



# CAMO

*A different kind of aid organization*



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CAMO is a non-profit, faith-based organization. Bringing Hope to the Forgotten

## Do You Know Where Your Coffee Comes From?

**Coffee growers in Honduras are unable to make a living due to price fixing by Brazil and major buyers.**

To earn a living wage, Honduran growers must be paid \$112 per 100 lbs of dried crude coffee beans (which produces 82 lbs of roasted coffee). They are currently earning \$94 per 100 lbs. Laborers in the coffee plantations make, on average, just \$8.19 per day. That is not a typo for “per hour”: the wage actually is \$8.19 **per day**!! But when buyers can get away with paying just \$94 for 100 lbs of coffee, growers cannot even afford those rock-bottom wages for their workers. Coffee monopolies are making huge profits—but very little is returned to the people who work so hard to produce the crops, and nothing to the local communities. I’ve been living in Honduras over 25 years and have yet to see a single community-service project or community assistance program developed by these huge coffee buyers and distributors.

To put the prices into perspective, let’s

say you pay \$4.00 for a cup of coffee in the U.S. One pound makes approximately 90-100 cups. After doing the math, it’s clear that although you are paying roughly \$400 per pound of coffee, the farmer who grows, gathers, and dries it gets less than a dollar of that amount. Once you’ve seen the struggles of these farmers as they try—and fail—to provide for their families, the injustice becomes harder and harder to understand.

Over the past year, CAMO has been developing our own brand of coffee, to create a coffee-distribution program that maintains quality while treating growers and workers with compassion and respect. In the process, we have selected organic coffee and hired an expert in coffee cupping to assure quality. Q Graders in coffee cupping is a procedure involving deeply sniffing the coffee, then loudly slurping the

coffee so it spreads to the back of the tongue. The coffee taster attempts to measure aspects of the coffee’s taste, specifically the body (the texture or mouth feel, such as oiliness), sweetness, acidity (a sharp and tangy feeling, like biting into an orange), flavor (the character in the cup), and aftertaste (coffee beans embody telltale flavors from the region where they were grown). CAMO conducted a blind cupping with 26 different coffees with 4 professional cuppers. The winner—and the coffee we are providing to you, the consumer—was our Medium Roast Low Acidity; the second choice of the cuppers was the regular Medium Roast. We have contracted a coffee cupper to test every lot before we package it, to ensure that you get a great cup of coffee with every purchase of CAFÉ CAMO.

Our coffee will be roasted and packed in Honduras, providing more income to the cooperative and less to the middlemen and distributors. All profits will be funneled back into services for the workers and their families: both education and medical services. Help us to bring some justice in the world: try our coffee and support small farmers in Honduras! It is a Win for the growers and workers; a Win for you when you sip your pure, sustainably grown, great tasting cup of coffee and know that your purchase helped small farmers, not faceless corporations; and a Win for CAMO as we expand our services to a new Honduran community.



**Left: CAMO delegation visiting a coffee plant. Right: Equipment to process coffee.**



### CAFÉ CAMO

**WAKE UP WITH CHARITY  
IN YOUR HEART!**

**BUY AT [SHOP.CAMO.ORG](http://SHOP.CAMO.ORG)**

Select the SHOP link and we will take care of the rest. CAFÉ CAMO can also be purchased at CAMO offices, Shisler’s Cheese House, Lehman’s Hardware in Kidron, RoomScapes in Wooster, Buckwalters Green House, and Runion Furniture.

# Main Squeeze: Breast Cancer Awareness

October is Breast Cancer Awareness Month, alerting people around the world to the importance of breast self-examination and routine mammography.



In Honduras, for poor women, a diagnosis of breast cancer is a death sentence. The public health care system provides no preventative treatment in breast health, and 60% of the population is completely dependent upon this fractured system for their care. At this time, only two organizations in Honduras actively provide programs in preventative breast health for women and in rare cases men: Fundación CAMO, and the Fundación Hondureña Contra

El Cancer De Mamma (FUNHOCAM) in Tegucigalpa.

