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ESF's mission:

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

December 2011 Newsletter

Dear Shonta,

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

Now that the holiday season is fast approaching, ESF would like everyone to remember to be thankful for all the blessings we have in our lives. This is the time to put others before ourselves and know that giving is just as satisfying as receiving.

We had a wonderful outcome at our Fundraiser this past month and hope everyone who attended enjoyed themselves as much as we did. If you missed this event, stay tuned for updates on our **Spring Fundraiser** coming this April!

Two of our volunteers, **Dr. Kelly Eberhardt** and **Dr. Brinda Kantha**, received very prestigious awards this past month. We are very excited that ESF members are being recognized for their hard work and dedication. More details on their awards can be found below.

We also want to extend our condolences to the family and friends of **Jeffrey Lee** who recently passed away after the Philadelphia Marathon. Lee was a volunteer with ESF during our 2011 *Spring Into Health Community Day* and had a strong impact on the life of

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ESF Director of Student Outreach, **Lara Lechtenberg**.

Thanks for being a part of our journey!

Sincerely,

Explorers Sans Frontières (ESF)

DOMESTIC PROGRAMS & NEWS

The Gift that Keeps on Giving

By making a donation to ESF this Holiday Season, your gift will help 1000's of people receive the care and assistance they desperately need, just like Nancy Pakorny is doing. Pakorny stated, *"May God continue to help you as you help others! I hope to be able to do more in the future! Bill and I send our love and best wishes to your team of wonderful people!"*

If you would like to make a donation, please contact info@explorerssf.org for more information.

SNMA Annual Conference- December 3rd

ESF Leaders **Shonta D. Collins**, **Lara Lechtenberg**, **Crystal Taylor**, **April Elder**, and SNMA Co-Chair and ESF Leader, **Aja Jackson** will be presenting at the Student National Medical Association (SNMA) Annual Conference at Thomas Jefferson Medical College on December 3, 2011.

They will host a session about the importance of service, support, and humanitarianism in the local and international community and the role played as medical students. For more information on the program, please contact SNMA at region8ard@snma.org.



ESF will also hold a **Toy Drive** at this event where we will accept donated toys that will be given to children in Haiti and Philadelphia.

If you can't attend and still want to donate a toy, please contact April Elder at april@pcom.edu

ESF Strategic Planning Meeting-January 8th

ESF will hold a general meeting to review the strategical plan set forth by a team of volunteers last year. This is a closed meeting and RSVP is required. The meeting will be held at the Friend's Center from 8:30 am - 4:30 pm. Lunch will be provided. If interested in attending, please contact Lara Lechtenberg at lara.lechtenberg@gmail.com.

INTERNATIONAL PROGRAMS & NEWS

Next Haiti Mission: ESF Team I - December 8th-14th and June 2012

ESF Team I will be deployed in December led by ESF members Crystal Taylor and Shonta D. Collins and in June led by ESF Members Dr. Kelly Eberhardt, April Elder, and David Pierre. ESF is partnering with Life is Good and the Haitian American Caucus (HAC) to service the PAP and Croix Des Bouquets areas.



For information about our trips Haiti, visit:

<http://explorerssf.org/programs/haiti/team-haiti-schedule/>

AWARDS AND ACHIEVEMENTS



Dr. Kelly Eberhardt, Pediatrician at Staten Island Physician Practice, attended a gala November 19th in Brooklyn, NY where she received the International Humanitarian and Peace Award. Eberhardt was also the team leader for Haiti in June 2010 and March 2011.

Dr. Brinda Kantha, ESF volunteer from Haiti and soon to be joining us in Senegal in 2012, was the recipient of the Young Alumni Award in NJ for her work in Haiti as well. Dr. Kantha was on ESF Team Haiti in December 2010.

We also can't forget about ESF President, **Shonta D. Collins**, who was honored back in September as Philly's Phenomenal Pemale, an award given to an outstanding female in Philadelphia by the Alpha Kappa Alpha Chapter, Rho Theta Omega.

Congratulations Kelly, Brinda, and Shonta!

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)

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