



News Break 2008

Newsletter of International Health Service of Minnesota



TOP: Cargo in Minneapolis ready to be loaded in the container for shipment to Honduras. BOTTOM: Once supplies are at the Red Cross in La Ceiba, Honduras, they are sorted out by team (teams have different colored labels) so they can be easily identified as each team is ready to depart for their respective villages.



February 2008 Project Recap

117 exuberant volunteers filled with a passion to give help to others less fortunate just completed a 2-week Medical Project in some of the most remote areas of Honduras. These volunteers came from 19 U.S. states (includes Washington, DC), Canada, United Kingdom, Argentina and Honduras. Honduras is located in Central America and is about 2/3 the size of Minnesota and has approximately 7 million people.

From these volunteers were formed 6 medical/dental teams, 2 eyeglass teams, 2 surgical teams and 2 administration teams. About one half of these teams worked in the eastern part of Honduras known as la Moskitia... land of the Moskito indigenous people. This area is the poorest part of Honduras and the hardest area to reach—the teams traveled by airplanes and boats to Puerto Lempira, Uhi, Auka, and Kruta and Tikiuraya on the Rio Kruta. The remaining teams worked in the western part of Honduras and traveled to their work-site by buses and trucks to Yocon, Yaruca, San Jose, Cofradia, Hortensia and La Ceiba.

The IHS October and February teams saw a total of 11,764 patients during those projects and gave out over 30,000 prescriptions (includes eyeglasses, vitamins and worm meds). The surgery teams performed 70 surgeries and the dental teams extracted 1904 teeth. Supplies and medicines for the teams were shipped to Honduras from the US. Some of these items are donated, but most have to be purchased. For this project IHS spent \$39,387 on medicines and supplies. Over 1000 boxes of medications and supplies weighing just over 19,000 pounds were shipped to Honduras and transported to the different villages with the teams—these boxes get handled many times.

In addition to the meds and supplies, there are obviously other expenses. The next biggest expense is the transportation of the teams and supplies; February transportation expenses were \$30,820. The third largest expense is feeding the 117 volunteers (plus the local village people who helped out) for two weeks. And, there are miscellaneous expenses, such as teams hiring a cook and a person to do laundry while in the field, administrative expenses, pickup truck rental and gas, etc. Total cost of the February Mission (not counting all the donated hours by the professionals who volunteered their time) was \$88,945. So, the cost of caring for one patient comes to just \$7.56.

This newsletter chronicles the experiences and the feelings of the volunteers who participated in the February 2008 Project. These stories are straight from the heart and collectively capture the mission, frustrations, and successes of our organization. The dedication of these people shines through. **If you are like many people, after you read these stories, you will want to know what you can do to help. There are two ways in which you can participate.**

FIRST. You can join the adventure and come to Honduras on one of our projects. IHS volunteers are responsible for their own expenses; airfare, project fee (covers team transportation, food and shelter while at the work-site) and hotel if not doing a family stay. **SECOND.** If you are like many people, you accept a responsibility to help the people of developing countries, but you do not have the desire to actually travel to Honduras. A donation of money, medications or supplies can go a long way. Since IHS has no paid staff, overhead is very low and most of your donated dollars go directly to the poor people in Honduras. If you have a burning desire to help some of the very poorest people in the world, please consider a tax deductible donation to IHS. **Imagine!! A donation of just \$300 will provide medical help to 40 people in a remote village.**

✉ Cheryl Schraeder— President 2007-2008

International Health Service

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International Health Service - Contact Information

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

IHS Web Site
www.ihsfmmn.org

Coming soon!!!

New improved website!!!
At the same address !!!

The new site will have photo albums for locations, teams, specialties, and side trips.

Participants will have the ability to upload their best photos directly into the new web-site.

Directions for uploading photos will be available on the web-site.

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For questions / comments about the web-site:

Use this e-mail webmaster@ihsfmmn.org

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.

Translating in AUKA

As a translator who had been on many trips before, I looked forward to the trip to Auka because I had never been there. Auka is in a lowland area that is sparsely covered with pines and mango trees. The countryside is dotted with wood houses on stilts with thatched roofs. Only footpaths link the houses to each other and the one road. The best way to get there was by bush plane. The alternative was a bruising 8 hour truck ride in the open bed. Typically tons of people seem to appear from nowhere. The lines on the first day confirmed that seeming impossibility.

Most patients would be looking for treatments for minor problems. However, out of a thousand patients in 10 days, we probably would make a major difference in the lives of four or five. For them we would be the difference between life and death. This trip proved that maxim once again. One man had a severe bladder infection that left him too weak to walk. After a clean catheter and IV antibiotics he improved to a point where he could walk. One woman needed a C Section to remove stillborn twins. Thank God we had a surgeon on hand, and the radio capacity to call in a bush plane to transport the patient to the hospital. Then there are always the children that are struggling to thrive that need the antibiotic ointments and food supplements to turn around declining health. Finally, there was the man began coughing up blood. Dr Joe, a gastroenterologist, was able to confirm that he had an ulcer and treat it. I still ask what are the odds of having the right doctor in the right village in the time of need?

Those were "glory" moments for the team. The real work was with the other 995 patients. They are hard working, long suffering, subsistence poor and often in pain and often malnourished and suffering from parasites. For them the pharmacy and the pharmacists on the team were the true "gift from God." As volunteers we got to see the magic of gratitude in the eyes of those receiving simple things like Tylenol, vitamins, parasite medicines, and antibiotics, etc. which they could not afford to buy on their own.

At the same time we became exposed to the wonderful generosity of the other volunteers in our group. People whom we would never get a chance to meet were it not for this shared volunteer mission. Essentially we were all strangers, and by the end of the 10 days we had developed a sense of family with a deep appreciation for each other. At the end of the mission I felt that I had done a good thing for someone else, and that was enriched by being in the company of some wonderful fellow volunteers who are no longer strangers. It is no wonder that I feel lucky to have been there and participated in the mission.

✍️ Steve Rice, Translator

FROM TOP TO BOTTOM: Transporting a prostrate patient to the clinic (la miskito ambulance service). Transferring the prostrate patient so he can be examined at the clinic. Dr. Joe Tombers doing a radio consult with another IHS team. Claire Thompson-Vieira and Jennifer Sirovy are flying buddies. Clarie Thompson-Vieira holding a brand-new baby—look at that smile.



PUERTO LEMPIRA—Eye-Glasses

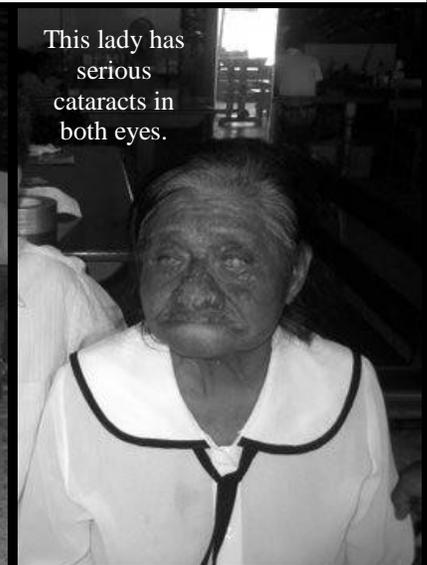
Every year I think I have seen most of Honduras, but each time, and this is my fourth year; there is a new location and a different experience. This year my assignment was on an eye team for the third year but the new location was in Puerto Lempira, the largest town (8,000) on the Miskito Coast, far, far away from any other town or city. The easiest way to travel to this area is by plane or boat. Puerto Lempira is a sleepy, dusty town where most of the population is Miskito, a mixture of African slaves, Garifuna, Spanish, Pesch-Pucu Indians and former British. The town sits on Lagoon Caratasca which is 5 x 21 miles. There are no paved roads in town and only a few pick-up trucks and local bicyclers can be seen. On occasion, though, I saw a Tuktuk, a very small 3-wheeled car that is popular form of transportation in India. People are friendly and the setting is magnificent on the lagoon. We arrive at the clinic at 8am and finish examining eyes and dispensing glasses around 5pm when we head out to our local haunt and our nightly Salva Vida, the favorite local beer, while overlooking the lagoon. The scene is magical.

There are six of us, a couple from Minnesota, John and Karen Kirckof who have been coming to Honduras with IHS for 12 years, a retired business man from Seattle, Richard Pierson, another long time volunteer from Minneapolis, John Pope, our 38-year old optometrist from Chicago, Matt Gifford, and me. Having an actual specialist who knows eyes and glasses was wonderful for the people, but also great for the rest of us because we learned so much. We worked well together as a team. Our clinic was a former discothèque (never used) that was supposed to be air-conditioned. This is very funny because the town only has electricity from 10am to 9pm. We brought in our own generator so that we could at least have fans. There were no windows and with only a front door, there was little cross-ventilation. It was very hot, probably in the 90's, but there was a warm breeze from the lagoon. Two Hondurans volunteered with crowd control which is very important and two more volunteered for language translation. The Miskito language is spoken by 80 % of the area so many times a translation from Miskito to Spanish to English is necessary.

nothing like the surprise and smiles from those who haven't been able to see well for years when the perfect pair (sometimes) of glasses is found. Matt, the optometrist, said that he had never given reading/cooking/sewing glasses to people so young. Because of the sun and the smoke from cooking fires, their eyes are damaged and people as young as 28 need glasses for close vision. The usual problems of huge cataracts and pterigium are endless. We had two patients with congenital cataracts since birth which couldn't be corrected. People are patient and will wait all day, if necessary, for their examinations.



This man walked 2 days so he could go to the eye clinic and get eye-glasses.



This lady has serious cataracts in both eyes.

This year we had a 9 year old come in with a prosthetic eye. Pretty amazing! She took the prosthesis out so that Matt could look at the infection she had behind her eye. The prosthetic eye sat on the table like a black and white marble. When Matt was finished with her examination, he just popped it back into the socket.



