



International Health Service of Minnesota

Dear Friends,

Yeah!! We did it!! We completed our 25th February of doing Medical Missions in Honduras. Congratulations to all of us... to the ones who travel to Honduras to take part in the Medical Mission, to the people who do the planning and logistics work, the people who gather and pack supplies for each of the teams, the pharmacists who purchase all the medicines for the teams, all that come to load the container, the ones who label all the boxes and put together the manifest, the persons who arrange for shipping the container, people who did recruiting, those who did fund-raising, the ones that donated warehouse space, all the people that have donated their hard-earned dollars to purchase the medicines and other items needed for the Mission. It takes many, many people to make these Medical Missions a success... each of you had a part and you all deserve the utmost thanks for your unselfish acts of kindness.



The founding fathers of IHS said... ' We will continue to go to Honduras until there is no longer a need'. After 25 years... there is still a need... And... IHS will be there .

Please enjoy your copy of News Break 2007
SAVE this DATE - October 6, 2007

International Health Service
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Eden Prairie, MN 55347

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Auka Team goes to a wedding



Esquipulas del Norte Team attends a bap-



News Break 2007

Newsletter of International Health Service of Minnesota

LIFE EXPLAINED

On the first day, God created the dog and said: 'Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.'

The dog said: 'That's a long time to be barking. How about only ten years and I'll give you back the other ten?' So God agreed.

On the second day, God created the monkey and said: 'Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span.'

The monkey said: 'Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?'

And God agreed.

On the third day, God created the cow and said:

'You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty Years.'

The cow said: 'That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?'

And God agreed again.

On the fourth day, God created man and said:

'Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years.'

But man said: 'Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?'

'Okay,' said God, 'You asked for it.'

So that is why for our first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you...



TRAGEDY IN HONDURAS

IHS has enjoyed 25 years of successful medical missions in Honduras... this goes without saying we have had our share of 'glitches'... things that happen unexpectedly and we just deal with them. And, this year was no different in that respect; however this year for the first time, we were faced with a real tragedy... one of our participants, David Staubitz, became very ill and had to be transported back to the U.S. where he died shortly thereafter.

David and wife, Trudy, arrived in La Ceiba, Honduras on Friday afternoon; that evening all participants gather for the IHS 'Welcome to Honduras' banquet. I was the team leader for the Esquipulas del Norte team and David and Trudy were assigned to my team. At the banquet Trudy took me aside and told me that about a month prior to coming to Honduras David was having some bad headaches but had been to the doctor and things were better... but since their arrival in Honduras... he began to suffer from another headache. I thanked her for letting me know the situation and asked her to relay David's condition to Dr. Pflaum, our team doctor.

Since I do the logistics for the medical mission I was quite busy and set the situation aside. On



Saturday afternoon, about 1:30 PM, I was in the middle of the Team Leader's meeting and someone came in to tell me there was an emergency in Room 223. I rushed over there and David was lying on the bed and there were 3-4 of the IHS doctors there, David was barely responding. The ambulance had been called and they took David to Hospital D'Antoni. After tests including an MRI which they needed to transfer him to another clinic to have done, the attending Doctor (Dr. Sierra) got David stabilized. Trudy told me that she and David had bought travel and medical evacuation insurance, so we went back to the hotel to get the paperwork and start making phone calls. I handled the insurance calls while Trudy called their three sons. The manager at the hotel was very helpful; he let us use his fax machine to get the paperwork sent from the U.S. and the completed forms back to the insurance company. We used the internet café next to the hotel and when the person there found out what was going

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on, he didn't charge Trudy for any of her calls.

Dr. Watson, Linda Erdman and I helped Trudy with the paperwork. The IHS doctors consulted with Dr. Sierra about David's condition. We found out that Dr. Sierra, a neurosurgeon, had just transferred to Hospital D'Antoni just a few months ago... prior to that there was no neurosurgeon in La Ceiba. Dr. Sierra was always patient, answered all questions, and seemed to always be around... no matter what time of day. I had given Dr. Sierra's name to the insurance company as they needed to consult with him on David's condition and ability to travel.

About 4PM on Sunday afternoon, Dr. Sierra did surgery and put a stint in to alleviate the pressure on the brain. After the surgery Dr. Sierra gave the insurance company the go ahead to transport David. I talked to the insurance company to get the details... they would be sending a Life Link plane from Mexico (the nearest location to Honduras) to arrive in La Ceiba at 7 PM that evening. The ambulance was sent to the airport to pick up the Life Link Doctor and Paramedic so they could prepare David for transport. Dr. Pflaum and I rode with David and Trudy in the ambulance to the airport. David was taken to Herman Hospital in Houston. All three of David and Trudy's sons were there to meet them.

I didn't really know Trudy before this trip and found her to be a very strong and wonderful person. Trudy had asked if there was a Lutheran Pastor, we gave this job to Rosario. I had been told a few years ago that there was no Lutheran Church in Honduras. Rosario, Bless her, found a Lutheran Pastor... but, he didn't speak any English. But, in difficult situations things tend to work out... the Pastor spoke German... and so did Trudy. This was such a comfort to Trudy. The IHS 'family' was great, many IHSers sat with Trudy at the hospital to give her support which was so very much appreciated by Trudy. Thank you to all that helped Trudy at this very difficult time.

This is an e-mail Trudy sent after she arrived in Houston and she has given permission to share it with you...

✍️✍️ Cheryl Schraeder

Dear IHS Family,

As you know David died in Hermann Memorial Hospital in Houston. The boys were there to meet me and were able to say their good-byes to their dad. We decided that since

David was a giving person we needed to let him continue giving by making him an organ donor. Please tell Rosario thanks for finding the Lutheran Pastor. He gave great comfort. Since most of you did not have an opportunity to meet David, I'm sending the obituary submitted to the local newspapers. It is my desire to return to Honduras.

Sincerely, Trudy Staubitz

David Harry Staubitz, 68, died suddenly on February 20, 2007. He became ill on his second trip to Honduras working as a volunteer translator for International Health Service. He was born on August 13, 1938 to Harry and Felice (Carr) Staubitz in Cincinnati, Ohio, and in 1962 he and Gertrude Dreier (Trudy) married for life.

David taught high school Spanish for 31 years, 21 years at Princeton High School where he developed the Spanish International Baccalaureate Program and traveled with his students to Mexico. David was a very active member of St. Marks Lutheran Church in Milford, Ohio where he sang in the choir. A talented baritone and versatile performer, he was active in both Princeton faculty music productions and the Loveland Stage Company as an actor and as director.

David was a Boy Scout leader for 18 years, and brought his scouts on many trips to the BWCAW to share his love of the north woods. In 1994 David and Trudy moved to Ely where David served on the board of the Dorothy Molter Museum, was an active member of the Ely Kiwanis Club, and was an elder and cantor at the First Lutheran Church. He taught Spanish for Community Ed at Vermillion Community College, and worked for the Ely Chamber of Commerce. He enjoyed fishing, canoeing, hunting and gardening.

David loved the arts, especially music. He had a big band radio show on WELY for several years, and sang with the Harmonizers, the Sound Prints and the Ely Community Choir, in addition to being active in NLAA musicals as both an actor and director. His great voice, gigantic heart and broad smile will be missed by all who knew him.

David is survived by his wife Trudy, and by sons Donald, Mark and Kenneth and their families.

International Health Service of Minnesota—Mission Statement

It is the stated mission of the International Health Service to improve the quality of life among the people of Central America.

International Health Service will bring technology, skill, and energy to this task in such a way as to complement the resources that are already in place.

International Health Service will respect the culture of those whose lives it touches.

International Health Service will foster international understanding and mutual respect through its missions and projects in foreign countries.

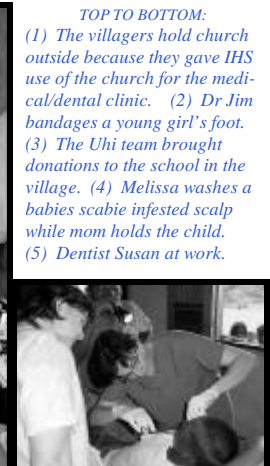
A Pharmacy Experience in IHS

As a pharmacy student in my final year, I decided to take part in a medical mission to Honduras through International Health Service. I expected to have a great life experience, but I was surprised by what an amazing pharmacy experience the mission provided as well.

My initial expectation for working in the pharmacy was that I would be simply filling what the doctor requested. This was definitely not the case! You actually get to use clinical judgment and management skills. The physicians treat you as a member of the team, as well as a valuable informational resource. Physicians will decide on a diagnosis and from there the pharmacy takes over. The physicians may guide you as to their preferences in treating certain conditions, but most often it is up to the pharmacy. You must take into consideration what medications you have available, what you are treating, and patient compliance. From this point on, you will most likely be the one to determine drug, dose, and duration. The physicians also rely on the pharmacist's expertise regarding pharma-co-therapy to make decisions in patient care.

In addition to an amazing pharmacy experience, this mission trip proved to be a truly remarkable educational life experience. The opportunity to immerse myself in another cultural experience was outweighed only by the rewards garnered in gratitude expressed by the patients we served. If anyone wants a challenging and fulfilling experience, they should try a medical mission with IHS.

✍️ Tami Burt, Team Uhi, 2007



TOP TO BOTTOM:
 (1) The villagers hold church outside because they gave IHS use of the church for the medical/dental clinic. (2) Dr Jim bandages a young girl's foot. (3) The Uhi team brought donations to the school in the village. (4) Melissa washes a babies scabies infested scalp while mom holds the child. (5) Dentist Susan at work.

Here's how you can contact International Health Service...

International Health Service
P.O. Box 44339
Eden Prairie, MN 55344

IHS Web Site
www.ihsofmn.org

Auka - Old Friends and New Faces

Auka, a team of 11 exceptional, highly motivated, outstanding, hard-working, client focused, dynamic, inspirational, respectful, caring and loving individuals. Joe Tombers - doctor, Gerard Rudy - doctor, Aroldo Lopez - dentist, Susan Biernot - pharmacist, Leyla Lopez - translator, Julie Ekker - general helper, and Barb Hamilton - general helper, multi-year veterans with IHS. Theresa Tombers - nurse, 2nd year veteran with IHS. Andrea D'Angelo - nurse, Steffani Gramlick - pharmacy student, and Shelley Kelley - radio operator, first year with IHS. We were from different parts of the United States and Central America, ranged in age from the mid twenties to the mid sixties, were from different professional environments, and I'm sure, came with different political views and religious beliefs. But none of these things made any difference.

We arrived in Auka on a hot, humid, sunny day in small planes, touching down on a grassy landing strip. Many villagers were there to greet us and help carry our supplies to the village, a one mile trek down a narrow, hilly path. But we came together with one common purpose: to provide medical and dental care to these underserved people in the remote village of Auka in the La Mosquitia of Honduras, the poorest of the Central American countries.

It takes ordinary people to do special things, thus becoming extra ordinary and extra special. Along with the expected duties, our team pitched in to do whatever was necessary. Our radio operator kept the latrine clean, recruited people from the village to help carry water from the well and the river and purified it for drinking water, the pharmacists helped with triage, our translator planned our meals and made good coffee, general helpers cleaned wounds, nurses and doctors helped in the pharmacy and with triage. And we all did dishes! But we could not do it alone. Thanks to many friends made on previous trips to Auka, we didn't have to. Hilario, a young man from the LaMosquitia, came out with our team for the 5th year. He always showed up when we arrived in Puerto Lempiro, packed and ready to go. And he did whatever we asked; negotiating for eggs, finding someone to cook and do our laundry, and was always there to help translate. Alvaro and Kennedy volunteered as translators. Kennedy's father, Sinito, the local tooth puller, assisted our dentist. Maria, the village practical nurse, assisted in the pharmacy. Bahenia cooked meals for us every day. Our new friends Santiago, the village nurse, assisted the doctors daily and Mario, a doctor from Olanchito doing his social service work in Auka, assisted with seeing patients. The Reverend Bacarro and his wife Sandra, allowed us to use the Moravian Church for our clinic and our living accommodations. Sandra did our laundry. And they let us use a small room in their home to hang and use our sun showers.

The beautiful mango tree outside the church provided the perfect place for triage. Those waiting to get in to see the doctor or dentist huddled under its broad canopy of shade.

During our stay in Auka, our doctors and nurses saw over one hundred people daily! Some came to be assured they were healthy and only needed de-worming medica-



ABOVE: The old church on the left was used by IHS for a number of years. In 1995 the new church was started and now the team enjoys spreading out in the new space.

BELOW: The pharmacy window is open for business... nestled between the new and the old.



tion, vitamins or pain relievers. Others came with more serious conditions. Eight year old Wilfred had a hernia. Two-month old twins Natalie and Roraly were malnourished. Forty-eight year old Naom had an enlarged liver. Forty-three year old Luis had a mass behind his left ear. With the help of the pilots who brought us to Auka, we were able to send them to the hospital in Puerto Lempira for further testing and procedures.

Others we were able to help on sight. An eighteen month old boy had burned his left hand. It was crusty black and had started to atrophy. We were able to clean it, apply silvadine and bandage it. He came back two days later and the healing process had begun and he was

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able to move his fingers. A woman walked three hours, arrived mid afternoon and in labor. We made a place for her to lie down and soon she gave birth to a healthy baby boy. Two hours later she thanked us and bid us farewell. We cleaned wounds, we pulled teeth, we took blood pressures, we checked hemoglobin, we made house visits, we had a crutch made for a woman who had difficulty walking, we wiped noses, we gave hugs, and we held babies. We were invited to a Moravian Wedding. After a three hour ceremony, the bride and groom waited until we arrived to start the reception. We bathed in the stream and walked to the river. We polished fingernails and played soccer. But most of all, we were there for people who have little contact with the world outside their villages. And we showed them we cared.

