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CONTAINER 2011, HERE WE COME!__

It only seems but a short time since I was writing the September newsletter and here we go again! I think this perception must be linked to how busy the work at CH Trust has been. The Lord has been blessing our work with your continuing donations of goods and funding to the extent that it has been a race to keep up with everything. The Lord is good and we are very grateful. The warehouse at the TDG site is filling up so rapidly that we have needed to request some extra space to give us room to work. What a super problem to have in these days of austerity.

Christmas is almost upon us. Can I please take this opportunity to wish you the best at this special time and to wish you a happy and fulfilling 2011. Even in adulthood, one cannot think of Christmas without thinking about presents! On



- BOOKS IN SPANISH FROM ENGLAND TO READ -

your behalf, I received a very special present. Read on.

A PRESENT FOR CH TRUST__

One evening I received a phone call, which delivered an unusual surprise. I was informed that the people of Guanacaste had given CH Trust a present! As CH Trust is made up of all the people who make things happen with gifts, labour and prayers, it is also a present to you. It transpired that the gift was a path at Guanacaste School. When the photos came through I concluded that the path they had built was more like a motorway! My son teased me because I was getting all excited about it. Why not? It was such a lovely gift that I wanted to share with you why it is so special.



- THE NEW PATH AT GUANACASTE SCHOOL -

The community of Guanacaste were so appreciative of all the help that we had provided from England. Two years ago we were able to equip the Guanacaste community with an electricity generator. This, in turn, led to the establishment of secondary education and adult literacy classes at the village school. This opportunity had not previously been available because the nearest Colegio was too far away to walk. In any case, the bus fare and manuals needed were also beyond their economic means. The young people were also denied daytime education because of the need to work the land alongside of their parents in

order to have food to eat. With light provided by the generator, they can now have lessons after 3pm and still work the land. Similarly, the adults who had not had the opportunity to learn to read and write up to 6th grade (again usually for economic reasons), now have that opportunity. We have also been able to enhance their educational programmes with items to make the lessons exciting and special. The hopes and expectations of the whole village have been raised, as education is recognised as a way to progress out of poverty.

We, in turn, were encouraged when representatives of the community wrote to say that we had taught them how to make decisions. Because we had sent food for the children to eat at school lunchtime, the village ladies were motivated and had organised themselves to help cook the food. This resulted in the creation of a rota system involving 47 people, most of the women in the village! They also learnt, as a team, how to decide, buy and cook for the first ever Christmas party for the village children. Likewise, the men folk took ownership of the generator, to ensure its security, maintenance and fuel. The fuel continues to be financed by fund raising efforts involving the whole village. The villagers have now discovered that by working together they can achieve things undreamed of earlier. We did not anticipate the outcome of the help we had given them but what a gift to the community it has turned out to be. This new community awareness and confidence will be passed down to their children and even improved upon. I am thrilled by what has happened here. It has proved to be much more than just trying to help feed, clothe and educate their children.

It must also be applauded that none of this would have happened without Cesar, who is currently the headmaster at the school. It is he who has encouraged the people and showed them their potential. He has also taught them that, if they want any help on a project from England, they have to spell out what they are going to contribute themselves to that project. He does not agree with just hand outs.

In conclusion, the community of Guanacaste wanted to find a way of expressing their appreciation for all the help that we had provided from England. Their comment, “it is a great honour to have you (CH Trust) as a patron for development in the village of Guanacaste”. They came up with the idea of the path as a gift for CH Trust. They said that although they had little money, they could offer their sweat and labour. We had provided so much for their school and they felt they needed to contribute what they could. Cesar managed to get them a grant for the cement. The sand, gravel and boulders were collected from the river. Five men

came one day to work on the path. The following day, five different men would appear until the path to the gate was complete. It was a big job as the main path is wide enough for a car to go around the large tree in front of the classrooms. They also built smaller paths to the separate classroom and to the boys and girls toilets. The ground is not flat and covers a large area. When the men had completed the path, the ladies came and planted ornamental trees and other plants.

What a gift! I was very happy to accept this on behalf of you all. We are indeed making a difference, now and into the future.

THE GOLDEN AGE (OLDER GENERATION)

As in England, in previous centuries, help and support for the elderly comes predominantly through the churches. The Pastors often write to tell me what they are doing and the meetings they hold. Like many of the readers of this newsletter, I am now receiving my pension! I will not say I am retired, as I work more hours now than I did when teaching, bringing up a young family and also sending supplies to Honduras.

What I thought to share with you were the words they use for the older people. One is “Joven de oro” ‘Golden Youth’. Another is “la tercera edad”, the third age. Lastly, the term we use in England, Seniors, which translates as ‘Los ancianos’. Oh well, two out of three isn’t bad!

POVERTY

The degree of poverty in the country has increased. Those with jobs often do not get paid but stay with their jobs, hoping to get what they are owed. Jobs at every level are very difficult to find.

