



National Relief Charities

2013 Annual Report



Mission:

Serving immediate needs. Supporting long-term solutions.

Vision:

Strong, self-sufficient Native American communities

NRC's Dual Focus:

National Relief Charities (NRC) supports 250,000 Native Americans annually through a dual programmatic approach. We respond to immediate needs in reservation communities, providing food, water and other critical supplies. Through our deep, long-term relationships with our reservation partners, we also actively engage in community-based projects that sustainably address the core symptoms of poverty and contribute to self-sufficiency.

How NRC Helps:

For 24 years, National Relief Charities has provided humanitarian services for Native Americans living in isolated and poor communities on reservations in the Plains and Southwest regions of the U.S. We are a reliable and trusted resource to over 1,000 Native American partner organizations on 65 reservations in 11 states. NRC serves as a bridge or intermediary between on-reservation needs and off-reservation resources.

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A MESSAGE FROM NRC'S PRESIDENT

In my first year with NRC, I visited reservations where I met inspirational people who have chosen to work for greater opportunity within their communities. I am inspired by their wisdom, spirit, initiative and resourcefulness in support of healthy, self-sufficient communities. NRC is honored to collaborate with more than 1,000 reservation partners focused on leading positive change in their communities. The financial support of our donors makes this collaborative work possible, as does the skill and commitment contributed by our NRC team. Together in 2013, we helped make life better for a quarter of a million Native Americans.

I have become highly aware of a critical disconnect between the reality of life on the reservations and the perception the public has of Native Americans. The disconnect revolves around these points: Many believe our federal government funds housing, health care, college and food for all Native Americans. Many also believe that tribally-operated gaming produces significant profits that are sufficient to care for their people. These are completely inaccurate perceptions.

The reality is that most treaties are entirely broken or underfunded and thus government support is not reflective of negotiated terms within the treaties. The majority of tribes do not conduct gaming and, for those that do, only 75 of the 566 federally-recognized tribes earn casino profits great enough to share with tribal members. Native Americans living on the remote reservations NRC serves often lack access to healthy food, medical care, clean water, winter heat, electricity and telephones – the very “staples” most Americans take for granted. Limited availability of jobs and transportation also contribute to the unmet needs we see on a daily basis.

Public perception about the quality of life for Native Americans is shaped by inaccurate reporting of history and a lack of actual facts. The most relied upon sources of information about Native Americans have been Hollywood movies or history classes that have “modified” historical facts. One of NRC's goals is to help educate the American people on their Native American neighbors, their history, culture and communities. Please take the time to learn more about the reservations NRC serves and the remarkable people that live there, choosing to preserve their history, culture and traditions while embracing opportunities that contribute to a brighter future.

Sincerely,



Robbi Rice Dietrich
NRC President & CEO



Robbi Dietrich (right) visiting with Elder in Pueblo of Jemez

23%

23% of Native American families face low food security, without access to the quality and variety of healthy foods needed for adequate nutrition.

5X

Disease rates are up to 5 times the U.S. rate. Thousands of Native Americans diagnosed with diabetes, cancer, and other chronic diseases have severely limited access to healthcare.

70%

Up to 70% of Native American students drop out of reservation high schools, and only 1 in 10 complete a college education.

90K

90,000 Native American families are homeless or live in sub-standard housing, with nearly 40% of on-reservation housing inadequate in terms of safety and condition.

40%

Even in families with parents working, up to 40% of Native children live below poverty level.

3X

Teen suicide rates for Native youth between the ages of 15 and 24 are 3 times the national average.

-20

Native American men live significantly shorter lives than other men in the U.S., by up to 20 years.

<1%

Less than 1% of charitable giving in the U.S. supports Native American causes, although Native Americans are the poorest segment of the U.S. population.

REALITY ON THE RESERVATIONS

The crisis situations that exist on the reservations served by NRC will surprise most people, yet are all too familiar to the Native Americans living on tribal lands.

The Toughest Challenges Faced by NRC's Reservation Partners

Hope
“Watching the children here on the Pine Ridge Reservation, seeing the adversity they deal with, and witnessing their ability to rejuvenate and see the positive when their lives seem so bleak is really inspiring and that's what keeps me going. Our biggest trial or test is preserving the natural-born positivity and motivation of our youth. Our biggest success has been empowering them by showing what they can attain through education and knowledge, and showing them that we care.”

