



IHS NEWS BREAK 2010

Annual Newsletter of International Health Service of MN

Lisangnipura Medical/Dental Team

Upcoming Projects

- **October 2010 Project**
Oct. 21 - 31, 2010
- **February 2011 Project**
Feb. 11 - 25, 2011

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"Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an exhilarating experience because it is an intense effort applied toward a meaningful end."

Dr. Thomas Dooley

It was good to be back. After taking a year off from my annual trip to the La Mosquitia in Honduras, I realized how much it had become a part of my life. The air, the smells, the landscape, the heat, the humidity, but most of all the people – all reminiscent of previous trips. Seeing familiar faces and the new faces of other dedicated IHS participants was wonderful, but seeing the familiar faces of people in the villages that we had helped before, and were back again because they knew we did good things, was even better. Yes, indeed, it was good to be back.

I arrived in La Ceiba in Honduras at about 7 p.m. on Friday night and America Everett, my host, was at the Hotel Paris to meet me. I have stayed with America and Raul for 12 years and they are my second family. We left the hotel and went to dinner, then back to their home for a few

hours of sleep.

I was back at the hotel by 4:30 a.m. the next morning to travel with the advance team to Puerto Lempira, to shop and organize for the La Mosquitia

set up our clinic. But this year we were going to Lisangnipura, the village just across the stream from Tipi Mona, the walk was not much longer. But Lisangnipura had a real clinic!

The team had been there the previous year and had good things to say about it. In 2008 our team was in Auka and representatives from Lisangnipura presented our team with a proposal to bring a medical team to Lisangnipura. They promised us an airstrip the plane could land on, a clinic to work in, a place to sleep, but most importantly, they promised us the support and volunteers we would need to work there.



Dr. Joe Tombers doing a "house call".

teams. Some of the IHS veterans arrive in Honduras early just to be part of this team. They work hard and sweat hard - hats off to all of them and I love being part of it.

As I stepped off the small plane on Monday morning in Tipi Mona, multitudes of villagers were there to help carry our supplies to the clinic. I had landed on this grassy strip several times in previous years and had taken the short walk to the school in Tipi Mona to

They lived up to their promises beyond expectations. We offer our sincerest thanks to Hilario Nixon, Selan Nixon, Siso Nixon, Majin Sotabais, Kisna Bolanos and her husband, Chorley Becan, Tio-pelo Augustine, Calero Richard, and Ignacio Colormer. We also thank the cooks and the women who did our laundry. We could not have provided the needed services without these wonderful local volunteers!

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Applications for IHS Honduras Projects - October 2010 and February 2011 are available on our web site at:

www.ihsmn.org

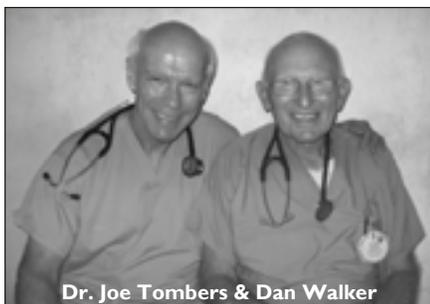
Lisangnipura Team continued ...

When I arrived at the clinic in Lisangnipura, I was meeting some of my team members for the first time. I always feel so fortunate to meet and work with these dedicated professionals and am blessed to have been part of this remarkable team. Our team doc was Dr. Joe Tombers, a most remarkable and giving human being. Due to some last minute changes our nurses went from four to two. Marge (Maha) van der Hagen and Marjorie Bowers were incomparable and uncompromising in their work and dedication.



Barb Hamilton registering patients.

Due to some inclement weather in Atlanta (I know, what does Atlanta have to do with Honduras?!) we were fortunate to have two pharmacy students working with our very knowledgeable and competent pharmacist, Phillip Stokkeland. Amanda Muir and Katherine King were professional and a wonderful addition to our team. Kelly Koehnen, our dentist, is remarkable and dedicated and a great dancer!



Dr. Joe Tombers & Dan Walker

Dan Walker is a paramedic who was a most gracious teacher and role model for many of us. Without our radio operator, Steve Williams, contact with the outside world would have been impossible. Chris Knoff, our engineer, called himself "Water Boy". Keeping

fourteen people hydrated was a taxing job, as well as all the other jobs he took responsibility for. Any team would be lucky to have him but Yellow Team has dibs!



Leyla Lopez, the electronics wizard, was our interpreter. She always brings humor, friendship, and professionalism with her. Bill Handsaker was our general helper and was a great student, learning lots from Dan, and making sure glasses were given to those in need. Hilario Nixon, a local from Biblilia, has worked with the teams I have been on for eight years as a translator and all around humanitarian. His commitment to IHS is treasured.



We worked hard and served many. But we also took time to play. We had competitive card games every night. We played frisbee. We swam in the river. We went to the waterfalls. We walked to Hilario's mother's house in Biblilia.

We laughed and told stories of days gone by. The night before we left, a group of young men came to serenade us after dinner. The party moved outside, the music continued, and the dancing began.



Dr. Kelly Koehnen worked all year to design a lightweight, portable dental chair system for the dental teams.

I have said this before but I think it needs to be said again. I keep coming back because I am in awe of the people I am privileged to work with and those we are there to serve. Mahatma Gandhi said, "You must be the change you wish to see in the world." Helen Keller said, "Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable."



The volunteers who come to serve and those who come to be served exemplify that undefeatable strength. It's easy to be a talker or a critic but to be a doer requires effort, risk, and change. Thank you to all my team members for being doers, putting forth the extra effort, willing to take risks, and to be agents of change. "It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself."

Ralph Waldo Emerson

 **Barbara Hamilton**
Team Leader Lisangnipura

Puerto Lempira Admin Team

If we want to be honest about it, the admin duties in Puerto Lempira do not sound like something that most people would be interested in doing. We do such things as help people organize boxes and more boxes for teams that go to places where the excitement takes place. A week and a half later, they're back with exciting stories to tell, and us admin folks get to play with boxes again.

But, "the rest of the story" isn't that bad. There was plenty to keep our group, Drew, Bob and myself from getting too bored. Bob would spend hours staying in contact with the teams. Without communication like this, IHS would be spinning its wheels.



Ham Radio Operator Bob Johnsen

More behind the scenes, activity that few have seen or appreciated, is a myriad of tubs that have come to be known as "Drew Mart." I needed a special pipe fitting to make a pump work better and

Drew had one in his tubs. This pump is used to fuel the airplanes that help us much during our mission. I could go on and on how some item Drew had saved the day. Thank you, Drew!



Mr. Fix-it Grant Hanson

As for me, much of my day would be spent fixing things. When we got to the church compound, where we stayed at PLP, one of the two wells wasn't working. On our second day there, the second well stopped working also. I quickly became the well fix-it guy. I designed a "leather" piece that got the "guts" of the pump working. "Chris Knoff & Company" found me a pair of new sandals that I made the parts from. With Bob, our radio whiz, as the middle man, we built some repair parts for a

well at one of our team sites, also.

As much as IHS appreciates being able to use the church compound as our home away from home, the priest and the nuns appreciate the work we do for them. It's rewarding to be able to repair something for them, or encourage them in some way to fix a few things, as we are only there for a shy two weeks and the church is there year-round. The different church groups in PLP are very appreciative of IHS and for sure are our friends.



PLP Teams come together for meals

During my trips with IHS, I have done everything from fixing a piece of laparoscopic equipment at the surgery site, to tossing out medical supplies from an airplane at a remote site. If you aren't scared to work and like a challenge, put in for duty at PLP's admin site. For certain, you will meet people with giving hearts.

Grant Hanson, Engineer

OCTOBER 2009 & FEBRUARY 2010 TEAM STATISTICS

Patients Served - 9,768 Patient Contacts - 36,523

DENTAL TEAMS					SURGERY TEAMS	EYE CARE TEAMS	
Patients	Extractions	Sealants	Dentures	Other procedures	Surgeries	Patients	Prescription/Reading/Sun Glasses
1,635	2,009	396	38	214	108	2,108	3176

MEDICAL TEAMS					
Adults	Children	Surgeries	Referrals	Pharmacy RX's	Vitamins
3,030	2,930	2	41	15,711	5,127

October 2009 Kruta River Medical/Dental Team

October 2009 was a month of excitement and firsts. My mother and I were preparing to meet and embark on an adventure that would become the most wonderful and powerful experience of my life.

I was traveling from Portland, OR, where I am a physical therapy aide, and she was meeting me from Grand Rapids, MN, where she works as a nurse practitioner. Together, we walked into the foreign warmth of La Ceiba, Honduras. Our nervous and excited energy hung in the humid air as we settled in the hotel and prepared to meet the people we would be working and living with for the next week.

On the hotel's pool deck, we introduced ourselves to the strangers that would so quickly become like family. Our team consisted of doctors, emergency room nurses, dentists, translators, emergency medical technicians, nurse practitioners, physical therapy aide, and engineers. From this point on, we would experience things that would bring us closer in a week than some friends become in a year.

We left La Ceiba, and one flight and bumpy truck ride later, we arrived at Marianne Serkland's door. From here, we were guided by the sure hands of Andreas, Raylee, Edy, and Andy down the Kruta River in the sturdy Miss Eva. We passed several villages whose citizens smiled and waved from the muddy shores.