At the end of our stay, Matt and I had an amazing experience that was not related to eyes. It could only happen once in a lifetime. After work, Matt and I walked over to the hospital to visit the surgical team. It so happened they were beginning a surgery on a 38-year old woman who had a tumor growing in her uterus. She looked like she was nine months pregnant. We were watching the surgery from behind glass doors. I tend to vassal when I see blood, but for some reason I wasn't bothered this time. The nurse and technical assistant invited us into the operating room. It was amazing



Although auto-refracting and finding the right pair of glasses from the thousands of glasses IHS obtained through the Lyons Club is grueling; the rewards are great. There is

to watch the two surgeons and an anesthesiologist, one American and two Hondurans, trying to remove the tumor. At one point they had cut most of the tumor away from the bladder, or so they thought, and they held it up for all to see (everyone in the room took pictures). It looked as large as a 12 pound turkey...really it did. We watched for 2 1/2 hours when the doctor said it was going to be at least two more hours to remove the tumor. In the end the tumor weighed 15 pounds. Unbelievable!!! During the surgery there were a few flies and the surgical light burned out...not the easiest of conditions. The hospital has limited equipment by our standards, but the services they provide are the only ones available in the entire Miskito Coast. I felt fortunate to have been able to experience the surgery. It's hard to imagine how an untrained person, like me, would be able to watch such a major surgery anywhere in the states.

There are always many experiences and stories to tell. Because it is such an intense two weeks; I'm always happy to return home. Each year IHS recruits new volunteers, so if you're interested in an adventure next year, think about volunteering.

✍️ Jane Hackenburg, General Helper



*LEFT TOP: The crowds waiting for the eye clinic to open.
 LEFT BOTTOM: John Pope doing eye-glass adjustments.
 RIGHT TOP: This lady has a very large cataract in her left eye.
 RIGHT MIDDLE: A very happy man... he is able to read again.
 RIGHT BOTTOM: A happy mom and daughter...
 Daughter's school work is sure to improve (mom hopes).*

Several weeks after the IHS project was finished, a large group of eye surgeons from the U.S. and Honduras worked in Puerto Lempira for two weeks. They saw patients the first week and eye surgeries the second week. They brought their own operating microscope and supplies. Dr. Serkland

UHI—My First Honduras Experience

When I decided that I would go on this trip, I did not realize what I was getting myself into. Now, after getting back home safe and sound, I can say that the trip was well worth the trouble. It only took four airplane rides before finally arriving in the village of Uhi. The first thing I noticed was the large group of children waiting for us. I felt like a celebrity with all the eyes looking at me. The first day was spent setting up the Moravian Church to be a home, dentist office, and radio station. Getting used to the constant presence of children staring in took some getting used to as well.

As a general helper I spent the days at the clinic doing about 50 different jobs including: setting up the eye clinic, bagging vitamins, weighing patients, doing kids activities, or running supplies around. I enjoyed putting kids activities together as they seemed to enjoy everything I could come up with. Playing futbol with the kids showed me how uncoordinated I am. However communicating with the locals was my biggest barrier. I thought my Spanish was ok (not real good) but Miskito was over my head. Although I did have one very interesting conversation with a woman who spoke some Spanish. She would teach me some words in Miskito and I would teach her the word in English.

Besides working in the clinic we did find some fun time as we would go down to the beach for a run in the morning. With Dr. Rudy, Kristi, and Bridget the runs were a great way to start out the day. After clinic we would either have fun with the kids outside or go back down to the beach to walk. One thing I noticed a lot in the village was the deep sense of community that the people have. The kids seemed to look out for the younger ones more so then one would see in the states. One scene stands out in my head, a couple walking on the beach with their daughter watching the waves hit the beach.

Sunset came fast so we would go to bed much earlier then I am used to. Though brushing my teeth as horses walk by was something that I usually do not see will I am at home. We did have total lunar eclipse and with no light pollution whatsoever that was an even better site than if were at home.

Living through this experience, thanks to the help of some very great people, I can say that this mission as helped me to decide on what I want to do in the health care field. And I hope to return on a future mission whenever college leaves February open for me.

✍️ Travis Snyder, General Helper / Translator



TOP: Uhi team and cargo in Puerto Lempira ready to be transported to Uhi in cesna 206 airplane. MIDDLE: Travis keeping the kids busy while the family waits their turn with the doctor. BOTTOM: The team enjoys some beach time... with the kids wondering why anyone would purposely sit in the hot sun.

October 2007 & February 2008 - 11,764 Patients Served - 38,091 Patient Contacts

MEDICAL TEAMS						
Adults	Children	Surgeries	Referrals	Pharmacy RX's	Vitamins	PIP
4,185	3,249	12	153	22,244	6,753	1,951
DENTAL TEAMS			SURGERY TEAMS		EYEGLOSS TEAMS	
Patients	Extractions	Other Procedures	Patients	Surgeries	Patients	Glasses
1,157	2,049	825	110	58	3,063	4,046

In Memory

of IHS Co-Founder
who has passed away

Dr. Donald F. Watson...

Dr. Watson was born June 5, 1924 in Minneapolis and died June 18 at the age of 84. He is survived by his wife of almost 60 years, Phyllis, son Dr. Robert Watson (Luann) of Edina and daughter Marcia Ernst (Gary) of Eden Prairie; and grandchildren Haley and Whitney Watson and Scott, Jeff, and Eric Ernst.



Don graduated from Washburn High School in 1942 and University of MN Dental School in 1953. In between, he was a WWII Marine Air Corps pilot and flew in the Pacific. With his church, St. George's Episcopal, he and his family sponsored 12 Cuban Refugee families in the 1960's. Those families all became extended members of his family and enriched their lives.

It was because of that experience he decided to try volunteer work in a Spanish-speaking country. In 1972, Don and his daughter Marcia traveled to Honduras to spend two weeks doing volunteer work for Christian Medical Society. He was hooked - he loved the country and the people of Honduras, and it became his second home. Eventually he became Dental Director for CMS and encouraged many friends and acquaintances to come along on the trips. Ten years later he co-founded International Health Service (IHS). Don spent over 25 years assisting the people of Honduras. He was also co-founder and supporter of Tierra Santa Home for Abandoned Children in Villa de San Antonio, Honduras.

Don was an active member of the St. Louis Park and Honduran Lions Clubs, a life member of the American Dental Association, and a member of the Society of Mayflower Descendants. In the 1970's he joined his Edina dental practice with Drs. Mitchell, Odland, Raymond and Rene from where he retired after 29 years.

of IHS Participant
who has passed away

Gene Allen Williamson...

Gene was a radio operator that worked on the La Ceiba administration team in 2000 and in 2001.

Of IHS Participants Family
Members who have passed away

Fred Engman's mother, Grace. Fred is a doctor who has gone on a number of past IHS missions. Fred is a past IHS Board member and now serves as a medical consultant for IHS.

Linda Erdman's son, Todd. Linda is a nurse who has been going to Honduras with IHS for many years.

Ginny Knapp's brother. Ginny is a nurse and has gone on 4-5 IHS trips to Honduras.

Carlos Sheer's wife. Carlos has gone to Honduras with IHS as a translator.

Drew Mathew's mother, May. Drew is a CRNA and has gone on all 26 IHS missions as well as the October planning trips. Drew is a Board Member.

Karen Kirckof's father, Robert. Karen has gone to Honduras with IHS for over ten years as a general helper. Karen has served on the IHS Board.

Annie Haburt's mother. Annie is a nurse who went on several IHS missions and worked with the dialysis project.

Larry Krakowski's father, Robert. Larry started going to Honduras with IHS in 1993 and served many years as IHS's Engineering Director.

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A memorial to International Health Service is a wonderful way to remember loved ones. At the same time you will be helping IHS to bring health care to the very poor people of Honduras.

The loved ones listed above are only those that IHS has been notified of.

HORTENSIA—COFRADIA— SAN JOSE

From the Minneapolis airport to the La Ceiba airport was an adventure in itself. Two friends and I embarked on our much anticipated Honduras volunteer trip. It was due to my friend, Loretta that I even knew about this opportunity to travel and volunteer. At the Gran Paris Hotel we had two days of calm before the storm that we “first-timers” experienced before we jumped into the unknown. It was reassuring to know that there were many “old-timers” there who had been through it before and survived just fine.

I was in awe of the tremendous amount of organization and work that has gone into this project for the past 26 years. So many people have put so much of their time and lives into making this trip happen every February. At the orientation, we were shown videos of some of the diseases we could expect to see out in the field and what we needed to do to make the water safe to drink, should the need arise.

Our group was made up of two doctors, two nurses, a radio operator, an engineer, two general helpers, two translators, and two pharmacists. We had Honduran dentists, Alan Herrera, Ana Merlo and Laura Yesenia Lema, who met us at the first site; Dr. Luis helped in San Jose, our last village. We had to be up and on the road by 4 am on Monday, February 18 as we had to stop by the Cruz Roja building in LaCeiba to pick up needed medical supplies and eyeglasses. Then we made the long trip to the Cruz Roja in La Esperanza and upon arriving, started unloading boxes of supplies from the bus. Luis Knight and other

Red Cross volunteers took some of us on a tour of the hospital and showed us their emergency vehicles. Then we re-loaded supplies and people into trucks which took us to the first mountain village of Hortensia. It was a very rocky and bumpy ride, but the scenery was beautiful, including many clumps of white calla lilies blooming in the fields.

Our first task upon arriving was to set up our sleeping quarters and identify which school rooms would be used for pharmacy, dental office, doctors’ exam rooms, and radio/computer room. At this site the dental office and the radio operator and engineer shared one room. After Kelley Shelly, our engineer and Bob Johnsen our radio operator got the antenna rigged up, we were connected to the other teams and the outside world and even had internet connection to friends and family. There was no electricity, so we used a generator for times when we needed it. There was a pipe the people had put in which brought in water,

but it was only for washing hands. We had purified jugs of water for drinking. The outdoor toilets and shower area were located fairly close to the women’s sleeping room. You had to watch your step getting there as some of the cows from nearby farms had recently been there and the ground was also quite uneven.

