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# September 2006 NDI Newsletter

## A Year in Review

September 2006 - Vol 1, Issue 1

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### Dear Tabatha,

It was just over a year ago that we sent out our last newsletter – with our new email service, we will be able to keep in contact with our supporters more frequently. Thank you for your support and we hope you enjoy reading about all we have been doing!

### Dec 05 - NDs Finish Term



Co-founder of NDI, Dr. Michael Owen, completed his volunteer service in Nicaragua in December of 2005. With his return to the United States, islanders lost a tremendous doctor and incredible friend. While Dr. Owen continues to serve on the NDI board, his presence is missed incredibly here on the

Island of Ometepe. During his time on Ometepe, Dr. Owen attended 552 patients during his year of volunteer service, where he only received the \$100 stipend allotted volunteers. In addition to his work in the hospital, Dr. Owens groundbreaking work helped to build the solid foundation that NDI now has Nicaragua. There are not enough words to thank the generosity of Dr. Owen.

Dr. Tabatha Parker, also finished her year of volunteer service in March of 2006, after also working one year on stipend. Dr. Parker will be continuing as the Executive Director of NDI with the goal to grow the organization into a thriving international service organization. Dr. Parker attended 643 patients and continues to serve the people of Ometepe. NDI will keep their base in Nicaragua where Dr. Parker can maintain the NDI clinic, attend to patients, and facilitate NDI Volunteer Delegations.

### Jan 06 - Dr. Baumann Visits



In January of 2005, NDI had the pleasure of hosting donor Dr. Pauline Baumann at CASA NDI in Nicaragua. Dr. Baumann spent ten days with NDI. Working side by side in the NDI clinic with Dr. Parker, as well as doing numerous house calls gave Dr. Baumann an inside look at the service work NDI does. Dr. Baumann was able to experience first hand some of the difficult healthcare and economic conflicts islanders are faced each day. Many thanks to

Dr. Pauline Baumann and Robert Baumann for their generosity and support.

## Feb 06 - Volunteer Doc Arrives



This year was the first year that NDI began its application process for the 1-year volunteer position for licensed ND's. ND's who are accepted spend 1 year and 1 month volunteering as a primary care ND physician on the Island of Ometepe in Nicaragua. In exchange for their services, doctors receive a small monthly stipend, room and board and a huge sense of satisfaction. While most long-term volunteer positions with the Peace Corps or Doctors Without Borders programs are 2-year commitments, NDI decided to begin with 1-year commitments given the lack of loan deferment options for ND's that are available to Peace Corp volunteers. In October of 2005 NDI accepted Dr. Ananda Stiegler (NCNM graduate), who arrived on the island of Ometepe in February of 2006. Dr. Steigler served 5 months on the Island of Ometepe and in her short time provided 696 patient consults! Dr. Steigler also helped develop the NDI brigade classes and worked as a facilitator during NDI's first brigade in June of 2006. Many thanks to Dr. Steigler for her hard work.

## Mar 06 - Witness for Peace



The Roots of Creating NDI Medical Brigades/Delegations Late in January of 2006, when we were revamping the NDI website, I began investigating what other social organizations and non-profits were working in Nicaragua in order to update the LINKS section of the site. My investigation led me to Witness for Peace, a solidarity organization in Managua that has been operating since the war in the 80's. Witness for Peace was advertising a delegation entitled, "The Promises and Realities of Globalization, The Effects of "Free Trade" on Essential Services in Nicaragua". The delegation was to be held in Managua from March 10 to March 19 of 2005. As the ED of NDI, I knew that increasing my understanding of the economic realities in Nicaragua was essential to delivering a more cohesive message to volunteers that would be coming on NDI brigades in the upcoming year. I wanted to learn about how economics was specifically impacting healthcare services here in Nicaragua, so I could both deliver those services more effectively and provide better education to global volunteers. When working in the healthcare field in developing countries, understanding the economic realities which shape the public health system is essential. I was determined to find a way to attend the WFP event, and so contacted Witness Peace coordinator Carolyn Pegg describing my situation. Carolyn diligently worked with me to find a sponsor to donate scholarship money for me to attend the delegation.

I want to thank my sponsor Randine Lewis, L.Ac., Ph.D. ([www.thefertilesoul.com](http://www.thefertilesoul.com)) from Houston, Texas for allowing me this amazing opportunity to work with the incredible Witness for Peace team. Team facilitators Brynne Keith-Jenning and Marty Hooper taught me so much about facilitating delegations and working with groups. The information I learned with Witness for Peace was invaluable and allowed us at NDI to develop an amazing brigade experience for medical students and doctors that we feel far surpasses your traditional volunteer experience. WFP has helped us incorporate into our own delegations a cohesive and comprehensive experience that allows participants to truly get a taste of the realities of Nicaragua. Thank you Witness for Peace!

