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# Children Of Honduras Trust

## Newsletter September 2013

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### LOADING DAY

The four inches of snow that fell on Friday night made getting to the site more difficult. As a result many people did not turn up and others were snowed in. Some of our helpers managed to arrive from Manchester, Bristol, Winchester, Mansfield, Sheffield and Loughborough. Crich, although nearer in miles is relatively high in altitude. This resulted in so much snow that it took Bob two hours to dig out his car.

At the yard, the first task was to shovel the snow off the roadway so that we could walk easily and safely move the pallets of goods. After completing that task, we started to sort out the containers. The containers already had the heaviest pallets on board. These had been loaded the previous afternoon in blizzard conditions. This had to be done because the fork lift was only available to us on the Friday afternoon. Our neighbours' in the warehouse next to our unit used their forklift



- LOADING CONTAINERS IN THE SNOW -

to help load the lighter pallets. Brakes (a firm with a presence on site) later ran rescue by employing one of their powerful forklifts to deal with the pallets weighing a ton and more. Without all their help we would have been in big trouble. Thank you.

We have been very fortunate during the last year to have enjoyed the use of the unit next door for several months leading up to Loading Day. This has enabled us to organise the placement of large cupboards, hundreds of chairs and tables etc, largely onto pallets, in readiness for wheeling out to the containers on Loading Day. This, in turn, meant we did not need so many people to unload from the units. This proved to be a great help, as we were a third down in numbers due to the weather.

The yard was of course very wet. This prohibited our usual practise of assembling a substantial quantity of goods onto the yard early in the day. In order to keep things dry our supplies were only brought onto the yard as the container crews needed them for loading. This slowed things down somewhat and also made the task of the container crews more difficult. However, it did help to keep the containers drier. The container contents will be sealed in for about six weeks, in which time the boxes will release their moisture. This, in turn, condenses on the roof and rains back onto the goods creating a mini eco system, which encourages the growth of mould etc. This is not good for the packed items, especially the dried food.

A very large amount of items have been packed this year. The additional warehouse availability provided us a first time opportunity to view all that we had to send. We were overwhelmed by the quantity and seriously doubted that we would get it all in the containers. We had 970 chairs and 160 tables as well as cupboards etc, etc. The container crews packed 8928 items during the day!

The south containers were accused of having a door in the back of their van, so that they could load things into the Salvation Army container parked behind! In spite of our doubts something like 98% of our goods made it into the containers. A very tight pack and a tremendous achievement by the container teams.

The cold conditions did of course sharpen our appetites. Like everyone on this day, the catering team had to cope with different arrangements. However, they did enjoy the benefit of being indoors, rather than in the tent. The service provided was excellent. I think everyone enjoyed the hot drinks and bacon butties that

appeared during the morning. Congratulations to the catering team. An essential job well done.

Finally, thank you for your prayers. Everyone arrived and returned home in safety and there were no accidents on site. A big thank you to all who made the day work, you did a fantastic job for the children in Honduras. On their behalf, lots of hugs. (This is how the Honduran children end their letters!)

Thank you for the part you played in this year's containers of supplies for the children.

### WHAT DID WE SEND THIS YEAR?\_\_

2013 was the year of chairs, tables and filing cabinets! Our local hospital donated a large number of study chairs, along with tables and filing cabinets. The hospital is in the process of closure. Most of its work has been transferred to a new hospital built on the edge of town. We inherited the furniture from the teaching branch, which was the last department to move, because they were equipped with new furniture at their new location. It took a large team to collect and transport these goodies back to the CH Trust base. They did a fantastic job. I was on holiday at the time. Some say it was planned!

Dining furniture was also given by the Rolls Royce Marine Power Plc. The other chairs and tables came from schools, village halls and churches. These items are difficult to store and pack but are greatly prized in Honduras, where they are very difficult to buy and very expensive. The Lord appears to be stocking them up while we are still sending containers. White boards were also taken off the walls of the hospital. These will go to the schools and children's projects.

The other great blessing was a large number of very good quality single and double mattresses donated by a local bed shop. From time to time, they come and unload about ten mattresses, usually covered in plastic, ready for loading day. When in use in Honduras, many will remain in their plastic bag. The people that we are trying to help only have a sheet of cardboard to sleep upon, or a mattress created from a very thin piece of foam. To them a mattress is an heirloom, which they can only possess because they have been given one. As such, they have to make it last as long as possible. The plastic bag is an essential aid for ensuring the mattress has a long life.

