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Children Of Honduras Trust

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CONTINUING TO HELP THE POOREST

The work in Honduras is for ever evolving as new channels of need are identified and met. Cesar and his team are always looking for how to help the poorest children and families. The first need is food, followed by education. We also try to provide for long term improvement. We continue to feed the children, build houses for the poorest families and sponsor education. Cesar, our leading volunteer in Honduras, works so hard for us even though he is a full-time primary teacher and a father of three children.

We hope that you will all be able to come and meet this great guy when, on Saturday 20th June, he will be speaking at Spondon Methodist Church, Lodge Lane, Spondon, Derby DE21 7GF. His presentation will also be available on a private YouTube URL <https://youtube.com/live/mgNEAalD8xI?feature=share>, which can be watched live or later. It will not be removed.

The meeting will start at 2pm. The doors will open at 1.30pm. There will be a bring-and-buy cake stall. Jigsaws and our CH Trust gift cards will also be on sale. All donations



- TOLUPAN CHILDREN RECEIVING A BOX OF JUICE -

will be given to Cesar and his family, who will also be present, as a small thank you for the twenty years he has served CH Trust in Honduras without any pay.

Cesar and his family's first visa application into England has been refused but we are trusting that the Lord will open the way for them to come as planned. A second visa application has been submitted, which includes information that the immigration authority did not seem to have e.g. previous successful visits as identified in old passports.

A SHIFT OF EMPHASIS

Some of the information we have gathered indicates how the Honduras government grades different areas of the country, partly for funding purposes. Three areas that you will know about are the Valle de Angeles, Lenca and Tolupan. Yarula is one of the poorer areas of the Lenca communities. Those living in the larger towns are generally more prosperous. The government lists 298 municipalities. In terms of prosperity the Valle, in recent years, has climbed to 18th place, whereas the Lenca's in Yarula are in 278th place. My guess is that the Tolupan people are even nearer the bottom.

Over the decades, we have put a lot of finance into the Valle. We have built a school, classrooms, school libraries, dining rooms. Pilas and toilets with septic tanks for families, as well as building 157 house and helping to complete four more. All these items are owned by the recipient families or schools.

When we first started helping the Orphanage in 1972, there was only one bus down to the city (Tegucigalpa) and one back home at 4pm, travelling on a dirt road! Now there are multiple buses, plus speedy minibuses, tuk-tuks etc. The road is black topped with lines down the centre. Even so it can still be dangerous, especially after rain, as rocks fall from the mountain onto the road the edge crumbles away, leaving a sheer drop down the mountainside. At night, people who are walking on the road are difficult to see in the intense darkness. It is only the machete that they carry, when reflected in the head lights, that warns of their presence. So, life is still very different in Honduras.

We have now stopped building houses in the Valle area, as labour costs have doubled the price. Instead, we have started to build in Yarula, for the Lenca people. These still cost more money than we collect for a house, but the mayor and council help to offset the cost by supplying some of the materials and the skilled labour needed.

SCHOOL PARTY DINNERS

Most of the Christmas party dinners for the children took place in November, with others in January.

The number of schools to which we provide a Christmas dinner is growing. Surprise, surprise, Cesar asked if he could add three more schools this year.

The addition of rural schools to the list is not usually a problem, as their numbers tend to be small. However, this year Cesar added two city schools in Comayaguela, a suburb of Tegucigalpa. This added near 400 more pupils to our current list. In all, we provided school parties for 22 schools this year, a total of 2090 children. At two pound per child, this gives us a bill of over £4000. In spite of the cost, we consider the benefit to the children makes it well worthwhile.



Each school gets the same budget per child, with a little extra, so that the school can also invite younger siblings to the party.

Of the 22 schools this year 14 have received money to make their own arrangements. The remaining 8 had food taken to them. This helped to reduce the manpower needed from our team and the accompanying fuel bill. This delegation of responsibility is only made possible by Cesar's confidence in the relevant school staff, following many years of providing party food.

Summer, with very high temperatures, was just around the corner. It is nice to be able to hold the parties outside if there is a suitable space. Some used the dining rooms that we built for them.



