



Children Of Honduras Trust

Newsletter September 2010

Tel: (01332) 679687 Fax:(0870) 0561592

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

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

Charity No. 1075562

CH TRUST FORGES AHEAD

The year 2009/2010 has been a year of blessing for CH Trust. Stability has largely returned to Honduras politics and, in spite of the recession, there has been no loss of enthusiasm from you, our supporters. Please accept the Trust's heartfelt thank you. As a result, the year's finance has been good with enough money to buy all that we felt was needed and plenty of good quality stuff to send in the containers.

The projects that were started last year have flourished. Others that are being proposed now and for the future are equally exciting and reaching children in imaginative and rewarding ways. We are seeing individual families, communities and schools prosper and become more proactive in their futures. As events have unfolded, we have spread our support to new and even needier situations, offering



- FAMILY BAGS TO TAKE HOME -

help to more and more children. The biggest challenge is to keep up with all that is happening in Honduras, while remaining focused on making a life changing difference to the people we help.

LOADING DAY, MARCH 2010

It is a delight to report that March 2010 produced another excellent loading day. The weather could have been better, as we had a certain amount of rain during the day, which made loading more difficult and resulted in damp cargo. However, it was mild, which made working conditions reasonably comfortable.

We started setting up at seven thirty in the morning and most people had arrived by eight o'clock. Soon the static container had been unloaded and activity in the warehouse was well underway. The freight containers started the day with some of their load already on board. Very heavy items and palletised food had been fork lifted onto them during the previous afternoon. The forklift service to load the stoves, pallets of food, the IBCs, dentist chair etc was provided by TDG, an invaluable service for which we are very grateful.

By mid morning the yard was busy with 141 people helping to stack and load goods or prepare our mid morning bacon cobs. By lunchtime the containers were about half full. The excellent lunch provided by a large number of individuals was indeed a feast. Hot potatoes were collected from several homes during the morning.

It was soon back to work. Although it seemed that the containers would be full in a very short time, loading the last third of the containers takes a long time. This is because we have to ensure that they contain all the items that we must send, before the space constraints dictate what will go on.

All four containers were eventually closed and sealed by about 6.00pm, ready for collection on Monday morning. The containers, between them, were loaded with 8,430 items. Each item was individually numbered. All the numbers had to be recorded by the tally person assigned to each container.

Well done to everyone who took part in making the day the success it was. Everyone worked hard and there was a great team spirit. We were again blessed with the help of many people in the twenty and thirty age groups who have an energy that many of us envy. They also make the day fun with their enthusiasm.

UNLOADING THE CONTAINERS IN HONDURAS

In spite of the unusually early departure of the ship from England and the even earlier than expected arrival of our containers in Honduras, they were delivered to their final destination without any problems. Incredibly, the import dispensa was ready in time to permit their unloading and all was accomplished within the time allotted by the shipping company, thus incurring no additional charges. We stand amazed and thank the Lord for this unprecedented event. We cannot remember a previous shipment transported so quickly without any administrative hiccups and frustrations.

The containers arrived at their two different unloading locations around the capital, Tegucigalpa, late on Monday 26th April.

The Pastors and helpers arrived to help unload at about 7am the following morning. It was the hottest day of the year with temperatures of 40°C, too hot to sit, let alone unload heavy boxes. By just after midday all four containers had been unloaded and their contents stacked in piles according to the labels we, in England, attached to each item. The unloading operation is now a well-organised process, competing for honours with our own Loading Day event!

By midnight Tuesday, the last items had been distributed to the various places, which receive our donations. During that evening the exercise was hampered by heavy rain, as it was the start of the rainy season. But, thank you Lord, everything had been completed to a very high standard with little in the way of missing or incorrectly directed items.

Thus our annual cycle is complete and we now start all over again!

PROBLEMS AT THE YARD!

We desperately need more help at our base unit, TDG West Hallam, where we meet each Tuesday to sort and pack what has been donated. Our team is struggling to keep ahead of what is arriving each week even though this is our quiet time of year. Most of the year we try to limit our time there to one day a week as we need the other days to cope with buying/collecting goods, day to day admin and all the paperwork involved with thank you and sponsorship letters. Our families also like to get a bit of our time as well! Is there anyone local to Derby who would like to join us on Tuesdays to help strengthen our team? Please get in touch with Jenn (contact details as Newsletter header). We also need your

prayers for our team. Some are being affected by serious illness and would value your prayers during the coming months. I also feel that prayers of protection are needed for the rest of our team as we battle along with a smaller work force.

