

Community Coalition for

Haiti

P.O. Box 1222, Vienna, VA 22183
(703) 880-4160



MISSION to pignon

“For I was hungry, and you gave me something to eat;
I was thirsty, and you gave me something to drink;
I was a stranger and you invited me in;”
Mathew 25:35



Dear Haiti Volunteer,

We are very excited that you will be traveling with CCH on one of our missions to Pignon, Haiti. Our goal is to provide you with some important and helpful information in this packet for your upcoming trip. Please try to join us for an **Orientation Meeting** prior to your scheduled departure. A date will be provided for you as each trip is scheduled.

This package contains the following information to help you in your trip preparedness:

- Information regarding CCH and the programs in Pignon
- A Personal Items and Necessities List
- Immunization list/Fairfax VA Health Dept. Clinics
- Last Minute Reminders Before You Leave
- Information on Malaria Risk/Safe Travel Procedures
- "A Little Change Please" by Kris Stoez
- Current US Dept of State – Consular Info Sheet can be found at <http://www.travel.state.gov>, under 'travel advisories'. (Travel Insurance will be purchased by CCH for each participant).

We hope you find these materials helpful in your preparations.

Under separate cover with this material, please find your trip itinerary and 3 forms that need to be **returned** to the trip coordinator at the Orientation or mailed to the above address **at least 30 days prior to your departure**.

- Trip Itinerary
- CMP Application for Volunteer Service
- CCH Release Form
- CCH Emergency Contact Form
- If you are a medical professional, 5 black and white copies of your medical licenses and 5 color passport photos are required **45 days prior to your departure**.
- Comment form – to be mailed to CCH when you **return**.

**** Malaria Medication will no longer be provided by CCH (new policy); you will need to contact your medical care provider or the Health Department for this and all other required medication.** Note: *The Malaria medication prescribed may require you to begin taking the medication two weeks prior to your trip and 4 weeks after your return (follow the direction of your medical care provider).*

The cost of most trips is estimated at \$1,100, which includes all air transportation, food and lodging in Pignon. A \$500 deposit is recommended to reserve your space. Payment in full is requested prior to your trip departure. We will be email or mail you a final invoice.

If you have any questions, please feel free to contact Karen Carr at 703-880-4160 or 703-201-7348, Normajeane Eleazer at (703) 437-8407, or your Trip Leader (phone numbers will be given at Orientation meeting).

In Christ,

Karen H. Carr (karenhcarr2@yahoo.com, karen@cchaiti.org)

Community Coalition for Haiti

Community Coalition for Haiti or CCH is an interdenominational volunteer 501(C)(3) devoted to improving the lives of the people of Pignon through physical, educational, economic and spiritual development.

Mission: to promote and execute long-range health care and improve spiritual and socioeconomic conditions within Pignon and its surrounding communities.

Programs:

- Hospital de Bienfaisance de Pignon (HBP)
- Education, Christian Mission and Community Development
- Potable Water, Agriculture, and Sanitation

Hospital de Bienfaisance de Pignon (HBP)

HBP provides complete medical and dental care and is one of Haiti's leading centers of medical education.

The hospital facilities include:

- Laparoscopic surgery training center/New OR
- Upcoming expansion of Outpatient Clinic with 40 beds
- New classrooms and laboratory
- X-ray department
- Eye clinic
- Dental clinic and laboratory
- Administration building
- Supply depot
- Medical and dental staff housing
- Patient family quarters
- Chapel
- Housing for long and short-term missionaries.

HBP's programs include:

- Maternity care
- Breast feeding education and promotion
- Reproductive health control and education
- Immunization
- Dehydration and malnutrition control
- Malaria, tuberculosis and typhoid control
- Hygiene education
- HIV/AIDS prevention and treatment

Education, Christian Mission and Community Development

CBP supports many community projects that nurture economic and spiritual growth including:

- Mother's Club for micro-economic development
- Haitian Education and Literacy Program (HELP)
- Haitian Advanced Scholarship Program (HASP)
- Medical and dental education
- Pignon Municipal Airport
- Additional education programs provided by missionaries.

Potable Water, Agriculture, and Sanitation

Programs include:

- Well drilling and clean water distribution sites
- Reforestation and erosion control
- Sewage disposal
- Water Reserve capacity and Sanitary Water for the Hospital

Personal Items for Haiti Trip

Weight Limit 25 Pounds!