Due to the large amount of furniture this year, it was only possible to pack about

half of our supply of mattresses into the containers. However, we have a good start on our supply for next year.

All of these large items, which appeared during the summer, presented us with logistical problems. They take up a large amount of floor space and can only be stacked a few feet high. We are very grateful to Clive, representing our host Norbert Dentressangle, who came to our rescue. He allowed us the temporary use of the unit next door, as long as it was not needed for rent to a customer. Without this extra space we could not have managed to accept or send this valuable furniture. Thank you Clive and ND, you are helping to make a big difference in Honduras.

### **FINALLY DELIVERED!**

In spite of all the obstacles it is good to be able to report that our 2013 containers have been delivered to their final destination without loss.

This year, the import process proved to be even more difficult than last year. Before Christmas 2012, the government in Honduras withdrew all dispensas. A dispensa is the paperwork that allows us to import the containers without paying import taxes on all the things we send. This situation potentially presented us with a big problem.

Praise God, dispensas were re-introduced in April, while our containers were in transit. We had applied in advance for our dispensa, which was granted as the containers arrived in Honduras. At this moment of victory we were then informed that they had created another office to judge if the dispensa should be approved. Our paperwork rested in this office for about ten days. This cost us an extra £2000 in penalties for keeping the containers, which we rent from the shippers, beyond the seven free days. However, the good news is that we were granted a full dispensa. The customs told us that since January over five hundred dispensas had been applied for but they had only granted twenty two. Ours was one of those twenty two. God is good!

This was only one of the many hoops we had to jump through to get our containers into the country. They asked for certificates for the milk from DEFRA, which are not required for the USA or Honduras. It took much argument and official references before the Honduran office would accept this answer. The saga of the import continued like this for about six weeks with two new problems created for each one solved. We have since had contact with other larger organisations who

import into Honduras. They have also encountered similar problems. It is not just CH Trust.

Even after clearing the paperwork we still had problems. We usually unload two containers in one location and the other two in another. Four containers, holding a total of nearly 9000 items, require a large area to unload. This year, the Customs decreed that we must unload all four containers at the same location. Thus the yard at Cristo Centro appeared to become smaller and smaller as the thirty ministries arrived with their transport to unload and remove their supplies. The problems were compounded by the late arrival of the customs officials. Unloading could not commence until they turned up at 1.30pm in the afternoon. This resulted in a very rushed unload, with two containers being unloaded well into the evening. It goes dark at about 6.00pm. Travelling with goods after dark in the capital is very dangerous. Thankfully, all arrived home safely. The final cost of import was around \$11,000. A depressingly large amount of money wasted by government bureaucracy, but still worth the import. On those containers were many items that could not be bought in Honduras. The tables, chairs, whiteboards and cupboards that will be used in schools and churches cannot be bought in Honduras, even if they had the money. The food, clothes, shoes and medical supplies are life lines to the many poor families we help.

Now is the rewarding time! The photos of what we are achieving are now arriving from Honduras.

### CHILDREN'S NEEDS

We are looking to send more clothes for older children and teenagers. We receive a good supply of baby and toddler clothes but very little for children above the age of about six years. As the children get older their clothes become more important to them. However, we are not able to meet this need because we have nothing to send. Can we improve on this situation? Do you know of any children or teenagers who would give us their outgrown or out loved clothes to send out to Honduras? In the case of growing children, many of their clothes soon cease to fit. Particularly good times to ask are the beginning of summer, if we have one, and at the beginning of autumn, if mum is in charge of the sort out. All footwear is also wanted, including wellingtons and boots for the rainy season.

We have done well from schools which have donated their old school uniform. I wonder if your local school would hold a collection day for clothes and shoes? This offers a good charity project without asking the parents for any money. Lost

property, which usually has to be thrown away at the end of term, can also furnish a wealth of items including clothes.



#### - DISTRIBUTING COOKING OIL -

#### MACHETES!

Some time ago I watched a programme about people working in the sugar fields. They were cutting at the cane with machetes. The thoughtful employers provided gloves and leg protectors for their workers as it is too easy for the machete to miss the cane and slice into the wielder's leg. Machetes have to be very sharp for this work. In spite of the danger, there were children as young as eight years working alongside their fathers.