Most people are poor because they cannot get work. A lot of work is often only for a few days at a time. Agricultural workers and general labourers are subject to planting and harvest requirements and work availability.

You can meet someone with a nice home and dressed well but who has not had food to eat because they have no work. There is no state help for those who have no work or who are unable to work through illness or age.

It is these people we are trying to help. The fruit trees (£5) and chicken (£20) projects help to feed and provide income for the family. We are also pro active in

getting as many children as possible into education. This is done in several ways. Sponsorship of £50 pays for a child to receive the uniform and all other items needed to attend school for the year. We help others by sending black shoes, and clothes that can be used as school uniform. We also send rucksacks, pens, pencils, crayons, glue and paper pads or exercise books. These help the family to get all their children into school.

We do not know how many children we help to attend school but it is many hundreds.

THE GUANACASTE SCHOOL REPORT FROM CESAR

This translation of Cesar's letter tells how the Guanacaste Colegio came to be a couple of years ago. I find this a source of great satisfaction. Since you are a part of it, I hope that you will feel something of this as well.

To Jennifer Cox and friends of England,

Hello friends in England, it is a great pleasure to give you the information that you need on each thing and projects that you make possible to develop in Honduras. I want to tell you about the schools that you have changed in a very excellent way. For example, the Juan Ramón Molina School in the village of Guanacaste, Valle de Angeles. I started working with this school about 4 years ago. In this period alone, the support CH Trust has given has improved things so much that the children have changed in their attitude and behavior. Before the children tended to be rather timid and showed little desire to go to the school. Today, all that has changed. I can now observe very happy children going to the school. They know that they can learn by playing. This has only been possible, thanks to your unconditional aid to this village, where the parents, children and teachers of the school feel very strong and happy. I, in particular, Cesar Oseguera tell you with much sincerity that I have not known any mountain school in the Valle de Angeles district that has improved so much in education as the Juan Ramón Molina, in Guanacaste. This has led me to dream about how to help the other children of Honduras in the area of education. I feel that my dreams are starting to turn into reality. Therefore, I cannot stop telling about the part you have played in realizing my dreams. Without seeking return you have sought to bring education to those who really need it. Therefore, I want to keep you always in my mind and heart and to teach to all the children that receive your aid that you educate with the heart and not just with words.

One clear example that has already changed the life of both parents and children is the electric generator and the computers that you have sent. Perhaps some of you

think that such things are of little importance. We live in a world where your children grow up very closely with computers. Here, in Guanacaste, the first computer known by the children and parents was in the year 2007. This is thanks to the portable computer you sent. It made a great impression on me to watch as the children touched it and wanted to use it. They had many questions about what it did and how to make it work. It is now being asked, why what you have done in two years, has been beyond our many governments of the last 40 years.

Now I want to continue sharing with you this vision of changing the life of Honduran children through education. For this vision I want to share a new educational project that I dreamt to have in our village. Normally, the destiny of the children, when they leave after sixth grade (aged 12 or 13 years), is to work very hard in the agriculture or cut sugar cane. Generally the work begins at four in the morning and finishes at 3 o'clock in the afternoon. This limits a child's ability to continue studying, even if there is desire to do so, with the objective to seek another type of work. Another of the factors is the basic economics part. Even when work can be found it is usually only available from December to May every year. This means that there is a great lack of money.

To help children caught in this trap, I wanted to found a colegio (secondary) department in the Guanacaste school, where I could initiate 15 youths and the father of a family into seventh grade. Their ages ranged from 12 to 20 years of age. All of them worked in agriculture and none were able study. In order to found a colegio, the students needed to be able to buy, every other month, workbooks, which cost £5.50. The academic year takes in eight months of study, requiring each student to spend £22. The total expenditure for the year, incurred by the 16 students would amount to £355. Classes needed to begin that June. The proposed programme offered a timely start for this and succeeding years. It would enable the education of those children and youths, which desired to continue with their studies. All was ready, pending your support to make it a reality. Everything that I did to help initiate this project was because the youths of the Guanacaste keenly felt the desire to continue studying. This, in turn, is thanks to the electricity generator, the computers and the teaching material that you sent for the schools of Honduras. With your approval, classes began on June 04, 2009. This was an important moment to begin. I know that Veronica, Matt and Dani were very important in our school. We were able to benefit from their experience that year to develop our processes and thus improve or expand our dream. I am very happy that you shared this vision with me. The classes were taught by one of the girls of Guanacaste, by name, Cecilia Ponce. She is the only person that has managed to

graduate in her studies at the medium level. She wanted to work voluntarily to help these youths. Her schedule was for three days a week from 4 to 7 at night. The programme had some classes of English. It is here, especially, where Dani and Matt were able to support us. I will continue supporting Cecilia, because I feel that she has a very large commitment to her community. I expect that you will also know part of her life, when you read the letter that she sends to you. To finalize, I send you some photographs with the name of each youth that has attended class and also some letters, written by them, so that you know what they desire for their lives.