Luggage

You and your luggage may be weighed. You may also be asked to carry group luggage (which is not included in the 25 pound limit.)

- Duffel Bag (with wheels, Ok) or Backpack
- Fanny pack
- Passport carrier or harness

Clothing

- **Leave Jewelry at home!!** (Watch or simple ring/earrings are OK)
- Lab coat for MD's and nurses
- Robe for nighttime travel to shower or bathroom
- Sleepwear
- Light weight slacks or jeans
- Shorts (Men only) and shirts/blouses (2 or 3 max.)
- Wind breaker/rain gear (Optional)
- One outfit suitable for church, etc.
- Hat (for sun protection)
- Shower thongs
- Old shoes or tennis shoes
- Bath towel, hand towel are provided. You may wish to bring a washcloth.

- Ladies: Modest clothing is a must for interaction with community events (Bible school, home visitation, etc.) Our goal is to fit into the Haitian culture.

Toilet and Personal Articles; (All liquids, pastes, etc. must be less than 3 oz. and fit into a Quart size Ziploc bag-Airline Regulations)

- Sun Screen
- Small package of Kleenex
- Insect Repellant/ Anti itch cream
- Your Choice of Pain Reliever (Tylenol)
- Minimal and essential toilet articles
- Flash light is essential (consider extra batteries is)
- Camera (optional)
- Reading material
- Laundry soap if you wish to do laundry (the Haitian ladies will do laundry for about \$3.00 per time)
- Sun glasses
- Personal medicines (Pepto, sleeping meds might be considered)
- Hair dryer (if you need one)
- Ear plugs (it is noisy at night)

Documents and Cash:

- Adequate cash
- Passport along with 2 copies kept separately from passport
- In-country cash- bring \$150.00 in cash with \$50 being ones for expenses such as souvenirs, gifts, beverages (soda, beer), shopping, donations to local families, churches, etc.

Food:

- **Bottled water for travel time is essential. Please keep the container for use the entire week.**
- Water at the Minnesota Dorm and at the Hospital Dorm is treated/boiled and safe to drink. Bring something to mix in like tea, Kool-Aid, since the taste is not great.
- Food to supplement minimal meal selection (instant oatmeal, pkg. Tuna, dried fruit, popcorn for microwave, snack items). Bring in medically necessary food items or dietary requirements.

Last Minute Reminders

Before You Depart For Haiti

- **DO YOU HAVE YOUR PASSPORT? (VALID FOR AT LEAST 6 MORE MONTHS).**
 - **DOES YOUR PASSPORT NAME MATCH THE NAME ON YOUR AIRLINE TICKET?**
 - **DO YOU HAVE THE NECESSARY EQUIPMENT FOR YOUR JOB, IE CONSTRUCTION GLOVES, MEDICAL PAPERWORK, SONG BOOKS, ETC.**
 - **PLEASE BRING A FLEXIBLE ATTITUDE AND A WILLINGNESS TO SERVE**
 - **DO YOU HAVE YOUR FLASH LIGHT, BUG SPRAY, EAR PLUGS, AND YOUR MALARIA MEDICATION?**
 - **BRING ENOUGH CASH TO ALLOW YOU TO MEET CONTINGENCIES (SUGGESTED TOTAL OF \$150).**
1. TO ENTER HAITI, YOU MUST COMPLETE THE IMMIGRATION INFO THAT INCLUDES YOUR PASSPORT NUMBER, AIRLINE & FLIGHT #, PURPOSE AND DESTINATION. FOR PURPOSE, WRITE “**PLEASURE**”, FOR DESTINATION WRITE “**CBP HOSPITAL, PIGNON**”.
 2. ON ARRIVAL, WHEN YOU CLEAR HAITIAN IMMIGRATION, YOU WILL BE GIVEN A PAPER THAT IS YOUR TEMPORARY VISA. **YOU MUST HAVE IT WHEN YOU**

LEAVE THE COUNTRY! BOTTOM LINE: DON'T LOSE IT! (NO VISA, NO LEAVE HAITI!)

3. IF TRAVELING THROUGH PAP, MR. NADER WILL GREET US IN THE AIRPORT OR JUST OUTSIDE. HE AND HIS TEAM WILL

-7-

TRANSPORT YOU TO THE LOCAL TERMINAL, WHICH IS SEPARATE FROM THE MAIN TERMINAL. COST SHOULD BE NO MORE THAN \$7 US PER PASSENGER. IF TRAVELING THROUGH CAP, YOU WILL REMAIN IN THE AIRPORT.