HONDURAS NEEDS OUR PRAYERS

Please pray for the country of Honduras. Like many other countries, Honduras has had a prolonged period of rain. The rivers are full, washing away bridges and flooding areas near the rivers. These areas are usually inhabited by the poorest people. The land is saturated, making the mountain surfaces unstable. This leads to land and mud slides, which result in death and loss of homes. We have not yet come to the end of the rainy season. The risk remains that any more heavy rain caused by tropical storms or hurricanes could be disastrous for Honduras.

CHRISTMAS PARTIES AT THE MOUNTAIN SCHOOLS

CH Trust is grateful that once again a gift of money was provided to enable the four rural schools of Guanacaste, Sabaneta, Chiqestepi and Marco, to each put on a Christmas party for their children. They all had a good time and a real feast of food. It is one of the few times in the year when the children have chicken to eat. Usually it is rice, beans, and tortillas, tortillas, beans and rice. They also enjoyed cake and pinata's filled with sweets. This is a very special time for the children.

The parties were not limited to just the children attending these primary schools. The invitation was extended to all the children in these villages, including older and younger brothers and sisters as well. We have given these children a special time to remember, as they grow older and in turn they become parents, maybe they will be inspired to try and make it happen for their children. The facility furnished by the generator has encouraged the people of Guanacaste to learn how to do fund raising events. Other schools are observing the development of the Guanacaste community and are trying to mirror what they see happening there.

We will not always be able to finance these parties. I think a legacy of these events will be the demonstration to them of what can be achieved when everyone works together. The parents are generally proactive in these rural schools. With our help they have enhanced their community spirit and made great improvements in the schools and community facilities.

CHRISTMAS SURPRISE

Many needy families had a surprise when they received an unexpected bag of food at Christmas. In the bag were red beans, rice, maize flour, dried milk and sachets of coffee. The beans and rice were bought in 100lb. sacks and then divided into smaller bags.

This year two new mountain villages were blessed with food. What a surprise they must have had to receive such a gift. In response, many people have sent their thanks for this much-needed gift. Cesar always explains that they come from England. Last Christmas the bags were paid for by donations, sale of gift cards and fund raising by a primary school in Warrington.

I know that Cesar would like to take bags of food to different communities this coming Christmas, if we can raise the money. This can be done with the £5 Gift Cards or donations.



- WE RECEIVED A BAG OF FOOD AT CHRISTMAS -

COLEGIO FOR GUANACASTE

In Honduras, primary education finishes at age 13 years. The next stage is called Colegio, which is similar to our secondary education and finishes at age 16 years. Most of the young people at Guanacaste have been unable to attend Colegio, as they are needed to work the land during the day to help support the

family. The nearest Colegio classes were also too far away for them to attend. This situation has been revolutionised by the provision of the generator and Cesar's willingness to open and teach evening Colegio classes. This is making a tremendous difference to the lives of the village teenagers and twenties. For many of the pupils it is their first opportunity to access education at this level.

This is a letter from one such pupil:

Dear friends in England, it is a great joy to be able to write to you and to wish you the best in everything you do in your daily lives. I am writing to you with great appreciation for what you have done for us. About eight years ago I finished my primary school and I always wanted to better myself, which I was unable to do due to lack of resources. When I was 17 years old, I had my first boy friend and got married at eighteen. When I was three months pregnant, my husband and myself separated. Now I am a single mum with a year old baby. My biggest desire is to study to give my son a better life. Today I am able to achieve this, thanks to all the help that you have sent and the desire you have to help people like us, from poor areas, that have nothing. We would like to become the best distinguished students and with your help we will. May God bless you all.

From Belkiss,

ABOUT GUANCASTE COLEGIO

The Colegio at Guanacaste is now in its second year. After much hard work (many had not studied for some years) all the grade seven (first year) pupils have graduated and progressed to eighth grade. There is also a new grade seven class. The entire project is currently funded by sponsorship. Each pupil has to have manuals, costing £20, which are the textbooks for the year. A contribution to the salary of the lady who helps to teach them also has to be paid. The total amount for the year is £80.

To date, 'colegio' sponsorship has not generated the same appeal as the £50 sponsorship of the younger children. The higher price may be part of the problem. In response, we are proposing to offer the basic sponsorship at £60 and attract other people to purchase separately the year manuals for each pupil.

