



Esperanza

Newsletter

Fall 2020



Our Mission

We are a team of dedicated volunteer doctors, nurses, medical professionals and individuals from Southwestern Ontario who have a love for helping the less fortunate in Nicaragua. We work under the umbrella of the Rotary Club of Stratford Charitable Foundation. Our team's mandate is to provide long-term commitment to a few communities by offering medical clinics, and other outreach services such as clean drinking water, sanitation, eco-friendly stoves, and sustainable agriculture in the form of family gardens, as well as educational and social support.

Yearly a team travels to Nicaragua to provide care out in some smaller communities as well as supporting the NPH orphanage where we stay. We work in close conjunction with the NPH Home for disadvantaged children, the international committee of the Rotary Club of Stratford and in Granada, Nicaragua, healthcare workers in Nicaragua, and a network of organizations in Nicaragua including local government, and hospitals. COMMIT promotes microeconomics and we try to empower the local population to contribute to our projects, including some cost sharing endeavours.

***Our newsletter name
Esperanza translated
means "Hope"***

***We (COMMIT) have
hope that our efforts
will improve the lives
of our friends in
Nicaragua.***

Canadian Outreach Medical & Mission Team (COMMIT) is a project of the Rotary Club of Stratford Charitable Foundation and works in Partnership with NPH

Meet our Executive

Doug Thompson
Co-Leader & COMMIT
Founder



Janice Rauser
Co-Leader & COMMIT
Founder



Bev Neeb



Pat & Jane Feryn



David Knoppert



Mary O' Rourke



Mike Rosser

Dedicated Volunteers

Building Team 2019



Our team of seven spent two weeks working with the farmers building composting worm boxes, working in the gardens and building an addition to the Community Centre in Nandarola, to house community computers and sewing machines.

We had an incredible experience building alongside the villagers and learning how to build an earthquake stable building. Close relationships were formed with the people as we worked alongside them and ate our lunches together. What an absolutely amazing mission for our Team.

COMMIT Team from right to left: Jane Feryn, Doug Thompson, Maever, Cosmo Paiu, Pat Feryn, Cody Brown, Tessa Feryn, Jimmy Espinoza, and kneeling Jhonny Flores & Janice Rauser

Building Team Highlights



Completed Community Centre in Nandarola



COMMIT Team worked along side the villagers to complete the Community Centre addition



Tessa with newly build worm composting boxes



COMMIT volunteers working along side local farmers in the gardens

Medical Team 2020



Included in this picture with our COMMIT Team are our fantastic translators, which we are totally indebted to for all their help and dedication to our projects.

COMMIT Team front row right to left: Edgar Avila, Maire Leddy, Camilla Bustard, Janice Rauser, Aman Rai, Jimmy Espinoza. Second row: Naomi Kuepfer, Eilis Weber, Makayla Meinen, Mike Rosser, and Larry Smith. Third row: Heather Nigh, Mary Honsinger, Chip Honsinger, Beverly Neeb, Jo-Anne Edlund. Back row: David Knoppert, Mark Edlund and Doug Thompson

Mission Highlights

Our team of 17 accomplished many important tasks this trip. We unloaded and distributed equipment and supplies from a stuffed 40 foot container which included maternity beds, an ECG machine, defibrillators, wheel chairs, walkers, clothing, shoes, school supplies and much more. Our team held medical clinics in 6 villages and held a fun carnival day in Nandarola. We worked alongside the farmers in Nandarola and learned how hard they work to sustain their successful gardens. Many meetings were held in conjunction with our water project plans and for the stove project. School tables and a physiotherapy treatment table were built for the NPH Orphanage. All in all a successful, fun and life changing trip for all.



Bev, Heather, Mary and Chip serve hot dogs on carnival day in Nandarola



Jo-Anne dispensing deworming medication to hundreds of children

Aman treating a patient in one of our medical clinics, helping some of the poorest villages in Nicaragua



Life savings medical supplies, a wheelchair and blender delivered to a 11-year-old girl shown here with her Mother



Chip our oldest volunteer made 12 school tables and a physiotherapy table for the NPH orphanage. COMMIT donor also provided chairs.



COMMIT supplied first aid and training by Camilla in 7 villages



Grateful village community in LePiebra greeted our Team for clinic day



Adidas provided 2,500 pairs of shoes, soccer balls and clothing. Bev & translator fitted diabetic patients with new shoes

Project Updates

Hospital Support

Our team feels blessed to be able to give support to the Nandaime and Rivas hospitals through donations of medical equipment, supplies and funding. This year much needed labour and delivery beds, an ECG machine, defibrillators, blood pressure machines, a patient monitor and so more were donated. We would like to extend a very special thank you to all our generous donors in Canada. Recently money was sent to the Nandaime hospital to purchase masks and other supplies to help protect the staff and patients from the COVID19 virus.