Cesar Oseguera

Note from Jennifer. It is a delight to know that all the students mentioned above successfully graduated. They have now entered into the ninth and final grade.

THE IHER SYSTEM OF EDUCATION

This is a Government approved system of education based on radio broadcasts. The child listens to their lessons each day over the radio. The programmes are designed for pupils who live too far away from secondary education, as provided by the Colegio's. Volunteer workers are also organised to give them help with their studies at a location near to where they live, usually on a Saturday and Sunday. Some lessons are organised to take place at the college.

We have provided some very basic science equipment for the IHER project that meets in the Valle de Angeles. They were so pleased to have the loan of this equipment that they held a fund raising event and bought a second hand cupboard to store the equipment. We also paid to extend their electrical supply into two more classrooms so that they could have light.

There is a great demand for any science equipment that CH Trust can send for both primary schools and the secondary education provided by the Colegios.

Our equipment enables them to participate in experiments or other interactive activities. This helps them to better enjoy their school experience. They appreciate the materials and make sure they look after them. At IHER College, the young people are only able to attend on Saturday and Sundays, as they have to work Monday to Friday. The majority of the students live in the mountains, where they work the land and sometimes work in construction. Cesar writes, "your help has awakened a desire for education."

LIFE AT CRISTOCENTRO

During the last year Cristocentro Church has been offering free extra tuition for children who are struggling at school. Like the USA system, to move on to the next year a child must pass their grades. In the event of failure, the child remains in the same grade class for another whole year. This is demotivating for both pupils and teacher alike. The extra tuition has proved very successful and the teachers have commented on the improvement in the children. They are extending their help by using volunteers from their church and a nearby college.

In their Mars project, they are planning to provide lessons for the youth and adults who never had the opportunity to go to school and have never learnt to read or write. These classes will function in the form of a weekend school. In this regard, they are looking for CD players and tape players, so that the students can study from pre-recorded lessons.

BABY BAGS FOR NEEDY MUMS

From time to time, the ladies from Cristocentro Church in Tegucigalpa visit the maternity unit at the teaching hospital where the very poor go for treatment. Here they pray with the patients and staff and distribute the baby bags we make here in England to the new Mums with babies. They have now made a third visit this year to give out bags they have put together themselves with baby clothes and other items that we have sent out in the containers.

This is what Pastor Beverley wrote:-

Blessings to you and everyone there associated with C.H.Trust. Here are a few photos from our hospital visits, using the baby clothing you sent to us. This ministry is such a joy. We are blessed not only to warm up the shivering bodies of these precious little ones with clothing and blankets but also the hearts of their mothers, with the assurance that God loves them. And that people half a world away are concerned for them and their children. Here is what I call a "snug" photo with a baby all dressed up in new clothes.

KEEPING OUT THE RAIN

Since the last newsletter we have managed to finance two building projects. This has been possible due to a large donation we received that has given us a little extra boost over the last two years.



- A 'SNUG' PHOTO -

The first of these projects is at Guanacaste School. They needed to build an extra classroom to teach the children who were struggling to learn and reach the necessary grades in the somewhat busy and overcrowded environment of the main classroom. The new classroom will also provide more space to store educational books and school paints. We decided to help them with a grant of £720.

They had already obtained the building blocks they needed and the sand. However, they needed help with the cement, which their method of construction seems to consume in great quantities. Also, the metal sheets for the roof. Although the men of the village help where they can, the project has had to include payment for a professional builder. The quote did not include the windows and door, as these will be measured after construction.

Honduras style quotations for building and other work are interesting and have taken a little getting used to. They only quote for the bit of the building or task that they are doing at the time, rather than to completion. For example the door and windows are a separate operation. One of the problems is that a quote consists of a bill for all the materials needed from the local supplier, to which labour is then added. If the work is not started immediately some of the material prices can go up. There is no system of allowance for this eventuality. Here in the

UK, a margin or validity date is added to quotes to allow for such contingencies. Even so, from this distance, I like their system.

The building has progressed. The last photos I received showed it to be ready for constructing the roof and concrete floor. It would be nice to tile the floor but that would be another expense. It will be ready for use at the start of the new school year, which starts in February.

The other project we have funded is a new sheet metal roof for the school at Chiquistepe. Lessons have had to be cancelled when it rained, as the rain came through the roof at many places, to the extent of causing flooding in the classrooms. It has to be appreciated that they have very heavy tropical storm rain for several months of the year. School is in session during the rainy season. The long school holiday is taken during December and January when the weather is dry.