Fundación CAMO currently provides more than 1,000 mammographies per year, as well as preventative education, to women in the rural areas. The cost of a mammogram for CAMO is \$20.49—and that includes the cost of the radiologist's reading, machine maintenance, and the mammography technologist. It is truly astonishing that we are able to provide this lifesaving service at such low cost. Special thanks again to Wooster Hospital for the donation of their used digital mammography machine, which greatly reduced our costs and eliminated additional expenses for chemicals and film.

Fundación CAMO is working with ten municipal governments in this region to support education for women's health. In October, everyone is more aware of the importance of breast health education—but CAMO works every week to bring education and many other services to the underserved population. We provide 80 medical and educational brigades per year, completely staffed by Honduras professional volunteers. One of those areas concerns breast self-examination and preventive mammography. Last year, of the 1,119 women who received preventative mammography screening, two women had early detection and intervention supported by CAMO and two were diagnosed with advanced breast cancer. All four are alive and receiving chemotherapy treatments with the American League of Cancer.



**CHANGING LIVES THROUGH:  
CAMO'S BREAST CANCER AWARENESS CAMPAIGN**

**CAMO's mammography technologist offering in-service education on breast self-examinations in a rural community.**

*Fundación CAMO is working with ten municipal governments in this region to support education for women's health.*



# Call For Help And No One's Available

So often we take our USA emergency systems and structure for granted.

This was never clearer than when Dr. Astrid Nicolle Murritto, Western Honduras Emergency Director and Deputy Chief Commissioner of Western Region National Police, visited CAMO USA. A very special thank you to Cindy Annen, CC Paramedic EMS Coordinator, for coordinating all the visits with the different dispatch centers! Dr. Murritto's tours included a wide range of impressive emergency personnel and systems, including:

- The RED Center in Massillon, where Chief Tom Burgasser and Kathy Hawk, Interim Director of the RED, attended to us.
- The Stark County 911, where Julia Patterson, 911 Coordinator, stayed with us all day and introduced us to many more wonderful people.
- The Canton police and fire dispatch center, where Mark Boca and police staff showed us their facility.
- The Dispatch and fire department in Gahanna, where Jason Miller Paramedic attended to us.

When we compared resources in Honduras with those in the USA, these dispatch center leaders' jaws dropped in disbelief. The dispatch center in Santa Rosa, where CAMO is based, is responsible for 3 "states," with a population of approximately 927,000 people—and 64.4% of this population lives in rural areas without emergency services. Most of these people have no access to medical services, and very limited access to the education they need to succeed.

To give you some idea of the consequences of these limited resources: several months ago, a city of approximately 15,000 had a fire. After calling 911, the community attempted to control the fire with buckets—and the fire department took a full hour to arrive, because the closest department is a 45-minute drive away. Due to the roads and terrain, the majority of the population is hours away from emergency assistance.

By contrast, consider this: between the small towns of Orrville (8,458) and Wooster (26,560, for a combined population of 35,018) there are more fully equipped vehicles and trained human resources than three states of Honduras, with a population of 927,000. How would you like those odds?

CAMO is thankful that here in Honduras we were able to bring the national police to the table with the dispatch center for the first time, initiating a collaborative response. But the police department has one vehicle per city government. There are 23 city governments in the state of Copan; thus, there are 23 police patrol cars, none equipped for emergencies.

So, what is CAMO's role in this? We have already begun providing first responder and "stop the bleed" courses; these will soon be offered to all the volunteers and police officers who serve the western region of Honduras. We will also be meeting with the Ministry of Security, to look at better mapping of the area: a possible connection with Google could enable pinpointing 911 emergency locations through the cell phone.

How can you help? **Simply** call your USA fire department! Let them know that CAMO would love donations of old equipment. If each USA fire department in several counties cleaned out storage units, with donations of used equipment alone we could save many lives. We can use backboards, straps, emergency stretchers, emergency grab bags, protective clothing, and so much more. The USA has so much in comparison with other countries. Let us not let our excess go to waste in storage.



