



Published by

# Children Of Honduras Trust

Newsletter August 2017

Tel: (01332) 679687

E-mail: [info@chtrust.org.uk](mailto:info@chtrust.org.uk) Web: [www.chtrust.org.uk](http://www.chtrust.org.uk)

Mrs J. Cox, 20 Chapel Street, Spondon, Derby, DE21 7JP.

Charity No. 1075562

## MOVING FORWARD

CH Trust has had another excellent year. There are some great projects in progress and I feel that we are moving forward towards a better future for many children and families. Many are also being educated in planting, keeping chickens etc, which will improve their lives in the future.

## PROMOTING SELF SUSTAINABILITY

This year has been about trees, seeds and chickens. Our aim is to make families and groups more self-sufficient in food production. We started the New Year by giving eleven Lenca families four hens and a rooster. This was done with some trepidation. Distribution of chickens has been tried, without long term success, by other organisations in the past. The outcome had been that the chickens were eaten by the hungry family, rather than being allowed to breed. We have tried to learn from this. The local mayor, Paulino, and Marjorie, a lady working with the Lenca people in this area, were invited to participate in the purchase of the hens and choosing our first eleven families.



- TASTY RADISHES GROWN AT SCHOOL -

We bought local hens which were best suited to the area and were about to start laying. Four hens were given to each family with a rooster. This meant that they were receiving eggs straight away and hopefully less inclined to eat the hens. Paulino and Marjorie continue to visit these families in order to encourage them with their chicken keeping

As these families make a success of keeping hens, we are likely to receive requests from other families who also desire to do likewise. In this way we hope to expand the 'responsible' keeping of hens because it increases the food security and protein intake of these families, which usually have four or more children. We are also looking to give fruit and medicine trees to some of families by the end of September.

### SO FAR, SO GOOD!\_\_\_



Cesar has also been working very hard with the schools in the Valle helping them to be self sufficient in food for the dining room. We are providing money to feed the children each day during the school term. We will not always be here to send money so Cesar is trying to get them self sufficient.

They are planting fruit, Moringa trees and seeds that we have bought.

The children are taught how to plant and care for young trees and how to raise plants from seed. These projects are mostly Cesar initiated and driven with funding from CH Trust.

The Moringa trees we planted last year have grown and produced seed. The seeds are now being used to produce new trees. The leaves can be eaten and are very nutritious. They will be used in

**- TREE SAPLINGS THAT HAVE BEEN BOUGHT FOR THIS SCHOOL -**



**- A LENCA FAMILY RECEIVING CHICKENS -**



**- ANOTHER LENCA FAMILY RECEIVING CHICKENS -**



**- LEARNING TO GROW VEGETABLES -**

the dining room.

I have just released nearly £400 to purchase seeds for school vegetable gardens and for thirty families in need. We are supplying seeds to ten schools. The number of children in each school varies, as does the amount of land and availability of adult help.

The largest school has 1029 pupils and the smallest 18, with the others in between. The seeds chosen are cucumber, pumpkin, Mexican coriander, maiz, radish, carrots and red beans. The choices will be based on what grew well last year, what the children eat and what is saleable at full harvest. They are not growing tomatoes as these seeds are very expensive. I did not think peppers had been included this year but “pepino” can also translate as, pepper, melon or cucumber. We will have to see what photos come back. The dining room has first call on anything grown but, as everything tends to come to harvest at the same time, some will be sold in order to buy other foods for the school dining room and more seed.

The students will be shown how to sow and care for the plants, as they grow. This information will be taken home with ‘Miss says or Prof says’. At primary school the teacher’s comments carry a lot of weight, as many of us as parents can testify. It will also give ideas, when the child is older, as a possible means of income. Small business is a good way forward for Hondurans.

## **BENEFITING FROM TREES**

### **MORINGA TREES**

The Moringa trees that we bought last year, for families and part of the reforestation project, have grown well. They have already produced their long seed pods, the contents of which have now been planted to produce new seedlings and eventually trees. The leaves can be harvested at the end of the first year’s growth.

I have just read an article claiming that eating moringa leaves can help with diabetes. If this proves to be correct it could be a great blessing to many in Honduras. There are many cases of diabetes in Honduras and insulin is very difficult to get, even if you have money to purchase it. Many are too poor to even think of any medication and many die and suffer bad ulcerations on their legs due to this disease.