This year all of Central America has had a lot of rain, resulting in flooding, which has caused all types of problems and even loss of life. We felt the school roof project to be essential. If we had not helped to make it happen, they would still be paddling. We like all projects to be contributed to by the community. In this case, the parents provided the wood and the roofing nails.

After removing the old sheeting, it was discovered that the wood was in poor shape and needed replacing. Whilst doing this, they also increased the height of the walls by three blocks. This will help to keep the building cooler in the hot summer months. No additional money has been asked for beyond the first quote for the metal sheeting. Poor mountain villages find this scale of project very hard to fund. However, they are very industrious and work together to good effect.

You would expect construction to be cheap in a developing country. It is not. The wages are lower but the materials used are bought on the international market. Thus, they pay the same price for most things as we do in England. We periodically check various prices, to see if we can gain some advantage by sending particular construction items in the containers. Mostly there is little saving.

I am pleased to report that the new roof was finished some months ago and the children have stayed dry.

A LETTER FROM CESIA

Dear Friends,

I just wanted to write to let you all know how my children and me are doing. My name is Cesia and I have a son named Joseph and a baby boy named Adrian. I am sure most of you will remember us. I grew up in the Orphanage in the Valle de Angeles. After leaving the Orphanage I carried on studying and managed to rent a room with some of the other girls. Then I fell in love and got pregnant. Unfortunately the man I was with left me and I was on my own. When Joseph arrived, I was a single mum with no place to live or any means of how to survive. I was doing small jobs washing, ironing etc. I was offered a room to stay for very little rent, still a lot for me. The room was in a building built in the middle of a swamp. Joseph had chest problems. He suffered with pneumonia many times. I prayed and asked God to help me. One day God answered my prayers and some friends of CH Trust, from England, offered to help me to help myself.

Joseph was very poorly and got admitted into hospital with pneumonia. When he came out my friends from England helped me get a new room with a bed and dishes. It was better than the room I was living in, which was damp and covered in mould and wasn't helping Joseph's chest problems. I was given an opportunity to better myself. People from England offered to pay my rent for a year and sent money to support Joseph and me. I was given advice and was encouraged to get a job as Joseph's health improved. I wanted to make the most of this opportunity and better myself and Joseph's life.

So I started looking for a job. It wasn't easy but eventually I was given a job. It meant I had to travel as the job was eight hours away. So I took the job and I travelled and stayed in different places and took Joseph with me. It was hard but it felt good, I was doing better and it was all thanks to God and to my friends in England who had helped me. I was able to pay my rent and keep myself and Joseph.

I continued to receive help from England with my rent and with things like clothes or personal things for Joseph and I. Joseph has been doing really well. He hasn't been in hospital and now he goes to school. I also have a new baby, Adrian. Unfortunately I am still a single mum.

God has been good to me and has blessed my life by giving me some good friends. A few months ago a charity was giving help to single mums and families who are trying hard to help themselves. They were donating small homes to families. I applied, hoping to be considered and I was accepted. So, now I have a home for me, Joseph

and Adrian.

I continue to work as much as I can but I wanted to say thank you to all of you for letting God use you to bless me and my family. It is only because of your help that I have been able to help myself. I know that there are many other families who have similar stories to mine and it is because of all the help you give.

Thank you very much, love Cecia, Joseph and Adrian.

PAMELA'S STORY

Pamela & Jorge are a young couple with a 20 month old son. They live in a small room built out of wood. Jorge is a labourer who works part time due to a lesion in his intestines. Pamela is a young mum with learning disabilities. However, this does not limit her from being an excellent mother. Pamela lost her mother when she was just 3 years of age. Her biological father took responsibility of her but, when Pamela was 7 years old, he started abusing her.

How has Pamela bettered herself?

When Pamela was about 13 years old, she met Ana, with whom she became good friends. Ana invited Pamela to the Children's project. There she started to know about God's love for her. Her self-esteem increased and she learnt to deal with all the abuse she had suffered throughout her childhood, at the hands of her father and other people who had taken advantage of her innocence.

Pamela then met Jorge, her partner, who had also had problems with drug addiction. They became good friends. They could understand each other because of their past. God had started to work in their lives. After sometime, Pamela and Jorge started living together as a couple. Pamela and her family have been richly blessed with shoes, clothes, medicines and a bed. All from the donations sent from England.

Pamela and her family are very grateful to God for all the people who work very hard so that she can have the help and blessings she has had. But also desires that others like her can also be blessed and receive help.

SOME NEWS FROM PENIEL CHURCH

LIFE CAN CHANGE IN A MOMENT

Eight year old Michelle has attended Peniel Children's project since she was 3

years old. She lives with her two younger brothers, Kenneth and Genesis. Her mother is Dona Suyapa and her father is a mason by trade. In 2009 the tenement where Michelle lived in a rented room, with her family, was destroyed by fire. This left them without shelter, clothing, food and other necessities. Without a doubt, a very difficult time for this family. But also thankful to God because there were no casualties. When the small room where they lived caught fire, Michelle and her family were sheltered in a school classroom in our church. The children's project at Peniel made some donations of food, household goods, mattresses, clothes, shoes, etc. ... All thanks to the aid sent from England. So the family is grateful to God and the aid that you send and to all the people who help in the work of C.H.Trust.