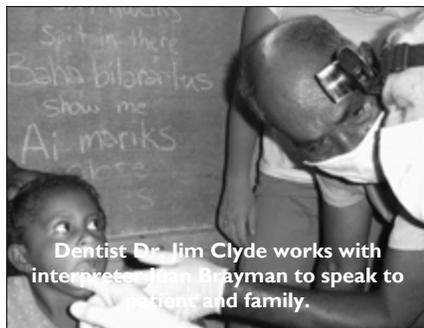
Shortly before the inevitable dusk, we arrived at our first destination, Kuri. We were overwhelmed by helpful Hondurans who unloaded our supplies



into the village school house. Under the helpful guidance of IHS veterans, we efficiently transformed the building into a clinic, pharmacy, dentist, kitchen, shower room, and sleeping quarters.

We were awoken at dawn by the sound of many eager patients lining the porch. They peer at us through gaps in the boards as we stiffly emerged from our mosquito-net tents. Our bodies were generously fueled and nourished before we quickly set into a rhythm of seeing patients.

I assisted the incredibly capable dentist, Jim Clyde, as he removed painful teeth or repaired cavities. He cheerfully declared the tooth's need for "a little sunshine therapy". Jessica and I flossed and painted fluoride on the teeth of the bright-eyed children.



Dentist Dr. Jim Clyde works with interpreter Jean Brayman to speak to patient and family.

In other areas of the school house, Honduran villagers of all stages of life were being seen by our doctors and nurse practitioners behind the privacy of a bed sheet. They were treated for various illnesses and complaints including malaria and parasites. Many were given helpful medication and translated instruction by the knowledgeable pharmacy. All patients were incredibly brave and stoic as they gratefully received care from us Americans.

The day quickly passed as we treated all the patients that daylight would allow. At night, under the luxury of a car battery generated light bulb, we ate delicious food, some of which came from right there in the village.

The week passed in much the same way in both the Kuri and Kanku villages. Although the work was challenging and physically taxing at times, the most

difficult part of the trip was saying goodbye to the teammates and locals we had so easily bonded with.

I will never forget these people who were so selfless and giving. And the faces of all warm-hearted Hondurans will stay in my heart forever.

 **Katie Zupan**
Physical Therapy Aide



OCTOBER 2009 KRUTA RIVER TEAM

It was nearing Halloween in 2009 in DC when Kari, Kate, Joe and I were getting ready to go to Honduras for the first time. We were all so excited as the opportunity is rare to be able to do a volunteer trip together. Our preparations for the trip were lengthy as some of us were in the middle of a semester in school and all working full time.

As we landed in La Ceiba we were nervous, anxious, and totally energized. We were lucky enough to be greeted by some of IHS's finest and knew from there on out that we were in for a great time. After a couple of days of travel via, train, car, foot, plane and boat, we reached Kruta and then onto our next stop Kanku.

With our fearless leader Dr. Marianne Serkland and Team Leader Andreas the new kids on the block were able to settle into the assigned roles in the pharmacy, translating, engineering, learning, cooking, helping etc. We had busy days, seeing almost 200 patients a day, with many faces peering through the school house turned clinic throughout the process.

At night we bonded faster and stronger than I had experienced on

October 2009 Kruta River Team continued ...

other trips in the past with people of all ages and backgrounds, both Honduran and American.



Dr. Marianne Serkland with patients

The welcoming nature of the Honduran people, greeting us by waving while we floated down the river, and the friendly demeanor of the IHS volunteers made the trip an experience to look back on with the fondest of memories. There were times of excitement,

which included a young boy in need of stitches after every box was locked up and it was pitch black in the school house, and times of sadness when we had to leave each town and say hopefully we will meet again.

Doing house calls was also an interesting part of medicine that we got to experience during our time in Honduras that throughout our careers in nursing we have never seen or heard of. The bottom line is that IHS volunteers are ready and willing to do whatever it takes to care for the people of Honduras and I was proud and honored to work side by side some of the finest people I know.

I know in my heart that another trip is in line for this DC clan, and I suppose you can say I've caught the IHS Honduran fever, and look forward to

the next trip I can take with the life long friends I made in such a short time.



By going to Honduras, yes we were given the opportunity to serve the underserved, but I was given more rejuvenation, and vigor to continue in a helping profession that often leaves us weary and exhausted. So a big thank you to IHS for a brilliant 10 day extravaganza!

Christina Killian-Benigno, RN

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All Director positions need a co-director or assistant director. If you are interested in helping please contact IHS.

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Pranza Medical/Dental Team

A Day in Pranza

The day was bright and sunny in the village of Pranza. The whole team was working and attitudes were great even though the temperature on the thermometer hanging in the temporary kitchen was approaching 104 degrees Fahrenheit. It hadn't been this warm during the past few days and a good share of the team was looking forward to wading in the river after work.

The medical, dental, pharmacy, kitchen, etc setup for our team went surprisingly smooth the other day after our 6 1/2 hour truck ride from Puerto Lempira over the worst roads I have ever been on. We were mostly ready to go that first evening after moving into the three class-room school but needed additional time the next morning to finish setting up.



Loading the truck to drive to Pranza

The children from the village had already adopted us as the new entertainment and had singled out one special person from our team. Calls for "Tugger" could be heard all during the day and well into the evening. Of course, Tugger had a wonderful time interacting with the village kids.



Douglas "Tugger" Pflaum

The people from Pranza and surrounding areas (including Nicaraguan

villages) were in the school yard since early morning to see the doctor, pharmacist, and dentist or to have their eyes tested for reading glasses. The people dressed in their finest attire to come to this event and waited patiently for their turn.

They were all wonderful, but one person from the village caught my attention. Her name is "Rita" and she was about half my height and was old enough to have experienced a lot of life. She could not walk even though she used a walking stick and must have had at least 20 more years than me.



Jim & Rita taking supplies to her home

After helping Rita to carry some new found possessions (a bag of potatoes, t-shirt, solar flashlight, etc) to her house I was surprised to see her back at the school and in line for the dentist. Susan, our team dentist extracted three teeth from her mouth which left her with four remaining teeth.

Rita was old and lived in a house (one 8' by 10' room) that made our makeshift accommodations at the school look like the Hilton. But, she smiled with all four of her teeth like she was the rich person. I think that she was happy with her life in Pranza. I know that I was happy with my life in Pranza even though it was much different than my life in Minnesota.

I would like to thank IHS for allowing me to experience all the days of Pranza.

 **Jim Jackson, Engineer**

Service to others is the payment you make for your space here on earth.

Mohammed Ali



Chantal Catterlin talking to family



Pranza team members in pharmacy



Linda helping people find reading glasses



Cooking food for the team

Pranza Team continued ...

Pranza 2010

The Pranza team had a rewarding mission, led by our La Hefa, Cheryl Schraeder and Dr. Doug Pflaum. Actually we had a Pflalax of Pflaums, Doug's daughter Helene and son Doug... (Tugger) were part of our team. With our limited sources of entertainment it was great fun to watch the family dynamics at work.



The Pflaums - Helene, Dr. Doug, Doug (Tugger)



Clinic

The dentist's work so hard, and watching Susan help so many people day after day in the scorching heat was an inspiration to us all.



Cheryl and Sue find a creative way to cool off after a hot, long day of work

we saw in Pranza was a little girl named Selma who had many health issues. Dr. Doug made a special house call to see Selma and do what he could to help this very poor family.



Dr. Douglas Pflaum & Selma

There is no question that Pranza made as big an impact on the team as the team made on Pranza.

We left humbled and blessed by the kindness given to us by the people of Pranza.

 **Linda Cullen Weiley**
General Helper

Note to future teams: Always have at least one extremely fit young man who doesn't mind being in charge of water.

You can't talk about Pranza without mentioning traveling to Pranza. It is a 6 hour back of the truck, butt breaking, getting to know your team by grabbing their various body parts and hanging on for dear life lest you get bounced out of the truck kinda trip. Thanks Cheryl, it was a great "get to know your teammates exercise" ice breaker for the newbie's.

We had some newbie's on the team, first timers Jim Jackson, Chantel Catterlin, Pam Nellis and Doug (Tugger) Pflaum. We rounded out the team with experience and grace from Cheryl Schraeder, Dr. Doug Pflaum, Helene Pflaum Matzke, Steve Rice, Mary Bierman, Deb Fischer, Sue Prentice and Linda Cullen Weiley.

One of the highlights of going to Pranza was actually leaving Pranza for a scouting mission upstream in a dug out long boat to the small sleepy little picturesque town of San Geronimo, Nicaragua. Site of a future mission perhaps?



One of the most memorable patients



We were greeted by the villagers of Pranza and promptly set up camp in the 3 rooms of the school. There is no electricity or running water in Pranza. The village provided wonderful local volunteers that helped to make our mission so successful.



Team Leader Cheryl Schraeder

We recruited our dentist from England knowing we could always count on Susan to liven things up. She did not disappoint us with her use of the English language, top of the hour dance parties and modeling the latest in British fashion.



Dr. Sue Prentice modeling her British outfit



Linda personally checking the strength of variety of reading glasses



Deb Fischer painting finger nails



Patient tries out her new reading glasses

Puerto Lempira Eye Care Team

Good eyesight is something most of us take for granted. Imagine wanting to read or sew and not being able to because you do not have glasses. Imagine a child not being able to see in school. Hundreds come to our IHS eye clinic each year hoping we will be able to help them. For some, we find an almost perfect match - we see a big smile on their face when this happens. Sometimes the



prescription is more difficult to find a good match. In some cases, a patient ends up with two pairs of glasses - one for distance and one for reading. Many people simply need reading glasses and many want sunglasses.