- SABANETA SCHOOL HAS PROVIDED SLICES OF WATER MELON.
IT FREED MONEY TO BUY COOKIES FOR DESERT -

At El Canton they do not have a dining room but they have our Christmas dinner. Looking at the trees and bushes it must be quite a drop from the otherside of the wall.



FEEDBACK FROM A TEACHER

A letter was sent to us by Fanny, a teacher at Lempira school near Bonito, Cantarranas. This school is located down the other side of the mountain from the Valle de Angeles.

This year, for the first time, Lempira school had been included in the food we provided for the Christmas party dinners. Fanny remarks:

“I am very grateful for the support that is given to the children for the Christmas meals. The main reason for my gratitude is not just the gift but because of the quality of food. A meal of this quality in a restaurant would be very expensive and would cost between 250 and 300 lempiras for each child.”

It is very interesting to understand how our help is seen. Also, the good quality of food that we provide. Fanny says a meal of this quality would only be available in a restaurant at a cost between £8-£10. That is probably more money than many have to feed the whole family.

As well as giving these children a very good, high protein meal, it is also making happy memories that will last a lifetime.

Sadly, without our input there would not be any school parties. The most important element of the party is a dinner including a large piece of chicken. It will be the last good dinner that many of these children will have, as the majority come from poor families, where food of any sort is registered as a good day. In fact, a chicken dinner may never have been seen in some homes. As with all that we achieve in Honduras, it can only be done because people gift money that we can send out for these different projects.

LENCA HOUSES

In the last newsletter we had completed our first house in Yarula. We have now completed seven houses and eight and nine are about to be started. The weather can influence the building programme, as the rainy season can make the mud roads impassable, preventing deliveries. So, building has to stop during periods of heavy rain.

At the time of writing, it is April. Honduras should be dry with temperatures up to 40°C. Lourdes wrote, telling me that it was, in fact, raining. The rains do not usually start until about mid-May. Climate change!

The families occupying the first ten houses will have several things in common. Firstly, they all have children and, secondly, are too poor to have a home that can be made durable, healthy and safe.

The people are prone to respiratory illnesses as the cold and rain constantly batter them. The large gaps between the planks that make up the walls of many homes mean that they are perpetually damp in the rainy season. This will make them feel colder, more uncomfortable and prone to mould etc. Photos that I have seen show a bed with a covering sheet but no thick blanket. The earth floors also become increasingly muddy, releasing more moisture into the living space. In some cases, structural safety is at risk, as many of the houses are old. Some even fifty years old, where the wood is starting to rot, leading to the possibility of collapse and tragedy.

In the photo, this Lenca family has five children. The first thing that I noticed is that all but two of the children are not wearing shoes. Shoes are expensive. I bet their feet are cold, as they are all wearing a top layer of clothing.



This is home to two single mothers and two children. Their safety is at risk. They are prone to respiratory illnesses due to the constant cold and rain. The structure could collapse and cause injury.



The house below, built approximately 50 years ago, is made of earth, with a dirt floor and a tile roof. The earth walls are rotten and are slowly giving way. The wooden pillars are at a 20-degree angle instead of vertical and are gradually becoming more inclined, putting the people who live there at risk. The roof is slowly sinking.



The new house porch provides shelter for cooking and washing. I do like the pink blocks. The windows that they are using are slide opening. They have small panes which is good in case one gets broken.



When a house is complete, the occupying family is given the key to the door. This is something they have never had before. In their old home, the occupants never even had a door. No privacy, no security. A door to close must give them so much peace of mind. It is difficult for us to imagine how much they value this.

Building continues. Our contribution to the cost of a house is £2500. This does not cover the cost of all the materials or any of the labour, some of which is skilled block laying. The council in the area is providing the rest of the money. They cannot afford to build without us and CH Trust is in a similar position. Together this partnership is giving new long-lasting homes to these poor families.

GOING FORWARD

In line with the desire of CH Trust to help the poorest in society, Cesar hopes to put more emphasis on helping the Lenca and Tolupan people. However, the distance he has to travel to reach them makes the task more difficult. But, with every visit the understanding and possibilities grow.