– Pauletta Red Willow, Isnala Waste Win (Only Good Woman), OST Emergency Youth Shelter, Pine Ridge Reservation, SD

Opportunity
“My tribe is rich in traditions and culture. We share a unity that many people long for within their families and communities. We also share a pervasive need on the reservation that can make every day a quiet crisis. We prioritize whichever need is most urgent. It takes perseverance. We have a mom-and-pop grocery store and are 70 miles from a drugstore. But, I greet each day with a good heart and an unfaltering sense of hope.”

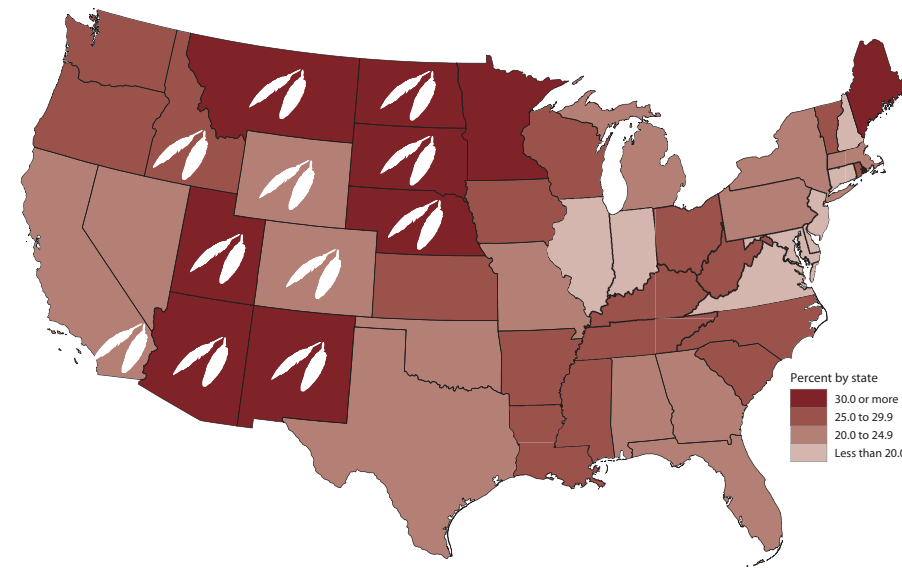
– Brenda Lee, Cibecue Indian Health Service, White Mountain Apache Reservation, AZ

Change

“Cameron, Arizona is challenged economically, but our people stay motivated by helping each other and building our community. Tribal members volunteer. We have a partnership with National Relief Charities for food, winter fuel, winter emergency boxes and other services. Even our elders at the senior center are forward thinking, looking beyond their day-to-day struggle of meeting basic needs and focusing on meaningful change that can move our community forward.”

– Alice Begody, Cameron Senior Center, Navajo Reservation, AZ

National Relief Charities works in eleven states, with seven having the highest rates of poverty for American Indian and Alaskan Natives.



The cause of poverty is systemic.

- The history of U.S. colonization, colonialism, genocide, slavery, war and conquest, and restrictive policies are responsible for the conditions and symptoms of poverty found in reservation communities today.
- Through outside resources and funding, NRC addresses the symptoms of poverty and improves quality of life on the reservations.

8 of the 10 poorest U.S. counties are home to Indian reservations.

- Average income for U.S. population as a whole: \$50,046
- Average income for Native American population: \$35,062
- **Average income for Native Americans on reservations:**

40% of the US average

Joblessness is a major challenge on the reservations.

- Unemployment for U.S. population as a whole: 12.0%
- Unemployment for Native American population: 17.9%
- **Unemployment for Native Americans on reservations:**

49%

29% of employed Native Americans live below poverty level.

- Federal poverty level (household of 1) \$11,670
- Federal poverty level (household of 4) \$23,850 (\$5962 per person)

NRC serves 65 reservations with the highest level of need.

- Full-blooded Native Americans living in the U.S.: 2.4 million
- Native Americans in the states NRC serves: 1.1 million
- Native Americans in poverty in NRC states: .3 million

Native Americans NRC serves: .25 Million



SERVING IMMEDIATE NEEDS

“The culture of Pine Ridge is beautiful, but life is challenging here on the reservation. The effects of a lack of access and opportunity show up everywhere. I would like our children to have the opportunities that people have off the reservation... swimming pools, stores for shopping and job opportunities. I want to see prosperity for the reservation, and a healthy reservation for our kids and our families. With help from partners like NRC, hopefully we will get there someday.”

