

FORWARD INTO 2022__

In common with the last few years, 2022 has sprung an unwelcome surprise on us. This time a war in the Ukraine. God willing this will not spread beyond the borders of the Ukraine. Even so, it has already caused disruption to the world markets for food and energy, both of which severely impact small, poor countries like Honduras.

HARVEST__

Thankfully, last year, Honduras enjoyed a good harvest. After two years of poor or no harvest, many were able to eat beans and vegetables that they been able to grow. This year there has been some overnight rain during April, even though the rains proper do not start until May. Planting will start by the middle of May



- A SPECIAL MEAL FOR HUNGARY CHILDREN -

if there has been sufficient rain. We will soon be giving out seeds to schools and families. Distribution will take place over a period of time since there are seasonal differences around Honduras, resulting in different planting times. Some parts of the country can achieve two plantings in a year, if the rains allow.

FRUIT TREES

Fruit trees can provide both food and income when they mature. Mangos and lemons are currently cropping. They seem to provide fruit irrespective of drought or continual rain. With this in mind, the number of trees being bought and given out has been increased. Cesar wants to give out about 2000 this year. They cost about £2 each. I used to think the saplings we gave out were fairly small until I saw the trees being planted here in England by volunteers. I then concluded that our Honduran saplings were indeed quite large. You can probably tell I am not much of a gardener! However, I do know that large fruit trees can produce a lot of valuable fruit. That is our aim. To give the trees the best possible start, they are planted into the prepared hole with a small bag of fertiliser that we also provide.

I received this photo two weeks ago. It is one of our fruit trees, which was planted some years ago in Vicente College grounds. As you can see, it is loaded with fruit. They will eat the mangos and make lemonade with the large sweet juicy lemons. Other trees will fruit later. Peach trees are very popular, as they have a long fruiting season rather than all the fruit cropping at once, like banana trees.



- A GOOD CROP OF LEMONS -

COPING WITH INCREASING FOOD COSTS

In common with the rest of the world, the price of basic grains, upon which the poor survive, has risen sharply. Honduras has to buy food on a world market affected by imbalance of supply and demand and increasing fuel prices. Where Cesar buys our food for the food bags, the school kitchens and the feeding centres, the proprietor, Rossy, does all she can to cut her profit margin. She regards CH Trust as a good loyal customer, and she likes what we are doing with the food.



- TOLUPAN PEOPLE QUEUING FOR FOOD BAGS -

A LEGACY OF COVID

Before completing this newsletter, I spoke to Cesar to obtain an update on the general conditions in Honduras. The lack of work is hard on the poor and many professional people cannot find paid work. No work equates to no food, as the state does not operate a benefits system and supplies very little in the way of relief.

I asked about school and the children. One of Cesar's observations was that the children were suffering from an indwelling sadness. Having been away from school for two years, many have not had an opportunity to talk to other children, let alone play and socialise with them. The fear of Covid is extra real when you have little or no health service. The government made a push to get the teachers fully vaccinated, so that the schools could be opened this year. Children have continued to be vaccinated during the Easter break, with the hope that school attendance can be extended from two or three days to a full five-day week. The

health officials are fearful that Covid could spike after Easter, as this is the main holiday period in Honduras. It is very hot, high 30's before the rains begin, and a time when better off families can get together and go to the coast. Not everyone is poor! However, those we help are extremely poor.