The new mayor we are working with for the Lenca is excellent. Like Cesar he is highly qualified, educationally, and has a heart to help his people. Mayor Nelson has overseen the building of houses five and six. Houses seven, eight and nine are underway. We also hope to build another water tank in the area this year, as the funds have already been provided.

In terms of child welfare, I think Cesar is looking into providing food through some of the schools. In the Valle, groups of mums do the cooking of the food. Is this a possibility in Yarula? We do not know yet. People have asked for more fruit trees. This might be an easier fix. The schools need input. Some children are not able to access education due to poverty. After leaving primary school, others cannot continue to secondary education because there are only two senior schools in the area, with no structured transport to reach these schools. Solutions to these problems will be harder to find.

A SECOND JENNY SMITH LIBRARY__

Our second library is at the technical college in the village of Villa de San Francisco. They teach hands-on skills to the senior school age pupils, rather than just academic subjects. The Villa de San Francisco is outside of the Valle area, near Pedrigal. It takes students from a wide area, as the only other such college is Hector Medina in the centre of the Valle village, opposite La Finca de Los Ninos Orphanage.



To create the library, we provided some metal security framework, the paint, shelves, tables, chairs and a selection of books. The use of a vacant room was cheaper than trying to build new, which is expensive. The library is something of lasting value, to help the education of pupils now and into the future. I think Jenny would be very pleased, as education was important to her.



The school has a severe problem, as it lacks water for drinking and hygiene, not to mention things like water for plants and domestic science projects. They used to have a well, but the pump failed. The school could not afford to buy a new one and the government would not. They are a great distance from any water supply to which they could connect. This is a project that Cesar is monitoring and trying to find a solution for, with the school and education department.

WATER FOR LIQUIDAMBAR SCHOOL

We have helped one school with a water supply i.e. Liquidambar school. They had a water tank provided by the government, but this needed elevating to enable gravity to deliver the water to the point of use. Again, the small schools in poor rural mountain areas do not have funds, so they asked if CH Trust could help. A local UK church gave money so that a platform could be built to elevate the water tank, with a secure space underneath to store gardening implements. In theory this platform should be simple. As with most buildings, the most important structure is the part we do not usually see, the foundations. The foundation of this structure must be strong, as it will support a lot of weight once the tank is full of water.

A deep trench was dug and filled with boulders and concrete. Metal rods were built into this base and threaded through the blocks. This stops the walls from spreading with the weight. Once the walls were built a platform was built on top with metal sheets, iron grid and concrete. Lastly a door was attached to the space underneath to keep the tools safe.

The village water supply is very slow and intermittent, especially in the dry season. The village may only be turned on for a few hours once a fortnight. This makes a storage tank very important. It will last for many years as it is well built with input from

an engineer and expert builder. We take water for granted in the UK. It is very different in Honduras and many other countries. Many thanks were sent by the school for our support, another successful project.



FAMILY PROJECTS

We have continued to build pilas and toilets with septic tanks for individual families as highlighted in the last newsletter.

SCHOOL SEWING CLASSES

Sewing items were again bought in memory. This time it was for the College in Villa de San Francisco. This is a technical college offering qualifications in practical subjects. They have a teacher and sewing machines but little in the way of finance for consumable items such as material, cottons, cutting out scissors and other necessary items. When these workshops were established, the expectation was that they sell the items produced, which would enable them to buy more stock. This does happen, but over time, some unsalable items result in stocks running low without any means to replenish them. Waiting in line to use the one good pair of scissors is not inspiring to anyone. We have given a boost to their supplies and encouraged both teacher and pupils.

TOLUPAN PEOPLE

The Tolupan people are some of the poorest in Honduras. They live in a remote mountainous area, which is difficult to reach by truck. Three rivers, which are unpassable during and after the rainy season, have to be forded. The nearest people live one and a half hours walk away from the closest place that can be reached by a vehicle. Others live up to three and a half hours walk away, which can be slow with young children or



- SCHOOL SEWING CLASS -

babies to carry. The other drawback is that they speak Tolupan, not Spanish which is the national language of Honduras.

To facilitate the distribution of food bags, two lines are roughly formed, men in one and ladies in the other.