Top: Marvin Hernández, Kathryn Tschiegg, Astrid Murillo, Cindy Annen and José Bautista, visiting the RED center in Massillon, Ohio.  
Bottom: Honduran 911 system representatives touring the dispatch center in Gahanna, Ohio; Jason Miller, far right.

# Understanding the Problem—and Doing Something About It

TRADE SCHOOL (ETAOO)

**Sensationalist writing by our media would like you to believe that violence is the main cause of immigration.**

This is partially true—but the whole truth of the matter is more complicated and includes governmental corruption, media manipulation, votes and keeping the people poor. Honduras, according to the Central Bank of Honduras, is in a 43% recession with over 60% of its population living in poverty. Taxes are higher than ever and the national budget for Health Care and Education is the lowest it has been in the last 2 decades. The international powers of government permit it absolute corruption to rule.

Here I shall pose a question: if you are making between \$2-10 **per day** supporting a family, your children have no chance of receiving anything resembling an adequate primary education. Therefore, a secondary education is impossible. If you get sick, the health system has collapsed and is so corrupt you will be lucky to survive. Your government is raising taxes, even as the cost of living keeps rising. What would *you* do??? There's nothing to

lose, everything to gain by leaving your family and making the journey North in the hope of gaining access to education and a future for your family. It is a sacrifice thousands are making.

But what if you could learn a trade that would provide you with an income? You could stay home with your family, build a simple shelter for them, and find hope for a future. Even with all its corruption, Honduras is a beautiful country with so many possibilities.

This is the purpose of CAMO's trade school. We have finished 30% of the construction, with the areas for carpentry, welding, and electrical technicians completed. We continue to make slow but sure advances, optimizing the old space to allow room for cosmetology, barista, chef and sewing classes. The Trade School (ETAOO) has established an agreement this year with the Higuito Inter-municipal Council to finance two carpentry and

welding courses for people from various surrounding municipalities in the coming months.

Sometimes it is hard for me to swallow—in fact, it almost takes my breath away—when I see huge sums of money donated for hospitals and education in the USA for multimillion dollars. And yet in Honduras, the same money could have so much more of an impact on society. Perhaps just one of our readers can see the value of assisting us to complete the trade school structure for a fraction of the cost; the impact on families and their future will be profound. At this time through just one of our courses, the barista degree, thirty-seven people are now employed in Honduras. We continue to seek \$500,000 to complete this facility to provide housing for rural students living in extreme poverty. Any help with this project would be appreciated; do not hesitate to call the office for more information.



**Left:** The new construction of the Trade School has two classrooms completed; here, students are taught to use the lathe. **Right:** A group building bee houses takes over the second room (generally used for welding).



# Seeing the Future

CAMO counterparts Dr. Hector Robles and family have embarked on an incredible journey to bring state of the art eye care to Honduras.

The dream was initiated many years ago with counterpart Dr. John Thomas who worked with the Robles family for 20 years. Dr. John Thomas started this conversation of a two tier system and how this might look about 10 years ago. Upon Dr. Thomas' retirement, we had the incredible luck to be joined by Dr. Kevin Waltz, who also saw value in the Robles dream and brought many new voices to the table. Together, these professionals worked to bring state of the art eye care in Honduras.

This brings us to today. The new facility built and funded by the Robles family will be inaugurated on February 8, 2020. We are honored that they have included CAMO in the dream of bringing ophthalmology services to those without economic means and have dedicated a large part of the facility to housing and caring for this population onsite. They have also entrusted CAMO with management of the new eye clinic built next to the private

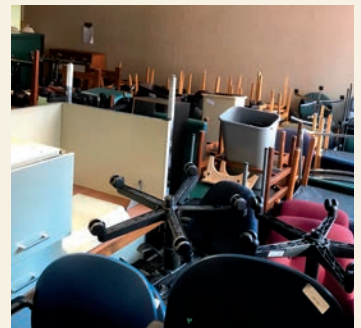
outpatient ophthalmology surgical center.