One of the options is to offer purchase of manuals as an alternative Christmas present card. A £5 card would buy two manuals for a student. A £20 Christmas card would buy manuals for a year for a student. Obviously, direct donations will also be very welcome.

CESAR VISITS THE LENCA TRIBE

I would like to tell you about a trip I made to some children belonging to the Lenca Tribe of Honduras, a group of which live in the district of Tierra Colorada. Their village is about five hours from Tegucigalpa, close to the border of Honduras with El Salvador. It was a delight for me to reach this place and to represent the CH TRUST organization to all the Lenca families. I gave them a little of what you sent with much love to Honduras. Among the things we gave away were; shoes, clothing, medicine, bottles of bleach, sterilizing bags, mattresses, food, pillows, etc. Everything was very good for them and they were very happy with what they were given. Approximately 180 children were in attendance at the school. Each one received something from what you sent. It was so nice to see the smile of every child after receiving a small gift. They were so happy. I then understood that it was the first time they had ever received a gift. Some of the children were very shy and found it difficult to speak. In the case of one young lady, her smile was enough to know that she was very grateful for everything.

A little later, I saw many children with skin problems. Many of them were barefoot. I was able to talk to some of their parents. They told me that their children suffer from severe malnutrition. This is because, most of the time, they just eat beans and tortillas without any other supplementary foods. They wanted to know what was in



- MY FIRST EVER PRESENTS -

the tins. They were very surprised to learn it was food. I had to demonstrate to the school director how to heat up a can of tomatoes to be served as a snack!

CH TRUST NEWS - MAKING A DIFFERENCE

This is some of the news we have just received from Pastors in Honduras. We thought you might be interested to know how the items we sent are used and how they have blessed some individual families.

FEEDBACK FROM CENTRO CHURCH, TEGUCIGALPA

Once again, we were amazed and blessed at God's provision through your ministry and at the tremendous generosity of the English people, especially in these times of global economic crisis. Thank you for all your hard work and attention to detail in the collecting, packing and shipping these wonderful blessings.

By the way, we really rejoiced as we organised the food items for MARS (CH Trust's name for one of the very poor communities that Centro Church helps) this last Monday. The kids have already enjoyed the first bottle of squash with their meal yesterday. They loved it. The cooking oil and big cans of tomatoes were especially appreciated, as were the meatballs. We have calculated what we need to feed the children this year in terms of staples (flour, oatmeal, pasta, etc). We found that we had sufficient quantities to prepare small bags of these food items to distribute this Sunday, as part of a Mother's Day Celebration for the church and the children's project. As we continue to increase the number of programs and therefore meals offered, we might not always be able to do this. However, we felt blessed to be able to supply some of the tremendous need these families have. As you know the world-wide economy is difficult and the Honduran economy is the same or worse ... and the poor feel the pinch first.

11-year-old Isis (one of our most faithful participants since we began the project) was overheard during the next project session saying that her family had supper that night thanks to the pasta in her mom's provision bag.

The toiletry items (toothpaste, toothbrushes, soap and shampoo) are also being distributed to the mothers of both our children's project and the church in Tierra Blanca this Sunday. This will put them into more than 70 impoverished households. Thank you again for the Fortisip you sent and the special powder, which helps with weight gain. Even with our feeding program offering more balanced meals than ever, we still have too many underweight children. There were many other items that caused us to rejoice as we unpacked and organized them.

Centro Church takes on the major role of importing the containers with all that this involves, including the required paperwork and resolving any difficulties at the docks.

Centro are building a community centre at El Fortin (Mars) for teaching basic skills, reaching the young people in the area and holding church. Beverly tells us:

We will have the additional classroom space on completion of the second floor. This will provide accommodation for four classes with a total of 70+ in the afternoons. (Our morning session is smaller with only 25-30 children). This year, we are committed to offering more personalised attention (15-25 kids per class) and more academic reinforcement. (The children have to pass their grades in order to move into the next class the following year otherwise they have to do the year again). This is another reason the tables have come at a perfect time. Until last week, we've had to either pack too many children around the few tables we had or have children complete their worksheets kneeling in front of their own chair. The adult and teen literacy program we are currently organizing and which will hopefully commence in another month or two will also make good use of the tables and chairs. Of course, all this also means that next year we would really love to receive more educational materials (construction paper, glue, notebooks, pens, pencils, etc).