4. IF TRAVELING THROUGH PAP, ON ARRIVAL AT THE LOCAL TERMINAL, THE LEADER OF THE GROUP SHOULD INTRODUCE HIMSELF/HERSELF TO THAT HAITIAN IN CHARGE OF YOUR PIGNON FLIGHTS (MAF OR CARIBINAIR). THEY WILL WEIGH EACH OF YOU AND YOUR BAGGAGE. YOUR LEADER SHOULD MAKE PAYMENT FOR THE FLIGHTS.
5. IN CASE OF AN EMERGENCY IN PAP, IF YOU CANNOT LEAVE THE CITY

OVERNIGHT CONTACT:

1) Dennis Lockhart

Santo 3 PAP (011) 509 238 3675

2) Bin's Place

Guest House

011 509 238 3549 / 011 509 402 6070 / 011 509 401 6070

3) Visa Lodge

406 3161 / 250 1561

4) HAITI METHODIST GUESTHOUSE – 509-257-3012 AND EMAIL:

ERIC HANDLES THE TRANSPORTATION TO AND FROM THE GUESTHOUSE. THEODORE AND CARLA WARNOCK ARE THE MISSIONARIES WHO LIVE AT THAT HOUSE. COST PER NIGHT IS \$30 PER NIGHT WHICH INCLUDES MEALS AND TRANSPORTATION TO AND FROM THE AIRPORT.

5) VISITATION HOUSE: 509-246-3469, THIS IS A CATHOLIC GUESTHOUSE AND IS FREQUENTLY FULL.

REMINDERS:

BRING A BOTTLE OF WATER WITH YOU TO PAP IN CASE THERE IS A DELAY. YOU MIGHT WANT IT FOR REFILLS AFTER YOU ARRIVE IN PIGNON. HAVE ENOUGH CASH TO LEAVE THE COUNTRY – ABOUT \$150 US.

EMERGENCY CONTACTS:

KAREN CARR– 703 201-7348 CELL/703-880-4160 OFFICE

ANOTHER ALTERNATIVE IS TO CALL **SUE ISHUE AT 615-463-8929 OR CHARMANT THEODORE, EXECUTIVE DIRECTOR OF CMP AT 813-843-3878**. THEY HAVE A NUMBER OF DIFFERENT WAYS OF MAKING CONTACT IN PIGNON.

IF A FAMILY MEMBER NEEDS TO REACH YOU, THEY MAY SEND EMAIL TO:

KAREN CARR AT: karenhcarr2@yahoo.com

NORMAJEAN ELEAZER AT: neleazer@aol.com

OR DIRECTLY TO PIGNON AT:

Immunizations Needed Before Going to Haiti

1. Current Tetanus
2. All medical and dental volunteers are required to have Hepatitis A and Hepatitis B immunizations.
3. Malaria Prophylaxis; please see the following **CDC Fact Sheet** , your local Health Department and private physician prior to travel.
4. Oral or injectible Typhoid Vaccination.

Please plan to obtain your immunizations at least 4 weeks prior to departure. Most Health Departments have travel clinics that require an appointment 3 weeks or more in advance, so plan early! (Most private physicians do not carry Typhoid). Your malaria medication will begin 1-2 weeks prior, depending on the type.

Malaria

The preventive measures you need to take while traveling in the Caribbean depend on the areas you visit and the length of time you stay. You should observe the precautions listed in this document in most areas of this region.

Malaria

Malaria is always a serious disease and may be a deadly illness.

Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites ([see below](#)). All travelers to malaria-risk areas in Haiti and the Dominican Republic, including infants, children, and former residents of these



An *Anopheles freeborni* mosquito takes a blood meal.

islands, should take an antimalarial drug. All travelers to Haiti are at risk for malaria, except no risk in the cruise port of Labadee (Labadie). Travelers to rural areas of the Dominican Republic are at risk for malaria, with the highest risk in provinces bordering Haiti. In addition, risk in all areas of La Altagracia Province, including Punta Cana and Bavaro Beach ([Updated October 21, 2005](#)). There is also malaria risk on Great Exuma Island, Bahamas ([Updated June 16, 2006](#)). Travelers to malaria-risk areas in Haiti, Dominican Republic, and The Bahamas should take chloroquine to prevent malaria.

