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Bringing Hope

Volume 21 • Issue 3 • Winter 2013



Note from the founder Kathryn Tschiegg

It's hard to believe that over 20 years ago, CAMO was just a dream. After my two-year Peace Corps experience ended in 1981, I had to do something more. The people in

Honduras needed help. They did the best they could with what they had. But they suffered needless death because they lacked the basics, the simple things that we here in the States often take for granted. So, with a step of faith, I took one duffel bag filled to capacity with medical supplies and hand-delivered it to the Santa Rosa hospital. That's where the dream began. This year, CAMO celebrated 20 years of service, bringing hope to an otherwise forgotten people.

To date, CAMO continues to operate 17 service programs in Honduras and encourages self-sustainability within the community. The Public Health Center construction is underway, and with a pending proposal to Honduran Congress for additional funding, we expect to see even more growth and development in the upcoming year.

At CAMO, we believe in growth, so you may notice that CAMO's newsletters are getting a new look. During this transition, you will see both elements of the familiar along with elements of change. We welcome your comments and feedback at camo@camo.org or feel free to contact the office at 330.683.5956.

I want to personally extend my gratitude on behalf of CAMO and all those people we serve. Thank you to all the people who have been involved in our journey over the past 20 years. And thank you in advance to those who will continue to put faith into action in the years to come.

Kathryn Tschiegg
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Color printing donated by Printing Concepts, Inc.

Bringing Hope is a triannual publication of Central American Medical Outreach, 322 Westwood Ave, Orrville OH 44667. CAMO is a 501(c)3 organization. Donations are tax-deductible to the extent permitted by law.

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THE LATEST



Zumba Marathon in Spain

A 2-hour Zumba Marathon to raise funds for Fundación Casa Hogar (Women's Shelter) was conducted on October 13, 2013 by former CAMO employee Amanda Ruiviejo. Held in Vic, Osona County, Spain, the event titled *Dances for Honduras* raised 701€. Ruiviejo opened by briefly explaining the services the shelter provides, and then she spoke a little bit about violence against women in Honduras. While several people contributed without attending, 83 people participated in the event. Ruiviejo not only raised money but also opened up a discussion. Since the Zumba Marathon, she continues to receive emails from young women who attended the event and want to talk about their current situation in an abusive relationship.

Following are two testimonies Ruiviejo received:

"I wanted to come and help because this is a very worthwhile cause. These women are in vulnerable situations. They have little protection. We can't

help much, but if we can contribute a little financially, then we are doing something to help." - Anna

"I came to support this event because I would like for more women to come out of the shadows. I want to shine a light on this issue than see many women suffer in silence. With services for victims, women will speak and seek help." - Iris

You can help!

Do you have a fundraising idea or opportunity? Anyone who wishes to do a fundraising event to benefit CAMO, please call us at 330.683.5956. CAMO welcomes any effort to support our programs and services in Honduras.

COFFEE, anyone?

Did you know that you can purchase a 14oz bag of Honduran coffee for \$10? Call 330.683.5956 or email camo@camo.org. You can also stop by CAMO's Orrville office and stay for a tour when you pick up your coffee!

Partnership - Executives Without Borders

At present, CAMO is conducting research with Executives without Borders to evaluate the feasibility of recycling plastic in Honduras. Robert Goodwin, Executive Director of Executives without Borders, spent

a week in Honduras with a special research team examining the possible creation of both jobs and income for CAMO Honduras's programs in the future.

Partnership - Aultman College of Nursing

Four of the top nurses in Santa Rosa will travel to Aultman Hospital for one month of intensive training in July 2014. Special thanks to the College of Nursing for donating their time and service for the entire training. If anyone would like to sponsor the cost of travel, food, and/or housing for one of these four nurses, please contact CAMO's Orrville office, call 330.683.5956. The estimated cost is \$1,500 per nurse. CAMO in conjunction with the Aultman College of Nursing say "thank you" for giving the gift of professional education.