I am blessed to have been part of this remarkable team. This was my eleventh trip to Honduras, my fourth to Auka. And I keep coming back because I am in awe of the people I am privileged to work with and those we are there to serve. Mahatma Gandhi said, "You must be the change you wish to see in the world." Helen Keller said, "Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable." The volunteers who come to serve and those who come to be served exemplify that undefeatable strength. It's easy to be a talker or a critic but to be a doer requires effort, risk, and change. Thank you to all my team members for being doers, putting forth the extra effort, willing to take risks, and to be agents of change. ❧❧ **Barb Hamilton, Auka Team Leader**

8 to Honduras—6 in Yocon

As of today, I have completed 8 successful trips to Honduras with International Health Service as a pharmacist. My interest started with my fist visit to Honduras as a high school student. Our group came across a team of medical doctors that were traveling throughout the country to provide free medical care. From that point on I became certain of 2 things my future would hold... a medical profession and using my skills in developing countries. While still a student of pharmacology, I was 'discovered' by Arne Tilleson (head of pharmacy for IHS). I jumped at the amazing opportunity to work with IHS and have been hooked ever since. I have only missed one trip since 2000.

This year I returned to Yocon, an area of Honduras located in the mountains, for the 6th time. For over 6 years I have developed important friendships with people within the community and have been able to see many of the kids grow up.

The days in clinic can be long and trying. On average, the pharmacy in Yocon fills between 400-1000 prescriptions a day. It's a whole new and different practice of pharmacy. While physicians and nurses do the diagnosing, the pharmacist is the one who prescribes based on what medicines they have to work with that day. In addition, the pharmacist becomes familiar with disease states, dosing, and treatments to diseases we don't commonly see in the US (strains of differ-

ent parasites, malaria, and chagas disease to name a few).

The experience for me is so rewarding that I am often not sure if I am giving to the community as much as they are giving to me. I *need* the trip to Honduras every year to help me keep life in perspective and to recognize the privileges I have and how to effectively use them to benefit others.

There is a type-1 diabetic woman in Yocon named Alba. Every year I am afraid that she will be dead from a *treatable* disease. My teams have been working with her each year, providing her with a blood glucose meter, syringes, insulin, and making sure she can find access insulin while we are gone. This year, when I saw Alba, she looked 6 years younger, strong, her physical state visibly obvious by the color in her face and her ability to walk without wincing in pain. Alba's story is just one of many in Yocon that portrays the difference that the presence of IHS has made.

As a pharmacist, my experiences with IHS have instilled skills that have made me a better professional. I have learned to be more flexible, go with the flow and be able to work in harsh circumstances and with limited resources. I have developed better communication skills especially with other health care providers. I have also learned how to be a more creative problem solver in times when there are very few options.

I highly encourage any pharmacist, student, or anyone else interested in helping the underprivileged, to go on this mission trip. They are always in need of dentists, docs, nurses, translators and support people, too! Be forewarned that you better be ready to do it more than once. It is something you get hooked on. So, see you on a future mission!

❧❧ **Jenny King, Pharmacist, Team Yocon**

LEFT TO RIGHT: (1) Jenny & Krista in the pharmacy getting ready for the day.

(2) Linda with new mom and baby.

(3) Intake of patients at the medical clinic.



25 Years of IHS Service in Honduras

*Below are two presentation given at the 25th Anniversary Part held in La Ceiba.
The first is from Dr. Knute Panuska, one of the IHS founders (unfortunately he could attend).
The second is from one of IHS's younger participants, Katie McKemie.
Two completely different perspectives... but the message of love for Hondurans is the same.*

Congratulations to "IHS" on this 25th Anniversary

To each of you present I want to express my deepest appreciation and thanks for carrying on the honor and privilege of serving our host country. The Republic of Honduras.

I want especially to express my deep appreciation to the Honduran committee that has made our participation possible.

The key to our success in carrying out our mission in Honduras has been the cooperation of the local committee. Without them we would have never been able to do the hundreds of projects and treat the thousands of patients that we have had the privilege to serve.

Our special thanks to the founding members in Honduras and their untiring efforts to see this project go forward each year. They have been the key to this whole effort. Our special thanks to the founding members, Rosario Arias, Mario and Beto Castillo, Ricardo Irias, Rigoberto Rodriguez, Captain Kivett, Reverend Stanly Goeff, Father John Samsa, Brother Hugo and I am sure many others. I do not want to forget any of you, but at my age, it is hard to remember the names of my ten grand-children, much less remember the hundreds of you in Honduras that have worked with us.

Twenty-five years ago Dr. Watson and I had a dream that we could get enough people interested to feel the same way as we did about helping those less fortunate than ourselves. Our dream came true. All of you here are testimony to that. I can't believe we have grown so large. I think our original group was only about ten when we started. Can you imagine! We are over a hundred now.

Thanks to all of you, the present officers, committee members and participants from both home and abroad. You made this a success. Thank you from the bottom of my heart for all your help.

☞☞☞ Dr. Harold 'Knute' Panuska.

Hi! I'm Katie McKemie, daughter of Jennie, who has been coming to Honduras with IHS since 1992. As I'm sure she has told you all many times because she talks so much... you are her favorite people in the world. And, I can attest that when I see her down here she is her happiest. My mom made the decision long ago that each of her daughters would make this trip with IHS our senior year in high school. Thus, in February on 2000 I accompanied my mother to Honduras... something which I admit at that time I was not thrilled about. However, those 2 weeks in San Igancio with the infamous nuns, Sister Barb and Sister Val, were one of the best times of my life and I learned valuable life lessons. I see two familiar faces, Jim and Jenny, who can recall what a wonderful and fun time we had, especially dancing the polka. My initial reservations had been proven completely wrong.

Shortly after that trip I went to college and received a degree in English, eventually going back to school to be a nurse. All of which was influenced by IHS and of course, my mom. I can tell you that every job and college application included an essay about IHS and my trip in 2000.

This is an impressive group of people and a wonderful organization. This is my second trip back and I plan on many more in the future.

My little sister, Sallie, was supposed to be here last February. But, as many of you know she died suddenly just three weeks before. It saddens me to think that she was not able to meet all of you and experience such an inspiring mission. But it comforts me to know that she is here with us now in our hearts. So next time you're with your team please toast all the IHSers that have gone before us. And toast the mission remembering our service here makes a difference.

☞? Katie McKemie, Nurse, Cofradia & San Jose

October 2006 & February 2007 - Patients Served 10,585 - Patient Contacts 44,872

MEDICAL TEAMS						
Adults	Children	Surgeries	Referrals	Pharmacy RX's	Vitamins	PIP
3,955	2,917	10	15	21,003	6,421	88
DENTAL TEAMS			SURGERY TEAMS		EYEGLOSS TEAMS	
Patients	Extractions	Other Procedures	Patients	Surgeries	Patients	Glasses
1,470	2,776	640	98	94	2,149	3,236

Need a Speaker for your Group?

IHS would love the opportunity to speak to your group, club, church, organization, etc. about who we are and what we do.

For more information please call: **(952) 996-0977**

Eye Surgery for Moskito Woman



Aralinda, a young woman from la Moskita in the eastern part of Honduras was fortunate enough to come to the IHS medical clinic where the Kruta team took her into their care. The team got her to La Ceiba where Dr. Luis Ponce performed cataract surgery. She can see very well now with the cataracts gone and a new pair of glasses to help with the correction for her eyes. Aralinda's life has been changed by the IHS team.



In Memory Of IHS Participants Who have passed away in the past year.

David Staubitiz...

David joined IHS just last year; February 2006 where he worked in the village of Yocon in the Department of Olancho. David was the team translator.

Dr. Tom Aug...

Tom, a dentist, was an 'old-time' IHSer. He started with IHS in 1992 and was on teams out in La Moskitia in the Department of Gracias a Dios for three years. He worked in the villages of Uhi, Palkaka and Tansin Island along the Caratasca Lagoon.

Ricardo Irias

On the first Friday evening in Honduras, after the IHS Welcome Banquet, Ricardo Irias was coming down a flight of stairs and three steps from the bottom fell and hit his head. An ambulance was called and he was taken to Hospital D'Antoni. After an MRI (patients have to be transported to a nearby clinic for this test), it was discovered that Ricardo had had a stroke which is what caused the fall. Ricardo's wife, Janet, was so impressed with the way Dr. Sierra cared for David Staubitiz that she fired Ricardo's Doctor and hired Dr. Sierra to attend Ricardo. Ricardo was in the hospital for several weeks while Janet got things ready for him to come home... this involved hiring round-the-clock nursing, physical therapy and speech therapy.

I was in Honduras mid-June and am happy to report that Ricardo is recovering very well. He still has some physical therapy work to do for his left side; but, Ricardo is well on his way back to being his 'old lovable' self.

✍️ Cheryl Schraeder



El Guante & Sulaco Teams

As we headed into Sulaco, our second village, we saw them peering out the doorway at us -- two albino children, a brother and a sister. When they showed up at the clinic on our first day, we were glad. We hoped we could help in what had to be a difficult world for them. As I think about how to describe our experience, these 2 children, Wendy and Christian, come to mind. They represent the joys and the challenges, the satisfaction and the sadness, and the commitment of everyone on the team to see that each person who came got dedicated attention and help.

We were a team of eight people from the U.S. plus Sister Fatima from Honduras. Jan Brown was our Team Leader and eye expert/resource. She was an impressive multi-tasker as she trained/coached us, tested patients with the auto-refractor, fitted glasses, managed many of the team logistics, and was constantly sought out for guidance with some of the more challenging situations. She was always there -- calm, supportive, with good ideas and a friendly smile.

We spent the first week in the small village of El Guante and the second in Sulaco, a larger, more remote and poorer village that was over 400 years old -- a bit of a cowboy town. Patients also came from many outlying villages, sometimes having as much as an 8-hour journey each way, combining walking and a bus ride. Our task was to check each person's vision and outfit as many people as possible with prescription glasses or readers. We saw over 1,100 patients who received glasses and sunglasses. Too many also needed a referral to a doctor at a future clinic because of serious eye disease. It was particularly sad when it was a child.

The need was enormous. A sizeable number of people were already lined up by 7:00 a.m. each morning, well before our 8:00 starting time. Patients had a long wait -- on average several hours from when they arrived to when they walked away with their glasses. In almost every case, they were patient, gracious and appreciative.

The early part of the process was pretty entertaining. Karla did the initial screening. She is a large presence in her own right -- funny, outgoing, committed, and with an uncanny ability to connect with people through her warmth and rather unusual style of speaking Spanish. The patient then moved on, typically to Charlie, Jan's husband, to be tested with the auto-refractor. Charlie doesn't speak Spanish, but in his booming, friendly Texas drawl he would initiate what were, in effect, energetic monologues with every one he saw. They hadn't a clue what he was saying, but he made them laugh and feel cared for. Karla and Charlie were great "warm-up" acts to the actual glasses fitting, a process that was both rewarding and tedious -- a combination of artistry and finding a needle in the haystack -- and to which each team member brought his/

her own strengths. Jane and John both spoke Spanish and had worked in eyeglass clinics in previous years. Jane had a warm, kind way of interacting with her patients, connecting in a personal way. John was very skilled at find-



ABOVE: Needlepoint is a breeze with a new pair of eyeglasses.
BELOW: The entire family goes away wearing new glasses.



ing the right match quickly and coming up with creative solutions when nothing seemed to be working. Kerry was particularly good at repairing and customizing glasses, especially for children (and our cooks.) Sharon, a first-timer with excellent Spanish, picked up the glasses knowledge quickly, plus she was the one who anticipated what we on the team needed before we were aware of it -- especially a timely snack or drink. I also was a first-timer with neither Spanish nor experience with glasses but kept very busy organizing, helping with readers and sunglasses,

(Continued from page 10)

and doing a preliminary “sort” to speed up the process so that the helper had glasses ready to try on immediately. Sister Fatima worked constantly as a translator and managing the flow. In addition, in both villages we had volunteers from the community who helped with a variety of tasks, especially translating.



Sister Fatima

Our living conditions in the attractive Catholic compounds in both villages were comfortable, the food was a pleasant surprise. Sister Fatima had arranged for local women to cook for us, and they made sure we ate well. They were like extended family,

adding to the fun. In Sulaco we even had fans to keep our sleeping quarters comfortable. And our cold showers were refreshing at the end of the very hot days.

We worked hard and long hours; crashing by 9 p.m. or earlier. When we got to Sulaco, Sister Fatima insisted that we have breaks and actually take our scheduled day off which we definitely needed. Different women in the village brought us food for our breaks, and she coordinated those contributions. Each morning found a freshly made new treat awaiting us – i.e. fresh garlic bread, donut-type rolls, a tasty layer cake or maybe some delicious bananas.

In both locations, we were struck by all the different sounds heard throughout the day and night that would cause a smile or occasional grimace. We heard children playing and crying, donkeys braying in the most primal tone, roosters crowing, dogs barking, birds chirping, pigs grunting – a somewhat dissonant 24-hour symphony. One day in the clinic, when the noise level was pretty low, we heard the sweet, almost surreal, sound of a little 5-year old girl humming “The More We Get Together.” Hearing Charlie extend an invitation to patients to visit him and Jan if they are ever in Lubbock, TX, listening to the chatter of the people as they waited outside, and enjoying the hymn singing at church were memorable. And the nicest sound of all was listening to Ricardo and his son, Lorenzo, serenading us with accordion and guitar as we packed up to leave.

A report of our project is not complete without adding something about Sister Fatima. Without her, the experience would have been wonderful, but having her with us throughout put it at a whole other level of richness. Sister is a 75 year old nun who, while not well –she had

been advised by her friends and doctors not to participate this year -- had more energy than all of us. She delights in all things and is ever curious. She’s like a cat with 9 lives, having survived a variety of harrowing experiences. She is a doer. Everywhere we went in Sulaco we saw the results of her work and heard the stories of her contributions. Her memory and knowledge of history and literature is amazing. She made us laugh with her jokes. On our one day off, she led us on a tour of the village. We visited the nutrition center, clinics, the library, saw life on the river, stopped by people’s homes, went with her to church, listened to more stories, and watched as she was greeted lovingly by so many. Her presence was an unimaginably wonderful gift.

