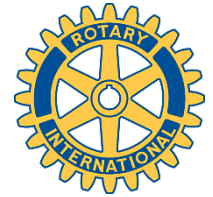


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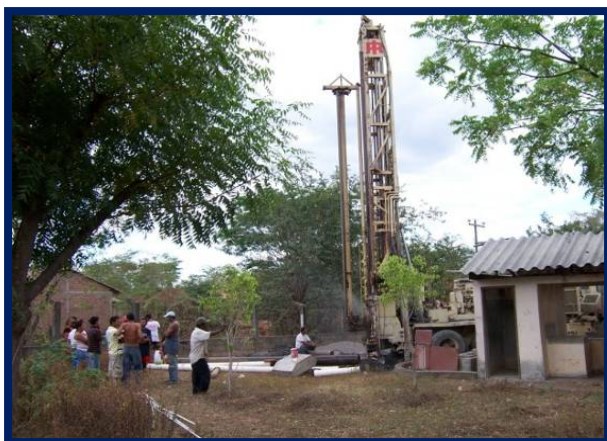
For the last four years the Lawrenceburg Rotary Club, along with several Rotary clubs in Middle and West Tennessee and North Alabama have been traveling to Southern Honduras to address health and quality-of-life issues in impoverished communities. This year's team included seven members from the Lawrenceburg Rotary Club, eight from the Spring Hill Rotary Club, three from the Dyersburg Rotary Club, three from the Madison, Alabama Rotary Club, and eight from the Choluteca, Honduras Rotary Club. These men and women donated their skills, time and money to help others who do not have the means to help themselves.



Funding for these projects came from various Rotary Clubs, private donations and Rotary International Matching Grants. The results of the team's efforts will have a long term effect on the lives of over 600 men, women and children; and will go a long way in building relationships between the United States and this impoverished Third World Country.

This year our team again addressed literacy, clean water, health, and quality-of-life issues in partnership with several clubs within Districts 6760, 6860, 4250, 7190, 7950, and 7210.

These projects were in two separate communities about fifty miles apart in the southern coastal area of Honduras. The majority of the work took place in Jocote de Linaca where teams installed electricity, eco-stoves, and sand water filters in each of fifty-four homes. We also assisted the local elementary school with classroom improvements and distributed backpacks filled with school supplies to each child.



In La Libratad, Honduras, in partnership with the Franklin Noon Rotary Club, we

drilled a fresh-water well and connected it to the existing water distribution system. We also provided funds to construct a pump house, build a distribution line, construct a power grid, and install a 6" inch high-capacity submersible water pump.

Each year the participating Rotary Clubs try to add a new pilot project to their activities. This year we added one new project through a partnership with the Choluteca, Honduras Rotary

Club that will provide free dental care in three remote Honduran communities.

Each project is further described below.

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LITERACY



Rotarians James Johnston and his wife Marilyn, Bert Spearman, Rick Copeland and Charlie Brewer distributed over fifty (50) backpacks to the local elementary school filled with notebooks, paper, pencils, small books and individual personal items to help each child on their journey to a better world through education. The backpacks were provided by a fund raiser sponsored by the UT Martin Rotaract Club. Rotarian Bert Spearman donated over 200 King James Version Bibles in Spanish and English. In addition, our construction teams installed electrical lighting and power distribution outlets in both classrooms to extend classroom usage and to make the school rooms available into late evening hours. These classrooms often serve as community centers where health care professionals can meet with the community or where politicians can come and speak. The schools are built by the government in partnership with each patronage on property donated by the community.

CLEAN WATER

Contaminated drinking water is still the number one contributor to infant mortality and the greatest threat to public health in Honduras. This year in the small village of La Libratad, Honduras, about forty-five miles



southeast of Choluteca, we drilled a 6" inch diameter water well just over 225' feet deep in order to provide a clean and stable water supply to the community. In addition, we provided funding to construct a six foot by six foot pump house, install an electrical submersible water pump and electrical controls, provide a power source, and supply the needed PVC piping and control valves to connect the new system to the existing supply lines. Their previous four inch water well only reached a depth of 65' feet and could not meet the community's needs. It was able to provide water only two days out of the week during dry summer months and rarely more than four days per week during the rainy season. There was also concern that the existing well

might be contaminated by runoff or infiltration from storm water. The community was required to provide the manual labor for the construction of the well house and the distribution line which will require connection to the existing 10,000 gallon above ground storage tank.