Dental Program Expansion

The dental program in Honduras has expanded from a mobile dentist to an in-house clinic. Proceeds have already provided enough funding to pay for the clinic's own full-time dentist. CAMO continues to operate 17 programs which provide an average of 12,000 services monthly. Please join in providing care with dignity to those who otherwise could not receive it.

Events 2013-2014

December	January 2014	February	March	April
15 Shipment Preparation	10 2013 Tax Letter Mailing 15 Material Shipment	2-12 Team preparation by Honduran staff & shipment unload 12-15 Team Setup 15-23 Dental, Prosthetic, Audiometry, Plastic Clinic & Surgery, Eye Clinic, Eye Surgery 23-3 Urology Clinic & Surgery, Respiratory Education, Daycare, Literacy Programs, Pathology Lab CEU & Quality Control, Biomedical Repair, Ultrasound OB/GYN Training, Emergency Development (Integration triage & protocols)		30 Public Health Center Inauguration

Winter 2013 **BRINGING HOPE 3**

The face of a mother

By Kathryn Tschiegg

Three children and one tiny handful of poisonous seeds. The doctor said they would surely die, but that same hospital refused to admit them.

An accident in one moment can change a life. Many of us have had the experience of a life-changing phone call or have felt the tremendous emotion when something bad has happened to someone we love. Try to remember how that moment felt for you as you read this story. You will then begin to understand this mother's anxiety and urgency.

It was November 1, 2013, the last day of the teams. A frantic mother approached the clerk at INSSA, the For-Profit Store. The mother's voice shook with panic. "Do you have underwear for my child of 3 and 5 years old?" she asked. The clerk who looked at her, but did not really see her, answered simply, "No. We sell medical products." I just happened to be there because the CAMO Honduras facility sits right next door to INSSA. I saw the eyes of this mother. The color left her face and her eyes swelled with tears. She was distraught and panic consumed her. This

had to be about something else besides just underwear. As she turned to leave, I followed her and placed my hand on her shoulder. "Madam, tell me... what is wrong?" I asked. A thin, young man stood by the woman's side. By that time, her eyes were wet. "My children are dying! They ingested poison, and the hospital will not admit them without clothes!" she cried. "The hospital told me to go to CAMO." I could tell that the woman was completely overwhelmed with emotion, so I immediately called for Melissa, one of our staff. I directed her to take the couple next door to CAMO and to provide for them whatever they might need.

As Melissa hurried along with the couple, the woman shared what had happened up to that point: "My sister and I were working," she explained. "And my sister's 5-year-old daughter was playing with my 5-year-old and 3-year-old daughters under some big plants. They came in from playing, and all of them were vomiting and had

After surviving a near-tragedy, 3 Honduran cousins stand with their mothers in front of their house.



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Emely Gabriela sitting on her bed inside her house. Note the mud floor and walls made of blue tarps. In spite of their conditions, Emely Gabriela's mother showed incredible love in her effort to make a nice room for her daughter.

diarrhea. Then, we found the poisonous seeds in my 3-year-old's hand. We have no car and no money. So we ran with them to the nearest clinic, and the doctor told us they would all die. He said that he had seen this with other children and all of them died. I could not accept this. God would not allow this to happen. So, we ran, carrying them in our arms. We ran to the road and we hitchhiked. We brought nothing; we just ran. We traveled for 40 minutes to get to Santa Rosa. By the time we got to the hospital there, our children were unconscious! They are waiting there in the ER now, and the hospital still won't see them because they don't have clothes! They told me to go to CAMO."

CAMO staff immediately responded, not just by providing clothes, but also by rushing them back to the ER and staying with the couple, assuring them that these children would be seen by the hospital without delay. CAMO's presence alone brought on swift action.

Just 5 days later, all three girls were released from the hospital and were doing well. Later that week, the families (including 3-year-old Genesis, 5-year-old Emely Gabriela,

and 5-year-old Andrea Nicol) visited CAMO, wearing big smiles. CAMO then provided them with transportation and meals to return to their community. Once there, we were able to see their living environment. Dear donors, these are the people we serve, and these are the needs. Without your donation, we could not have had the staff, supplies, and medical treatment for these situations.

