

Bread, manna, sustenance, food... all refer to that which gives us life. While it may be metaphorical or literal we all know that without having our basic needs met, we can not survive. The hands above are those of a loving mother who came to the grade school to help make fresh field corn tamales for the children of Buenos Aires. We were blessed with a bumper crop of corn which will feed many hungry people in the year to come. Each and every one of us know the needs we bring before our Father when we pray for our "daily bread". As we pray for the needs of the mission, our daily bread takes the form of medicine, healthy crops and school supplies. But, as our prayers are met which help us to keep our doors open, we are reminded that God has given us the privilege of serving as an instrument to answer the prayers of His children. As a mother prays for His healing touch upon her sick child, we are able to manifest in a very real and tangible way God's concern and response for the needs of His people. You are such an important part of this mission to bring the love of Christ to those in need. Thank you for all you do to provide "daily bread" which not only feeds the body, but nourishes the soul.

bread, O Father in heaven, and grant that we who are filled with good things from Your open hand, may never close our hearts to the hungry, the homeless, and the poor, in the name of the Father, and the Son, and the Holy Spirit.

AMEN

#### WE GIVE YOU THANKS

This year we have seen many advances at the mission which have brought much hope and promise to the people of Honduras. While mere words could only begin to express the depth of gratitude we carry in our hearts for you, we hope that you will find deeper meaning and significance in our words of thanks within the pages of this newsletter. You see, our greatest way to give thanks to you is through our works. May God bless your kind, generous hearts abundantly.

### Medical Care, Food and Education

Cornerstones of the Past and Building Blocks for the Future

When FMI first began to work in the areas of medical care, food and education, the plan was fairly basic: treat disease, feed the hungry and help poor children attend grade school. But as the years have passed, the vision of the mission has become much broader than that. Today, we strive to address the root causes of poverty which give rise to illness, hunger and illiteracy. It is a very different way of viewing the Honduran situation.

#### **FMI PROGRAMS**

<u>Clinic</u> - While our medical program continually strives to meet the basic health needs of the people of this area, we now have some specialty programs that have expanded our practice as well as our patient base.

There are very few places in Honduras where venous stasis ulcers can be treated. Many women suffer

from these ulcers for years, battling infection and severe pain day in and day out. Thanks to donations of specialized dressings and appropriate antibiotic therapy, women from all over Honduras have found their

way to our small mountain clinic in the hope of a cure. The leg ulcer pictured previously is that of a woman who had suffered an infected, gaping wound for better than fifteen years. After only six weeks, her leg was nearly healed.

Food and Education - In our area, hunger and illiteracy are undeniably bound together. Entire families go without food for days at a time during the off season for coffee. Parents are sometimes forced to remove their children from school prematurely to help earn money to support the basic needs of the family. One of the most important goals of the agriculture program is to ensure a hot lunch for the local grade school children. Better nutrition equals higher performance. Knowing their children are fed at least one nutritious meal a day provides a great deal of incentive for parents to keep their children in school.



School children from Buenos Aires prepare to help shuck corn to make fresh tamales from the agriculture project cornfield.



## Five Steps to Problem Identification

We would be remiss in our duties if we were not constantly examining our situation in Honduras. What once may have appeared to be a root cause now may instead be defined as a symptom. These are the five steps that are continually being crosschecked to assure our work plan is addressing problems instead of symptoms.

- 1) Problem Identification
- Develop Potential Solutions
- 3) Implementation
- 4) Evaluation
- 5) Continuation or Try a New Solution

We would like for you to know that we are committed to these five steps. This is not an easy process, nor is it prone to immediate results, however if we truly love our neighbors as ourselves we must continually subject our program to scrutiny and review.



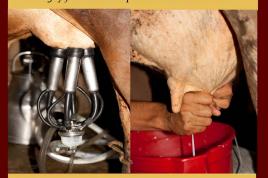
## **Agriculture Project - Two Distinct Goals**

Physicians in Honduras have a saying, "the only medicine this child needs is food". It is a tragic situation when children's health depends largely on the availability of food. Many of the diseases seen every day at the FMI clinic can be directly linked to malnutrition.

This year, our desire to feed the hungry has led us down a surprising path. It is the path to financial selfsufficiency for the mission. We are currently leasing an 80 acre ranch where we have been able to plant corn and other basic grains, raise dairy cattle to produce milk not only for the grade school children but to sell commercially and cultivate other fruits and vegetables on a large scale. For the first time in the history of the mission, we have been able to meet some of the needs of the poor while at the same time generating employment for the people we serve and significant income for the FMI project. And while this project is still in its infancy, there is much hope for the future!