Again, thanks for all you do. It is really touching lives in a powerful way. Your aid allows us to distribute the personal care items and the food, which not only meets very real needs in these impoverished households but is a great encouragement, both for the children and their parents to keep participating consistently in our program throughout the year. This also enables them to take full advantage of every opportunity for improved nutrition, academic tutoring and spiritual growth.

As always, we rejoiced in the vegetable seeds. We have already distributed a good quantity of them. We are also looking for even more effective ways to ensure that they are distributed in a timely fashion to the people who have the land, the skills and the motivation to make good use of them. (We are currently in the rainy season, so it is a great time to plant).

HELP ARRIVES FOR A NEEEDY FAMILY

Pastor Alberto from Valle de Angeles Church has contributed this account:

“My name is Maria Salgado 67 years ... A short time ago I was praying. I asked God for the provision of food. I was crying and very distressed. Listen ... there was a noise

that made the dogs rush out. I saw Pastor Wendy and some young people who came to my house and brought me food, oats, flour, pasta, rice, milk and clothes ... I was so excited that I gave thanks to God because we did not have anything to eat. I am a single grandmother. My two daughters are also single mothers. They work washing clothes. Two of my granddaughters are at school and three more grandchildren are under 4 years old ... Unfortunately my oldest son is addicted to alcohol and does not help me ... I thank the people of England for the aid sent to the church and also Vision Cristian for bringing it to me."

DANLI - THIS IS A SMALL CHURCH IN A RURAL AREA

We have Sunday meetings with around 40 children. We feed them with the provision of oat, rice and spaghetti you sent last year but we finished these supplies last month and now you have sent us more. My family and the church are grateful for every blessing that come every year through you and your donors. It has been a great spiritual and economic support for our church. We were able to reach others for Christ we have seen children very happy having food to eat, children's homes blessed with shoes and clothes with a toy for Christmas and in the celebration of The Day of the Child. Pastor Raul

FRANCISCO FROM CHOLOMA A CHURCH IN THE NORTH OF HONDURAS

We thank God for the team of people working to bless our people in Honduras.

The day the donations came we found my son Emanuel suffering very badly with bronchitis and saw that in a bucket came a nebulizer. Immediately we connected and we nebulized my son who slept very well after that.

We have several cases where entire families had no shoes and gave them to all the family and they were very happy.

The groceries filled many needs in many families of the church. We have testimonies of families who had nothing to eat and they get the blessing just in time. Pastor Francisco

REACHING YOUNG PEOPLE (THE PASTOR AT NARANJAL)

One project in the Naranjal area that has been very successful is the youth work. The work began with about six young people and now there are over thirty. This has been accomplished with the help of God, the work of a youth pastor and the team supporting him. The young people were taken camping with the tents you sent. We want to reach more young people because they are exposed to serious drugs and alcohol problems.

A NEW VIEW OF THE WORLD

You may remember reading about the plight of Ever Joel Salgado, now 8, and Marvin Daniel Banegas, now 11, in the December newsletter. Both boys live in the rural mountain village of Guanacaste and attend the local school. Both had serious eyesight issues which made it impossible for them to fully participate in lessons. CH Trust, represented by Veronica, Dani and Matt were able to help both children by providing glasses. We are delighted to pass on the report of their teachers that both of them can see well and are now able to take full part in the lessons.

CHESS TAKES-OFF AT VICENTE

Just before the containers were loaded a request for chess sets came in from Luis at Vicente College. We hastily raided the local shops and a number of people's cupboards. In the end we were able to send a good number out. Luis wanted them so that the students could learn this mentally challenging game and gain experience at problem solving in a fun way. To add motivation, competitions were arranged between students and prizes awarded. They hope to extend the challenge to other colleges.

The exercise has been a great success and guess what? They want more chess sets and boards. Cesar also wants to introduce the game to his collegio students.



- CHESS IS SERIOUS BUSINESS -

THE CHICKEN RUN

This is a new project that we told you about in the last newsletter. A family in need is provided with five chickens and a cockerel at a cost of £20. We started slowly to see how well it would work and if it would turn out to be a good investment. A year later the results are good and we intend to help more families in this way, as funds become available.

Several mountain villages were chosen to pilot the scheme. They were chosen because of their low economic resources. Most of the people living in them only earn between 20-30 L per day (about £1) with which to feed up to five family members. This is one of the reasons why some of these families were chosen for the chicken project. For the chosen families, the scheme has given some very positive results by improving their diet with eggs and also producing more chickens which, in turn, has enabled them to have more protein in the diet. This represents a major step forward since, normally, they can only afford to buy rice and beans. Without doubt this small investment has benefited their lives and it should get better as the population increases.