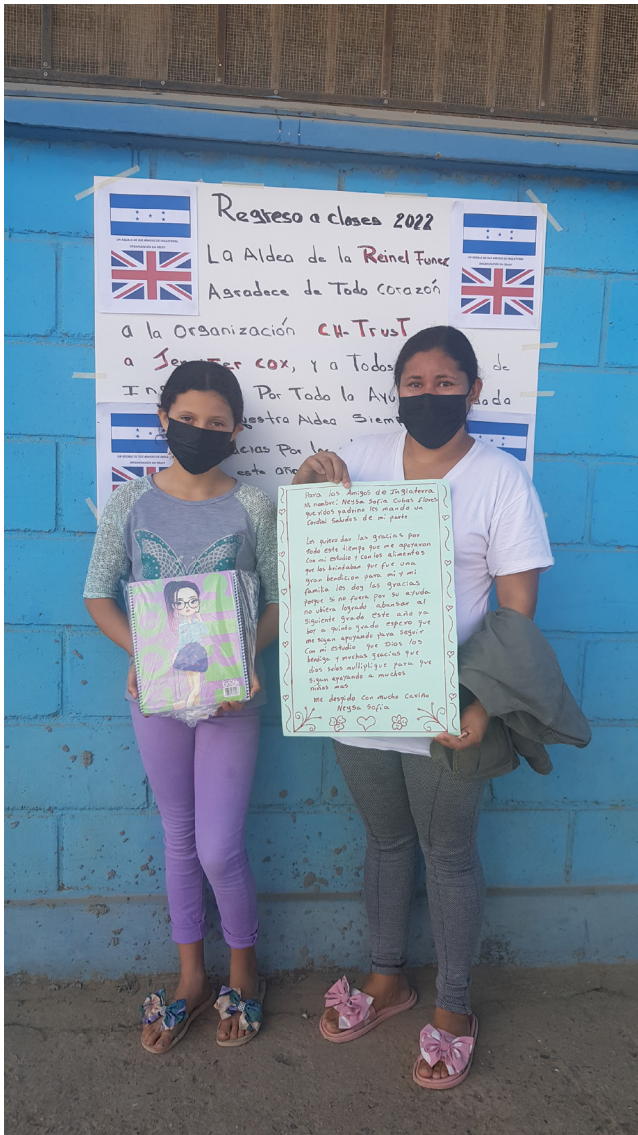
The children are now having to learn to socialise again in circumstances where many carry their mothers fear about catching Covid. They have suffered from lack of food as well as the damage to their education. Their ability to read has suffered two years of lost time for many students. There has been nobody to hear and correct their reading. Some collected homework from school last year but not everyone. This will make the year hard for both students and teachers. The school libraries are a real blessing. Many children have gravitated towards them as they have returned to school. There are no books at home. Cesar would like to provide more mini libraries for other schools.



- ANOTHER SCHOOL PROVIDED WITH A MINI LIBRARY -

A GOOD RETURN__

I asked about our education kits, which supplied each child with the exercise books, pens, crayons, glue, scissors, etc that they need to attend school and to do their homework. In the context of the schools and children that we supplied, Cesar calculated that 90% of the children would not have attended school this year without the education kits that we provided. So well done to all those who help to make this possible. I asked about school uniform. He said that no child would be turned away from school for lack of the correct clothing.



To our Friends from England

My name is Neysa Sofia Cubas Flores.

Special Greetings to all our sponsors from myself.

I would like to thank you for all the support you have given me in providing all the school materials that I need for my studies and also providing food for me, my family and many other people for such a long time this has been a great blessing for me and all of us, especially during these difficult times during the pandemic, if it hadn't been for your help I would not have been able to complete my school education up to now, and thanks to your support. This year I am in the fifth grade.

I hope and pray that you will continue to support me so that I will continue with my education. May God multiply his blessings in all your lives and continue to help you support many more children.

Sending you love

Goodbye for now

Neysa Sofia

**- A THANKFUL STUDENT (CARD TRANSLATION ON THE RIGHT).
WE HAVE BEEN HELPING THIS SCHOOL WITH FOOD BAGS AND
EDUCATIONAL SUPPLIES FOR MANY YEARS -**

At the close of my telephone call, I asked for an update about the water tank that we built for the Lenca. This prompted a peal of laughter from Cesar. He replied they are ecstatically pleased with the tank. Could we build another for other villages. I think that is a success!



- ESSENTIAL SUPPLIES REQUIRED TO ATTEND SCHOOL -



- STUDENTS RECEIVING THEIR SCHOOL SUPPLIES -

THE NEW BUENA VISTA DINING ROOM

When I last wrote, I told you about the new dining room for Buena Vista School. The inside walls now have child pleasing murals painted on them. The plants in the garden in front of the dining room have also grown a lot and are looking very nice.

I received this further update from Cesar:

Hello Jenn, yesterday it was a little late to be able to give you this very good news. The team of mothers are collaborating to make the proper functioning of this dining room possible. It was a surprise for me when I went to organize the starting of classes for a new school year. The ladies had worked to buy a second-hand stove and refrigerator that today is very useful in this beautiful dining room. Meanwhile, the fathers have been making an extension that will be used to store the food supply, which is allocated on a daily basis to be cooked. The men are planning the construction of an ecological stove to cook tortillas, rice, beans, corn. This is more economical on wood, and better on smoke control.