The first night we all got in our sleeping bags around 6:30 pm as it was already getting dark. The sky was full of stars, and we all stayed up to watch the lunar eclipse one night.



TOP: Pharmacist Annie and pharmacy student Ashley are quite proud of their pharmacy setup.

BOTTOM: Medical staff checking the pharmacy to see what medications were available for the doctors to prescribe.



kept us all happy and on task. She was also the triage nurse and along with Kathrine and the local Red Cross volunteers, one of whom was 18 year-old Eduardo, saw each person individually and made the decision of which doctor they needed or if they needed to see the dentist or eyeglass person. Katie McKemie, a nurse and daughter of Jennie and Frank, helped the doctors, did ear washes, and helped Jennie do the daily recording of the number of patients seen, how much and type of medication dispensed, number of teeth extracted, etc. Kelley helped out the dentist the first day and I helped on the second day. One day watching Novocain given and teeth extracted was enough for both of us. The dentists did an excellent job and worked very hard. They were from the Tegucigalpa area. There were several young Red Cross volunteers who helped with dentistry for the remaining days of the mission. I decided that I would rather help people with eyeglasses, so I helped

The first day was spent getting acclimated to our various jobs and duties. The general helpers, Kathrine and I were told to organize the food boxes that contained breakfast foods and find the toilet paper and paper towels—important stuff! Also we had to make sure the latrines had adequate t.p. and plastic bags for garbage. Thank goodness for the many rolls of duct tape we brought as it was very useful for hanging the bags in the latrines and in the various rooms that would be used to see patients. The pharmacy was staffed by Annie Plamondon from Canada and her assistant was pharmacy student Ashley Squier from South Dakota. They were always busy with patients and usually the last to close up at the end of each day. The doctors were Dr. Frank McKemie and Dr. Ana Rinaldini from Kentucky. Our two translators, Emilia and Jimena from Argentina, were invaluable for many of us who did not speak much Spanish. Jennie McKemie was our team leader and

Emilia with that job for the rest of the mission. Kelley did engineering type jobs, such as making sure the sun showers were filled and burning the garbage at the end of the day. I enjoyed talking to the children and their parents. When I would say a few words in Spanish, they started talking very fast, and telling me a lot of information, thinking that I was fluent in Spanish. Since my Spanish is limited, I had to get Emilia right away to translate and talk to them further.

We continued in Hortensia from Sunday night to Thursday morning. That day we loaded up several trucks with the supplies and people who were going on to the next stop, Cofradia. Several of us had to stay back and wait for the truck to come back for us. I wrote in my journal that afternoon that we were enjoying the warm sunshine on our backs, listening to the cows mooing, the roosters cockadoodling, the dogs barking and children playing. The children here are so cute and very dirty as they run up and down dirt roads. We helped educate them about the importance of washing their hands and brushing their teeth. The people use horses or mules for much of their transportation and work in the fields. Some of the people walked for several miles to come to medical staff. The women and older girls all wear skirts and brightly colored scarves and sweaters. In Hortensia, our food was prepared by Guadalupe and Red Cross volunteers, Claudia and Luz, in Guadalupe's home.

We enjoyed the corn tortillas, beans, rice, chicken, and salad at lunch and supper. We prepared our breakfasts of instant oatmeal, coffee, cereal bars, and canned fruit.

We took some donated children's clothing to Guadalupe's house for her two girls and three boys. They changed into them to show us and were very happy with them. We took some clothes to another home; and before we left, they gave us several bunches of broccoli and a bag of potatoes which they had grown in their fields. We cooked it several days later and it was very delicious.

We spent the next three days in Cofradia. There the accommodations were similar to what we had in Hortensia. The school was located in a beautiful spot surrounded by pine trees. We were treated to wonderful candlelight dinners, cooked by Reina and her family, at a nearby home. One night the mayor and local townspeople came and put on a religious service followed by singing and entertainment. We also had time after work to visit the home of a woman who makes pine

needle baskets which we enjoyed and which many of us bought to take home. Another night we were given a tour of a community center where local people make white pottery. There again was the opportunity to bring some of the flavor and culture of these interesting Honduran (mostly Lencan Indian) people home with us.

From Cofradia, we packed up supplies and people and headed further down the mountain to San Jose. Some of us were in the back of a large World Vision truck with the supplies. That was a most harrowing ride, as the roads were narrow, dusty, and very rocky. However, we all arrived in one piece with no harm done. I think it further solidified the bond that had begun to form among us. School was still in session when we arrived, so we were greeted by many children in white shirts and blue pants or skirts. We had to move desks and chairs out of classrooms so we could set up the various specialties for the people. One afternoon, an ice cream truck came by the school which surprised me and we were happy to buy an ice cream treat. The last evening, one of the local boys, Selvin, who was a constant presence at the school took Ana, Emilia, and Jimena and me on a walk back in the woods, past his home. He was such a fun and friendly little boy singing and rolling a bicycle tire as we walked. It was dark when we got back to the school. The solar flashlights came in handy.

Our last night before heading back to LeCeiba was spent at the Red Cross headquarters in La Esperanza. We were hungry for pizza by then, so we all met at a pizzeria in town and enjoyed delicious pizza. Later we were treated to a program at the school gymnasium which consisted of the local Red Cross officials thanking us for our work, two groups of dancers (adults and children) in beautiful local costumes; and a skit put on by the Red Cross volunteers telling about the dangers and prevention of HIV.

While I have tried to describe the flavor of our experience, each one on our team would probably have other stories to tell about the two weeks we spent in Honduras. Our whole team all worked so hard and well together we saw 1,204 medical and 224 dental patients with 329 extractions. It was a pleasure providing medical, dental and vision help to these wonderful people in these remote mountain villages. I am ever so grateful to Jennie and everyone on the team who helped make it a very memorable and rewarding time in my life. Thank you to all, and let's do it again next year!!!

✍️ Linda Bettison, General Helper



TOP: Dr. Ann with patient who had walked over 2 miles to come to the IHS clinic. BOTTOM: In the village of San Jose the team got a real treat; the village youth performing cultural dances.



LA CEIBA—SURGERY

For the second year, IHS sponsored a surgical team to work at the Vicente di Antoni Hospital in La Ceiba Honduras. Our team consisted of Nikki Hamley a recovery room nurse, Anne Dinsmore and Lynn Cook, both experienced operating room nurses, Craig Hall, a nurse anesthetist and Steve Moore, a urologist.

We were able to do 18 surgical cases for the week most of which were transurethral prostate surgeries on men to relieve urinary obstruction. We also did an open prostate cancer operation on a 49 year old gentleman and a removal of a large cancerous tumor of a left kidney in a 38 year old female. We had tremendous cooperation from the O.R. staff at Vicente di Antoni hospital. They were extremely helpful in getting the rooms cleaned, transporting patients, providing meals and in setting up our equipment. Dr Gabriel Montoya, a local urologist in La Ceiba provided us with the patients who were already worked up and evaluated. Mr Alberto Busmail, Hospital Di Antoni administrator, also needs to be recognized for his role in making this mission a success. He was kind enough to donate the space at Di Antoni hospital for us to work and enlisted the help of Dr. Montoya. We also had great translating work provided by many students from the Mazapan school.

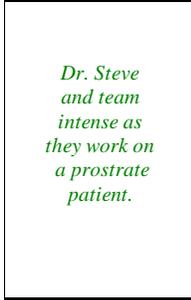
In addition to the surgeries, Dr. Moore was able to help train the Honduran urologists, Dr. Montoya and Dr. Hernandez on the use of urethral suspension kits which had been donated by IHS. We were also able to install and use an newer anesthesia machine that had been donated to IHS and in turn donated to the Di Antoni anesthesia department.

As you can see from our team photo, it wasn't all work. We had a chance to swim and sample the wonderful La Ceiba restaurants and even took in a 'Vida' vs. 'Victoria' soccer match. It was a great chance to make some new friends and renew those friendships from last year. Thanks IHS for another great experience!

✍️ Craig Hall, CRNA



Is that Craig doing a spinal block? Dr. Steve and Lynn overseeing to make sure that he does a good job.



Dr. Steve and team intense as they work on a prostate patient.



Craig constantly monitoring the patient during surgery.



Here are the team working on another patient.



Craig showing off the newly installed anesthesia machine that was donated to Hospital Di Antoni

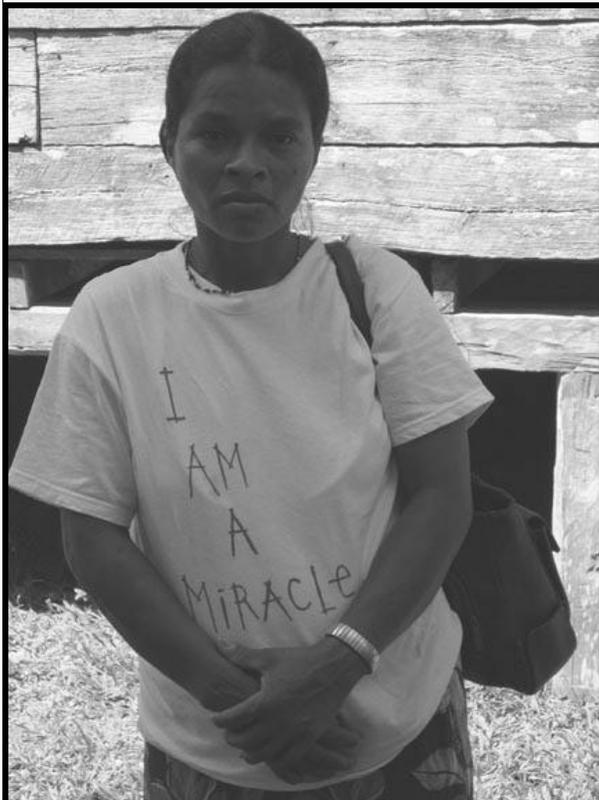


Nikki, Steve, Anne
Lynn, Craig

AUKA—Miracles

It was the two single tears slowly making their way down his mahogany-colored cheeks that did me in. I was explaining to Manuel (translating Dr. Joe Tomber’s words... words that doctors have too much practice uttering to faces whose dread is all too evident) that he had lost two children. Two children who died before he knew of their existence.

