



Help Others Hang On To Hope

Ross was happily living out his retirement with his wife in western Sydney, but in the space of a week his life was turned upside down.

“My wife passed away very suddenly,” Ross says. “She was only 47. I was quite shocked and heartbroken and I wasn’t in a good place. And then on top of that, I was told by housing I wasn’t allowed to stay in the house anymore as I didn’t co-sign the lease with her.”

Ross began the painful process of selling his beloved pets and cleaning his house in preparation to move out. With nowhere to go and

no support, his grief threatened to take over.

“I was on the verge of a nervous breakdown,” says Ross. “I was miserable... things weren’t looking very good at all.”

Ross was at his breaking point when someone suggested he visit the ADRA Community Centre in Macquarie Fields. There, Ross began working with one of the counsellors, who helped him face the trauma of losing his wife.

He also accessed subsidised food hampers and, with the help of the ADRA staff and volunteers at the Centre, was able to secure his housing tenancy—which was a huge relief.

CEO Message

Recently, I was invited to take part in an interview and talk about how ADRA has shared hope in the midst of the COVID-19 pandemic.



During the interview, I talked about the work of ADRA in the aftermath of Cyclone Harold in Vanuatu and Fiji, and how thousands of people suddenly lost their homes, crops and livestock.

I mentioned that some of our own ADRA staff members had nothing left except for the clothes they had on. I explained how ADRA mobilised resources through private donations, governments and the Seventh-day Adventist Church to assist thousands of families to rebuild their lives.

I also talked about the efforts of our volunteers in our own backyard engaging with families who had lost jobs and were struggling to make ends meet. Even with COVID-19 health and logistical restrictions, these ADRA volunteers found ways to safely meet the needs of these families and share hope through acts of compassion.

When we were finished, the interviewer called me a 'Hope Sharer'. I had never heard of this before, but it made me realise that we can all be hope sharers when we are doing good for others. ADRA is surely a Hope Sharer and I am proud to be associated with this organisation.

But how can we all be Hope Sharers? How can we 'love our neighbours' as instructed by our Saviour Jesus? Let me share some practical suggestions:

- **Be a Hope Caller:** Connect with someone who is struggling with the uncertainties of our times. Send a text or call them.
- **Be a Hope Shopper:** Shop for or provide a care package for someone you know in need. If you don't know, find out, be bold.
- **Be a Hope Sharer:** Be positive, talk about how your faith is helping you in these times of uncertainty, pray for somebody.

As you read this newsletter, I invite you to 'Hang on to Hope' and encourage you to be a 'Hope Sharer'.

A handwritten signature in blue ink that reads "Denison Grellmann". The signature is fluid and cursive, with a long horizontal stroke at the end.

Denison Grellmann
CEO
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“I now am considered a tenant and I’m allowed to stay in the same place. I don’t have to move, which has added considerably to my stability,” Ross says.

With regular counselling and visits to the Centre to pick up his food hampers, Ross’ spirits began to lift. He was learning to process his grief, he had food security, and he began to feel a sense of community through the friendships he formed with the ADRA volunteers at the Centre.

“It’s just a friendly conversation,” says Ross. “It makes you feel wanted and in good spirits because the people here are always happy.”

The ADRA Centre was also there for Ross during the COVID-19 pandemic, providing him with connections and support while he self-isolated due to being high risk.

“During the COVID virus, they’ve been good,”

Ross says. “It was exactly the same as coming here. The only thing was of course food was delivered and I had phone counselling.”

For Ross, coming to the ADRA Centre was the first step to getting his life back on track and processing the depression and hopelessness which threatened to take over his life. And now, thanks to the support he received, his creativity is starting to flourish.

“With the counselling I feel that I’m getting much better, and then the housing problem is gone,” says Ross. “Since I’ve been coming to ADRA I’ve acquired different things like I’m really interested in music now, so I’m learning to play guitar.”

Ross has been using songwriting as a way of processing his grief. And, the variety of food in his hampers has given him another channel to express his creativity.

“They put a lot of things in that I normally wouldn’t eat, which I find quite good,” Ross says. “And like I can cook, you know, I’ve actually worked as a cook at one stage and I can utilise all of that and make some quite good meals.”

Because Ross was allowed to stay in his current home, he was able to keep a constant companion, his bird.

“She’s a big part of my life. She’s a good part of my recovery. And I think all these things combined: the music, ADRA, you know the relief that I’m now getting, that I can stay in the house, it’s sort of overgrown any troubles that I’ve had.”