## Apr 06 - ECS & Dennis Becklin



In April of 2006, NDI Board Members, Dr. Michael Owen and Dr. Tabatha Parker had the pleasure of meeting CEO, Dennis Becklin in Grants Pass, Oregon to update him on the work NDI had been doing with his generous donation from 2005. Mr. Becklin provided a wealth of knowledge to the two founders and pledged to a 3-year commitment. It was a pleasure for Dr. Owen & Dr. Parker to learn from such an entrepreneur like Becklin. We both felt very gracious that with his busy schedule, he took more that 2 hours to brainstorm and advise. It is our goal to cultivate long-term relationships with donors that understand our commitment to bringing natural medicine worldwide. Without the support of visionaries like Mr. Becklin, NDI would not be able to continue to develop and grow into the organization it strives to become. We thank you Mr. Becklin for your continued support.

## Jul 06 - Rebecca Zeff Arrives



Just one week after graduating from high school, Rebecca Zeff packed her bags and jumped



on a plane headed for Nicaragua to spend her summer before college volunteering with NDI. Rebecca was an integral part of the NDI Team when the 1st brigade came, and helped Dr. Parker in the hospital and community clinics. Rebecca's maturity is far beyond her years and her ability to deal calmly in crisis situations is incredible. Truly a gift to everyone who meets her, Rebecca made tremendous friends on the island who all wish her the very best as she begins her journey at Evergreen College in Washington State this fall.

**Read on...**

### June 06 - 1st NDI Brigade



NDI's 1st Medical Brigade Successful from University of Bridgeport College of Naturopathic Medicine (UBCNM)! From June 22nd – July 1st of 2007, NDI held its first official medical brigade. NDI welcomed the six team members from UB – Team Leader Funda Gulmen, Dr. Emma Norton, Carrie Werner, Margaret Rague, Alexis Chesney, and Barbara Siminovich went thru the challenging 10 days working in the Moyogalpa Center de Salud and its outlying community clinics, attending classes on globalization, economics and healthcare, and living and working with local islanders. The NDI team facilitators, Dr. Tabatha Parker, Dr. Ananda Stiegler, Ryan Sweeney and Rebecca Zeff, made sure the UB brigade was welcomed, well fed and busy, busy, busy! Delegates participated in over 15 classes, 6 team exercises and numerous talks that utilized the Popular Education teaching format. Team members also got to work with Valeriano Barrios Martinez, a 103 years young subsistence farmer, cleaning corn and bean fields with this amazing human being.

In 4 days of clinic, the brigade saw 216 patients (154 females & 62 males) and delivered over 300 pounds of medicine to the island. Students and docs got to see patients with everything from UTI's, URI's, Diabetes, Otitis, Migraines, Tinea and other Skin Problems, Hypertensin, STD's, Allergies, Flu, Sciatica, and lots of Parasites and of course Scabies. More importantly they got to touch the lives of 100's of people and gain a better understanding of the challenges facing the majority of people living in developing countries. Thanks team UB! The team was incredible and a huge thank you goes out to Funda Gulmen for her coordinating, fundraising and leadership skills. The donations the UB team was able to procure has served 2 brigades and 100's of patients and there is still a ton left - great work UB!

### Aug 06 - Annual Fundraiser



On August 9, 2006, NDI held its 2nd Annual Fundraiser at Kells Irish and Pub in Portland, Oregon. For the second year in a row – our event was a success! Kells owners, Lucille and Gerard McAleese generously donated the banquet hall and servers, all the delicious food, as well as T-shirts and gift baskets – without their generosity, NDI would not have been able to make this event such a success. Many thanks to Stella Farina, Manager of Bishops Barbershops, who coordinated the fabulous evening, which featured live music from Portland's incredible Cuban band, Caña Son! Patrons paid a \$20 entrance fee to enjoy music, food and a short presentation by NDI President, Dr. Laurent Chaix, on NDI's successes in 2006. Special thanks to our event sponsors: Dennis Becklin from Environmental Container Systems, Susan White from Whitespeed, and Kim and Micki Elia from Whole Health Now for their generous contributions to NDI.

Over 80 items were auctioned and raffled off! Many thanks to the following businesses and friends for their generous auction item donations: Bishops Barbershop (Stella Farina), Blush Beauty Bar, Cada Dia SkinCare & Relaxation (Melissa Fuller), Doug Fir Restaurant, Global Exchange, Kells Irish Restaurant & Pub (Gerard & Lucille McAleese), McMenamins (Gwen Bartoneli), NCNM (Susan Hunter), Paragon, Pharmaca Integrative Pharmacy, Portlander Inn, Salmon Creek Clinic (Jared Zeff), Sloan Boutique, Townhouse Pet Care, US Outdoors, Utopia Salon (Eric Swenson), WhiteHouse/Black Market, Willakenzie Estate, Yoga in the Pearl, Buny Owen, Claudine Ebel, Daniella Gritzmacher, Dewey Meyer, Elly Higgins, Emma McCandlish, Hazel Schlesinger, Jacqui McGrath, Jim McCandlish, Klutch, Lauren Zeff, Mary Lee Turner, Dr. Rebecca Provorse, Shane McCamey, Susan Monti, Tamar Mullee, Vanessa Authier, Scott Wallace, Peggy Londahl, and Widmer Brothers Brewing Company for their donation of Drop Top Ale. Special thanks to Ronnie Lacroute at Willakenzie Estate for their donation of a wine tour which was our raffle prize and highlight of