I asked Cesar if the sugar plantation owners in Honduras provided gloves and leg protectors for their workers. To the best of his knowledge the answer was no. The people who harvest the cane work long hours for little pay and put themselves and their young at high risk. We know that some of our sponsored children, as young as six years, help to harvest cabbages with machetes.

I wondered how we could help. The day before we packed the containers in March, I went to the local supermarket and bought some of those inexpensive leather gloves. I bought them for £2 from the gardening section but I have seen them at £1 in the pound type shops. I still have to discover how well they last and if they are good for the workers. The other idea was shin pads. They are often

given to the trust with the sportswear. These have got to help. So we are looking for shin pads in sizes suitable for both children and adults. Sports clubs and local football teams could be a good source. Pieces of thick leather might also work but we would have to provide the socks to hold them in place.

### FOOD FOR THE HUNGRY (A REPORT FROM CESAR)\_\_\_

Much of the food CH Trust sent in the containers has been used to prepare bags of food to give to the very poor. Many have already eaten the corn and beans that they grew last season. It is now the rainy season in Honduras. Planting for the next harvest has already been completed but the harvest is some months away. The local sugar plantation and factory has no work at this time of year and construction is halted by the rain. This means there is no work and no work means no money. No money equates to no food!

On this occasion I chose to give specific help to the village of Macuelizo in the Valle de Angeles district. This community suffers extreme poverty, especially affecting the children who live in this village. Most of them are children of single mothers. On our arrival, the mothers came to greet us, bringing small children in their arms. The older children were so happy when they saw us coming, they were jumping for joy. We see so many single mothers struggling to raise their children, struggling tirelessly against all odds. But even with all that, they do not lose faith and cling to the hope



- RECEIVING FOOD BAGS AT CHRISTMAS -

that in the world there are people like you at CH Trust, who offer their help even though they are far away,

It was exciting to see so many people waiting for the help that you have sent them.

The hope and happiness felt by these mothers, as they received their bag of food was wonderful. The bag contained oats, pasta, flour, milk, tinned tomatoes and vegetable seeds. They could not wait to get home to see what their bags contained. They open them immediately.

They were so happy at having received this great gift from England, that through me, they send their enormous gratitude and many blessings to you in England. This help will not solve the many problems that these people have but it leaves a footprint in their lives. That in the world there is a beam of hope, helping them believe that there are others that care. Instilling in them faith and hope to continue fighting for a better future for their children, a future which enables their children to be educated. There is also a need for them to be well grounded in Christian education, helping to guide them to embrace a spirit of solidarity and goodwill, even better, to learn to live in the fear of God.

During the Christmas break, Cesar and his family also prepare and take out bags of food into the mountain villages. These people are not celebrating with a big Christmas dinner. In fact many suffer from malnutrition as they have little or no food to eat. For them, Christmas is no different to the rest of the year, just another day to struggle to find something to eat. It is good to know that we are helping to spread hope and joy to these under resourced people.

### CHRISTMAS TIME

Five rural schools again celebrated Christmas with a party. A party meant a special meal with rice, vegetables and the Christmas treat of chicken. They also had an orange, a banana or both, depending on the organising mums' preference within the budget. We do not spend extravagantly on these parties as any money saved goes towards bags of food to be given to individual families who are struggling to put any food on the table. This is becoming a CH Trust Christmas time tradition which brings much needed help and a great deal of happiness. Thank you for the finance to do such things. Like me, I am sure you would like to be in the thick of giving out these bags of food. We can, at least, share the photos and know that others have had food to eat at this special time of year.

## HELPING THE TOLUPAN TRIBE

In addition to his work in Tegucigalpa, Pastor Rigoberto Ulloa supports the Lahoy clinic in Orica and works with the Tolupan tribe.