– Steve Hernandez, OST Office of the Vice President, Pine Ridge Reservation, SD

While many communities experience a gap in critical resources such as a grocery store, doctor's office or emergency responders, the people of White Mountain Apache and other reservations have lived for decades with unmet needs in every aspect of physical life. Access to jobs, transportation, medical care, school supplies and over-the-counter medications are among the roadblocks to opportunity that complicate everyday life in ways most Americans do not experience.

Lack of Access Results In:

Food Deserts: High food prices due to lack of market competition and a continuing lack of access to healthy foods result in insufficient nutrition in Native homes.

Limited Healthcare: Medical care on reservations is generally limited to Indian Health Service clinics that focus on “life or limb” emergency services and provide little preventative care, plus doctor's offices and pharmacies are virtually non-existent on the reservations NRC serves.

Educational Underachievement: The underfunding and high teacher turnover in Bureau of Indian Education schools and the challenges of retaining students result in lower achievement of students, as documented in annual performance scores of these schools.

Sub-Standard Housing: A single-family home in which several generations live together, where one person has a job, maybe one person has a vehicle and the nearest post office, gas station and grocery store is 40 to 60 miles away limits access and opportunity.

Access + Opportunity = Improved Quality of Life



NRC Products & Partners Ease the Burden of Unmet Needs

NRC's partnerships with more than 1,000 community-based programs on 65 reservations is the foundation of our ability to distribute critically-needed products to tribal members in need.



NRC products most often benefit Native American Elders and children, the most vulnerable in the communities. Other NRC product distributions benefit entire communities, such as the support we provide for people displaced or affected by environmental emergencies including hurricanes, floods, tornadoes, blizzards and contaminated water.

Typical staples and consumable products NRC provides include:

- Food pantry boxes for Native American families, a need on the rise in recent years
- Food staples for Senior Centers that serve Elders hot meals, often their only meal of the day
- Breakfast groceries for Elders whose food supply runs low before Social Security checks arrive
- Fresh produce for Native American Elders
- School supplies and scholarships that benefit Native American students
- Shoes and clothing to ease the back-to-school burden on families
- Preventative healthcare products used by diabetes programs, wellness centers, nurses, homecare professionals and hospitals
- Infant care products for new mothers
- Firewood or energy assistance and emergency products to help Native Elders weather winter storms and summer heat
- Water, blankets, batteries, candles and other products to help communities recover from natural disasters

Products are only valuable if they are the right products delivered at the right time.

The right goods help NRC partners more effectively serve their reservation communities. Manufacturers donate products to NRC out of a strong sense of corporate social responsibility. They want their products to reach those in need, but they lack the reservation partners and distribution system to get the products to the people who need them. They partner with NRC because we have the community volunteers, professional distribution system and cultural competency to deliver needed products at the right time. Foundations also look to NRC to deliver critical products and services that support specific needs in Native American communities.

IMPACT

(SHORT-TERM)

Number of Native Americans NRC assisted with immediate, critical needs in 2013

HEALTH
262,318

Participants Served

FOOD & WATER
195,859

Participants Served

HOLIDAY
69,624

Participants Served

EDUCATION
45,007

Participants Served

EMERGENCY
53,886

Participants Served

COMMUNITY
114,186

Participants Served

Over 5 Million

Pounds shipped

5,659

Shipments to Partners

299,403

Miles NRC Drove for Deliveries

\$173,927

\$ NRC's Fuel Cost

SUPPORTING LONG-TERM SOLUTIONS

“What matters most to the professionals on my reservation is ensuring a better future for our children. We want to make things better now, but some of us are stepping back and looking at what will make things better ongoing. Some of my favorite projects are doing both, helping our elders now and teaching our youth as we go... such as introducing healthy foods to our Head Start children and involving their parents and grandparents in healthy food and cooking demos. This is a good road to be on.”

– Carol Marshall, Crow Creek Head Start, Crow Creek Reservation, SD



Each reservation is distinct in its culture, governance and goals. While some reservations focus on immediate needs, others focus on sustainable change. Some, like Crow Creek and others, build for today and tomorrow – much like NRC’s dual role and mission. For communities addressing long-term solutions, NRC adds technical assistance, access to a broader network of organizations and funding. Our end goal is long-term impact and assisting community collaborators in creating solid work agreements and implementation plans that lead to sustainable results. These projects take a longer-term focus that aligns with our vision of strong, self-sufficient Native American communities.