I had the privilege to hold the 3-year-old in my lap, and to get a kiss on the cheek and a hug from the both mothers. I share this moment with you because it is why we all continue to do what we do. To be present in those times of greatest need and to have a positive impact. Isn't this what God calls us to do, to have a positive impact right where we are today?

Your donations allow us to continue to be available for those in need. Because of YOU, three little girls' lives were saved. We must be present every day to prevent the possibility of such a terrible tragedy. YOU are the people who make the difference.

Learn more

Visit camo.org/the-latest for the latest stories, program and project updates from Honduras, and ways you can get involved.

CAMO demonstrates sustainability

By Paulina Bendana, Coordinator of Conference on Honduras Management Team

After 20 years of success, the unique CAMO model is still “vibrant”. It works.

On the day prior to the start of the annual Conference on Honduras: Prioritizing Sustainable Development, our conference management team traveled to Santa Rosa de Copan to see first-hand the many programs that CAMO is implementing there. We had heard of the great results CAMO had achieved in that community and its surrounding area, and we also had the benefit of having Kathy Tschiegg speak at our previous conferences about program sustainability. So we were very excited to have the opportunity to go to Santa Rosa and learn more about how the CAMO model works. We visited the CAMO clinic and several of the community programs including the public hospital, the women’s shelter, the vocational training center, and the community gym in which CAMO is a partner. If I had to pick one adjective **Participants from over 75 non-profit organizations, companies, and government agencies attended the conference in which Kathy Tschiegg, CAMO founder, presented a model for success.**



Kathy Tschiegg with U.S. Ambassador to Honduras, Lisa Kubiske, at the annual Conference on Honduras.

to characterize the impression I got from these site visits, it would be “vibrant”. The people who worked there had a clear understanding of their mission and a firm handle on the details of the operation—what matters and what makes things work—combined with a great spirit of working together to help the community. It was clear to me and the entire conference team that the CAMO model is one that could truly benefit many other communities across Honduras. The CAMO approach is successful because it addresses program elements that other programs or non-profit organizations either fail to incorporate or don’t have because they don’t have the tools to do so. These program elements include how to do an effective needs assessment; how to plan for the infrastructure, educational and personnel needs of the program; how to ensure accountability; how to maintain documentation of results, and how to do an effective follow-up. At the conference a few days later, Kathy presented the CAMO model and led a workshop on program sustainability. The feedback we received from the participants (representing more than 75 non-profit organizations, companies, and government agencies that do work in Honduras), was that the most valuable aspect of the conference itself included the insights that they gained from the CAMO model about running a sustainable community program.



Dr. J.C. Tabet & Dr. Roberto Alvarez consulting on a case.

PROGRAM UPDATE

Hopelessness and chronic pain changed with Neurosurgical Program

Last year, 33-year-old Elder Adalid was given two months to live before the tumor in his neck would paralyze him, shutting down his respiratory muscles. Now, thanks to CAMO’s neurosurgical program, he smiles and walks alongside his family.

Chronic pain is “real, unrelenting, and demoralizing,” according to *Health Central*. This kind of pain is overwhelming, and does not go away. The victim often can’t sleep, which compounds the problem. Through surgical intervention and therapy, however, many have overcome chronic pain. But, imagine suffering from this condition and living in a country where the instruments, plates, and screws to fix your pain simply did not exist? This is the devastating reality in Honduras for many patients.

This year, the volunteers in CAMO’s neurosurgical program brought relief, helping 12 people with hopeless chronic pain. Abi’s mother could not sleep, could not feel her left arm, and experienced continuous neck and shoulder pain. She had surgery for chronic pain in her left side, and on post-op day, CAMO staff and volunteers asked how she was doing. “I do not need anything for pain,” she told Abi. “I feel free from pain for the first time in years!” Special thanks to Dr. J.C. Tabet, Mary Harris, Martin Kerstern, Emily Elliot, and Ed Rhodes. Thank you also to Cindy Leasure of Dr. J.C. Tabet’s office who worked with Metronic and Aultman Hospital to procure the donations. In Honduras, special thanks to counterpart neurosurgeon Dr. Roberto Alvarez, operating room (OR) head nurse Mirna Pineda, RN, and all the OR staff at the public hospital. Because of your efforts, 12 people have been cured or have relief from chronic pain. This is why we do what we do.



