



January Edition

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Welcome ...

You will probably recognize the expression, “**Hand Wash Hand**” as one that is used in Belize on a frequent basis. Sometimes it is used in a “business sense” as in you help me, I’ll help you. Other times, it’s used on a personal basis between friends.

Today, we would like you to consider that this expression can help change the lives of so many people who do not enjoy the same opportunities or the same quality of life as many of us do. In fact, we believe that the actual practice of “**Hand Wash Hand**” can be used to demonstrate the power of helping those less fortunate among us while teaching them to pass the practice along to others that also need help.



Recently we, eight young Belizean women, formalized our beliefs and commitment, not only to making a difference in the lives of those less fortunate, but also to helping those same people to learn how to pass along this practice of helping others. Today, “**Hand Wash Hand**” is a formal organization dedicated to helping and teaching others to pass it on, throughout our nation.

“Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others”
- Barbara Bush

MISSION STATEMENT

Our goal is to provide assistance to the needy, enabling them to better their circumstances and in turn help others to help themselves.

HAND WASH HAND PARTNERS

ANDRÉE KING VASQUEZ
Fabrigas Belize Ltd.

• TANYA MCNAB
McNab Design Ltd.

• CHRISTY MASTRY
International Environments

• LIESJE BARROW CHUNG
Barrow & Co.

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• ANGELICA ARNOLD
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• BRIANNE ROE
Belize Telemedia Ltd.

• KAREN ACOSTA LONGSWORTH
Bay Trust Corporate Services Ltd.

DIRECTORS' PHILOSOPHIES

Andrée King Vasquez

Operations Manager, Fabrigas Belize Ltd.

Very often I find myself complaining about the crime and corruption in our country and the attitude of our people. I realized that complaining will not get us anywhere and also we will not get anywhere by standing on the sidelines waiting for somebody else to take action in solving the prevalent problems. Whether it's fostering development, improving social conditions or simply building a better future for future generations of Belizeans, we all have a role to play!

I was inspired to form **Hand Wash Hand** because I saw the need for an organization with long term vision, dedication and more importantly one that is focused on education which I think is the key to solving many of the problems that our country is faced with today. I consider myself to be extremely fortunate and I feel that it is my duty to help those less fortunate to make something better of their lives and to build a better Belize!

It is a challenge but not an IMPOSSIBILITY! "All it takes is all you have to give!"

Karen Acosta Longworth

Managing Director, Bay Trust Corporate Services Limited

I am blessed and in my life's journey, I want to be a blessing to others in return. The feeling of giving, of helping, of making a difference awakens your spirit! Winston Churchill once said "We make a living by what we get, but we make a life by what we give".

Angie Arnold

Credit Officer, The Belize Bank Ltd.

"In today's hectic world its easy to get caught up in our daily routine. We take for granted the conveniences and niceties that we all have and forget what it would be like for us if we didn't. As much as we may have or as little that we may have - the point is - we have and there are so many people out there that can't say the same.

I want to do what I can to make a difference, perhaps not to hundreds but to one. I believe that change starts with us and that by doing whatever we can, we will make a difference."



Projects ... 2008
MISSION COMPLETED



1. CHRISTINA ZETINA

On the 29th of January, 2008 Christina Zetina was the unfortunate victim of a senseless shooting incident. She was shot in the left leg and as a consequence of that gunshot wound her left leg, from a little above the knee, was amputated on the 7th of February, 2008 and she was confined to a wheel chair.

After learning of this sad situation on the local news, **Hand Wash Hand** donated a prosthetic leg to Christina. She was taken to Orange Walk where prosthetic legs are made, measurements were taken and in May of 2008, Christina received her leg and is doing much better.

2. TROPICAL STORM RELIEF: ARTHUR

Hand Wash Hand organized a relief response to the disaster caused by Tropical Storm Arthur. Through donations we were able to provide household kits for twenty-five families who were victims of the subsequent flooding.

Each kit contained four bath towels, a foam mattress, a set of sheets, two blankets, two pillows, two hurricane lanterns and cleaning products. In addition, we were able to deliver bread and a large amount of clothes to suit people of all ages.

Members of **Hand Wash Hand** travelled to the affected areas to ensure the fair distribution of these kits. Fifteen kits were delivered to the NEMO operation and the remaining ten to the Dangriga Red Cross.



3. SPECIAL OLYMPICS DONATION



On the 3rd October, 2008 a contingent of 26 athletes, 12 chaperones and 8 coaches left the Belize Stella Maris compound en route to Managua, Nicaragua to take part in the second:

“Juegos Centroamericanos para Estudiantes con Discapacidad.”

Belize won a total of 19 medals in the 24 events that they participated.

Hand Wash Hand is proud to have been a sponsor of this special event!

4. HALLOWEEN “FUN” RAISER



In the spirit of good Halloween “fun”, **Hand Wash Hand** members came together to host a special Halloween Costume Party with the aim of raising funds to support the organization’s projects. More specifically at the time when flood victims in the North were most at need.

The fun filled event helped raise over \$2000.00.

5. HIV/AIDS BILLBOARD:



HIV/AIDS is a serious and devastating problem in Belize as we are faced with having the second highest HIV/AIDS rate (per capita) in the world and awareness is crucial in helping to reduce the spread of HIV/AIDS.

When members of St. John’s College Counselling Centre approached **Hand Wash Hand** about donating the funds for a billboard for HIV/AIDS Week, we were more than happy to provide the funding as a way to help promote HIV/AIDS awareness.