USA volunteers and staff have been working for a month to pack a container with the furnishings we have been collecting for this new facility; the Massillon Affinity Hospital auction also contributed generously, while AECOS has been involved through acquisition of medical eye equipment and vital contact.

Thank you to all the volunteers who have helped in preparing the container!

In the Spring newsletter, we will update you on the inauguration and opening of this facility.

**Top: Thanks so much to Mike, Marian and George for all their hard work to make the auction a success! Middle: One lot of chairs and furniture, destined for the Social Service building of the Eye Center in Santa Rosa de Copan. Bottom: The Eye Care Center: the social service building is on the right, the surgical center on the left.**





Before you read on, by this time we hope you understand that CAMO is not a band-aid brigade. We continue to meet our long-term development plans and goals every year. One of our key areas is education—from birth through adult career development. Application and transmission of evidence-based knowledge is the key to development work, while health care is the key to saving lives. Together, they provide a foundation for the improvement and empowerment of society.

## Knowledge is Power

The Healthcare Education Simulation Station (HESS) and Moulage: in the summer we wrote about the visit of four medical professionals who traveled to the USA for an introduction to these processes. These professionals returned to Honduras excited about the project. In October, Stephanie Justice, RN, MSN, CHSE, agreed to travel to Honduras with the team to take the next steps, helping these four professionals, along with six others, to become trainers. Jeff Becker, the engineer, agreed to be available during her visit. As a result, today we have four simulation stations in Honduras.

Why is this important and what impact will it have? For nurses and doctors, this technology turns simulated crises into virtually real situations, providing essential crisis training.

By combining the Moulage with the HESS, we can use any type of manikin—even inflatable dummies. The entire station, including the Moulage and manikins, can be carried in one large suitcase and set up anywhere, providing a real-life learning experience for less than \$1,200, replacing million-dollar simulation labs. This revolutionary equipment will provide essential training to even the poorest educational facilities. We are grateful to be chosen as the distributor of this new stimulation station in Honduras and Central America.



**Top: Three students volunteered their arms for the Moulage demonstration. Left: Stephanie Justice RN, MSN, CHSE teaching the use of the Healthcare Education Simulation Station (HESS). Right: Students from the HESS and Moulage class learning the recipes and practicing the techniques for creating realistic injuries for simulation exercises.**



## Keeping Neonates Alive

Monica Coventry and Maya Tawil, a bilingual College of Wooster student and Monica's interpreter, trained 45 nurses in neonatal care, including intravenous feedings, central line care, and all the implications of this type of medical intervention. We also recertified five professional nurses as instructors in Neonatal Advance Life Support, allowing them to train their staff in NICU-appropriate response and interventions.

**Monica Coventry from Canton, Ohio, with Maya Tawil from the College of Wooster, training the NICU nurses.**

# The First Breath of Life—and Making It to the Second

This course included newborn assessment and obstetrics and gynecological emergency care. At the hospital we are the most involved with, 25% of the nursing staff are inexperienced new graduates with no training in basic nursing protocols. They are unable to pass a very basic pretest for any of our courses; for example, one question asks the normal respiratory rate of a newborn. Mandy Ivanov and Mary Sayler worked closely with nine nurses this week, many of whom scored below 20% on the pretest.

Education in Honduras is a challenge, especially in the medical field where you have to understand procedural logic, problem solve, and apply the appropriate care when every second counts. Medical professionals are often trained through memorization and repetition—so they don't learn why a specific response may not be the right one. Our breakthrough is to give nurses training in anatomy and physiology, the logic of a response, and critical thinking. Our reward comes in seeing in these nurses' eyes that they finally understand *why* they should follow correct decision-making procedure. Then we know they will never forget it. This moment, when the light goes on, is the moment when volunteers like Mary Sayler and Mandy Ivanov know that their efforts are all worthwhile.