There are so many stories to tell and so little space: like the 82-year old first woman mayor in Honduras so thrilled with her glasses; the happy faces of the grandmother and her 2 granddaughters, all with new glasses; the elderly ladies so pleased to get glasses so they would be able to read their Bible; Ricardo, the accordion player, posing for a photo with a big grin, a woman at the sewing center doing her needlework with her new glasses. But it’s important to end with a note of what happened with Wendy and Christian as well, which reflects both the joy and the constraints. Jan was able to get an eye reading for Wendy, but unable to with Christian because of his rapid eye movement. We watched as she worked long and determinedly to find glasses for Wendy and saw Wendy’s happy smile when some were found. Christian received a referral to the eye doctor. Both youngsters were given sunglasses to protect their eyes. When Wendy tried her sunglasses on, she told Jan, with quiet pleasure, that they made her eyes feel cool. As Jan put her arms around the two children and gave them a hug, we all shared the joy of the experience and the poignant sense that there is so much more to be done.

✍✍ Susan Chamberlain



Tres Amigos in Esquipulas del Norte !!

a ida Del ruta

Have you ever seen the movies where the characters take a trip up the Amazon River and see things they've never seen before, encounter new people and have to struggle through adventure after adventure? Well, if you enjoyed pretending you were that main character, or at least thought you would enjoy a trip like that, then the Kruta River is for you. The only difference is, although the adventure is there, like everything else in real life, it isn't quite as dramatic and dangerous as in the movies.

I was originally introduced to Honduras through a group called Baptist Medical and Dental Missions International. With BMDMI we went to a village for a week and worked, bringing medical, dental and religious services to the people of San Lucas, El Paraiso, Honduras, but I had no medical or Dental skills that applied. I just kind of did whatever I could to help. Although it was a wonderful, eye-opening week-long experience, I didn't feel like I had contributed much. Then, in talking to a friend back home, Jerry Reimer, he told me about International Health Services (IHS).

Jerry told me IHS sends multiple teams at once, they go to the more remote areas of Honduras, and they use Amateur (Ham) Radio for all their communications. In fact, they use the Winlink System extensively, which is a smaller subset within Ham Radio, that a small percentage of Hams use. Being what George Jones dubbed as a "High-Tech Redneck" with my satellite TV and digital communications, this was an area where I had specific skills that I felt would contribute to the over all goals of the team and IHS in general.

2007 was my second trip with IHS and it was also my second trip on the Kruta River team. I wanted to help wherever I could and being new to the organization I never checked any of the boxes indicating a preference of teams or locations. Both times I was assigned to the Kruta River Team. Both trips were experiences I'll never forget.

As I boarded the plane in Houston, non-stop to San Pedro Sula, the adventure began. It was the common flight that many of the northern IHS members connected to as they were coming down. It was the Friday flight, bringing us down in time for the opening banquet. I met a few other IHS people on the flight down and began to make friends. I had gone through the communications "tune up" drills with the other radio operators, so it was nice to finally meet them face to face.

We took a bus from San Pedro Sula to LaCeiba, which is the base of operations for IHS in Honduras. I found the Hotel Paris to be a very warm, welcoming hotel, whose staff was eager to assist with anything you needed. They had laundry service, which included mending clothes if need be. Not being on the advanced team this year, I stayed at the Hotel Paris through Monday and just relaxed, enjoying the tropical atmosphere,

sitting by the pool at the bar, making trips out to some of the local shopping centers, etc.

Once it was time for us fly out, we went to the airport and waited, and waited, and waited ... Welcome to Central America. Schedules and times aren't as important in the tropics as they are in the United States. Oh, they will get you there, and your bags will get there too, but WHEN is always the big question.

We finally get clearance to take off, so we are on our way to Puerto Lempira. The one hour or so flight is a really nice one if the weather cooperates. We flew along the coast and you could see the beautiful Caribbean as well as the mountains of rural Honduras. The further East you go, the less roads and large towns there are and the landscape is just beautiful.

Landing in Puerto Lempira was an experience in itself. This was my first dirt runway landing. It's kind of scary when you are used to the big concrete runways of Houston Intercontinental. As you begin descending, you begin to see all the small boats making their way across the waterways below, and you see the first of the elevated homes that are so common to the La Mosquitia region. As you approach the runway, you see people and cattle and dogs walking across with no sense of urgency. They stop just long enough to let the plane land, and then it is business as usual. Baggage claim consists of a very dedicated woman who matches your ticket with the ticket on the bag.

Next, you can either walk or ride to the Catholic compound, where You will bed down for the night. From there you can walk to any of the surrounding restaurants or stores for almost anything you

Team traveling down the Rio Kruta



need, as long as it isn't too uncommon. As I was walking to the restaurant to get dinner, I hear a familiar voice in the darkness, "Don't I know you Big Boy?" I look a little closer and its Andres, our guide for the River trip. The year before he dubbed me "Big Boy" and it seemed to stick.

The next day we haul our supply boxes down to the pier to be loaded into the boats. Now Andres and his son, Andy, are there, along with Roy and Rayli, the other boat crew. There were two boats, about 28 and 30 feet long. They are good heavy wooden boats with outboard motors on the back. They are normally used by these men to do their normal job of unloading the cargo ships that come into Puerto Lempira. We loaded our boxes with our supplies and hopped in for the ride.

This being my second trip on the Kruta, I took advantage of a valuable lesson learned on my previous trip. I sat toward the back of the boat. The first time I was eager and ready for adventure, so I sat

(Continued on page 13)

near the front. With the small waves and the wind direction, it was like someone spraying a water hose in my face the whole trip across the Laguna Caratasca. It's not so bad when you get across the Laguna into the canals. There the trees along the side block some of the wind.

All together it's about a three or four hour ride to the Village of Kruta. When we got there, the villagers came running out to help unload. Our team began setting up their clinics and sleeping areas, while I began setting up my radio gear in the kitchen. Having been to the same villages the previous year, I knew right where to place my antennas. Once the radio gear was installed, I made a connection to the states to send out emails to everyone and let know we were up and running.

I also set up my sleeping quarters in the kitchen to stay with radio gear. We set up in the school buildings, with mosquito tents to keep the bugs off while we slept. I brought an air mat-



Set up a clinic and the people will come.

ress and sleeping bag, but I never really needed the bag. I'm a bit hot natured anyway, but with the temperatures in the low 80s for a high and the low 70s for a low, with high humidity, there was very little danger of getting cold.

We spent the next three days providing the medical and dental care for the people of Kruta. Juan, the local dentist also joined our group here to help. My function was to check into the three voice nets each day and keep the email flowing via the Winlink System. With the Winlink System, team members were able to keep in touch with family and we could send messages between teams, both for business and fun, without needing an internet connection.

Life is fairly crude compared to what we are used to at home. My day consisted mainly of manning the radio gear during the day, fulfilling my obligations there, and then assisting wherever else I could. We all gathered for meals, which usually consisted of oatmeal or rolls for breakfast and beans and rice with tortillas for lunch and dinner. This time, another lesson learned, I also brought a couple of cans of Spam and some other "comfort foods".

My first time, the group was fairly lively, playing cards or dominoes up into the night, but this year, it was more of a reading crowd. They mostly read and turned in early, with the exception of a few nights of war stories.

When our job in Kruta was finished, we packed, loaded up the boats again and moved up the river to Tikiuraya. We set it all up and got to work again.

Tikiuraya was about three or four hours upriver. It had a few feet of elevation, whereas Kruta was right at river level. We

climbed the banks to the village and again were welcomed by the locals. We got set up again and were operational in no time.

People come from miles around for treatment. They line up and stand there all day waiting to be seen. I know I complain going to my doctor and having to wait in a nice air conditioned waiting room with magazines to read and a television playing. Honduras sure will change your perspective on what is uncomfortable.

When we completed our mission in Tikiuraya, we loaded up what was left and made out way back. This year we left early in the morning for the ride back. It was a beautiful, sunny boat ride back and really was relaxing. Especially knowing you were on your way back to the comforts you are used to.

When we got back to the pier, we unloaded everything, put it in storage where it needed to be and got cleaned up. We all met at the Lagoon View for dinner and beer and celebrated a job well done. It was great meeting back up with the other "La Mosquitia" teams and hearing of their adventures.

A quick flight back to LaCeiba and we were hearing the adventures of the mountain teams. We all gathered for our closing banquet in tropical style and shared our experiences.

There is nothing like the feeling you get from helping other people, but the camaraderie that is developed among a group of people working through rough conditions and bringing the so badly needed care to these people is amazing. I am looking forward to many more trips with IHS. So far I have only been on the Kruta, but I think the love the IHS people have for the Honduran people will shine through, from any team in any terrain you choose.

✂✂ Brian Cater, Kruta Radio Operator

a eiba Surgery



A urology team worked at Hospital D'Antoni in La Ceiba. Local urologists set up the cases for IHS Dr. Moore. Craig is hanging blood for an upcoming surgery patient (first the blood has to be bought—team members helped out with their own funds). Below the team is in the middle of a prostate surgery.



Team Puerto Lempira 2007

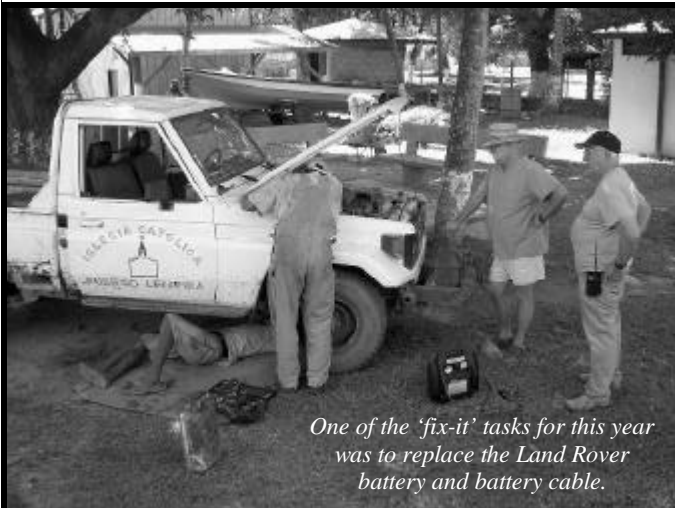
The Puerto Lempira (PLP) team is a support team for several villages; this year Uhi, Auka, and the Kruta River team. We don't have contact with the hundreds of clients seen in each village, but we do see some of them -- those special needs patients that we bring to Puerto Lempira. We schedule and arrange transportation for them by air or by boat, then meet them, escort them to the hospital, or other serving agencies, and continue to monitor their progress while here. We also support these village teams with re-supply of exhausted or missing pharmaceuticals, parts, food, and water.

Puerto Lempira is served by a well maintained gravel, air strip. There are commercial flights scheduled each week day. We also use this air strip for the bush pilots that transport teams and patients in and out.

The PLP team, and the village teams passing through, stay in the Catholic compound. We are able to store gear there from year to year, which significantly reduces the amount of freight for each mission. We store generators, radio antennas, engineering tool boxes, dental chairs.

We fixed our own breakfast and lunch, and had the evening meal prepared for us -- usually beef or chicken, potatoes, salad, rice, beans. Every other day we enjoyed coconut bread, too!

The only route for freight or people to come into PLP is by air, or by boat. Our container of gear from MN, is delivered by cargo boat, and unloaded by hand into smaller boats to bring it on shore. IHS also ships gasoline to PLP to refuel the bush planes that support our work. This fuel comes in 55 gallon drums, and the drums are floated in the lagoon to shore.



One of the 'fix-it' tasks for this year was to replace the Land Rover battery and battery cable.

Two of the long time team members serving in Puerto Lempira are Jack Riordan, and Drew Mathews. They know the key contact people, and where the best sources are for local supplies. Jack has been the 'fix-it' man for years -- maintaining much of the equipment at the hospital as well as IHS gear. Drew, though a nurse anesthetologist by pro-

fession, is the coordinator of all that goes on with IHS in Puerto Lempira. Because of his experience in this assignment, Drew anticipates 95% of the needs, and ships material in the cargo container before each mission. If you play 'Stump Drew' by requesting something, you'll usually lose!

Supplementing this 'core duo' this year was Bill Kennedy, our interpreter, in his first year with IHS. Bill is a tug boat captain in the Gulf of Mexico. He is also an active ham, KD5XN, and from his stories of previous work experience, we believe he is actually an undercover agent for the US border patrol. Bill became a regular at the hospital, and the hardware store. He was so often at the hospital, that on one visit he was asked to consult on a case of internal hemorrhoids. He declined, correcting the misunderstanding



50th anniversary celebration... King & Queen float in the parade... and, games included climbing up the greased pole.

that he is a doctor.

Alice and David Houser were back for their fifth year with IHS, all in the Mosquito region. David was the team radio operator, WA9OTP, and Alice was a versatile general helper, also a ham, KI4CCD. Part of Alice's service was monitoring the airport cargo -- junk yard dog, as Jack coined her assignment.

One of the changes to the town this year is the addition of cell phones. There are two cell phone towers, providing competitive service. Most residents have their own cell phone. They pay with prepaid phone cards; no billing. It's a contrast seeing cell phones used in houses with one light bulb, and cooking on a wood fire. Honduras has a simplified phone system -- all calls in the country are local calls. It seemed ironic that none of the team members, except Drew of course, had a cell phone, but nearly all the local residents did.

Our ham radio communications support from Puerto Lempira is growing. In 2006 IHS radio operators installed a radio repeater on the church's FM broadcasting tower. This enhanced our ability to communicate with the village teams, independent of the short wave band conditions. In 2007 we provided equipment to install a radio and antenna system in the village of Ahuas, where the bush planes are based. This link allowed us to more easily contact the pilots when we had needs for air transport. One of the pilots, Wesley, contacted us from his plane, on this radio system, from 3000 feet in the air, on his way to Tegucigalpa.