The tribe, which lives on Flower Mountain, are among the poorest of the Honduran communities, plagued by extreme poverty. The Internet tells us that “This mountain range is situated on either side of the Yoro-Sulaco road and is the last remaining home of the Tolupán. Formerly one of the most widespread indigenous groups in Honduras, there are now only 10,000 left. At one time the Tolupán lived across a wide swath of Honduras from northern Olancho almost all the way to the Guatemalan border. They are believed to be descendants of the Sioux Indians of North America and still speak Tol, the native tongue of the Sioux. They still stay true to their cultural heritage and have not embraced a religion. Gradually they have retreated further and further into the interior mountains and maintain a certain degree of isolation from the rest of the country. A major difficulty for the Tolupán tribe is subsistence. Food is scarce. The tribe lives in varying degrees and stages of malnutrition to starving. If a family emergency takes the husband/father away for some reason, the wife and children are without food at all. Supplying food and helping to find sustainable methods of agriculture has now reached a critical level if the tribes are to survive.



- WOMEN FROM THE TOLUPAN TRIBE -

Pastor Rigoberto and three other Honduran doctors make up a medical team that visit Flower Mountain several times a year. Medical care and aid is given free. Their main ministry is medical care, dentistry, food, clothes, shoes and personal care (they give haircuts free to anyone who wants one). They visit about 3,000 people in the course of the year. The Ulloas describe the tribe as extremely poor. 90% of the children have grade 1 malnutrition. The people do not have enough land to grow food as the mountains are too high and steep for agriculture. The pastors have tried to get funding from World Vision for the Flower Mountain tribes but only the government can administer the funds received and they have no interest in the indigenous tribes.

### A WORD FROM MARIA ULLOA

*At this very moment my husband is travelling to visit the people who live at Montana de la Flor (Flower Mountain). He has taken food and medicines for them. Also on 27 April, we held our first Medical Clinic of 2013. On this occasion the Doctors provided medicines for 350 patients, gave away 118 toothbrushes and treated the teeth of 180 children with fluoride. They also cut a lot of hair. They used clothes, medicine and toothbrushes provided by CH Trust.*

For sometime the Ulloa team have also been visiting the Tegucigalpa rubbish dump to distribute food for breakfast, give free haircuts and free medical help.

CH Trust has provided a single butane commercial burner to help them to prepare this food.

They also provide some basic food for those waiting outside the city teaching hospital that treats the poor. Some may be queuing to seek treatment, others will be the family of patients who need to stay near the hospital. It is the responsibility of friends or family to help with all the basic needs of a patient. Many cannot afford to travel and so stay on the street. It is to these people that Pastor Rigoberto's church try to bring help.

### THE WORK AT EL FORTIN

The Centro Church in Tegucigalpa works with the children of El Fortin, a very poor district in the city, troubled by poverty and gangs. In recent years they have managed to build a church and feeding centre within the community. Some of the furniture and food resources have been provided by CH Trust. This year CH Trust sent tiles, bought at a super price, to cover the concrete floor of the feeding centre area and kitchen. This is a great blessing since, apart from the

visual enhancement to the room, the tiles will significantly improve the hygiene of the unit and render it much easier to clean.

### A NEW CLINIC IS OPENED\_\_

In the Valle de Angeles they have opened a new small clinic. This is run by a volunteer doctor and nurse equipped with our medical supplies and dressings both donated and bought.

In our containers were a substantial quantity of dressings and medicines such as antibiotics. We have given some of these to this new clinic so that the doctor can more fully treat those in need. The clinic has only been open a few weeks. We can only imagine the good our medicines are doing for these families. The antibiotics can save lives as well as making recovery quicker and less uncomfortable. This is only one of many clinics that we help with supplies.

*The nurse Ana Maribel Garcia who also volunteers with us, working for free looking after the patients that come in each day to our small clinic. Doctor Karina Rodriguez Zamora, originally from Cuba, has special care of patients of all ages. Thanks to them the medicals which you send are put to the best use. The patients are grateful to have the medical supplies, as they are given at no cost and the consultation is free. They send the message: Thank you to CH Trust for such marvellous work on health in the district of Valle de Angeles*

Our medical supplies are also taken out to people living high in the mountains, who have no access to any medical help. Two ministries have doctors who do this every year, helped by our supplies. Supplies also go to a hospital in the city. Ladies with leg ulcers are helped by our dressings. The dressings that people give us are intended for a single application. However, they are so precious and helpful that they wash and reuse them. Support stockings are also appreciated. The only answer they have to these diabetic induced ulcers is amputation which, understandably, is not a popular option. In comparison our NHS is wonderful.