Our eye team this year consisted of two optometrists -- Dr. Matt Gifford and Dr. Javier Morales, interpreters -- Rick Reiter and Cristy Garido, plus John and Karen Kirckof and Bonnie Stock who did general work. The word was put out on the local radio stations that we had two eye doctors for our first week. From that we were very busy, seeing over 200 patients a day for several days.



Matt examining a child's eyes

Rick organized all the patients out front and kept things running smooth. John worked with the Snellin chart plus

did eyeglass repair. Javier and Matt tested the patients with the autorefractor and examined many patients. Cristy, Bonnie, and Karen searched and found the eyeglasses, sunglasses, and reading glasses. We also had the assistance of



Optometrists Matt Gifford & Javier Morales doing an eye exam

several local helpers, Pastors Harlan and Orlando, Bridget, Louis, and Emma.

Our work this year was helped a great deal due to a very generous donation from the St. Cloud, Minnesota Lions and another donation from Rick and Tammy Ekstrand of Lowry, Minnesota. Because of this, IHS was able to purchase a precision autorefractor



Matt teaching Karen Kirckof how to use the new autorefractor

which gave us the prescription of the glasses each patient needed. This enabled us to see many more patients than we could have without it, and it provided more accurate readings.

There are always a few patients we will remember - the little 8-year-old blind girl sent in from Lisangnipura. We showed her mother how to hold her arm when walking and we gave her



a stick to help her "feel" her way as she walks. In addition, we saw a 12-year-old boy from the same village who was

blind in one eye. Fortunately, we were able to fit him with glasses to help with his "good" eye.



Karen, Javier & Bonnie with patient

We were asked by the Puerto Lempira prison chaplain if we could come to the prison and examine the inmates' eyes. From our visit there over a dozen men and women received reading glasses.



PLP Eye Care Team at Honduran Prison

We received a request from the hospital for a donation of blood from someone who was 0+. Cristy knew she was 0+ and answered the call. This was very fortunate, because if you do not know your blood type, it takes two days to find out through the lab at Puerto Lempira Hospital! The blood was for a 5-month-old twin weighing 5 lb. sent in from the Kruta River team. Little Jose weighed 5 lb, had pneumonia and failure to thrive. He

was transfused and the next day looked a little bit brighter. The parents asked



Cristy if she would give him his middle name as they had not chosen one, so Jose David became his name.

It was another very good year of eye care in Puerto Lempira as we saw over 1250 patients. Once again we demonstrated that we came to do more than just hand out glasses... we took care of many eye problems. We look forward to doing it again!

 Karen Kirckof, General Helper

La Ceiba Surgery Team & Red Cross Medical Team

My first trip to Honduras with IHS turned out to be one of the more rewarding experiences of my life. I met some of the most incredible people and spent two weeks helping people who were incredibly thankful for every little thing done for them.



Martie, Jodi, Cris and patient

I was a member of the La Ceiba surgical team, which consisted of Dr. Steve Moore, urologist, Judy Lacy RN, Cris Cassady RT, Jodi Knieper, GH, and me. Dr. Moore was the only one on the team who had been on an IHS trip before, so the rest of us were new to the experience. The local urologist had several procedures lined up for us. Once we acquired the needed equipment, we got started. We worked till well after dark every night and arrived every morning to a waiting area full of patients.



Judy Lacy & patient



Jodi Knieper & Honduran Head Nurse Selma



Dr. Steve Moore

Working at Atlantida was like taking a trip back into the past. The OR rooms are small, the equipment antiquated, the furniture rusted and old, and the “disposable” supplies used over and over again. We quickly adapted to the environment of no positioning devices, no pillows or blankets, and washing our own instruments, but what I could NOT get used to, was the flies and mosquitoes in the OR rooms.



Martie Coleman with Dr. Moore

The staff at Atlantida was exceptional. On Friday, our last day there (Dr. Moore could only stay for a week), they presented a certificate to Dr. Moore, thanking him and the entire team for all we did for “their people”.



Judy & Claudia

We packed up our supplies on Saturday, took it to storage, and went to set up for our next adventure, a clinic at the Cruz Roja building in town. On Monday morning, with our new team member (pharmacist Jordon Breuer) in tow, we headed to the Red

Cross building to start our clinic.

We saw only about 50-60 patients the first day, but by Wednesday and Thursday we were seeing 150 patients a day! We saw many kids with colds, lots of adults with hypertension and diabetes, and various other complaints and ailments. We did not have a whole lot of supplies, so our services were



Cris Cassady & friends at Red Cross

limited, but our patients were so thankful for every little bit we did. Jordon passed out loads of vitamins and parasite medicine and Jody made sure every kid got a toothbrush.

I have to add, we could not have accomplished what we did at Atlantida or at Cruz Roja without the help of our wonderful interpreters, Claudia Aguilar and Daniela Almendarez. They were such a blessing!

We finished the week out on Thursday and once again packed up leftover supplies. We retreated to the Gran Paris for some refreshments and “fellowship”.

I was sad to leave on Friday, but happy with the knowledge that our efforts were appreciated, and that I had made some lifetime friends. I am also sure that this was the first of many Honduran mission trips for me!

 **Martie Coleman, RN**

October 2009 & February 2010 Team Pictures

October 2009 Kruta River Medical/Dental Team

Back row: Frank McKemie, Susan Roe, Jim Clyde, Joe Killian-Benigno, Terre Luce

Middle row: Andreas Martin, Jennie McKemie, Raylee Morfy, Marianne Serkland, Kate Dieringer, Edy Morfy, Juan Brayman, Nancy Zupan, Dan Walker

Front row: Jessica Ramsey, Kari Faircloth, Katie Zupan, Christina Killian-Benigno



Lisangnipura Medical/Dental Team

Back row: Kelly Koehnen, Barb Hamilton, Marjorie Bowers, Phil Stokkeland, Leyla Lopez, Katherine King, Joe Tombers, Chris Knoff

Front row: Marjorie van der Hagen, Hilario Nixon, Amanda Muir, Steve Williams, Dan Walker, Bill Handsaker



Sulaco Eye Care Team

Carlos Scheer, Stephen Thornber, Josie Thornber, John Pope



Kruta Medical/Dental Team

Back row: Juan Brayman, Buzz Schraeder, Jennifer Ainsworth, Raylee Morfy, Amanda Denn, Andy Martin, Larry Foster, Edy Morfy, Cesia Ruiz, Rajan Korja, Jacob Hobbs, Teri Houle, Andreas Martin, Manjula Korja

Front row: Renee Donnelly, Marianne Serkland, Char Zimmerman, Maya Desai

La Ceiba Admin Team

Project Director Gary Ernst, Eric Ernst, Marcia Ernst, Don Youngquist



La Ceiba Surgery/Red Cross Medical Team

Back row: Cris Cassidy, Steve Moore

Front row: Selma, Daniela, Judy Lacy, Sylvia, Martie Coleman, Nolvía, Claudia, Jodi Knieper, Rosa

Tocoa Surgery Team

Back row: Meredith Johnson,
Craig Gill, Jo-Ann Prater,
Jim Prater, Trudy Staubit, z,
Bill Roussel

Front row: Dan Jaffurs,
Denis Roussel

Not pictured: Polly Gill



Puerto Lempira Eye Care Team

Back row: Matt Gifford, Bridget,
Karen Kirckof, Bonnie Stock, John Kirckof,
Cristy Garrido

Front row: Harlan Macklin, Orlando,
Javier Morales, Rick Reiter



La Esperanza Medical/Dental Team

Back row: Jennie McKemie, Ana Rinaldini,
Barbara Joe, Debra Trumm,
Marianne Rinaldini, Mike Ward,
Maria Eugenia Verdaguer

Middle row: Paul Farley, Paul Trumm,
Dave Kubes, Michelle Kolkman,
Brian Brown, Susan Brown

Front row: Shelley Epstein, Jillian Corbett

Not Pictured: Sherry Hood





Pranza Medical/Dental Team

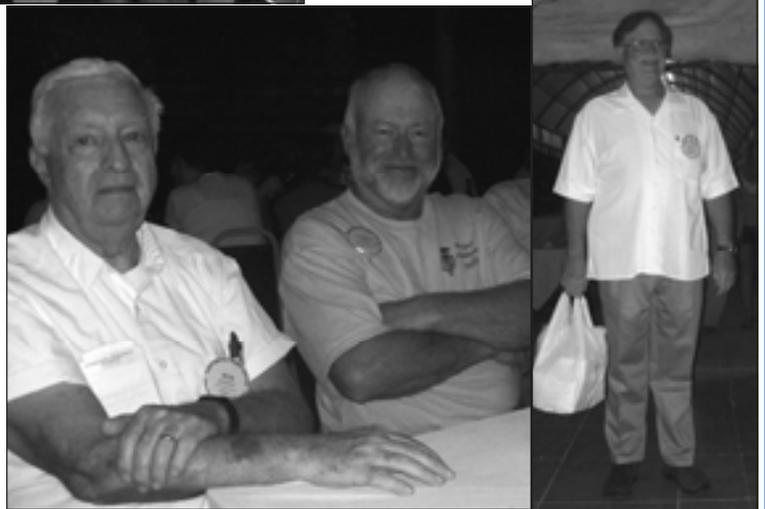
Back row: Linda Cullen Weiley,
Douglas Pflaum, Jim Jackson,
Douglas "Tugger" Pflaum, Pam Nellis,
Chantal Catterlin