- THE BUENA VISTA KITCHEN. THE NEW EXTENSION CAN BE SEEN TAKING SHAPE THROUGH THE WINDOW -

Clay stoves are homemade, often by the ladies. They consist of a mound of clay with a place to burn wood underneath. A metal hot plate forms the top. These are very inefficient and fill the room with smoke if they are not outside. The



**- CHILDREN ENJOYING THEIR CHRISTMAS PARTY
IN THE NEW BUENA VISTA DINING ROOM -**



**- THE NEW DINING ROOM AT MACUELIZO
UNDER CONSTRUCTION -**

eco-friendly stove is different. It has special fire bricks at its core, which stay hot and direct the heat to the metal plate above. These ovens need much less wood to cook. This is important because the cutting down of trees for firewood is not permitted. This is limited to fallen branches, which can be collected from the forest floor. The stoves usually have a chimney fitted, which takes the smoke out of the building, thereby reducing respiratory problems. Sadly, the fire bricks and a chimney make them too expensive for the majority of poor people.

The school have already bought an electric stove. A good investment, as the government often pay the school electricity bill. However, a back-up clay oven is beneficial, particularly in times of drought, when there is not enough water in the dam to generate electricity. Power cuts are very common and many hours long.

With their refrigerator project, the ladies have been making some popsicles, chocobananos, charamusca pocicles. They make frozen lollipops from cola, fresh fruit etc. Some are set in a small plastic cup with a lolly stick in the centre. Charamuscas are frozen drinks in a plastic bag, which you often see at the children Christmas parties. The chocobananos are bananas dipped in chocolate and frozen. In Honduras, bananas can be grown in your garden. The funds from these ‘ice creams’, for sale to children and parents, will be used to buy cleaning materials, disinfectant, brooms, chlorine, mops for cleaning the school and dining room.

Cesar was thrilled with this initiative and plans to share the idea with the other communities where there are dining rooms. Cesar said, “I hope you can see that all the sacrifice and donations made are not in vain”. This is another example of where people have added value to what has been given to them. They also learn to work as a team and a community. When they do, many things can be achieved. With the completion of the Buena Vista school dining room, it has now become the turn of Macuelizo school. They have been asking us for a dining room for more than five years. This is a larger school, needing a larger dining room. Construction was started in the last quarter of 2021, with the hope to complete it before the children returned to school in February 2022. The school have tried to “help”. CH Trust have provided the materials and some expertise. The community has provided the labour. In the end, the dining room was completed in time for the Christmas party/dinner that we provided.

The latest news from Macuelizo School, now with dining room, is that they too have bought a secondhand fridge. This will now be employed to raise money to buy a stove. It is a joy to help these motivated hardworking people!

NATIONAL ELECTIONS__

In the wake of national elections, usually in November, not only can the national government change but all the local government offices as well, including mayors etc. This happens every four years. When we sent containers, it was a time I dreaded, as many offices had not reopened or were not fully manned by Easter, when we needed our paperwork processing in a short space of time. Any delay cost us hundreds, sometimes thousands of pounds. The integrity of elections is often questioned, with resulting demonstrations and a certain amount of violence. During this time, it is unsafe to go into the capital, or even through it, to purchase our bags of food for the children.

Elections took place last November (2021). As a contingency, all planning was brought forward by Cesar and his sister, Lourdes, who documents the finances. Extra planning and moving of finances were needed to ensure that the children's school parties could go ahead.

In the event, the elections went well. There were no demonstrations or violence. Everyone seemed to be pleased to remove their president, who was often called the narco president. He was connected with his drug lord brother, who lived in America. It was said that drugs were transported from Columbia and across Honduras on their way to the USA. He has since been extradited to the USA.

The country seems happy with its first lady president. She is the wife of a former president, Manuel Zelaya, who the army dumped outside of the country early one Sunday morning in 2009. This was to prevent him from changing the constitution in a way that enabled him to avoid giving up power, thus paving the way for him to become a dictator. It was from this time that election violence became more common.

The distribution of the year end food bags was also brought forward to before the election. We gave out 4200 food bags, the last 200 in the south of the country at Apacilagua, which is near Choluteca. This is a very hot area that regularly suffers from drought.

Ada asked if she could take two hundred food bags as she was to visit Apacilagua for her work.



- APACILAGUA RESIDENTS COLLECTING FOOD BAGS BY BOAT -

Apacilagua has 9,000 inhabitants, the temperature is usually 40 degrees, The land is poor and people survive from fishing and some crops (such as corn) and seasonal fruits such as plums and mangoes. Most of the local men move to Tegucigalpa to look for work. They are a people with very low resources. In November 2021 part of the Community was flooded following the arrival of Hurricanes Eta and Iota. This has further increased the needs of the population. Several lost their homes. Even in areas that we do not usually work, the distribution of aid is still done in an orderly way. Bags of food were given out according to the list of names, compiled before arrival, of those most in need.