Nearly thirty acres of corn were planted. Enough corn to feed the school children, help hungry families and provide income to FMI.



Sixty liters of milk are produced daily. Dairy products are made available to the school children and whole milk is sold commercially.

# FEEDING THE HUNGRY Who is Hungry in Honduras

Studies in Honduras consistently demonstrate it is women and children who are the most vulnerable to malnutrition. There are many types of malnutrition but most are related either to quality or quantity of food, sometimes both. Women who have many pregnancies in rapid succession and who are illiterate are highly likely to have nutritional deficits including iron-deficient anemia. Toddlers, at the point in which they are weaned are also at great risk for malnutrition.

# TEACHING THEM TO FISH Self-Sufficiency is Dignity

If one looks at hunger and malnutrition as a symptom of a deeper problem, it becomes obvious that simply feeding people is not enough. There is much work to do in the area of hunger and malnutrition. People need to be taught how to "nourish" themselves. Even bringing appropriate technology to increase food production is not a comprehensive solution. Self-sufficiency as it refers to feeding one's family is complex as it implies not only adequate resources to buy or produce food but also implies the appropriate allocation of family resources toward nutrition and health.

# Technology Equates to Hunger Reduction The Genetically Modified Hybrid Corn versus Traditional Maize

FMI is looking forward to a bumper crop of corn this year. This is partially due to the availability of a hybrid seed corn imported from the United States by a DuPont firm in San Pedro Sula. It is resistant to nearly all of the local pests that wreak havoc on traditional maize grown by small farmers on the hillsides of Honduras. Still, not everyone is in agreement about the benefits of producing a genetically modified corn in Honduras as well as in Latin America. An article written nearly ten years ago cited agricultural authorities in Honduras who claimed genetically modified corn would dramatically increase the country's ability to feed itself. Yet today, hybrid corn is only available to growers of a certain production capacity leaving out thousands of small producers. Each year, Honduras is forced to import basic grains. Scarcity and high fuel costs cause corn prices to skyrocket. In most cases, wages are unable to keep up with the rising costs of basic grains. From a simple hunger reduction standpoint, it would seem there would be a great advantage in the ability to produce more corn per square acre. Something to think about.

### THE ANGEL NEXT DOOR

Each and every person who participates in the FMI mission is nothing short of an angel. Meet a few of our ANGELS this year!

Carol Viar - Bless her heart! Carol organized a group of women to help cook the Honduran typical meal for the Sunrise Presbyterian fundraiser. She purchased the ingredients, cooked the chicken, organized the volunteers and even brought her mother to help the day the meal was cooked in the church's kitchen. Thank you Carol for all of your hard work!

Jeanne Sebree - Jeanne brought all of her artistic talent to the aid of FMI. She painted an amazing picture of Lisa taking care of a little boy. She put the painting up for auction as well as made prints and cards of her artwork. She also made some exquisite jewelry which she donated to the Sunrise auction. Talk about using your best gifts! Thank you Jeanne.

Jim Pitts - Jim continues to place the needs of the Honduran people in front of those who can help. This year, Jim made sure people knew about the needs of the school children in Buenos Aires, helping to raise funds through FUMC - Great Bend for school supplies. His latest endeavor included raising the final monies needed for doors and windows to finish the new school build-

ing. Thanks to Jim for never forgetting the hope an education inspires in God's little ones!

Charley Weathers - Always a guardian angel for the mission. Charley has continued to work very hard on a grant through the Rotary Foundation for our midwife training program. It has been three long years of diligence to ensure that all of the paperwork and requirements have been met. When Charley finds a way to help, he simply pursues the project single-mindedly until he gets results. Charley also collects discarded pencils from the golf course for the school children of Buenos Aires. Thank you Charley for your willingness to stick with us for the long haul. We couldn't do it without you!

Mrs. Laurilla Tennis - This is a story of kindness that touched our hearts. Mrs. Tennis is visually challenged, but she wasn't about to let that stop her from helping our mothers and newborns! Mrs. Tennis crocheted many beautiful baby blankets that will be given to mothers when they have a baby at the clinic. Each stitch was perfect and the colors were bright and joyful! Thank you for such a beautiful labor of love.



#### **MORE ANGELS NEEDED!**

As the mission grows, so do our needs. We are hoping to spread the word about our work and expand our base of support.

There are many ways that you can help. Do you belong to a civic group or club? How about having a program regarding FMI activities? Would you be willing to start a friends group at your church or other organization? What about an over-the-counter medication drive! Any and all ideas are welcome. Please let us know how we can be of service to you.