At the end of the week, our nurses scored above 90% on the post-test. Even better, they understood the *whys* and the scientific principles behind the training. This alone will save lives.



Mary Sayler teaching nurses from the Hospital de Occidente how to do newborn assessment and handle obstetrical and gynecological emergencies.

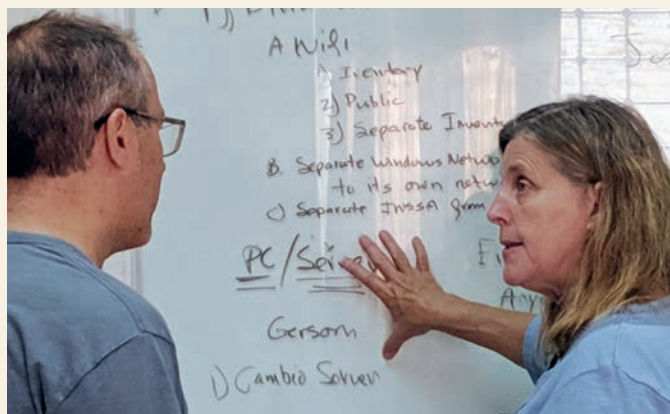
## Talents We Take for Granted

As we grow, so does our need for stable technology, safe stable networks and communication systems. We are so fortunate to have USA volunteers, and their Honduran counterparts, who provide us with these services.

Jerson Sorto and Ivo Ivanov joined us for the first time to help to replace our server with a larger unit, while Dan McDaniels, longtime volunteer, assured that our network is safe, secure and functional. Together they make a great team: Jerson and Ivo were able to get the new system up and running in their first day, and then reconfigured over thirty desktop computers. Every day we sit in front of our computer—and very seldom do we consider those IT experts and how our day goes smoothly due to their talents.

*Thank you!*

**Top: Kathy Tschiegg, founder, reviewing the IT department plan and goals for the week with Ivo Ivanov. Bottom: Jerson Sorto working with counterpart Ivo Ivanov to install our new server.**





**Our Honduras board member and neurosurgical program counterpart, neurosurgeon Dr. Roberto Alvarez, is one of the most compassionate and faith-driven men I know.**

He is paired with USA neurosurgeon Dr. JC Tabet, an exceptional physician who also shows exceptional faith as well as compassion for his patients. Couple these qualities with great surgical technique, and the results are easily seen. After recovery, patients' chronic back conditions are resolved. Pair these surgeons with compassionate faith-driven wives, and the world does not get much better.

The teams performed eight surgeries, as well as one emergency surgery on a 15-year-old who fell 25 feet to land on his head. JC and Dr. Alvarez were pulled from another surgery to care for this young man; if they had not been on the spot, this young man would have died. Immediate surgery decompressed his skull and brain; within 24 hours, the young man was conscious, alert and able to move all his limbs. Many people have been saved by these two surgeons. Most of these patients will never remember their names—but they will never forget their compassion and the results of their talent.



**Top: Neurosurgeon Dr. Roberto Alvarez, with program counterpart Dr. J.C. Tabet and their neurosurgery team, working together in the operating room. Bottom: Neurosurgeon Dr. J.C. Tabet with Dr. Roberto Alvarez discussing the surgical cases with residents.**

## Breath of Life: Making the Right Decisions

**After years of training hospital staff in the use of arterial blood gases, finally we have a nursing director who understands their importance and has become the champion in making sure critical care of patients on ventilators are managed correctly.**

In January of 2019, Lourdes Guevara became our director; she works with Karen Villalobos, RN, and under their management, patient outcomes have improved drastically. This simple test allows doctors to prescribe the appropriate treatment and settings of the ventilator. Without measuring arterial blood gases, in many cases you must make an educated guess that can be wildly inaccurate. 260 patients have benefited from this test since January. Special thanks to Susan Shetter and Tim Larson for organizing a fundraiser to acquire the arterial gas machine, which cost \$10,000, as well as cassettes to run these tests. We continue to work on ways to make testing sustainable, as each test costs \$10.