I met Manuel earlier that day as he sat on his bike and looked into the church window. As I remember, it was the t-shirt that caused me to approach him. I didn’t feel the urgency (I’m not sure he did either) of his wife’s condition. He said, as most of our patients did, that his wife wasn’t feeling well and that they had traveled many hours to get to our clinic. So I said, as I usually did, that he had to get in line with all the others. (‘Get in line’ is a euphemism... it was really ‘join the crowd pushing to be seen’.)



And then I asked him if he knew what his wife’s t-shirt said. (Who’s this woman making chit-chat with me after I’ve carried my wife on my bike for 3 hours? Maybe if I talk to her she’ll take pity on us...) I don’t believe in miracles... but it is hard not to when one smacks you in the face like this.

Actually, it was a series of miracles. One. That we were there. Two. That she was able to travel to see us. Three. That she made it into the clinic that day. (How did that happen with so many others ahead of her? HOW?) Four. That there was a plane available to immediately take her to the surgery team in Puerto Lempira.

I told Manuel that she would come back on the plane that picked us up to go back home... 5 days hence. He pedaled 3 hours to the clinic the night before to confirm that... and then went back.

There he was in the morning with friends / family to help her on the long journey home. But she wasn’t on the first flight... or the second... or the fifth. He was frantic. I’m sure he was because I was! Finally I learned that she was still in the hospital and that someone had given that information to Manuel before all means of communication were lost to him.

I’ll probably never know how this story ends. I only know that two 18 week-old fetuses were removed from her uterus and that she was OK when we left.

✍️✍️ Kathy Lepp, Translator



STARTING TOP LEFT: Sonja Dargan and Jennifer Sirovy at work in the pharmacy. Robyn Hansen drawing blood on the runway for the freshest sample to deliver to the hospital. Auka National Airport. Dr. Aroldo Lopez, the team dentist doing an extraction. David Houser at the Auka ‘radio’ shack with Dan Walker and Steve Rice checking Steve’s photos.

Viva YARUCA

The Yaruca 2008 team was warmly welcomed because IHS had not visited this peaceful village for 14 years. This visit was overdue because although Yarucans have access to healthcare in La Ceiba (about 2 hour bus ride away), the residents of the surrounding villages are more secluded. Our team saw patients from many small communities including La Lucha, Toncontin, and Rio Viejo. Many of these people walked for hours to visit the clinic.

Our IHS team provided a medical clinic (two doctors), dental clinic, reading eyeglass clinic, and pharmacy. The medical clinic saw lots of the usual ailments such as head colds and rashes. There were a few cases of failure to thrive and lots of fungal diseases. Two separate children with cerebral palsy were evaluated and the team was able to provide wheelchairs to the family. The dentist was busy with more than a mouthful of extractions each day and the pharmacy frantically worked to keep up with prescriptions while the eyeglass clinic examined patients and distributed reading glasses.

Team Yaruca performed more than medical work. We were housed in a six room primary school in the center of town. Three flush toilets were available; however, only one partially worked. Engineers repaired the one toilet to a functional level for the school and secured the door for some privacy.

which flooded the only road leading to La Ceiba. Many of us thought we would be stranded until the flooding resolved. However, the villagers arranged for trucks and horses to get us safely to a bus in the next village.

Overall it was a priceless experience because of the people (both team members and Yarucans), the landscape, and the cultural experience.

✍ Lance Klosterman, Doctor



Yarucans are warm, trustworthy, and generous. This extended to our "host family" who arranged for all of our dietary needs and laundry. A wonderful woman named Cristina cooked three meals a day ranging from oatmeal to fried chicken. She volunteered for this role because last time IHS was in Yaruca she missed the opportunity to see a physician. At that time she went into labor while waiting in line and returned to her own home to deliver her daughter. She was more than happy to "help" our team this time in whatever manner she could so that we could see as many patients as possible.

The green mountains and clear rivers in and around Yaruca were both beautiful and treacherous during our stay. Our day off was spent "recharging" on a short hike to a waterfall in the mountain that supplies water to the village. However, on our last night in the mountains, approximately 14 inches of rain fell



LEFT:
Dr. Lance Klosterman
seeing patients...
they come
one family at a time.
TOP: Dentist Dave Kubes
and assistant
Kyle Prokosch ready
to do an extraction...
or two.
MIDDLE:
Heather Gilreath and
Kim Klosterman
with one of their patients.
BOTTOM: The infamous
Yaruca 2008
river crossing...
men from the village
hauling bags across the
river on horse back.



TOP: The Trudy, Jordan and the rest of the team enjoying one of Christina's wonderful dinners. Heather Klosterman and a young girl are sharing an enjoyable time reading.

MIDDLE: Kyle is having a good time entertaining the younger crowd with a song... the boys are enjoying it too. One of Yaruca's young girls... ella is muy bonita!!

BOTTOM: Two photos depicting housing around the town of Yaruca... it seems every day is laundry day.





RIO KRUTA TEAM

BACK ROW: Teri Volbrecht
Niki Hultman, Andy Martin
Deb Fischer, Stacy Meincke
Eddie Morfy, Jonelle Tempesta
Mary Bierman, Doug Pflaum

FRONT ROW: Cheryl Schraeder
Dennis Tuchalski, Kelly Koehnen
Buzz Schraeder

NOT PICTURED:
Andres Martin, Roy Morfy

YARUCA TEAM

BACK ROW: Trudy Staubitz
Linda Cullen, Josie Thornber
Paul Farley, Sherry Enyart
Jordan Breuer, James Enyart
Steve Scoggins, Jim Welch

MIDDLE ROW: Kyle Prokosch
Cole Breuer,

FRONT ROW: Lance Klosterman
Heather Gilreath, Kim Klosterman
David Wenger, Bill Latimer



**HORTENSIA, COFRADIA
SAN JOSE TEAM**

BACK ROW: Frank McKemie
Katie McKemie, Annie Plamondon
Jennie McKemie, Jimena Bertschi

MIDDLE ROW: Bob Johnsen
Kelley Shelley, Katharine Freeman

FRONT ROW: Linda Bettison
Ashley Squires, Emilia Barichello
Ana Rinaldini



AUKA TEAM

BACK ROW: Dan Walker
Claire Thompson-Vieira
Aroldo Lopez, Joe Tombers
Barb Hamilton, Kathy Lepp
Sonja Dargen, Steve Rice
Jennifer Sirovy, David Houser

FRONT ROW: Robyn Hansen
Hilario Nixon



PUERTO LEMPIRA EYEGGLASS TEAM

BACK ROW: Matt Gifford
Karen Kirckof
Orlando, Jose
John Kirckof

FRONT ROW: John Pope
Jane Hackenberg
Honduran Helper, Harlen
Richard Pierson

UHI TEAM

BACK ROW: Gerard Rudy
Henry (Honduran Helper)
Ken Wood, Bridget Borg
Jared Zimmerman
Travis Snyder, Lola Johnson

FRONT ROW: Blanca Murillo
Kristy Morse, Erin Zemple
Char Zimmerman, Lynn Barnes



How it all Works !!

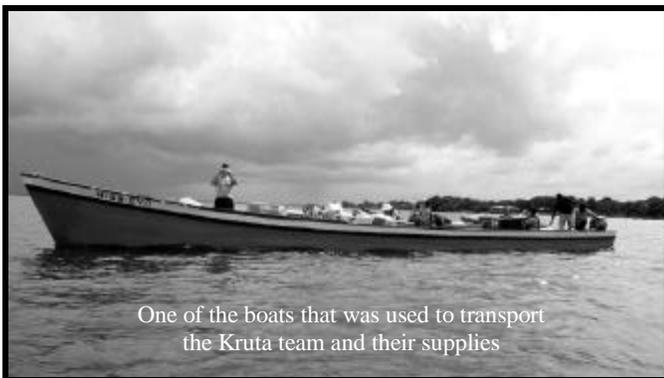
Each February, 95 to 105 IHS medical doctors, surgeons, dentists, pharmacists, nurses, radio operators, and general helpers participate in the annual Honduras Project. The group assembles in the city of La Ceiba on the northern coast of Honduras, where much of our medical and dental equipment is stored. Teams work together to prepare for ten days of work in the remote areas of Honduras.

However, long before February, the medications and supplies needed to conduct the mission are obtained (either by donation or purchased), boxed, labeled, manifested and shipped in January. These supplies are already labeled by team and are ready for sorting when they arrive and are unloaded in Honduras. There is a small group that arrives early in La Ceiba to take care of this. The first day is spent testing water filtration equipment, getting final instructions on how the team is to function as a temporary clinic and to learn the logistics schedule for each team. From eight to ten medical, dental, surgical and eyeglass teams then head for the remote areas of Honduras. Travel to these remote areas is by bus, large plane, small planes, or boat. Some teams will spend their entire time in one location, while others will pack up and move to a new village every two or three days.

Two way radio contact is maintained with teams in the field for safety and logistical reasons. Most of the teams radio operator will be able to send e-mails over the radio during your village stay. While it is difficult to generalize about the working conditions in the remote areas, most IHS teams operate in villages with no electricity, telephones, running water, airports, or roads as you might know them.

