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Children Of Honduras Trust

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Tel: (01332) 679687

E-mail: info@chtrust.org.uk Web: www.chtrust.org.uk

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

Charity No. 1075562

TWO YEARS ON

March 2017 marks the second anniversary of the new format for CH Trust, which no longer involves the shipping of containers. It appears that the Lord has blessed the transition and support for the Trust has continued unabated. At the time of introducing the change I was very concerned about how the transition could be made with minimum disruption both here and in Honduras. However, I should have known better. The Lord has obviously gone before us and much of the uncertainty has now dissipated. There is still some frustration associated with the Banking bureaucracy, in respect of transferring funds to and within Honduras. However, these issues are being worked on and should soon be resolved. Overall the transition has proceeded very smoothly and very successfully. This is first and foremost due to your continued support. Without it, CH Trust cannot exist.

I want to take this opportunity to thank you all for your continued financial support for the work in Honduras. I had hoped to share news with you on a more regular basis but time seems to have shrunk rather than stretched since we



- CHRISTMAS PARTY MEAL FROM CH TRUST -

finished sending the containers. I had expected the work load to diminish a little. How naive! Never mind, the Trust is continuing to make a difference to the lives of many poor and destitute families in Honduras.

RELIEF FOR THE HUNGRY

2015 to 2016 was a difficult time in Honduras as the rains failed in 2015 leaving the poor with no food raised and no crops to plant and harvest for land owners. This caused rising food prices, even less employment and hardship for many. The rains came in 2016 but the crop seemed to be later. Thankfully they did not receive heavy flood rains as predicted and experienced by China. We are hoping for more normal seasons now.

We were able to help many with food over the last eighteen months. We continued to supply food through the six small rural schools in the Valle area. We know that these children receive at least one meal a day. We provide 438 meals each day during the school year. The same applies to the older students in Vicente College where we continue to feed 150 children each school day.

We also started to finance the feeding of children in two other areas, one in Pedrigal and one on the north coast at Le Cieba. In these two locations ladies from the respective churches cook the food we purchase for the children on two days each week. They serve between 120-150 children. We are continuing this into 2017 as both are poor areas with little employment.

We again gave out bags of mixed dried food over the Christmas period. The first were for some students to take home at the end of the school year. Others were part of our annual food gift to those living in poor areas. Unfortunately there are so many we cannot help them all but to those we do help it means so much. The Lenca people who live near the border with El Salvador are amongst the poorest we help. Glenda asked one lady how long the bag of food would last her family, which included four or more children. The reply was a month. She went onto explain that she would only use one item to make a meal.

The spaghetti she would serve with a white sauce flavoured with a stock cube. The beans she would use with some rice. She would also use beans as a separate meal, mashed on a tortilla. If the beans are boiled for half an hour, morning and night, they will stay good to eat for ten days. This is why they are so popular; it is their only instant food. The now thick liquid from the beans can be mixed with vegetables to make a soup. They also give the children a porridge made from the



- GIVING OUT BAGS OF FOOD -

flour we provide. Coffee with a tortilla made from locally grown maize is also a meal.

As the food bags are so valuable to the family many want to get more than one. So, there is a strict rule, only the ladies receive a bag as there is no way of judging which man belongs to what family. Glenda said they did make one exception. There was an elderly man who said he had come for his bag of food. He said that he had walked for three hours. He was given a bag of food but his three hours was initially doubted until they saw him walking home, as they returned with their empty truck, a long way from where they had given out the bags.

Bags of milk were also bought for those ladies with babies, to supplement their own milk.

In order to receive their Christmas treat the children were asked to form a queue. The treat consisted of a box of juice, a small packet of biscuits, five sweets and a lollipop.

Marjuri is a lady who helps the Lenca people and also help us with our distribution of food and chickens. She sent this message:-

"I hope you in England are well. I send lots of hugs for your help in Yarula. Thank you

for the gifts, especially at this time of Christmas. Something to share with their families, a wonderful gift to have. Every year you have sent help, often twice a year. They do not often get gifts of food. 1000 families got a bag. It was nice to see the children get a gift. On behalf of the Lenca people and myself, thank you so much for your help and all the other people in England who make this possible.”