For additional information on malaria risk and prevention, see [Malaria Information for Travelers to the Caribbean](#).

Malaria is a serious disease that is transmitted to humans by the bite of an infected female *Anopheles* mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Malaria may cause anemia and jaundice. *Plasmodium falciparum* infections, if not immediately treated, may cause kidney failure, coma, and death. Malaria can often be prevented by using antimalarial drugs and by using personal protection measures to prevent mosquito bites. However, in spite of all protective measures, travelers may still develop malaria.

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, any fever should be promptly evaluated.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

Vaccines for Your Protection: The Caribbean

Routine Vaccinations

Before travel, be sure you are up to date on all routine immunizations. **See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.** If it is less than 4 weeks before you leave, you should still see your doctor. It might not be too late to get your shots or medications as well as other information about how to protect yourself from illness and injury while traveling.



Check with your healthcare provider: you and your family may need routine as well as recommended vaccinations.

Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to The Caribbean. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

- [Hepatitis A](#) or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- [Hepatitis B](#), especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.
- Malaria: if you are traveling to a malaria-risk area in this region, see your health care provider for a prescription antimalarial drug. For details concerning risk and preventive medications, see [Malaria Information for Travelers to the Caribbean](#).
- [Rabies](#), if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.
- [Typhoid](#), particularly if you are visiting developing countries in this region. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors
- As needed, booster doses for [tetanus-diphtheria](#) and [measles](#).

Other Health Risks

Injuries

Motor vehicle crashes are a leading cause of [injury](#) among travelers. Protect yourself from motor vehicle injuries: avoid drinking and driving; wear your safety belt and place children in age-appropriate restraints in the back seat; follow the

local customs and laws regarding pedestrian safety and vehicle speed; obey the rules of the road; and use helmets on bikes, motorcycles, and motor bikes. Avoid boarding an overloaded bus or mini-bus. Where possible, hire a local driver.

What You Need To Bring With You

- Long-sleeved shirt, long pants, and a hat to wear whenever possible while outside, to prevent illnesses carried by insects (e.g., [malaria](#), [Dengue](#), [filariasis](#), [leishmaniasis](#), and [onchocerciasis](#)).
- Insect repellent containing [DEET](#).
- Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
- Iodine tablets and portable water filters to purify water if bottled water is not available. (The Minnesota Dorm has water filters and sometimes we use iodine pills. Consider bringing tea or Koolaid to add flavor!).
- [Sunblock, sunglasses, and a hat](#) for protection from harmful effects of UV sun rays. [See Skin Cancer Questions and Answers for more information](#).
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s) or letter from your health-care provider on office stationery explaining that the medication has been prescribed for you.
- Always carry medications in their original containers, in your carry-on luggage.
- Be sure to bring along over-the-counter antidiarrheal medication (e.g., bismuth subsalicylate, loperamide) and an antibiotic prescribed by your doctor to self-treat moderate to severe diarrhea. See suggested over-the-counter medications and first aid items for a [travel kit](#).
- **New** security measures were implemented on August 10, 2006, regarding what passengers may carry onto the airplane.
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Staying Healthy During Your Trip

- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, even on beaches.
- Protect yourself from mosquito insect bites:
 - Wear long-sleeved shirts, long pants, and hats when outdoors.
 - Use insect repellents that contain DEET (N, N-diethylmethyltoluamide). For more information about insect repellents and correct use, see [What You Need to Know about Mosquito Repellent on the CDC West Nile Virus site](#).
 - If no screening or air conditioning is available: use a pyrethroid-containing spray in living and sleeping areas during evening and night-time hours; sleep under bed nets, preferably insecticide-treated ones.
 - If you are visiting friends and relatives in your home country, see additional special information about malaria prevention in [Recent Immigrants to the U.S. from Malarious Countries Returning 'Home' to Visit Friends and Relatives](#) on the CDC Malaria site.

Do not

- Do not eat food purchased from street vendors or food that is not well cooked to reduce risk of infection (i.e., hepatitis A and typhoid fever).
- Do not drink beverages with ice.
- Avoid dairy products, unless you know they have been pasteurized.
- Do not swim in fresh water to avoid exposure to certain water-borne diseases such as schistosomiasis. (For more information, please see [Swimming and Recreational Water Precautions](#).)
- Do not handle animals, especially monkeys, dogs, and cats, to avoid bites and serious diseases (including rabies and plague). Consider pre-exposure rabies vaccination if you might have extensive unprotected outdoor exposure in rural areas
- Do not share needles for tattoos, body piercing or injections to prevent infections such as HIV and hepatitis B.

