

THE CATALYST

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The Haiti Plunge mission is to challenge and empower young people to make a difference with their lives and to be of service to others.

GIVING TREE PROJECT

Two hundred and fifty-five mango trees have been donated to the Haiti Plunge Inc.'s Giving Tree Project. The goal is to reach three hundred trees by April so that they can be distributed to that number of children in the villages that HPI serves. The children will plant and nurture their trees until they bear fruit in 5—7 years. The fruit can be used as a food source for the family or it can be sold at the marketplace and used to pay school tuition.

Mangoes are considered the King of Fruits because of its nutritional and health value. It is the only fruit that contains vitamins A,B6,C,E, potassium, copper, magnesium, and beta-carotene. This super fruit fights cancer, regulates diabetes, promotes weight loss, strengthens the immune system, reduces kidney stones, has a high iron content and works as a skin cleanser. It is one of the major food sources for the people of Haiti. The Mango tree also helps the reforestation of Haiti which suffers from extreme deforestation. The tree roots grow deep and spread very wide thus controlling soil erosion.



A mango tree can be purchased as a gift for a Haitian child until April. The April team will distribute the trees to the children and help with the planting. Photos of each child receiving a tree will be taken and sent to the donor. The cost of a tree is \$15. 00 Interested donors can send a check to Haiti Plunge Inc./ MT.

The hills are alive with the 2016 Haiti teams



The Dec. team loading the MAC truck to transport team and supplies to Brely

The Dec. 2015 team established the new base of operations for HPI in the village of Brely. Since the move from Desab in April 2014, the teams have been staying in their transitional residence in the community of Bercy located in the Cabaret area. The teams commuted daily to their work projects in the mountains. Brely is part of the nine village cooperative that HPI has been serving for over thirty years.

In keeping with its mission of sustainable development Desab's existing physical infrastructure was sufficient for the village to sustain itself. Two additional organizations were recruited by the community leadership to assist with the health clinic and various other projects.

The development of the Desab village is one of HPI's success stories. Had it not been for the 2010 earthquake, which destroyed major buildings, HPI would have shifted to

a new residence sooner. Once the rebuilding was completed the move to a transitional residence was made. The choice to relocate in Brely was contingent on three factors: an invitation from the population requesting assistance in development; adequate road access into the village; and a storage area for team equipment. The 2016 teams will return to first stage sustainable development. They will stay in tents and live for ten days without running water or electricity.

Unique Donation



Katherine Wadsworth with friends

During her Christmas break from college, Katherine Wadsworth had a chance to participate in a very creative family competition titled "The Reindeer Games." The family did Christmas a little differently this year. They chose to give back rather than exchange gifts. Every participant paid a \$20 entrance fee. The winner of the games could donate to their favorite charity. Katherine won the competition! When asked, "Why the Haiti Plunge," Katherine said: "My sister Kristina and I participated in a Haiti Plunge and had such life changing and amazing experiences in Haiti. We talk about our experiences with our friends and family all the time and thought it would be the perfect organization to donate the \$535.00 in winnings. Kristina and I want to return to Haiti on another plunge soon. We were both excited that we could make the choice of charity."

TWO WEST FOUNDATION

Haiti Plunge Inc. recently received a **\$10,000** grant from the **Two West Foundation** to build Raised Gardens for Women. The goal of the project is to provide food security for women with children. The gardens are built next to their homes. Haiti has been in a drought for the past eight months and the family gardens have not been able to produce crops. The raised gardens need very little water and recycled water can be used. New crops can be planted every ninety days. Each woman receiving a garden must commit to maintaining a compost bin next to the garden so that the soil can be enriched at each new planting.

Upcoming team trips

For anyone interested in participating in a Haiti Plunge team there is space available on the following teams:

March 5—13

May 27—June 5

June 24—July 3

Aug. 5—14

Oct. 21—30

Dec. 28—Jan. 6, 2017

Trip cost is \$1,650. Fundraising brochures are available to help defray the cost.

Donors are the lifeline to the Haiti Plunge mission.

"I believe that if you show people the problems and you show them the solutions they will be moved to act."

Bill Gates

2015 4th Quarter Major Donors

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