To God Be The Glory - Jeanne Sebree



### A YEAR IN MY LIFE AS A MISSIONARY

As I begin this article, I wonder whether to write about my personal life or that as it pertains to my work as a missionary. And yet, I realize that the two are so intricately woven together that it would be ridiculous to try to separate the two. God's plan for my life as a servant here in Honduras is so indelibly stamped on my soul that it will take more than "Lava" soap to scour it away. And, I'm glad for that.

This year has been a year of tremendous hope for me. Never before have I felt so positive and if I dare say proud of the accomplishments of the mission. And while I won't know until the end of the year exactly how much income has been generated by the mission, especially the agriculture project, I do know we will be able to provide for a greater percentage of our operating expenses than ever before through those earnings. One step closer to self-sufficiency, the only way in my mind we could ever truly show you how grateful we are for your years of faithful support.

My children and I are doing well. We have enjoyed good health and a greater sense of safety and security as the political situation here in Honduras has gone from rolling boil to slow simmer. I do believe my children have brought a sort of balance to my life that I did not experience prior to their arrival. Perhaps during any given day a patient has come to the clinic with a poor prognosis or a malnourished child has found his way to our door. The anguish of impotency would often times haunt me for days at a time. Yet somehow, as I walk through the door to the sound of Barney and the "I Love You" song, some of the loud screams of the chaos of this place are drowned out. As sweaty little hands grab mine and the words, "mommy come play" are uttered, I find myself feeling as though I could conquer the world. Who could have guessed I would feel the love of Christ so tangibly while eating Cheerios in my pajamas and watching Little House on the Prairie with my kids. I prayed, "God give me strength" and He did! Blessings to all, Lisa

#### MY FAMILY - JUAN & JESSICA Two Good Reasons to Fight!

I say it all the time. How could I not fight for the country that gave me what I cherish most in this life. Every morning I get up and ready my children for school. As I watch them walk into their classroom, I am acutely aware that these two children whom I love represent a country and a people who I also love. In a very personal way, the struggles of the Honduran people have become my own struggles. I am so thankful for these two good reasons to continue to fight for the well-being of my beloved Honduran friends and "family".

# AUTISM - JUAN'S JOURNEY A Blessing in Disguise

I will never forget the pediatric neurologist's words, "autistic spectrum disorder". He confirmed what I already knew yet hearing those words made my son's struggle more real than ever. Yet, as the years have passed, autism has brought not only challenges but blessings to our family. With a nonverbal child, my family was forced to find new ways to communicate. It also brought in to perfect focus the struggles Honduran families face when they have children with special needs. I'm pleased to report that God has blessed us this past year. Juan has begun to speak and is learning to read and write. What a gift to hear "mamma" again!

#### HOMECOMING - MAKE PLANS NOW TO HEAR ABOUT OUR WORK

For more information please contact FMI Foundation

President Marshall Stanton mstan151@kans.com

Lisa is planning her winter trip home to give report, express our gratitude and generate interest in the work of FMI. She will be in the United States from December through the first of February. If you would like to have her speak, she would be delighted to share updates, stories and more! Marshall Stanton, FMI President, will be in charge of scheduling. Thank you for the privilege of sharing our message with you.

## Violent Crime Brings Severely Injured Patients to FMI

Emergency Care Saves Lives When Traumatic Injuries Happen in Rural Areas



While two brothers stood harvesting coffee, they could have never imagined the hor-

ror that was about to befall them. A man suddenly appeared with a machete and began to attack the brothers viciously. One of the brothers right hand was nearly amputated. The other brother had a severe head injury as the sharp machete opened both the flesh and bone of the victims skull.

The two injured men were brought by private car to the FMI clinic. Both were bleeding profusely and were in shock. Their condition was serious so the clinic staff quickly worked to stabilize their condition. After the patient's were treated for their injuries within the scope of practice of the clinic, they were taken in the mission's vehicle to the public hospital in San Pedro for further evaluation and treatment.

Both men survived and are doing well. One had major hand surgery to repair fractured bones, severed tendons, arteries and nerves. He will most likely have some degree of permanent damaged to his dominant hand. The other patient was evaluat-



ed for further head injuries that could have required surgery, but was released after one day in the hospital.

## Thirty-two and Dying of a Broken Heart - Juan's Story

"They told me I need forty thousand lempiras to buy a new heart valve, it might as well be forty million."



This is not the smile of a young man with his whole life ahead of him. This is a man who has very little of his heart function left.