Elder one day before surgery.



Elder one year after surgery.

PROGRAM UPDATE

Building upon the past

A CAMO volunteer planted the seed with just one act of kindness, which grew both a friendship and a basketball team.

When Mark Gorman joined CAMO in 1998 as owner of his business in orthotics and prosthetics, he could never anticipate the impact his presence alone would have on an entire city. Years prior, as a teenager, Gorman's own life changed after a fall from a roof left him confined to a wheelchair. But he persevered, turning his tragedy into a picture of hope. Gorman then took his positive attitude and his skill and traveled with CAMO in 1999 to head up the first prosthetic lab in Teleton, a non-profit rehabilitation clinic. It was there that Gorman met a man named Jose. When Jose came in to receive medical care for his debilitating injuries, he and Gorman talked for hours. The two men learned they shared a common interest, wheelchair basketball. They even shot some hoops together in the Teleton parking lot. At the time, there was nowhere else to play.

Gorman's time and care with Jose in that parking lot were contagious, drawing others in as well. Soon, a small group of men in wheelchairs showed up to play, too. After Gorman returned to the States, the group still continued to meet and grow. It was more than just basketball. The men supported each other.

One day, one of the community gym board members in Santa Rosa drove by the group of people in wheelchairs gathered on a street corner. He stopped and asked what they were doing, and they told him about their support group. When the board of the community gym heard about them, they invited the group to meet at the gym instead. Now, twice a week they meet, and one night a week they practice. These meetings provide a chance for them to connect with others who have similar frustrations and depression-related symptoms from being wheelchair-

Team Santa Barbara and team Santa Rosa de Copan compete in the community gym built and facilitated by CAMO.



Mark Gorman hustles the ball down the court while Jose guards his every move. Just 14 years ago, the two men formed a friendship through CAMO and shot hoops in the Teleton parking lot because there was nowhere else to play.

bound. This group also has been integrated in the CAMO wheelchair workshop so their chairs can be maintained. It all works together; people like you plant the seed. This is what Mark Gorman did with Jose from the beginning. And today, that group is now the Santa Rosa wheelchair basketball team.

Jose says, "Basketball always turns the bad into the good. I do push-ups and arm exercises every day to be able to make the shots and go fast on the court. I hope to play a long time; someday Santa Rosa's team will become a contender in the basketball world!"

In 1998 there was no gym, and there was no wheelchair workshop to fix chairs on a daily basis. Today there is. It makes all the difference in the world to over 358 wheelchair clients. Their chairs are their legs, and wheelchair basketball is a way to give them freedom to be active and enjoy life. Their faces tell the story!

What Mark Gorman chose to do with his life changed many lives. CAMO is bigger than just medical supplies. CAMO provides a connection for the disconnected. This story is about a long, gradual relationship in which both the people and the infrastructure were not ready in 1998. Today they are.



How you can help

Our goal is to purchase five basketball wheelchairs for the Santa Rosa team. Help us make all the difference at camo.org/wcbasketball.

Leaving behind something of substance

Physically demonstrating those missing links makes all the difference. CAMO provides the lasting gift of education to those who would otherwise teach themselves.

Remember how it felt to use your cell phone for the first time? You not only had to teach yourself how to use it, but it took some practice before you were comfortable using it. You still may not have used all its savvy features, even though they existed. Isn't it amazing, though, the doors that suddenly opened up after someone showed you how to do one small thing on your phone? All you need sometimes is someone to physically demonstrate those missing links.