“My head’s in a much, much better place now and life’s quite good.”

Please donate now to help people like Ross hang on to hope – and survive this crisis. Visit adra.org.au/hangon or call 1800 242 372.



Denison with his wife Priscila and their two children, Breno and Dennis

Getting to know our new CEO

ADRA Australia is excited to welcome Denison Grellmann to the team in the role of Chief Executive Officer.

We thought we would ask him a few questions so you can get to know him.

Tell us about yourself and your family.

My wife Priscila and I are both Brazilians, but we met in South Africa where we attended Helderberg College for our tertiary education. From there we started our ministry with ADRA and the Church. Both of our sons, Dennis and Breno, are third or fourth culture kids having lived in four countries already. Breno is our Aussie joy and Dennis our Brazilian joy!

I speak four languages. English, French, Spanish and Portuguese.

How would you describe your journey with ADRA?

My journey with ADRA started 21 years ago. I got this petition to be a volunteer in Madagascar. I had just graduated from uni and I said, 'Oh that sounds like the place to go.' So I joined ADRA Madagascar for four years and had a wonderful time there. It was my first love for ADRA.

After that I went to Zimbabwe, Mozambique, Laos, then I started in Australia. After six years in Australia I had some time at ADRA International, and the Philippines. I've been here in New Zealand for the last four years.

Journeying with ADRA in different places and roles has been a privilege. This adventure began as an intern, then in project and program management, moving to managerial and leadership roles. In every step of this journey, I've encountered amazing and dedicated ADRA team members that have been wonderful to serve with.



Why did you apply for the role of ADRA Australia CEO?

Having worked with ADRA Australia before, I always admired the work that you do there, always thought of the team as fun, talented, amazing professionals who bring a lot of innovation to the workplace.

But it was a family decision too. It would be nice to go back to Australia again as Australia has become our home. Going back it has a very nice, special meaning. It felt like the right timing.

What are you most looking forward to in your new role?

I'm looking forward to working with fun and talented professionals who believe in making a difference in the world and in fulfilling God's purpose for their lives. I get a real satisfaction when I see a team growing, innovating, and living ADRA's purpose through selfless actions of love and compassion.

Outside of work, how do you enjoy spending your time?

Since I have two very active boys, whatever time I have outside work I try to spend with them and Priscila, my wife. We do a lot of outdoor activities

and hiking. My boys are into basketball and soccer. When I can I go for bike rides. I'm a beach person and enjoy going to the beach with family, time with friends and so forth.

What is a quote, saying, or piece of wisdom that you live by?

It's actually this verse from Joshua 1:9: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

I've been to many places and many times it's quite hard. But this promise has kept me going. Because I know the Lord will be with me. I am motivated when I read this. Now moving to Australia, counting how many times I've moved, it's not easy. But we believe that God has led us and he has shown us where to go and what to do. And that's why we're not afraid to share a different journey with ADRA Australia.

Denison started at ADRA Australia on September 14 and is working remotely in New Zealand due to the impact of COVID-19 on international travel.



Disaster Updates

Papua New Guinea El Niño



Barbra with her son



In September 2020, ADRA Papua New Guinea (PNG) finished implementing the PNG El Niño Early Action Plan.

The effects of a drought related to El Niño in PNG were beginning to take their toll by mid-2019, and forecasts were not looking favourable.

ADRA was already doing work in PNG through the CAN DO* Disaster READY Program, helping communities to prepare for rapid and slow-onset disasters. In addition, the Early Action Plan was created and implemented over the course of the



Taro from the recent harvest

year to help communities in high-risk areas of the Western Province and Southern Highlands prepare for and mitigate the potential adverse impacts of an El Niño disaster on their food security.

“Food processing and preservation has not been practiced in the village and the skills I have gained from the training has opened my eyes,” says Barbra, a participant of the Food Security Project in Wonie.

Collectively, Barbra’s village planted 70 taro, which enabled them to have more than 270 taro sticks to share.

*Church Agencies Network Disaster Operations (CAN DO) is a consortium of eight Australian based humanitarian church agencies that exists to build the resilience of communities, to strengthen the capacity of partners, and to enhance agencies’ effectiveness in responding to disasters, especially in the Pacific.

COVID-19 Response



Globally, the ADRA network has been responding to the challenge that COVID-19 adds to already vulnerable people.