This year was unique with the celebrations for the 50th anniversary of the founding of the department, Gracias A Dios. While we were there, the President of Honduras visited, there were games, and a parade with bands and floats.

✉ David Houser, PLP Team Radio Operator

The Good Old Days Radio Setup

My first year with IHS (1995) was as the PLP (Puerto Lem-pira) team engineer. My purpose in life, as it was explained to me, was to get the big old diesel generator running at the PLP hospital so our IHS surgery team could operate. With the help of a friend who went with us, and some previous repair work done by some Hondurans, the generator was operational even before the surgery team was ready. I had accomplished my mission. Now I had a week of time to do "other things". There are MANY wonderful stories of people and flights to little villages and other things I could mention. However, right now, I want to talk about my first observation of ham radio in action in a third world country. At that point in time, I did not have a license but I had spent 20 year in the Air Force doing comm work. Many of those years were with shortwave radio gear. So, I was very understanding of what was going on and I was soon hooked on going again and having a ham license.

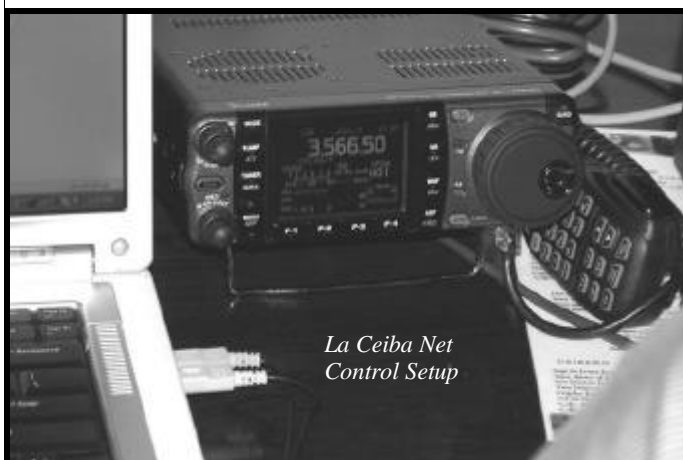
By the time the following Feb mission took place, I had accomplished my short term goals of getting my wife to go and getting my ham license (in that order). I hit the ground running and it was great. Of course back then the only comm we did was communicating by voice to other IHS teams in Honduras. For me, that was mostly giving status reports to the PLP team and occasional messages to & from the net control in LaCeiba. For such a basic radio operation, we managed fairly well. At the time, I was using an old Kenwood TS440 radio. It was the size of a small briefcase and at the time I thought it was pretty compact. Looking at the gear we use now, that is kinda funny as I now have many radio items to take and their combined size is about the same as that radio.

Radio Evolution - For several years, the radio set up did not change much. We did 3 voice nets a day with the other IHS teams plus we did occasional radio conversations with PLP and LaCeiba as important needs arose. Somewhere around 1999 or so, we took a huge leap forward when one of our guys took along a controller (for HF) and actually sent a few messages to friends in the U.S. This was mostly an experiment but it led to our discovery that we could send e-mail messages to & from anyone in the world who had an e-mail address. The next year, about 3 of the teams brought controllers and we started using the Winlink system to exchange IHS business messages plus a few to family and friends back home. That year, we only had a few MFJ and AEA type controllers that were very slow (P1 mode only) but they certainly did the job. I know a few IHS veterans were skeptical as this seemed like way too much technology to take to the jungle. But, with the advent of newer & smaller gear, the size of what we take is not so much more than the single radio of the "good old days". Due to a kind donation of an anonymous benefactor, we now have the use of some high speed controllers. This sure helped to increase the volume of messages to what was needed to handle the business side of IHS comm for patient data, supply lists, and other urgent needs of our teams. Our voice net met at scheduled times but e-mails could go at any needed time. Thank you, Winlink for providing a system that met our needs so well in a remote tropical location!

A second jump forward was adding 2 meter (2m - short

range) comm to the PLP area teams. Years ago, there were obstacles to using this mode because it was line of sight comm only. A few years back, the PLP Catholic church put up a 200 foot FM radio tower. Our prayers were answered. With a tall structure like that near where the PLP team radio operator was located, we now could overcome the biggest challenge to 2m comm. We now have a 2m antenna up in the air about 100 feet so we can reach most any LaMosquitia team. What this means is any of those teams can call on the radio 24/7 and talk to the PLP team with any urgent need. Since PLP has a hospital, this was a huge leap forward for patient referrals. In 2006, John Wagner installed a 2m repeater in PLP. With this unit, now any remote team can talk to any other with good clarity. Along with the Winlink e-mail capability, this 2m comm has proven to be the most useful comm for the PLP area teams. We still need HF voice comm 3 times a day to talk with the IHS Project Director in LaCeiba but our management of problems in a third world country are so much easier now. We have options as to different modes to operate depending on the real time needs that arise. Before, I said I used a radio that was the size of a small briefcase. I now use an Icom IC-706 which is about 1/3 the size and it has the HF voice capability but it also does the Winlink e-mails and the 2 meter comm. Ham radios have come a long ways in the past decade.

If any ham or helper person out there wants to join our February mission, it is easier than you think. IHS has some gear to loan out and I can guarantee the cooking on my team is fantastic (my wife does most of it). Just contact me at: 320-634-4386 or JMKKEK@Yahoo.com
 ✉ [John Kirckof KB0UUP Communication Co-Director](#)



La Ceiba Net Control Setup



Bob at La Ceiba Net Control

Honduras

“Yea yea, I’ll call you when I don’t make it back alive.” Those were actually some of my last words to my mom as I boarded the plane to head for Honduras. I was a little worried since this was an entirely new experience for me, and I wasn’t sure what to expect. As the trip progressed I saw new things and met many great people that I never would have met had it not been for this trip. Once we were out in the field working with the people it was a huge eye opener for me. I had never seen a third world country in



Dr. Mark Johnson seeing a family at the clinic in Tikiuraya.

poverty like this. The people paddled around in their dug out canoes, carrying loads of water and other plants in them for food. I had seen pictures of this in books and magazines, but nothing had prepared me for what I saw. As the trip continued I got

into the groove of things and the initial shock started to wear away bit by bit. It never did go away entirely, however, and still hasn’t after four months. I still carry the memories of the trip with me everywhere I go and often find myself telling people about the trip even without them asking. The stories are numerous. I tell the story of the girl with cataracts that covered both eyes, causing her to be blind since the age of 11. We were able to help out by giving her a ride back to La Ceiba where she will await the surgery crew arriving in the fall. There are many tales of the men who earned their living free diving for lobsters. Sometimes they would come up too fast and end up having strokes, and often sustaining some life changing injuries that they may never recover from. There were many children that had slight heart murmurs. The two cardiologists in our group were able to pick them up, yet there was nothing that we could do other than give them a couple doses of

medication and send them on their way. There was one moment that was particularly memorable for me. It was a moment that I personally was able to help someone out. A man walked in and he had one leg that was about four inches longer than the other one. All of the doctors were contemplating the many surgeries that might be needed to help this man get back to normal. The whole time I was just looking at his legs and trying to think of something that I could do to help. It occurred to me that if the man was unable to get surgery, then he merely had to take one of his sandals and make it four inches thicker. Then he would be able to walk without the terrible prospect of joint problems in his near future and also some severe back pain. Just doing that was possibly one of my own most rewarding moments that I experienced during the trip. Overall I am very glad that I went, and would have to say that I could not have picked a better crew to have such a life changing experience with. You were all great, thank you.

✍ [Eric Johnson, Kruta Team General Helper](#)



In Tocoa Dr. Marulando (local surgeon) scrubbed along with IHS Dr. Paulson

KRUTA TEAM

BACK ROW:

*Brian Cater
Dr. Mark Johnson
Eric Johnson
Jo Herman
Leon Ernster*

FRONT ROW:

*Dr Marianne Serkland
Teri Vollbrecht
Teresa Lahr
Mary Bierman*



UHI TEAM

*STANDING: Honduran Helper,
Lola Johnson, Dr Jim Haaga,
Margie Haaga, Susan Prentice,
Steve Scoggins, Paula Scoggins*

*SITTING: Tamera Franzen Burt,
Melissa Daniels, Marina Alastero,
Karen Kirckof, John Kirckof*



EL GUANTE / SULACO TEAM

*BACK ROW: John Pope,
Sharon Knutson, Susan Chamberlain
Jan Brown*

*FRONT ROW: Karla Harriman,
Jane Hackenburg,
Kerry Beckenbach,
Charlie Brown, Jr.*

PUERTO LEMPIRA TEAM

*Bill Kennedy
David Houser
Alice Houser
Drew Mathews
Jack Riordan*





AUKA TEAM

*STANDING: Leyla Lopez
Susan Biernot, Steffanie Gramlick
Barb Hamilton, Aroldo Lopez
Kelley Shelley*

*SITTING: Andrea D'Angelo
Theresa Tombers, Julie Ekker
Hilario, Dr. Joe Tombers
Dr. Gerard Rudy*

ESQUIPULAS DEL NORTE TEAM

*FOURTH ROW: Mark Doughty
Dick Nelson, Alexa Pflzum*

*THIRD ROW: Alex Fischer
Emily Hackenburg
Angela Silva Papa
Jim Welch, Rick Rocheford*

*SECOND ROW: Rocky Wilson
Buzz Schraeder*

*FIRST ROW: Deb Fischer
Cheryl Schraeder, Doug Pflaum*



COFRADIA / SAN JOSE TEAM

*BACK: Kerry Wilber
Dr. Dave Watkin
Steve Kennedy, Mike Ward
Andrew Wiers, Glenn Healy*

*FRONT: Bill Latimore
Michelle Steffan
Jennie McKemie
Katie McKemie, Sara Bentley
Dan Walker, Hart Freeman
Maria Mar Estupinan*



TOCOA TEAM

*Deb Henderson
Mary Bauer
Jim Prater
Sue Cavis
Dr Gary Paulson
Eddie Skaggs
Denis Rousell
William Rousell*

*(not pictured)
Jo-Ann Prater*



YOCON TEAM

*STANDING: Larry Foster
Linda Erdman,
Dr Paul Dorsher
Char Zimmerman
Wayne Zimmerman, Jenny King
Niki Hultman, Gail Daffurn
Dr Tom Hopkins, Maya Desai*

*KNEELING: Steve Rice,
Patricia Dorsher, Idalia
Maldonado, Krista Schmidt*

LA CEIBA SURGERY TEAM

*Calina Hall, Dr Steve Moore,
Barbara Lynn Cook, Craig Hall, Anne Dismore*

*LA CEIBA ADMINISTRATION TEAM
(no photo)*

*Gary Ernst, Marcia Ernst,
Bob Johnsen*



Dental Mission Work In Honduras

My journey began to Honduras with 4 plane rides over 3 continents starting from the UK and finally arriving in LaCeiba, Honduras. This is where the very efficient Cheryl had organized for Gail, my DSA (dental assistant), and me to be picked up at the airport. We were taken to the convent where Sister Marjorie welcomed us with the use of her kitchen, lounge and dorm with bathroom. It is a lovely place to stay close to the Hotel Paris. Friday evening was the first meeting and dinner of all 105 members of IHS (International Health Services). This is where we met our team members going to Yocon, a village in the central Honduran mountains.

The next day (Saturday) was used to organize the collection of dental equipment and materials from the Red Cross building by marking them for Yocon. A new dental chair, 2 mobile units (with 3 in 1 syringe, suction unit, slow drill hand piece) in case one unit failed. We also took with us 2 curing lights with rods (in case one failed); some composite and some disposable items already packed and supplied by IHS.

That evening was a banquet held at a lovely hotel in LaCeiba to celebrate the 50th anniversary of IHS and their cooperative work with the Red Cross. All the team members attended the dinner and dance.

On Sunday, our journey began at 5am loading the bus with personal luggage and loading a truck with supplies for medical, dental, pharmacy and engineering equipment. The dirt road to Yocon was a 6 hour drive up the mountain.

On arrival in Yocon, our team of 14 was split into 2 separate accommodations. 7 ended up sleeping in the pharmacy in tents with foam mattresses and the other 7 in a large room with a toilet and shower. These two sites were situated a few minutes drive from each other. I loved the drive. Linda, our team leader, was very efficient and made our stay comfortable with shower curtains on the toilet since it had no door. The kitchen provided us with hot drinks and snacks.

The next morning we set up our medical and dental clinic in a gated building where I was given an empty room. We furnished the room with tables on which we could place our dental instruments, which were hired from Dentaaid in UK for 3rd world dental clinics. We used bowls for sterilizing instruments in glutaraldehyde solution. IHS was good at also supplying us with Lidocaine, swabs, gloves, masks, needles, garbage bags and 3 buckets as spittoons. I bought some plates from a local store to use as

trays. Wayne, our team engineer, found a floor lamp and flashlight to use as a light source plus a fan to keep us cool. Wayne was wonderful with equipment and also with patients to bring them in and out. He also took care of my personal needs of water, coffee, shoulder rubs, and breathing exercises after difficult extractions. There were many extractions each day plus a few small composite restorations. On some days there were 5 people helping to move the patients as fast as possible from a long line at the gate. Our dental clinic had an interpreter, Gail (a DSA), Wayne holding the flashlight, Larry sterilizing instruments and taking photos, a local person at the door, and Patricia registering 15 patients at a time. Even then patients were sent away at the end of each day to return the next morning. It was very well organized so that a patient could be seen every few minutes, 3 with anesthetic and 3 with swabs at the door.