Middle row: Steve Rice, Susan Prentice,
Cheryl Schraeder, Debra Fischer

Front row: David Houser,
Mary Bierman, Helene Pflaum Matzke

Puerto Lempira Admin Team

Bob Johnsen, Grant Hanson,
President Drew Mathews



Yocon Medical/Dental Team

Back row: Molly Branaugh, Jody Milton, Ryan Prouty, Linda Erdman, Jordan Breuer, Arch Woodard

Front row: Risa Piper, Rosalie Eckhoff, Ken Wood, Joni Dyer, Phillip Mitchell, Mary Piper
Not pictured: Idalia Maldonado, Christobal Delgado

Kruta River Medical/Dental Team

Kruta River Experience

Upon learning of my acceptance to the Kruta River Team, I was ecstatic but nervous. I've never thought of myself as high maintenance and have had my share of camping experiences... but always within a couple of hours from an ER and NEVER with tropical venomous snakes! After researching and reading News Break from prior years' teams, my anxiety abated and I was ready... I thought. Most of the team members met in La Ceiba. Right away, we got along well; people were friendly and helpful. Some of our team members had participated on multiple IHS missions, including the Kruta River Team. So, if they were coming back for a second round, it couldn't be all that bad, right? Well, then I went on to meet other participants who, when telling them that I was on the Kruta Team, they said with a knowing smirk on their faces, "Oh, that will be an adventure," or "Oh, I was on the Kruta team once – which was enough." Grrrrreeaaaatttt....

Early the next day, we hopped into a prop plane, flew over the gorgeous, lush mountains of Honduras and landed on a red dirt runway in front of a "terminal" made out of cinder blocks with a corrugated tin roof. After some confusion regarding our passports, we were off to load the gear into the boats, meet the rest of the team, and travel across the lagoon and up the



Kruta River Team

river. The scenery was amazing - the trees, houses on stilts, the colorful birds. We laughed and joked and became acquainted with each other – Amanda, the lead pharmacist who was on the Uhi team the year prior, Jacob, the pharmacy student. Maya and

Manjula – the oral surgeon and dental assistant who've worked together on multiple mission trips, and Raj, another member of the dental team, who all



traveled from the UK to serve. Cesia – our Honduran translator who works with various mission groups that work in Honduras. Buzz and Larry our Engineer/chef and Radio operator. Dr. Marianne Serkland, Renee, Teri, Char and I made up the medical team. Andreas, Andy, Edy and Raylee, served as our Miskito guides.

We visited two villages, Kruta and Tikiuraya. Upon arrival, the villagers came to greet us and unload the supplies. We set up the clinics, had dinner and went to sleep early. Before we awoke, the villagers were lined up. Clinic opened and family after family entered. We treated children for para-



Handing out parasite medication

sites, cleaned and dressed infected wounds, evaluated pregnant women, gave away glasses, baby blankets, and school supplies. On one of our last clinic days, a mother brought her 2 year old son who was wheezing, lethargic, using his accessory muscles and breathing 68 times per minute. This was a child who, if brought to any ER in the US, would have been rushed to a room,

given continuous breathing treatments, IV steroids, placed on continuous cardiac and pulse ox monitors and then he would be admitted. I looked around for albuterol or oxygen or anything to help this child in severe respiratory distress. We didn't have it. Instead, I gave long acting albuterol, oral steroids and two small doses of epinephrine. I sat there waiting for an improvement, knowing that the albuterol wouldn't take effect for at least an hour. I felt truly helpless. I imagined that this is how people in La Mosquitia felt every day, they are at least 3 hours from medical treatment all of the time. How do parents feel when their child gets hurt or has an infection and there is nothing they can do?



Dr. Jennifer Ainsworth

I thought back to my clinic and patients in Oklahoma. The feeling of security in knowing there is an emergency room, the proper equipment and a team of experts available if I need them. I thought even further about how some patients get irritated if I am behind schedule. Some patients don't even show up to appointments.

The villagers in Kruta and Tikiuraya were so appreciative. Most had waited in the hot sun for hours just to be seen. I was so thankful for this opportunity and for our team. Everyone was fantastic. Every team member had a skill and contributed all their effort to helping the people of La Mosquitia and to helping other team members. We worked together well because we all had the same goal. I will definitely return to Honduras – especially to serve on the Kruta River Team again.

 **Jennifer Ainsworth, MD**

Kruta River Team continued ...

Team Kruta

The Kruta River team is one of several 'remote' teams that deployed from Puerto Lempira. We traveled by boats to two villages to provide medical and dental care to the people from surrounding villages. Our first stop was the village of Kruta near the mouth of the Rio Kruta. We spent part of our two weeks in Kruta, and then traveled 4 hours up the river to the village of Tikiuraya. When I say 'remote'; these villages go well beyond remote! There are no roads, electricity, no plumbing, no running water or flush toilets.



While traveling up the river enjoying the scenery and viewing the many huts along the way, one would think life looks very simple and easy and I could imagine myself 'roughing it' in this tropical



paradise. Once we settled in a village for a few days and got a closer look at life in 'paradise' we are reminded of the many luxuries we take for granted back home. Children in La Mosquitia die from illnesses that could be treated with simple medications – if only they had them when they needed them. We saw serious burns, pneumonia, urinary tract infections, and of course parasite infestations and diarrhea.

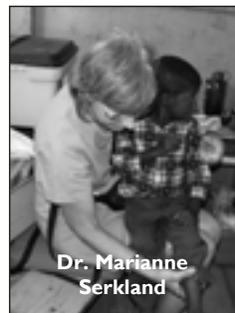


One day I went along on a house call to the home of a young woman who had just delivered a baby. They lived in a typical home built up on stilts, framed in with posts, walls made from old boards and the whole house is one-room and maybe 12' x 16'. Looking around in the home, it was clear that these people own very little beyond a few articles of



clothing and some pots and pans to cook with. Their furniture consisted of beds made from wooden boards with no mattresses.

On that particular day it was very hot and humid while this young woman lay on the wooden floor of their hut and nursed her baby. Can you imagine having to build a fire to cook your meal or having to walk down to the river to hand wash your clothes? Yet this is the only life they have ever known. Even though most of us would not want to give up



Dr. Marianne Serkland

the lifestyle we are accustomed to, there's something to be gained by spending a couple weeks on a medical mission in remote Honduras. As I reflect on our lifestyle, rushing through each day and trying to fit in everything we want to get done ... We could learn from them!

This was my second trip with IHS and just as rewarding as my first trip. International Health Service has a long history in Honduras and understands the

importance of working with people 'where they are' and meeting their needs without trying to change their culture. I look forward to going back again next year and know that my time will be well spent.

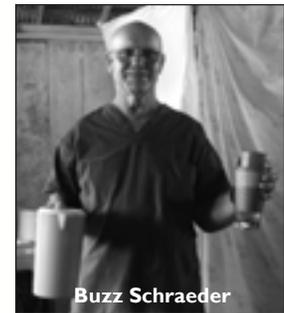


Renee Donnelly

 ReneeDonnelly EMT



Char Zimmerman with patients



Buzz Schraeder



Maya, Manjula, Juan, Cesia, Rajan



Amanda Dean & Jacob Hobbs



INTERNATIONAL HEALTH SERVICE Project Honduras

(Circle trip)
October 21 - 31, 2010
February 11 - 25, 2011

Participant Application - Please print clearly

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

Specialty (check all that apply) *Send copies of license - Physicians & Dentists must also send copy of diploma*

____ DDS (specialty) _____ Dental Assistant _____ RDH _____ Paramedic
____ MD (specialty) _____ PA _____ RPh _____ NP
____ RN (specialty) _____ CRNA _____ LPN _____ EMT
____ OD _____ Translator _____ Radio Operator _____ Engineer _____ General Helper
____ Other specialty (please specify) _____

Where are you currently working? _____ If not, when did you last work in this field? _____

Name of current or past Supervisor _____ Phone _____

Briefly describe your work experience _____

Please list any physical or medical limitations _____

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

October Project 2010 will be going to Kruta River and consists of only one team - if you selected this trip you can skip the next three questions.

Please check type of team assignment you prefer (check all that apply): Admin. Team - PLP _____ or La Ceiba _____ EyeCare _____

River (i.e. Kruta) _____ Remote (i.e. La Mosquitia) _____ Inland (i.e. Mountains) _____ Surgery _____ 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 Projects have you been on? _____ Would you be willing to be a team leader? _____

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

APPLICATION DEADLINES & PROJECT FEES

Due August 15 October Project Application/ Deposit/ Licenses \$100
Due September 15 October Project Balance of Fees \$400

Due October 1 February Project Application/ Deposit/ Licenses \$100
Due January 1 February Project Balance of Fees \$500

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

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

- Completed application with signed waiver & Deposit
- Copy of Amateur Radio license (Radio Operators only)
- Copy of Professional Licenses * Copy of Diplomas (Physicians & Dentists only)

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

Make checks payable to:
International Health Service

Project fees may also be charged online: www.ihsmn.org

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

(application continues on next page)

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

Please select T-Shirt Size: _____ (S M L XL 2XL 3XL)

Extra IHS t-shirts & 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 _____

**First time participants must also complete the Suitability Form.
Please visit the IHS web site (www.ihsnmn.org) to download the form
or send a request for it to be e-mailed to you at: recruiting@ihsnmn.org**

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 Service Project, hereby voluntarily acknowledge the risk I am undertaking and waive any claim against International Health Service, 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 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 fees, change of flight fees, communication fees to make other arrangements, and meals.