## **MEDICINE TREES**

This year we have added a new type of tree to those we are buying. It is called the Quiebra Muelas, better known as the medicine tree. The leaves are a natural analgesic. The leaves are used for the relief of pain, including arthritis, which is not confined to our colder countries. They make a tea with the leaves. If a child has an insect bite they will moisten a leaf and tie in on with a piece of cloth. These are just two of a range of uses, which also extends to the treatment of toothache. It must be good to have these trees growing in your garden, when there is no money for expensive medicines.

## **ROYAL LEMON TREE**

One of the fruit trees that we bought for Guanacaste's school is now producing fruit. It is a lemon tree and they call the fruit Royal Lemons. The proper name is Ponderosa Lemon. These are about the size of a grapefruit, as they are a cross between a lemon and a citron. These produce a good amount of juice, which is ideal for making a refreshing fresh lemon drink in the hot summer months. There are so many tropical trees we are unfamiliar with. I never saw any in fruit because I never visited during the summer months. It is too hot for me!



**- ROYAL LEMON TREE AT GUANACASTE SCHOOL -**

## **MAKING THE MOST OF IT!\_\_\_**

As you know, many trees had to be felled in Honduras due to pine beetle attacks. The already stressed trees had experienced several years of minimal rains, followed by the drought of 2015/16.

In the Valle area people have been allowed to apply to the Mayor to use the good wood out of the felled trees. We have heard of two of our house owners who have made good use of these trees. One family, who had their house built in 2014, have now constructed a kitchen complete with a viewing area above; all out of wood from the felled trees. This will enable the start of a new small cafe business.

A lady, who had her house built this year, has divided her house to make a bedroom using wooden planks cut from felled wood.

### **CHICKEN PROJECT AT GUANACASTE**

The rural village of Guanacaste is rather special to us, as it has a great community spirit and parents have been prepared to work with us to improve their school and their children's wellbeing.

It was at this school that we first started providing food for the children at lunch time. This was then copied at the six other primary schools we support with food. We improved the toilet blocks and the parents paved the large entrance drive to the school, working in shifts. The ladies planted shrubs to soften the look.

It is this community that have asked for our help to build a hen house and supply ten hens. The village ladies have created a business plan for the project which



**- GUANACASTE SCHOOL AND YARD -**

they put to Cesar for our consideration and which CH Trust has subsequently approved.

This previous picture is Guanacaste school. You can see the path I mentioned. The blocks and pebbles have already been delivered for the hen house. Although an economically poor community, it is one that Cesar has taught to work together. They have achieved good things, so we are happy to give our support to this project.

The community operates by splitting the work into parts and organising people to work on a rota system. For example, the ladies take it in turns to cook the food that we provide each day at school. I believe every woman in the community volunteered to cook when we started the free lunches about five years ago. The men are organised in a similar manner.

This is taken from their business plan:

*“The children of the village of Guanacaste will have food security through the production and consumption of eggs and production and consumption of chicken meat, where more than 80 children of school age will be beneficiaries. During the next 5 years, it is expected to supply a population of up to 130 children. The project will also have a positive impact on 350 families that live in the community, who will be able to participate in the care of the hens, purchase of eggs and in various activities that help to sustain the project.*

*Our commitment as an educational community together with the children and teachers will be to care for, reproduce and sustain the project as many years as necessary, and commit ourselves to find some ways to give them other foods like maize, maicillo ( a grass type grain grown locally) that they can consume, which for us is easily accessible and cheap, since we cultivate some of them.*

*The plan is to create an integrated project between the school children and parents. This includes the construction of the building, for which they will need CH Trust expertise but are happy to provide the labour. The parents and children will construct the hen boxes for the egg laying.*

*With the money from the sale of eggs we can gradually buy materials for the school and we can also, in some cases, buy food or vitamins for the chickens. As we said before, we want to make it sustainable and to send you photos of the operation. For this project we met all parents with Professor Cesar Oseguera to raise our*

*request and we committed to take care of everything you have given us, such as the trees that you donated.”*

Cesar is inspecting progress. They will soon be ready for the twenty hens and two roosters. Half paid for by us and the others by the community. This is a big financial commitment for them but what a positive step towards a better future and food security for the school and community in general.



**- NEW HEN HOUSE AT GUANACASTE SCHOOL -**

### **RELIEF FOR THE HUNGRY**

Food continues to be a priority. To feel hungry and not have enough food to provide for natural body growth should not happen. Cesar usually visits the Lenca tribe, who are very poor, near to Christmas. At about this time of year the rains start to ease and access is easier. This year, we spent over £5000 on bags of food for the poorest of them.

We have been providing meals to six primary schools in the Valle area. These are small rural schools where the children come from poor homes. For them, one meal a day marks a good day. When we provide a meal, it does mean that each child will have a least one meal that day.

