



Children Of Honduras Trust

Newsletter March 2016

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GOOD START FOR THE NEW LOOK OF CH TRUST

I have to confess it still feels rather strange to write a newsletter that does not refer to the next containers and does not contain a long list of children's needs for collection/shipment to Honduras. It is a potent reminder that we are no longer involved in the shipping business. In some ways this is a cause for thankfulness but in other ways a cause for some sadness; in letting go of the hands-on part of the operation, which has characterised CH Trust from its foundation. Although we are convinced that the change is timely and right, it is ironic that drought conditions have heightened the needs in Honduras beyond previous years.

Major change in any organisation is accompanied by a degree of uncertainty. CH Trust is no exception. However, we have trusted the Lord to make a trouble free transition. So far, this has been the case. We are very grateful that your support appears to continue unabated and that CH Trust remains strong on both sides of the Atlantic, ready to meet the challenges ahead.



**- SHE THOUGHT SHE COULD NOT GO TO SCHOOL
BUT SPONSORSHIP PROVIDED -**

The question of which projects to support this year has been a cause of concern because what is done this year will be expected every year. The Lord has given an extra year to work through this problem as we currently have to focus on the lost harvest, which is a large problem in Honduras. Our money will be targeted to help relieve the consequences of this for many families over the next six months; that is until the next harvest. This means less funding will be available for other projects this year and will provide a bigger window for the Trust to judge how things are working. The Lord is good.

DROUGHT DAMAGES HARVEST

The poor are suffering due to an El Nino driven drought. Honduras has a dry season and a rainy season. The rains usually start in May and continue into September with most rain in July and August. In 2015 the rains started but did not continue. The crops did not receive the necessary rainfall resulting in a failed harvest. Those people working the land and those growing their own food have been badly hit. The Trust is trying to help some of them and will continue to help with the provision of food and seed until the next harvest.

Pastor Juan Carlos from Choluteca wrote:

"I want to say that in Choluteca and Alubaren, we have been quite affected by drought. There has been almost no corn. There were very few crops of beans and vegetables, which are now very expensive to buy."

Pastor Felix said that children were fainting because of the lack of food.

To help with this desperate situation, CH Trust has released some of your money to the Pastors who provide meals for the children in their area. Some are fed by a soup kitchen during the week, others on a Sunday.

Many people have lost their seed for this year's planting and so we will be looking to buy beans and maize seed in May/June, when hopefully the rains will arrive.

DISTRIBUTION OF RELIEF FOOD BAGS

So far, this past year, the Trust has already funded and distributed 870 bags of food through three ministries. Another 600 will be delivered during February and March.

The first bags were given to the people of the Lenca tribes in Yarula. These were

distributed earlier in the year with clothes and food items out of the containers. This community live in extreme poverty even in times of good harvest. The local Honduran authorities lend us a four wheel drive truck to enable these deliveries to be made. We do however have to provide the fuel for this seven to eight hour round trip.



- LENCA'S RECEIVING A BAG OF FOOD -

Cesar and Ada received many telephone calls from the Lenca community telling of their desperation and requesting that they brought forward delivery of the food they were hoping to receive later in the year. Even under normal circumstances most of the adults and children suffer from malnutrition.

Because the need is so great another trip to Yarula took place before Christmas and another is planned for March.

The people do have some advance warning that the supplies are coming. Many will have waited hours as they do not have watches and cannot afford to miss out on receiving food. On this occasion the day was cold and foggy. It must have been a chilling wait, for many do not own suitable warm clothes. The women are further encumbered by having to bring their babies and toddlers.

Each family was given a bag of food. It seems so little but it does make a

difference. They are very grateful for any help. Each bag contains red beans, rice, spaghetti, sugar, salt, milk, coffee and stock cubes.

Cesar is also organising food bags for Guanacaste and Macuelizo, which are rural areas near the Valle.

HELP FOR EL NARANJO

Maria, Pastor Rigoberto's wife, wrote 'we are grateful to CH Trust in England for caring.'

