Support During Covid 19



Supporting teachers, families and partners with food during the early Covid 19 Crisis in Sierra Leone. West Africa.



FORGIVENESS, GRATITUDE AND APPRECIATION (FGA) is our Cornerstone Program As we INCREASE WELL-BEING GLOBALLY

happiness and well-being in your life. It's a three step process of 1. Focusing on Forgiveness (Let Go), 2. Give Gratitude; and 3. Allow Appreciation. It: heals the hurts, betravals and traumas of life.

Rwandan Survivors and Perpetrators of the Genocide against the Tutsi Working **Together**

The unthinkable is happening in Rwanda where survivors and perpetrators of Rwanda's Genocide against the Tutsi's are forgiving and working together. They are healing mentally, physically and making gains economically. LemonAid Fund's FGA Training of Trainers is a big part of this healing according to the followup research. FGA is helping people to heal no

matter the nature of the trauma.

Now these are the people reaching out to their communities and helping others to heal.



FGA is a proven recipe for strengthening resilience, FGA at Ellsworth Air Force Base, South Dakota, USA

In 2021, LemonAid Fund brought its proven evidence based FGA program to Ellsworth Air Force Base in South Dakota. Specifically. here was a need to address the escalation of attempted death by suicide that the military in general and the base specifically was seeing.

The feedback from an FGA workshop with 15 Sergeants and then 18 air men of differing



stress and an increase of positive well-being indicators. One Sergeant reported that it was the first time in years that he felt a lessening of his Post Traumatic Stress Disorder symptoms.

In Rwanda, the women (Barb Schmidt, Liz Xilas and Vicki Browne) who participated in our 2020 Women's Journey, funded a follow-up research project to look at the long-term results of our FGA Train the Trainers. While we document the change that occurs over during the training using a series of questions and measurements, our understanding of FGA's long-term success is antidotal with amazing life transforming stories. The follow-up research measured physical, emotional, economical and attitudinal improvements.

With your help, we continue to work our way to Vision ONE Million goal.

In Celebration of...

In Loving Memory...

Tiny Aalmans Luc Aalmans June Berkowiz Mary Belmonti's 80th Birthday Drs. Anh & Dylan Nguyen Henry Peddle's 90th Birthday Vicki Browne Vicky Puig Nancy Peddle Shirley Peddle's 90th Birthday Rita Anderson's Birthday Catherine Scully's 99th

Champions

Birthday

- Luc Aalmans Psychosocial and Christmas gifts for Mission for Salone
- Sara Johnson Tireless support for Sierra Leone Kids Tennis.

Joan Arenberg Carol Smith Betty O'Sullivan Louise Johnson Raymond Geraci Bud Sullivan Barbara Stephens Tiny Aalmans Diane Viti Marge Vena Sally Hirsh Taylor Janet Fretland Elvio Palmieri Lorrie Thon

Arlene Glorioso Stengl Tom Schweitzer Schmidts Ann Hotchkiss Annamari Elfering Mary Shephard Cheong Morman Kent Grandy Francine Kent Fred Pomper Lorna Jacobs Marjorie Grimes Florio Picchetti **Daniel Pierce** Howard Berkowitz Christopher "Chip" Becker Lyne Anderson

Theresa Sorentino

McCarthy, Adele McCarthy,

Collaborations

Together we achieves more.
A sincere vote of gratitude to:

Engineers Without Borders, North Carolina

State University Chapter (EWB - NCSU)

The Chicago School of

Professional
Psychology International

Psychology Students
Aberdeen Women's Centre
Sierra Leone Ministries of
Education, Social Welfare
and Health

Forum Against Harmful Practices

Sierra Leone Ass. of Non-Governmental Organizations

Help us summon the human spirit to its best self. Email Nancy Peddle at nancy@lemonaidfund.org to see

In Appreciation of Our Donors Heseltine, Lavinia

Alex Kasser

James T. Kreuter

Aalmans, Marc Aalmans, Nicolle Aksland, Rudolph & Beverly Allen, Robert Amazon Smile Anderson, James & Sharon Anderson, Mike & Alexis Andiric, Linda Anicama, Debbie Anonymous (36) AllianceBernstein Foundation (Arenberg, Joan) Barmash, Arthur Barmash, Marilyn Becker, Bruce & Carol Becker, Greg & Maureen Becker, Kurt Belmonti, Mary Eileen Beltis, Kevin Berger, Ken Berkowitz, (Howard) & June Berkowitz, Peter Bester, Jaro **Benevity Community Impact** Bockelman, William & Roberta Bond, Jeff & Barb Botsford, Margot Boutet, Iane Bradford, Lisa & Darryl Breen, Robert Breslow, Allen & Barbara Browne, Vicki Brummet, Patricia Byrd, James & Kathy Cadis Trust Cannici, Lynn Carlson, Susan

Carmel, Ann
Carmel, Axelsen & Kirsten
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Channick, Joan
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Mazur, Jeniffer

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Gayda, Kathryn

Gleeman, Barbara

GoodSearch.org

Golin, David & Diane

Grandy, John & Cheryl

Helke, Jim & Genevieve

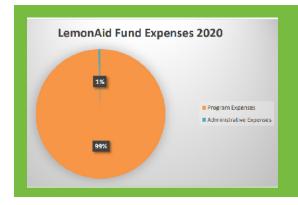
Heniff, Kevin & Carol

Geraci, Ann

Gold, Arlene

Gray, Cynthia

Gutmann, Amy



In 2020 and 2021 our donors, partners, champions and volunteers contributed to our success, our mission and our ability to carry out our program commitments.

LemonAid Fund is 100% Volunteer driven.

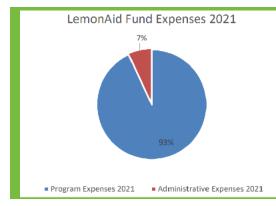
Cash in Bank at the Beginning of 2020 \$29,289.00

Income 2020 \$61,754.00

Total \$91,042.00

Expenses 2020 -<u>\$50,951.00</u>

Cash Assets at the End of 2020 \$40,092.00



 Cash in Bank at the Beginning of 2021
 \$40,092.00

 Income 2021
 \$67,230.00

 Total
 \$84,727.00

 Expenses 2021
 -\$64,215.00

Cash Assets at the End of 2021 \$20,513.00



MANY THANKS TO PAGE-PER-PAGE FOR THEIR CONTINUED PARTNERSHIP WITH LEMONADE FUND. WITHOUT THEIR SERVICES, THIS REPORT WOULD NOT BE IN YOUR HANDS TODAY. THANK YOU!



LemonAid Fund 490 Lincoln Ave. West Highland Park, IL