**Karen Villalobos, a nurse from the Hospital de Occidente, doing arterial blood gases.**

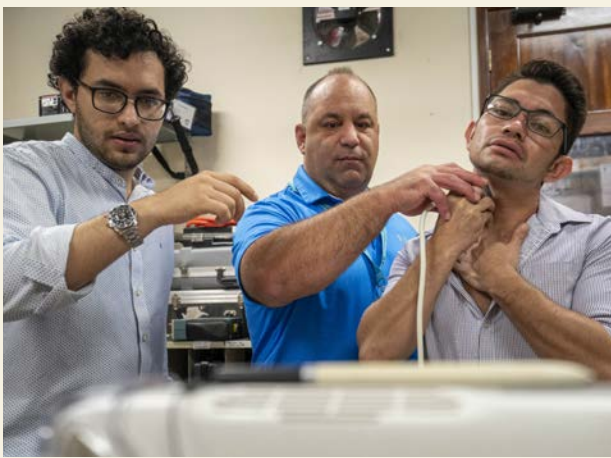


# What It Looks Like: Responsible Process

Developing clear and effective processes for bringing services to Honduras is what we do best.

Nick Giarelle has been a great counterpart to our biomedical engineers and our ultrasound programs in Honduras. Nick trains our engineers in software, installation and instruction to the end user—and most importantly in preventive maintenance. What exactly is the process? Nick has been instrumental in finding great ultrasound machines; repairs and gets them running; then donates them to CAMO USA for shipment. Volunteers in the USA crate and prepare the machines; USA and Honduras staff work long days to get all the paperwork and licenses to export the equipment; and Nick then continues to work with biomedical engineers in Honduras to make sure they are able to install and instruct end users in both daily use and preventive maintenance.

The end result is our ultrasound programs, which provided 6,295 ultrasounds last year. Moreover, the routine ultrasound provides an avenue to talk to women about nutrition, birth control, women's health issues and more. We added our fourth program on October 16th in Santa Barbara after providing three months of training to Dr. Sergio Barahona and Dr. Nelson Sanchez, who will be using the ultrasound machine for prenatal pregnancy control. A single ultrasound program requires a complex process. We thank all the many people involved for making this service available to pregnant women in rural areas.



**Top Left:** Nick Giarelle demonstrating installation of the new ultrasound machine to Honduras biomedical staff. **Top Right:** Transport of a new ultrasound machine to Macuelizo Santa Barbara. **Bottom Left:** Doctor doing the first ever ultrasound in this remote location; a mother who has many daughters sees the image of her first son. **Bottom Middle:** Rafeal, CAMO's biomedical engineer, training the end user. **Bottom Right:** The ultrasound was installed in this facility in Macuelizo Santa Barbara.

# Don't Let Me Fall!

## Something as simple as a lift can be a challenge if you have never used one.

Correct use involves much more than just pumping up the lift—it also requires talking the patient through the process. This was never clearer than when contrasting two groups of nurses with the same patient. The first talked him through the process with confidence—but the second had not grasped the importance of letting the patient know what was going to happen. His face clearly showed his terror. Our faces, along with our demeanor, confidence or lack thereof, have a strong impact on patients' response to us.

Rachel Foltz was loved by all 25 nurses she trained; many other nurses wanted to be in her class because she taught not only the technology and techniques, but also confidence in her knowledge, and joy and compassion for all in her demeanor.



**Rachel Foltz teaching nurses from the Hospital de Occidente how to use a lift to move the patient.**



**WE LOVE  
HELPING  
HANDS!**

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#### DENTAL KITS INCLUDE:

toothbrush, toothpaste, dental floss, wash cloth  
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## MUSICAL INSTRUMENTS NEEDED!