BUILDING A BUSINESS

Roger Martinez Mendez and his wife Maria Leticia Martinez are a young couple who have also been blessed with donations received from England. Four years ago Roger Martinez continued to be unemployed and decided to start a small business at home. Roger worked in printing. As he knows this trade, he decided to start his own printing workshop. Two years ago, CH Trust sent to the Peniel Church a mini commercial printer that had been donated by a Christian couple, who own a printing business in Northampton. The church decided to support Roger and give him the printer. He was the only one who knew how to operate this machine.

Roger now tells us:

"We thank God for the blessings we receive from our friends in England, and all who made this gift possible through CH Trust. My work is faster and we also have expanded to perform other printing jobs. The economy at home has grown and we've been able to give employment to another member of our church, who also has a family to support"

FROM THE COOK AT PENIEL

My name is Lorena Hernandez. I have been the cook for the Peniel Church's children's project for five years.

Since that time I have seen many children grow up and now some are young adults. I used to cook on a traditional stove. Sometimes it was a bit complicated because there were times when we could not turn on the stove because it had pitted pipes in a bad state. The gas went everywhere and we were a bit in fear! Now we rejoice when we remember, because we had to take turns as to who would light the stove. It was the hardest part of cooking.

We want to thank you for the new stove. We work with a lot of food. We love our children and we know how important this work is. Not only the Children's project benefits from the new stove, but also the ministries of the Sunday School, Senior Citizens, Ministry of Women and so on. All benefit from the use of this new stove.

WHEELCHAIR TALES

This contribution has come from the Church ministry we know as 'Cellar':

Among our most poignant of stories is that of the Ramirez family householder, Maya, known as "Mayita". She lives in her home with five children aged between 5-15 years old. About five years ago her husband had an accident and died leaving six children at the time. One year later the eldest son was killed by mistake, leaving only a working mother to feed her five children. Today, Mayita works more than 12 hours a day to feed her family. One of her children is a very special case. Xavier, one of her sons, was born with a severe cerebral disability problem, which condemns him to a wheelchair for life. Thanks to God and the help received from England, we could bless the small Xavier with a wheelchair. In addition the five brothers were given food, clothing and toys. Sadly, their mother could not be present because she was working.

LIBERATION BY WHEEL CHAIR:

We have two more stories from those who received wheelchairs. One, a seven year old boy called Noel Jose, who has hydrocephalus, has lived all his life in a hammock strung from a tree branch. The hammock can be carried outside by two people and suspended by rope from a tree. A similar set up is in the house. His parents work in agriculture and were too poor to ever be able to buy a wheelchair for him. He now has a wheelchair and can be moved by one person. He can also see around him more easily and watch what everyone is doing. They thanked God for this great gift. This must have made a great difference to the quality of life for the boy as well as his parents.

Ever Polanco lives near Danli and is 11 years old. The doctors removed one of his legs because it was damaged by a malignant cancer. His parents are also engaged in agriculture with very limited income. He received one of our wheelchairs but it requires pushing by another person. I hope to be able to swop it next year for a wheelchair that he can propel by himself and regain his independence. CH Trust is making a big difference in people's lives.



- NOEL JOSE -

A COUPLE OF LETTERS FROM SPONSORED CHILDREN

To: my friends in England

We are very grateful with the help you give me and I hope you are able to continue helping me. Your help means a lot to us. The clothes and all the other things you send are a big help as my parents are not able to buy those kind of things for us. My mum gets some work by doing other peoples laundry and when there is work, my dad works cultivating the land. Before you started to help I wasn't able to attend college on a regular basis due to my parents not having work regularly. They weren't able to pay for my schoolbooks or my bus ride, which meant I was out of school most of the time.

May God richly bless you

With love

Amalia Suyapa

And from Carlos Eduardo Salgado Flores:

Hello dear fiends,

How are you? I do hope that you and your families are all well.

Just a little note to say thank you for all the help you have given me and for helping me with my studies. God willing, I will be finishing secondary education this year. I would like to train as a teacher and I know that with God's and your help I will be

able to do it. Thank you for all the things you have given me. They are very useful and appreciated. At the moment there is a lot of rain here. Thanks to God, as this will get the land ready for the planting of the corn and maize crops in September. May God bless you now, tomorrow and always.
With love, Carlos

PROJECTS AT VICENTE COLLEGE

Vicente college received 60 of our fruit trees in May 2010 as detailed in the last newsletter. These have been a great success with both the pupils and teaching staff. The aim is twofold; to provide fruit for the dining room, where we currently feed 400 children. Secondly, to give the pupils an opportunity to learn how to tend and cultivate the different types of fruit trees grown. Fruit trees grow well in this climate but knowledge of care and correct insecticides means the difference between a good and negligible crop. They are growing plum, cachou, nectarines, peaches and oranges of many varieties. Raising good producing fruit trees can greatly improve the economic situation of a family, as well as their diet.