Health and safety challenges come from polluted water, malarial mosquitoes, snakes, tropical fungi, flies, fleas, and ticks. New participants attend an orientation session to prepare them for the cultural, medical, and environmental conditions that they will encounter while in Honduras. IHS has maintained an excellent safety record over the many years of remote operations.

At the end of the medical project time in the villages, all teams return to La Ceiba for a farewell banquet. Many of the participants stay for the last weekend to explore Honduras. There are many sites to see; Roatan, Copan, Tela, and many beautiful places near La Ceiba.



One of the boats that was used to transport the Kruta team and their supplies

Medical Mission Opportunities

October 23—November 2, 2008
(11 days – 8-10 open positions)

This year IHS will be taking a medical/dental team on the fall trip. For this 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. You will arrive in La Ceiba on the 23 and the very next morning fly to Puerto Lempira and get on a boat loaded with supplies and head to your first village. You will work there several days and then pack up and move to the next village for several more days. On the 31st you will head back to Puerto Lempira and on November 1st back to La Ceiba.

Fall Planning for Winter Trip

Earlier in October 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 13–March 1, 2009
(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.

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 projectdirector@ihsmn.org
Cheryl Schraeder vicepresident@ihsmn.org



INTERNATIONAL HEALTH SERVICE - HONDURAS PROJECT

PARTICIPANT APPLICATION FORM

FALL 2008

October 23 – November 2

Name: _____ Home Phone: (____) _____
 Address: _____ Work Phone: (____) _____
 City: _____ State: _____ Cell Phone: (____) _____
 Zip: _____ Country: _____ Date of Birth: _____ ___ Male ___ Female
 E-mail: _____

Specialty (*send copies of licenses—Physicians & Dentists also send copy of diploma*)

____ DDS (specialty) _____ RDH _____ Dental Asst. _____ RPh _____ Translator
 ____ MD (specialty) _____ PA _____ Paramedic _____ EMT _____ Engineer
 ____ RN (specialty) _____ NP _____ LPN _____ CRNA _____ 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: _____

Please list and physical or medical limitations: _____

Please list any major surgeries or serious illnesses in the past 5 years _____

Team assignment is on the Rio Kruta, Gracias a Dios, Honduras, Central America

Past participants – number of previous IHS projects you have been on? _____ Would you be willing to be team leader? _____

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

APPLICATION DEADLINES & PROJECT FEES

Application with Deposit: **\$100** Due on or before **August 15**

Balance of Project Fee: **\$300** Due on or before **October 1**

Total Project Fee **\$400**

The fall trip is for only one team, therefore spots are limited.

Applications will be accepted until the team is complete.

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

Completed application, signed waiver and deposit

Copy of professional licenses * Copy of Diploma (Physicians & Dentists)

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

HOUSING - While in La Ceiba 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 Gran Hotel Paris at my expense (approx. \$40/night) _____ Other on my own at my expense

(please complete the reverse side of this application)

International Health Service

ACKNOWLEDGMENT OF RISK AND WAIVER OF RESPONSIBILITY

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 acknowledge the risk I am undertaking and 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 any participants. My signature on this form indicates my full understanding that I must provide for my own insurance.

International Health Service reserves the right to disqualify at any time during the trip, with no refund, any participant whom they feel is unable to mentally or physically continue. IHS also has the right to change the work location for any participant if their further participation will jeopardize the team and/or his/her own safety and enjoyment. IHS will not be responsible for any monetary or other issues incurred by person deemed unfit to continue with the project. This includes, but is not limited to: hotel charges, change of flight fees, communication fees to make alternate arrangements, and meals.

Signed: _____ Date: _____

THIS FORM MUST BE SIGNED BEFORE YOUR APPLICATION CAN BE CONSIDERED.

PHOTO RELEASE

International Health Service requests permission to use photographs and narrative descriptions of participants and the work they do on projects for the purpose of public relations, advertising, promotions, and fund raising. These photos may be used in, but not limited to: slide or power point presentations at reunions, the yearly IHS Newsbreak, and the IHS web site. This authorization will remain in effect until expressly withdrawn by me with written notification.

Yes, you may use my photos!

Signed: _____ Date: _____

No, I would prefer you not use my photos!

Signed: _____ Date: _____



INTERNATIONAL HEALTH SERVICE HONDURAS
PARTICIPANT APPLICATION FORM

Winter 2009

February 13 – March 1

Name: _____ Home Phone: (_____) _____
 Address: _____ Work Phone: (_____) _____
 City: _____ State: _____ Cell Phone: (_____) _____
 Zip: _____ Country: _____ Date of Birth: _____ ___ Male ___ Female
 E-Mail: _____

Specialty (send copies of licenses—Physicians & Dentists also send copy of diploma)

____ DDS (specialty) _____ RDH _____ Dental Asst. _____ RPh _____ Translator
 _____ MD (specialty) _____ PA _____ Paramedic _____ EMT _____ Engineer
 _____ RN (specialty) _____ NP _____ LPN _____ CRNA _____ 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: _____

Please list and physical or medical limitations: _____
 Please list any major surgeries or serious illnesses in the past 5 years _____
 Please check type of team assignment you prefer (check all that apply): _____ Admin. Team _____ Eyeglasses
 _____ River (i.e. Kruta) Remote: (i.e. la moskitia) _____ Inland (i.e. Mountains) _____ City (i.e. La Ceiba) _____ Any assignment OK
 List any assignments you would not accept: _____
 Name of **one** person you would like to be on a team with: _____
 Past participants – number of previous IHS projects you have been on? _____ Would you be willing to be team leader? _____
 Do you speak Spanish? _____ None _____ Few Words _____ Phrases _____ Conversational _____ Fluent

APPLICATION DEADLINES & PROJECT FEES

Application with Deposit: **\$100** Due on or before **October 1, 2008**
 Balance of Project Fee: **\$450** Due on or before **January 1, 2009**
 Total Project Fee **\$550**

**Applications received before October 1 will receive priority when teams are assigned.
 Those received after October 1 will be considered only if specialty is needed.**

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

- Completed application, signed waiver and deposit
- Copy of professional licenses * Copy of Diploma (Physicians & Dentists)
- Copy of Amateur Radio license (Radio Operators 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

T-SHIRTS & CAPS – Each participant will receive one t-shirt. 1st timers will also receive a cap.

T-Shirt Sizes: _____ (S - M - L - XL - 2XL - 3XL)

Additional IHS t-shirts and caps can be purchased for \$8 each. Please include a separate check for these items at this time.

Additional t-shirts @ \$8 – how many _____ size _____ Additional caps @ \$8 – how many _____

(please complete the reverse side of this application)

International Health Service

ACKNOWLEDGMENT OF RISK AND WAIVER OF RESPONSIBILITY

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 acknowledge the risk I am undertaking and 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 any participants. My signature on this form indicates my full understanding that I must provide for my own insurance.

International Health Service reserves the right to disqualify at any time during the trip, with no refund, any participant whom they feel is unable to mentally or physically continue. IHS also has the right to change the work location for any participant if their further participation will jeopardize the team and/or his/her own safety and enjoyment. IHS will not be responsible for any monetary or other issues incurred by person deemed unfit to continue with the project. This includes, but is not limited to: hotel charges, change of flight fees, communication fees to make alternate arrangements, and meals.

Signed: _____ Date: _____

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Yes, you may use my photos!

Signed: _____ Date: _____

No, I would prefer you not use my photos!

Signed: _____ Date: _____



INTERNATIONAL HEALTH SERVICE – Suitability Disclosure

Required for 1st year participants only!

Use this form for both the Fall (October) and Winter (February) projects.

All IHS projects begin in the bustling northern coastal city of La Ceiba, Honduras. Upon arrival participants will stay one or two nights in a hotel or with local host families. The teams will return to La Ceiba at the end of projects for one or two nights. Many of our repeat participants choose to return to the same locations each year. They become acquainted with the local people, find they are friendly and truly appreciate the work we do in their village. For February teams. When teams arrive in La Ceiba there will be orientation meetings. When teams return to La Ceiba at the end of the project there will be debriefing, packing of supplies, and a farewell dinner.

SUITABILITY DISCLOSURE: IHS Projects are not for everyone! To assist you in determining if this type of project is right for you, and to assist IHS in placing you on the correct team, please answer the following questions. These are not an attempt to frighten or discourage you, instead IHS hopes they will give you a better understanding of the challenges you may face on your first IHS project.

How did you hear about IHS? _____

Remote areas of Honduras have no electricity, limited modern transportation, and few telephones. Many IHS participants return year after year, so clearly the majority of them enjoy this drastic change of life and the experience of connecting with and helping the people. However, this experience is not for everyone, so please be honest with yourself – can you survive for 8-10 days in locations that have solar showers, old outhouses, bugs, creatures, and you sleep in a tent? _____

Your time on the project will be spent in a remote location away from telephones, computers and TV, with people who speak a different language, use different money, and have different habits and social norms. How do you think you will respond to being out of touch with your culture? _____

Frustration can happen on IHS trips. You are in a foreign country, with a group of people you've never met before and interacting with a different culture can be challenging. You may not know the language, sometimes things don't happen when they are supposed to, wrong things can happen, and some planned things never happen. How do you personally handle frustration? Does your temperament allow you to "not sweat the small stuff"? _____

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

Teams that have the most enjoyable experience work interdependently, with each team member contributing their part to the group's function. This requires you doing your job well everyday 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 during the Honduras project? _____

*** All February teams are staffed with radio operators (October team is not) who connect 3 times daily with our base of operations and Project Director in La Ceiba. There are also land lines in some of the locations and a few teams have Honduran cell phones. In the unlikely event of an emergency, all radio operators will work together to make sure the correct people are notified. Every effort will also be made to communicate, in a timely manner, important messages for participants coming from their family members back home.*



Little girl from Tikiuray



Three Yocon girls gathering firewood



Woman from Uhi carrying Platenos



Three young Yocon girls playing in doorway



Yocon girl grinding corn to make tortillas



Martinez family at a campecino that is about one hour from La Ceiba



Yocon family traveling in ox cart

Two boys from a very poor Tikiuraya family



Cute couple from Tikiuraya

Uhi woman doing laundry... the team laundry maybe?