Signed _____ Date _____

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

PHOTO RELEASE

International Health Service requests permission to use photographs 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: the yearly IHS News Break and the IHS web site. This authorization is only for the IHS organization. IHS has no control as to how teammates and other participants use photos that contain your image for purposes of their own fund raising, presentations, blogs, web sites, online photo sites, etc. This authorization will remain in effect for one year for this particular trip. IHS cannot guarantee that your image in a photo from a past trip will not be used after that period of time.

Yes, you may use my photo!

Signed _____ Date _____

No, I would prefer you not use my photo.

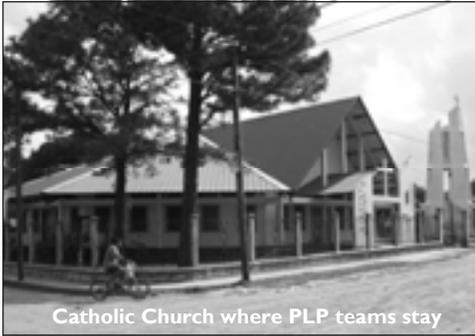
Signed _____ Date _____

If you select no, please make sure you take one team picture excluding you to submit to the annual News Break!
It is your responsibility to submit the correct picture to the News Break Editor.

Puerto Lempira

During the February Project 5-6 teams fly to Puerto Lempira. Two or three of the teams remain in Puerto Lempira - Admin and Eye Care, and if there is a surgery team it also stays in PLP.

La Mosquitia teams, such as Kruta, Pranza, and Lisangnipura fly to PLP, but upon arrival, they gather up their supplies and head out in boats, trucks and on small planes to reach their work sites.



Catholic Church where PLP teams stay



PLP team members taking it easy



Laundry



IHS participants getting caught up with e-mail after returning from remote sites.



Local Pharmacy



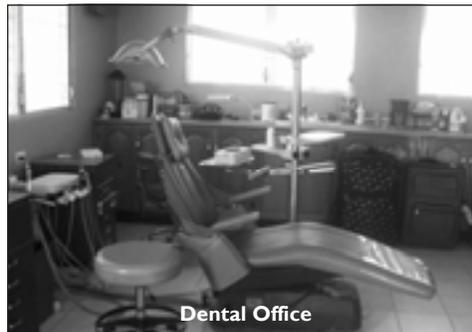
Hospital



Little grocery store



Bonnie Stock handing out donations for a local children's home



Dental Office



Butcher Shop



Mary Bierman & Grant Hanson



Hospital Nursery



John Kirckof, Rick Reiter, Bonnie Stock at the malt shop

La Ceiba Admin Team

The city of La Ceiba and the Gran Hotel Paris serve as the base of operations for International Health Service. Participants begin and end their time on the IHS Projects at these locations.

During the February Project, the Project Director, a radio operator, and a general helper make up the La Ceiba Administrative Team. All the other teams leave La Ceiba for their team/work locations, but the Admin team, (along with the La Ceiba Surgical Team if there is one as this varies from year to year) remains in La Ceiba.

Many participants cannot fathom traveling all the way to Honduras to stay in town the whole time, yet that is where the IHS base of operations is, and someone has to do this job.



Project Director Gary Ernst

Gary Ernst is the current Project Director. For many years he split this position with Cheryl Schraeder and they took turns remaining in town or going out with a team. This year the La Ceiba Admin team consisted of Gary, radio operator Don Youngquist, Gary's wife Marcia and their son Eric. The Admin team all stayed with host families.

Before the Project begins, and until the teams leave, the Project Director, Assistant Project Director, President, and participants who signed up to arrive early to help, run around like crazy getting everything ready for the teams.

All year long supplies for the Projects are gathered in the Twin Cities in Minnesota, then packed into a semi-truck in January, which is then driven to Louisiana, and finally shipped by boat to La Ceiba. One of the first jobs to be tackled when the advance people arrive in La Ceiba is to unload the container and divide up the hundreds of boxes/



Chris Knoff & wife Maha van der Hagen help unload supplies in La Ceiba

tubs/crates into the appropriate teams. It's a huge job.

After the teams leave, the Project Director is still busy most days: checking in with all the teams 3 times a day, running errands, looking for supplies and medications, answering questions, gathering delayed participants or baggage, and assisting those participants who need to leave early. He also tries to spend time with people on the Honduran Committee, who after all these years of helping IHS are also good friends to many seasoned IHS'ers. Of course he is also busy getting ready for the teams to return, doing final planning for the end banquet, and tracking an endless list of other things that need to get done before the Project ends. The days go by pretty quickly!



Pre-project board meeting

In February 2009 Eric accompanied Gary on the trip and found that he stayed pretty busy assisting Gary during the two weeks. There are times when you get to just sit quietly around the Hotel Paris pool (just outside the IHS office so you can hear the phone ring if necessary) where you can work on your laptop, eat, read a book and enjoy the day but most often you are on the go.

Spending the time in La Ceiba can be whatever you make of the experience. This year Don brought along his mando-

lin and we got to hear some good music. Unfortunately the hotel was under construction so most of what we heard each day was construction noise.

During the two weeks we all ran errands with Gary. Eric and Don always went with him when he went on errands that took him out of La Ceiba. Since Don was new to IHS, this was a way for him to get out and see more of the beautiful countryside.



Don Youngquist



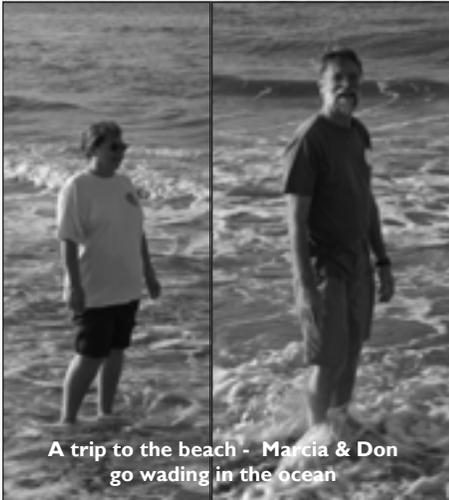
On this trip Eric had been living and working in La Ceiba since December, so I flew to Honduras at the end of January to spend time with him before all the IHS activity began. And since I was staying for a month I decided to take Spanish lessons 5 mornings a week. Through contacts in La Ceiba I found high quality lessons for a very reasonable price and set up the lessons with the understanding that if any issues



Eric Ernst at Hotel Paris

La Ceiba Team continued ...

came up with IHS I might have to cancel a lesson. Fortunately that wasn't necessary and I greatly enjoyed learning how to put the many Spanish words I knew into actual sentences.



A trip to the beach - Marcia & Don go wading in the ocean

Some of our favorite restaurants in La Ceiba have closed the past few years - we all greatly miss Ricardo's! Back home in Minnesota Eric works in restaurants as a chef so his interest in cooking led him to investigate the different restaurants in La Ceiba which we, along with the Surgical Team, got to try out during our stay. To say we ate well is an

understatement. Eric found a great pizza place nearby, with no sign outside, and a locked gate. You had to know the place existed and call in through the gate when you arrived. We enjoyed their pizza several times.

We had been to a restaurant called Mango Tango in years past, but this time Eric knew the owner. One night the owner Suzanne made a special batch of Conch Soup for both the La Ceiba teams - great big bowls of wonderful conch soup - it was definitely a treat!

And we enjoyed many meals at the Hotel Paris restaurant throughout our stay. Every team gets a food budget and we make our money go farther by splitting many meals, and using our own money for all of or parts of some meals, but it is all worth it just so we can try out these different places. It's one of the perks for having to stay in town.

This year at the end of the first week, most of the Surgical Team, along with the Admin Team, became the Red Cross Medical Team. The La Ceiba Red Cross has requested for years for IHS to stay in town and "give back" to the local people. They advertised the four day clinic and

helped staff it with volunteers to assist the IHS team. It was a success and maybe in the future if we have a medical team in La Ceiba again we might give it another try.

So you can see that staying in La Ceiba isn't such a bad experience. Consider signing up for the Admin Team. IHS is actively looking for more Assistant Project Directors and general helpers to learn the ropes, get to know the contacts and the process in the Minnesota and in Honduras.

And we cannot say enough wonderful things about our Honduran friends and committee members who help IHS function year after year in Honduras, find host families, set up locations, and so much more! Thank you to Rosario & Chin Arias, America & Raul Everett, Beto & Celia Castillo, Antonieta & David Ashby, Frances Romero McNab & Tourist Options, Nancy & Julio Castillo, Rudy Castillo, Hotel Paris owners & staff, and all the Hondurans who come along as translators and general helpers.

 **Marcia Watson Ernst**
General Helper

UPCOMING IHS PROJECTS

OCTOBER PROJECT - OCTOBER 21 - 31, 2010 (11 days - usually 8-10 participants)

This Project is for only one medical/dental team that works in villages along the Kruta River.

The team usually consists of a physician, nurse, pharmacist, dentist, translator and a couple of general helpers.