This is what we offer through CAMO. These professionals are seasoned in their field of expertise and offer structure-training sessions within their special fields. A team of volunteers can bring a warehouse full of supplies to Honduras, but if no one physically demonstrates how to use them, the supplies are useless. CAMO leaves behind education, something of substance.



Public Health Center Electrical System \$32,720 value provided

Mike McClintock, owner of McClintock Electric, has been instrumental in the donation and purchase of electrical supplies. He along with Aaron Shields, Steve Curtiss, and Scott Zacharias continued installation of electrical systems in the Public Health Center.



Colostomy & Wound Care Training \$1,133 value provided

Fran Gengo conducted specific training on the management of patients with difficult wounds and colostomies.



Neonatal Advanced Life Support (NALS) Training \$6,000 value provided

Monica Coventry worked with professional nurses in training of NALS. She along with Theresa Engles and Linda Pratt successfully trained six registered nurses to be instructors. They have committed to provide two more courses in the next 12 months for the staff.



Asthma Training \$3,600 value provided

Tonya Barba and Emily Lee assisted medical staff to understand the importance of communication with each patient individually.



Daycare \$312 value provided

Robyn McClintock assisted with children and evaluated the daycare teacher.



Neurosurgery \$106,037 value provided

Dr. J.C. Tabet and Honduran counterpart Dr. Roberto Alvarez completed 16 consults and 12 surgeries.



EMT/Hazmat Training \$699 value provided

Jedd and Ryan Sprunger worked closely with the fire department, Red Cross, and paramedics regarding hazmat suits and training of appropriate responses to hazardous materials.



Laboratory Evaluation \$2,280 value provided

Maxine Hershberger conducted training and evaluation of the different processes of the laboratory.



Warehouse Training

\$1,818
value provided

Claudia Cabellero (US Operations Manager), Nanette Sprunger, and Anne Wilson demonstrated efficiency training with warehouse processes.



Biomedical Training

\$8,600
value provided

Nicholas Giarelli trained Honduran counterpart German Barcenas in ultrasound repair and maintenance. Their dedication and knowledge helped repair the C-Arm, which stopped working one week prior to CAMO USA's arrival. The repair of the ultrasound machine resulted in 12 successful neurosurgeries.



Retail Training (INSSA)

\$2,200
value provided

Phyllis Young trained the staff on different types of uniforms and how to order, purchase, and display product. Service value also included staff evaluation and training along with lab processes.



Prosthetics

\$2,175
value provided

Mark Gorman and Honduran counterpart, Carlos Cortéz, worked with the fabrication of prosthetics and orthotics.



Respiratory Evaluation

\$3,920
value provided

Pat Haslage, Ralph Stampone, and Tim Larson (pictured) performed equipment troubleshooting, patient care, and ABG analysis.

Total Value Provided

\$171,494
value provided



SPECIAL THANKS

A challenge for Honduras

By Kathryn Tschiegg

Merits of Honor, awards, certificates, and tributes all are wonderful things to receive. They affirm your work. These are ways in which powerful institutions say “thank you”. But the feelings I have when I receive an award are ones of disbelief. How can you get an award for doing something you love doing? It doesn't seem right to receive an award for something which fills you up and consumes you, especially when it is your choice to do so. On September 4, the Honduras Congress recognized me for my 34 years of service to Honduras, including 20 years of service through CAMO. I have to admit I was honored and distraught at the

Kathy Tschiegg in the Honduras Congressional Hall receiving an award for 34 years of service including 20 years of service through CAMO.



same time. Do you accept an award from a body of people who have roots of corruption so deep it seems hopeless? Or do you use the opportunity to speak honestly about the hardships which are created due to their own corruption and self-interest?

I wrote a beautiful speech, thanking them for the honor, and I practiced it in Spanish for several days. But, the night before, I threw it away. I decided instead to speak to them about the hardships they themselves created under a leadership with only self-interest in mind. Surprisingly, after hearing what I said, they still gave me the award!