We try to include fruit into the diet as this is something they do not usually get at home. It is an expensive food but contains many nutrients the children need.



The children at this primary school are eating plantain, a cooking banana, which has obviously been sliced and baked or fried. This is served with a piece of Yuka, which is similar to a potato. This is a real treat and a change from the usual beans and rice. Lunch is eaten anywhere in the school grounds. Everyone finds their own special spot. Few schools have a dining room so, if it rains, they have to eat in the classrooms.

We continue to feed 150 students at Vicente college.

The food we buy for the Vicente dining room is supplemented by eggs and chicken, which Luis raises on site. He has managed to do this for five years with a hen house made from any bits and pieces he had been able to find. However, recently he has lost many hens to possums. Over the long Christmas school holiday Luis, with our financial help, has built a new house for them. The new hen house is made of concrete blocks, which should keep the hens safe from predators.

We continue to give money to provide food for 70 children, twice a week, in Pedrigal. On this day they are tucking in to a tortilla, with mashed red beans and (I think) chopped egg. A hangover from sending the freight containers is that the



children got used to eating spaghetti. This continues, since the children like it and it is easy to cook.

We also pay for a similar number of children on the north coast to have a free lunch twice a week. They were having pieces of chicken mixed with rice.

Just after Christmas we provided food bags to a community in the village of Funez. This community is part of a State regeneration project for some 1000 families who lost their homes to Gilberto, a major tropical storm in 1988. Many people build 'squats' on the river bank as they own no land and need a water supply. No one turns them off this

**- PLANTAIN AND YUKA FOR SCHOOL LUNCH -**

land but it leaves them very vulnerable when the river is in flood. The government has acted to relocate some of these families to a place just south of the capital city, Tegucigalpa. The community is very poor and many still wash and collect water from the local river. At the beginning of January we provided some bags of food for this community. Our bags are not given out randomly to anyone who wants one. Our food distribution is always planned. Lists of the neediest families are compiled and their names are ticked off when they receive their bag of food. Otherwise, we would be faced with queues of many hundreds of people hoping to receive free food. The food bags are put together from the sacks of food bought in bulk. Buying 100lb sacks is the cheapest way to purchase the food we need but then volunteers are needed to make up the smaller bags of rice or red beans, ready for distribution.

### HEALTH HAZARD!\_\_\_

Christmas was a busy time for CH Trust in Honduras. It was during this time that we put a septic tank into a school for 800 children. We call this school Funez, which is the name of the village where it is located. The school was built in 1990 as part of a government regeneration scheme. Although serving the community, the building never seems to have been completed. We found that the toilets, which were made of concrete, were not piped into a septic tank. In fact, they were not piped into anything!!! They were nasty and no child wanted to use them.

Replacing toilets does not make for a feel good project, like feeding the children or a Christmas dinner. Regardless of that, we voted at the AGM that it was a necessity for a school of 800 children to be freed from this severe health hazard and be equipped with adequate toilet facilities. It was especially difficult for the girls, with fewer options than the boys.

When they started to prepare the ground for the septic tank they found that there was a pit already there that had never been used. They hired a pump to clear out the collected water and then lined it with blocks. Old septic tanks have a problem of not working properly if this is not done. I do not know the details of how septic tanks work or age exactly.

Eight new toilets were bought along with four surplus toilets we had previously sent out in the containers. All twelve toilets have now been installed and connected into the reconstructed septic tank.

During the course of the project it turned out that there was not an adequate

supply of water for them to work properly. In order to fix this, we have paid to install a large water storage tank above the toilet block, with a roof placed over the top to prevent the sun from degrading the tank. Rain runoff from the roof is piped into the tank.



**- BUILDING THE SEPTIC TANK AT FUNEZ -**



I insisted that the floor and walls of the new toilets should be tiled. Luis said it could perhaps be done later. I demanded that it be done before the toilets were used. My view was that in the hot climate, the new concrete would absorb any urine and make them permanently smell. Luis was not too happy, so I told him it was a woman thing and please do it for me. I prevailed! We now have lovely tiled toilets which can be easily cleaned and kept free of smells.

The school seems very organised and proactive but have no finance from the government and the people are too poor to help. With your help we have been

**- ONE OF THE TWELVE NEW TOILETS -**

able to provide a septic tank, toilets and paid work for a number of workmen. We have also extended educational sponsorship to this school for the first time. The school has a good amount of land so, in the future, we hope to encourage them to grow produce from seed and rear chickens. In this way they can start to help feed the children at lunch time and also educate them in these skills.