After You Return Home

If you have visited a malaria-risk area in Haiti or the Dominican Republic, continue taking your chloroquine for 4 weeks after leaving the risk area.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

For More Information

For more information about these and other diseases, please check the [Diseases page](#) and [CDC Health Topics A-Z](#)

Fairfax County Health Department Clinics

DISTRICT OFFICES & CLINIC SITES :
Check District offices for map to clinic sites.

The fees and eligibility for services vary by program. Call the closest district office for information. Environmental services, administrative offices, and the laboratory are located at Kelly Square, 10777 Main Street in Fairfax. For general information call **703-246-2411**; the TDD # for the hearing impaired is **703-591-6435**.

Appointments: For fastest service and shortest wait, call for an appointment for

Immunizations, Pregnancy Testing, TB Testing, Refugee Health Screening, International Travel, Maternity Services, and WIC (Women, Infants and Children).

Walk-In Services:

For flexibility, use our convenient Walk-in-Hours for Immunizations, TB Testing, HIV Testing and Pregnancy Testing.

Hours for all offices:

Monday - 8 a.m.- 3:30 p.m.

Tuesday - 10 a.m.- 6 p.m.

Wednesday - 8 a.m.- 3:30 p.m.

Friday - 7:30 a.m. - noon

STD Testing Walk in Clinic Schedule - No Charge

Springfield Clinic - Tuesday - 4:30 p.m. - 6 p.m.

Falls Church Clinic - Monday 9:30 a.m. - 11:00 a.m.

Herndon Clinic - Thursday 1:30 p.m.- 3 p.m.

Joseph Willard -

Tuesday 10 a.m. - 11:30 a.m.

Wednesday 5 p.m. - 6:30 p.m.

Mt Vernon Clinic -

Monday - 2 p.m.- 3:30 p.m.

Friday - 9:30 a.m. - 11 a.m.

Anonymous HIV Testing

Joseph Willard -

Wednesday 5 p.m. - 6:30 p.m.

CLINICS

- [Falls Church District Office:](#)
6245 Leesburg Pike, Suite 500
Falls Church, VA 22044
703-534-8343
- [Herndon-Reston District Office:](#)
1850 Cameron Glen Drive, Suite 100
Reston, VA 20190-3310
703-481-4242
- [Mount Vernon District Office:](#)
8350 Richmond Highway, Suite 233
Alexandria, VA 22309-2344
703-704-5203
- [Springfield District Office:](#)
Cary Building, First Floor, Suite A100
8136 Old Keene Mill Rd
Springfield, VA 22152
703-569-1031
- [Joseph Willard Health Center:](#)
3750 Old Lee Highway
Fairfax City, VA 22030-6903
703-246-7100

Travel Warning

United States Department of State
Bureau of Consular Affairs
Washington, DC 20520

This information is current as of today, Tue Feb 20 15:55:59 2007.

HAITI

January 10, 2007

This Travel Warning is being issued to remind American citizens of ongoing security concerns in Haiti, including frequent kidnappings of Americans for ransom. Travelers are strongly advised to thoroughly consider the risks before travel to Haiti, and to take adequate precautions to ensure their safety if they do so. This Travel Warning supersedes the Travel Warning issued July 7, 2006, and expires July 9, 2007.

U.S. citizens traveling to and residing in Haiti are reminded that there is a chronic and growing danger of kidnappings. Most kidnappings are criminal in nature, and the kidnappers make no distinctions of nationality, race, gender or age; all are vulnerable. Over 60 Americans were kidnapped in 2006, most in Port-au-Prince.

Many abductions are the result of carjacking or home invasions. Past kidnappings have been marked by deaths, sexual assault, shooting and physical assault of Americans. The lack of civil protections in Haiti, as well as the limited capability of local law enforcement to resolve kidnapping cases, further compounds the element of danger surrounding this trend.

