



CCAMRE Newsletter

THE DISASTER MIGHT BE OVER, BUT THE RECONSTRUCTION CONTINUES.

SPRING / SUMMER 2011

WWW.CANADIANCAMRE.ORG



OUR VISION

CCAMRE is a community of Canadians working in partnership with a community of Central-Americans resulting in improved lives in both regions.

OUR MISSION

CCAMRE focuses on initiatives that enhance the capacity of communities to become self-sufficient.

OUR MANDATE

To share our resources of skills, knowledge and funds to work for:

- Relief effort
- Education and awareness building
- Medical Aid
- Partnership development
- Networking Fundraising
- Community planning and Economic Development

PROJECT DEVELOPMENT

- Sewing projects
- Education - Scholarships
- Baking project
- Rotating fertilizer project
- Senior's project
- Yearly missions
- Dental clinic
- Dental teams
- Medical teams

BOARD OF DIRECTORS

President	Hilda Rossi
Vice President	Ana Paredes
Treasurer	Marylin Hallgren
Secretary	Bonnie Fuller

Mission Trip – March 26th to April 10th 2011

Our Mission Team, a determined group of 18 volunteers from Canada and 14 volunteers from Guatemala, began planning our journey last October. The Mission's goals was to help the Mayan Chorti achieve a self-sustaining community through better education, health and dental practices; social awareness and life-skills programs focusing on agriculture, construction, women's issues, baking, seniors and sewing to name a few. To the interpreters you did an outstanding job in facilitating our work and communication process. To all mission members, a heart felt **Thank you** for a job well done and to the people of Guatemala, our **Thank you** and gratitude for allowing us to share in their culture and their lives. **Project Director - Ana Paredes**

Mission Member's Experiences:

Construction Project



Medical Team



Brian Todd - Millbrook, ON

"My trip to Guatemala with CCAMRE was quite a learning experience for me; it was almost surreal to see so much harsh poverty in such a beautiful country. The people of the Merendon Mountains had so little, yet they were so friendly and gracious for our help, they made it easy to want to help them. By making their lives better, it made my own better as well. Our Construction Team members were Joe Milhovic, Robert Gimpoli, Riccardo Rossi and myself. Together we worked in constructing a retaining wall at the community store in imushan in order to alleviate flooding. As well, we worked in the construction of a canal around the Volcancito community centre building in order to alleviate flooding."

Julie Cordasco, RN - Burlington, ON

"Our Medical Team consisted of Conchita Miranda, RN from Belleville, Dr. Osbel a Family Physician from Cuba, Andrea Taracena. Johana Perez our scholarship recipient and myself, Julie Cordasco. The only time the Mayan Chorti people in the Merendon Mountains see a doctor is when CCAMRE's mission arrives. During the mission, in eight working days, we treated more than 618 patients, an average of 77 people. The need for health care for the Mayan Chorti is overwhelming. Most of the patients seen were women and children. More than half suffer from malnutrition, respiratory problems and anemia."

Dr. Richard Morris, Dentist - Sudbury, ON

"Our Dental Team consisted of five students from the Faculty of Dentistry, University of San Carlos of Guatemala, and myself. We treated approximately 300 patients, extracting more than 500 teeth and many of these were difficult extractions. One has to appreciate how difficult this is especially for the students because the only illuminating light is the natural outside light through a window. Also, when the patient bleeds, there is no suction so visibility and access to difficult areas is very poor. We have no power to use a drill to remove bone in order to take out roots. So I was very proud of my students from the University of San Carlos of Guatemala. The culmination of this mission was the Inauguration of the new "Dr. Russell Grover" dental clinic in La Union. This special clinic offers free dental care to the people of the Merendon Mountains, provided by a resident dental student from the University Of San Carlos Of Guatemala.

Dental clinic



Workshops on how to grow and use the Moringa tree.



Sewing Project.



Seniors Project.



Andy Harjula - Cavan, ON.

"The Agriculture Team consisted of two Agronomy students from the University Of San Carlos Of Guatemala and myself. During the mission, 7,500 Moringa seeds were divided equally among the three villages, Timushan, Volcancito and Pena Blanca. Each village received three to four hours of instruction during two days of visits to their village. This included how to plant the seeds and how to care for the plants after the trees begin to grow. Instructions on how to cook with the Moringa powder were given by Candy Ortega and Julio Cesar Ortega (Guatemalan supporters) gave a spirited presentation about the benefits of the Moringa tree. With the help of the Agriculture Team's expertise the villagers' nutrition will improve drastically, as they are already cultivating and eating the Moringa."

Cecilia Bardsley - Etobicoke, ON

"The Sewing Team consisted of Victoria Ehvert, Helena Wulff, Zoila Salguero and myself. Our goal was to teach the women of Volcancito, and Pena Blanca to apply their sewing skills in order to make practical, useful and innovative items for sale within their community and surrounding areas. The Sewing Group in Volcancito were taught group dynamics and merchandising skills. Hilda Rossi, Bonnie Fuller, three members of the sewing group and I travelled to the town of Jocotan for the Sunday market. We met various store owners with the intention of promoting the unique handmade items such as shawls, matching draw string bags, cell phone bags, colourful baby shoes and small stuffed toys, which had been made in Volcancito. I am very proud of their perseverance and commitment which these women showed us during the mission and I look forward to their continued success in the Sewing Project."

Bonnie Fuller - Oakville, ON

"This year was my first humanitarian mission to the Merendon Mountains; an experience which changed my life profoundly. The needs of those deprived Mayan Chorti peoples will remain in my memory forever. I was in charge of the Seniors Project where I had the privilege of interviewing them and getting to know their living conditions and needs. They live in poverty and misery, lacking proper hygiene, nutrition and housing. There are 10 Seniors and all receive food, vitamins and other necessary provisions three times per year. During the mission, with the help of the children of Volcancito, I distributed the Seniors quarterly care package. I will work closely with the Guatemalan CCAMRE coordinators, to deliver the next supply of food and aid containers within the next three months. The Economic Development team's objective was to explore and assess findings for economic development. We concluded that the small farmers of the Merendon Mountains are in dire need of direction & assistance. Results of our findings to be reported in the Fall newsletter."

DONATIONS

Donating to CCAMRE has become even easier! Simply go to the WWW.CANADAHELPS.ORG website and enter our full name: **Canadian Central American Relief Effort** and follow the prompts. Donations are always welcomed and are tax deductible.

For more information contact:

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Education and Scholarship students



Scholarship Program

This year 29 scholarship were granted to students of the Merendon Mountains. This project continues to be an important tool that facilitates the growth and education of these students.

Including the financial support for Johana Peres who is in her 2nd year university of her nursing program. In this picture you see the scholarship recipients of the village of Pena Blanca and they are future high school graduates, teachers, bookkeepers and secretaries.

COMING EVENTS

CCAMRE'S & ROTARY CLUB MISSISSAUGA-AIRPORT RUN/WALKATHON

For more information contact :
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CCAMRE CALENDARS "2011 IMAGES OF THE MERENDON MOUNTAINS OF GUATEMALA" are on sale now. Get your copy today!

OUTREACH MEETING AND AGM MEETING:

Place: Multicultural Inter-Agency Group of Peel (MIAG) 3034 Palstan Rd. Suite M3, Mississauga. **Date/Time:** Saturday, June 25, 2011 at 10 am.