

# MARY A. TIDLUND CHARITABLE FOUNDATION NEWSLETTER

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Issue 3

January 2001

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## **MEDICAL AND EDUCATIONAL**

### **2000 New Project – Ecuador**

In November 2000 we expanded our horizons into the Puyo Pastaza area of Ecuador in South America. Medical clinics were set up in the villages of Curaray and Pacayacu. Our multinational medical team included nurses, dentists and doctors, headed up by Dr. Violet Shadd, Caesar and Pedrico the local health nurses from each village, James and Nelson, the Ecuadorian dentists. The medical team was assisted by Eliza Cutcher, our Spanish translator and Ecuadorian organizer, Miriam Guevara, the Quichua translator and director of Organizacion De Pueblos Indigenas De Pastaza “OPIP”, and myself as project coordinator. We all learned from each other and look forward to future projects. The main diseases treated were infectious diarrhea, respiratory problems and illnesses caused by parasites and malnutrition. We also treated malaria and tuberculosis. The writing exchange program expanded to include the village schools who gratefully received the school supplies. Over 1000 people were treated on this project.

### **Bello Horizonte and Mazan, Peru 1999 and 2000**

We set up a base camp in Mazan, Peru, a village along the tributaries off the Rio Napa and Amazon. Each year a clinic was then set up in a one-room school in the village of Bello Horizonte. Hundreds of children and adults were treated at the school and the clinic by a medical team composed of Dr. Violet Shadd from Canada, Dr. James Flores, medical director of the Mazan clinic and a dentist Eduardo from Mazan. We also had the assistance of a microbiologist and nurses Yvette, Grace, Karen, Maria, Glorias, Llnely, Clara and Silva from Peru. Many thanks to the Peruvian Medical Team, and to Dr. Jose Cabanillas for organizing accommodation for us at the Isulu Biological Research Station. The clinics were successful in treating many Peruvians and supplying pharmaceutical and educational materials.

A partnership writing exchange program was set up with the grade two children at the Waldorf School in Calgary and the children in the school at Bello Horizonte

### **Emerald Lake 2000**

In April the Foundation organized a holistic weekend retreat for 23 women at Emerald Lake Lodge. The purpose of the retreat was to introduce and educate women to complementary therapies that could be incorporated into their daily lives to enhance wellness and health.

### **Feeding the Homeless - Mustard Seed 2000**

The Foundation organized, hosted and cooked four roast beef dinners that fed over 1500 of Calgary's homeless at the Mustard Seed Foundation. Many thanks to the volunteers who helped organize all functions.

### **Fundraising Events 2000**

The first annual “Lunch Box Silent Auction” at the Lougheed House in Calgary and the first annual Halloween Fun Run in Red Deer, Alberta helped to support projects in 2000. These initiatives raised over \$5,000.00

### **Our Past Project India 1998**

In 1998 funds were raised and we partnered with Operation Eyesight in an eye camp clinic in the small rural village of Madanur in Northern India. 40 Individuals were operated on for cataracts and intra-ocular lens implants.

### **New Initiatives**

We are currently discussing medical and educational projects in Peru, Ecuador, India and Zambia. The focus in India is another project with Operation Eyesight and an educational project in an orphanage that will become self-sustaining. In Ecuador we are discussing a long-term medical project partnered with the Health Minister of Ecuador and OPIP which would medically serve the outlying villages along the tributaries of the Amazon. Other discussions include a partnership with OPIP to support the education of primary health nurses in natural and western medicine in hard to access villages.

### **The Foundation**

The Foundation was registered on October 14<sup>th</sup> 1998 as a public foundation with Revenue Canada. The Foundation identifies, financially supports, participates in medical and educational programs in Canada and overseas. The Foundation also has a mandate to alleviate poverty.

### **The Governing Board**

The Board of the Foundation is governed by Dr. Violet Shadd, a physician from Kitchener, Ontario; Peter Stewart, a lawyer with Stewart and Stewart from Calgary, Alberta; Alex Squires, a managing partner with Brant Securities Ltd., in Toronto, Ontario; and two new board members, Jane Stewart, a director of The Alternative Cancer Research Foundation in Calgary; and Patty-Anne Kay, a director of St. Mary’s College in Calgary; and the writer Mary Tidlund, serving as President of the Board from Calgary, Alberta.

### **Endowment Fund**

In February we will be starting an endowment fund for the long-term growth of the Foundation, where the interest or a portion of the interest is used annually.

### **THANK YOU**

Thank you for each and every donation. Your donation made each project into a successful reality. Thank you to the Board members for direction, to the volunteers who worked at the clinics, helped to feed the homeless, organized fund-raising events and most of all for fuelling me with the drive to continue this great work.

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