Australia: In Australia, programs across the nation have adapted to the changing requirements to remain COVID-safe while still delivering quality services to the most vulnerable. Especially in Victoria, where residents have been in lockdown for months and many other services closed their doors, ADRA projects are supporting large numbers of people get through the bleakest times.

“During the stage 4 restrictions, more and more families are arriving in dire need,” says Tom Kasprzak, the co-coordinator for the ADRA community meal program run in partnership with



Sinks installed in churches in Vanuatu

Dandenong Polish-Australian Seventh-day Adventist Church.

Services across the state received formal recognition from Alan Tudge MP, Federal Member for Aston, Jason Wood MP, Federal Member for La Trobe and Brad Battin MP, Federal Member for Gembrook.

Vanuatu: ADRA is helping Adventist churches in Vanuatu in the fight against COVID-19 by installing hand-wash stations in all main Efate churches. They will be doing the same installation in other main Adventist churches on Santo, Pentecost and Tanna.

Cambodia: The Best CHOICES Project, supported by the Australian Government, is promoting COVID-19 protection measures by sharing video clips to community members. Messages include proper hand washing and latrine use for all household members, eating clean foods and drinking safe water. To implement this activity, 25 computer tablets were distributed to facilitators in 25 villages.

End COVID For All: ADRA Australia supported the End COVID For All (ECFA) Campaign by encouraging our supporters to sign a pledge calling on our Government to help our



COVID-19 training tablet in Cambodia



Group COVID-19 training in Cambodia

neighbouring countries around the world who are ill-equipped to face the pandemic. This campaign recognised that COVID isn't over for anyone until it's over for everyone.

August 19 marked World Humanitarian Day and the night to End COVID For All. Together with special guest Nathan Brown, ADRA hosted a virtual letter-writing workshop to teach supporters how to write to their local Federal MPs to show their support of the ECFA Campaign.

Then, on September 22 the Australian Government committed \$123m to the COVAX Facility. "This funding pool allows poorer countries access to COVID vaccines that they would be otherwise unlikely to get," says Prof. Brendan Crabb, Burnet Institute. "It gives us as a country our best chance of defeating COVID, it gives our neighbours the best chance of defeating COVID."

Gift in Will Turns on the Tap



It is 1am and a woman pulls on her shoes, trying not to wake the children.

She slips out the door and joins the line that is already six-women long. Blinking back sleep, she grips her water containers and breathes in the crisp mountain air. The urge to go to the bathroom arises, but already there are three women in line behind her, and she doesn't want to risk losing her spot.

Until recently, this was the morning ritual for many members of a mountainous Nepalese community near the Indian border. With a limited water supply, they were faced with the option of an early morning start to queue for water or missing out altogether.

Then, in 2019, ADRA received a bequest gift from Vincenzina. Vincenzina had passed away and wanted to help those in need. She wanted her gift to live on after she had gone.

Although the Nepalese community overlooks a huge valley with water at the bottom, there was an 80-metre cliff face separating them. Now, thanks to Vincenzina's gift, ADRA was able to work with the community to install a solar powered irrigation pump. This pump brings 22,000L of clean water up to the community every day. And the women no longer have to wake before the sun rises to queue for water.

"These funds have proved to be very beneficial for the community," says Dr Salil Bhattarai, Team Leader in Livelihoods for ADRA Nepal.



The water tank outlet in the community, connected to the solar powered irrigation pump



Connecting the solar powered irrigation pump to the water source

Now, there is abundant water for drinking, sanitation and for growing crops to eat, with enough left over to sell at the local markets. This transformative change is all sustained by the power of the sun and Vincenzina's thoughtful gift.

*The woman is representative of the experience for the women in the Nepalese community before the installation of a solar powered irrigation pump.

Leave a Gift in your Will to ADRA as a life-changing legacy for people in need. Find out more at adra.org.au/wills or call us on 1800 242 372 to request a brochure. Thank you for your ongoing and vital support.



Disaster Preparedness

Development Education

Ashley Stanton

I distinctly remember my dad picking up a stereo and demonstrating how I could throw it through my bedroom window in the case of a fire.

“Ashley, if there’s a fire in the house and it’s blocking your path to the door, use something to break the window so you can escape that way. Even this,” he said, picking up the stereo. “It doesn’t matter if you break the stereo – all that matters is you getting out of the house safely.”

It only makes sense that this same concept of preparedness is applied to areas prone to disasters such as cyclones, floods, and fires. Not only can this preparedness save lives, but it can save governments and organisations like ADRA millions of dollars in the recovery process.