Juan Jose found his way to our door after friends suggested that FMI might

be able to help him pay for a new heart valve desperately needed to improve his heart function. Juan had rheumatic fever when he was a young child. The disease severely affected his heart. Now this father finds himself in need of open heart surgery and a two valve replacements if he is to live much longer. At this point his heart is very enlarged and is working at about fifty percent capacity. Even

at rest, if Juan lays down for any period of time, his lungs quickly begin to fill with fluid causing him to feel as though he is drowning. FMI and a cooperating specialist from San Pedro Sula helped Juan get the tests he needed to be

cleared for surgery. A heart surgeon at the teaching hospital in Tegucigalpa has agreed to do the surgery. What remains is to raise approximately \$3,000.00 to purchase the heart valves and other surgical materials.



Juan has five children in all. Despite his failing heart, he planted a small corn field to help feed his family. He worries about how he will provide for their needs as his physical condition continues to deteriorate.

### HOLY COW! WE'VE GONE HOG WILD

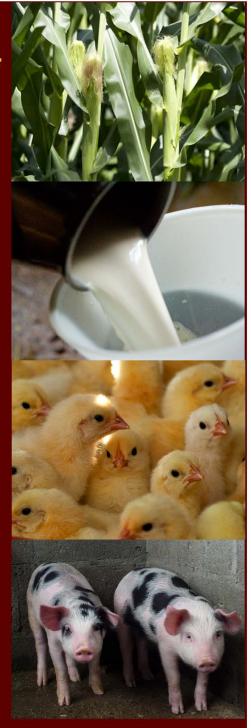
Milk, Chicken, Eggs and Pork More Economical to Produce When We
Can Grow Our Own Corn

When fuel prices began to rise, the cost of animal feed increased beyond FMI's financial grasp to produce high quality animal proteins. Now that the agriculture project is growing its own corn, feeding livestock has become much more economical which translates into cheaper protein for the poor whose typical daily bread includes beans, rice and tortillas. We are looking forward to making our agriculture project more productive while at the same time reducing our cost per pound of animal protein or liter of milk.

We are milking eight dairy cows which provide cream, butter and milk for the local people as well as a source of income for the mission through the commercial sale of whole milk. We recently purchased a cream separator and a pasteurizer which assures a safe and quality product for the school children of Buenos Aires and the clients of the trade store.

Every six weeks one hundred chickens are butchered which yields nearly four hundred pounds of meat. This is an economical protein source for the school children as well as those who care to purchase or barter through the mission's trade store. Besides a portion of chicken meat, all of the chicken hearts, livers, gizzards as well as feet and necks go straight to the grade school. For some children, school is the only place they will eat meat.

Finally, after more than a year of a suspended porcine program, we can finally report to you we are back in the business of finishing hogs. We currently have ten hogs of various ages. Some of the hogs should be ready to butcher close to Christmas. We will be pleased to offer fresh, disease-free meat, lard, pork rinds and perhaps even some sausage. Ham anyone?





Samira Villela examines her very first patient at the public hospital in San Pedro Sula. In her excitement she exclaimed, "I was born to be a physician!"

### "I WAS BORN TO BE A PHYSICIAN"

FMI Medical Student Samira Villela Finds Passion in Her Studies

For years now, faithful donors have been supporting a young Honduran woman's dream to become a physician. After all of the chemistry, biology and theory behind the art and science of medicine, Samira Villela is finally beginning to reap the benefits of her hard work. Samira is now in clinicals. She expresses great joy in her studies as she finally lays her hands on "real live" patients. In a recent letter she writes, "thanks for everything but above all else for believing in me". Thank you to each and every person who is helping to make this dream come true. Love in action is beautiful!



#### You Are a Vital Part of the FMI Mission

Just as Every Living Thing Creates the Wonder of God's Creation, Each Person Who Participates in Our Project Helps Bring the Beautiful Colors of Hope and Love to the Honduran People We Serve - Thank You!

We are thrilled to have such a diverse group of people, churches and civic organizations working with Fellow Man International. The variety brings together threads of many different colors and weaves them into a beautiful tapestry, providing a vision of what Honduras might look like without the desperation of poverty. Each time a malnourished toddler is fed, a pregnant woman delivers a healthy baby or a young child learns to read and write, there is joy. And while you may never have the opportunity to shake the hands of the individuals you touch, may you know your hands have been an instrument of God's love, peace and mercy.

"Jesus is a verb...not a noun." - Ricardo Arjona

#### **Every Donation is Important!**

There simply is no way we could provide for needs of the mission were it not for your generous financial support. We thank you for your prayers, your gifts and your service. As we approach the end of this year and the beginning of a new year, we would ask that you give prayerful consideration as to how you might help us to continue our work. There is still so much to do. Once again please accept our most sincere words of gratitude on behalf of our Honduran friends in need.

Fellow Man International
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Fellow Man International Foundation P.O. Box 2993 Salina, Kansas 67402

