



ADRA

# Mingalabga မင်္ဂလာပါ

THE OFFICIAL NEWSLETTER OF ADRA MYANMAR

ISSUE 2 | APRIL 2020



## U Ho Ling's Story

Life as an Elephant Foot Yam Farmer in the Chin Hills

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#### COVER PHOTO

This month's cover photo is of U Ho Ling from SURE Project. Photo: © 2019 ADRA Myanmar | Emma McCrow

### Editorial

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\*'Mingalaba' is the official newsletter of ADRA Myanmar re-launched in March 2020. Photos and content are the property of ADRA Myanmar.



## U Ho Ling's Story: Living as an Elephant Foot Yam Farmer in the Chin Hills

My name is U Ho Ling and I am 52 years old from Siatalai village in the Chin Hills. I have 11 family members including 6 sons, but not all live here.

In the past our main livelihood was shifting cultivation, primarily growing maize. During that time it was very difficult and there wasn't always enough food for our village, sometimes there were shortages.

Because of this, we decided to change to Elephant Foot Yam farming which is very popular in our area, especially selling to the Chinese. We believed it would benefit our family.

It was very difficult to start and required a lot of hard work. We would find the seeds in the forest to plant but it would take several years for them to grow big enough to sell. Each year it cost 20 lakhs to grow Elephant Foot Yam, and I now have 15 acres. It was difficult on me and my family.

In 2017 we heard about an ADRA project that provided training in new agriculture techniques and distributed different vegetable seeds. This inspired us to be more interested in agriculture.

ADRA introduced us to an Elephant Foot Yam cutting machine and washer which cuts labour time and is cheaper to manage. ADRA also provided us with a solar dryer powered by solar energy. In the past we depended on clear sunny skies, but in monsoon season we couldn't dry the harvest well. The solar dryer has really improved our situation as farmers for time and cost.

Today, all the villages have become Elephant Foot Yam farmers like me.

*The SURE project is funded by MFAT and ADRA New Zealand. The project supports sustainable economic growth in agricultural practices, water resources and natural resource management.*

“Chin State is very poor so agricultural support is very important and benefits our region. Thank you to the Donors and ADRA.”

**PYAE PHYTO LIN**  
Communications Assistant, ADMIN

# REFLECTIONS



## Humility in Leadership

We have historically been told that to be viewed as a strong leader, you must not show your weaknesses. Thankfully, this concept is dying out as leaders embrace the idea that sharing your weaknesses with your team can build stronger connections and higher performance. Whilst I acknowledge that cultural influences play a large role in determining ideal qualities of leadership, generally, humility and vulnerability is viewed as a strength. Often, team members know the weaknesses of their leader, so it's advisable not to try and hide them.

Leaders who present themselves humbly are often more admired. People can relate to leaders who seem more 'human' because they see the struggles they face in you and believe they too can be successful. If you're posing yourself as 'perfect', people won't be drawn to follow you because they'll feel inadequate. Strong leaders are not afraid to ask for help. The reality is that leaders who don't need help have no one to lead. People feel good when they help, they are inspired when they are needed. They don't think less of people they help, they feel more connected. So, let me encourage you to fully understand the needs of your team and grasp the humble elements of leadership that will connect you with your people and help you be more relateable as a leader.

**KOREY DOWLING** | Vice President for People and Culture, ADRA International

## IN THE MEDIA



ADRA Myanmar

Published 10 April at 22:52

Here's a short message from our Country Director, Claudio, on what YOU can do to stop the spread of #covid19 in Myanmar and God's promise for us in these uncertain times. See video [HERE](#)



*Stay Home,  
Stay Safe!*



www.adramyanmar.org



ADRA Myanmar

Published 13 April at 19:52

Wondering what you can do to help during #covid19?

Here are 5 Ways to Serve Others from Home:

1. Help someone who is struggling financially
2. Buy food and water from a local business for someone else
3. Write a thank you letter and read it over the phone
4. Call someone who's isolated and talk about something other than the virus
5. Pray and let people know you're praying for them



## MEET OUR STAFF



### SAW MIN MIN HEIN

ASSISTANT HAIR CUTTING TRAINER | SEAQE2

Q1

What Race/Nationality are you from?

Poe Karen

Q5

What Place/Country would you like to visit?

Pyin Oo Lwin

Q2

What is your favourite food/s to eat?

Seafood

Q6

In one word, what would define you?

Love is Power

Q3

What is your favourite colour?

Sky Blue

Q7

What year did you join ADRA?

June, 2017

Q4

What do you like to do for fun?

