



Rescue One

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www.rescue-one.org

Gratitude

*ThankyouforthisfoodanddrinkforJesus'sake.
Amen.*

How quickly and glibly my small children said this, and I myself as a child. The prayer was often followed by *"I hate peas. Do I have to eat them?"*

Not so in Haiti. Gratitude as expressed by the Rescue One students is deep and heartfelt. Each student knows that the RO program is a lifeline for him/her. Without the aid given by you, the donors, these children might receive a bit of food, or an inferior education, but most likely they would receive neither of them.

Not only are you providing the necessities of food and education, you are giving these children a sense of belonging and community, of being part of a place where they know that they are loved and valued. These children see you as family and tell us that they pray for you even though they do not know you.

*You are my parents.
All in my life comes
from you.*

*I am the first of my
family to go to
university. I want to
help others.*

*You are my helpers. By the
grace of God I met you. I can
now dream of the future; of
being an engineer and of
mastering, then teaching,
English.*

*I used to be sick with
anemia. The social
committee was always
there to help me.*

***I tell you the truth,
whatever you did
for one of the least
of these brothers
of mine you did for
me. Matthew 25:40***



*Board of Directors: Jeff Buursma, Dan Rinzema
Nancy Tuit, Jody Vogelzang, Carol Woltjer*

Community

“The RO program is like my mother and my father. I go closer to God at the Summer Camp and at the Spiritual Retreat. I became a Christian at Summer Camp.”

“Thank you for Summer Camp and for the Spiritual Retreat which benefit my soul, my social and my intellectual life.”

“I find my family at the Summer Camp and at the Spiritual Retreat. I want to grow up and support the program.”

As you can see from these quotes, the Summer Camp and the Spiritual Retreat play crucial roles in the lives of our Rescue One young people. They come from splintered families and ramshackle homes to a safe environment where they can bond with each other and with leaders of the program.

Since the founding of the program in 2004, we have seen the students grow and mature. It has become evident that they need skills for living as Christian teenagers and young adults in a promiscuous society. These are the skills they learn in Summer Camp and at the Spiritual Retreat.

The theme of the Spiritual Retreat this year was Psalm 139:14, “I praise you because I am fearfully and wonderfully made.” The goal of the session was to have students be proud of the way God created them and to glorify God for how he created them.

A second objective was to have students look for and remove idols in their lives—things that they value more than God. For this session, the leader used Matthew 5:29-30 and asked, “What is it in your life that prevents you from serving the Lord?”

One of the students, who loves soccer, was frequently reading his Bible instead of playing soccer. He asked if he could say a few words to the other students. His heartfelt desire is that everyone be saved.

An exciting time for the students at the retreat was being able to swim in the ocean. For many of them, it was the first time they had ever done so. Only the onset of dangerous waves convinced them to come out.

Introducing Jeff Buursma

The Rescue One board is pleased to introduce their newest board member. Jeff was educated in the Holland Christian Schools and Calvin College and earned an Educational Ministry degree from Calvin Seminary. Jeff has experience in many areas. He has worked in the areas of finance and youth ministry. At present, he is owner/director of Northlight Nannies.

Prayer Corner



Praise: -the coordinator of the Bolosse church reports that since the children began receiving breakfast as well as lunch, they are not sick nearly as often. She sends her thanks to the donors for providing the additional meal.

-“A” was able to return to her home after days of gang warfare in her neighborhood.

Petitions: -“C”’s father passed away recently and his mother is also deceased.

-“D”’s father and step-mother were in a serious motorcycle accident.

-“D”’s grandmother passed away. He was living with her and was very close to her.

-There is an epidemic of eye infections. Please pray that the children will get well and that it will not spread any further.

Inflation is rampant in Haiti. This is having an affect on the RO program, especially in the price of the food. Your generous gift will support the purchase of food, the costs of education, and the community building activities of Summer Camp and the Spiritual Retreat. Please continue to bless these children of God with your gifts.



The Rescue One Board **thanks you** for your compassionate and generous support. Rescue One is a small light bringing God’s grace into the lives of 85 Haitian children. Your check can be made out to the Rescue One Foundation, a 501(c)(3) corporation. Donations can be sent to PO Box 8174, Grand Rapids, Michigan, 49518. They can also be made via PayPal from our website, www.rescue-one.org. All contributions except for printing and mailing costs go directly to Haiti.



Rescue One Feeding Program Special Report

Breakfast in Haiti

In the United States, schools have been providing school breakfast for decades, allowing children to start the day fueled and ready to learn, and then at midday replenishing them with a nutritious lunch. The children of the Rescue One program are not afforded these same necessities. RO has been providing lunch for the students off site since the beginning of the program. Children come to the sites after school around 2:30 pm for their largest, and sometimes only, meal of the day.

This year, a family foundation grant allowed us to begin a pilot breakfast program at two of the sites. With the advice and encouragement of RO board member Jody Vogelzang, PHD, (Assistant Professor and Program Director, Clinical Dietetics, GVSU) this program began in January. The children stop by on their way to school and begin the day with about 300 calories of energy and nutrient packed foods. Early reports indicate that this program is a remarkable success with nearly 100% participation of the children, and the school reports that these children are now on time every day!

During the year, we will be tracking participation, food served and consumed, and success in the classroom. At the start of the program we measured height, weight, and hemoglobin levels. We are hopeful that this extra meal will be an important part of our students' academic success.

Are you interested in being a part of this breakfast program? Designated funds for school lunch and breakfast can be a pivotal part of academic achievement for our Haitian children.



Clockwise from left:
cooking pots; lunch
showing protein, rice,
vegetable/bean sauce;
serving line



May we start now?



Every child is a gift and holds so much potential; putting the basic building blocks in place, like adequate nutrition, is our responsibility and joy.

Handwashing procedure





What are the children in the Bolosse program eating for breakfast?

*1 (2) C liquid—milk, chocolate milk,
**Akasan or oatmeal; 1 bread + 1 (1 1/2) spoon of peanut butter; 1 cheese, 1 egg, one slice of fruit

*Portions are for children ages 8 to 12. Portions for youths ages 13-23 are in parentheses.

**Akasan is a popular Haitian shake



Chayote, a pear-shaped squash frequently eaten in Haiti

**Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?
Is it not to share your food with the hungry...?**

Isaiah 58:6-7a

Note: the breakfast program is taking place in the Bolosse and Salem 6 programs. Pictures and information given here are from the Bolosse program. Pictures are of the lunch program.

Recipe for Akasan

1 cinnamon stick
3 star anise
2 1/2 cups water
1/2 cup corn flour
a dash of salt
1 teaspoon vanilla extract
1/4 cup sugar
12 oz. can evaporated milk



Combine 2 cups of the water with the salt, cinnamon stick and star anise in a saucepan. Bring to a boil. In a small bowl, combine corn flour and remaining water to form a paste. Slowly add to boiling water, stirring constantly. Reduce heat to medium and cook for 5 minutes, stirring constantly. Remove cinnamon and star anise. Add vanilla extract, evaporated milk and sugar. Serve warm or chill in the refrigerator.

Hemoglobin Levels in Rescue One Students

Testing for height, weight and hemoglobin was done in a clinic setting before starting the pilot breakfast program. Average hgb in School A was 10.6 and in school B, 13.9. The range was 6.6-15.6. A possible reason for the higher levels in school B is that the cook there is insistent on vegetables with a bean and meat sauce for the noon meal.

Dishwashing