Part of a letter from Ada:

"We could not reach some communities as the river was too high to ford. People had to come in boats to collect their food, I really appreciate the help CH Trust gave these people. Please say thank you to the people who gave money for the help."

PARTY TIME

December has been a lovely time for the many children who received a Christmas party dinner this year. Give or take a child we provided a meal for 2305 children involving nearly twenty schools and two feeding centres. This has cost £3500. Some schools are in and around the Valle de Angeles village, the others are on the outskirts of the capital.

All the children are from very poor homes. Food of any sort has been in very short supply during the last two years due to bad harvests and lack of employment aggravated by Covid.

This extra special meal included chicken and a piece of fruit. For most of the children chicken is only for very special occasions and something that few people have eaten during the last two years.



- CHILDREN ENJOYING A CHRISTMAS PARTY -

HOUSES

House building has progressed well during lockdown. Many family members and friends have been available to help prepare the land and build, as there was little paid work to be had. Building, an outdoor activity, could also be done throughout the Covid pandemic.

This meant that houses were built and completed much quicker. Thus, it has been possible to build a few extra houses over the two years of lockdown. We are

slowing down now, as the fund of donations for houses has almost been used. We have completed 138 houses during the nine years since we started building. That is an average of 15 houses a year. The result is 138 nuclear families are safe from eviction. Some have been saved from dangerous buildings. They are all free from paying rent. This is a huge relief from the burden it places on a mother without regular work and also shared by the children, as they become old enough to understand.

A CH Trust funded house is owned by the lady and must be passed down to her children. It cannot be sold or rented. Even so, I suspect that they often give shelter to other friends and relatives who find themselves homeless through lack of paid work. House ownership keeps people safe, with the children attending just one school with their friends, instead of constantly having to move from one home to another and one school to another. What a great gift, which will be passed down the generations. Another 'well done' to the donors.

GROWING YOUR OWN

We are planning to spend a lot of money on vegetable seeds this year. It is cheaper and better for people to grow their own food, where they can, rather than us provide food bags. Seeds will be given to various families, the Lenca and Tolupan people and schools. It is the schools that provide us with the best pictures. A good harvest would help a lot of people.

RECOMMISSIONING THE HEN HOUSES

We have received some money to recommission three school hen houses, which had to be closed during the pandemic. The first task was to clean the hen houses, which were shut down very quickly. New bedding, feed and chicks will be needed. The adult chickens will provide meat for the school dining rooms, as well as teaching students and their parents how to keep chickens.

SMILE PLEASE!

If you use Amazon for purchasing, do you know about Amazon Smile? It doesn't cost you anything to use and Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice.

We now have several people using Amazon Smile. As of February 2022, CHT has already received £314.98.



- RECOMMISSIONING THE HEN HOUSE -

The following YouTube shows how to set up Amazon Smile. Although the video is based in USA the principle is the same. Make sure to select United Kingdom and, when selecting the charity, scroll down the charitable list, find and tick the CHT (Children of Honduras Trust) box.

<https://youtu.be/VyJ7HcreC7A>

The percentage donation is NOT added to your account. The value/cost of the goods to you is the same. It is Amazon who pay the nominated charity, in this case CH Trust, periodically, out of their business.

HOPE FOR THE FUTURE__

I am really hoping Honduras will have a good 2022 as they have experienced two horrendous years. The children need to be back in school after two years of working from home and many also need the food we provide through the schools. One can observe that food prices need to come down and the gardens need to help feed people. Employment also needs to increase. What a wish list! But things can improve. CH Trust, through your donations, have helped many thousands of people during this distressing time. We cannot imagine what it is like to live without food to give to our children, or the wonder of being given a bag of food provided by people they do not know. What a blessing, to give hope that the future could look better. Thank you for helping to bring such joy and relief to so many desperate mums trying to provide for their families.

DONATION FORM

Please complete the form below and return with your donation. Please make cheques payable to "CH Trust". Address on the front cover.

I would like to:

- ☐ Donate to the General Fund
- ☐ Sponsor _____ (Number of children) with a full/half sponsorship for the next academic year

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"/> <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"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | | |
| Sort Code <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | | |
| Signature(s): _____ | | Date: _____ |
| To (Bank) Name: HSBC | | Sort Code: 40-19-37 |
| Account No: 61589865 | | Account Name: CH TRUST |



**- SOME OF THE FEEDING PROGRAMS
CH TRUST IS SUPPORTING -**

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 | <input type="checkbox"/> |
| Back dated for the last four years | <input type="checkbox"/> |
| For the future | <input type="checkbox"/> |

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.