I like drawing and reading books

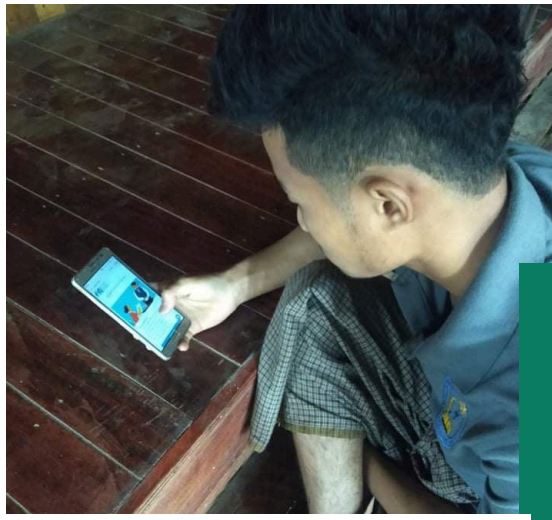
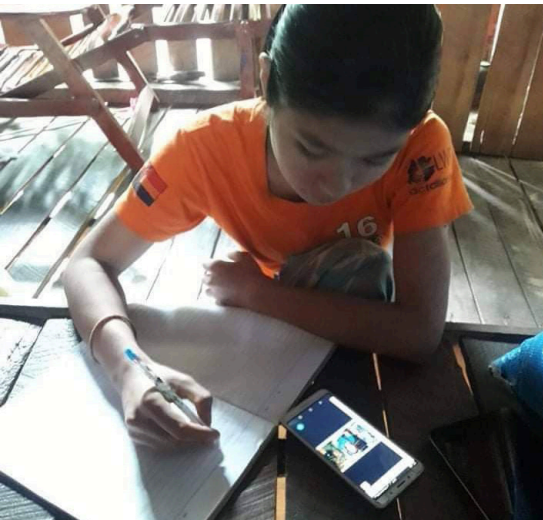
Q8

What do you love most about working in ADRA?

I love it because our staff have unity and are like a family



## PROJECT UPDATES



## SEAQE 2

As apart of the SEAQE2 project funded by Norad and ADRA Norway, students enrolled in the TVET (Teaching Vocational Education and Training) short course program have been unable to attend class at GTHS (Government Technical Highschool) Hpa-an due to COVID-19 and the closure of schools.

To combat this, students enrolled in Batch 1 for 2020 have been contacted to continue training via mobile with an application created by partner Zabai.

Students studying subjects such as Hospitality, Life Skills and Small Business are able to access these lessons through the app.

The Education based SEAQE2 project is in its second phase operating in Hpa-an, Kayin State. The projects TVET component is working to provide education opportunities for youth in skilled employment through short courses.

## RISE

RISE has kick started their COVID-19 response in three areas through the ethnic organisations within their network. These include:

TSYU (Ta'ang Students and Youth Union) has responded in 13 townships in Northern Shan State by sharing awareness posters, distributing masks, spirit bottles and hand sanitiser as well as raising awareness through loudspeaker announcements.

LDN (Lahu Development Network) has responded in 36 villages in Eastern Shan State through sharing awareness posters.

ENDO (Eastern Naga Development Organisation) has responded in Naga by sharing awareness posters and guiding village heads on factual sources of information to share to their communities in over 100 villages.



# PHOTO COMPETITION



Photo: © 2020 ADRA Myanmar | Hkawn Din

## THIS MONTHS WINNING PHOTO

### PHOTOGRAPHER:

Hkawn Din  
WASH/M&E Officer, SCAIDP V

### ABOUT THE PHOTO:

Zahkung is an IDP (Internally Displaced Person) from Shait Yang Camp in Kachin and a beneficiary of the SCAIDP V project recently closed.

### WILL YOU BE NEXT?

Want to see your photo in the next volume of 'Mingalaba'? Please send in your photos by **29 May 2020** to: [emma.mccrow@adramyanmar.org](mailto:emma.mccrow@adramyanmar.org)

The winning photo will not only be featured here, but also advertised on ADRA Myanmar's social media (Facebook & Instagram) and featured on our website under your name.

### PHOTO GUIDELINES

For your photo to be eligible to win, you must meet the following criteria:

- Be a Staff Member, Partner or Donor of ADRA Myanmar
- Taken a Photo of a Beneficiary, Staff and/or Activity in an ADRA Myanmar Project
- High-res (preferable at 300ppi: 2480 x 3508 pixels)
- Landscape or portrait accepted
- In focus and exposed correctly
- JPEG or RAW files accepted
- Unedited, original photo only
- Brief description of photo provided

## VACANCIES & TENDERS

There are currently no positions available as of 30 April 2020.

\*Visit [www.adramyanmar.org/careers](http://www.adramyanmar.org/careers) to learn more about the below positions and how to apply. Applications submitted through Facebook will not be accepted.

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ADRA Myanmar has a zero tolerance policy against cases of Fraud & Corruption, Child Abuse and Harrassment. To make a report, please visit:  
[www.adramyanmar.org/report](http://www.adramyanmar.org/report)





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