It is estimated that “for each £1 spent (on disaster preparedness), there is a saving of £2.84 (in the event of a disaster).”¹ Disaster preparedness reporting metrics extended to time saved in responding, which in many disasters directly correlates to the number of lives saved.

But imparting this sort of knowledge into these areas requires planning, resources and programs to effectively implement strategies from government to individual household levels.

So what does this look like?

“Preparedness efforts range from individual-level activities (such as first aid training), to household actions (e.g. stockpiling of equipment and supplies), community efforts (like training and field exercises), and governmental strategies (including early warning systems, contingency plans, evacuation routes, and public information dissemination).”²

Just recently, Vanuatu was facing the imminent



Thanks to their preparation, ADRA was well-equipped to respond to Cyclone Harold

onslaught of category 5 Cyclone Harold. Thankfully, the community where ADRA had been working had received disaster preparedness training. Before the cyclone hit, ADRA opened an evacuation centre on the island of Santo. ADRA-trained youth knocked on doors and transported vulnerable people to the centre to ensure everyone was safe.

“I’ve been involved in a number of disaster responses in Vanuatu and our response to Cyclone Harold was better,” says Graham Uzakana, Field Manager ADRA Vanuatu.

ADRA Australia is involved in numerous disaster preparedness initiatives, including Disaster READY, an Australian Government initiative focused on disaster preparedness across the Pacific and Timor-Leste.

1. www.preventionweb.net/go/59894, accessed 22 September 2020
2. Shaw, R., Shiwaku, K. and Izumi, T., 2017. Science And Technology In Disaster Risk Reduction In Asia. 1st ed. Academic Press.

To support our efforts before, during and after disasters, visit adra.org.au/disaster

ADRA Myanmar Responds to COVID-19 in Chin State



Since COVID-19 broke out in Myanmar, ADRA's projects have had to adapt to changing situations as restrictions are put in place to reduce the spread of the virus throughout the country.

The PRICE Project, located in Chin State and supported by DFAT's ANCP Program, is a livelihood-based project with the majority of activities revolving around trainings, workshops and other social gathering activities. Considering this, PRICE's project activities were forced to come to a halt and were unable to meet deadlines.

The PRICE project redirected its focus and project funding was reallocated for use in a COVID-19 response, which was granted approval in early May 2020. These activities covered 17 villages in Matupi Township, Chin State and Gangaw Township, Magway Region.

The COVID-19 response targeted 810 households with an estimated 3,270 beneficiaries, reaching 60% of those in the communities. Distribution of key essentials included:

- 810 - Bags of rice
- 121 - Masks
- 65 - Hand gels
- 21 - Gloves
- 125 - Bars of soap
- 9 - Thermometers
- 7 - Hand wash basins

Posters and pamphlets educating and raising awareness on how to prevent the virus were also



Getting ready to distribute rice bags in Lungngo Village

distributed. Medical tool kits were also provided, handled and managed by the Village Administration Committees alongside Government health workers. During the distribution activities, social distancing was maintained with chalk circles drawn on the ground or chairs separated, while every person wore a mask.


Transportation of response items was achieved through hired trucks that drove from Gangaw to Lungngo village and on the backs of motorbikes where access to the more remote villages from Lungngo is difficult due to the condition of roads. Men from Lungka, Reasaw, Theasea and Loring villages assisted with carrying rice bags by motorbike to the remote villages.

Since distributions began in mid-May, 90% of activities have been completed. ADRA Myanmar is continuing to plan COVID-19 responses across several projects and sectors.

Original Report: Kap Khan Mung, PRICE Project Manager
Translation By: Pyae Phyto Lin, Communications Assistant

Volunteer Profile



 “I love the fact that our shops look at reusing things that are still valuable instead of just throwing them out. There’s so much waste, so I think it’s great to be able to do that.” – Cas Foster

Cas Foster left the work force to focus on raising her four children for ten years. But when her daughter started high school, Cas began looking for new ways to spend her time.

“I loved working with the community so that’s how I became involved with op shops,” says Cas.

Now Cas is the Manager of the ADRA Op Shop in Morisset, which recently moved from its original location in Tuggerah. Run in partnership with Hillview Seventh-day Adventist Church, the ADRA Op Shop in Morisset has only had its doors open a few months, but already it is a popular destination for many locals.