NRC Community-Based Solutions Help Build for Tomorrow

Under our Community-Based Solutions service, NRC supports and convenes community networks to address long-term concerns such as food sovereignty or nutrition-related health issues. Current projects underway include:

Enhanced Gardening Project: NRC is a key resource in an expanding gardening movement on the Pine Ridge Reservation. Entire communities are benefiting from access to locally-grown produce, training provided by NRC on planting and tending gardens, access to tilling and gardening tools, education on canning and storing food and NRC assistance in starting farmer’s markets for sustainable income. In 2013, NRC tilled 92 individual gardens, supported 24 community gardens, distributed 50 raised-garden beds for use by Elders and provided fully feathered chickens, turkeys and starter coops to interested tribal members. In addition, NRC conducted gardening training with more than 130 novice to advanced gardeners. Enthusiasm for gardening as a sustainable solution for food insecurity and access to healthy foods is increasing due to these efforts.

Native Food Cooperative: In 2013, NRC began planning and promoting development of a Native Food Co-op in Rapid City, SD. This project will help establish a long-term market of potential buyers for the Native growers from our enhanced gardening project.



Youth Nutrition Projects: Nutrition-related diseases such as diabetes affect Native Americans more than any other population. Forming healthy eating habits early in life will help Native youth avoid diabetes and other preventable diseases. NRC takes a holistic approach to equipping Native teens with the skills and information they need to work around resource constraints and eat healthy. We developed a “Teen Nations” cookbook and kit of kitchen tools that support our ongoing nutrition survival efforts for children of the reservation. Native youth from the Job Corps program in Box Elder, SD, served as a community focus group to help us develop these tools, which we used with Pine Ridge and Cheyenne River partners in 2013. Each nutrition project group chooses their own focus – food safety training, cooking classes, community meal preparation, reading food labels, cooking with commodities and local foods (such as bison or fish) and grocery shopping on a budget – according to the needs of their community. These projects are teaching Native youth healthy nutrition along with nutrition-related life skills that they can rely on long-term and introduce to their families. NRC has two youth nutrition projects scheduled with our partners in 2014.

College Readiness Project: One of the greatest obstacles to a college education faced by Native American students is the difficult transition from reservation to campus life. In 2013, NRC revised our College Transition Camps service to include middle school students, as middle school is the time when Native students begin to lose interest or drop out. NRC conducted “Step-by-Step to College” camps attended by 362 students from the Navajo Nation and some of the 19 Pueblos of New Mexico. Feedback shows that these transition camps are increasing awareness of college options and solutions to college financing, influencing student excitement and interest in attending college and enhanced college readiness for all who attended.



Partner Capacity Building: NRC helps our reservation partners become more personally and professionally effective in serving their communities through our Partner Capacity Building service. Individual partners committed to professional development receive free training for needed skills in technology, management, emergency preparedness and other areas. They also gain in tools, professional networks and credentials. In 2013, NRC laid the groundwork for the launch of an accredited NRC Leadership Training Institute in 2014.

Looking Ahead

Some of NRC’s Community-Based Solutions projects are ongoing. Others lead to spin-off projects or are customized and adopted by other reservations. For more information on the effectiveness of NRC’s 2013 community projects, read our 2013 Program Effectiveness Report (<http://bit.ly/2013NRCeffectiveness>). NRC is committed to expanding high-impact solutions to include emergency preparedness and youth development, as funding becomes available.

IMPACT

(LONG-TERM)

154

NRC tilled 92 gardens in 2013 and supported 24 community gardens, along with seeds and starter tools. We also provided raised garden beds for 50 Elders.

66%

Two-thirds of community gardens sponsored by NRC and tended on the reservations yielded enough produce to eat and sell.

50%

Among NRC-sponsored community gardens, half of the groups met seasonal participation goals.

80%

80% of participants reported improved gardening skills and success after training with NRC.

40%

40% of the Native Americans trained in gardening by NRC want to teach Native youth about gardening.

80

As part of NRC’s youth nutrition projects, 80 Native teens completed cooking, food service and food safety training.

362

After attending our college transition and readiness camps, 362 Native American students have clear expectations about attending college and had a positive “on campus” experience.