### EDUCATIONAL SPONSORSHIP SCHEME

The cost of sponsoring one child (providing uniform, shoes, manuals and supplies) for one year has been held since the inception of the scheme in 1998 with the very occasional shortfall being made up by the General Fund. The cost of purchasing these mandatory school items has risen significantly in the past year and this, coupled with the fall in the exchange rate, means we are no longer able to meet any shortfall. For the scheme to help the poorest of the children we need to address this problem for the next academic year (which runs from February 2018 to November 2018). After much thought and careful calculation, the Trustees have decided that an increase to £60 will allow the administrators to still buy everything required without the need to deny the pupils any basic supplies.



**- A CHILD RECEIVING THEIR SCHOOL SUPPLIES  
PROVIDED THROUGH SPONSORSHIP -**

We collect the money for this from Spring 2017 and throughout the remainder of the year. It must be sent out by Christmas to purchase the supplies, which are available in the shops throughout January. If any group or individual would

like to sponsor, there is an authorisation slip on the back cover. The two options available are a full sponsorship, cost £60, or a half sponsorship, £30 (CH Trust will match two sponsors to the same child).

This year we have been able to help a school located in an urban area on the edge of the capital city with high levels of poverty.

The head teacher writes:

*“We send you warmest best wishes from the teachers, parents and students of Centro Basico school. Our school was created in 1990 as part of the regeneration project by the government for some 100 families who had lost their homes in the tropical storm Gilberto in 1988. We have learned of your gratefully received collaboration with several educational institutions here in Honduras and we would be grateful if you could support us in any way as it would be of such a great help for our school.”*

In response CH Trust has been able to offer 33 educational sponsorships in this area and 9-year-old Luis is one of the beneficiaries. His single mother, Mirna, has two children and is living with her mother. She works helping her mother selling nacatamales (stuffed plantain leaves) which the women sell in the city. The children help with selling the nacatamales and they try to earn enough to cover the household expenses. They are from a broken home. The father left them when they were babies. They lack education and are also malnourished. The house is made of wood and covered with plastic sheets. They go to the river to wash and bring back water. They also fetch wood from a mountain near that area.

From Luis:

*“Hello, I hope you and your family are well. My name is Luis. I am 9 years old and in 4th grade. I live with my mum and my sister, my grandmother and my aunt and my cousins. We depend on them as they have a business and with their support and the help that you offer with my studies, I hope to be a doctor. Blessings and thanks to you.”*

## **SCHOOL IN HONDURAS CAN BE DANGEROUS**

Honduras is a very violent country, where life is cheap and murder usually goes unpunished and often unreported. Attending school can be dangerous.

A high wall has been built around the local public school in Choloma (northern Honduras). Each parent has to contribute towards the cost of this wall on a per child basis. The wall is to provide safety for the children because it is located in a very dangerous area. Many children have been stolen, some have been killed. Others are taken to become involved in gangs. Pastor Francisco said “We pray for this to cease someday.” The cost comes at the beginning of school when the parents are also trying to provide school uniforms and educational supplies. Another cost which can prevent a child entering education, when sponsorship is not available.

## **HOUSE BUILDING PROGRAMME**

The latest set of ten houses is coming to completion and a new group started. We have now built 77 houses. We are also looking to build two houses for the Lenca tribe people. Building at this remote site will progress slowly until Cesar has confidence in the builder we have chosen. There are also problems with getting materials to the building location. Roads are few and far between and supplies are often bought from El Salvador just across the border. The bags of cement for the Fogan (stoves) were delivered by oxen pulled wooden cart. The fire bricks for the stoves were carried in rice sacks by the ladies from the suppliers to their homes.

## **HOUSE REPAIR WITH SMOKE REDUCTION PROGRAMME!**

### **A NEW ROOF**

We have been aware that there are many leaking old roofs in Honduras with the occupants and their possessions getting wet during the rainy season. This can cause mould and ill health especially for the children. This is one family who will receive new metal sheets for their roof and a stove.

Some homes will just need new metal roofing sheet but others will need new wooden roof joists to hold and attach the sheeting. Cesar has ten such projects that he is hoping to undertake in the Valle area this autumn.

Glenda recounts that as a result of the visit to the Lencas at Christmas and actually visiting some homes, it was decided to look into possibilities for improving their living conditions. As there were so many in need we thought of the possibility of buying wood and metal roofing sheets as a best means to help as many as possible.