The Trust sent the church we call Orica £200 to spend on food for the children of El Naranjo and their families. This village is three hours drive away from Tegucigalpa on dirt roads. These are not smooth! I had bruises to testify of their bumpy rutted dirt roads on my last visit. The plan had been for Pastor Rigoberto to take the food and adults in his pickup truck. At the vital moment, the pickup refused to work and they had to go by public transport. In addition to the adults, they had to buy tickets for the seats occupied by two large stacks of eggs. The church and the children were already awaiting their arrival, so to go on another day was not an option. However, there would definitely be food for a meal tonight.



**- PASTOR RIGOBERTO PREPARING FOOD FOR
THE CHILDREN'S PARTY DINNER -**

Each family received rice and sugar, a bag of lard and ten large eggs. They blessed seventy families with food. I asked Maria why she chose such foods for this needy village.

‘I picked that food because, in the area, they grow beans and maize. Our basic diet is beans, tortillas (made with maize flour), rice and eggs.

I wanted to buy soap, salt and matches as well but I had spent all the money. Perhaps, next time. To be honest with you, the people were so happy with the food. They were very grateful to you.

Many of those who have received help from CH Trust cannot understand why people help them, who they have never met and who live on the other side of the world. They give thanks to God for His provision and your generosity. I am sure the Lord enjoys the big smiles of the children when they see food to eat. They do not need words.

It is not nice to be hungry and so it is good to be able to provide money for the food.

We have made a big difference in the lives of so many children and families. We have given hope when no light was seen at the end of the tunnel. We will not know this side of heaven exactly what has been achieved in Honduras but it is good and you have helped make this possible.

MEDICAL BRIGADE EXPEDITION TO CHOLUTECA

Report from Pastor Rigoberto, also a medical doctor, and his wife Maria:

They run medical brigades throughout the year to different areas in Honduras, as money and personnel are available.

The Trust supports the medical team working out of the Agapa Church based in Tegucigalpa. Maria reported that the brigade’s latest visit was to a region in the Choluteca area, several hours drive south of Tegucigalpa. The land there is poor and water for irrigation a problem. This means that the very poor families trying to live off the land are less able to grow food for themselves.

In addition to medical help the brigade also distributed food, on this occasion, sourced from last year’s containers. Maria tells us that the team will be packing

oats, pasta, sugar and oil, to give to 100 people. One sack of oats was given to a health care center (one of the Doctors at Agapa Church works for them). Surgical needles and some amoxicillin were also sent. Clothes were given to two very poor brothers.

The San Pedro Sula Clinic, was a blessing for all of us. San Pedro Sula is about three hours north of the capital Tegucigalpa. The doctors attended 300 patients, including children; the dentist took care of 80 patients, gave away 80 bags with food (medium size); we didn't have enough money to buy a lot of food.

I gave away 90 tooth brushes and the small tooth paste. We don't have any tooth brushes left for next year. We gave away all the clothing that we still had from the containers, with the exception of the warm clothes that will be sent to the mountain of La Flor. My husband is going to travel to that area soon. (San Pedro Sula is always hot and humid, warm clothes are not appropriate).

WORKING THE LAND

CH Trust sent items to help with the gardening project at La Ceiba on the north coast. This was set up by Pastor Jeronimo for the youth in his area. We have known Jeronimo for many years. He was brought up at the Valle de Angeles Orphanage. As he grew up, we helped to clothe and feed him along with his two sisters. Many of those who grew up at the Orphanage now want to help others as they were helped.

There is little work in the area near La Ceiba on the hot north coast. The only other option for the young men is the gangs. Jeronimo, helped by our second hand tools and seeds, started up an agricultural project. He rented some land at the side of the church and planted crops. When harvested, the food was shared amongst the workers. In successive years he again asked for tools. He apologized and explained that those we sent previously were all being used and more people continue to join the project.

Due to the success of the market gardening project the Trust was willing to buy a commercial cooker for the church. This was requested for the ladies of the church in order to cook and sell their food and in this way provide for their families.