66%

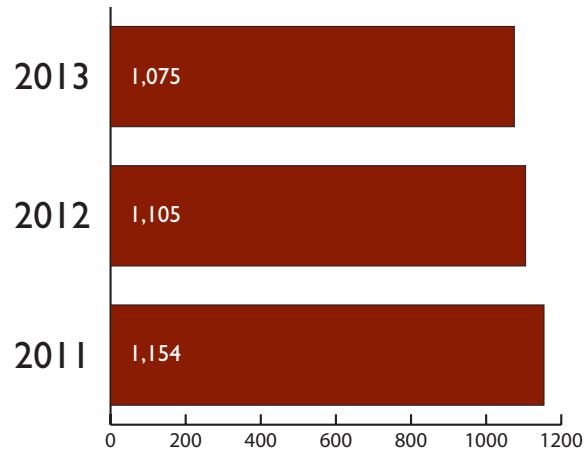
Two-thirds of transition camp students would recommend the camp to friends and younger family members.

OUR PROGRAM IMPACT

Active Reservation Partners

1000+

Active reservation partners for three consecutive years



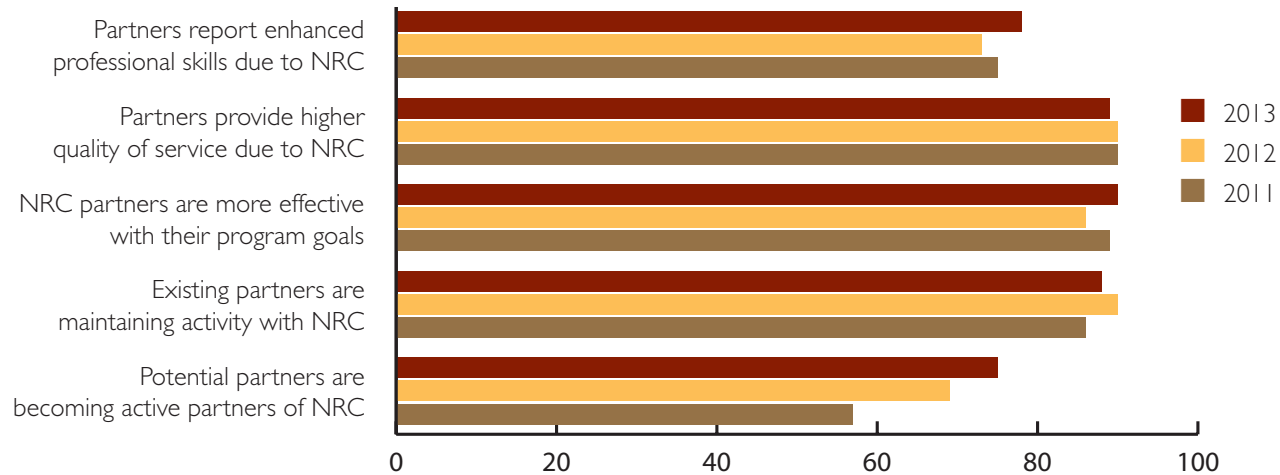
110 new reservation partners began working with NRC in 2013.

Net Promoter Score

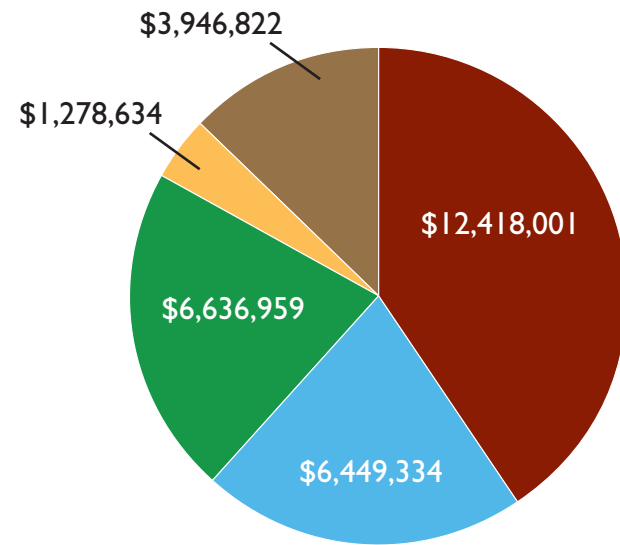
96%

of our reservation partners would recommend NRC to a friend or colleague

3-Year Impact With Reservation Partners



2013 Aid, by Major Program



- Health
 - Food & Water
 - Holiday
 - Education Services
 - Other
- Other includes emergency services and community support.