50 Lanterns for Remote Honduras

What a wild ride the past few years have been. My life has been blessed with the opportunity to travel the world with my photojournalism work and visit places so few get the chance to see. Not to mention being able to bring much needed solar light to those most in need around the world thanks to the generosity of our Fifty Lanterns donors.

Most recently I had the chance to spend two and a half weeks in Honduras on a medical mission with a group of angels in scrubs. International Health Services has been working in Honduras for 26 yrs. They have my utmost respect for the great work they do. I was able to go along on their most recent mission and distribute 200 of our Fifty Lanterns BoGo solar flashlights, (thank you donors!) as well as do some photo work for IHS. The mission consisted of medical teams that fanned out to remote locations in Honduras.

It was a challenging trip to say the least. The teams live together, 24/7 when out in the field. The team members generally, sleep on the floor of churches, in tents, and sleeping bags, 'pee bucket' in the corner for night. We filtered our water. The teams consist of Doctors, Nurses, Pharmacists, Students, Ham Radio Gurus, Translators, Dentists and general helpers. There were two surgical teams (La Ceiba and Puerto Lempira) that patients could be airlifted to for more extensive care than they were able to give in the field.

We flew by puddle jumpers flown by our trusted pilots Yarly and George. (who both graciously put up with endless questions about flying from this 'wannabe' pilot). When my good friend Sonia a pharmacist was afraid to fly in such a small plane, George gave her the reassurance she needed by telling her 'honey, I don't want to die either'.

One of my favorite places in Honduras was La Moskitia in a small village called Auka, 15 miles north of the Nicaraguan border. It is truly a place so remote most Honduran's have never set foot there. The simple houses are built with wood planks on stilts, and the livestock run free. The Mosquito Indians are some of the most impoverished people I have ever come in contact with. And most of you know I've spent the last 7 years in refugee camps from Iraq to Thailand, Sub-Saharan Africa and all parts in between. To say that the IHS medical mission made a difference in this area is an understatement.

All and all, Doctor Joe Tombers (my hero) airlifted 19 patients out for critical care and surgery. Some villagers walked for days to be seen by IHS Doctors or to have the dentists pull an impacted tooth.

I'm still digesting this adventure. I usually travel solo, so traveling with IHS was a completely different, albeit memorial experience I won't soon forget. By the way, I'm signing up for next year's mission to Honduras, let's hope we can bring in **500 solar lights!** Peace to all.

✍ Linda Cullen, Photo Journalist



TOP: Pilot George Goff & Sonia Dargan
Linda Cullen & Kathy Lepp putting batteries in the solar flashlights.
BOTTOM: Cheryl Schraeder distributes some of the solar flashlights to some of the poorest families in Tikiuraya, a village on the Rio Kruta in la Moskitia.



KRUTA—My First Trip

Recently, I went on my first mission trip with IHS. I was initially introduced to the IHS organization through a co-worker/friend of mine named Mary Bierman. Over the past several years, Mary has shared with me some of her IHS mission trip stories. These stories have always left me fascinated and curious not only about the IHS organization, but the wonderful times that they all shared together. I knew that after listening to Mary's experiences from the 2007 mission trip, that 2008 would be my year to go.

I eagerly filled out the required paperwork, sent in my deposit, only to hear soon after that I was now a new member of IHS. It seemed like an eternity from the time I got selected to the moment that I was boarding the plane to Honduras. It was hard to contain my excitement over those few months!

I made sure to pack the necessary "survival items" needed for my particular destination. Come to find out, it was hardly surviving but more like luxury. Once arriving at the 'Hotel Paris' in Le Ceiba, I soon realized that I really only knew a handful of people out of the 100 or so that are involved with IHS. I found my room, dropped off my bag and ventured down to the poolside to meet the rest of the team members. It must have been obvious to them that I was 'one of the newbies' to IHS. I was immediately welcomed and invited to join them. Over the next several hours, we all sat around the pool laughing and sharing stories. I knew at this point, that I was now an official member of the group, a group that I immediately cherished.

The next few days involved meetings and a chance to further get to know my particular team members. I began to feel the excitement building within me while waiting for our final departure to Kruta. At last, the morning came to start my long waited mission trip! To reach our final destination, we flew from Le Ceiba to PLP and then traveled 8 hours by boat. My dream had finally come true! Upon arrival to Kruta, we were greeted by many of the Kruta people. Their welcoming smiles felt heartwarming. The next several days involved setting up clinic and camp, providing medical services to the people and last but not least, many memorable moments of laughter. Playing with the kids, my walk through the village of Kruta, sharing stories with my team members, were just some of my cherished memories of Kruta.

We completed our work at Kruta and ventured down the river to our next village of Tikiuraya. Again, many smiling faces to greet us. This village had its own uniqueness. They seemed to live more primitive than the last village. My immediate impression was that this was going to be another awesome experience. We began our routine of setting up clinic and camp. The next several days were similar to our purpose in Kruta, while providing a different, but yet another wonderful experience for me. When the time came to pack up for our return to PLP/Le Ceiba, an overwhelming feeling of joy laced with sadness came over me. I felt blessed with the time spent in both villages and with the feelings and memories inside of me. As our boat began to leave the banks of Tikiurya, I watched all of the people wave good-bye to us. I again thanked God for my

opportunity with these people. I really believe that I received more from these people and this mission trip than I ever gave to them.

The rest is history. I just want to express my thanks to all of you on my team- Deb, Doug, Dennis, Cheryl, Buzz, Mary, Niki, Stacy, Terri, Kelly, and the boatmen for this wonderful time. You all have special places in my heart. I also want to thank all of the IHS members for making me feel welcomed on my first trip with IHS. I know that there will be many more to come for me and I can hardly wait to see you all again!! PEACE!!

✍ Jonelle L. Tempesta, Nurse



ABOVE: Jonelle is surrounded by some of the village children... they love to have their photo taken.



LEFT: Stacy doing some minor surgery and is in the process of putting in a couple of stitches.

RIGHT: Dr. Doug listening... with a smile on his face.

BELOW: When the team left Tikiuraya, it seemed that the entire village was standing along the river bank to see us off.





**PUERTO LEMPIRA
SURGERY TEAM**

Jo-Ann Prater
Honduran CRNA
Richard Reiter
Dianna Durbin
Rod Brown
Honduran Nurse
Emily Zinz

Not Pictured:
Jim Prater

**IHS has teamed up with
SDSU College of Pharmacy**

Brookings, SD to bring 5th year pharmacy students to Honduras and work with the IHS team pharmacists. The students get credit (and graded) for their work on the teams.

PHARMACY STUDENTS

Jorden Breuer, Ashley Squier
Danielle Cook, Erin Zempel
Jennifer Sirovy

PHARMACISTS

Jim Welch, James Enyart
Annie Plamondon, Lola Johnson
Sonia Dargan, Peggah Badii
Mary Bierman (not pictured)



LEFT: The men's dorm room at the Catholic compound. This is home to all the men from the Admin, Surgery and Eyeglass teams. There is a similar room for the women. When the remote teams return they fill up the dorms for their last night in Puerto Lempira before returning to La Ceiba. The radio equipment gets set up on one of the bunks and there is a coffee pot on the corner table (thanks to Drew).

RIGHT: When the remote teams return from the villages, the remaining bunks in the dorms are available on a first come basis. Since the Kruta team is the last to arrive... guess what... it is one more night in the tents... thank goodness it did not rain (tents are made of mosquito netting). Cheryl, Nikki and Teri are getting their tents set up.



Eye Care in PUERTO LEMPIRA

I found out about IHS through E-Bay. That's right-E-bay. I'm an optometrist living in Chicago and I had some old optometric instruments to sell. A gentleman named Charlie Brown asked me if the equipment was in good enough working condition for a clinic in Honduras; I told him it was, and asked if there was a need for a volunteer optometrist. Four months later I was in Puerto Lempira, Honduras seeing 90 patients a day! The work was both grueling and gratifying. The eye team consisted of me and five other IHS volunteers, as well as 3 local translators who willingly volunteered their time all day for two weeks. We set up our eye clinic in a defunct discotheque, where the inside temp was quite hot. We borrowed electricity from the next door neighbor, by using several orange extension cords hoisted over the fence.

Our living quarters were at the Catholic Church's compound. The dorm type room was modest but comfy with rows of beds. It was shared by all the men from the eye team as well as the surgery team who did their work at the local hospital. At the end of each day we had a chance to sit around and swap individual stories about the day's work, as well as discuss with one another how to make the next day better for our patients. I was thankful to be taken under the wing of veteran IHS volunteers like John and Karen Kirckof, John Pope, Drew Mathews, Jack Riordan, John Wagner, Dr. Brown, Jim and JoAnn Prater, as well as all of the others who made me feel like a welcome part of the team (Jane, Dick, Emiley, Diana and Ricardito).

Each morning and everyday after lunch we were met at our "Optica del Discoteque" by at least 30 waiting patients. We met some that had walked for two



days to get there! The need for routine eye care was very apparent. It was amazing and inspiring to see the thousands of eyeglasses donated by the Lions club "in action" at our little hub. We ended up seeing about 750 patients and giving out 1100 pairs of glasses. For those who needed surgery, we had a referral system worked out with Dr. Ponce who came to Puerto Lempira from La Ceiba after we left. Thanks to him, his wife, and Dr. Marianne Serkland, 13 surgeries were performed from our referral base.