One day a child, age 4 came crying with a swollen face and 4 very decayed teeth. Five people had to hold him down to take them out, but he went out smiling. Another girl of age 15 asked for all four front teeth to be removed as they



ABOVE: Inside workings of the portable dental units used by the Yocon Team

BELOW: Station for the Dental Assistant to sterilize instruments and prepare for the patients



were decayed. I told her that I could restore them cosmetically. She and her mother had a picture taken smiling with the dental team. We had one lady who had problems with bleeding after several previous extractions. After pulling some teeth, she needed suturing with two helpers swabbing plus Gail. I was stitching and a helper was holding the light because I could not see without suction. Larry, our radio guy and great helper was taking photos. Tom, the team's medical surgeon had been watching and said he would rather work outside the mouth. Another patient had a decayed wisdom tooth taken out. In doing so, Larry had to give me his shoulder to push against. It took half an hour of sweating, grunting and pushing. Anyone standing outside the surgery would think there was something between Larry and I. We became good friends.

(Continued on page 21)

We used one day to go to a nearby village, St. Antonio, to hold a medical and dental clinic in a school building. The line for dental was so long that we did not manage to see 15 people who were asked to come to Yocon the next day. Ten of them walked 20 kilometers to come for dental treatment the next day.



ABOVE: The people gather early in the morning to be seen by the Doctor and Dentist... at day end... there are some people who are turned away.
BELOW: DDS Maya and dental Assistant Gail doing restorative work on a patient.



We had good communication between all 14 members of the team. Doctors, nurses, pharmacists and helpers came to watch the dental clinic. Dr. Tom called us to watch several procedures including a machete wound being stitched, removal of bullets from a back wound, a 15 year old boy with hole in his heart, and a worm in a foot. Cases you do not see back home.

Each day we had breakfast at 7am, lunch at 12pm and dinner at 6pm at Amanda's house opened to all 14 of us. The food consisted of rice, red beans, corn flat bread, cassava, plantain, melon, pineapple and bananas.

The Mayor was grateful and treated us to a fish lunch of tilapia on an outing to Campamento, a nearby village. We went in 2 trucks. On the last day, he also treated us to a dinner with music and dancing with the local people.

On our return to LaCeiba, at the end of the mission, we returned all supplies and equipment back to the Red Cross to be

used next year by another team. This year, IHS had 6 medical/dental teams in different parts of Honduras. They also had an eye glasses team plus two surgery teams. On the last day, IHS had a banquet at a lovely outdoor park where all teams were able to exchange their reports and feedback.

I highly recommend mission participants visit places of interests in Honduras after the field work is done. This can easily be arranged through Frances, a local gal who owns Tourist Options in La Ceiba. I strongly recommend a visit to Copan, a Mayan site for 2 nights and also 2 nights at Tela, a beautiful beach resort.

The mission work is a wonderful opportunity that is arranged by IHS to serve the people of Honduras. It is a self satisfying experience and a worthwhile project for adventurers who do not mind living rough for a short time. Hondurans are easy to treat and they are grateful.

I hope that IHS will attract more medical personnel internationally.

✉ Dr. Maya Desai — Yocon Dentist



Tocoa Team

CRNA Eddie Skaggs at work during surgery

RN Sue Cavis with young girl post-surgery



La Ceiba Surgery Team



That's all there is. Supplies at Hospital D' Antoni.



Hospital D' Antoni Nurses



They didn't help!

Sulaco and El Guante, IHS Honduras 2007

I started my journey with IHS in 1989. I saw an ad in Ham Yellow Sheets, wanting Ham radio equipment. So I called and talked to Terry Stone about the mission. My application was forthcoming but teams had already been assigned. I did get a call in late January, advising me that an opening had occurred but I was unable to go because of work.

Determined to go, I sent an application in for 1990. I was accepted as a team radio operator. My destination was Roatan Island. Our team locations were St. Helena and Rockport. Two team members, I fondly recall, were John Rose and Sherry Braun. It was a great mission and I was hooked. One memory I have is walking into the court yard of the Paris Hotel and seeing all these funny talking people. I will never forget the feeling of love and friendship of that moment. That feeling still comes over me every time I walk into the Hotel Paris.

Since that beginning I have missed only 2 mission trips.... one because of my health and the other due to Matthew's accident. I have noticed that as you get older your memories start to melt together. The mission trips have brought me to a better place in my life. It has taught me that doing for others in an unselfish manner make you a better person. I would trade nothing for all the times I have been sick, chigger bites, sun burned and had toe worms. It is such a small price to bring a smile to the face an old person or child in need.

The 2007 mission was another one for the record books. I was on an eye team made up of a very diverse group. We had teachers, police, engineers, nurses and too many to mention. We saw over 1200 patients in our trip. Each person who went through the clinic received sunglasses and prescription glasses if needed. I think this was the worst group of eyes I had ever seen. We saw lots of cataracts and phtirgium and several types of infections. Patients that we were unable to help were referred to eye doctors in Tegucigalpa. One lady I will never forget is Sister Fatima. She was our host, guide, friend and all-around-get-it-done person. It could not have been a success without her help. We were also blessed with a great team. John Pope was our radio operator/computer/eye glass specialist. Kerry Beckenbach was our general helper. Kerry did all the heavy work plus reground many pairs of

glasses for new frames. There were many new smiles because of his effort. Sharon Knutson pulled and fitted glasses. That would be hundreds of pairs before the mission was finished. Jane Hackenburg also pulled and fitted hundred of pairs of glasses. Karla Harriman was our front man. She ran the snelling chart and did crowd control. Susan Chamberlan was also involved in pulling and fitting glasses. She did an outstanding job. Did I mention that we had over 8000 pairs of glasses? They had to be unpacked and repacked which creates lots of work.

We were lucky in Sulaco with the weather. It was very pleasant and cool. At night you needed a thin blanket to be comfortable. That would not be the norm in El Guante. It was lower in the mountains and in a valley. It was very warm and humid. This gringo sweated off many gallons of water. Our accommodations and food were just out of this world. Some of the best I have ever had the pleasure to experience. We met many wonderful people and made many new friends.

Two our most memorable events occurred in our last days. We had 2 albino young people arrive at the clinic. Jan was able to help a girl see to read. She can now go to school and learn. The whole team cried on this one. Also an older man and his son who we had helped us, returned to the clinic on the last day. It was time for a serenade, he played his accordion and the boy played the guitar. It was just beautiful. Karla was able to record the music.

I would like to thank all of my team members for their consideration during the trip. I know most of the time I was more trouble than I was worth, but I truly love them all. Never have I had a more memorable experience.

I could go on for hours about the IHS experience. If you would like to really help people and see what a difference it makes, just try a mission with IHS. PS: Jan was the team leader. She did a great job. Her ability to organize is excellent. You would have to look hard to find a better one. I would serve with her any time. ☺☺ God bless you all, Charlie Brown



TOP: Charlie giving patient an eye exam using a Auto-refractor to determine the strength of glasses the patient will need. CENTER: One of the albino patients that came to the eyeglass clinic. BOTTOM: The team is serenaded by one of the team's patients and his son.

Please Tell Me What He She said . . .

This past February I made my first trip down to Honduras with IHS as a translator. When I first heard about the trip from my mom's co-worker Steve, I knew I had to go. Not only because I've always wanted to do something to help people who are not as fortunate as I, but also because I had never been to a Spanish speaking country before. I decided I needed to put my nine years of Spanish education to the test.

I was assigned to go to Yocon, a small town in the mountains of Honduras. I was lucky and was assigned to a team with one other translator (who had gone on many missions with IHS); he took care of making most of the arrangements when we arrived in town. One of the jobs of the translator is helping arrange where we stay and also negotiating pay for local people who help us, and since this was my first trip, I was very happy the other translator knew more of what was going on.

The day after we arrived in Yocon, we started seeing patients in the clinic. An American woman who lived in Honduras helped out with translating for the dentist, and so the other translator and I each paired up with a doctor. Paul (the doctor I worked with the most) and I saw a lot of bronchitis, arthritis, head and neck pain, parasites and head lice. On the days I worked with Tom, the other doctor, we did a lot of prenatal care, and had a few hernia surgery referrals. Our last day of clinic, I got to help in the dental clinic, which I was really excited about since I'd always wanted to see a dentist work on someone other than myself. Our dentist did restorative work and extractions. I didn't really enjoy watching her pull teeth, but watching her do fillings was really neat.

These missions are really hard work, because everybody helps doing everything. We didn't stick to one role only. It's not all work, we had a lot of fun in our free time, and I made a lot of friends, both on my team and in the community.

My Spanish skills improved a lot when I was down there, I find it a lot easier to communicate with the Spanish speaking patients I encounter in my job. This was definitely one of the most rewarding experiences I've ever had, and I can't wait to go back next year.

✍️ Niki Hultman, Translator, Team Yocon



LEFT TOP: Doctor Paul Dorsher makes a house call... the patient is a 99 year old woman.

LEFT BOTTOM: Doctor Tom Hopkins sees a typical family visit... on the IHS medical Missions...

an entire family unit will come to see the doctor at the same time.

CENTER BOTTOM: This woman has an extremely bad case of varicose veins...

She sure could have used those stockings years ago!!

RIGHT TOP: The doctor is getting ready to stitch up a machete wound.

RIGHT BOTTOM: Nice sewing job doc!!

Almost every year IHS docs encounter machete wounds.



ON EIN A TRANSLATOR

Great team members Great Honduran people
Beautiful country

This was my rookie year as a member of the IHS family. I was fortunate to be placed on the best of the teams going into Honduras this year. I didn't know where to begin and what to do first but the patience and professionalism of the Esquipulas del Norte team led by Cheryl Schraeder made this one of the best experiences of my life.

A translator, I was told, is the busiest person on the team. Maybe that's true but because of the support of each person on the team, my work was a pleasure all the way. My Spanish has a lot of gaps. The people of Esquipulas (and for that matter all of Honduras) want to be understood and were very patient with my struggles to understand and communicate to them.

While I served some of the time registering the community as they came through our door, most of my time was spent with our dentist Dick Nelson and his assistant Cheryl Schraeder. Talk about an artist! Knowing the value of restorative work, Dick did no extractions. His work consisted of making these beautiful people more physically attractive and more confident knowing that they have good strong, healthy teeth. In addition all the children from 7 to 17 got sealants to protect their teeth for the next 10 years. Dick's dedication and work would make the entire dental profession proud.

The team helpers, Alexa Pflaum and Alex Fischer were extremely busy maintaining the glasses supply for Deb Fischer, directing the patients to the correct room, maintaining the water and refreshment supply all the while continuing their studies from school. Their participation was extremely valuable.

Our pharmacists, Angela Papa and Jim Welch didn't need help from me with words as Jim has made this trip many times and Angela is from Madrid (born in Portugal). Truly they were the busiest members of the team as everyone got vitamins, Tylenol, and skin lotion in addition to specific prescribed meds.

We saved a life. A young man was carried in late one morning overcome by the heat. Deb Fisher our Paramedic, Mark Doughty, an RN, and Emily Hackenberg, a Nurse Practitioner responded quickly and professionally under the careful eye and direction of Doug Pflaum, our team M.D. The young man's temperature was over 104 degrees. He received intravenous fluids and fans to hydrate and cool him down. Three hours later he was able to walk out of the clinic on his own.

Our "clinic" was a little short when it came to electrical power and some of the luxuries to which we North Americans were accustomed. Buzz Schraeder and Rocky Wilson to the rescue. Power was quickly installed and diligently maintained by Buzz for the dental equipment and radio and Rocky had an e-mail system set up to keep us in touch with family and friends as well as the important radio communications with the other teams.

As a translator I got some "bennies" that were not gener-

ally available to the rest of the team. Before we started seeing patients in the morning and after dinner in the evening, I would visit with the residents in the park next door to our clinic. I was journaling and the young and old stopped to see what I was writing and they were especially pleased when they could see me put their name into the book. They are a happy people and excited to show off any English skills they learned in school and/or the details of their daily life in Esquipulas.

These people of Esquipulas are beautiful from their smooth skinned dark faces to the graciousness of their souls. The children are all in school, the entire community is well nourished, and according to Doug Pflaum, they are generally healthy. They really appreciated us being there and it showed in their smiles.

The women make very good use of their skill of balancing atop their heads. It may have been the server in the restaurants we visited after our mission was finished that had arms full of plates and a wine glass on her head to the young mother returning from doing the laundry in the river with the basket on her head and bare-naked chico at her breast.

The men are in the fields during the day working corn, sugar cane, mangos and bananas. The corn is planted one seed at a time to take advantage of the 45 degree hills that surround this beautiful village. Four to six vehicles in town and they are all pick up trucks. Horses are more common being used for getting people from one place to another and moving crops and building material. Walking is convenient and is the favored means of transportation.

If you like mountains you find Honduras to be

TOP: Cheryl assisting Dentist Dick who is doing a filling. BOTTOMLEFT: Rick taking a little break at the park. BOTTOM RIGHT: Buzz busy trying to "light up our clinic" and keep the generator running



the most beautiful country in the hemisphere. Except along the coast it's not possible to go horizontally for a mile. La Ceiba, San Pedro Sula, Copan, Esquipulas del Norte and all places between showed off the gorgeous orchids, hibiscus, and geraniums along with the fields of pineapple, mangos, sugar cane, bananas, coffee, and a variety of palm trees.

The two plus weeks was physically, mentally, and spiritually rewarding for all the team members. If you have ever given the slightest consideration to putting your Spanish skills to a "fuller" use, plan to join the IHS team in 2008 as a translator. You will be eternally grateful you did.

✍️ Rick Rocheford

TOP ROW: (1) Rocky our radio/e-mail guru and all-around general helper/ Engineer type of guy. (2) Mark is taking a blood-pressure reading... the lady is the sister of our main village contact, Ulysis. The other lady is Ulysis's mother... she is 100 years old.

MIDDLE ROW: (1) Part of our team took a day trip to Miramar, a nearby village; Emily is seeing a family of three generations. (2) Angela and Jim are quite busy filling prescriptions for the many patients that flow through the clinic each day.