Janice training hospital staff to use new birthing beds donated by Hill-Rom Canada



ECG machine donated to the hospital

Stove Project

Imagine cooking on a cement block with an open flame inside your own home. Imagine the smoke and potential danger, especially to your children. This is what happens virtually in all the remote villages where we work. A pilot project with 6 villagers in Nandarola using eco friendly stoves has been so successful our goal now is to provide new stoves for all 110 families in this village. For this project, our funding raising goal is \$50,000 US.



New stoves are properly vented and easy to use



Old wood burning stove shown above has no ventilation and is a serious health hazard for families especially children

Innovated design of this stove manufactured by a supplier in Nicaragua uses approximately 30 % less wood and better for the environment.

For more information and photos click

[here:](#)



Garden Project

This January the medical team had the honour of working with the farmers of Nandarola. They proudly showed us their gardens, which were producing produce and flourishing. Nine more members were added to the project and the first 9 farmers will mentor them. The worm compost project is going well and they will soon have enough to sell. Our team members learned that working the gardens and fields here in Nicaragua is back breaking work.

A few months ago our farmers started a bean project. Every grower grew approximately an area of 1.7 acres or its equivalent to one manzana in Nicaragua standard measurements. The crops are flourishing and growing well. This will provide the people with enough beans for their families, enough to pay for the rental of the land, and enough to save for planting the next bean crop. The farmers of Nandarola are truly becoming more and more self-sufficient.



Composting in Nandarola



COMMIT Team: Larry, Aman, Mark, Marire and Naomi working on the farm



COMMIT delivers supplies, equipment and funds for the farmers in Nandarola

COVID Relief

Sewing Project - In order to promote proper mask wearing, COMMIT recently paid to have all sewing machines serviced and funded the cost of material and other supplies to make masks. Villagers are paid \$1 per 5 masks to make the masks and these are distributed free of charge to local residents. Extra masks are being sold in larger cities and the proceeds used to purchase additional supplies.



COMMIT recently funded the purchase of water pails with spigots and soap to promote proper hand washing. These have been distributed to villages with instructions and teaching, primarily in schools.



COMMIT Fundraisers



Janice Rauser

Janice is running 939 virtual kilometers from El Salvador to Costa Rica along the coast of Nicaragua, raising funds for COMMIT.

To donate to Janice's fundraising goal please contact her at Janice.e.rauser@gmail.com



David Knoppert

David began his 7600 km trek across Canada on October 1st, 2020 from Victoria St. John's, raising funds for COMMIT.

To donate to David's fundraising goal please email him at: davidknoppert@sympatico.ca



Beverly Neeb

Bev has committed is riding 500km to raise funds for COMMIT.

To donate to Bev's fundraising goal please email:

bev.tavistock@gmail.com

**All donations
over \$20.00 will
receive a tax
receipt**



Doug Thompson

Doug is biking from Wawa to Stratford, Ontario a distance of 925km raising funds for COMMIT.

To donate to Doug's fundraising goal please email: douglas.john186681@gmail.com



Mary O'Rourke

Mary is riding her stationary bike from Stratford, Ontario to Tuktoyaktuk, Northwest Territories, a distance of 6,680 km. Mary currently has 61 sponsors and her goal is 100 to raise \$6,680 for COMMIT.

To donate to Mary's fundraising goal email her at: patandmaryorourke@gmail.com

COMMIT Projects

Over the past eight years, COMMIT have delivered more than \$300,000 in supplies, equipment and financial support to several remote villages and hospitals in Nicaragua. Even with the challenges created by the COVID pandemic, we are committed to continue our work and support in Nicaragua. Our focus over the next 3 to 5 years is to:

- Provide COVID relief in the way of financial support for supplies and education at a cost of \$3,000 US
- Drill 4 new fresh water wells in 4 new communities at a cost of \$10,000 US each
- Further development of the water system in Nandarola and upgrades on other wells at a cost of \$20,000 US
- Expand our Garden Project at a cost of \$10,000 US
- Expand our Stove Project to the 110 remaining families in the village of Nandarola at a cost of \$50,000 US
- Upgrade another village Community Centre at a cost of \$10,000 US
- Continue to collect and ship supplies and equipment to Nicaragua at a cost of \$12000 per container

We very much appreciate the support of our donors and through your ongoing generosity we can continue to help the truly unfortunate people of Nicaragua.

Thank you!

Contact information for questions and donations:

Doug Thompson at Douglas.john186681@gmail.com or 519-949-1634

Janice Rauser at Janice.e.rauser@gmail.com or 226-880-1712

COMMIT Website: <http://commitwithnphnicaragua.simplesite.com/>