The Trust plans to provide more chickens, fruit trees and moringa trees to the Lenca community. The bags of food, although very important, do not help to make the people self-sufficient. This year has been the first time we have given chickens to Lenca families. We had some concerns about this. After all, when you are hungry it is very tempting to kill and eat a chicken that you have in your back yard. However, the families need to keep the chickens and allow them to breed before they think of eating any.

One of the dangers to the chickens are animals that will kill them, such as possums and rats. Fortunately, these chickens will live in the kitchens and only go out to scavenge for food. Marjuri and the Mayor of the area will keep an eye on the chickens that we have given to these first eleven families and encourage them to keep the chickens and breed them.

Now that the drought crisis is over we can look to the future and hopefully a more sustainable provision of food. For those who own their own property, CH Trust’s two main ideas at the moment are fruit trees and chickens. Seeds, trees and chickens also feature in the projects aimed at schools.

TREES

The pine beetle has destroyed large quantities of pine trees in Honduras. This presents the extra problem of potential mud slides during the rainy season. Fortunately, the rains this year have been steady with few mud slides reported. To combat the problem, we have given money to plant small spruce and maple trees to help to hold the land where the pine trees had been. Whilst studying the pine beetle problem, I came across the Moringa tree. These trees are very easy to grow, need little water, will grow in any soil and hold the land well. The other advantage of these trees, which are often called vitamin or medicine trees, is that the leaves provide large quantities of vitamins and minerals as well as protein. Several hundred of these trees have been bought with our money and planted on hillsides and in family gardens.

One important question is what do the leaves taste like? Knowing that eating the leaves is good for you is not enough for children. While attending a church Christmas dinner I met someone who had eaten them in the Caribbean, where



- TREES CUT DOWN DUE TO PINE BEETLE -

they grow in abundance. She told me that they tasted of very little, probably most like lettuce. She said people hung the leaves to dry and then sprinkled them on their food, like we would use dried herbs. That would work for children. At Christmas, we received our first picture of a moringa tree that we had given to a family. It looked very healthy. The next six months should see the first leaves eaten and seeds produced for more trees.

Trees are a long-term project but one that can eventually provide food and income to families and schools. We have been providing some trees for families over the years but want to increase the number, so that they can grow their own food and any surplus can be sold.

The most popular fruit trees for families are avocado, mango, mandarin and lemon trees. These all have great potential for sales as well as feeding the family. They also want to plant cocoa on the north coast, where it is very hot. Cocoa is a valuable cash crop.

The fruit trees take about four years to really produce fruit but then the mango and avocado have a long fruit producing season.



- PAPAYA TREE WE PROVIDED -

8000 hungry pupils. However, nutritious food inside the students has to be good. Also, forbidden fruit always tastes sweet. As the trees mature and produce more fruit we may be able to stay ahead of the students scrumping habits, or is that just wishful thinking?

Cesar also wishes to buy and give Quiebra Muelas trees to families. The question I asked was what did these trees provide, which can be used in Honduras. Google gave me too many options. The reply was that 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

Cesar also wants to plant some banana trees as these are also good at holding the land.

Vicente College has over 200 of our fruit trees planted. The oldest are now starting to produce a good amount of fruit.

One of our first fruit trees at Vicente, was a Mammon tree. The children love collecting the fruit and sucking the goodness from around its stone. Luis has been unable to send me photos of mature colourful fruit on the trees as the students pick and eat the fruit before it is ripe. He is also not sure how much fruit the trees are currently producing. This is a problem when growing trees in the College grounds, which are exposed to



- FAMILY WITH MORINGA TREE -

a leaf and tie it against the sting with a piece of cloth. Just two of a wide range of uses including the treatment of toothache.

When you have no money for expensive medicines, it must be good to have medicinal trees growing in your garden. While on a visit to Siguatepeque, in Honduras, I suffered from an irritating cough, which was particularly bad at bedtime. It was also embarrassing because three of us were sharing a room and my cough was proving to be a major disturbance to the others. To help, I was given a tea made with eucalyptus leaves. Whatever was in that drink was very effective, totally stilling my cough.

For this next year, CH Trust has agreed to the purchase of 300 trees. The split has been chosen to be 150 Moringa trees, 100 fruit trees and 50 Quiebra Muelas trees.

SEEDS FOR SCHOOL

I told you in the last newsletter about the seeds we gave to 18 rural schools. They all chose their type of seeds based on their individual needs and ground available for cultivation. This was very successful and we plan to continue the project this year.