Many families in these areas have also benefited from the gift of fruit trees.



- A GIFT OF CHICKENS -

GUANACASTE ENTREPRENEURS

During 2009, the pupils of Guanacaste School were able to collect 4000L (£150) through activities that took place in the school building. This was made possible by virtue of electric lighting enabling use of the buildings in the evening for various activities. The money was used to provide a graduation party. The fact that light is available by running a generator in Guanacaste has brought many benefits to improve the education in this community. Cesar is looking forward to introducing this type of project in to other schools such as Guayvo and BuenaVista. The new generators (2010 containers) are destined for these schools. It is my hope that they will open more opportunities to the parents and young people who want to study, in the same way as happened in Guanacaste. Guanacaste School is now recognised as the best in the rural communities of Valle de Angeles. It is now able to provide education from Kinder school up to Collegio 9th grade. Personally, I would like to see education develop in other communities in the same way as Guanacaste. It is, of course, only the help of CH Trust that has made this possible. Cesar continues:

“It is beautiful. I have seen the change in the children. It has brought them happiness. They are able to enjoy a school environment for the first time, which is very different to how it was four years ago. They are now able to study in a way that will provide them with choices for the future.

At the moment I am giving shoes and uniform to the sponsor children from all the different schools. These are all in poor areas. This is another significant change, because these children were not able to go to school because the family could not provide the uniform and shoes. But now thanks to help they receive from the sponsor money they are able to complete the school year.

GUANACASTE LEAK

CH Trust was asked if it could help fund reattaching the Guanacaste School toilet roof. When built, it was fitted with too few support beams. This meant that when winds came, as part of the tropical storms, the roof lifted off and the children got wet. The exposed sheet metal edges were also dangerous. CH Trust was able to donate £75 to have it repaired with extra supports. I am sure the children appreciated the new roof, especially as it happened to be the rainy season.

NATURAL HISTORY TRIP

Guanacaste and Marco schools went in one bus to visit the Natural History Museum in the capital. Photos of the event seem to suggest that the snakes seemed to be a fascination. Without our finance there would be no trips for these children.

KEEPING OUT THE RAIN

This year's rainy season has been very fierce and revealed many weaknesses in the very basic structures that serve as schools in rural Honduras. We received a plea for help from Chiqistepe School. Their kitchen was flooding because the building had two door openings but no doors. Due to its orientation, rain was coming in and flooding the floor. This meant that the ladies had to cook food for the children's lunch at home and walk to the school to deliver it. They also needed metal shutters for the window openings, so that the large saucepans etc could be left in the kitchen overnight, instead of having to be taken away to a local house each night. The fitted doors and window shutters cost a little under £200. As the termites like to eat any available wood, the preferred material is metal.

BABY LOVE

Cristocentro church continues to make three trips a year to the public hospital with baby bags and other clothes for the newborn babies. The project is serviced by the Women's group and young ladies of the church. They tell how the mothers are so poor that they have nothing to take their new baby home in. They often have to wrap it in a dress or newspaper. Many cry with gratitude when the ladies bring these lovely gifts to them. To be given such a gift of clothes, soap, blanket etc. is sometimes overwhelming. Many have travelled hours on the bus to reach the hospital. Generally, only those ladies with severe complications are admitted, where the lives of both the baby and the mother are at risk without hospital intervention. The ladies from the church can only give to a small percentage of the mothers that pass through the hospital. But for those they can help, what joy and hope. You never know what good things are in the future.

GENERATORS

The generator at Guanacaste has been such a success that two more have been sent out this year. One was given free from a local generator firm at Wirksworth. The other was bought. These have been given to two different mountain schools without electricity. One was collected as soon as it arrived! I have few details about them at the moment. This year, in the mountain areas, heavy rains have hampered distribution of the aid. The rains reduce the roads to rivers of mud, not navigable by vehicles. More news when we get it.

TREE PROJECT TAKES WINGS

The tree project, to which many of you contributed, through gifts and the purchase of tree gift cards, has been a great success. Many families on one side of a mountain received the gift of fruit trees last year. The people living on the other

half of the mountain, near the Valle de Angeles, received trees this year. Various types of orange and lemon trees seem to have been the favourites.