U.S. citizens are also reminded of the potential for spontaneous protests and public demonstrations that can occur at any time, day or night, and may result in violence. While the nation-wide elections for municipal and other local positions on December 3rd, 2006, were conducted peacefully, political violence can occur at any time. American citizens are advised to take commonsense precautions and avoid any event where crowds may congregate. Visitors and residents must remain vigilant due to the absence of an effective police force in much of Haiti; the potential for looting; the presence of intermittent roadblocks set by armed gangs or by the police; and the possibility of random violent crime, including carjacking and assault.

Travel can be hazardous within Port-au-Prince. Some areas are off-limits to embassy staff, including downtown Port-au-Prince after dark. U.S. Embassy personnel are under an embassy-imposed curfew and must remain in their homes or in U.S. government facilities during the curfew. The embassy has limited travel by its staff outside of Port-au-Prince and therefore its ability to provide emergency services to U.S. citizens outside of Port-au-Prince is constrained. The UN stabilization force (MINUSTAH) remains fully deployed and is assisting the government of Haiti in providing security.

Due to the current security situation in Haiti, the Department of State reminds U.S. citizens traveling to or residing in Haiti to remain vigilant with regard to their personal security; they are strongly advised to register either online at <https://travelregistration.state.gov/ibrs/> or with the Consular Section of the U.S. Embassy in Port-au-Prince. The Consular Section can be reached at (509) 223-7011, fax number (509) 223-9665, or e-mail address acspap@state.gov. Travelers should also consult the Department of State's latest Consular Information Sheet for Haiti and Worldwide Caution Public Announcement at <http://travel.state.gov>. American citizens may also obtain up-to-date information on security conditions by calling 1-888-407-4747 toll free in the United States or Canada or 1-202-501-4444 from overseas. In Haiti citizens can call 509/222-0200, ext. 2000.

Spotlight

Growing up in Pignon, Haiti, Dr. Guy Theodore often accompanied his father, a Baptist lay minister, as he preached and cared for the sick. His experiences led Dr. Guy to pursue a career in medicine, first studying in Port-au-Prince and later completing his residency in the United States.

After practicing medicine in New York for five years, Dr. Guy joined the US Air Force in 1978 and began construction of a medical facility, later the Hospital de Bienfaisance de Pignon (HBP). In 1981, while Chief of Surgery at the Little Rock Air Force Base, Dr. Guy founded the Christian Mission of Pignon (CMP) and began organizing short-term medical and dental mission trips to Haiti. In 1982, Dr. Guy was named a Fellow of the American College of Surgeons, and in 1983, he retired from the Air Force as a Colonel. After returning to Pignon, Dr. Guy established the Comite de Bienfaisance de Pignon (CBP) in 1984.

In September 1994, Peter Jennings and ABC News recognized Dr. Guy for his work, when he was selected as a Person of the Week. In January 2002, Dr. Guy received a special award for CBP's work in public health from the United Nations Foundation.

CCH continues to work with community leaders like Dr. Guy Theodore and CBP, Pastor Caleb Luciens, and Pastor Francois. Each has their own vision for Pignon and CCH assists them in their efforts.



"A Little Change, Please."

by Kris Stoesz

The other day in Port-au-Prince, I was followed by a little boy with his palm out asking for money, just a few coins, a little change, please. These are among the times I struggle most living here in Haiti, and even



Kris (right) with several friends.

"What we would like to do is change the world—make it a little simpler for people to feed, clothe, and shelter themselves as God intended for them to do. And, by fighting for better conditions, by crying out unceasingly for the rights of the workers, of the poor, of the destitute—the rights of the worthy and the unworthy poor. We can throw our pebble in the pond and be confident that its ever-widening circle will reach around the world. ...there is nothing that we can do but love, and, dear God, please enlarge our hearts to love each other, to love our neighbor, to love our enemy as well as our friend."

Dorothy Day, Meditations

after five years, I still don't feel I've developed a good response to the people asking for things. But this particular boy helped me discover why find these moments so difficult. He was only asking for a little change. Sure, he me for me to put a few coins into his hand, but more than that, he wanted a change from having to sleep on the streets, from the frequent fights fending off others who would like the same coins he had in his pocket, a chance to go to school, for a change.

It's easy to walk through a new neighborhood and drop a few coins into outstretched hand. But I wrestle with how to address the immediate needs that a little change can satisfy without undermining or neglecting the bigger changes necessary for building a world where children don't have to beg for their survival. Short term and long-term needs battle for our attention. Should we focus limit resources on feeding people who are hungry today or on helping develop the capacity for people to feed themselves tomorrow? Resolving the conflict between our world's short and long-term needs requires more than incremental changes. What is needed is nothing less than a deep

transformation in our societies and in ourselves.

