



CCARE Newsletter

The disaster might be over but the healing has just begun.

APRIL 22, 2011

VOLUME 1, NUMBER 1

OUR VISION

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

OUR MISSION

CCARE 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
- Partnership development
- Networking
- Fundraising
- Community planning and Economic Development



WE INVITE YOU TO RUN/WALK WITH US ON AUGUST 27, 2005 FOR THE CHILDREN OF THE MERENDON MOUNTAINS OF GUATEMALA!

On August 27, **CCARE** will have its annual 5K Run/Walkathon along the Waterfront Trail in Burlington. The race will start at the Gazebo at Spencer Smith Park at 9:30 a.m. We would like to invite you to join us for this event. It will be a lot of fun and you will be helping a noble cause.

FOR FURTHER INFORMATION CONTACT THE FOLLOWING:

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The Running Room or VR PRO at 905-639-8053 or fax 905-639-2950 or e-mail vrpro@sympatico.ca or www.vrpro.ca or www.runningroom.com

GRAND LATIN DINNER AND DANCE

On behalf of the Board of Directors, we thank you for your sponsorship, continued support and volunteering. The Grand Latin Dinner and Dance on January 28th was a great success. Over 500 people attended. All proceeds are destined for ongoing projects helping the Mayan Chorti natives of Guatemala as well as the victims of the Asian Tsunami. **The next Grand Latin Dinner and Dance is planned for Friday, January 27, 2006 at Le Treport Banquet Hall, in Mississauga.**



MISSION TRIP 2005

CCARE's team just came back from the 2005 missionary trip to Guatemala. There were 14 volunteers who traveled to help the indigenous communities of Timushan, Volcancito and Peña Blanca in the Merendon Mountains of Guatemala. This mission encompassed a very ambitious work plan for community and economic development. The mission members' enthusiasm and commitment made it possible for the success of **CCARE's** work.

Construction of the Multi-skill Centre: The construction of this centre in Volcancito has been made possible largely because of a donation by a wonderful, generous lady who believed in **CCARE's** work and wanted to help this community. After a long process during which **CCARE** examined the many legal aspects of this construction initiative, the project got underway. The men and women of Volcancito are very excited about the opportunities that this centre will provide to further their skills in areas such as carpentry, tailors, crafts and sewing. This will ultimately lead to future economic growth within the community.

Sewing Project: The continued success of this project depends on donations by Canadian citizens for supplies and materials. Materials such as hospital sheets and uniforms have been creatively converted into uniforms for school children shown as one example in a wide exhibition put on by the community for **CCARE**. Rosie DeBiasi, coordinator of this program, Zoila Salguero from Guatemala City met with the women of Volcancito and Pena Blanca to teach sewing skills. A tailor from a local community was also hired by **CCARE** with the intention of furthering the skills of both men and women so that they may meet their immediate and personal clothing needs.



Canadian Central American Relief Effort (CCARE)

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Health Clinic: **CCARE** and a medical team lead by Dr. Ruth Matheison and Registered Nurse Lorenza Durian met with La Union Health Centre to coordinate the work plan to meet the community health needs. Eight full days of clinic work provided services to 803 patients from 15 villages. Dr. Salguero of La Union Health Centre purchased enough medications for **CCARE** to meet their needs. The health team spent three days at the Health Centre in La Union. Remaining medication was donated to the Health Centre of La Union and to the health post of Taguaini.

Dental Clinic: Dr. Russell Grover and Heidi Grover along with two hygienists led the dental team. Eight full days of dental clinic work were done in the mountain villages. Two days of this work was held at La Union Health Centre. **CCARE** discussed the logistics of having a dental office at the Health Centre with the support of Dr. Garcia, a local dentist.

Women's Issues: Lorenza Durian, Registered Nurse and Andrea Taracena, interpreter, held sessions and addressed family planning, birth control, sexuality, nutrition and healthy eating, hygiene, body changes, first aid and basic preventative practices. Ana Paredes facilitated women's meetings and addressed issues of organizational development, particularly committee work, election of leaders, work plan, group dynamic, conflict resolution and decision making processes.

Men's Issues: Discussion was facilitated by a local health care professional on topics of sexuality, alcoholism and family violence. The men expressed their concerns and felt that they needed a lot of help on these issues. Further follow-up meetings were planned with the assistance of the Health Centre.

Education Project: 10 scholarships were given to junior high school students from the village of Pena Blanca. The scholarship includes tuition fees for the current academic year, uniforms, school supplies and daily snacks. **CCARE** began discussions with the three levels of government and addressed the possibility of working on a project to have a Model Rural Integrated School in Volcancito and Pena Blanca. Further discussion, research and project development is underway.

Corn Grinding Machine and Poultry Project: **CCARE** had the pleasure to inaugurate both projects in Volcancito and Pena Blanca. These machines have a major impact in the tortilla making process, particularly for the women who must get up before 4:00 am to make them. Now they can grind the corn in a few minutes so that they can continue with household chores. Committee members were trained on how to operate these machines. Clear policies and guidelines were developed for implementation to ensure the safety of community members. The poultry project has greatly contributed to the economy and nutrition of these 2 communities. An evaluation was done and we are happy to tell you that most of the families are selling their eggs as well, this has contributed to an extra income and these families can buy household items.

Post Mission Evaluation: **CCARE** mission members met upon their return and discussed the overall accomplishments of the mission. Productive recommendations were made for consideration for future trips. **CCARE** would like to thank all the mission volunteers and interpreters for a job well done.

CCARE MEMBERSHIP: Please consider becoming a **CCARE** member. We are looking for dynamic individuals who are willing to work on committees or who may wish to participate in future missions. Our membership meeting will be on Tuesday October 18, 2005 at the Le Treport Banquet Hall, Mississauga. For information please contact **CCARE**.

DONATIONS: All donations go to the Guatemala Project. Please make cheques payable to **CCARE** and send to the address in this newsletter.