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With the constant failure of the existing well to supply clean water to each household, mothers and daughters are required to carry water up a steep incline for over a quarter-of-a-mile in five gallon plastic buckets called *baldes*. They also must carry loads of clothes to the creek to wash and then back again every day. It is amazing to see the strength and stamina of the community's young



women as they balance those buckets filled to the brim up and down that mountainside from the creek below. But the heavy loads severely damage their health and are readily noticeable in the many older women who are stooped and can no longer carry these heavy burdens. For the younger women, these labors limit their ability to attend school or work in the few seasonal agricultural jobs that are available to supplement a family's income.



The community was very excited over the well construction and has already made plans to help with the purchase of materials to construct the well house. And they have asked if they could begin immediately to excavate for the water line.

This project was primarily financed by a grant from the Franklin Noon Rotary Club. The Lawrenceburg Rotary Club team conducted a site survey in early November 2008, provided design work and supervised the construction. Total project cost, including like-kind labor by the community, will be just over \$10,000.00 dollars.

PORTABLE SAND WATER FILTERS

In addition to the water project above, we were able to obtain water filters for the small community of Jocote de Linaca through the Choluteca, Honduras Rotary Club. These filters are produced in Honduras through a World Community Service project implemented and funded by Rotary Clubs in District 7950, an International Matching Grant, and local support from the Choluteca Rotary Club.

These sand filters will remove most contamination from local surface water sources which greatly improve the cleanliness and safety of household drinking water. Water is poured into a chamber in the top of the filter box where it passes through a rock and sand filter bed into a reservoir in the bottom of the unit. When the reservoir becomes full, it will discharge through a small pipe halfway up the filter box into a clean receptacle for home usage. This filter box represents a small investment with a tremendous potential for saving lives.



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ECO-STOVE CONSTRUCTION

The second greatest contributor to infant deaths and adult illnesses in Honduras is respiratory infections and breathing disorders caused by the ever present smoke which hovers in every home from cooking fires. For generations rural Honduran families have relied on open-flame cook stoves



for cooking. Wood is the primary source of fuel and is becoming increasingly harder for families to obtain freely.

Traditional stoves are constructed out of adobe or mud brick plastered over with a lime/clay or mortar surface. A few families have constructed detached kitchens, such as the one to



the right, with stoves under a small shelter to remove the smoke from inside their homes and to take advantage of sunlight.

Most stoves have only one open cooking surface above the flame where a pot is set to boil or a small round piece of metal is placed to cook one tortilla at a time—the main staple of rural Honduran families. To cook enough tortillas to feed a family of six takes hours and exposes women and small children to clouds of harmful smoke for much of the day. The eco-stove is based on the traditional cook stove but with some very important improvements.

Environmental Scientist from the United States working in Third World countries created the design several years ago which uses the same wood



source and method of combustion. The firebox, or combustion chamber, is slightly reduced and measures

exactly two times the size of the opening where the wood is inserted and through which the fire must draw its oxygen for combustion. This two-to-one configuration creates a balanced draft which accelerates combustion producing a hotter flame on about one-fifth of the fuel. Additional improvements include a larger cooking surface called a *plancha* that helps to capture and hold the heat from the firebox and evenly distribute it across the cooking surface. The smoke is fully contained and is collected in an exhaust chamber and



expelled through a metal pipe to the outside. The exhaust system is sized to the stove's fire box to increase draft and contribute to maximum combustion. The eco-stove is so efficient that almost no smoke can be seen escaping from the external stove pipe.

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After cooking only one meal on their new stoves, the women are so excited that they tell their neighbors about how much better the eco-stoves are than their old ones. And they are convincing them to build eco-stoves too. In several of the homes that the team visited, where they had installed stoves last year, families have cleaned the years buildup of soot from the rafters, have tiled around their cook stoves and painted their kitchens a brilliant white. Each woman beams with pride over her new stove and remodeled kitchen.

