



ESF's mission:

"To build cultural connections one person and one community at a time through health and wellness"

September 2011 Newsletter

Greetings!

At ESF, We Dream, We Believe, and WE DO!

This has been an interesting month for everyone located in the northeast. Not only did we get an earthquake, but a hurricane struck the north for the first time this season! ESF's goal is to maintain health and wellness in our community; we hope everyone had a chance to read the **American Red Cross' [Hurricane Safety Checklist](#)** included in the last e-blast. If not, here it is again to keep on hand since hurricane season is far from over!

School is starting this week so make sure your kids purchase their books and supplies through Shop 4 ESF! Use the link on our website to make *any* purchase on Amazon.com and our commission (based on a % of your purchases) will go to ESF's humanitarian efforts at **no cost to you!** Learn more here: www.explorerssf.org/shop-4-esf/

Mark your calendars for our annual fundraiser in November at Bistro Romano (more details below) and other opportunities to make a difference through ESF!

Thanks for being a part of our journey!

Sincerely,

Explorers Sans Frontières (ESF)

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ESF Fall Fundraiser

You're invited to our annual fall fundraiser for
Explorers Sans Frontières

Bistro Romano

120 Lombard Street
Philadelphia, PA 19147

Thursday, November 10th
5pm-9pm

\$25 cover includes half-off appetizers & top-shelf liquor

Enjoy live music and a silent auction to benefit the local and
global communities that we serve

ESF STRATEGIC PLAN

ESF has completed our strategic plan from 2011-2014 and we would love for you to take a look at where we are going!

Our goal is to provide you with an insider's view of ESF's mission, visions, and goals. Most importantly, we invite you to learn about both of our successes and challenges as identified in the SWOT analysis.

There were 100's of hours placed into using evidenced based research tools to effectively execute an all-inclusive strategic plan for a grassroots organization. The strategic plan will guide the executive and volunteer team members in developing, managing and evaluating ESF programs. Moreover, we now have a beginning point and direction that has a clear vision and benchmark for the organization to measure the successes and challenges.

The strategic plan is located here:

<http://explorerssf.org/2011/08/02/esf-strategic-plan-2011-2014/>

DOMESTIC PROGRAMS & NEWS

Welcome to ESF Kate Belazis!

Kate is the newest Drexel MPH student who is volunteering her time with us as an intern and global volunteer. We are looking forward to her interesting ideas and support that will build stronger and healthier communities!

Only 1 week to go - *we still need your help!*

Spread the word about our fundraising campaign through **Indiegogo**. Click on the images below to make a donation today!



HEALTH

Explorers Sans Frontiers: Haiti Mobile Medical Project

BY: Shonta Collins

Providing free medical services and education to Haitians.



EXPLORERS SA FRONTIÈRE

"Without Borders"

EDUCATION

Braille Books for Senegal's School of the Blind

BY: Shonta Collins

Changing lives with each shipment.

INTERNATIONAL PROGRAMS & NEWS

ESF Team Haiti, Group H -September 1-7, 2011



ESF Team Haiti has been deployed this week and we wish them the best of luck in their travels. The team will mainly comprise of local volunteers who will be assisting in diagnosing and treating adults and children, performing physical exams, and continue to help the local community through mobile clinics and the completion of the urban garden initiative.

Our commitment to the Haitian community is strong and we want to employ strategic, sustainable foundations to grow and develop. Long-term goals include having an on-going team that reside in the communities we support.

Good luck Group H!

VOLUNTEER OPPORTUNITIES

We still need many volunteers for these upcoming health fairs!

CDC Rhythm & Blues Festival - September 17th

ESF will co-host a community health fair at the Rhythm & Blues Festival September 17th from 11am-4pm. The festival is sponsored by the Partnership CDC (CDC) and a host of other supporters. The festivities will be located at 40th and Market Streets in West Philadelphia.



West Philadelphia Senior Center - October 9th

ESF will co-host a community health fair at the West Philadelphia Senior Center October 9th from 10am-2pm located at 1016 N. 41st Street, Philadelphia, PA 19104.



To sign up to volunteer, please contact Kelly Quaye at kcquaye@gmail.com

Thanks for being a part of our journey! Also, you can give year-round through the **Giving Seed** www.thegivingseed.com or buy Fair Trade Coffee through **Dean's Bean Coffee** at www.explorerssf.org

Sincerely,
Explorers Sans Frontières (ESF)