As the theme states, “Take care, Be aware, AIDS is everywhere.”

The billboard was designed by a member of the Counselling Centre's BIONIC Group, Kristen Matus and painted by Kirkland Smith and Rudy Thompson from the Art Centre. Several students also helped to paint the billboard and they are Michelle Andrews, Natavia Marin, Tanisha Schmidt, Mary Ellen Ovado and Ivette Villanueva.

6. PROJECT: "CHRISTMAS CARE PACKAGES"

Our final project for the year 2008 was our "Christmas Care Package". 100 boxes of basic necessities were given out to needy families country wide. The Salvation Army also received food items from this project.

Included in each care package: rice, beans, sugar, flour, milk, shortening, butter, cooking oil, baking powder, salt, black pepper, season all, recado, coconut milk, cheese, bun, bread, ramen soup, juices, corned beef, luncheon meat, sausages, cereal, cookies, chips, candies, toilet paper, tooth brushes, tooth paste, bath soap, shampoo, soap powder, disinfectant, bleach.

The idea behind giving out the Christmas Care Packages as opposed to having a Christmas party or something of its kind was to be able to give families a supply of items that would last a them a week or more depending on the size of the family.

This is a **Hand-Wash-Hand** annual event!



Hand-Wash-Hand
Helping Others To Help Themselves

2008 HOLIDAY GIFT PACKAGES

Bring Joy to a Family this Christmas Season

\$200.00
PER PACKAGE

EACH BOX WILL CONTAIN:
RICE, BEANS, SUGAR, FLOUR, MILK & SHORTENING, BUTTER, BAKING POWDER, SALT, SEASON ALL, RECADO, CORNMEAL, MAYO, CHEESE, BUN, BREAD, RAMEN SOUP, JUICES, CORNED BEEF, LUNCHEON MEAT, COOKING OIL, TOILET PAPER, TOOTH BRUSHES, TOOTH PASTE, SOAP, SHAMPOO, SOAP POWDER, DISINFECTANT, BLEACH, COOKIES, CHIPS & CANDIES.

2 3/4 Miles Western Highway - Belize City, Belize
610-2485 / 610-0871 / 610-2744





Projects ... 2009

PROJECTS IN PROGRESS



1. PROJECT: "CHALKBOARD"

Project "Chalkboard" places an emphasis on education for underprivileged children in a cross-section of communities throughout Belize City.

In 2008, Project "Chalkboard" provided 12 children from Belize City with the following:

1. Annual tuition
2. Feeding program fees
3. School supplies (atlas, dictionary, school bag, notebooks, writing tools, etc)
4. Uniforms
5. Shoes & Socks

Although each recipient's progress is monitored to ensure that they meet the specific scholastic goals set by the organization, **Hand Wash Hand** would like to ensure that the child is not only nurtured academically but in all other relevant aspects such as emotional and socially. To be able to accomplish this goal each member of **Hand Wash Hand** was assigned to initiate and maintain contact with a child, his/her parents, teachers and principal. The sponsorship of each child will be indefinite as long as the child is able to meet the requirements of the organization.

This project is dear to our hearts because it emphasizes the driving force behind **Hand Wash Hand** which is the belief that through the promotion of education we can Build a Better Belize.

Project "Chalkboard" is a full time commitment. In 2009 we will sponsor an additional 8 children from throughout the country.

2. PROJECT: "WISHLIST"

As members of **Hand Wash Hand** became more involved in the school environment of their respective children a collective reaction was discovered that pointed to the fact that many of our schools are in desperate need of immediate attention. It was discovered that many of our Belizean children, teachers and principals are expected to study, learn and perform in environments that are not conducive to teaching and learning. As a result of these findings **Hand Wash Hand** asked the principals of each of the schools from (Project "Chalkboard") to provide a list, a "Wishlist", of their needs in order of priority. Each "Wishlist" was reviewed and it has been decided that whatever assistance is provided must be done properly and that the changes must be long lasting. It was determined that this is not a short term project but rather, a project that requires time, vision and planning to ensure that all changes will in fact be long lasting.

As a result of this determination, a master plan is being developed for each school. **Hand Wash Hand** intends to help each school with the continued support of the community.

3. PROJECT: "PROTECTION THROUGH PREVENTION"

As recent statistics have revealed HIV/AIDS continues to rise at an alarming rate. **Hand Wash Hand** is dedicated to join the fight against HIV/AIDS by taking a proactive stance through education and awareness.

Several proactive programs are being developed.

4. HWH JUNIORS: "UP AND COMING"

A group of dedicated teens have committed to being a part of **Hand Wash Hand's** commitment to helping others help themselves. Specific details on their involvement will be provided in the next issue.

Hand Wash Hand would like to thank all monthly donors, one time donors and all those who have contributed in other ways.
 Hand Wash Hand is proud to acknowledge the following monthly sponsors:

CORPORATE COMPASSION

- Atlantic Bank Ltd. - Gold Sponsor
- Bay Trust Corporate Services Ltd. - Silver Sponsor
- Fabrigas Belize Ltd. - Bronze Sponsor
- Madisco Marketing & Distribution Ltd. - Bronze Sponsor
- Belize Bank Ltd. - Bronze Sponsor
- Citi Trust - Bronze Sponsor



YOUR CONTRIBUTIONS MAKE ALL THESE PROJECTS POSSIBLE!
 Helping Others Help Themselves

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