The people here are waiting for the team to arrive with the two trucks. Years ago, they were very shy and timid but now they know Cesar and they are all smiles and very happy to see the team. Everything is arranged through their leader who speaks Spanish.

He can communicate with Cesar, as he has a cheap phone. However, finding a signal is a major challenge!

That morning the leader, who had organised the day and bag distribution, walked three and a half hours up the mountain to give out tickets to the needy families there and those living nearer to the distribution point. He then stood by the truck and collected the tickets, as the bags were given out. Without a ticket, they did not get a bag of food. That is dedication, to make sure those who qualified received their bag and no one else.



- LEADER COLLECTING TICKETS -

The ladies who have toddlers are given a box of dried milk. They need the extra protein and calories. 95% of children under 14 years old suffer from malnutrition. This is why the need is so great

Order and queuing disappeared when Cesar appeared with boxes of juice for the children. Biscuits and sweets were given out by someone else, probably Juan Carlos. This would probably be the first food of the day for many of these children who had walked a long way. Even in the midst of the usual children's scrum for a freebie, the biscuits provide some important calories. Santos and Jorge prefer to take the photos, while Juan Carlos and Cesar work with the people and children. Adan is often seen moving supplies to where they are needed. I think Cesar and Juan Carlos are always the drivers on these visits.

Keith, who was visiting Cesar, brought back lots of information. He was able to enjoy the use of the leader and a school teacher as translators, as they were the only two who spoke Spanish as well as Tolupan.



- WOMAN RECEIVING A BAG OF SUPPLIES -



- CESAR DISTRIBUTING THE BOXES OF JUICE -

When asked what they needed, they requested several things. Fruit trees and seeds featured high on the list. Juan Carlos, our horticultural expert, would like to visit the nearest hamlet to judge the quality of soil and their farming practise. This would give him a good idea of what varieties of fruit trees and seeds would be the best.

The Tolupan used to hunt small local animals, but this has now been banned by the government, in the interests of conservation. The Tolupan have regulated their environment for years but that is of no interest to the government. Protect the animals and starve the people!

The other surprise item was soap. They do not have goods to sell and so have no money to buy a bar of soap, costing only 60p and essential for good hygiene.

In 1999 when Hondurans were celebrating the increase in life expectancy to 70 years, this did not extend to the indigenous communities, whose average life expectancy was 43 years for women and 36 years for men.

Cesar and his team want to help this group of people the most, as they are the poorest people they meet.

We are looking into all the things that Keith brought back to us, hopefully to move these people forward. Cesar will probably tell us more when he visits in June.

FOOD FOR THE SCHOOL DINING ROOMS

As a core objective of CH Trust, we again bought food for the school dining rooms in six schools. We do this twice a year so that the children can be fed a good free meal two or three times a week, varying from school to school. The other constant drain on finances are the two feeding centres, which provide meals for over 400 children twice or three times a week. The supply of large quantities of food is expensive but it is an essential part of our work with the children in Honduras. One 'thank you' read,

THANK YOU FOR ALL THE HELP YOU MAKE POSSIBLE IN MY COUNTRY.
"GOD BLESS THE GIVING HANDS"

Those of you who donate are those giving hands across the water to children in Honduras.

CESAR'S LETTER TO JENNIFER AND FRIENDS IN ENGLAND, SPRING 2009

(This letter has been included to remind us how CH Trust is making a difference in Honduras.)

"It is an honour to be able to write to you all and be able to inform you all on how your help makes projects come to be. I would like to tell you about one of the schools

where your help has made a big difference. The school's name is Juan Ramon Molina. It is situated up in the mountains in a little community called "el Guanacaste", which is part of the Valle de Angeles.

The school has been there for 40 years but it is only thanks to your support for the past two years that the school has truly developed. It has grown so much that the attitude of the community, parents and children has changed for the better. Before, the school received very little or no help at all. Lack of resources and acknowledgement from the government that they existed, made the people of this village lose faith in anyone who would offer them help, as this never materialised. People accepted that they had to manage, on their own, as best they could.