I think they are starting with three ladies but I know this will increase as the project gets underway. The ladies already make food to sell, such as bread which is dunked in coffee for breakfast. This is cooked in a wood burning clay oven

which is hard to regulate and may not belong to the ladies. Studying the photos I have observed that what they bake varies from undercooked to burnt, depending on where the loaves were placed in the oven. With a cooker, they will also be able to expand their work to cakes, which need a more closely regulated temperature.

We also bought a cooker for the Orica church for the same purpose. They are trying to cook for the higher end of the market rather than just bread. This again is a church that has my respect. This is the same church that takes the medical brigades to the poor areas. The cooker will bring long term benefit for many people. As the cooker belongs to the church it will also be used to cook for the children and other special celebrations.

A third cooker was bought for Vicente college to replace their old electric cooker. This means that the dining room can still provide a meal for the students when they suffer one of the many electricity power cuts. Our stoves use LPG bottled gas.



- A WOOD OVEN -

COMPUTER ROOM PROJECT

Funding has been provided to enable a computer room to be set up for young people in the Valle de Angeles.

The room is in the Valle de Angeles Council Office building, which is already connected to the internet. The computers and printers were sent out in the containers. These will be for the use of pupils who cannot afford the internet but need it for their homework. Also for teachers and the poor who need to submit official paperwork.

The group of young people in the photo are being taught how to physically clean the computers. They will also be taught how to remove viruses imported from other machines. The room needs routers, cables, connections and licences. The cost is about £300. There are no labour charges because it is for an educational establishment. It is nice to see our computers and funds put to such good use.



- OUR COMPUTER ROOM IN USE -

LONGER TERM PROJECT WITH SHEEP AND GOATS

Luis is a teacher at Vicente College in Tegucigalpa. During the last few years he has planted over two hundred fruit trees in the college grounds, which are now in production. The fruit together with the output from the chicken project provides food for the dining room, where we help to feed 150 of the poorest students,

each day. Luis works so hard at these projects for the children as well as teaching science. He does however need our funding to start them. His latest project is to have livestock. He has bought with our money one sheep, two lambs, a ram, three female goats and a male. One female goat is pregnant. Apart from the milk and meat, he wants them to keep down the very large amount of vegetation that grows on the land around the trees. In the dry season this vegetation dries out and becomes a fire hazard. In the rainy season it hides snakes.



- THE NEW CH TRUST FAMILY -

Luis has asked if we could provide £70 for a student at the college who has been raped. This girl is from a family of low income. She has been given one of our baby bags. The money is to pay for her stay in the Teaching Hospital or San Felipe Hospital. The £70 will cover the cost of a two day stay in hospital, provided it is a normal birth. A cesarean would involve a five day stay and cost more. The money should also cover the cost of going to the hospital and returning home with her baby plus some essential supplies. If an ambulance is needed to take someone to hospital the patient is required to pay for the fuel as the government never fund properly. They often have to go by bus but the fare still has to be paid. Things we would not even have to consider. The cost of hospital treatment is enormous for families where money to buy food and attend college is a struggle.

Please note that if any of our supporters do not want me to use their donations to the general fund to deal with this kind of incidental emergency then please let me know.

VICENTE END OF YEAR MEAL

Vicente College was able to hold its end of term Christmas party, which only takes place due to CH Trust resourcing. They used items from the container as well as chickens from our chicken project. Together with some money it was possible to make the occasion happen for some 150-200 students. The students allowed to attend were those who have received a free school lunch during the year with the help of CH Trust supplies. These students are the most needy of the thousands who attend the morning classes.

The meal consisted of pasta with a tomato sauce, chicken strips and sliced sausage. There was also a piece of cake and coke.

We are using many different ways to get food to, or better still, directly into the children. The end of term party was an opportunity to provide the young people with a filling meal that contained protein. The treat was the coca cola and the cake.

An extra this year was the gift of a bag of basic foods to take home. The bags contained red pinta beans, rice, sugar, tortilla flour, salt, pasta, coffee and seasoning cubes.

The food is mainly purchased by the 100lb sack. This is cheapest way to cater. The students helped by dividing the goods for distribution into plastic bags.