Questions or more information -
contact@ihsmn.org

PLANNING TRIP - LATE OCTOBER

Around the same time as the October Project, a small group of people head to Honduras to lay the groundwork for the February Project. They determine team sites, arrange logistics, housing and meals. If you would be interested in getting involved with this aspect of the project contact the IHS President at:
president@ihsmn.org

FEBRUARY PROJECT - FEBRUARY 11 - 25, 2011

Over 100 participants from throughout the USA and around the world participate in the February Project.

Everyone gathers in La Ceiba and then, with their teams, head out to remote locations around Honduras for approx. 2 weeks.

The Project usually consists of 6 medical/dental teams, 2 surgery teams, 2 eye care teams, and 2 administrative teams.

Many seasoned IHS'ers arrive early in La Ceiba to help with the many assorted tasks required to get everything set up. If you can help please let the Project Director know before the trip.
projectdirector@ihsmn.org

Before or after the Project many participants schedule side trips to the Bay Islands, Copan, or enjoy other areas in Honduras. If you plan to visit a different country before the Project be sure to check health requirements for entering Honduras from that country before setting up your trip!

Sulaco Eye Care Team

From England to Honduras

OK, so our charity efforts continue after months of planning and after the best efforts of family, friends and business partners, Josie and I managed to



Thornber's Casino Night Fundraiser

raise the funds to take us off to Honduras where we hope to make a difference in the lives of some of the poorest people.

Throughout the past year we have begged and pleaded, we have sent emails and letters, set up web sites and had FUNdraiser nights to get the cash required to pay for the flights and administrative fees for the trip. We raised all that and then some. Our Casino Night FUNdraiser with family and friends

raised a nice lump and then donations from companies that I am associated



Thornber's presented a donation for IHS to John

with raised more still. We had more than enough for the admin and were then able, as we had hoped and planned, to give some to a number of local causes in Honduras including a local orphanage just outside of La Ceiba.

Sometimes things go wrong when you plan a trip and they certainly did for us. Before we left the UK we thought we would never get off the ground because of delays at check-in. Three large groups of school children who were going to the USA on a skiing trip were ahead of us. It takes us nearly three hours and we finally get bumped up the queue. The kids were not so fortunate, they were removed from the flight because it turned out they had

not got enough adults travelling with them to allow them to fly.... Ouch that would make for some very unhappy parents!!

Oh and now we find out as we eventually pass through security that the flight times have changed to an hour and a half earlier than expected to 10:30hrs - OMG it is 10:15! I learn what running is all about again after 10 years of not doing so, I must go on a diet. Josie says we looked like 'loonies' running down the concourse, we were the last to board. Josie was more upset that she had no time to shop. Now we start on the diet of Chicken... Inflight food euch!

We arrived in Atlanta Georgia (USA) in the middle of a storm and 2 foot of snow, Delta had cancelled about 1500 flights and we thought we would be on the hit list. Fortunately the following morning our flight was scheduled to go on time - oh! if only. Our next calamity was me losing all my medication what a nightmare. The plane was loaded and moved off the stand only to be held up on the taxiway for three hours because Atlanta's de-icers were not able to work at full capacity, one out of seven is functioning - will we ever get there?

Arriving late in Honduras at San Pedro Sula airport we then wait for the rest of the party who are having similar delays. We have a 4 hour drive to La Ceiba which is a great opportunity to see the countryside and different towns.

We arrived in La Ceiba to cheers and hugs and just have enough time to shower and change before the arrival banquet - Chicken, rice and beans. The get together is used to get people acquainted with new team members and old salts - like us. Sunday is spent prepping, pre-work training and loading the equipment - we leave at 4am Monday for our team site Sulaco.

We say our goodbyes to folks in La Ceiba, other teams are leaving at this time too, some with flights to catch to the back of beyond others with longer

road trips than us and others laid in bed because they were not going so far, and start our journey. We have an armed guard with us to keep us safe on our journey. We think we are early birds but the local children are up and dressed from 5am for school. Some children have miles to walk each day to get to their schools. Western children do not realise how lucky they are.

We travel for the next 7 hours or so past lots of little villages and people

who live in and around the hills / mountains of Honduras. En-route we pass ladies selling the fish they have just caught by the roadside. So the team had arrived



Women selling fresh fish along the road

we manhandled the supplies off the transport and got things into the building we would call home for the next couple of weeks.

The accommodation was quite good by local standards we had old hospital beds a refrigerator and stove, table and chairs this might not be such a hard trip



Sleeping accommodations

after all. Once all had settled, the unpacking was done, we got some sleep as tomorrow we have people to see.

When we get up (actually we are woken up - by the village cockerels all 200 of them what a din - well it seems like 200) there's no running water - this is going to be interesting! There is also no mirror - Josie has no idea what she

Sulaco Team continued ...

looks like and insists she would never go out of the house at home - just goes to show how vain we are



The outhouse

in our normal daily lives. Any way no running water means trips outside to collect water, get it heated up and do some washing and teeth etc all takes time which eats into our day a little.

Talk about eating breakfast - instant oats - who invented them - yummy! and some M&M Trail mix a cup of very bad coffee (Tea in Josie's case) and Dulcie makes the brew for Carlos - I think he's her favourite!. Breakfast over and now Work having organised our work rooms and the local staff - Dulcie's family, Danny, Carla and the younger ones like Gracie - who kept the floors swept clean for us, with their help we corralled the locals in to the waiting areas and passed them through our system, first in to Stephen in a slightly darkened room he practiced his few words of Spanish - "Abra los ojos bien grande por favor" and took the readings

from the auto refractor - after doing about 50 or 60 of these he thinks Spanish is easy ---- not.

Once the prescription is read then it is the turn of the rest of the team to



Carlos Scheer

match the readings with glasses from the hundreds of glasses that are supplied. This is no mean feat, the glasses are arranged in boxes by type -



Josie Thornber

male / female lens single focal length, mixed focal length and similarly for the bifocals for a bunch of newbies at the eye game we muddled through and having Carlos our Translator with us really made a significant difference in our abilities to be able to ensure that the individuals that we helped really did go away with the gift of better sight.



John Pope

We saw and helped just over 560 people from 4 years to 88 years of age many of them school children-- Stephen's daily joke "we saw a lot of 'pupils' today" -- these people left with glasses, sun glasses and in a lot of cases



Josie and friends

some eye drops. Most importantly they left satisfied and with a smile, this is by far the most important thing we do across all of the disciplines of medicine leaving the customer feeling good and happy with our help.

So with the hearts and minds of people sorted and their eyes smiling we can go home satisfied in the little bit of help that we have been able to give.

 **Stephen Thornber,**
General Helper



Stephen Thornber

How wonderful it is that nobody need wait a single moment before starting to improve the world.

~ Anne Frank



John & Stephen repair glasses



Tocoa Surgery Team

Dr. Dan Jaffurs, a Pediatric Cranial-Facial Surgeon from Orange County, California was the gifted and skilled surgeon on the Tocoa's Plastic Surgery Team.

If there is such a thing as achieving excellence in an IHS Mission, then Dr. Dan Jaffur's Geriatric Team not only met but exceeded excellence and perfection in providing the Tocoa local Honduran population



surgical support. I need to elaborate on why this team has become known as the Geriatric Team. Ms. Trudy Staubitz, our illustrious Team Leader, has an incredible sense of humor. She stated off-the cuff the following paraphrased statement, "We did good work for being Dr. Dan's Geriatric Team. The majority of us are over 65, and three of us are under 50."

Our mission had its moments of humor, joy, frustration, exhaustion, and sadness. Some incredibly funny moments took place during our 10-18



hour days. It behooves me to mention a few. The following are a couple of the most humorous moments:

1. When Craig Gill, CRNA asked Trudy, RN to beat him to death with the operating room table's arm rest. Trudy responds with, "I will after the case." Craig says, "After the case it won't matter. I need it now."

2. Jim Prater, our helper/organizer was standing in what was known as his "bat cave." The bat cave was small, hot, and stuffy without windows, or ventilation. The room was the size of a large broom closet, approximately 4' wide x 6' long. While Jim was sorting supplies he noticed water coming underneath the walls and doors. Knowing that our supplies would be ruined if stuff got wet and doing what any bilingual superhero would do.... Jim starts waving his arms yelling, "Agua, Agua" while attempting to get the Honduran maternity ward's staff's attention. With no results he moves his quest for help out into the hallway. Finally after spending much energy attempting to save our supplies, help arrives and stops the ever impending flood from destroying our supplies. Jim truly was our team's hero, along with his counterpart Bill.



Jim Prater

3. This brings me to another important, yet comically funny moment on our team. Craig Gill, CRNA, and his wife, Polly Gill, RN could not remember and keep straight who was who regarding Jim from Bill. Each would roll call the names when attempting to ask, inquire, or communicate with either Bill or Jim. Inevitably, Polly or Craig would call the wrong name. One would think that Bill and Jim had some kind of foreign, complicated name. Each of our Helpers gained a sense of humor and thankfully was patient with our poorly functioning synaptic brain cells when

we would affectionately call Jim à Bill and Bill à Jim. In the end, the men were



Bill Roussel

renamed, "Jim-Bill and Bill-Jim." They both graciously answered when called and accepted their newly given names. These men were not General Helpers, but truly Wonderful Helpers.

4. Nothing is funnier than Polly attempting to prevent a mosquito from flying into Meredith's mouth. This mosquito was determined on checking out Meredith's taste buds. Polly attempted to swat the little buggler without inadvertently pushing it into the wide laughing Meredith mouth. Where were the mosquitoes flying around? You guess it, in the operating room. Ever try to kill flying insects during an open sterile surgical procedure without contaminating anyone or dropping the insect into an open surgical wound?