I am very grateful to have formed close relationships with all of the wonderful and gracious people on the IHS team. We may come from different parts of the country and different backgrounds, but we all have one thing in common: a desire to help as many people as we can. Meeting the IHS volunteers and seeing the grateful look on all of the faces of the people we helped made traveling to Honduras the most rewarding experience-clinical or otherwise-that I have had.

✍ Matt Gifford, Optometrist



As you look from top to bottom on this series of photos... You will see that there is a progression in the equipment used.

Matt came to this team well prepared and the people were very appreciative for his services.

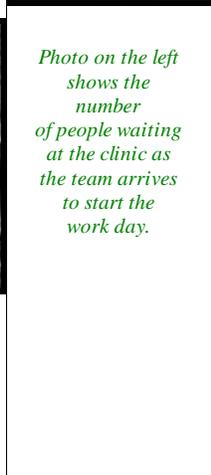


Photo on the left shows the number of people waiting at the clinic as the team arrives to start the work day.



I Am Off To UHI

Friday in mid-February I found myself on a South bound airplane with my friend and fellow ham radio operator, Dave Houser. We were headed for an IHS Medical Mission in Eastern Honduras. This was Dave's 6th year and my first. I learned about IHS from Dave's presentation that he put on at his church in the spring of last year after he returned from his 5th mission trip. I was very much impressed and Dave told me I could volunteer and go also and he told me how to apply. I quickly gathered the required equipment and with Dave's help took an accelerated WinLink course to learn how to send e-mails over my radio with a laptop computer.

My first big impression was the airport at San Pedro Sula, Honduras. Another plane had landed at the same time and there was a large crowd of volunteers around. It was like an old home week with every one that had not seen each other for a long time, many from the previous missions, all cheerfully greeting each other and hugging. It was one big happy family. We all loaded our gear onto a bus and headed to La Ceiba, a 3 hour ride. We checked into our hotel and that evening we all sat with our assigned fellow team members for the village we would be going to. It was the first time that several of us had met. We would all be living together for the next two weeks. We had some orientation meetings on Saturday and Sunday.

Monday morning we were gathered in the hotel lobby at 4:30 AM for our trip to the airport where we would be going to Puerto Lempira in the eastern part of the country. When we landed in Puerto Lempira, we transferred our gear into small Cessna single engine airplanes. My team headed for the village of Uhi, about 15 minutes ride over the Caratasca Lagoon. After we landed and unloaded the plane we saw the plane take off and I knew that I was going to be the only communications with the outside world. It gave me a weird feeling.

After the half mile walk to the village church I got busy setting up the radio equipment and the natives helped string the antenna for me. We also put another antenna on the church roof. The WinLink e-mail system checked out good and I had a sigh of relief. The other antenna to talk back to Puerto Limpera didn't work at all. I was advised by e-mail to try and relocate it. I had the antenna moved and checked it out and it now worked. Over the next few days we became acquainted and started to really work as a team.

By the time we were ready to leave the village and head back to Puerto Limpera we were a close knit team. I felt I had a new family. It was a wonderful feeling I had never before experienced. I grew a deep love for all my team members and will greatly miss them until the good Lord lets us all meet again. I will be 75 in mid-May and am only sorry I had not learned of this wonderful organization earlier in life. I pray I will be able to experience this helpful adventure to help my fellow man again next year. My eternal gratitude goes out to our wonderful team leader, Lynn Barnes, and may God Bless her. She is truly my second mother and guardian.

✍ Ken Wood, Radio Operator



TOP: Uhi woman carrying plantanos. Ken at the radio.



RIGHT: Dr. Rudy talking with patients.

BELOW: Little girl snickering... what bright eyes she has.



TOP: New friends: Erin, Kristy and Bridget.

RIGHT: Lola and Erin at work in the pharmacy.

BELOW: Blanca working on getting a stubborn tooth pulled. A young boy that was brought to the clinic.



YOCON Dental Work

Our dental experience in Yocon started out with the first day wondering where we were going to set up our dental clinic. We were told that there would be several dental chairs already in a building where another dentist had worked out of. This was correct and after arriving in Yocon around 2:00 PM, we were able to look at his facility around 10:30 that evening. This took place after much work in locating a key and a person that would let us into his facility. The dental chairs would work but the dentist, who had not practiced in Yocon for at least 2 years, did not want us to move the dental chairs and only wanted us to use his chairs in his building. In hindsight his facility would have worked well for all the medical and dental teams.

We had brought one chair from the Red Cross so the first three days either Rex or myself worked out of a wheelchair for the patients, which was not comfortable for the patient's neck; usually we supported their neck with our legs or when Karla was helping us we used her which the patient's liked.

I was very surprised on the number of children under the age of 14 that we were taking out permanent teeth on and this was hard to get use to the first couple of days. Especially since here in the states I probably have not extracted, in 17 years of practice, the number of permanent molars on children under the age of 14 that I did in Yocon in the first two days.

Rex had been to Honduras at least 8 other times and wanted to do more restorative work rather than just extracting teeth. Now, remember I am the younger brother who has never been to Honduras and I usually trust my older brother. So, I thought this was a good idea also but after three days of only having one dental chair and a compressor that was running off a 10 amp fuse, which was not enough to keep the equipment working long enough to finish a simple composite filling. I was starting to wonder why I trusted my brother at all.

On Wednesday we received another portable dental chair which was a story all its own which I will not tell. This extra chair did help and the patients appreciated it as much as we did. We were both able to do some very nice cosmetic dentistry on several teenagers which otherwise would have had their front four teeth extracted. Several of these individuals needed root canals as well and we were able to do the root canals before placing the composite restorations. This was very rewarding in the end because both Rex and myself had young patients come up to us during the week with big smiles showing us how proud they were of the work we did in their mouths. So, in the end it turned out not to be such a bad idea to follow my brothers' idea of bringing a some added dental equipment down to the little town of Yocon.

✍ Todd Esau, DDS



TOP: Dental Team at work... Rex, Kristi, Todd, Stephanie and Connie
MIDDLE: One of the fortunate girls who had their front teeth restored vs. pulled.
BOTTOM: Yocon kinder class receives toothbrushes and a brushing demonstration.



**YOCON
DENTAL TEAM**

- Kristi Miller
- Connie Esau
- Todd Esau
- Rex Esau
- Stephanie Thach

Yes, this is the dental team chewing on sugar cane... let's hope that none of their patients saw this.

**YOCON
EYEGLASS TEAM**

- Challey Streff
- Karla Harriman
- Sharon Knutson
- Jan Brown
- Virgil Speer
- Charlie Brown, Jr.
- Loretta Anderson



**YOCON
MEDICAL TEAM**

- Idelia Madonalo
- Danielle Cook
- David Watkin
- Tom Holt
- Peggah Badii
- Wendy Kunkel
- Stacy Maxwell

NOT PICTURED
Bill Roussel
Denis Roussel

Yes, they visited the eye clinic.



PUERTO LEMPIRA - Surgery

“Do all the good that you can, by all the means that you can, in all the places that you can, to all the people that you can, for as long as you can.” John Wesley

It is no easy task to gather hundreds of volunteers, from the United States and beyond, and then coordinate them all in the Central American country of Honduras. And then once the volunteers are in one city in Honduras it is another undertaking to dispatch them to all the remote villages desperately needing their help. But somehow the board members of International Health Services of Minnesota (IHS) pull it off with out a hitch, and the entire experience is a positive one for all involved. From eye teams to dental teams to medical teams to surgery teams, it is easy to see that IHS is truly doing all the good that they can for as many Honduran people as they can, and they have been doing it for the past twenty-six years.

I am Emiley Zinz, a Certified Surgical Technologist at The James Cancer Hospital in Columbus, Ohio. This year myself, along with my good friend Dianna Durbin, also a Certified Surgical Technologist at The James, were lucky enough to join IHS on their yearly journey to Honduras. We were assigned to the Puerto Lempira surgery team. Our team consisted of two seasoned veterans from Ohio, Jo-Ann Prater, RN and her husband Jim. Jo-Ann served as our team leader and Jim was our general helper. Rick Reiter from Minnesota, or "Ricardito" as he became fondly known, served as our translator, and Dr. Rod Brown, also of Minnesota, was our surgeon.

The Puerto Lempira Hospital averages about one hundred surgeries a year. In just seven days our team performed thirty seven procedures! You can imagine how thankful the hospital staff and patients were for all of our hard work. We did a wide variety of cases ranging from little cyst removals that took just a few minutes to a six hour hysterectomy that relieved a woman of her 15 lb uterus. We fixed several hernias with a mesh product pioneered by our own Dr. Brown and helped make two sisters even prettier by removing large keloid scars from their ears. We removed splinters from feet, legs and hands that had

been there for who knows how long and removed one cancerous breast. We excised many benign fatty tumors from various locations on a few patients and saved one young mother's life by delivering retained, nonviable fetuses via c-section. On a happy note we delivered one healthy 9 lb baby boy by c-section. His mother was so thankful for Dr. Brown that she

named the baby Roderick in his honor. So as you can see, we saved a few lives and touched many more on just a short mission with IHS.

It wasn't all work though! We were treated to a Sunday boat ride by the hospital staff that took us to a little fresh water beach for a picnic and swimming and every night we had fun sharing stories of the day with the Puerto Lempira eye team. The night before we were set to leave Puerto Lempira the hospital staff again treated us, this time to a private dinner in a local restaurant that was truly fit for Honduran royalty.

The bulk of our time in Honduras we didn't have running water, which meant no flushing toilets and a shower that consisted of dumping cold well water over yourself. While in the villages we drank a mixture of well water and bleach and even in the bigger cities it is bottled water all the way. It was "buggy", but not as bad as you might expect; the friendly Geckos kept most of our winged enemies at bay. Yes, we came home dirty and our clothes were dusty. We had bug bites and crud under our finger and toe nails. But most importantly we came home with pride. We are now ambassadors for the United States. We have shown people in a very desolate region that even though we might not have anything more in common than our humanity, we are more than willing to help them. And in return they help us. They help us learn what we can and cannot live with out. They show us that even with a language barrier we can all pull together to make something amazing happen. I recommend joining IHS on one of their yearly missions to Honduras to anyone who wants to do a little good in this crazy

world we live in. You don't need any medical or language skills to help, as long as you have a big heart, you have something to give.