The College is also growing seeds that we send out each year, thanks to the generous donation from Sutton Seeds. The seeds arrive in our containers at the start of the rainy season, which is the planting time in Honduras. We send out mostly vegetable and salad seeds. Their most desired seeds are sweet corn. However, we are not allowed to import sweet corn into Honduras, as it is a protected crop. Sweet corn flour is the main ingredient of the tortillas made daily by most Honduran families.

By default, we get a few flower seeds. We know of one lady in Honduras who grows and sells the flowers, to provide some income.

The Valle de Angeles Orphanage has greatly improved and extended their food supply with the fresh food they now grow on their land.

Vicente College has a large area of land that they can use for cultivation. The rapid growth of weeds and grasses in hard baked soil is difficult to control. This also creates a fire hazard, when the vegetation becomes very dry. The students can only be motivated for so long with a machete as it is hot, back breaking work. They do not have a gardener and have asked if anyone has a rotavator that they could donate to their project.

VICENTE'S NEXT BIG PROJECT

Our gift of trees has really fired the imagination of the College. They are now considering chickens as an educational project. In support of this they are trying to raise funding to build and equip a hen house. This project is again twofold in its aims. First, to provide extra food for the feeding project. Second, to teach poultry and egg production. This knowledge could help to provide an income for a rural family.

The students also need to understand the benefits of feeding the chickens in addition to letting them scratch for food. The feed will produce more eggs and plumper chickens, when they are eventually eaten.

The college is prepared to meet half the cost of the project. CH Trust has been asked if they can provide any of the remaining funding, about £1,300 in total.

BOOKS IN SPANISH TO READ

There are many of the mountain schools without books for the children to read. They have text to read in the yearly manual but not different books to read for pleasure or extract information from. We are trying to improve this situation but it is a big challenge as there are so many schools and books in Spanish are expensive. In Honduras the books can easily cost £11 each. Books are valuable to the extent that Cesar clearly remembers when he received his first book. In the UK, a country of readers, lack of access to books seems wrong.

A pallet of second hand children's books is being collected near Gerona in Spain. It will cost us about £200 to get the pallet road hauled to Derby but it should be a large number of books. We have also bought some new books as and when the opportunity has arisen. Usually these are brought back from Spain or America.

GENERATORS

We have just heard that the two Generators we sent out in March 2010 are working well at the two schools previously without electricity. The two villages are Guayabo and Buena Vista. There are already two more mountain schools who would like a generator in the next containers. We like to undertake these projects, little by little, so that they can be supervised well.

BACK HERE IN DERBY

EXTRA HANDS

You we will be pleased to hear that we have had some new volunteers to help us at the unit on Tuesdays. Although many hands are supposed to make light work, we have not arrived at that situation as yet! We can always use more, as winter colds and hospital visits often mean that some of the team is missing.

FOOD, GLORIOUS FOOD

We have no idea what it is like not to be able to provide food for our families. Many children will be fed through the schools, orphanage, day centres and feeding centres that we support.

To date, it has been a good year but quite different from previous years. As you read in September, in order to secure favourable prices, we were planning to purchase our bulk supplies of flour and pasta early. This has been actioned at the cost of putting great pressure on our floor space. It has also taken many hours of work to pack it, ready for shipping. In the meantime, rice has also become available at a good price. As I had received extra money, specifically for food, I have bought two extra tons of rice in addition to extra flour and pasta. Thank you for helping to make this possible.

We have also received food from harvest collections and I know many people around the country will have been buying ready for their annual delivery to us in February. Your contributions in this regard add variety and complement/swell the bulk food purchases that we always buy each year here in Derby. We still very much need this contribution. There is a lot of need in Honduras!

How we used the money we received for the March, 2010 Containers.

4 tons of full cream milk	£6,600
4 tons of breakfast oats	£1,379
84 x 100lb. Sacks of rice	£1,950
Shipping and transport in England and Honduras	£12,213
Import and costs in Honduras	£2,000
Four LPG commercial stoves	£3,983
Medicine	£4,690
Educational supplies	£1,200
Printing and Postage of newsletters	£900

Other major expenses were flour and pasta bought in large quantities. Tinned tomatoes, hot dogs and meatballs. School uniform and shoes bought when on offer in the stores.

I wrote in September that we were buying as much pasta and flour as we could before the prices rose. We were very successful with several people, mostly men, ordering and collecting large amounts from local supermarkets. This allowed us to purchase more than last year because the prices were better. I heard today that a bag of basic flour had increased by 9p a 20% rise.