HOUSING PROJECT

At the time of writing we have built 65 houses since the start of 2012. Another ten are in the process of being built. They are built in multiples so that all the materials can be ordered and bought in bulk, at one time, thus enabling purchase of the supplies at a good price. Each house is built on land which has to be owned by the receiving family. The completed house is also owned by the family, not CH Trust. The parcels of land are often located high up on different hills around the Valle area. Many can only be accessed on foot along narrow paths. This can make the building of the houses challenging.

It is very rewarding to see the houses take shape and to see the improvements made to them over the years. One house of special note this year is one that was built in 2014. It was built for a family who had their own land but were living in a wood and plastic bag home with their three boys.

The house was built mainly by the father and the boys to their own design. The shape of the house seemed strange at the time with two doors side by side and no windows on that side of the house. However, the building has now been extended

and the arrangement makes more sense.

It turned out that the two doors opened onto a corridor between the house CH Trust had paid for and the extension they have subsequently built. They now have three bedrooms and a bathroom.

Water has always been a problem at this site. A large water pipe passes the property but they are not allowed to tap into it because it is the supply pipe to the Valle. To solve the problem, they have dug out a large hole and lined it with bricks. In it they collect and store water off the roof of the house. This tank is covered by an old satellite dish. They have planted flowering shrubs around and it all looks very classy

The boys are now young men who work with their father to help improve their home. Adjacent to them are a large number of mature trees that have been felled because of the pine beetle. The family have brought some of these back to the house and cut out the good usable wood. This has been used to build a viewing deck with a kitchen area underneath. They live high in the mountains overlooking the Valle de Angeles where it is cool and quiet and the view is stunning. They plan to sell food and drink to those who come to use their viewing area. This I am sure will be a great success. A good business plan which we will watch with interest. It will be a lovely place to visit if you are staying in the area.

It was great to get an update on many of the houses that we have built when Keith visited after Christmas. It is notable that several of the houses have added small septic tanks to their property. These usually start with a large hole dug in the ground. At our present rate of building he will need to extend his visit to see just a percentage of our houses!

The cost of building a CH Trust house has risen significantly over the last few years due to increased material costs in Honduras and the recent large drop in the exchange rate. We had tried to absorb the increased costs, but this is no longer sustainable. The revised cost of building a house is £1600.

Thank you to those who have given the gift of a house to a family. We only build with money given for this purpose, not out of general funds. It gives the family security and financial relief since there is no prohibitive rent to find and no threat of eviction. The money released can now be used to buy food, pay for educational supplies and uniforms for their children and enable them to save

towards extending their house or launching a small cottage business etc.



- THE EXTENDED HOUSE, KITCHEN AND VIEWING DECK -



- THE COMPLETED WELL -

THE LE CEIBA SHOE WORKSHOP

We were given specific funding to build workshops for the shoes project in Le Ceiba. This has progressed over the months. There have been some problems with the foundations, which needed to be made very solid to provide for the addition of a second level in the future. This proved difficult as the ground is very sandy (the area is very close to the sea). This year will see the roof fitted. The church does not yet have walls so all items of furniture etc have to be carried to a nearby safe location for storage. When completed, the building will offer the added benefit that the chairs etc. used for church services and children's dining can then be stored there under cover.

We have bought some girls shoes from the project for the sponsored children, as a part of their school uniform.

FOOD AND CROC SHOES

We released money to buy food, croc sandals and provide a meal for the children in three small rural villages.

This is an account by Maria :-

Early tomorrow, Beti, Pati, Lorena and I are travelling to the La Joya and El Naranjo villages to do the CH Trust Project.

We bought 100 pairs of sandals, croc style and food, to give away to the Children of El Naranjo, La Lima and La Joya villages.

We have decided to do this project now, because we learned that a great number of the children that attend school in this region, when school finishes, are sent away to live with other families or their own family, if located remote from the school. During term time they stay with relatives to be near to the school.

For this project, we went through so many situations. Firstly, we went to the bus station at 5.45 to catch the first bus which left at 7am. This first bus would not take us as we had too many things with us, so we took the 10 am bus. We had to stand up in the street for 4 hours guarding our parcels of food and sandals.

We also got bitten by so many mosquitoes that Pati got Dengue fever before we left and I went down with it after I returned home.

After all this they said that it was a good trip and blessed many children and their families.

To provide us with a memorable picture of the event, they arranged the many coloured crocs to spell CH Trust.

