



Explorers Sans Frontières (ESF) Newsletter

December 2010

Happy Holiday's from ESF!

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Happy Holiday's from ESF!

ESF will be approaching its 3 year anniversary in January 2011. In 3 years, ESF has supported 80 outreach initiatives and 9 global missions to Senegal, Haiti and Jamaica. We are celebrating our groundbreaking success by hosting a strategic planning meeting to benchmark our progress as we continue to move forward to support our local and global communities.

We hope that you also take a moment to review your own personal or professional strategic plan but also reflect on your blessings that come your way every day and know that we all can choose our attitude.

In closing, H. Jackson Brown, Jr. says it best, "*Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Louis Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.*"

Please enjoy your this festive season and be sure to remember your community organizations hard work extended to those who are socio-economically disadvantaged!

William H. Hunter Elementary School
"Love Without Borders"

ESF received a very special gift from a group of local students in the Kensington area of Philadelphia. The City of Philadelphia William H. Hunter Elementary School students from Mrs. Mitchell Cadiz-Perez classroom spearheaded a Haitian Relief Efforts titled, "Love Without Borders."



These young students will receive the highest honor in humanitarian efforts and ESF applauds their kindness and hard work to Help HAITI! ESF has delivered the donations of bags to Haiti in support of the children who have been deeply affected by the earthquakes in January 2010.

Now, WE need your HELP to continue this tradition and help us help families over the holidays season. ESF has partnered with Mantua Matters to support local families and children in *Hand in Hand: From Philly to Haiti*. ESF is collecting toys/scarf/hats and gloves for local children and toys for those in Haiti. Please email us with your donation at info@explorersSF.org or call 215-219-9588. We will be happy to help you organize a drive at your organization. We will take collections until December 8 for Haiti and 19 for Philly.



Taste of Haiti

December 5, 2010

Come join us and experience the mouth-watering and flavorful cuisine of Haiti. Ben and Sabrina Guillaume are hosting a "Tastes of Haiti" fund-raising event that will feature the delicious cuisine of Haiti. A menu of appetizers, entrees, and deserts will be provided for you to appreciate the full spectrum of Haitian recipes. Please RSVP at www.ExplorersSF.org. We suggest a donation amount of \$20.00 and 100% of the proceeds will be used for the Haitian Relief Efforts.

A Personal Message from the Founder and President: *The Cholera Treatment Center Experience*

As I entered Port-au-Prince, I had less than 12 hours to prepare for a live altering experience. I took the charter flight to Port-de-Paix, 8 hours NW of PAP in support of Medical Teams International efforts to tackle this epidemic. For the very first time in my life, "I felt like a real nurse..." Our team of 5 Haitian Nurses and 5 US based staff to manage the care of 150 patients. We starved death in the face all night and ran out of supplies at 2 am. We had 4 patients that went into hypovolemic shock but our dynamic team kept them alive. It was so hard to see how people suffer at great lengths, lose of dignity and privacy. The patients were required to expel their contents in front of 100's and the Haitian staff did their very best to be attentive and intervene when a patient require care. The reason I say thanks to all of those nurses who took care of me and allowed for humanitarians in their country to serve side by side for 1 common goal; to help and serve consciously, judiciously, and ethically!

Thanks for all of your support of ESF and the prayers that keep our global teams safe as we travel to far away lands....

Blessings,

Shonta D. Collins, RN, BSN, MPA, MSN-FNPc

[Buy your Dean's Beans Coffee from ESF!](#)

Please join us in raising funds for ESF by purchasing coffee from Dean's Beans, an Organic and Fair Trade Coffee Roasting Company. Not only will you be helping raise funds for Explorers Sans Frontieres for ongoing projects such as the [Haiti Earthquake response](#), but you will also be helping improve the lives of small coffee farmers around the globe. The coffee is delicious, and is a lovely gift idea! **For each bag of coffee purchased, \$4.00 (\$3.00 for decaf) will go directly to support ESF's Humanitarian missions!**

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