EDUCATIONAL SPONSORSHIP

School sponsorship continues to do well with over 400 children sponsored. The annual one off cost of £50 buys the uniform and school supplies needed to attend school. This sponsorship not only benefits that particular child but also helps younger siblings with the hand downs generated as an older child grows out of the clothes. We try to find those who need our help most. Well done to Jenny Smith who organises this, it is not an easy task. An even bigger thank you, to those who give so that these children can access education.

SCHOOL REPORT FROM CHIQUISTEPE

Ruth is the Headteacher of the Lempira School in the village of Chiquistepe.



- SCHOOL PARTY - WHO NEEDS A SPOON? -

My name is Ruth Noemi Serrato and I have been working here for the last seven years. Since I began, thanks be to God, the organisation (CH Trust) has helped us a great deal. In terms of child sponsorship, we began with 15 sponsored children and now 35% of children are sponsored both here in Chiquistepe and at other schools.

The organisation has helped these children a great deal with the provision of uniforms, rucksacks, notebooks and pencils at the start of each School Year. This assistance has been a great blessing for the children because they come from very poor families. Many of the parents do not have any form of work. Those that do work are only employed for six months in the sugar refinery and when the season finishes in August they dedicate their time to growing maize and beans for their own consumption.

These children have also benefitted from the provision of boxes that come from England each April. The children are very happy about this because the boxes contain food for the whole family and also toys for them which is something they may never have received before. So you can see that the organisation has been a great help.

Also we have here one of the rooms in the school. The organisation helped us with the guttering and the roofing and this was one of the largest projects that we have undertaken. It was necessary to replace the ceiling because previously every time it rained we used to get wet.

Well, all sorts of things have happened to us but thanks to the help received from the organisation we have managed to carry on. The organisation has also blessed the people in the village a great deal by providing help. A good example of this was the distribution of chickens (some 15 chickens to 4 needy families). They had no chickens but now they even have chicks that have hatched.

Sometimes we simply don't have the words to say 'thank you so much' to those in the organisation for all that you do. For example, the Christmas lunch that we have once a year. The children are very happy because they have this special meal each year thanks to your support. Also for the educational material, for the chairs and for the tables that previously we did not have and now we have our own chairs, tables, educational material, pencils, colouring pens, marker pens as well as a whiteboard.

EDUCATION IS NOT EASY

Many of the children from poor backgrounds struggle to attend school full time. Such students have to help their parents on the land or work other jobs to help the family buy food. Many access their lessons in the evening over the radio with extra lessons at the weekend at various centres. These are the students following the Iher radio education programme. For those that have failed to pass some of their modules, there is an opportunity to re-sit the exams before the start of the new school year. If they fail to pass any of the modules, they have to redo the whole year; a very demoralizing situation. This year a 'summer' school was held over the Christmas period. Classes were offered to students needing to retake subjects that they had found hard to learn.

These special classes are held in the Policarp School, which are attended by students from many different villages.

CH Trust paid for 120 students aged 13-16 and staff at this school to have a meal. This meal, as well as being probably the best meal they will have during the Christmas period, also provided an encouragement to these students who have to work so hard and walk so many miles to achieve a meaningful level of education.

FREE SCHOOL MEALS

We will soon start to feed the children in the five rural schools that we help with our free meal program. School starts in February and goes through until November. It is too early to get information or photos for this news letter.

The food that we provide for the children each day at lunchtime is very important. One mum wrote “It helps me to know that when my children come home from school, they do not come home hungry. This saves me a lot of money and also helps us have a little more food in the house.” Gloria

CHRISTMAS MEAL/PARTY

Thanks to CH Trust Funding, 410 children were given a Christmas meal through their primary schools. The meal included all the children at the rural schools we support. This is the special meal of the year when the children get to eat chicken as well as a piece of fresh fruit. In one school they made “Charamusca”. This is juice put in a bag and frozen. A real treat, which is enjoyed by biting the corner of the bag and sucking out the melting drink.



