



Children Seeking Sponsors!



BE THE CHANGE for a child! Wilmer Misael Ixcoy Vasquez needs a sponsorship in order to continue to attend school. He is one of several children on our waiting list seeking an educational sponsor.

You can make a child's dream come true. Learning how to read, write and become productive and self-sufficient will change not only this child's future, but will help break the chain of poverty.

For the complete list of children on the waiting list, click [HERE](#). Email amy@xelaaid.org for more information or to sponsor a child.

LIVE.LEARN.THRIVE!



Women's Empowerment Continues: Conference on Self Esteem

Contributed by Lucky Gonzalez



On Thursday, April 3, Xela AID organized a workshop focused on Self Esteem for Women. The event drew approximately 50 women from San Martín Sacatepequez communities, among them, weavers, teachers, and many others. Leading the event was Dr. Yuly Hoffens, a psychologist who works with the Red Cross.

Hoffens emphasized that the root of self esteem is how we all view ourselves, which is learned from others, then is often passed on to children. She identified self love as key to strengthening self esteem, and emphasized, too, how this self love is transferred to children. Hoffens stressed the importance of taking a few minutes each day to exercise and relax, which will improve their health and self-esteem, and may improve the outlook of those suffering from depression.

At the end of the activity, "The women were expressing their satisfaction. It was a very valuable conference," said Luis Enrique de León, Xela AID Director in Guatemala who could not attend the all-woman conference, but spoke to

Remember to LIKE Xela AID on Facebook so you'll get updates from our travels in Guatemala and other messages from the field! If you haven't already, it's easy. Do it [NOW!](#)

participants afterwards.

"Many of the women told me that they were impacted by the presentation, and that they are going to work to incorporate what they learned into their lives for themselves, and also for their children."

Xela AID thanks the **SG Foundation, Susan McCaw, Kathy Burt, Colleen Dodds, Marisa Perez Grimes, Sue Rikalo**, and all others who have contributed to the organization's Women's Empowerment Fund and whose support helped make this event possible.

IN THE NEWS - For Spanish readers (or those who just want to look at the pics), enjoy news coverage of this program in *El Quetzalteca's* April 8th edition [HERE](#). (click right arrows to page 11)

"10 Days, 3 Volcanoes" Service Trip Was a Success!



Xela AID's first volunteer trip of the year, "Xela AID X-treme," took place mid-March, and was a wonderful success. Led by Board Advisor **Cliff Hague** and Volunteer **Shelby Churchill**, the trip represented a new model for Xela AID, as it was the organization's first service trip combined with an adventure

theme.

The team of volunteers completed important service projects spanning education and health to emergency relief, and along the way, explored Antigua and the local markets and climbed three challenging volcanoes -- including the highest in Central America.

The Xela AID X-Treme Trip began with exploring the city of Antigua. Volunteers arrived just in time for the traditional "carpet making" celebration in preparation for Easter week. To see photos of this celebration, visit our Facebook album [HERE](#).



After exploring Antigua, the team conquered their first climb: Volcan Pacaya at 8,373 feet. The intrepid group braved the long, hard climb through fog, loose rock, and after about three hours, onto a two-

week old lava flow -- possibly the newest land on earth! To see more photos from this climb, visit the Facebook album [HERE](#).

After completing their first climb, the group headed to the village of San Martín to spend a day volunteering and working on various service projects. The team undertook projects in maintenance, cardiac and general medicine clinics, and much more. The highlight of the day included moving Julia and her family to a new temporary home which will soon be replaced by a brand new home built by future Xela AID Volunteers later this summer! To view snapshots from their day in the Village of San Martín, click [HERE](#).



The group then proceeded to brave Volcan Tajumulco: The highest point in Central America at 13,845 ft! This volcano climb spanned two days, with a thousand-foot push from base camp beginning at 3:30 a.m. the second morning. The group braved temperatures below freezing and winds gusting to 30 knots. To see more photos from this climb, visit our Facebook album [HERE](#).

After conquering the highest point in Central America, the team headed to the beautiful Casa del Mundo on Lake Atitlan.



Volunteers had the opportunity to climb Volcan San Pedro or stay at

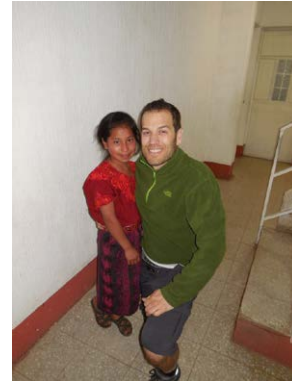
the lake for some much needed relaxation time. The hikers described their climb as a "5-hour stair master!" To see more photos from this climb and the groups time at Lake Atitlan, visit the Facebook album [HERE](#).

Thanks to all Xela AID X-treme volunteers for all of their hard work, and, congratulations on their successful climbs: **Kim Butte, Shelby Churchill, Mel Dinkel, Leslie Baer Dinkel, Paul DeMyer, Cliff Hague, Danika Hoffman, Rick Hague, Justin Klarenbeck, Steven Kent, Kathy Logan, Frank Long, Michael Maddux, Sue Rikalo, Linda Salo, Bettie West, Rita Whittaker, and Kelly Whittaker.**

Thank You to Our Newest "Xela AID Angels"

The following people have generously sponsored a child to be in school through Xela AID's Work Study Scholarship program, and have become our newest Xela AID Angels. The program delivers needed funds that pay for school and related expenses, guarantees health check-ups, and includes supervision. Special thanks to the following Angels:

- **Mr. and Mrs. Sam Rikalo** for sponsoring Ana Vaquez Lopez
- **Elena de la Cruz** for sponsoring Edgar Ivan Hansten Lopez
- **Rita Ann Whitaker** for sponsoring Edwin Alexis Leiva Pérez
- **James and Joanne Ausprey** for sponsoring Juana Rosalinda Ramirez Vasquez
- **Michael Maddux** for sponsoring Juana Elena Guzmán Vásquez
- **Steve Kent and Nancy Rikalo** for sponsoring Lorenzo Efraim Lopez Perez
- **Sue Rikalo** for sponsoring Roberto Martin Lopez Mendez
- **Linda Salo** for sponsoring Rosa Josefina Baquix Cinto
- **Rick Hague** for sponsoring Jenifer Catarina López López



Juana with her sponsor,
Michael Maddux!

If you'd like to sponsor a child, visit our waiting list [HERE](#) and e-mail: amy@xelaaid.org for more information.

Update on Las Nubes Classroom



Work has now been completed on the new classroom in the village of Las Nubes near Xela AID headquarters in San Martín Chiquito. Read the story about how the project came to be thanks to the generosity of Xela AID Volunteer **Sherry Robin**, [HERE](#).

Warmly,

Leslie Baer Dinkel

Leslie Baer Dinkel
Executive Director

"I alone cannot change the world, but I can cast a stone
across the waters to create many ripples."

--Mother Teresa

Thank you... for your ongoing interest and support!

The Xela AID Board of Directors and Advisors, and Staff