✍️ Emiley Zinz, Certified Surgical Technologist



*TOP: The Puerto Lempira team during one of their 37 procedures they did in seven days.
MIDDLE: This is little Roderick coming into the world.
BOTTOM: Here Dr. Brown is removing the 15 lb tumorous uterus.*



**2007 Annual Fundraiser
& 25 year Anniversary
Celebration**

IHS Founders, Jim Alexander, RPh, Dr. Donald Watson and Dr. Harold 'Knut' Panuska receive a plaque honoring their work and dedication to IHS and the people of Honduras.

The annual fund-raiser dinner, followed by a program and live auction—silent auction held during the evening.

Rosario Arias, chairperson of the IHS Honduran Committee, was there to help Jim, Don and Knute when they started IHS in 1982.

Rosario presented a plaque to IHS President Cheryl Schraeder to commemorate 25 years of IHS service.



Annual Celebration & Fundraising Event

Date and Place will be forth coming !!

Dinner, Silent Auction and Program

Auction (both silent and live) Items are needed !!

Contact Marcia Ernst... fundraising@ihsmn.org

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.*

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In Honor of Kim Klosterman

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In Memory of my Parents
In Memory of my Uncles

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In Memory of Robert Krakowski
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In Honor of Ycon Teams that I
served on for several trips
Hesch, John & Eileen
Hill, Richard & Mary
Hoff, Julie
Holzinger, Kay ...
In Honor of Dr Donald Watson
Homme, Pastor James ...
In Memory of Audrey Homme
Hovda, Virginia R ...
In Memory of Grace Engman
Huss, A Joy
Jacobson, Dr John & Judith ...
In Memory of Sallie McKemie
Jensen, Frank & Janelle ...
In Memory of May Jensen Mathews
Jensen, Paul & Marilyn ...
In Memory of May Jensen Mathews
Jensen, Thomas & Valerie ...
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Mathews, Drew
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McKemie, Frank & Jennifer ...
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In Memory of Rev Robert Berry
Pflaum, Dr Douglas & Anne
Pflaum-Hahn, Jeana...
In Honor of Jeana Pflaum Birthday
Pladson, Dr & Mrs Terence
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Roussel, Bill & Denis ...
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Sanders, Larry & Jo ...
In Honor of Jean Girardot
In Honor of AJ Huss
Sater, David & Sharon
Schluter, Dean & Elayne
Schraeder, Cheryl ...
In Memory of Todd Erdman
In Memory of May Mathews
In Memory of Robert Ewing
In Memory of Robert Krakowski
In Memory of Roger Stubbins
In Memory of Annie Haburt's mom
In Honor of Rosario Arias
In Honor of Jim Alexander, RPh
In Honor of Dr Don Watson
In Honor of Dr Harold Panuska
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In Memory of May Mathews
In Memory of Annie Haburt's mom
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 Watson, Don & Phyllis
 Watson, Robert & Luann
 Whitley, William & Jane
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 Yore, Victoria



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 Tombers, Dr. Joseph
 Trumm, Jack & Jenny
 Watkin, Dr. David

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.

Congratulations for giving of yourselves to be of service to those in need !!!

Auka- Medical & Dental
 Aroldo Lopez- Dentist
 Barb Hamilton- General Helper
 Claire Thompson-Vieira- Gen Helper
 Dan Walker- Paramedic
 David Houser- Radio & Engineer
 Hilario Nixon- General Helper
 Jennifer Sirovy- Pharmacy Student
 Kathy Lepp- Translator
 Joe Tombers- Doctor
 Robyn Hansen- Nurse
 Sonia Dargan- Pharmacist
 Steve Rice- Translator

Cofradia, Hortensia & San Jose Medical & Dental
 Alan Herrera- Dentist
 Ana Merlo- Dentist
 Ana Rinaldini- Doctor
 Annie Plamondon- Pharmacist
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 Emilia Barichello- Translator
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Kruta- Medical & Dental
 Andres Martin- Translator
 Andy Martin- Translator
 Cheryl Schraeder- General Helper
 Deb Fischer- Paramedic
 Dennis Tuchalski- Radio
 Doug Pflaum- Doctor
 Eddie Morfy- General Helper
 Jonelle Tempesta- Nurse
 Kelly Koehnen- Dentist
 Mary Bierman- Pharmacist
 Nicki Hultman- Translator
 Orval 'Buzz' Schraeder- Engineer
 Roy Morfy- General Helper
 Stacy Meincke- PA Student
 Teri Volbrecht- Nurse

Puerto Lempira- Eyeglass
 Karen Kirckof- General Helper
 Jane Hackenburg- Translator
 John Kirckof- General Helper
 John Pope- Translator
 Matt Gifford- Optometrist

Yocon- Medical & Dental
 Bill Roussel- Translator
 Challey Strett- General Helper
 Connie Esau- General Helper
 Danielle Cook- Pharmacy Student
 David Watkin- Doctor
 Denis Roussel- Translator
 Idalia Maldonado- General Helper
 Kristi Miller- Dental Assistant
 Peggah Badii- Pharmacist
 Rex Esau- Dentist
 Stacy Maxwell- Nurse
 Stephanie Thach- Dental Assistant
 Todd Esau- Dentist
 Tom Holt- Doctor
 Wendy Kunkel- Nurse

Puerto Lempira- Administration
 Drew Mathews- CRNA
 Jack Riordan- Engineer
 John Wagner- Radio
 Richard Pierson- Translator

Puerto Lempira- Surgery
 Canton & Roberto- CRNAs
 Dianna Durbin- Surgical Tech
 Emily Zinz- Surgical Tech
 James Prater- General Helper
 JoAnn Prater- Nurse
 Richard Reiter- Translator
 Roderick Brown- Doctor

Yaruca- Medical & Dental
 Bill Latimer- Engineer
 Cole Breuer- Translator
 Dave Kubes- Dentist
 David Wenger- EMT
 Heather Gilreath- General Helper
 James Enyart- Pharmacist
 Jim Welch- Pharmacist
 Jordan Breuer- Pharmacy Student
 Kimberly Klosterman- General Helper
 Kyle Prokosch- General Helper
 Lance Klosterman- Doctor
 Paul Farley- Doctor
 Sherry Enyart- General Helper
 Steve Scoggins- Radio
 Trudy Staubitiz- Nurse

Uhi- Medical & Dental
 Blanca Murillo- Dentist
 Bridget Borg- Translator
 Char Zimmerman- Nurse
 Erin Zempel- Pharmacy Student
 Gerard Rudy- Doctor
 Jared Zimmerman- Translator
 Ken Wood- Radio
 Kristi Morse- Nurse
 Lola Johnson- Pharmacist
 Lynn Barnes- Engineer
 Travis Snyder- Translator

Yocon- Eyeglass
 Charlie Brown Jr- Engineer
 Jan Brown- Examiner
 Karla Harriman- Translator
 Loretta Anderson- General Helper
 Sharon Knutson- Translator
 Virgil Speer- General Helper



*Together we have done much...
 there is much more to do...
 together we can do it.*

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 Vice President Cheryl Schraeder
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 Project Director Gary Ernst

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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.

All donations are tax deductible

Contributions can be mailed to:

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

Friday, August 15, 2008	Applications due for Fall 2008 Trip
Date—TBD Fall, 2008	Fund Raising Campaign
Wednesday, October 1, 2008	Applications due for Winter 2009 Trip
Wednesday, October 1, 2008	Fall 2008 Trip Project Fees due
Thursday, October 23, 2008	Fall 2008 Trip Starts
Sunday, November 2, 2008	Fall 2008 Trip Ends
Saturday, October 18, 2008	Team Selection for Winter 2009 Trip
Saturday, November 8, 2008	Mail Information Packets . . .
	. . . Orientation for Winter 2009 Trip
Saturday, December 13, 2008	Shipping Deadline for Winter 2009 Trip
Thursday, January 1, 2009	Winter 2009 Trip Project Fees & Airfare Due
Saturday, January 10, 2009	Load Trucks
Friday, February 13, 2009	Winter 2009 Trip Starts
Sunday, March 1, 2009	Winter 2009 Trip Ends
Date—TBD Spring, 2009	Picture party
Friday, May 1, 2009	Newsbreak 2009 Article Deadline



IHS contact information can be found on page 2

Wanted!! Hospital-sized Autoclave!!

The hospital in Puerto Lempira, Gracias a Dios, Honduras currently does not have a trustworthy autoclave. This means that the hospital surgery staff may be using non-sterile instruments and supplies during surgery. This also means that the IHS surgery teams are very limited to what they can do while working at this hospital. If you can help IHS locate a used, in GOOD working order that can be donated...

Please contact: Drew Mathews
president@ihsmn.org



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

(Applications are on pages 17 -21)

This WILL be YOUR experience of a lifetime!!

Dental Instruments & Supplies Needed

If you can help.. Please contact:

Kelley Koehnen, Dental Director
dental@ihsmn.org

WANTED!!

Medical & Surgical Supplies

If you can help...

Please contact:

Jonelle Tempesta
nursing@ihsmn.org



**Silent & Live Auction Items Needed
For the IHS Fundraising Event !!**

Please contact Marcia Ernst
fundraising@ihsmn.org

We really, really 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

Donation to the IHS Endowment Fund - set-up through the Minnesota Foundation

Give a gift in Memory of a Loved One or to Honor Someone Special

Have you included IHS in your will?



All gifts to IHS are tax-deductible !!