**- THIS HOUSE IS OPEN TO THE ELEMENTS -**

However, as you can see with this house, there is more hole than wall. If we close the wall, the problem arises that the amount of smoke from the stove, trapped in the house and sleeping area, will increase. This causes a lot of breathing problems and in circumstances where there is no medical help. So, in some cases, smoke free cooking stoves will also need to be considered.

Roof sheeting can be bought along with other house construction supplies. However, a big problem is getting the supplies to this area. The nearest supply points are across the border in El Salvador. In addition to sheeting for roofs, we are also looking into building a house for a lady whose home is made of dried corn stalks.

### **FOGON STOVES**

While involved in this project, we have built five Fogans or wood burning clay stoves with ten more to follow.

There are two main advantages of the Fogon. It has a chimney which takes the smoke outside the building and it is very economical to run. It also burns hotter for longer with a lot less wood.

First, a concrete table top is made and placed on adobe bricks. These are bricks made from soil, cement and sand. The area underneath can be used to store wood

or cooking pots. A box of adobe bricks is formed on top. This is lined with a special fire brick which has to be bought from a builder's merchant. The ladies had to carry the fire bricks back to their homes by hand in rice sacks! The bags of cement were delivered on a wooden cart pulled by two bullocks. Each stove needs six bags of cement costing nearly £7 per bag. It might be a developing country but prices are the same or even more expensive than in England. Another necessary expensive item is the thick metal cooking plate on which the cooking pots sit. A stove costs £250 to build, a third of which is labour cost.

There is a lot of need in this area and this particular community is home to some of the poorest we help. We hope that the specific needs we are trying to address will give them the greatest benefit.



- A FOGON STOVE -

### POLICE AID

I recently heard that we were lent a police vehicle as part of the convoy transporting our food bags to the Lenca communities at Christmas. It had heavily tinted windows, preventing any observer from knowing if the passengers were normal civilians rather than armed police. This helped to prevent any attack on our valuable cargo of food. We enjoy great favour in Honduras, which has been cultivated in large degree by Cesar. God provides protection in so many situations, for which we are very grateful.



## ALTERNATIVE GIFT CARDS

The cards currently available are listed below:

A pair of black school shoes for a child	£5
To purchase eight Moringa Trees	£5
A bag of food for a needy family at Christmas	£5
Free school meals for a child for seven weeks	£5
School manuals for a senior school student (four are needed per year)	£5 for two manuals
Emergency Education Fund Card to help a student who lacks an essential item such as an exercise book, or bus fare	£5 donation into fund
Fruit to be given to children at school (As part of lunch, usually an orange or banana)	£5
Two fruit trees or medicine trees	£5
One chicken for a family (will be added to others)	£5
Two chickens and a cockerel for a family	£15

## CALENDARS

We will again have photo calendars of the children in Honduras £5. Postage is extra, £1.22 for one and £1.58 for two or three.



**- SOME OF THESE CHILDREN HARD AT WORK  
RECEIVE SPONSORSHIP FROM CH TRUST -**

## ELSA'S NEW HOUSE

In the last newsletter we told you about Elsa who's house burnt down on Christmas Eve. Her house had been rebuilt with help from CH Trust and she had moved in, but we did not have any photos at the time of going to press. The photos have since arrived and you can see a proud Elsa and her new home below.



**- ELSA OUTSIDE HER NEW HOME -**



**- INSIDE THE NEW HOUSE -**

## EDUCATIONAL SPONSORSHIP FORM

If you would like to sponsor in 2018, please complete the form below and return with your donation. Please make cheques payable to "CH Trust". Address on front cover.

I would like to sponsor \_\_\_\_\_ (Number of children) with a full/half sponsorship.

I have enclosed £ \_\_\_\_\_

---

## STANDING ORDER FORM

<b>Standing Order</b>		
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	
<b>To the Manager Bank/Building Society</b>		
_____		
Address: _____		
_____		
_____ Postcode: _____		
<b>Your account details</b>		
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	



**- CHILDREN ENJOYING FOOD FUNDED BY CH TRUST -**

### GIFT AID FORM

If you are able and willing to grant to us Gift Aid, please complete the authorisation form below and send it with your donation.

---

I would like Gift Aid to be authorised for:-  
(please tick all boxes you wish to apply).

- Today
- Back dated for the last four years
- For the future

I confirm I have paid or will pay an amount of Income Tax each tax year.  
I understand the charity will reclaim 25p of tax on every £1

Signature

Date

Address

Postcode

---

Please notify the charity if you decide to cancel this declaration or change your name or address or no longer pay sufficient tax.

---