BOTTOM ROW: (1) Our two youngest team members, Alex and Alexa, were busy bagging vitamins for the pharmacy. (2) On Sunday the team had a day off so Dr. Doug tried out his portable EKG machine... the patients... his fellow team members. (3) "Can you read this?" "Are these glasses better? Worse?" were questions asked by Deb while giving exams for reading glasses.



a Esperanza Cofradia and San Jose

I must admit that I felt very much anxiety about stepping on a plane to travel to Honduras on a medical mission. I felt like a child in a playground having climbed the ladder to the top of a slide and deciding whether to slide down or climb back down. I decided to take the slide and was well rewarded for my little bit of bravery. The trip was more than worth it.

The IHS members staying at the Hotel Paris in La Ceiba were very friendly to me and I soon felt comfortable. At one of the introductory meetings it was announced that our team would be the first to head out on our mission. We were instructed to be packed and ready to board a bus at 3:45 AM on Monday, February 19. Our first stop was the Cruz Roja building in La Ceiba. There, in the pouring rain, our team loaded the needed supplies to set up medical facilities in the field. Some of us had only one pair of shoes. All of us joined in the bus loading effort that required that we wade through water that was foot deep in places. We then climbed back on the bus for a long bus ride to La Esperanza in the department of Intibuca.

Once we were in La Esperanza we were taken to the Cruz Roja of La Esperanza. There we were greeted by some of the true heroes and humanitarians of Honduras. Without Luis Knight, a Cruz Roja volunteer and leader, our mission would have not have been possible. Luis and his excellent staff of other volunteers laid the groundwork for our appearance in the villages of Cofradia and San Jose. They informed the population of the many surrounding villages of our schedules. There are virtually no phones in these mountains. They arranged for the cooking of our food, our transportation over the rough roads, some patient transportation, making bottled water available and provided help and security. Luis was also an excellent moral booster and made sure that we were connected to key members of the communities we served. I cannot emphasize enough how important Luis and his staff was to our mission. Unfortunately Luis will not be serving in this capacity next year. He will be truly missed, but always in our hearts.

Both in Cofradia and in San Jose we were housed in school buildings. The schools were surrounded by fences. The local people, nearly all Lenca Indians, appeared to be fascinated with the process of our team setting up a dental office, a pharmacy, a doctor's clinic and our own personal gear in such a short time. The spirit of cooperation is very impressive to behold. With help from our doctor and several others an antenna was installed and amateur radio set-up so that we could establish contact between us and other teams and the outside world via short wave voice signals and by

relaying digital signals to the base in La Ceiba which had an Internet connection. Mike Ward, also a paramedic, was the chief radio operator and did an excellent job of keeping us in touch with the other teams and friends and family back home.

A typical day started with climbing out of our sleeping bags at sunrise. As a few patients arrived at the school they waited and watched us drinking our coffee and eating our informal breakfast. Soon a line of colorfully dressed woman, children and men formed a line at the gate. A group of local men and Cruz Roja volunteers kept order so that a steady, but not overwhelming, flow of patients was maintained. The first stop for patients was to see Hart Freeman. Hart has been working at Tierra Santa Orphanage in Comayagua since Oct. 2006, along

with several other IHS veterans. She will be attending the University of Kentucky in the fall working on a pre med program. Hart provided each patient with appropriate medicines to combat intestinal parasites. Her nice smile and friendly nature got each patient off to a good start.

The next step was triage. At this stage entire families had a chance to discuss their needs and medical complaints with Jennie Mc Kemie and her daughter Katie Mc Kemie, both of whom are registered nurses. Jennie was also our team leader. Her passion for helping the patients and keeping things

running smoothly was unlimited. Some patients were directed to go to the doctor, others to the dentist and some to both the doctor and the dentist. In all cases the patients were treated with much kindness and respect.

Patients going to the doctor were first greeted by Michele Steffen a wonderfully cheerful and able translator. Michele definitely put parents at ease and it was reflected in their smiles and the smiles of their children. Dr. Dave Watkin, a practicing emergency room physician, was ideally suited to deal with the multitude of conditions and complaints that he was presented with. The medical clinic saw 1072

San Jose and was surprised at the large number of elderly patients that came in. Some patients needed to be more closely examined or needed to have urine tests or blood tests.

Dan Walker, an experienced hand with IHS, a paramedic, aided the doctor when needed and did the medical lab tests. Dan also taught Glenn Healy, a young man from West Vancouver, who has been working on a home construction project as a volunteer near La Esperanza, to run some of the tests. Glenn was also very helpful as a helper, translator and doing vision tests. Dan, with translation help from Michelle, taught a course in CPR to a large group of volunteers for the Red Cross of La Esperanza and Jesus de Otoro.

Those that went on to the dentist saw Dr. Andy Wiers. Andy saw hundreds of patients. He explained to them in Spanish what work, if any, was needed. We were not equipped for restorative



*Dr. Watkin doing checkup on a young mother's baby.
BELOW: The team's right-hand man, Luis Knight.*



work so many teeth were extracted. Andy was extremely efficient and worked very well with all ages of patients. Sadly many of the children in this region have poor diets. Andy discussed as much as possible diet and the need for brushing with all his patients. Sarah Bentley acted as Andy's dental assistant. She did a wonderful job and one would have never guessed that this was a new experience for her. The Adults tried very hard to be brave and not show pain. Some children were quite difficult to work on and could be heard screaming very loudly sometimes before even being touched. Many patients arrived having serious tooth pain, but left having their pain relieved. Without Andy they would have received no help.

Our pharmacy had an international flavor. Maria (Mar) Estupinan from Spain and Kerry Wilbur from Canada, both pharmacists, kept that department running smoothly. Kerry came to Honduras with no knowledge of the Spanish language and soon was able to converse with patients due to her intelligence, her desire to learn, and the excellent teaching skills of Mar. Mar's facility with Spanish and Kerry's sunny disposition brought a smile to many faces, young and old. It was fun just to watch this great team at work.



Andy and Sarah hand out toothbrushes to a young patient.

Steve Kennedy served a multitude of functions for the group. He issued hundreds of pairs of reading glasses. He was able to speak Spanish, make the patients feel comfortable, and make sure glasses were properly fitted and adjusted. Steve also directed the installation of tarps for sun shades and was resident naturalist, astronomer, and bird identifier for the group. He also supervised burning of medical waste and filling of solar showers.

As the team engineer I found myself doing a variety of jobs. I installed latches in the latrines, burned medical waste and helped in the pharmacy. A very satisfying experience for me was working with Mike Ward to diagnose the electrical problem in a classroom in San Jose. A repair in the solar panel charging system restored lighting to a room that was without light or a computer for seven months. As a retired teacher, it was a pleasure to help other teachers.

One day we watched as a group of people at San Jose moved a huge pile of bricks and concrete blocks across a street to a place behind the school where they will be eventually

used to build a new classroom. To us it seemed odd to see many adults, little girls in "party dresses" and little boys carrying these heavy blocks a great distance with energy and without complaint. Our team watched them in awe. What wonderful people and what wonderful spirit we thought. Now it occurs to me that some of them might think the same of us. I think they did their best to show us that they did.

We were served many delicious meals cooked by local women. In Cofradia we visited a family run roof tile "factory." Katie, Glenn and Hart actually made some tiles. We visited a place where pine needle baskets are made and another place where white pottery is made. Also in Cofradia we each were given a pine needle basket and a pottery animal presented by the vice mayor of Intibuca. The whole community turned out for a religious service accompanied by dancing performances, singing and guitar music. We also had a tour of a beautiful local home and garden. Up the hill from the home we had an excellent candlelight dinner in an adobe building. Our team was challenged to play some of the locals and Red Cross volunteers in a soccer match. Our team put up a tremendous fight, but we lost. I think the locals were a bit surprised by the enthusiasm and the ability of our players. At any rate, the crowd loved it.

After leaving San Jose we spent one night in La Esperanza. We were treated to a great ceremony and show to thank us for our work. It was held in a school gymnasium. After several speeches we saw a fabulous demonstration of folk dancing in local costumes. Many of us were invited to participate and it was great fun. A very funny skit was put on by members of the Red Cross and at least one faculty member from the school at San Jose. It was an outstanding show. Even though some of us do not speak Spanish the humor was appreciated by all. It seemed like a very professional production. Each team member received a nice gift and was served refreshments. A special gift of a handmade wooden bowl, inscribed with thanks from the teachers of San Jose, was presented to our group.

In conclusion I think it is evident that all members of our team enjoyed providing much needed medical help to remote mountain villages in Honduras. We were made to feel very welcome and appreciated by the wonderful people of Honduras. What a beautiful experience!

Bill Latimore, Team Engineer



Nain (center) is the little boy who was brought to Mayo Clinic for life-saving heart surgery in May 2005... as you can see he is doing very well.

Working in Honduras Again

This past February, I returned once again to Honduras where I had done my Peace Corps service in 1973-1976. It turns out there is a local organization here in Minnesota, called International Health Service that organizes medical mission trips down to Honduras a couple of times a year.

International Health Service of Minnesota is a 100 % volunteer group of people who offer medical and dental services to the general campesino population across the northern section of the country, from Santa Barbara to La Mosquitia. I don't especially enjoy pure tourism. I would rather see things while I am doing something. IHS is not associated with any religion, so there is no offer of services in exchange for signing some denominational roster. It sounded like the kind of organization that could get me to Honduras while being part of a constructive effort. I signed up as a translator for the first time in 2001 and have repeated the trip yearly.

I admit that February and Minnesota winter plays a role in my altruism, but IHS has timed its mission well. This group has been working year round for the last 25 years to send down annual brigades of people to deliver medical services in the least serviced part of the Honduras. The Honduran health department tells them where the need is and that is where we set up.

IHS has no paid staff, but you would never know it from the level of organization that they have achieved. They have their act together! People are now volunteering from all over the U.S., Great Britain, Spain, and Portugal. They run as many as ten teams in ten different locations simultaneously. On the Honduran side they have a permanent operating committee based in La Ceiba that has links to the Cruz Roja. The local committee adds Honduran volunteers to each of the various site teams. All combined we numbered just over 100 volunteers.

The group is mostly self-funded. There is some fund raising, and a ton of solicitation for medical supplies and other donations. They use the in-kind support of Standard Fruit to ship as much as two semi trailers of material down in advance of the February mission. Each volunteer pays an agency fee of approximately \$500. The fee which covers 2 weeks of food (read lots of beans and rice), lodging, which amounts to a dry place to pitch your tent, and email communications back home, which happens by short wave radio and the internet. The rest of the cost is your round trip air fare, spending money, and cost of an additional vacation if you choose to make a trip to Roatan or Copan, or track down your friends of bygone years. I spent about \$1,500 for 17 days for everything-including the project fee.

Who goes on these medical brigades? In general it is people with the time to spend two weeks away from their normal endeavors. College kids, to retired people, and every age in

between make up the teams. Sometimes there are parent child combinations, friends, single individuals, and married couples. Backgrounds include, secretaries, computer types, ham radio operators, teachers, social workers, company CEO's doctors, nurses, dentists, dental assistants, general helpers, handymen, pharmacists, a host of others, and most importantly translators!

My adventures have included tracking down lost luggage, handling the verbal exchange between doctor and patients, fitting reading glasses, holding the flash light for the doctors as they assisted a first-time mom give birth in the middle of the night in a jungle hut, ordering dinners for my teammates in a restaurant, assisting with crowd control as waiting patients get frustrated with the wait, explaining the right way and the wrong way to take certain medicines, making speeches on behalf of community leaders to our site team and returning the favor on behalf our team leader to the local officials, and finally translating jokes both ways between Honduran and American comedians. Truthfully, punch lines do not translate.

As I think back on my trips, one of the steady highlights is watching the doctors, nurses and dentists work their crafts. Watching teeth restorations seems like a little miracle every time a happy patient gets out of the chair. Another treasure comes from the interaction with people who are unpretentious and humble. That alone makes the whole trip worthwhile. I

return home with a sense of being grounded in reality once again. I count the cost as a well placed investment in myself.

IHS needs translators every year (as well as every other skill). The site teams work a lot better with a minimum of two on a team. Returned Peace Corps Volunteers are naturals for the job. Most of us can speak Spanish, without the need for a dictionary in one hand. One caution though, it is not a vacation in the standard sense. Honduras, while changing and developing, is still a third world country. You need to have

good health. The work days are long and constant. You will be tuckered out every day and at the end of the two weeks. On the plus side is the fact that you can now sit down with a cold beverage at the end of the day -just about anywhere. It didn't used to be that way in Brus Laguna, Gracias A Dios.

For me, the IHS experience feels like a way to give back to the universe. You get to see the country again, visit with old friends, make new ones, and do something worthwhile.

If you are interested, check out the IHS Web site at www.IHSofMN.org. If you want to donate, it will tell you how and where. Look at the pictures from the various sites, imagine yourself in Honduras, download the application. Send in your application this summer because team assignments are made in September and open spots may be gone.

Join us in February 2008 !!

✉ Steve Rice — Honduras 1973-1976



Team arrivd in Yocon... translator is needed to speak with villagers on where the team will work? Who will do laundry? Who will cook? etc.

Medical Mission Opportunities

October 18-28, 2007
(11 days – 8-10 open positions)

This year we will be taking a medical/dental on the fall trip. For the medical team we need a doctor, nurse, pharmacist, dentist, translator and one or two general helpers. This team will be working in villages along the Kruta River.

During this same time a small group of 2-4 people are needed to travel to Honduras and lay the groundwork for the much longer Winter medical mission. Among the many tasks on the Fall planning list the most important are determining the Winter team sites, team logistics, housing and meals.

February 15–March 2, 2008
(17 days – 90-95 open positions)

This trip is the highlight of the year for IHS. IHS will take participants from all parts of the U.S. and beyond to work at different villages in remote parts of Honduras. There will be six medical/dental teams, 1-2 surgery teams, eye-glass team and 2 administration teams.