MAKING THE MILK GO FURTHER

Last year, with everyone's effort, we managed to send four tons of dried butter cream milk. This is a much requested and valued item by all ministries. It is easy to prepare and the creamy quality is loved by the children.

The 160 sacks of milk do not go very far when distributed through out 26 ministries, i.e. 20 schools, children's day centre, orphanage, four feeding centres and 400 pupils of Vicente College. We would like to do the same this year. Cost last year £6,600.

RICE

Last year we had difficulty purchasing bulk rice at an affordable price. The cost of rice on the world market had almost tripled during the year. We managed to buy the rice locally in Honduras cheaper than in England. This saved effort and space on the containers.

We have, however, bought again in England for 2011. This is because we managed to find a window of opportunity in the world price market. Prices are expected to rise again soon.

Because of the need and the excellent price, half of what we paid last year, we have bought 6 tons instead of 4.

Feeding the children still seems to be a priority for us, year on year. Our people in Honduras are finding more and more hungry children who need our food. As we sit down to our Christmas celebration food it is good to know we have helped some of those less fortunate.

OUR FORTHCOMING VISIT TO HONDURAS

Jenny Smith, who is responsible for the child sponsorship programme and bookkeeping, and myself are visiting Honduras in June 2011. Jenny's son and his partner, Dani, will be working in Nicaragua at the time. They are arranging to join us in Honduras for the month of June. Travelling takes up a large amount of time in Honduras as our projects are now fairly wide spread throughout the country. We ask you to pray for our protection during travelling, as well as for personal protection for our hosts and ourselves. Honduras remains a very violent country where life is cheap. Crime and murder increased with the political unrest a year ago and still remains very high.

NEEDS FOR THE 2011 CONTAINERS

PANTS AND SOCKS

Pants are needed, especially for the girls. We rarely get them second hand.

JEANS

My packers often complain that the goal posts keep moving when it comes to selecting what to send and what to reject. This is because things change in Honduras along with our understanding of what is needed most. As our understanding develops we alter what we are trying to send. We have discovered that some of the schools are changing their school uniform to blue jeans instead of formal dark trousers. This seems a good move because jeans are much harder wearing. This change of policy does not seem to extend to all schools but a significant proportion are electing to adopt jeans. Cheap jeans can be bought at the large supermarkets for between £2.50 and £4. If anyone wants to help a child attend school this would be a good purchase. They start school at the age of six. Whatever we send will fit someone!

SHOES

Children's shoes remain a priority. Black is needed for school, any colour is acceptable for ordinary wear. 'Wellies' and walking type boots are good for the hills or working in the fields during the rainy season. Boots and wellingtons can also protect the wearer's ankles from snakebite as they work among the crops.

The wellingtons have proved very popular in the mountain areas where they work the land. The constant rain during the rainy season creates deep mud, which has to be negotiated when walking to school and for general living. The mud destroys precious shoes. Can we provide more wellingtons? The small children

also like to play in the puddles!

FOOD

All food is very expensive in Honduras, compared to England. It is even more expensive for the very poor who can only buy in very small quantities, since this added service puts the price up. For example in the village of Guanacaste there is only one tiny shop. This is smaller than a food kiosk, typical of the type we might expect to see in one of our public parks. So there is no shopping around for offers!

One current price example is oil. In Honduras, a one-gallon bottle of oil costs £10.80. A similar quantity of higher quality oil can be purchased here in England for about £4. We can buy a 3lb bag of flour for 45p. Hondurans pay £1.48 for a bag half that weight.

For the children's school party meals, last Christmas, they bought tinned sweet corn. A tall tin cost 98p. A jar of mayonnaise cost £2.80. At these sort of prices it is not hard to understand why they are considered special party foods. The staples are rice and red kidney or pinta beans. They like the beans as, once they are soaked and cooked, they will keep up to five days with just a reheat. Rice is not so stable and has to be cooked every other day. The cooking is done on wood fires using what they collect locally. The schools and feeding centres particularly like pasta. They find it so easy to cook and can be partnered with many other foods such as tinned tomatoes, meatballs in sauce, beans, tuna, spaghetti, cereal, etc. When making purchases, we would prefer that you buy two tins of a cheaper product than one tin of a branded product.

TINNED BEANS AND SPAGHETTI

We have found that the children like our tins of spaghetti, beans and meatballs (stores own is good). They mix well with the pasta that the children like to eat. The sauce is the real bonus. They also like the tinned or bottled sausages, as these can be sliced up and added to the pasta. They like sweet corn to mix with the rice.

SUGAR

The families use a lot of sugar in their coffee, which is the main drink apart from water. They get their calories from the sugar as we did 50 years ago. Do you remember when the sugar bowl was the size of a mixing bowl? We will send out any sugar we are given. It is also used in the feeding programmes.

