

# Nicaraguan adventures

***Peter and Nora Moore participated in our Discover Nicaragua trip this year.  
They told us about their experiences.***

Our visit to Nicaragua proved to be a challenging, informative and memorable experience. We met the other participants for the trip at Heathrow airport, checked in and generally chatted and on the Miami leg of the journey we were able to space out and even lie down for a sleep. We had a meal at Miami where Nora blew the sleeve of her drinking straw towards Peter but it diverted to almost land on a neighbouring diner's plate! Fortunately, the diner saw the funny side of this. The incident provided a humorous ice-breaker and gelled the party together.



The Hogar de Fe Orphanage revealed the work and dedication of staff in caring for and educating the children who live there. Each dormitory has murals depicting various activities and interests and a duties rota. An early morning start (5am) was followed by a day full of activities until bedtime at 9pm. American supporters have equipped a networked computer resource centre ensuring the older students have an up-to-date learning experience.

In Managua, SIFT supports mechanical and electrical courses, provided for disadvantaged students, which lead to employment in vehicle maintenance. An enterprising lady, who learnt how to maintain her taxi, now owns three taxis!

The National Museum illustrated the volcanic geology and, sometimes, turbulent history of the country. In the square, next to the museum, stand the remains of a great cathedral which was damaged beyond use following an earthquake. We also visited the smoking volcano Masaya. The density of the steam, unfortunately, obscured the crater from view! It was interesting to watch vultures fly into the steam to rid themselves of fleas!





The isolated location of the island of Ometepe accounts for an obvious increase in the level of poverty observed. At each home visited, a cheerful, warm and generous welcome greeted the party. Open wood burning cooking facilities, within the kitchen area, are causing respiratory health issues and one of SIFT's projects is providing closed cookers with a chimney to remove smoke from inside the home. Nora had an excellent lesson making a tortilla, using one of the new cookers which had been

provided for a family. We also visited SIFT's health clinics. We were amused when, near the end of one clinic, a patient arrived carrying lunch - three fish! These were duly hung (next to three umbrellas) on the metal window grille, to be collected when the consultation was over.

Our time on Ometepe was also spent in the tree tops on zip wires, walking in the butterfly enclosure and around a lake and waking to calls of howler monkeys.

We flew to spend our last few days at Bluefields where we saw work done by Margaret Storey. On the outskirts, a recently completed laundry room revealed how necessity is the mother of invention. Water for the laundry had to be either collected from rain or, in the dry season, lifted by hand pump from a well. It was interesting to watch how economical with water a girl was when she washed her school shirt. She rinsed the soap off using a small bowl, whilst we, with running water on tap, would have used a whole bucket full. Pumping water from the well is heavy going.

Cristino, a self-taught mechanic and welder, had constructed a coconut shredder that he proceeded to demonstrate to us; health and safety is something that happens elsewhere! We are looking forward to receiving the ring he is making from a steel nut for Nora. It was also remarkable to visit a stone quarry where entire families would spend long days breaking rocks into graded sizes for building material. This would be the family's only source of income for food and daily needs.



The trip gave us insight into SIFT's medical and feeding projects and it was lovely to join the children in singing "My God is so great ...". To see the new cooking facilities and prepare a tortilla was an experience Nora will always treasure. We saw need, but also the beauty of the country. Whenever we met and prayed with local Christians, we felt united in a common purpose.

# Meet Gretty Castillo



Gretty Castillo lives in the village of Los Angeles with her husband and young daughter and works at our clinic in Las Pilas. She wanted to work for SIFT because it gives her the opportunity to help other people. As well as treating her patients' physical needs Gretty is often able to help them with their spiritual or practical needs. She says that when patients come to the clinic

with economic or domestic problems she is able to share what the Bible says about these issues as well as counselling them or offering them a helping hand.

Gretty also participates in SIFT's programme of community education. She has given talks about dengue fever, hepatitis, parasites and respiratory disease.

## Nurse sponsorship

**By becoming one of the 15 new sponsors we still need to fully fund our seven nurses you can help Gretty and the rest of the team continue their valuable work.** Sponsorship costs just £15 a month and you will receive an annual update about your particular nurse and the medical work in general.

If you would like to sponsor a nurse or would like more information please contact Ali by phone (01297 22484) or email ([ali.wilson@seed-trust.com](mailto:ali.wilson@seed-trust.com)) or visit [www.seed-trust.com/sponsor-a-nurse](http://www.seed-trust.com/sponsor-a-nurse).



## Presents with a purpose

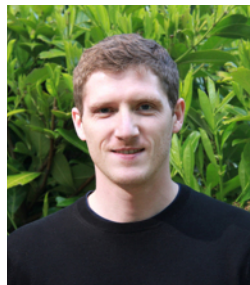


When Jane Weaver, one of SIFT's Trustees, took up jewellery making in 2007 she decided to use her new hobby to benefit other people. Since then she has raised over £7,000, helping Dr Sandra and the team to provide healthcare on Ometepe. Jane now has her own online shop where you can buy presents for your loved ones and help people at the same time. Visit <https://folksy.com/shops/Beadseedz> to see her latest pieces of jewellery.



# Introducing Matt Farrer

We are delighted to welcome Matthew Farrer onto SIFT's Board of Trustees. Matthew has been a Christian for fifteen years. He lives in London and attends his local church with his fiancée Francesca. Over the past few years Matthew has been involved in a number of outreach projects, including being part of teams serving in homeless shelters in east London and helping in home maintenance for people in vulnerable positions in society.



Matthew recently returned from his first trip to Nicaragua with SIFT where he was working on the Finca El Rayo project, helping to deliver homes for some of Nicaragua's dispossessed. Matthew works in architecture and has a passion for using his skills in this area to help provide homes for those who aren't able to access them.

## Free Wills Month

As well as enabling you to make sure your loved ones will be taken care of after your death, writing a will could give you the chance to make a difference to a cause close to your heart. A legacy left to SIFT in 2005 meant that we were able to build our medical clinic in the village of El Corozal, enabling us to expand our medical work and provide affordable healthcare to more people.



If you're over the age of 55 you can get your will written or updated for free during Free Wills Month which takes place every March and October.

To sign up to be sent a reminder nearer the time or to find a list of participating solicitors in your area visit [www.freewillsmmonth.org.uk](http://www.freewillsmmonth.org.uk).



## Contact us

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