LEADERSHIP & FINANCIALS

Statement of Financial Position

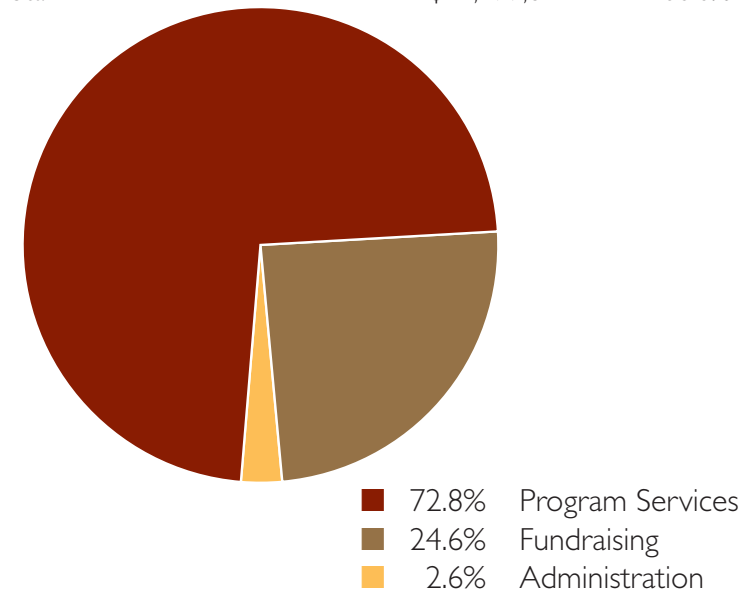
Assets	
Cash & Cash Equivalents	\$5,765,464
Bequests Receivable	\$68,500
Inventory	\$7,407,513
Investments	\$222,726
Prepaid Expenses & Other Assets	\$275,348
Property & Equipment	\$7,232,275
Total Assets	\$20,971,826

Liabilities	
Accounts Payable	\$462,943
Accrued Expenses	\$250,741
Current Portion of Long Term Debt	\$101,400
Annuities Payable	\$28,301
Long Term Debt	\$900,647
Total Liabilities	\$1,744,032

Net Assets	
Unrestricted	\$18,536,484
Temporarily Restricted	\$626,310
Permanently Restricted	\$65,000
Total Net Assets	\$19,227,794
Total Liabilities & Net Assets	\$20,971,826

Percentages Data

Program Services Expense	\$30,729,750	72.8%
Fundraising Expense	\$10,367,173	24.6%
Administrative Expense	\$1,100,918	2.6%
Total	\$42,197,841	100.0%



Statement of Activities

Revenue	
Non-Cash Contributions	\$20,803,785
Contributions and Grants	\$22,389,123
Other Revenues, Net	\$555,921
Total Revenue	\$43,748,829

Expense	
Plains Region	\$16,016,736
Southwest Region	\$13,323,909
Educational Support	\$1,278,634
Other Programs	\$110,471
Total Program Expense	\$30,729,750

Administrative Expense	\$1,100,918
Fundraising Expense	\$10,367,173
Total Expense	\$42,197,841

Change in Net Assets (\$1,550,988)

BOARD OF DIRECTORS

Kevin Diepholz, Chairman:

Business Development professional with Werner Electric in Eagan, MN

Rodney Trahan, Treasurer:

Founder of Streamline Enterprises Business Consulting in Sheridan, WY (Northern Cheyenne)

Dr. Helen Usera, Secretary:

Vice President of Development at Black Hills Works in Rapid City, SD

Dr. Joshua Tompkins:

Adjunct Professor at North Central University in St. Paul, MN (Lakota)

Ann Marie Woessner-Collins:

Managing Director of Business & Economic Incentives at Jones Lang LaSalle in Minneapolis, MN

Dr. Wayne Gearey:

Sr. VP, Location & Business Intelligence at Jones Lange LaSalle in Dallas, TX

For more information, visit <http://bit.ly/NRCBoard>



The #1 Choice for Native American Philanthropy

- NRC is one of the largest Native American-serving nonprofit organizations
- NRC targets services to the reservations that are most isolated and most in need
- NRC supports the ongoing work and self-determined needs of reservation partners, which ensures community buy-in and success of projects
- NRC has nearly 25 years of cultural competency, with a regular presence on the reservations
- NRC has ongoing partnerships with and access to over 1,000 programs on 65 reservations
- NRC's reservation partners (90%) report being more effective with their program goals due to working with NRC

In the last 5 years, NRC improved quality of life for 250,000 Native Americans each year, by providing over \$150 million in essential supplies, services and scholarships.

The most important thing NRC provides to the reservations is hope.