There is a lot of diabetes in Honduras. We were discussing this with a doctor from a city hospital on our last visit. It was suggested that the high carbohydrate diet, short in protein, fruit and vegetables could be the cause. Medication by tablets or injections is not possible for many due to lack of money and shortage of medication in the country. We can however help some to be more comfortable with the dressings and the stockings that we are given.

## CENTRAL COLEGIO (VICENTE COLLEGE)

Luis writes to say what a blessing our food is to the young people who attend Central Colegio. The food we send plus the fruit trees, chicken and rabbit projects provide the food for the dining room. These young people do not have money to provide food for lunch nor is there sufficient food at home. Our small meal is possibly the only meal they will have that day. The young people benefiting from the meal are chosen according to their economic and medical needs.

Luis is trying to make the dining room more self sufficient by growing the fruit trees. These were bought as small trees a few years ago and are just beginning to bear fruit. Although fruit grows easily in Honduras, few of the people we support ever enjoy eating it because it is too expensive for them to buy. This is why we often give an orange or banana at the village school Christmas parties. The chickens and rabbits provide a source of protein to add to their otherwise mainly carbohydrate diet. As part of their education, the young students have also prepared areas to grow the seeds that we have sent out. All these projects are working well with our support.

Luis also takes food into a local school and day care center for under fives that is run so that their mothers can work to buy food.



**- A NEW HOUSE UNDER CONSTRUCTION WITH THE  
CURRENT HOUSE MADE OF WOOD AND TARPULINS BEHIND -**

## HOUSES FOR THOSE IN DESPERATE NEED

Last year we saw the total of houses built reach seven. One more has almost been completed this year. About 150 people have approached Cesar asking for help to build a house. He has the difficult job of choosing. He has spent several months checking the families and the financial situation of those who asked for help. He wants to make sure he helps those with the greatest need.

Some have small parcels of land that they own and have the title deeds. Others will have to request land from the Mayor's office. Some are single mums, others have partners. Some struggle with the rent and are at risk of being turned out of their rented accommodation.

Cesar has a waiting list of 25 families selected from those who have approached him. He has a shorter list of those who have a piece of land with all the correct paperwork needed so that no one can take what we build. Where the land is in the man's name, it has to be re-registered in the woman's name before we will consider a house for them. This gives security to the women and children who cannot then, in the future, be turned out into the street if the relationship does not work out. The majority of the houses are for women who have been left with several children to bring up on their own. Those chosen fight to send their children to school despite the struggle to buy expensive school uniform and the black shoes. These are the people we want to help.

From the letters of thanks that we received it is interesting to note a common theme i.e. they now have security. They no longer live in fear of being told that the room they rented was needed. Also, mum and her children did not have to go bed hungry because the rent was due and they did not have sufficient money for both rent and food. This peace of mind is so important to those who have now obtained it. It also means that any money they manage to earn can be spent on food and the education of their children, instead of on expensive rent which usually only affords them a single room. The mums no longer fear for the future for their children. They are also free to play and shout and even scream if they want to! They do not have to be quiet because of jeopardising their continued occupation of their rented room. Indeed they have freedom to be children.

These are letters from some of those now enjoying their new house.

Veronica wrote:

*"My daughters have a much better quality of life and they do not have to walk so far*

to school or to go to the village to buy food. Our daily lives are much better as we lived with other families in the house we were renting. We have realised that the way we are living now has made us much closer and more united as a family.

Our financial situation has improved a little more because the money we were spending on rent we now spend on food and medicines for my daughters and on their education”

**Julissa wrote:**

“I feel so very happy because I do not have to rent now and my daughter can go to Kinder. Although it is an expense, I can manage it now. Before I had to spend on rent but now I have money left over to buy the school things for my daughter. It is such a great blessing for me to have this house because it is very difficult in Honduras to get a house”

**Maria wrote:**

“I would like to tell you how much my life has improved. Thank you for the best present I have ever received in my life - my house. I am full of happiness and so are my children because you have transformed our lives and everything is so much easier. For example, I don't have to pay rent to have a house for 700 lempiras (£25 per month) and often I used to have to sacrifice giving food to my children in order to



**- ERIKA AMADOR'S HOUSE -**

pay the rent or buy other essentials like shoes and clothes.”