On a more serious note:

Each team member contributed their own unique personalities and skills. We were especially grateful to Denis Roussel and her husband Bill, our translators. Without their multilingual talents our success story could not have been told. Jo-Ann Prater, RN and



Jo-Ann Prater, Craig Gill,
Denis Roussel

Tocoa Team continued ...



Jo-Ann Prater holding surgical gown signed by Honduran staff & IHS team

her 40 years of operating room experience proved priceless. Meredith Johnson was Dr. Dan's right hand woman, literally. She did an incredible job of assisting Dr. Dan through some difficult and time consuming surgical procedures. Together, we the Plastic's Team of Tocoa accomplished a very successful mission in providing quality, skilled care to 42 patients in 9 days. The patient's ranged from 3 months to 83 years of age. The individual surgical cases lasted anywhere from 30 minutes to 6.5 hours.

Our counter-parts, the Tocoa Hospital Staff was incredible to work with. Their medical as well as their ancillary staff were professional colleagues as

well as friends in a collaborative effort which contributed in making our medical mission so successful.

As previously noted, there was also sadness in our mission. Dr. Dan had the unfortunate task of informing our 83 year old patient that he had terminal metastatic lip cancer. Sadly, this elderly gentleman did not have long to live and we were unable to help him. He would probably end up starving to death, unable to ingest life sustainable nutrition.

The greatest joy came when Dr. Dan repaired an infant's bilateral cleft lip and maxilla. This poor child had a severe deformity, the worst our Doctor Dan had ever seen. Although the child will require another surgical procedure, it was exciting to see the look of joy on this child's mother's face.

Our presence in Tocoa brought many blessings to Craig and I, and I believe the rest of the team as well. We had the blessing of serving others, but we



also received the blessing of friendship and experienced the Honduran people's gratefulness and hospitality. We were given a wonderful Roasted Lamb meal, starting with a Chicken Soup appetizer and all the trimmings of a Honduran Fiesta. The Fiesta was located on a beautiful plantation several miles outside of Tocoa in the mountainous foothills, surrounded by livestock, citrus trees, and other lush vegetation.



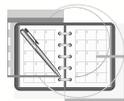
Jo-Ann at the Fiesta

We, the Tocoa Plastic's Team became friends with each other, came to respect each other, and learned from each other. We had a perfect mission. We came away exhausted but we cared enough to help people less fortunate than ourselves.

 Polly A. Gill, RN, BSN

*Without community service, we would not have a strong quality of life.
It's important to the person who serves as well as the recipient.
It's the way in which we ourselves grow and develop.*

Dr. Dorothy I. Height, president and CEO of the NCNW



Dates to Remember

2010

- August 15 Applications and deposit due for October 2010 Kruta River Project
- September 15 Balance of October Project Fees Due!
- October 1 Applications and deposit due for February 2011 Project
- October Project October 21 - October 31
- October 17 Planning Team heads to Honduras
- November Team Selection for February 2011 Project
Team information will be sent out
- December 21 Shipping Deadline for February Project

2011

- January 1 Balance of February Project Fees Due!
- January Load Container in Twin Cities
- February Project February 11-25, 2011
- May 1 IHS News Break team articles & photos due!
(e-mail to: newsbreak@ihsmn.org or mail to IHS, PO Box 44339, Eden Prairie, MN 55344)

IHS Board Meetings are open meetings for any participant to attend. They are held the second Thursday of each month, 6 pm in Edina, MN. If you would like to attend a meeting, please contact any board member.

Yocon Medical/Dental Team

Fresh and refreshed perspectives...

Authors - Risa is a 16 yr old High school student, seeing Honduras for the first time. Mary is a, well, "mature" adult, Risa's mom and after a 16 yr hiatus, is back for her 7th trip with IHS. They report on their great adventures with the Yocon team....made up of two Docs, three nurses, one hygienist, a radio operator, a Honduran helper, a general helper, a translator, a pharmacist, two accomplished pharmacy students and a team leader extraordinaire.



Risa - "When I arrived in Honduras with my mom, I had no idea how wonderful the adventure ahead of me was going to be. I had been on a medical mission trip to Peru a few years ago, but I had a feeling that Honduras would be unique and meaningful to me in an entirely different way.

I soon realized after a couple of days together in a cramped room, and squished in the back of vehicle every morning and evening, that this trip is not for anyone with a high need for personal space. No, if you are someone that likes a large "personal bubble", then you would have found yourself uncomfortable for two long weeks.



It only took a day or two for our group to grow so close, that personal jokes and laughter were as abundant as the corn growing in the fields outside.

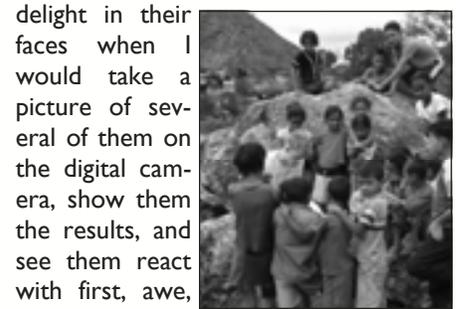


I realized that it's important to look after the members in your group whether it's reminding them not to eat unclean vegetables, or warning them not to step on the scorpion sunbathing close by. Occasionally swatting the mosquito on your friend's arm can benefit them in the long run, even if it causes initial shock or irritation. Every member of our team was sincere, humorous, and flexible and had something valuable to offer whether it was a joke to lighten the mood, contributing money to go buy cold drinks, assisting a doctor or dental hygienist, an offer to plunge the thoroughly clogged toilet, or even initiate a shoulder massage line. With this team spirit we were able to assist over 100 patients a day.

Everyday we would wake up at the crack of dawn, not because we chose to, but because that's when the roosters dutifully screeched the entire village into movement. We all reacted to this wake up call differently, because some of us were "morning people" and were up and running around, while others were still stretching and inching out of our sleeping bags reluctantly. Either way, we were all happy to be in Yocon making a difference in the lives of the villagers. After a quick breakfast, we would pack up the pharmacy and squeeze into a small truck or two. However if one were to refer to these as actual truck rides, they would be lying. It was more similar to the rides at Disneyland where you find yourself being bumped, pulled, tossed, and jerked in every possible direction at once. As exciting and nerve-wracking

as these road trips were, they allowed us time to bond, take extraordinary pictures of the countryside, and get a glimpse of what the townspeople did everyday.

After disembarking from our vehicles at our destination, and allowing our brains to settle back into their proper positions, we would unload all the supplies and set up. I realized what it felt like to be a superstar, because the second you got off the truck, children would run up and scramble over one another to get a better glimpse of us "gringos", giggling and pointing the whole time. It was adorable to see the



delight in their faces when I would take a picture of several of them on the digital camera, show them the results, and see them react with first, awe, and second, howls of laughter. Entertaining the local youth was a huge part of my overall experience, and our group participated in a variety of activities from street soccer and Frisbee to wooden puzzles and playing cards.



If I learned three things on this journey that I could share with a potential IHS volunteer, I would say that one should come with an open mind, good problem solving skills, and should be flexible with arrangements. Secondly, decide that you as an individual will do your best to assist your team through small or large tasks, and realize that everyone plays an important role. Thirdly, if you are someone who has a fear of cockroaches or other multi-legged creatures that go

Yocon Team continued . . .



Dr. Phil Mitchell & Dr. Arch Woodard

bump in the night, you just might find yourself having to confront this fear directly at unpleasant hours of the night.

Overall I found this experience to be inspiring, not only because I plan to have an occupation in the medical field, but because I was able to see so many Hondurans benefit from medical attention that we were able to provide, and know that the impact we have made on their lives is significant and will continue to be so after every IHS trip. There is nothing like uniting with other people who all seek to use their skills to better the global community, and I am so thankful to have been a small part of it."



Mary Piper

Mary - "From an old-timers perspective, Honduras had changed significantly. Cell phones in the boonies, better overall health, more communities dealing with the devastation of illegal drug use and.... an upscale Hotel Paris! What

hadn't changed was the friendliness and hospitality of the Honduran people, and the incredible people that make up the IHS family! I told my daughter the IHS participants are the best mix of fun, competent, up for anything, flexible, hilarious, low maintenance, energetic people anywhere!

Even though I met new friends, I also had the great blessing of reuniting with team members from my first defining trip with IHS 22 yrs ago! Of course, we all looked just the same but were a bit wiser!



Rosalie & friends

We were based in the mountainous area of Yocon where nights were cool and mosquitoes were tolerable.

Some things the Yocon team learned were...

M and M's never tasted so good as in the back of a truck; a group of strangers can become an effective team and a family in 3 days; there is no sweeter sound than a flushing toilet; the Hondurans have more to teach us than we have to offer their country; tattooing is not generally an IHS offering however several of our teammates mastered the art and put smiles on hundreds of local kids faces (don't worry, they were all temporary); if you attend church (I went to three) expect to have to speak in front of the congregation; and regarding food and treats, be on Linda Erdman's team (we have been sworn to secrecy).