The combination medical/dental and surgery teams have the same make-up as the October team with the addition of a radio operator who may double as the team engineer. The administration teams each need a radio operator and general helpers. All participants must be flexible, innovative, be able to deal with change, have a sense of humor and have lots of patience... and the teams will have lots of patients.

Format of this trip is two days of orientation upon arrival in the city of La Ceiba, a travel day to the work site, ten days working in the village, a travel day back to La Ceiba and several days to explore and relax before returning home.

For the medical personnel, your jobs are fairly self-explanatory... adapted of course to remote 3rd world country.

It is the job of the general helpers to do anything that needs to be done, from triage, to bagging pills in the pharmacy, to filtering water, to cleaning dental instruments. The translator is the one who is most in demand... you will be summoned by everyone on the team and half the villagers. And, it is everyone's job to carry boxes, load boxes, unload boxes, weigh boxes, count boxes, inventory boxes, etc.

For those who will be participating in the Winter 2008 Medical Mission... put this date on your calendar... Saturday, December 8, 2007. This is when orientation materials for the trip takes place. Travel, schedule, safety, expectations, workflow, job functions, needs, expectations (yes, it's here twice) etc will be discussed.

If you would like to join us – please fill out the application and don't forget to include requested documents (listed on application) and your deposit (non-refundable).

For more information contact:

Gary Ernst gary_ernst@us.ibm.com

Cheryl Schraeder cschraeder@earthlink.net



Drew Mathews receives keys to the new IHS storage facility at the Cruz Roja from Honduran committee member Rosario Arias

Annual Celebration & Fundraising Event

Save this date - **October 6, 2007**

This year IHS will be celebrating their 25 year Anniversary and raising funds to step into the next 25 years

Dinner, Silent Auction (*items needed*) and Program to be held at:

Ramada Northwest Inn and Conference Center
Brooklyn Park, Minnesota

Watch your mailbox for more information!!

*International Health Service Officers, Board of Directors, participants and, most of all . . .
the people of Honduras wish to extend heartfelt thanks to each of you that have contributed to the success of our work in Honduras.
We hope to have listed all that have donated over the past year and sincerely apologize for any names we may have missed. Your gifts are truly appreciated.*

MONETARY DONATIONS

LIFE SUSTAINER

Lindseth, Michael & Karlene

CARE GIVER

Brown, Roderick
Community Health Charities - Minnesota
Dorsher, Paul & Joanne
East Fillmore County of Thrivent
Financial for Lutherans. . .
In Honor of Richard Nelson, DDS
Edwards, Jennifer & students
Ernster, Leon. . .
In Memory of Tom Aug
Grundman, Frank & Dolores
Helgeson, Donald
Klosterman, Lance & Heather Gilreath. . .
In Memory of David Staubit
Koopmeiners, Linus & Marina
Nemanich, George & Ann
Pflaum, Dr Douglas & Anne. . .
In Memory of David Staubit
Schraeder, Cheryl. . .
To the IHS Foundation
In Memory of Harvey Ernst
In Memory of David Staubit
In Memory of Tom Aug
In Memory of Grace Engman
In Memory of Henry & Esther Schroeder
Sexton, Robert & Sandra
Shuster, David & Julie
St Cloud Hospital
St Hilaire, Thomas
Swenberg, Doris Mae. . .
In Honor of Dr. Doug Pflaum
Thibault, Mr & Mrs Harold
Tombers, Joseph
Trust of Frank & Dolores Grundman
Walker, Daniel

FIRST RESPONDER

Addicott, Linda
Alexander, James & Barbara
Allaben, James & Lavon
In Memory of David Staubit
Ament, Robert & Karen
Baizan, Ernesto & Judith
Baker, John
Beckenback, Kerry & Carolyn
Benhase, Jerry & Shirley
In Memory of David Staubit
Bhatt, Naman - The Ink Well
Biernot, Susan
Billman, Mr & Mrs John
Bird, G.G. . . .
In Memory of Mother, Elsie H. Goetz
Bischoff, Mark & Renee. . .
In Memory of David Staubit
BlueCross BlueShield of Minnesota
Bossard, Floyd & Margaret
Bostrom, Marilyn
Boyle, Mary
Carlson, Rev Roger & Lois. . .
In Memory of David Staubit
Casey, Don & Arlene

Catholic Community Foundation -
Len & Bea Japs Fund
Centenary United Methodist Church
Chicoine, Eugene & Vera
Clune, Tim & Graciela
CMH Chaper of the Kiwi Club
Como, DDS, Thomas & Paulette
Corcoran, Frank
Creo, John & Anne
Daniel, MD, James
Daniels, Melissa
Decision Support Systems
Detzler, Maureen. . .
In Honor of Rosalie Eckhoff
Dillon, Dennis & Nickie. . .
In Honor of Jim & Barb Alexander
Duluth-Superior Area Community
Foundation
Dunnigan, Ann
Durenberger, Mark & Barbara
Dusich, Jerry & Debbie
Eckhoff, Rosalie. . .
In Memory of David Staubit
Edwards, Joyce
Erdman, Duayne & Dorothy
Erdman, Warren & Linda. . .
In Memory of Harvey Ernst
Esau, Rex
Fernandez, Wilmer & Shanelle
Filla, Thomas & Karen
First Lutheran Church - Alexandria
Fruci, Michael & Cathy
Gandrud, R.E.
Gibson, Earl & Wanda. . .
In Memory of David Staubit
Girardot, Jean
Gomon, David & Linda. . .
In Memory of David Staubit
Gwost, James & Joanne
Hammond, Albert & Janice
Happe, Geri
Hardert, R A & Linda. . .
In Memory of David Staubit
Harris, Clifford & Carol. . .
*In Honor of Warren & Linda Erdman's
Anniversary*
Hasti, Susan & Michael Friedman
Hesch, Eileen & JR
Hess, Jerome
Hoeschler, Jake & Maureen
Hofmann, Suellyn
Huss, A Joy
Jacobson, John & Judith
Johnson, Harvey & Gladys
Jost, James & Mary
Kennedy, Robert & Donna. . .
In Honor of Dr. Doug Pflaum
Kettner, James & Myrtle
Kinney, Audrey H
Kiwani's Club of Ely. . .
*In Honor of Trudy & David Staubit
& the people of Honduras*
Knittle, Cara. . .
In Honor of Jim Alexander
Knutson, Sharon
Koehnen, Kelly
Kojis, John & Patricia
Kolbinger, Barbara
Krakowski, Larry & Michele
Kunkel, Norbert & Isabel
LACA Foundation, Lillian Trillo
Lacika, John & Nancy
Larson, Benjamin & Joan. . .
In Memory of David Staubit
Laughlin, Gloria. . .
In Honor of Susan Roe
Laughlin, James
Leinweber, John
Lobdell, Douglas & Julie Hoff
Logar, Ruth & Jon
Maguire, William
Mahowald, JM & Kuhl, DM
Manning, Tania & George. . .
In Honor of Rosalie Eckhoff
Matsuura, John & Joyce
McGinnis, Jaclyn
McGlone, Steven & Gina. . .
In Memory of David Staubit
McKemie, Jr, Frank & Jennifer
Merck Partnership for Giving
Miller, Jean. . .
In Memory of David Staubit
Miller, William & Gloria. . .
In Memory of David Staubit
Modern Office Methods - Kevin McCarthy
In Memory of David Staubit
Molstad, Joline & Larry
Mount, Robert & Barbara. . .
In Memory of David Staubit
Mount, Virginia. . .
In Memory of David Staubit
Mundahl, Carol. . .
In Memory of Hank Zogg
Nelson DDS, Robert T
Nicolin, Elizabeth
Noe, David & Wendy. . .
In Memory of David Staubit
North Prairie Lutheran Church WELCA
In Honor of Richard Nelson, DDS
Novak, Tom & Joan. . .
*To Honor Ruth Pflaum
on her Birthday*
Obermiller, Robert & Marilyn
Oglesby, Gary & Martha. . .
In Memory of Sallie McKemie
Oglesby, Gary & Peggy. . .
In Memory of Sallie McKemie
Olson, Arleen & Aubrey. . .
In Honor of Dra. Marianne Serkland
Panuska, Dr Harold J
Papermaster, Madeline. . .
In Honor of Cheryl Schraeder
Parent, Marcile
Penner, Carol. . .
In Memory of David Staubit
Pflaum Sr, Douglas & Ruth. . .
In Memory of Robert Berry
Poganski, Roger & Joyce
Pope, J Bruce & Kris K
Prater, JoAnn. . .
In Honor of Bud & Louise Milless
Psychogios, Shelly & TD Smith
R K W
Rachie, John & Marlene
Reif, Gordon & Rose Marie. . .
In Memory of David Staubit
Ringsmuth, Dennis M
Roberts, Kurt & Aida Rina
Roe, Susan
Rosenberg, Robert
Rost, Joanne. . .
In Honor of Dr. Roderick Brown
Roth, Leah N. . .
In Memory of David Staubit
Roth, Michael & Wanda
Rushford Lions Club
Sahr, Fern
Sanders, J Lawrence & Jo H
Sater, David & Sharon
Schaper, Irene
Scheumeister, Paul
Schiltz, Troy & Carrie
Schluter, Dean & Elayne
Schnettler, Betty
Schott, Donald. . .
In Memory of David Staubit
Schraeder, Orval (Buzz)
Scioto Valley Chaper 99S. . .
In Honor of Jim & Jo-Ann Prater
Scott, Christine
Severance, Dr Perry
Sindellir, Catherine
Smoger, Fred M
Spychala, Cyril & Mary
St Johns Lutheran Missionary Circle -
Betty Shannon
In Honor of Drew Mathews
Staubit, David & Gertrude
Stenach, Nina
Stiles, Mary
Stock, Gordon & Bonita
Strandemo, Gary & Barbara
Tillemans, Joyce & Tony
Tilleson, Arne & Jean
Trillo, Lillian. . .
In Memory of Jill Sheil
Trinity Lutheran Ladies Aid of
Grove Lake
In Honor of Dr. Roderick Brown
Trueman, Kathleen Pauly
Uhlmansiek, Wayne & Donna. . .
In Memory of David Staubit
Unger, Robert & Ann. . .
In Memory of David Staubit
Vargas, Juan
Walz, Arla
Ward, Toy
Wimmer, William
Women of ELCA Grace Lutheran
Church
In Memory of David Staubit
Woodley, Wells A. . .
In Memory of David Staubit
Wyne, T & J
Zika, Dale & Carol Ann
Zimmerman, Wayne & Char

NON-MONETARY DONATIONS

Cserpes, Frank & Sharon
Katun Corporation
KY Dept of Public Health -
David Raines
Marcoux, Dr Gary
Park Nicollet Clinic
Taylor, Lisa
Tyco Health Care/ValleyLab
Valleylab Services

IHS Teams

*A very special Thank-You to those who traveled to Honduras to participate in the Medical Missions.
These are the people who give up their vacation time, pay a project fee and their own transportation to and from
La Ceiba, Honduras to provide services to the people in remote villages of Honduras.
Congratulation for giving of yourselves to be of service to those in need !!!*

Auka - Gracias a Dios

*Andrea D'Angelo - Nurse - ER
Aroldo Lopez - Dentist
Barb Hamilton - General Helper
Gerard Rudy - Doctor
Joe Tombers - Doctor
Julie Ekker - General Helper
Kelley Shelley - Radio & Engineer
Leyla Lopez - Translator
Steffanie Gramlick - Pharmacy Student
Susan Biernot - Pharmacist
Theresa Tombers - Nurse*

Cofradia & San Jose - Intibuca

*Andrew Wiers - Dentist
Dan Walker - Paramedic
Dave Watkin - Doctor - Family Practice/ER
Hart Freeman - Translator
Jennie McKemie - Nurse - Pediatrics
Katie McKemie - Nurse
Kerry Wilbur - Pharmacist
Maria Mar Estupinan - Pharmacist
Michael Ward - Radio & EMT
Michelle Steffan - Translator
Sarah Bentley - General Helper
Stephen Kennedy - General Helper
William Latimer - Engineer*

Yocon - Olancho

*Char Zimmerman - Nurse
Gail Daffurn - Dental Assistant
Idalia Maldonado - General Helper
Jenny King - Pharmacist
Krista Schmidt - Pharmacy Student
Larry Foster - Radio
Linda Erdman - Nurse
Maya Desai - Dentist
Niki Hultman - Translator
Patricia Dorsher - General Helper
Paul Dorsher - Doctor - Gastroentology
Steve Rice - Translator
Thomas Hopkins - Doctor - Family Practice
Wayne Zimmerman - Engineer*

Esquipulas del Norte - Olancho

*Alex Fischer - General Helper
Alexa Pflaum - General Helper
Angela Silva Papa - Pharmacist
Buzz Schraeder - Engineer
Cheryl Schraeder - Dental Assistant
David Staubitz - Translator
Deb Fischer - Paramedic
Doug Pflaum - Doctor - Family Practice
Emily Hackenburg - Nurse Practitioner
Trudy Staubitz - Nurse - Medical/Surgical
James Welch - Pharmacist
Mark Doughty - Nurse
Richard Nelson - Dentist
Richard Rocheford - Translator
Rocky Wilson - Radio*

Kruta & Tikiraya - Gracias a Dios

*Andres Martin - Translator
Andy Martin - General Helper
Brian Cater - Translator & Radio
Erick Johnson - General Helper
Jo Herman - Pharmacy Student
Juan Bryman - Dental Assistant
Leon Ernster - Dentist
Marianne Serkland - Doctor - Cardiology
Mark Johnson - Doctor - Cardiology
Mary Bierman - Pharmacist
Rayly Morfy - General Helper
Roy Morfy - General Helper
Teri Vollbrecht - Nurse - ER
Theresa Lahr - Nurse - Post Surgery/Medical*

Tocoa - Colon

*Deborah Henderson - CRNA
Denis Roussel - Translator
Eddie Skaggs - CRNA
Gary Paulson - General Surgery
Jim Prater - General Helper
Jo-Ann Prater - Nurse - OR
Mary Bauer - Nurse - OR
Susan Cavis - Nurse - Endoscopy
Bill Roussel - Translator & Radio*

La Ceiba Administration - Atlantida

*Gary Ernst - Administration
Marcia Ernst - Administration
Robert Johnsen - Radio*

La Ceiba Surgery - Atlantida

*Anne Dinsmore - Nurse - OR
Barbara Cook - Nurse - OR
Calina Hall - Translator
Craig Hall - CRNA
Steve Moore - Doctor - Urology*

Puerto Lempira - Gracias a Dios

*Alice Houser - General Helper
David Houser - Radio
Drew Mathews - Engineer
Jack Riordan - Engineer
William Kennedy - Translator*

El Guante - Francisco Morazon & Sulaco - Yoro

*Charlie Brown Jr - Radio & EMT
Jan Brown - Eyeglass Examinations
Jane Hackenburg - General Helper
John Pope - Translator & Engineer
Karla Harriman - General Helper
Kerry Beckenbach - General Helper
Sharon Knutson - Trnaslator
Sister Fatima Carmaco - Translator
Susan Chamberlain - General Helper*

Uhi - Gracias a Dios

*Jim Hagg - Doctor - Internal Medicine
John Kirckof - Engineer
Karen Kirckof - General Helper
Lola Johnson - Pharmacist
Margie Haaga - Family Nurse Practitioner
Marina Alastero - Translator
Melissa Daniels - Nurse Assistant
Paula Scoggins - Nurse - Pediatrics
Steve Scoggins - Radio
Susan Prentice - Dentist
Tamara Franzen - Pharmacy Student*



Together we have done much...

there is much more to do...

together we can do it.