- CHARAMUSCA AT PARTY -

HOUSES FOR THE DESTITUTE

The building programme is going amazingly well. When the current batch of houses is completed CH Trust supporters will have built 55 houses. The first was built at the beginning of 2012. Currently there are seven houses in various stages of construction. Cesar likes to build several houses at one time. This provides leverage to obtain a better price on lorry loads of boulders and sand, as well as the 600 blocks needed to construct each house. It also means that Santos, our builder, is never waiting for supplies. There is always something to be done on one of the

properties being built. Unless the Lord intervenes I will soon have to ask Cesar to slow down the build rate. He is building faster than we are receiving funding for the houses! We do not use the general funds to support this initiative. They cost £1300 each.

THE ZIKA CURSE

The spread of the Zika virus throughout the Americas will bring sad news to many parents to be. One interesting item I read was how a village in El Salvador had many cases of dengue fever, which is also spread by mosquito bites. They discovered that a small fish, called Sambo, eat the Mosquito larva laid in any standing water. In Central America, water is a scarce commodity, which has to be collected and stored in barrels and pilas. Those rich enough to own a water tank still have problems, as the mosquito can get in any small hole near the lid or where the pipe goes into the tank. The village in El Salvador bred and gave away small Sambo fish, free of charge, to the inhabitants. One fish was placed in each barrel, water tank, pila etc. The villagers were taught how to look after the fish and regard them as pets. When the fish became too large it is eaten and replaced with a new small fish. This village no longer suffers from cases of dengue fever and the number of mosquitos has dropped dramatically. A simple solution which, given time, could improve the lives of many people. In Honduras, there is an indigenous fish called tilapia. Although larger than the sambo fish, the tilapia also eats mosquito larva. This is a fish that, in the future, Luis hopes to farm, as an additional resource for feeding the students at Vicente College.

MONEY EXCHANGE RATE

I have just returned from the bank after transferring the next round of funds to Honduras. The exchange rate is very poor at the moment. We have to buy American dollars to transfer the funds to Honduras. The local currency of Honduras, the Lempira, is not traded on the international money market. The more dollars we can buy to the UK pound Stirling, the more money there is to spend on the children. Sadly, the exchange rate is not working in our favour at the moment.

OPPORTUNISTIC FUND RAISING

The CH Trust team that used to pack together every Tuesday have found a good way to keep in touch and raise some money for the children. We eat together! During the summer months different members will put on morning coffee, afternoon tea or a lunch. We all attend and support by making donations

for the children. Some special birthdays have also been celebrated in this manner, where presents have been offered in the form of donations to the work of the Trust.

As a group, the team numbers about thirty. During the winter months accommodating a group of this size presents something of a challenge. In response, our meets in November and February were located at the local Toby Carvery. At the time, the Toby web site was issuing coupons to the value of 20% off the bill for food consumed by a table of four people. We used these coupons to give us 20% off our bill. The discount obtained was then donated to CH Trust. To pay for our meals we pooled all the cash together. Many rounded up their personal bill and some even gave generous donations. This has proved to be an excellent fund raiser with no cooking and washing up! That offer has finished until next winter but we will be looking out for others. Talking and eating ticks all the boxes for most of us.

Standing Order		
I wish to support CH Trust for		£ <input type="text"/>
Monthly	<input type="checkbox"/>	Quarterly <input type="checkbox"/> Annually <input type="checkbox"/>
Starting on <input type="text"/> / <input type="text"/> / <input type="text"/> and thereafter until further notice		
To the Manager Bank/Building Society		

Address: _____		

_____		Postcode: _____
Your account details		
Name of Account Holder(s): _____		
Your Account No.	<input type="text"/>	
Sort Code	<input type="text"/>	
Signature(s): _____		Date: _____
To (Bank) Name: HSBC	Sort Code:	40-19-37
Account No: 61589865	Account Name:	CH TRUST

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Donation through MyDonate (<http://mydonate.bt.com/>)

CHEQUES

Please make cheques payable to CH Trust (address on the front page).

PRAYER REMINDER

CH Trust continues to exist because of your generosity and support. We, at CH Trust, thank the Lord that He continues to bless this ministry. We pray for your continued support, as we transition into a money, rather than goods mode of

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