And it looks like they will continue to be supporters of CAMO's efforts in the future. Sometimes the truth is dangerous and difficult, but it must be spoken with love and compassion in a way as to not harm, but lift up. Sometimes it will fall on deaf ears. But if used correctly, the truth can help us to be better people. Truth is hard to hear, but it must be spoken. And truth be told, I had a much greater reward holding three children on my lap—ones about to die, whose mothers came to CAMO for clothing because the hospital wouldn't admit them without clothes. Those children survived, once admitted. We couldn't make the hospital change its policy at that moment, but we could give three children clothes which helped three children live, in spite of the policy.

Public Health Center

No running water, no existing electrical system, and no sewage. Patients stood in the rain and cold waiting to be seen. In some areas, the concrete roof was actually falling onto the patients. We could not look the other direction any longer.

For 18 years, CAMO turned and looked away because there were so many other needs to be met first. Realistically, however, it all works together. Overcrowding in the hospital is a direct result of not having a functioning preventive health center at the front end. After 18 years, the light went on: to get better results, we need to start at the beginning. The Public Health Center is the first and only access to care for many Hondurans. More than 500 people use its services every day. In 2003, we recognized its issues of no running water, no existing electrical system, and no sewage (the system had collapsed and sewage drained on the ground in the center of the city). The patients stood in the rain and cold waiting to be seen. In some areas, the concrete roof was actually falling onto the patients. We could not look the other direction any longer, and in

November of 2010, we started with the reconstruction plan. Finally, in November of 2012, we were ready to start the project within our budget, estimated at \$300,000.

But as we started to remove the roof, we found that the walls were fissured and the support columns upon excavation had no foundation under them. The project was not just a roof, sewage, water, and electrical systems; it was the entire structure. This doubled the cost of the 18,288 square foot project to \$600,000. According to state standards from the RSMeans Electrical Cost Data (2010), low-end construction estimates of a medical clinic in the USA of this size would be \$105.00 per square foot (without the heating and cooling systems). In other words, this same construction in the USA would cost a minimum of \$1,920,240. The city of Santa Rosa has been donating

Aaron Shields (lower right) of McClintock Electric trains Dagoberto (CAMO employee, left) and Darwin (right), an apprentice from San Pedro to do electrical systems installation.



Construction of the Public Health Center is underway, showing a brand new roof and the beginnings of new walls.

the sand, gravel, bags of concrete, and architectural/structural plans. McClintock Electric has been instrumental in the donation and purchase of electrical supplies at a greatly reduced cost, in the donation of personnel for the installation of the system, and in providing contacts for the donation of electrical and mechanical plans. We would like to extend a special

thanks to Mike McClintock, owner of McClintock Electric; Misty Shields for her endless hours talking to suppliers; Aaron Shields and Steve Curtiss for their years of quality work, expertise, professionalism, and for teaching the construction staff in Honduras quality installation of an electrical system; and thanks to Scott Zacharias for the design and installation of the communications/data system. Because of your efforts, this will be the first time in history the Public Health Center will have a telephone system. Also, CAMO would like to extend a very special thank you to Dave and Gayle Noble who have been key supporters of this project. The Noble Foundation continues to have an enormous impact on those in need.

We hope to have the inauguration in April of 2014, and we are working with Congress of Honduras for additional funding of \$250,000. This proposal will be submitted to Congress on December 10, 2013. If this passes, we should have more funding by January 10th, which will place us \$50,000 under our goal.

We continue to need financial support for this project. We close our eyes to the indignity of patient care even in a country as great as the United States, but the indignities of patient care in a developing country pale in comparison.

Know More

Anyone who would like to know more, please do not hesitate to set up a meeting with the Executive Director, Kathy Tschiegg. For anyone who cares about others, there are only two choices: turn and look away, or dive in and try to make just a little difference.



CAMO
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Give hope this Christmas

This Christmas season visit CAMO's online gift catalog and bring hope to the forgotten. Choose how much you'd like to give to a specific project, create a Christmas e-card or postcard in honor of someone special, and follow along with CAMO's projects and programs.

camo.org/christmas