the evening! NDI raised over \$7000 at the event – thanks to everyone who donated! A special thanks to Dr. Tori Hudson, Dr. Eric Yarnell, Heather Zwickey and John Weeks for thier generous cash donations. Finally, without the many hours of work put in by volunteers, we could not make events like these possible. Special thanks to Amy McCandlish for all her work, as always, for NDI. Big thanks to the following volunteers: Stella Farina, Matt Farina, Ron Sacdalan, Tania Neubauer, Tia Trivosonni, Wendy Vannoy, Missy Pannone, Lori Hulsing, Liz Kaltman, Lindsay Baum, Rebecca Zeff, Emmanuel (our computer god this night), Holly, and Jacqui McGrath.

**Read on...**

### Aug 06 - NCMN Brigade



The NCMN brigade led by Dr. Tania Neubaer was a huge success. The team of 9 included Dr. Tania Neubauer from Portland, Oregon, 6 NCMN students: Lori Hulsing, Missy Pannone, Clifford Meeks, Cherry Bachmeier, Kathryn Taketa, Carol Miller & Tia Trivosonno, and 1 CCNM student, Jane Douglas. The team, who spent only 5 short days with NDI, was able to participate in all the brigade classes on globalization and international health diseases, work with farmers harvesting beans, and work in the clinic for 3 days. They also brought over 450 lbs of medicine! Dr. Tabatha Parker and Dr. Michael Owen supervised over 154 patient visits. Many thanks from the people of Ometepe to the NCMN Team.

**Read on...**

### Aug 06 - Adios Ryan



August 2006 - Volunteer Ryan Sweeney Returns to USA After nearly a year of service, NDI's first volunteer in Nicaragua returns home to continue his studies at NCMN. Ryan Sweeney arrived in Nicaragua in early October of 2005. His work with NDI began shortly after. Ryan was a huge asset to NDI and the sole volunteer that carried out the work on the NDI community garden project. Ryan was always available for anything we needed a hand with: he inventoried medicines, entered patient data every month, edited WHO documents with the team, researched medical problems, developed brigade classes, facilitated 2 NDI medical brigades, and always was striving to improve his medical and Spanish skills. Ryan developed friendships on the island that will last a lifetime, and became an integral part of the NDI community. Everyday patients ask for him – and ask when he will be returning! Ryan has become a true friend – always sharing his good music, good humor and fierce skills at the domino table! One could not have asked for a more dedicated volunteer – the NDI team will miss you dearly, Augusto!

**Read on...**

### Sept 09 - WHO



NDI Work with World Health Organization Continues In late 2005, NDI contacted the World Health Organization (WHO) to find out how they might get involved directly with WHO projects within the Traditional Medicine Department of Technical Cooperation for Essential Drugs and Traditional Medicine. One of the services the WHO provides is to research different healthcare professions and develop & supply guidelines to member countries. It was serendipitous that when NDI contacted the WHO they happen to be working on a draft for WHO Guidelines on basic training and safety in naturopathic health care. Similar guidelines exist for Chiropractic medicine and others nontraditional healthcare systems. The WHO welcomed NDI's input and we are collaborating with the other ND leaders – AANP, CNME, NABNE, AANMC, and all the colleges to provide comments to this very important document. The revised draft is due at the end of September and we hope to see the final document in 2007. Dr. Tabatha Parker has been invited by the WHO team to help with final document edits in Milan, Italy this November. Updates will be provided upon her return.

**Read on...**

### Sept 06 - New ND Chosen



NDI Announces 1-Year NDI Physician Volunteer NDI is very happy to announce that our new 2007 ND volunteer has been selected. Dr. Tania Neubauer (NCNM graduate) will join the NDI



team in Nicaragua for 1 year beginning February 1st of 2007. Dr. Neubauer's dedication to Nicaragua has deep roots, as she spent nearly a year living and working throughout Nicaragua in 2003-04. Dr. Neubauer and Dr. Parker appeared on KBOO radio in Portland, Oregon on Monday, August 7, 2007 speaking about ND's working in international healthcare and Nicaragua specifically. Dr. Neubauer also led the 2nd NDI Medical Brigade from NCNM in August 2007. Dr. Neubauer, congratulations and welcome to Team NDI - we look forward to your arrival on the island!

**Read on...**

Upcoming Scheduled Brigades - For those wishing to attend a brigade or for schools wishing to bring a group down, please contact NDI asap – dates are filling up for 2007 already! Currently space is open for spring breaks and summer 2007. December 9th – 18th 2006 – CCNM Medical Brigade February 17th – 26th 2007 – CCNM Medical Brigade Thanks for supporting us here at NDI.

Sincerely,

Tabatha Parker  
Natural Doctors International

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