A church in Warrington decided to have a great promotion on selling tree gift cards, especially near harvest time. This raised over £400, specifically for trees. I thought this would provide more money than was needed for what we had in mind for trees this year. How silly!! I should know better by now. The Lord was only providing for the request that was to arrive for fruit trees from three schools and Vicente Colegio. I thought maybe a dozen trees in total. Wrong! The Colegio request was for 60 trees and another 90 trees between the three schools. That was my extra money spoken for!

The aim of growing trees in these establishments is twofold. Firstly, to teach the children how to tend the plants.

Secondly, via the dining room, to provide long-term food for the children in school.

Cesar chose three different varieties of orange. These will probably fruit at slightly different times. The children from poor homes lack fruit in their diet. Although fruit is grown in Honduras it is too expensive for those with little



- FOOD GARDENING AT SCHOOL -

money. The trees will be a continual free source of fruit for many years. Orange trees have been planted in all four locations. I also heard from the Vicente children that they had planted peach, plum, cashew and mango trees.

These educational projects have been so well received that Vicente want to extend the tree planting project as well as raising chickens, breeding fish and keeping pigs. The objectives are the same, to give education and added interest in attending Colegio. The other main benefit is that they can send the produce to the canteen that is providing meals for 400 of the 8000 pupils who attend. These 400, who we support with food that we send, are means tested by the bursar or the doctors as those most in need of a meal. Their science teacher, who is our channel for their supplies, is trying to make them more self sufficient as well as extending their diet. I like the proposed projects but do not know if there will be sufficient funding to start them all. I do know that we can make a start on some. Trying to support the vision of those working in the country is a good way to achieve the highest level of success.

WINDUP LAMPS AND TORCHES

Last year we managed to give every family in Guanacaste a lamp and a torch. Now Cesar is targeting two other mountain villages that have no electricity. This year the villages of El Guayabo and Buena Vista will be targeted. The Lenca tribe people, hopefully, will receive lamps and torches next year if we have the funding.

The gift of a lamp is so important to these families because it extends their working day and costs nothing to use. I often think how difficult it must be for a mother to tend a sick child in the pitch black of a Honduran night or for a family member to find their way outside to the latrine. I saw one latrine that was very scary to negotiate even in daylight!

Your gift of lamps will be such a blessing to the families who receive them. We know that they value them and use them sparingly. Even though the first one was given out over three years ago, we are told that all the lamps are still working.

Torches can be found in many shops but the lamps we have to purchase in bulk. We need to buy them before January when VAT increases. In order to fund them, we are selling gift cards at £7 for a lamp or £10 for a lamp and torch. Donations will also purchase them.



- WE HAVE A WIND-UP LAMP -

THE PILA, A MEANS OF STORING WATER

The collecting and storage of water can be a problem in Honduras. Many homes have a pila, which is like an over sized concrete sink, built with bricks and cement and skimmed to seal. It is used primarily as a water storage tank but also doubles as the bathroom sink, kitchen sink and wash board for the clothes. It is constructed so that the waste water from washing clothes etc can be drained away from the main water source. A hose pipe, or if available, fixed plumbing is used to fill and replenish the water contained in the pilar. Water harvested from the house roof can also be used to augment the water supply.

If a home does not have a pila, great difficulty can be experienced both collecting and storing water. We have sent many hundreds of white buckets with lids and barrels for water collection but these have been shared amongst many hundreds of families. Sadly, a bucket does not store much water for a whole family. Thus, one of our aims is to provide finance to build as many pilas as we can for poor families who do not have one. The families we are seeking to help are generally trying to cope from an income of about \$1 per day. In such cases, a family will never be able to afford a pila. Although they are expensive to build they do last for between 8-10 years, after which it is necessary to re-line them.

Each pila costs a little under £150 to build, using local labour and skills.. It requires about 200 bricks and 5 bags of cement, a roll of Teflon as well as other items.

Can we make it happen for some families? This will allow them to collect and store water without having to use dirty surface water or fetch polluted water from a river or stream.



- A PILA -

GIFT CARDS OPTIONS FOR AN ALTERNATIVE PRESENT__

The cards feature a large format photo on the front and will cover the cost of various options as listed:

£5 a bag of food for a needy family at Christmas

£5 plant two trees and some fertiliser

£5 provides two manuals for a college student

£ 7 provides a wind up lamp for a family without electricity

£10 provides both a windup lamp and torch

£20 provides five chickens and a cockerel for a family

Cheques should be made payable to CH Trust and sent with orders to Mrs J Cox
20 Chapel Street, Spondon, Derby DE21 7JP. Donations the same.

