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"He went to him and bound up his wounds, pouring on oil and wine." **Luke 10: 34**

TANZANIA-2017-MOMENTS IN TIME.... TCHF Board Member Joan Heide



It begins the moment the plane touches down. Africa in the footsteps of great explorers is where we embark upon our safari... And no, we didn't have any close encounters with the elusive Black Rhino in Ngorongoro nor the Tree Leopard at Lake Manyara! Seeing three of the Big Five was a pretty good record – Lion, Elephant & Cape Buffalo which were enlightening. After half dozen Safaris in South & East Africa, the elusive ones are still a mystery, as those sightings are rather distant, so the call of Mt. Kilimanjaro still reigns in the recesses of my mind.

A Safari has always been a highlight for me but meeting the children, nuns, priests & folks at the St. John Vianney school/orphanage and at The N'garenairobi Health Center's new Operating Theater which is really a hospital/clinic were really life changing. The children that we visited were most cheerful and welcoming. Being with them, for even a limited time plus engaging them in learning activities and games was productive.



My overall observation was how fortunate we were to travel with such a wonderful group. Each had contributed a fifty pound suitcase of school &/or medical supplies – so much heartfelt caring! This was such a productive trip with all the apparent components of *voluntourism*. Some lodging was rustic but we mostly stayed in luxurious world class accommodations accompanied by delicious continental and local cuisine. The orphanage is such a secure place for these little ones to grow up in. The nuns are so wonderful in caring for them all.



I must say the timing of being able to meet with Sr. Jennifer prior to departure was nothing less than a mini-miracle. Jack, a Board member of the Foundation, packed the mighty container that preceded us with a myriad of donated supplies from friends of the Foundation. When we arrived Sr. Janet greeted us with a rousing welcome & reception combining dance, song and entertainment! A tour of the facilities followed & Fr. Mark arranged a trip to the base camp of Mt. Kilimanjaro.

Those little ones have the potential to be outstanding leaders. I'm sure we played an important role in their development and will surely keep them in our prayers. The Safari only enhanced our understanding of the people in their indigenous culture. I think we all came home with a greater understanding of another culture that we had never experienced before but will live on in our memory for quite a while. Having an opportunity to continue the gift of learning through the Tanzanian Cardiac Hospital Foundation is a true blessing and quite an adventure!

ONE TRAVELER'S PERSPECTIVE

Sara Palazzolo, from Molloy College in Rockville Centre, New York was one of the participants in the Pilgrimage Safari which included of course something called *voluntourism* (tourism in which travelers do voluntary work to help communities, the people, organizations, or the environment in the places they are visiting).

Sara writes:

This was a trip of a lifetime for me. Wednesday, June 21, 8:30 pm, was the moment I stepped foot onto the continent of Africa for the first time. I will never forget the excitement of simply walking across the tarmac to the Kilimanjaro airport customs area. That excitement never wore off and was only enhanced as our tour group continued on our journey.



We spent our first few days visiting the St. John Vianney Orphanage and School, where we were greeted with the warmest welcome parade and traditional songs sung by all of the children. We were in complete awe of them. Once settled in, we worked alongside the Adorer Missionary Sisters, teaching the children games and lessons that we enjoyed throughout our own childhood.



It was so touching to see how our excitement to be with them was reciprocated tenfold, and reflected in their smiles and infinite hugs! When our time at the orphanage had come to an end, we moved on to the next part of the tour, where we became acquainted with the surrounding areas and their inhabitants.

It was fascinating to me, to see how tribes such as the Maasai, live in complete harmony with the animals. At one point, we went on a nature walk at the rim of the Ngorongoro crater, and a Maasai warrior came along to protect us from the wildlife, a fearlessness some of us tourists may never come to know in this lifetime.



Seeing the animals up close in their natural habitat was an incredible rush I will remember for a lifetime. Meeting the people, and getting a glimpse of their culture, is something that I can't fully put into words, if you want to know, just go! I am so thankful to have been able to just go, and to have had this opportunity.



We Need Help with an Ultrasound Machine Board Member Jack Antedomenico

For the past seven months, N'garenairobi Health Center has been without an ultrasound machine. The donated 12 year old machine which was used for the last four years failed. It was first sent to Germany to be repaired without success and then returned to the USA. The manufacturer informed us that they no longer repaired these older models.



Holy Cross Hospital donated a second, even older machine, which was working here before being sent to Tanzania. However, when Sr. Ernesta attempted to use it at N'gare, it did not work and cannot be repaired.

The ultrasound is a vital, necessary piece of equipment at the clinic used extensively for prenatal care and other diagnostic procedures.

