



# I HAGAN FAMALÅO'AN GUÅHAN

## FOR IMMEDIATE RELEASE

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### **I Hagan Famalåo'an Guåhan Responds to Community Needs During COVID-19**

Guåhan, Marianas — May 9, 2020 — I Hagan Famalåo'an Guåhan, Inc. (IHFG), a contemporary CHamoru women's organization established in August 2019 was awarded a grant to distribute more than 2,500 face masks, 150 home-garden kits, and 150 åmot CHamoru kits used to treat COVID-19 symptoms.

IHFG functions on the collective mission to enhance, promote, protect and foster the social, economic, cultural, spiritual and political well-being of CHamoru women, girls and gender-diverse people within the Guåhan community.

As our island community continues to face the increasing social, economic, and health challenges of the COVID-19 pandemic, IHFG rises to meet some of those needs. IHFG received a grant award from the indigenous Pawanka Fund to assist the community during this critical time in the following ways:

1. Distribute 1,600 purchased face masks and 1000+ homemade face masks (sewn by IHFG members using their donated fabric) to CHamoru women and families, especially those who are houseless or are recently experiencing job loss.
2. Provide at least 150 home-garden kits to CHamoru women and their families to develop backyard and container gardens in their homes and living spaces to help feed their families throughout this quarantine period. Start-up kits will include buckets, soil, seeds, fertilizer, and more. Tele-workshops and instructional videos produced by IHFG members experienced in agricultural farming will also be available to those receiving garden kits.
3. IHFG members who are practitioners of traditional medicine and certified as herbal practitioners will provide traditional CHamoru amot for families to help treat the symptoms of COVID-19 and aid in strengthening the immune system. At least 150 åmot kits containing lodigao cha (12 oz), mangu' salves, and ilangilang oil (4 oz) will be

distributed. IHFG will work in partnership with the I Gima'ta Counseling Center in Tumon for the production and distribution of the home gardening and âmot kits.

In the spirit of social care and responsibility, IHFG turns to traditional CHamoru cultural practices and holistic healing remedies in our efforts to aid our community in the threat and uncertainty of COVID-19. IHFG focuses efforts on CHamoru women and families who are most vulnerable at this time with limited resources to provide for their needs. I Hagan Famalao'an Guåhan Co-Mañelu/President Jessica Nanguata states the following, "We realize the importance of food sovereignty now more than ever. For generations we have thrived because we share what we have. With some of the funds we have received, we are excited to share care packages of seeds and potting soil to empower (or provide resources to) families to grow some of their food and medicine at home."

The masks and kits are earmarked to be available June 15<sup>th</sup>. The distribution plan of items will be announced that week.

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For media inquiries and more information, please call Terilynn Francisco at (671) 486-8374 or e-mail [haganguahan@gmail.com](mailto:haganguahan@gmail.com).

*I Hagan Famalao'an Guåhan is a nonprofit organization founded on the collective mission to enhance, promote, protect and foster the social, economic, cultural, spiritual and political well-being of CHamoru women, girls and gender-diverse people within the overall Guåhan community.*