Cas heads up a team of more than 30 dedicated volunteers, with the shop’s doors open Sunday – Friday. Because the revenue from the shop is funnelled back into the local community, news of the shop spread quickly.

“It’s just like a wildfire spreading,” says Cas. “I love that we can represent ADRA and do this work.”

Even in their short time, the Morisset Op Shop is already making a huge impact on the community.

When Cas and her team learned through a regular shopper of a lady who had lost everything she owned, they worked with the shopper to help secure a mattress for her friend.

“She said her friend cried when she got the mattress,” Cas says. “To me it didn’t seem a huge deal, but to her it meant the world.” Cas recognises that the shop is not just a shop – it’s part of the community.

“Our op shop’s intent is to reach out to the local community,” says North New South Wales Conference ADRA Director David Haupt (Masters in Counselling). “One of the core areas impacting the Greater-Hunter area is the mental health crisis caused by COVID-19. So we are raising money to help service this need.”

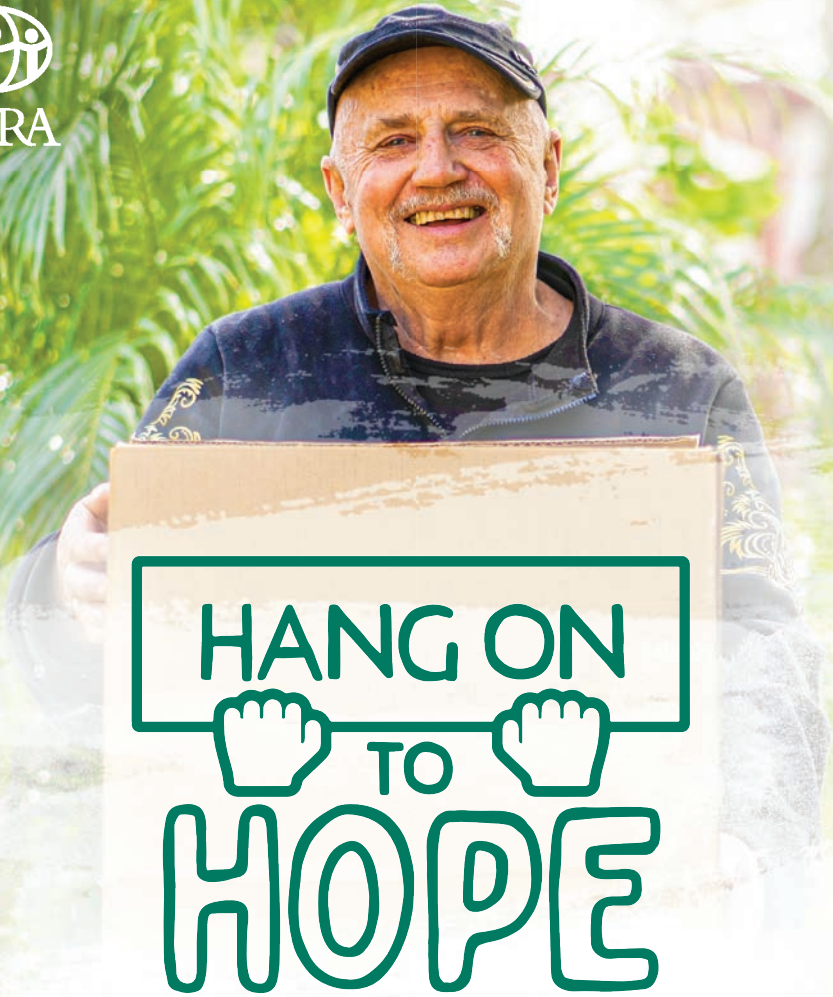
“I personally believe every church should have their own op shop attached to them,” says Cas. “It’s a great way to meet the needs in your community by selling them goods, and having an outlet where they can come and meet people who are wanting to talk.”

If you would like to volunteer for ADRA Australia, register your interest online at adra.org.au/volunteer, or call us on 1800 242 372.



Share Your Story

We would like to profile your volunteer story. Do you have one to share? Email news@adra.org.au



**Overwhelmed with the sudden passing of his wife,
Ross faced grief, homelessness and was on the verge
of a nervous breakdown.**

An introduction to ADRA helped him access free counselling, food hampers and housing support. Your support of the ADRA Appeal helps people like Ross hang on to hope.

TO DONATE VISIT: ADRA.ORG.AU/HANGON OR CALL: 1800 242 372