EDUCATIONAL SPONSORSHIP SCHEME

The scheme was designed to equip a child to access state school education for a year. Most Honduran families have three or four children. Although a family may be able to support one, perhaps even two, children at school they cannot afford to send them all or clothe them correctly. One of the most expensive and mandatory items is a pair of black school shoes, currently costing £8. The sponsorship donation provides a uniform, shoes, rucksack, manuals and equipment/supplies. Recently Honduran prices have risen sharply resulting in the administrators having to make tough choices as to what the students must do without, usually A4 pads and additional maths instruments for the older students. For the scheme to help the poorest of the children we need to address this problem for the next academic year (February 2018 to November 2018). We collect the money for this from spring 2017 throughout the year, as it has to be sent out ready to fund the new academic year.

The cost of sponsoring one child for one year has been set since the inception of the scheme in 1998 with the very occasional slight shortfall being made up by the General Fund. The significant fall in the pound to US dollar exchange rate and the price increases in Honduras means that more pounds' sterling will be required to buy the same amount of school equipment in the future. 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.

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).

It is a little early for photographs of the 2017 beneficiaries yet but we would like to share with you one of the stories of the children selected to receive sponsorship this year.

11-year-old Isis lives with her mother and siblings in her grandmother's house.



- CHILDREN RECEIVING THEIR SPONSORSHIP PACKS -

They live in a plank house in a rural area on the edge of the capital city. The family's only income is what they receive from making tortillas to sell in the city. Her father left home to seek the American dream and forgot them, leaving them without financial means or emotional support. Isis is reported to be a quiet, hardworking girl but has learning difficulties. Her height is not consistent with her age due to lack of adequate nutrition. She works alongside her mother and grandmother making and selling tortillas, washing clothes and looking after her younger siblings when the women go out to sell tortillas. Isis is full of dreams and ambitions that one day soon her family story may change for the better. With the help of sponsorship and the chance of an education her dreams and ambitions might now be realised.

WHAT A PRIVILEGE TO BE ABLE TO HELP

During the Christmas holiday we heard this sad account, written by Elsa.

"We were all asleep when someone knocked on the door to tell us our house was on fire. I woke up and could smell burning, I opened the door and I could do nothing. The fire was already burning the whole house. The bed the TV and a fridge, everything that took years to get were gone in a moment. All I could do was watch how everything burnt but thank God we were all safe and no one got hurt.

My house was for myself and my elderly parents and my three teenage daughters.

We were left totally homeless and we lost everything.

I don't earn very much, I am a single mum with three daughters and my elderly parents who live with me. At present I am staying with my sister, living in her living room. People have been good to us and they have given us a bed, clothes and a few dishes as we were left with nothing at all. I am asking if you could rebuild our home and I would be very grateful with you and God." Elsa

This happened on Christmas Eve at 11.30 at night when the family were all sleeping. Although the fire brigade came nothing was saved except their lives.

This house was situated in a poor area of the capital Tegucigalpa. They think the fire started due to an electrical fault. Having seen the wiring in Honduras, this is very possible.

I told them to build as soon as possible for this family. This was going to be an unusual build as it was surrounded by other buildings and slightly elevated.

The work was started and at the time of writing it is complete and the family has moved into their new home. I am still waiting for a last photo showing the windows and doors. This was built with money given specifically for building a house, not the general fund.

We can hardly imagine what it is like to lose everything, including your home and to have no means of starting afresh.

It felt so good to be able to help this family and I hope you, as a supporter of CH Trust, can also feel on your part the same sense of achievement.

Together, including our helpers in Honduras, we are CH Trust. All the work we achieve together is aimed at securing a better future for the children of Honduras. A big thank you to everyone who has prayed, given money or helped in any way to advance the work of CH Trust. Without your input, none of the things that you have read about could have happened.

THE BUSINESS OF GIVING

MyDonate has become a very popular vehicle for giving to CH Trust. If you wish to donate to some specific project via MyDonate can you please send us a supporting e-mail or letter to say what you want the money spent on e.g. child

sponsorship or building of a house etc. This will help to ensure that the money goes into the correct projects.



- CHILDREN IN THEIR NEW SCHOOL UNIFORMS -



- A CROP GROWN BY THE STUDENTS -

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

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	



- CHILDREN AT A FEEDING PROGRAM -

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.