Past District Governor James Johnston, a project team member, had this to say, “We have been very fortunate to be able to partner with the Madison, Alabama Rotary Club on this project for the last three years. Together we have placed over 156 of these stoves in rural homes—100 this year alone—in six separate communities. We are deeply committed to addressing issues that directly affect the health of small children.” He went on to say that, “Our Rotary International President Dong Kurn Lee has asked Rotary Clubs all over the world to center their efforts on projects that address infant mortality and health issues caused by contaminated water sources. We have been able to do that each year that we have worked in Honduras and are very excited about the things we have accomplished and the impact that these projects have on these young people’s lives.”

This year the Madison Club entered into a contract with a local trade school to produce the metal parts to build the eco-stove and secured a contractor in Tegucigalpa to supply the ceramic fireboxes which are central to the stove’s design. The Choluteca Rotary Club now manages this project throughout the year with funds set aside from local Middle Tennessee and Madison, Alabama Rotary Club support.

The new stove originally was designed to address the devastating effects of smoke from cooking fires on the health of children—which it has—but it has also evolved into a tremendous quality-of-life improvement for the rural poor of Honduras.

DENTAL CLINIC

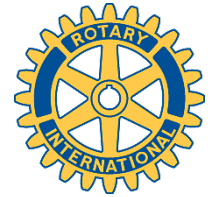
Each year we have added something new to the venue of services we provide. This year we added a Mobile Dental Brigade. The support, reception in the community, and success of the Dental Brigade far exceeded our expectations. This project allowed us to provide free dental care to families who are financially unable to afford professional services from private dental clinics.

In November 2008, an advance team traveled to Choluteca, Honduras to reconnoiter our February 2009 project sites. They also met with local community leaders and electrical contractors, ordered materials, and conducted a community needs analysis to determine if there were any additional underlying health or literacy needs that we could address. Each year we try to bring a large team of volunteers to Honduras, so it’s important to identify several things that team members are interested in or have matching skills to perform. We try to distribute the workload across our work force according to team member’s individual skills and keep everyone actively engaged so that everyone can contribute.



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With twenty-one volunteers reporting between the 11th and 21st of February 2009, we had a plethora of skills that could be tapped to meet any of the community's needs. During this site visit we also set project tasking and made job assignments. We inspected the sites with members from the Choluteca Rotary Club and discussed the project scope and the potential for additional services.



During this meeting Rotarian Nelson Matute, a prominent dentist in Choluteca and club president-elect in FY10/11 mentioned that he would like to conduct a rural mobile dental clinic during his year as president. We asked him, "Why not start this year? We could expand



it next year and the next, especially if most of the expense for equipment has already been satisfied." It was one of those moments of epiphany when each person suddenly realized that, to quote President Obama, "Yes we can".

Dr. Matute said he could begin right away to recruit local dental professionals to volunteer their time and that he would draft a list of needed supplies and equipment. We chose Jocote de Linaca, the small community where we would be installing electrical services into all 52 homes the following February, as the site for our first pilot dental clinic.



Dr. Matute estimated that the cost might be as much as \$1,000 US dollars and asked if we could help fund the venture. He noted that most of the expense would be required for dental equipment such as: forceps, examination instruments, syringes, scissors and dental lifts. These tools would be required in sufficient quantities to treat up to 100 people, as there would be no means to clean and sterilize any of the equipment in the field for reuse. He also



volunteered to bring everything he had in his private clinic to help reduce the quantity of needed equipment.

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He also pointed out that this would be a one-time initial investment that would not be necessary to support future dental clinics—significantly reducing the cost of future projects. We pledged \$1,200 dollars to cover all expenses and contingencies. And we assured him that we would be able to collect quantities of dental hygiene supplies from other Tennessee Rotary Clubs to bring with us in February. Dr. Matute was ecstatic.