THINGS WE MANAGED TO SEND WITH THE AVAILABLE FUNDING__

This year we had some extra funding which we used to buy four heavy duty basic six burner cooking ranges for four different feeding centres. These were expensive items but they were much needed and long term investments in the

children's work. We try to have a balance between consumables and long term projects.

We managed to purchase four tons of dried full cream buttermilk. This was purchased from personal donations and recycle. We have been collecting recyclable clothes, shoes, bedding, etc. that are unsuitable or do not have sufficient wear to send to Honduras. Local people and churches have worked hard at this project and it raised enough to buy a ton of milk. We are already over £1500 this year so we are on target to fund about one and a half tons.

Milk is liked and wanted by everyone that we send to, because it is easy to mix and give as a drink or can be mixed with the oats, rice or pasta to make a meal. The children really love the rich, creamy taste and it provides a valuable source of protein and calories which most of the children desperately need.

We extend a big thank you to those who help us to purchase milk each year. It still ranks as one of the most important foods that we send.

NEEDS FOR 2011

PANTS AND SOCKS

Pants are needed, especially for the girls. We rarely get them second hand. We became very aware of the problem after Dani and Matt worked at the school last summer. The girls very proudly wore the short PE skirts that we were given by a school in England. It soon became obvious that the girls did not wear knickers! Matt found this rather embarrassing, particularly in the case of the teenage girls. When asked for an explanation they were told that parents could not afford to buy them under clothes. In many areas the parents struggled to clothe their children, be it bought second hand off the market or sometimes from donations. Underwear was certainly not considered to be a priority. Matt will be visiting Honduras again next year. Can we save his blushes by filling this gap?

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, etc. When making purchases, we would prefer that you buy two tins of a cheaper product than one tin of a branded product.

Plain flour, oats, cheapest rice and pasta shapes are items we send each year.

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!

PASTA

The price of pasta is expected to go up substantially in the near future. Currently a 500g packet of value, smart price pasta shapes cost 32p. It has already gone up to 49p at Tesco.

If you are thinking of buying any to send to Honduras next year this would be a good time to buy. The dates are into 2012 and it is a very stable product which stores well.

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, white board 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.

- Each Child Needs to attend school:- a rucksack, black shoes, paper pad or exercise books, pens, pencil, felt pens or crayons, 30cm ruler, rubber and pencil sharpener. The older children need a compass, protractor and set square.
- 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 paint brushes, embroidery silks, large hole needles and other sewing needs, scissors, etc.
- Footballs make for great playtimes, great gifts for the boys as well as the old favourite, marbles. Chess boards and pieces are also in great demand.
- 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.

PLASTIC SHEETING

We are looking out for plastic sheeting or large plastic bags, the sort in which new mattresses or suites are wrapped. These are needed for wrapping and protecting the mattresses that we send out to Honduras. In Honduras, mattresses are an expensive item that will often only be acquired through inheritance. Many poor families sleep on cardboard or whatever else they can find to make a base. It is our desire that any mattresses we send arrive in the best condition possible. To achieve this we need to keep them dry and clean in transit. We have observed that the mattresses we have sent are often found, years later, in homes with the plastic covering still in place! This is because they are keen to keep their prized mattresses in good condition for as long as possible.

CLOTHES

Children's clothes are still a large part of our shipment. Good second hand and new

OTHER ITEMS

- 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. Cesar has also asked for mattocks (fence-post augers) and scissor type post hole diggers that look like a pair of back to back shovels. I think almost any useful non-electrical gardening tool. However, they do not have a use for hedge shears.
- Large saucepans, jam pans or pressure cooker bases. These are needed for cooking lunch in the schools.
- Toothbrushes, toothpaste, soap and towels
- Bedding including blankets, knitted or ordinary, are needed in the high mountain areas.



- LUNCH OF MILK AND OATS -

CALENDARS

2011 Calendars are again on sale at £5. Postage extra 85p for one and £1.15 for two or three.

The calendars feature a different large colour photo each month. All of the money goes to buy rice to feed children through the schools and feeding centres.

DATES FOR 2011

Receiving Week - February 19-26 excluding Sunday

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



- WE HAVE SHOES FROM THE CONTAINER -