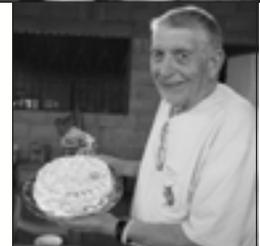
We based in Yocon but travelled

the countryside most days, setting up clinics in a church, health centers and even a simple one room house that held 8 family members. Each day brought great variety...we treated a deep machete cut, helped a deaf 16 yr old find resources to communicate, gave the Dr.'s rolling chair (right out from under him I might add) to a boy with Spina Bifida so his mom didn't have to carry him everywhere; evaluated a girl who fell off a bridge; gave eyeglasses to hundreds who wanted them to read their Bibles; sealed 100 kids teeth with fluoride; assessed and educated diabetics; took care of sick babies; cleaned and debrided wounds; stitched up gashes and prescribed many meds to help ease pain and the usual ulcers, blood pressure, aches and belly issues of a life of hard physical labor. Although we're there to help and improve the health of the Hondurans, I strongly believe that volunteering for IHS really changes US."

 **Mary & Risa Piper**
Interpreters



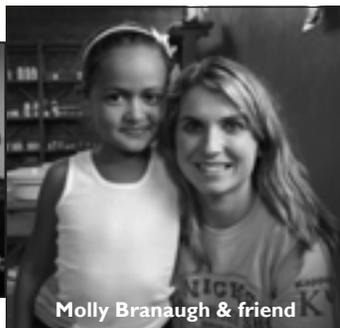
Risa, Rosalie, Molly, Jody, Joni



Ken Wood, radio operator, celebrated his birthday on the trip



Team Leader Linda Erdman



Molly Branaugh & friend



Rosalie Eckhoff & patient

La Esperanza Medical/Dental Team

This was a first time for a lot of us on this mission to La Esperanza and we were ready for anything. We met in La Ceiba and exchanged names at the banquet that first night at the Hotel Paris. The team hit it off quickly. Two doctors, a dentist, two dental assistants, two dental hygienists, a nurse, a radio man, a pharmacist, two general helpers, two translators and an EMT. Our pharmacy student would be joining us later. Some of us had done this type of work before with IHS. Some had done work in other countries. Most of us were new to this, but eager. We had meetings the next day and some time to get to know one another.



Mike Ward & Paul Trumm

We were up early Monday morning and off to the Cruz Roja (Red Cross) to load supplies and start our seven hour bus ride to La Esperanza. We got to know each other a lot better on the ride. Going by bus gave us a great look at the beautiful and diverse country of Honduras - its rivers, lakes, plantations, hills, forests and mountains were captivating and comforting.



We reached La Esperanza and spent some time at the Cruz Roja Hondurena, making friends with the EMTs there. On to our first community of Queaterique. All of our clinics were set up in schools and in our first location we had to set up in the dark. A lot of loading and unloading, loading and unloading.....Tents, supplies and darkness. Night fell. One of us forgot

our tent poles, one had all of her personal items shipped with a different team, one had an encounter with a mouse, snoring, the cold, the toilets, the darkness - our adventure.



For the next three days we saw hundreds of patients. We did exams, pulled and cleaned teeth, dispersed meds, played with the children, sang songs, told jokes and froze our butts off. Some of us braved a 35 degree shower! The local women cooked for us and did laundry and sold us lovely panelas they had woven. The men helped us organize the steady procession of people.

What types of things did we see? Machete wounds, foot fungus, asthma, aches and pains, toothaches, ear pain, cataracts AND sweet children, lots of smiles, laughter and music.



Dental Team - Michelle Kolkman, Brian & Susan Brown, Sherry Hood, Marianne Rinaldini, Dr. Dave Kubes & friends

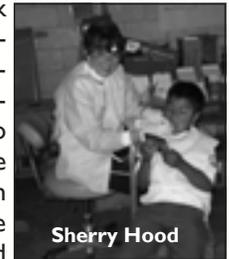
Our dental team had to leave to go back to the states and we said our good-byes in La Esperanza. Onward to Agua Blanca with heavy hearts. We were old pros by now - loading and unloading, loading and unloading. We set up quickly and got ready for clinic the next day. Our diet consisted of beans, rice, potatoes, eggs and sometimes a little meat or soup. Don't forget the tortillas. Diet Coke became a luxury. Some of us got a second shower here. One soaped up and then ran out of water - a slippery situation.



Marianne Rinaldini & Shelley Epstein

ARRGGHHHH! Beautiful hills and roads here. It was also a little warmer here. The Cruz Roja also sent us some team volunteers to help out.

Our third stop was San Jose de Dolores. Beautiful country, lovely people and a third shower in a man's house. A lovely man who also gave us oranges to share and just wanted our friendship. The wind came up even though it was warmer than the other two communities. We saw some unfortunate things on our journey like a severed hand, a sick child, Down syndrome, birth defects, mental retardation. We also found that the women were on birth control, the people had good blood pressure, and they knew about brushing twice a day.



Sherry Hood

We had a few excursions on our adventure. We spent a little time in the city of La Esperanza, went to 2 restaurants, shopped, went to the hot springs in Gracias and then there was the night we were in La Esperanza at the Cruz Roja. We were going to sleep there



Jillian Corbett & Paul Trumm

before heading back to La Ceiba the next morning. We all went out for

La Esperanza Team continued ...

pizza. We were walking and talking and eventually split off and got lost. The ambulance went around picking people up! We left the next morning knowing we would miss our dear friends from the Cruz Roja.



Seven hours back to La Ceiba.

Final thoughts:

We laughed a lot

We chased lots of dogs out of the clinic

We had a doc who played guitar each night

We hugged a lot of people

We spoke a lot of Spanish

We listened

We ate the food and survived

We learned about "Honduran time"

We met tons of wonderful people in the mountains of La Esperanza

We hopefully made a difference

We made lifelong friends

Readjusting was hard for some of us as we went home to Minnesota, California, Kentucky, Texas, Argentina and New Mexico. Memories are numerous. "What ifs" abound.



So, our team signs off - The Walking Dude, La Jefa, Mush, Silent Mic, Who is Susan?, Dedos, The Mediator, Mach, The Biggest Loser, S.S., Ratgirl, The User, The User's Wife, The Mole and La Hermana.



Debra Trumm

Team Leader
Jennie McKemie

I've seen and met angels wearing the disguise of ordinary people living ordinary lives.
~Tracy Chapman

Project Director's Report

Renewable Energy

IHS, for me has always been about renewal. When I first went on IHS trips starting in 1988, the renewal was my own energy. I found that getting away from home (no cell phones or internet back then) gave me a chance to renew myself – the cares and stress of life seemed to melt away. Whether this was from doing something totally different from my normal day to day routine, or if it was the result of living in the Honduran culture, I am not sure. It was a true vacation in the sense that communication back to the United States was extremely limited. This meant that there was no reason to worry about any of my day to day worries, because there was nothing that you could do about it anyway.

Part of the renewal for me now is the renewal of friendships that I have made with people in Honduras. I have always stayed with host families, almost always with someone from the Castillo

family. These friendships have made my time spent in La Ceiba as Project Director much more rewarding.

I also get to renew friendships with people from past missions. This year was special in that regard. Four of the seven members of the first team that I was on in 1988, were back in Honduras this year – myself, Linda Erdman, Rosalie Eckhoff, and Mary Piper. Shortly after that first trip in 1988, at Linda's suggestion, we got together for breakfast. For years, 5 members of that team met every month for breakfast. People that we met on subsequent IHS trips joined the group. Twenty-two years later there is still a group of people from IHS having breakfast together sharing their stories and their lives. We also had a picnic that summer where we got to meet the families of our team members. Eric, my youngest son was only a month old at that picnic. This year he and Mary Piper's daughter Risa, were both participants in the February project.

There are also a number of people with IHS that I look forward to seeing every year. It is also rewarding to see all of the new people that come every year with the knowledge of what a life-changing event this trip can be and that many of them are about to make lifelong friendships.

I hope those of you that have been on past IHS trips will renew your commitment by joining us again on an upcoming trip. If that is not possible, please consider supporting us financially. With the economic situation in the United States, our donations are down, as they are with most charities. Our costs are also rising because of the challenges being felt in the Honduran economy which has been hit hard with recent events.

Hopefully I will see you on future projects in Honduras.



Gary Ernst, Project Director
projectdirector@ihsmn.org

WANTED: Medical, Dental & Surgical supplies for yearly Projects.

If you can help, please send an e-mail to: contact@ihsmn.org

International Health Service - the officers, board members, participants, and especially the people of Honduras wish to express their deep gratitude and appreciation for your contribution. Every donation, no matter how big or small, makes a huge difference in helping us continue our work with the poor people of Honduras!

Thank you.

(We hope all the donations we have received are listed and apologize for any names we may have missed.)

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Founders Gift - \$2,000 +

International Association of Lions,
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Swenberg, Doris Mae
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IHS 2010-2011

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contact@ihsmn.org

Applications/request info about an upcoming project:
recruiting@ihsmn.org

Send photos & stories for News Break to:
newsbreak@ihsmn.org

Or contact one of our Officers or Board Members directly:

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Please consider International Health Service in your planned giving. A few suggestions are:

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Lump Sum

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The purpose of IHS is to improve the quality of life among the people of Honduras by

- *Providing medical and dental care, technology and education;
- *Working closely with the people and resources already in place;
- *Respecting the culture of those whose lives we touch;
- *And fostering international understanding and mutual respect.



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SILENT AUCTION ITEMS

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IHS FUNDRAISING

EVENT!!!

Date to be determined!

Please contact

Linda Erdman or Deb Fischer at:

fundraising@ihsmn.org

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and create new memories
that you will think about
for years to come!**

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