Most commented that it was hard to move forward in their lives when living in such poverty. The surprising outcome is that, now they have a house, they have started to plan and save for the future even with very little income. Ownership has also brought a new pride in their surroundings.

- Veronica and her daughters have painted the outside of their new home.
- The father in the plastic house’s new home was caught brushing and tidying the path in front of the house, such pride!
- Maria now looks for extra hours to work and saves hard as she is buying a building block, one at a time, to build a toilet and septic tank for her new house.

The help we give seems to inspire as well as provide. These people are a joy to help.

This lady wrote in request:

*“I am a single mother who has to make many sacrifices bringing up my 2 children, Jeremy 4 years old and Dana 6 months old. My husband abandoned me and I struggle to pay for a small room 3x3 sq metres (10ftx10ft) which I rent for 800 Lps (£29). I go out to work doing housework and I do all sorts of jobs to try and earn our daily bread in an honest and honourable way. I need a roof of my own and if you could help me I would be enormously grateful to you.”*

We hope to build a house for her soon.

Thank you for the money that has been given specifically for the house projects, they are not built out of general funds. I get great pleasure in passing on the funding for these houses. Cesar, in turn, is rewarded for his hard work by the joy of those who now have a permanent home. We would all like to see the faces of those who walk into their completed homes for the first time.

### A BEAUTIFUL STORY

We have heard that as each house is completed any spare building blocks and sand are taken to the land owned by Senora Erika Amador. Here, with the help of her family, she is slowly building herself a two roomed house. She will need about 15 sacks of cement and also a roof, which she will need our help with. The rest of the house will slowly grow, little by little, with the left over building items from each new house, as they are completed. I think this a lovely story of

how even a little waste, when collected, can be made into something lasting and beautiful. It is amazing to observe how Cesar is able to tailor each project to the individual circumstances of each of the beneficiaries.

## MILK

Milk is still the most popular and expensive food we send. It costs almost £51.25 for a 52lb sack. We buy the dried full cream milk in the New Year, when it is specially prepared for us. Nearly all the dried milk stocked in shops is made from skimmed milk. Although not offering the same nutritional value as the full cream milk, it is still good. Any that we are given will help a family. A problem with the milk we send is that we cannot buy it in modest quantities. It has to be bought in unit quantities of complete tons, costing £2050 per ton. We cannot purchase part tons.

## MAJOR FOOD NEEDS

With all food needs, quantity is preferred rather than quality. If you have nothing to eat the brand name is not important. It is better to feed two children rather than one. Anything with a sauce e.g. meatballs, tinned spaghetti etc mix well with pasta.

### **PASTA AND SPAGHETTI**

Tinned tomatoes and baked beans

Tinned vegetables and soups

Rice and Oats

Powdered milk

Cooking oil

Cereals

Tinned meatballs, sausages, and tuna

Dried soups

Rice pudding

Plain flour

Sugar

Drinking Chocolate

### **BAKING**

Several of the churches and projects wish to teach cooking and baking. They are looking for bowls, baking trays and bun tins.

### **SCHOOL MEALS**

Large saucepans, frying pans, jam pans or pressure cooker bases are needed for cooking lunch in the school, especially very large (catering size) frying pans and saucepans.

## OTHER NEEDS

### **CLOTHES FOR SCHOOL**

Jeans are now used as school uniform by many of the rural schools. Here in England, children's jeans can be purchased from the large supermarkets, ranging from £4 to £5. We need ages six to fifteen. 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! Second hand are also good.

Black shoes of any description, second hand, new, even plimsolls allow children to access school.

### **Toys**

Skipping ropes are popular with the girls. Also dolls, baby or Barbie are greatly loved by the girls. The boys go for footballs and cars.

Football kit and football boots are always wanted, also the balls.

### **MUSICAL INSTRUMENTS**

Recorders are an item asked for by many schools. They have recorder groups but lack enough recorders for the children. Guitars are also needed.

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

Inexpensive digital watches are also an asset for the older children.

### **TOOLS NEEDED FOR BUILDING**

Now that we are involved in building houses in Honduras, we have been asked for help in providing a large variety of tools. In the process of building the houses, young men are being trained in a range of building and plastering type skills. To do this they need the relevant tools, as used by the already skilled people.