**PLEASE CHECK YOUR  
CLOSETS & ATTICS!**

**MANY THANKS TO HELPING HANDS!**



## 11th Annual Salsa Sizzle

This was one of the best attended Salsa Sizzles in 11 years: 206 people attended the dinner, and more than 20 additional dancers came to enjoy the music afterwards. After costs, we had the best ever fundraiser, raising \$48,330 for programs in Honduras. Many thanks to our sponsors, attendees, the Salsa Sizzle Committee, Greystone and Village Catering!

## Wayne County Fair

This is always an interesting venue! Those of you who have had a booth there know what we are talking about. We never know who is going to stop by our booth, or what the outcome of the conversation will be. We spoke with countless fairgoers to educate and inform them about CAMO's work, gathering half a dozen new volunteers in the process. Others expressed interest and have reconnected through seeing us at the fair. The quilt this year was donated and made by Sharon Summer.

Fair quilt winner: Susan Himes

Coffee & Lerch's Donuts winner: Ray Nussbaum

Special thanks to the CAMO Staff and our volunteers who worked many hours at the fair!

## Ruta Copan

Seventy-five antique cars traveled from three countries — Guatemala, Costa Rica and Honduras — to take part in an event to raise money for the CAMO neurosurgical program and purchase shunts for children born with hydrocephalus. Forty-two Honduras companies and franchises responded with their support, while fifteen companies provided other in-kind support. Together, we raised \$13,100. Thank you to all the car owners, sponsors and community of Santa Rosa de Copan for your support.

**Clockwise:**  
**1959 Red Volkswagen Beetle**  
**1964 Blue pickup truck: Ford F100**  
**1966 Yellow Fiat 500L**  
**1948 Gold Chevrolet Model 3100**



**Great Latin music provided by the Justo Saborit band. Many dancers took part in the evening of the event.**



**Ruta Copan 2019, the antique car show hosted by CAMO Honduras, was a great success. This is a banner with all the Honduras company sponsors.**



## Mark Your Calendar!

- » **NOVEMBER 8, 2019: Container to Honduras**
- » **NOVEMBER 26, 2019: Ophthalmology center container to Honduras**
- » **DECEMBER 8, 2019, 12-4PM: WCCF Youth Foundation CAMO facility**
- » **DECEMBER 10, 2019, 11AM-1PM: Join us for the Volunteer & Staff appreciation Luncheon at the CAMO facility**
- » **DECEMBER 17, 2019: Container to Honduras**
- » **JANUARY 13, 2020: Presentation Kidron Mennonite Church**
- » **JANUARY 29, 2020: AAUW Wooster Library Presentations**
- » **FEBRUARY 22-28, 2020: Team I to Honduras**
- » **MARCH 1-8, 2020: Team II to Honduras**
- » **JUNE 13, 2020: Mark your calendar for the Annual Golf Outing at the Pines**
- » **SPECIAL NOTE: We have changed the date of the Salsa Sizzle event to September 19th instead of August of 2020**



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## Give A Gift That Really Matters!



**Help CAMO continue to provide life-saving and life-changing services in Honduras.** Throughout the year be thoughtful about your purchases and consider investing in something which has an impact. Give the gift of caring by re-imagining gift-giving for yourself, and for your loved ones. You can designate your giving in memory or in honor of someone special. Think about the expensive cup of coffee: one cup could buy a book for our literacy program.

***Your help is vital to keep providing life-changing services to those in the greatest need.***

Visit **CAMO.ORG** or call the CAMO office **330-683-5956** • Fax **330-313-1001**



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Be a part of CAMO's exciting journey by subscribing to the **CAMO USA** channel



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### WAYS YOU CAN HELP

#### **Make a donation • Host a fundraiser!**

Need ideas? Call the CAMO office or email [camo@camo.org](mailto:camo@camo.org)!

#### **Volunteer onsite or offsite**

CAMO needs volunteers!

#### **Your legacy could include CAMO!**

Please consider including us in your estate planning.

#### **Know someone who would like to learn about CAMO?**

Please send us their contact info!

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CAMO is accredited by the Better Business Bureau and meets all 21 standards.

*When you are done with this issue, please pass it along to someone you know who may be interested in our mission.*