Living in a Haitian community has demonstrated to me that this transformation grows out of relationships and shared experiences across cultural, racial, and economic borders. As we live together and understand one another's realities better, we each are changed. Perspectives and possessions we once needed may no longer seem as important, and the deeper needs we may have neglected often become clearer to us. Answers that once seemed obvious are no longer so simple, and problems that seemed without solution begin to open up new possibilities. The kind of love that Jesus calls us to will not lead all of us to move to Haiti, but it will inevitably lead us to step out of our comfort zone, to relate to people we might typically overlook, to spend time in neighborhoods we wouldn't ordinarily visit, to read books that challenge our assumptions and amplify the voices of those we might not hear otherwise. As we share in the lives of those who are different from us, the labels we have used to classify and distance ourselves from them, tired old words like "poor," "homeless," and "beggar," will disappear from our vocabularies and be replaced with individual names of neighbors who we count as precious in God's sight. The kind of transformation we are called to is not a single event. It is something that grows within as we love and live with others who are different from us. The challenge is for us to keep our hearts and minds open and to live in such a way that those who live and think differently from us can change us.

The little boy in Port-au-Prince that day was right to ask for change... change for himself and change for me. I wish the change only amounted to a little pocket money. From now on I will see this boy's outstretched hand as an invitation to a relationship, to the kind of relationship that can transform me and transform our world. Kris is with Beyond Borders.

Haiti Group Preparation

Before Going, Consider:

- 1) What are your goals/expectations for this project?
 - a) 1 Corinthians 13:1-3
 - b) Isaiah 58:6-10

- 2) A variety of roles available are:

a) Medical work	b) Supply logistics	c) Engineering
d) Plumbing	e) Photographer	f) Servant
g) Bible school	h) Worship leader	i) Construction
j) Orphanages	k) Agriculture	l) Feeding Program

- 3) Common Frustrations
 - a) Work isn't ready to start! – Waiting, inefficiency!
 - b) Heavy schedule. Little down time or time alone.
 - c) Getting along with other adults: there are different expectations, styles, workloads, close quarters.

- 4) Cultural adaptation:
 - a) Come with a flexible attitude with regard to time and organization. Things practically never start on time, nor are all the tools you might need to do your work always readily at hand. Usually a group will accomplish about half of what they set out to do. There is a lot of “hurry up and wait”, but we must accept that God is creating the free time for us to learn to know our team, and the people of Pignon.
 - b) You may be fascinated, overwhelmed, depressed! Be sensitive, talk, share your thoughts with each other and don't forget to listen!
 - c) You will be flocked by many eager, boys and young men who are trying to make friends, be helpful to us, and learn better language skills through their associations with us. Please be patient as our arrival is a very big deal to them. Being kind, but firm will ward off the most overzealous of our new “friends”, but remember that we are coming to them with compassion and love and in Christ's name.
 - d) We try to create lasting bonds between trip members and the people of Pignon. They often remember us long after we return to our own daily lives, and eagerly anticipate continuing contact
 - e) with us or even our possible return. Try, if you promised to correspond, to maintain at least an occasional letter or email message (through the Hospital).
 - f) Our goal is to teach and develop the skills of the Haitian people, rather than doing everything ourselves. We are trying to teach self-sufficiency rather than enabling dependency.

- 5) Group Participation: We attempt to create a sense of community and mutual support on each trip. In addition to our daily goals, we also like to:
 - a) Join in prayer before each meal (meals are all shared together).
 - b) Endeavor to create bonds between members on the trip.
 - c) Optional devotions after breakfast and dinner (you might want to come prepared with thoughts, prayers, if you wish to participate)
 - d) Exploring the community (never alone, please) with walks around the area, climbing Mt. Pignon, visiting the Market, Churches, Orphanages, and homes-if we are invited.
 - e) Evening program with discussions, singing Christian songs, devotionals and just plain fun! (All optional but encouraged).

TRIP NOTEBOOK

TRIP DATES - FROM: _____ TO: _____

TRIP LEADER: _____

TEAM MEMBERS:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

11) _____

12) _____

13) _____

14) _____

15) _____