List of tools needed for our building projects:

Wheel barrow

Spades, shovels and Picks

Spirit Levels

Metal cutters

Nails and Screws

Jig saws

Door hinges, bolts and locks

Cement mixer

Trowels, floats

Hammers (lump and claw)

Hand saws (shears, angle grinders)

Electric circular saws

Tarpaulin

Electric welder

Garden hose  
Adjustable spanners  
Rakes  
Generator

Plumbing wrench  
Garden secateurs  
Compressor for paint spraying  
Petrol can

Door locks with keys. These are again expensive and many have no means of securing their homes when they are out.

Hand and garden tools are asked for by many ministries. Many work the land to grow a little food. Many can earn money with woodwork and construction but need the tools. Pick axes are used to break up hard soil.

### **GAZEBOS AND TARPAULINS**

We are still looking for gazebos and tarpaulins to guard against the strong rays and heat of the sun. Lorry curtains would also do the same task.

### **TOILETS**

There is a great demand for second hand toilets. These are expensive and beyond the reach of many. A few hand sinks would also be good but less important.

#### **Beauty Products**

Many are now asking for these items because they are running classes on hair care, nails and beauty care. This can give a girl the ability to earn a little money locally, helping to feed her and the family. Others may be sufficiently talented to start a small business. Also all the teenage girls like these things.

I am not asking for money to be put into these items as they do not rank high in our priority list. However, many people may have spare items in their possession that they might wish to donate. New and complete bottles are not important.

### **REDUNDANT CHARITY BAGS**

We would like to receive any plastic charity bags that come through the door that you do not expect to use. This type of bag is well suited to wrap blankets for shipping and to line the banana boxes against absorbing damp during transit.

### **BENEFITS OF RECYCLE**

Some of the clothes and shoes that we receive are not suitable to be sent to Honduras. We sell these on as recycle, much for distribution to more temperate climates. We have raised £3086 in 2012. Thank you to all who have helped with their contributions.

## IT IS GOOD TO TALK

I held a Skype conference with several of the ministers in June. This meeting demonstrated how much they valued our oats. We usually send four tons. However, in view of the problems with importing, I proposed that I might not send oats next year. They all got very animated and told me that I must not do that. The oats are used in a thick filling drink often given after Sunday school. It is also a good breakfast food. So, import problems or not, oats it is again for 2014.

We have been talking to some of the mums who find it so difficult to feed their children. Breakfast is often a cup of coffee and a tortilla if available. Others will have nothing as the cupboard is bare. Some mums will give one small meal of rice and red beans at about 5pm. Others will divide that small meal into two even smaller meals so that the children can eat in the morning as well as late afternoon. This is why the food we put into the rural schools for a midday meal is so important. It means that those with no breakfast have something to eat. It also means that the late afternoon main meal stretches further for the family. It is difficult to comprehend such lack of food on a continual basis. The foods most asked for are pasta, spaghetti, rice, oats, oil, flour, all things that fill. Milk is also good for the little ones.

## GIFT CARDS, AN ALTERNATIVE PRESENT

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

- £5 buys a bag of food for a needy family at Christmas
- £5 buys a family size mosquito net
- £5 buys two fruit trees and some fertilizer for a school
- £5 provides a manual for a college student (six per year are needed)
- £10 buys a pair of black school shoes
- £15 provides two chickens and a cockerel for a family
- £20 buys an aqua filter pump for a family providing clean drinking water.

## CALENDARS

2014 Calendars are again on sale at £5. Postage is an extra £1.10 for one and £1.40 for two or three.

The calendars feature a different large colour photo each month. Every penny raised from the calendar goes to buy food to feed children through the schools and feeding centres. The Christian printing company PhotoCal.co.uk produce them free for us so we can buy food.

All cheques made payable to CH Trust please.

## DATES FOR 2014

**PACKING WEEK - LAST OPPORTUNITY TO INCLUDE ITEMS IN THE 2014 SHIPMENT**  
February 15<sup>th</sup>-22<sup>nd</sup> 2014 (Excluding Sunday).

**LOADING DAY**

Saturday 22<sup>nd</sup> March 2014



**- CHILDREN RECEIVING DONATED WELLIES -**