CEREALS

Cereals are liked but we only send them as emergency supplies to the schools, for the occasions when no cook is available. You get through a lot of packets of cereal when 400 children sit down for lunch!

SCHOOLS

There is so little in their classrooms that it is difficult to know where to start with a wish list. Obviously they need basic items, sugar paper, marker pens, blackboards, white boards, white board pens, chalk, paper, exercise books or reporters pads (the cheapest). They also need equipment for the more specialised lessons.

- School Supplies eg. Pens, pencils, felt pens, erasers, pencil sharpeners, calculators, compasses, protractors, set squares, pencil cases etc.
- Paper is very expensive, so reporter's pads or exercise books are a great help to families. They also need individual glue sticks or containers of glue.
- For science; test tubes, beakers, magnets, prisms, lenses, laboratory weighing machines for chemicals, microscopes, prepared microscope slides, basic electronics material, etc.
- The schools also like our wall charts and posters. Sometimes you can find them in Spanish in some of the shops. If they are in English they cover the writing over with Spanish. They also like pictures of animals and plants that they can display or cut up. Old calendars are good for this.
- Craft resources such as artist paint brushes, embroidery silks, large hole needles and other sewing needs, etc.
- Footballs make for great playtimes, great gifts for the boys as well as the old favourite, marbles.
- Football boots are a real treat.
- Skipping ropes are popular with the girls. Also dolls, baby or Barbie are greatly loved by the girls.

Modest resources such as these can facilitate exciting lessons for children only used to chalk and talk.

- Black and white boards are still being requested by the schools.
- Recorders are an item asked for by many schools. They have recorder groups but lack enough recorders for the children. Guitars are also needed.
- Inexpensive digital watches for the older children.

TAPE AND CD PLAYERS FOR EDUCATIONAL LESSONS

Childrens books in Spanish, especially reading books. These can be bought second hand in some parts of Spain.

OTHER ITEMS

Each child needs to attend school:- a rucksack, black shoes, paper pad or exercise books, pens, pencil, felt pens or crayons, 30 cm ruler, rubber and pencil sharpener. The older children need a compass, protractor and set square.

- Plain flour, oats, cheapest rice and pasta shapes are items we send each year.
- Large saucepans, jam pans or pressure cooker bases. These are needed for cooking lunch in the schools.
- Towels and bedding including blankets, knitted or ordinary, are needed in the high mountain areas.
- Toothbrushes, toothpaste, soap, combs and brushes, shampoo
- Children's clothes are still a large part of our shipment. Good second hand and new
- Umbrellas are used against the rain and the strong sunshine enjoyed most days. Each year we send out some umbrellas. However, many people still do not have one to use in the storm rain that they experience daily during the rainy season.
- Plastic bowls, plates and drinking tumblers have been requested again this year. Every child has to have their own at school and many families would really appreciate some. We also need to provide them for the feeding centres.
- Agricultural Tools – Now that the schools and Vicente College are growing trees as well as planting the seeds we send, there is a need for agricultural hand tools.
- A popular tool for gardening is the pickaxe. In Honduras the ground is often dry and hard. The other obvious tools are spades, forks, rakes, shovels, trowels and hoes.
- We need nebulisers to send to Honduras. Many of the babies and children suffer from breathing problems. Our aim is to place a nebuliser in as many key places as possible, so that the largest number of people will have access to these essential items. Can you help?

GIFT AID

Thank you for all the people that were able to gift aid their giving to CH Trust. It is a great financial help. Could I remind anyone who has previously gift aided but can no longer do so, to please inform us. This is important as we have no

way to track peoples changing circumstances but, at the same time, we do have a legal obligation to keep our records and accounts correct.

The clothes and shoes that we sell, when they are not suitable to send, have now raised just over £2,000 since January. Thank you for all those who have helped to raise this amount with their contributions.

WE NEED YOUR PRAYERS

PACKING WEEK

There is a lot of pressure on all those who work every day at the unit throughout Packing Week. Often the goods arrive faster than we can process them. Please pray for good health and strength, mentally and physically, for all those helping during this week and the following weeks approaching loading day.

LOADING DAY

Loading day comes at the end of several weeks of very tiring work, both at the unit and behind the scenes. In addition to the packing, there is the organising of the paperwork and dealing with the import and export problems.

Please pray for strength, health and patience for all the team. Organising 150 people is not easy. We also need wisdom and protection for everyone on Loading Day.

DATES FOR 2011

Receiving Week

19-26th February excluding Sunday.

I would appreciate a phone call to tell me if you are bringing in items during this week, please.

Loading Day

26th March. Those involved, please note that it is a week later than usual.

WEBSITE

If you would like to see the photographs in the newsletter in colour and much more, please check out the newsletters section of our website at:

<http://www.chtrust.org.uk>