The children found school boring, although some parents sent their children to school, so that they could have some education, few were able to finish primary school (sixth grade). Most were unable to continue into any kind of further education, as nearest colleges were in the city Tegucigalpa, requiring seven hours of travelling by bus every day. They also have to pay for bus, uniforms and school material, something that the majority of the people from Guanacaste would find impossible to do.

Most of the people from this community earn their daily bread by working on the sugar cane plantation for part of the year. Their wages are monthly and so low that the majority of the children also have to work with their parents. This is often a reason why some don't attend school. The majority who do go to school will still have to work in the fields during the afternoon afterwards.

90% of the adults from Guanacaste cannot read or write as they were unable to attend school. For some of these people, surviving rather than attending school was their priority. However, I have observed that such attitudes have now changed. Thanks to your help, children now find school a place they look forward to going. The parents feel encouraged and want their children to attend school. To see them motivated and wanting to learn makes me, as a teacher, feel happy and motivated too.

I have never known a school, from a rural area in the Valle de Angeles, which has made such vast improvements in education in the way that Guanacaste has. This makes me dream of being able to help many children in Honduras to have an education. Every day I see this dream coming true, when I see people wanting to learn. My dreams are becoming reality, thanks to you all, because you also have the desire to provide an education for children in Honduras. This is why I want the children who receive help,



- FEEDING THE CHILDREN WITH BEANS AND RICE -



- LEARNING TO GROW FOOD -

to know that the desire to help them comes from deep in your hearts, that it is not just words that never materialise.

The generator you sent is an example of how your help has changed the lives of people in Guanacaste. This community had been waiting all their lives to have electricity in the village. As usual, the government had been promising and done nothing. Now with the generator, the school has electricity, the children know what a computer looks like and how it works. I remember the first time the children saw a computer. It was a laptop sent by yourselves in 2007. I told the children I was bringing it the next day for them to see. The next morning children and parents were at school waiting to see it. It was funny to see them so amazed. They wanted to touch it and had lots of questions about computers. We spent the whole school day learning about computers. In two years, you have helped this community achieve so much more than the government has done in the past forty years.

I would also like to share some of my vision for the future, in how to continue to change the lives of children through education, through a project we would like to start in this community. Generally, once the children have finished primary school, their next step is to go and work in the sugar cane plantation. They begin their working day at 4.00am and finish between 2.00-3.00pm. Although many would like to carry on studying, they need the money to survive for the year, as work in the sugar cane plantation only lasts from May to December every year.

There is a group of about 15 young people between 12-20 years of age and an adult, a total of 16 students, who would love to start college or seventh grade, (senior school level). They all work in the sugar cane plantation, and none can afford to continue their education. Each student will need to buy their school manuals every two month for 150 lempiras, which equals 600 lempiras for the 8 months of the school year. This makes a total of $16 \times 600 = 9600$ lempiras.

The group will start on the 4th June 2009, three times per week, from 4pm to 7pm. This is thanks to the generator as normally, by 5pm, the village is dark. As mentioned before, there is no electricity. The teacher will be a young woman named Cecilia Ponce, who was very fortunate and able to continue into further education. She would like to help others from her community to also carry on to higher education. Some of the classes, which are part of the programme, are computers and English. We are very excited. I will support Cecilia as much as I can. We will achieve a lot. Your help means a lot to us. I hope that you will feel encouraged to know that your hard work is changing lives and providing opportunities of a lifetime for children who would

otherwise be deprived.”

This letter was written in 2009 by Cesar. He became a teacher/head of this school in 2007, when they had 35 children. He left in 2015 when the pupil numbers were 110. I would like to tell you some of the things that Cesar achieved for the school and community in those years, with the support of CH Trust.

We built an extra needed classroom, a dining room and a hen house. Buildings help but the real gift was that Cesar showed, especially with the school kitchen and hen house, that people working together could achieve great things. Working as groups and as a community was a new way of thinking and working for the Guanacaste residents. The ladies joined together, drew up rotas and commenced the task of cooking meals for the school dining room, using food provided by CH Trust. This provided much needed nutritional meals for the children in this very poor community. Protein was added with the introduction of a good supply of eggs and eventually chicken. The men were not to be left out. They helped with the planting of the fruit trees we provided for the school and seeds, so that they could grow vegetables for the dining room. They were so pleased with their school that they collected stones from the river. Cesar arranged for some cement, and they laid a very good, wide pathway between the school gate entrance and the classrooms. The ladies then planted ornamental shrubs at the edges. The result was excellent. It looked good and was an asset to daily life, as mud was not trailed into the classrooms during the rainy season.

