

# THE CATALYST

## A publication of the Haiti Plunge

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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.