2007 - 2008
IHS Board of Directors

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Vice President	Jack Riordan
Secretary	TBD
Treasurer	Gary Ernst
Project Director	Gary Ernst

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Ricardo Irias	David Ashby
Beto Castillo	Jorge Castillo
Antonieta Ashby	Frances McNab
Hector Godoy	Nancy Castillo

International Health Service of Minnesota is a corporation organized under the non-profit organization provisions of the laws of the State of Minnesota and is recognized by the Internal Revenue Service under section 501c.

Contributions can be mailed to:

International Health Service - P.O. Box 44339 - Eden Prairie, MN 55344

Wednesday, August 15, 2007	Applications due for Fall 2007 Trip
September 2007	Fund Raising Campaign
Monday, October 1, 2007	Applications due for Winter 2008 Trip
Monday, October 1, 2007	Fall 2007 Trip Project Fees due
Thursday, October 18, 2007	Fall 2007 Trip Starts
Sunday, October 28, 2007	Fall 2007 Trip Ends
Saturday, November 10, 2007	Team Selection for Winter 2008 Trip
Saturday, December 1, 2007	Mail Winter 2008 Trip Information Packets
Saturday, December 8, 2007	Orientation for Winter 2008 Trip
Friday, December 21, 2007	Shipping Deadline for Winter 2008 Trip
Tuesday, January 1, 2008	Winter 2008 Trip Project Fees & Airfare Due
Saturday, January 12, 2008	Load Trucks
Friday, February 15, 2008	Winter 2008 Trip Starts
Sunday, March 2, 2008	Winter 2008 Trip Ends
TBD	Picture party
Thursday, May 1, 2008	Newsbreak 2008 Article Deadline

IHS
FUTURE
EVENT
DATES

IHS Needs

IHS contact information can be found on page 3

Desperately Needed !!

Warehouse Space

Each year IHS collects, sorts, packs and manifests 50-60,000 pounds of equipment, supplies and medicines to ship to Honduras in January for use during the February medical mission.

IHS is in need of 1200 sq ft of heated warehouse space; preferably in the south or southwest part of the Minneapolis area. Year round space would be wonderful; space during October through January is essential.

IHS can provide a great tax deduction for a donation of warehouse space!!



Vacation with a Purpose"

Looking for a rewarding experience?

Come with IHS to Honduras giving help to some of the poorest people in remote villages.

We NEED you...

Translators - Pharmacists - Dentists - Doctors
Nurses - Operating Room Nurses - Surgeons- CRNAs

This could be YOUR Experience of a lifetime!!

Surgical Supplies Needed

Contact: Mary Bauer, RN
mkbauer@astound.net

Medical Supplies Needed



Contact:
Dr. Marianne Serkland
MTSerkland@yahoo.com



Silent Auction Items Needed For the IHS Fundraising Event !!

Save the date- October 6, 2007
Please contact Cheryl Schraeder
cschraeder@earthlink.net (952) 996-0977

We need your help !!

Please consider International Health Service in your planned giving. There are a number of ways you can do this.



Monthly pledge - Lump Sum

Gifts of Stock

IHS Endowment Fund set-up through the Minnesota Foundation

Give in Memory of a Loved One

Give a gift to Honor Someone Special



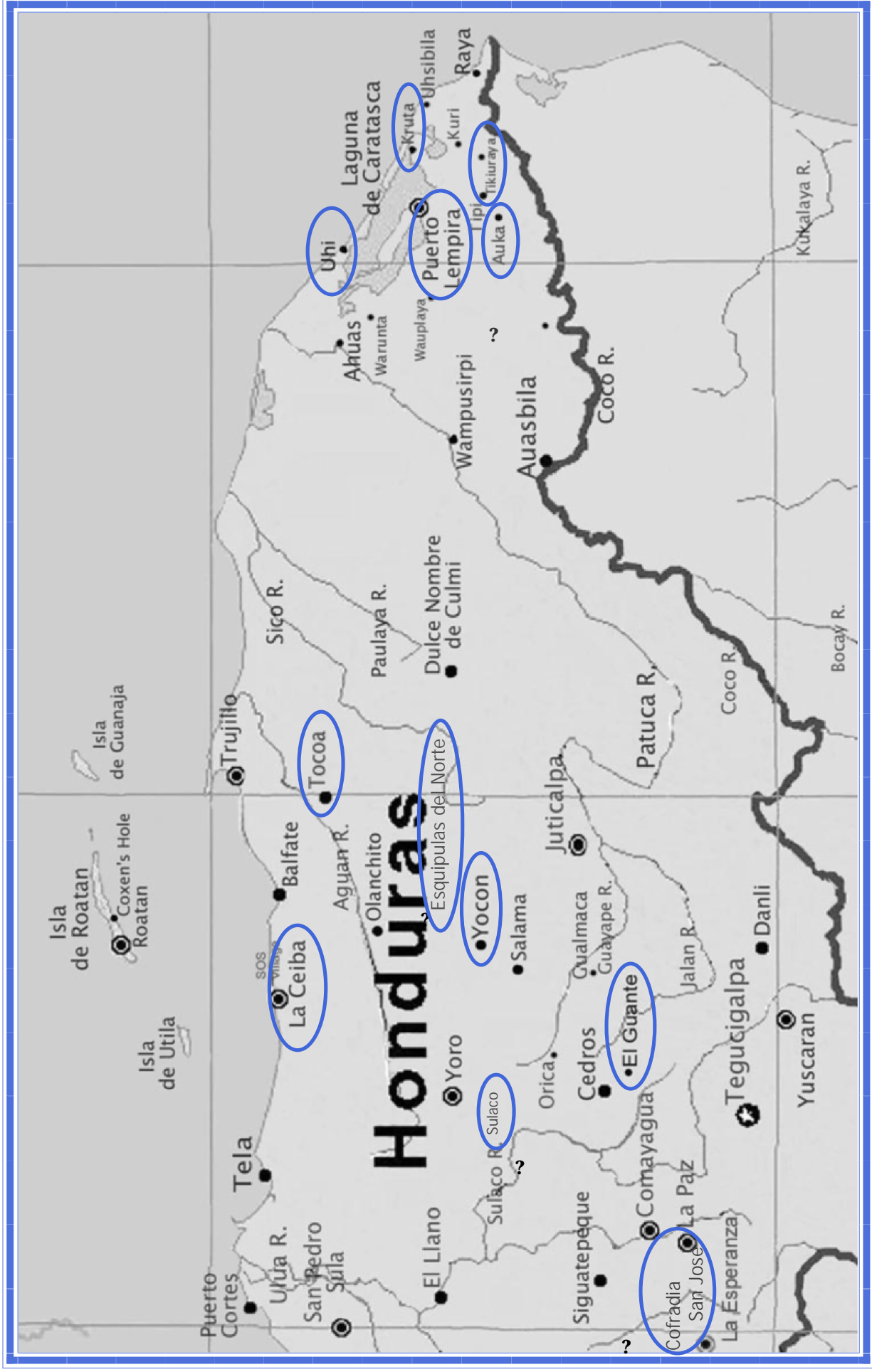
All gifts to IHS are tax-deductable !!





INTERNATIONAL HEALTH SERVICE

HONDURAS - February 2007 Team Sites





INTERNATIONAL HEALTH SERVICE HONDURAS PARTICIPANT APPLICATION FORM

FALL 2007
October 18 - 28

⌘ circle one ⌘

WINTER 2008
February 15 – March 2

Please use a separate application for each project - do not apply for both projects on same application.

Name: _____ Home Phone: (____) _____
Address: _____ Work Phone: (____) _____
City: _____ State: _____ Zip: _____ Cell Phone: (____) _____
Date of Birth: _____ E-Mail: _____

Specialty (one or more, send copies of diploma and license) _____ CRNA _____ DDS _____ Translator
_____ MD (specialty) _____ PA _____ EMT _____ RDH _____ Engineer
_____ RN (specialty) _____ LPN _____ RPh _____ Dental Asst. _____ Radio Oper.
_____ Other specialty (please specify) _____ Gen. Helper

Where are you currently working? _____ If no, last year of work? _____

Briefly describe your past work experience: _____

Physical/medical limitations: _____ How did you hear about IHS? _____

How many years with IHS? _____ ONE person you would like to be on a team with _____

Would you be willing to be a team leader? _____ Assignments you would not accept: _____

What kind of team would you prefer (check all that apply): _____ Admin. Team _____ Eyeglasses _____ River (ie. Kruta)

_____ Remote (ie. Mosquitia) _____ Inland (ie. Mountains) _____ City (ie. La Ceiba) _____ HHK _____ Any Assignment is OK

Do you speak Spanish? _____ None _____ Words _____ Phrases _____ Conversational _____ Fluent

T-SHIRTS & CAPS – Each participant will receive a t-shirt and 1st-timers will also receive a cap. T-Shirt Size: _____ (S M L XL 2XL 3XL)

Additional IHS t-shirts & caps can be purchased. T-shirts & Caps \$8 for each. Include no money at this time - you will be billed for these items.

_____ T-shirts / size _____ and _____ Caps

HOUSING - While in La Ceiba, IHS participants have traditionally stayed with a local family. You may choose either to stay with a local family (included with your project fee) or as an option, rent a room at the IHS headquarters hotel. IHS will make the reservations for these two options only. I'd like to stay:

_____ With a family.

_____ At IHS headquarters hotel at my expense (approx. \$35/night)

_____ Other on my own at my expense.

APPLICATION DEADLINES & PROJECT FEES

FALL 2007

WINTER 2008

Application with Deposit:	\$100	Due 8-15-07	\$100	Due 10-1-07
Balance of Project Fee:	<u>\$250</u>	Due 10-1-07	<u>\$400</u>	Due 1-1-08
Total Project Fee	\$350		\$500	

Applications and Balances received after the above due dates will be charged a **LATE FEE of \$50** (if application is late and balance is late... late fees are \$100)

In order for your application to be considered, the following MUST be enclosed:

Completed Application * Deposit * Copy of Radio License (Radio Operators only)
Copy of Professional Licenses * Copy of Diploma (Doctors only)

Note: The \$100 deposit is non-refundable and due with a completed application.

Make checks payable to:
International Health Service

Mail applications to:
International Health Service
PO Box 44339
Eden Prairie, MN 55344

(please complete the reverse side of this application)

International Health Service - Waiver of Responsibility & Photo Release

I, (print name) _____ along with all members of my family, in consideration of the benefits derived, if accepted for an International Health Services Project, hereby voluntarily waive any claim against the local and international organization, local officers, its sponsoring institutions and all leaders of International Health Service for any and all causes in connection with the activities of the above organization.

International Health Service does not provide any type of insurance (medical, liability, travel, medical evacuation, life) for participants. My signature on this form indicates my full understanding that I must provide for my own insurance.

I hereby authorize International Health Service to use photographs and narrative descriptions of me and my work with their programs for the purpose of public relations, advertising, promotions, and fund raising. This authorization will remain in effect until expressly withdrawn by me with written notification.

Signed: _____

Date: _____

This form must be signed before your application can be considered.

EMERGENCY CONTACT: In case of emergency, please notify: _____

Relationship: _____ Daytime phone: (____) _____ Evening phone: (____) _____

SUITABILITY DISCLOSURE: IHS Projects are not for everyone. To assist you in determining the suitability of a Honduras Project for yourself, please answer the following: *Required for 1st year participants... Optional for others.*

Frustration is a constant companion on IHS Missions. Things don't happen when they are supposed to, the wrong things happen, and some planned things never happen. How do you respond to protracted frustration?

IHS teams often encounter crude and uncomfortable conditions. Much of Honduras has no electricity, modern transportation, or telephone. How do you respond to a basic outdoor environment?

Most IHS teams endure periods of isolation and experience culture shock. Language, currency, health habits, and social norms are very different in the field. How do you think you will respond to being out of touch with your culture?

IHS teams encounter very high patient loads which require long days of work in, often, very hot environments. How is your temperament and physical stamina consistent with this scenario?

IHS teams survive on interdependence where each team member contributes a vital service to the group's function. This requires your doing your job well and trusting others to do theirs. To what extent are you a team player?

What are your expectations during this Honduras Project? _____

What do you expect to contribute to this Honduras Project? _____