It was decided by the board to try and obtain a new machine that will be more reliable and need fewer repairs. One of my contacts is very active in the prolife ministry. He teaches nurse and others to perform ultrasound exams in crisis pregnancy centers. He has suggested that I contact the Knights of Columbus and ask them to help pay for one half of the machine. They were unable to help us. The total cost will be approximately \$50,000. The machine will have capability for abdomen, obstetrics, vascular, adult & pediatric cardiology.



I would like everyone to know that the young mothers are asking Sr. Ernesta, the doctor, "Where is the ultrasound?" It is also a valuable tool to combat the efforts of pro-abortion groups who are infiltrating third world countries to push their agenda of abortion on demand. This is only one of the values in addition the great diagnostic value with all the other transducers. I encourage all to give much to further the great diagnostic gift for our African Brothers and Sisters.

While most probably equate an ultrasound guided procedure with a common diagnostic exam done during pregnancy, as Jack indicates, hospitals, clinics and physicians are using ultrasound in many more ways. Ultrasound has proven to be an effective diagnostic tool for a variety of medical conditions, and it has increased in importance during the past fifty years.

Ultrasound, which is also commonly referred to as a sonogram, works by using sound waves at higher frequencies than the human ear can hear for the purpose of stimulating the tissues in the body. This stimulation gives the technician the ability to view and monitor images such as the flow of blood and the movement of the body's internal organs. These images are presented in real-time on a screen. In recent years, the images ultrasound has been able to present have increased in quality. Only twenty years ago, the images were one-dimensional, and difficult to decipher for the untrained eye. However, recent developments in technology have resulted in better-quality pictures, including 3-D images, giving physicians even better diagnostic ability.



Please consider any support you can offer relating to this need. Every dollar we receive goes to support the many needs we are addressing. We are entirely a volunteer organization and have no paid employees. Included with this newsletter are a return envelope and an insert on which you can indicate your gift. Thank you for whatever you can do.

Our organization is committed to building a hospital specializing in heart disease as well as the treatment of other chronic diseases. Our goal is to fund & build a Catholic cardiac and general hospital to allow our human family in Tanzania to raise their children without fear of death.

It is with immense joy that we report the first successful surgery was completed on June 28th at N'garenairobi Health Center. Lightness Joseph, a 3 year old, from Tingatinga had her appendix removed and an umbilical hernia repaired. The surgeon, Dr. Avelina, had to travel from another region of Tanzania. She was assisted by our resident doctor, Sr. Ernesta Ngowi. This surgery was the culmination of 10 years of prayers, hard work and fundraising both here and in Tanzania. It is a time to celebrate our successes but God's good work must continue.



Once we had launched the operating theater and it was fully functional, our most pressing need was for a resident surgeon. Sister (Dr.) Ernesta could perform basic and minor surgeries, but we needed a full time surgeon to do the more difficult surgeries. However, several weeks ago Father Calistus, Superior General of the ALCP, informed us he had signed a contract with Dr. John K. Robert. In an email to us, Father stated, "My great, great problem is on his payment. His monthly salary is 1,200,000 TSHS (Tanzanian shillings). That is a huge sum for us as a community."

The surgeon will be paid \$536 per month, \$6,432 per year. Father needs help to pay his salary, and TCHF has stepped forward to do that. Many surgeons leave Tanzania for higher paying jobs. We are blessed to have Dr. Robert in the operating room at N'gare.

And it has allowed us to not only continue surgeries, but to also perform them on a regular basis as indicated by the photo in the next column.

As indicated, this is an exciting time for us, to the extent that we are in the process of being classified by the government as a hospital, not just a clinic. None of this could have occurred without the support we have received through the years. May God bless you for what you have helped us accomplish.



When we launched our plan to develop and build a hospital, we may have thought that we would do it all at once. But the immediate need was so great we developed the clinic and now the hospital. We have a long way to go, of course

We have another pressing issue that needs our attention as well. The electrical grid is extremely unreliable and a diesel generator is needed as a back-up. It must be able to immediately supply electrical power to the operating rooms so surgery may continue uninterrupted. The Caterpillar diesel generator, with sound proof canopy and housing installed costs \$25,053. We are working on that as well.



One longer term project is to add a surgical wing to the existing hospital. The current hospital has a male and female ward. It is not advisable to place surgical patients with medical patients owing to an increased risk of infection. These patients should have their own "clean" ward. The projected cost for this project is \$35,870. Eventually, we will have a need to expand the laboratory and add a radiology facility.

Our heartfelt thanks to all of our supporters! We have come this far with prayers and patience. Any donation will help us continue God's great work!