The project date was set for Sunday morning on the twenty-second of February. Dr. Matute had recruited an impressive staff including: Dr. Marlon Sarino, Orthodontist, from the Ferguson Clinic; Dr. Juan Carlos Moya with the Honduran Institute for Health and Social Security (IHSS); Dr. Karla Salinas (Pharmaceutical Chemistry); four interns from the fifth year of the Faculty of Dentistry at the Universidad Nacional Autónoma de Honduras (UNAH) coordinated by Dr. Loida Mendes; and two dental assistants from the Matute Dental Clinic in Choluteca, Honduras.

In addition to Dr. Matute's staff, volunteers from the Lawrenceburg and Spring Hill Rotary Clubs assisted with the setup of the clinic facilities, provided patient preparatory services, assisted with the public health seminar conducted for the entire village, and aided the dental professionals during each procedure.



Over 100 individuals were screened for dental care which resulted in a total of 82 patients being treated. This number represented approximately 49 children and 33 adults. Dr. Matute reported that over 246 extractions were performed.

He also estimated that he still had enough medications, hygiene supplies, needles, and anesthesia to perform two more dental clinics before summer and would begin immediately to schedule those events. Total expenses to-date was less than \$1,000 dollars. The remaining funds would be used to cover incidental cost associated with the next two dental clinics and remaining monies would be placed in a special account to be used in future Dental Brigade projects.

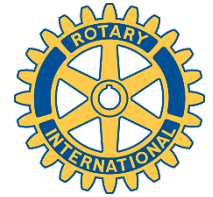
As we sat around the community water well in the school's courtyard eating lunch that day, villagers were coming up to us repeatedly and thanking us and some even hugged our necks. One older gentleman with a huge smile came up to one of the team members and put his arm around his shoulder. He pointed to four small craters in his upper gum and held up four fingers. He was so proud to finally be rid of the pain these diseased teeth caused him every single day.

Although only 82 patients were treated, Dr. Matute estimates that many others need the same level of care as their neighbors. He plans to do a follow up visit later this year. Many of the children and adults gave in to that



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same old fear that we all experience—the dentist chair and needle. Perhaps during the next clinic their courage will return and we can achieve 100% participation.

We were stunned by the success of our first Dental Brigade and the potential that lies ahead. Each year we are constantly reminded of how small things which we take for granted and cost us almost nothing, like this dental clinic, can change the lives of the poor of Honduras.

Dr Matute had this to say, “I am so happy and pleased. I want this to be a continuing project for us. The significance of this project has enhanced the Choluteca Rotary Club’s standing in our community and has shown us all the impact Rotary has on the lives of people all over our world.”

Next year we hope to purchase a mobile dental suite that will allow the dental professionals to expand the care they provide during these dental brigades such as cosmetic surgery, root canals, removal of cavities and filling teeth. We also hope to attract dental professionals within District 6760 who are able to travel with us to expand the level of care of our Dental Brigades. It’s a great opportunity to learn and share knowledge across international borders and to care for others at the same time.



It’s so easy to live in ignorance of how millions of people at our doorstep live everyday of their lives. But to be there and see how much something as common as a water well; or as simple as basic electrical wiring in a home; or a few books, pencils and paper; or even a small dental clinic can change lives, is unbelievably amazing. Our experience in Honduras has certainly changed our lives forever.

Together, under the banner of Rotary, we saw firsthand what it means to “**Make Dreams Real**”.

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Bert Spearman and Charlie Brewer



Dean Erwin, Charlie Brewer, Rick Copeland and Friend



Rafael Ferguson and Neal Beard



Lindsey Hayes, Marilyn Johnston and School Girls

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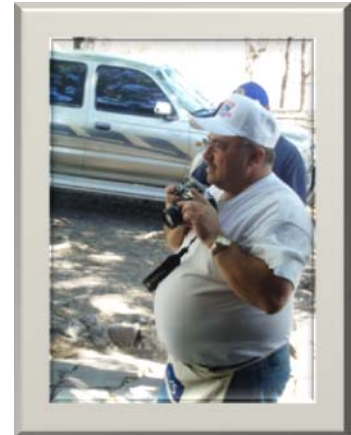
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Karla and Sergio Salinas



James Johnston and School Kids



Chuck Payne



Chris Niedergeses Installing a Porch Light



Mark and Lindsey Hayes (father and daughter)