As the school improved and grew, the community began to believe in itself and what it could achieve. The 16 students mentioned above continued through secondary education with the help of our gift of their manuals. This new community spirit and thinking will last for years and continue to grow with each new generation. Guanacaste had never before had anyone manage to attend University and gain a degree. Poverty and their remote location had made it almost impossible. Cesar encouraged and helped them dream big, educationally. As a result, they achieved what they previously thought was impossible.

This is a summary of educational success: -

Delmy, Iris and Dilcia were helped with sponsorship to complete university education. Delmy is now head teacher of Guanacaste school. Iris and Dilcia are both teachers working in nearby villages. Cecilia is now deputy head of a Colegio. Marbeli trained as a teacher but now works for the police service.

America has programmes to teach children the dangers of drugs and gangs from the police force.

Eric began in kinder, which Cesar started, and progressed through the school. He is now a priest. Samuel, Misael and Concilis, Carlos, and Ronald are now in the police



- THE PATHWAY BUILT AT GUANACASTE -



- CHILDREN OUTSIDE THE GUANACASTE HEN HOUSE -

force. They all qualified with a degree for their positions. Everlyn, Anabel and Alexa are studying at the police academy. They will go into teaching or admin positions within the police force.

Thus, 16 young people from that small community of Guanacaste graduated from university. Many others learned trades at the local technical colegio. The sugar factory and agriculture are no longer their only options. Guanacaste and its people now have a much better future, thanks to Cesar's dedication and the financial help, provided by CH Trust, in support of the necessary projects.

PAYPAL

Some people donate via Paypal. If that is you, thank you. What I wish to share with you, is that I no visibility of people who give in this way. So, if you want the money used for a special task in Honduras or would like photos of what your money achieves, please drop me a line by e-mail or phone. I do not need an essay, just the amount and your name please. All Paypal donations come through as anonymous. In this day and age, I can understand why this option is chosen.

Thank you to those who give their eBay purchase money to CH Trust. Again, I see the money but no details. So, a big thank you to you. Every penny helps to improve children lives in Honduras.

CARDS

I usually only put the list of cards for sale in the autumn issue. However, the cards are available all through the year. They are useful as gifts or in memory cards. There is also a new card, providing soap for the Tolupan people, that you will have read about. All cards are £5 except the Education kits which are £15, as this buys the books and equipment needed for a child to be able to attend school for the year. I can post these cards to any who wish to buy at any time in the year.

Card List Cards are £5 except where indicated:

Food for a family in need	Invest in a Child (education)
Fruit Trees Children's	Christmas/Party Dinner
Food for a feeding centre	Exciting Reading for School Kids
Soap for the Tolupan	Seeds for schools and families
Education Kit (£15)	

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
- ☐ Sponsorship
- ☐ Education or school kits for the next academic year

I have enclosed £_____

ADMIN

GIFT AID

The Inland Revenue has a scheme called Gift Aid where, if you are a UK taxpayer, CH Trust can claim back 25% on top of the value of your donations/giving. If that's you, it would be great if you would complete the Gift Aid details on the back page of this newsletter. We will do the rest. Please remember to tell us if you drop out of paying tax.

GENERAL FUND DONATIONS

Contact Details

See front page.

Bank Details

To (Bank) Name: HSBC	Sort Code: 40-19-37
Account No: 61589865	Account Name: C H TRUST

SPONSORSHIP DONATIONS

Contact Details

Post: Mrs J Davidson, Trent Farm, Tenter Close, Long Eaton,
Nottingham. NG10 1HX

Email: sponsorship@chtrust.org.uk

Bank Details

To (Bank) Name: NatWest	Sort Code: 55-50-53
Account No: 64612155	Account Name: CHTrust sponsorship



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.
