

2020



President's Message

It has been a pleasure to serve you these last four years.

Over my tenure I have had the rewarding experience of visiting all the charities that we support, meeting the people that we are helping, and seeing their smiles of gratitude.

Nothing is more rewarding then to know that you have helped make a better life for someone.

Four years ago we supported about ten charities, today we are helping close to twenty organizations. Our support ranges from orphanages to orchestras, to dance groups and schools.

Because of our help, these groups are able to help many families that are in need supplying them with food, clothing and medical needs. Our Patracinio program pays a large portion of any medical procedure needed by a child or adult. The Cleft Palate program provides free surgery and after care for children with a cleft palate. The dental clinic provides dental care at a nominal cost to families in Boca de Tomatlan and surrounding areas.

Our social outreach program goes into communities surrounding P.V. and helps families in need with food and shelter. Our support of the Women's Shelter allows women in distress to seek shelter from abuse. Through our English outreach program children and adults are able to seek a better future and employment opportunities.

We not only support charities, we also have a social side.

Over the last four years, we have had many guest speakers, speaking on a variety of topics, from the art of publishing to the history of women in the last world war. Weekly lectures are presented on the history of Mexico and the influence of current outside forces.

Bridge players are in their glory every Friday afternoon playing bridge for three hours then relaxing during our social hour and dine around.

If you are a yoga fan then Wednesday and Saturdays are set aside for you with our classes.

Movie buffs set aside Monday nights for a great movie and free popcorn.

Other social events happen throughout the year. Thanks to the events committee we have an opening and closing brunch, dinner and dance and a special night for new members. The breakfast club meets

INTERNATIONAL FRIENDSHIP CLUB

Edificio Parian del Puente # 13 (upstairs)

Libertad corner of Miramar, El Centro,
Puerto Vallarta

Office Hours:

Oct-Apr: 9 am - 1:30 pm M-F

May-July: 9 am - 1:30 pm M-Th

Aug-Sept: 9 am - 1:30 pm M-W

Tel: (322)-222-5466

from the US/Canada 1-614-600-8853

www.IFCVallarta.com

Email: ifcvallarta@gmail.com

ADMINISTRATOR - Josué Santiago



most first Fridays of each month at a different restaurant to enjoy a meal and socialize. Each year more and more events are being added.

The last four years have seen changes to the administration of the club.

Our banking is now 100% online so rather than the president sitting there every month signing cheques, a click of the button pays the bills and sends out payments to our charities.

The job of administrator and bill payer has been delegated to the office manager rather than the president. The office of the president has been refined to the point that she or he merely oversees the operation of the club rather than doing all the work. Each board member has some sort of responsibility. We have, a director of facilities, a website director, a vice president, a recording secretary and a treasurer plus members at large who fill in needs as they arise. Many hours have been saved because duties have now been delegated to more people and the board now functions as an overseer.

Our club has come a long way in the last four years but there is still more to be done.

We need to seek out new charities every year and need new members to take part in the decision making to further better the club.

This is your club, help make it better.

MEDICAL REPORT

IFC has an ongoing cleft lip and palate surgical repair program that occurs 4 times per year.

It takes all of us working together to make our charities come together.

CMQ Hospital!! Our committees and services: Medical, Community Service, Nutrition, Education, Language outreaches, Dental outreach in Boca de Tomatlán, Association Stipends, Home Tours, The Board and each IFC member that comes together to raise funding and awareness that the IFC exists!

A GREAT THANKS to those whom have taken part in some or most of the last 3 decades of service to PV and the kids!!!!

I'd like to share a special story of a young boy who received a bone mending surgery with help from the IFC during the last year.

J.A's family came to us when he was about 3+ years old-having previously had his bilateral cleft lip repaired elsewhere. He still had his cleft palate and was requiring blended foods only for his diet.

His family moved here looking for farm work.

Within the year, J.A has his cleft palate reconstruction.

The family never did well, due to the long rainy season when fields were drenched. They returned the state of Guerrero, to the South.

Several years later his Mom reached out for more help as, sadly, J.A. was still requiring blended food. (On occasion, some children develop a hole in their palate post op. It can be as simple as the child probing the area too much with the tongue and tearing a stitch or as complex as poor healing due to poverty and malnutrition. In J.A.'s case, he also had the remnants of being a bilateral involved cleft, in that the facial bones themselves were, in a sense, cleft. They didn't grow together and his Maxilla was separated. He still required blended food due to a special apparatus he was forced to wear, to mold his cranial facial bones and support them so they would come together. They still did not.

He was about 11 years old.

IFC decided over a period of time, that J.A.

was still part of our IFC family of patients and then promptly paid for his bone graft materials so that he could receive a surgery, in his home town, to mend his floating facial bones... AND... thanks to a surgeon that travels several times a year from Mexico City to J.A.'s town to help others. NOW—This family, living in extreme poverty, were able to realize the goal for the much needed assistance they required for J.A.

It took a lot of people coming together to make this happen! Thank you for being and playing your part!!!

Susan Harrie Davalos RN



UPDATE from the VICE PRESIDENT

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

— Dalai Lama, The Art of Happiness

The IFC offers a wealth of opportunities to support and assist the less fortunate in our local community. Funds raised at IFC hosted events support many local charities, educational institutions, and medical and dental initiatives. Your membership fees help us keep the Clubhouse going strong so there is a place to come together for the many social, educational, and organizational activities that help sustain this effort year in, year out.

The Clubhouse hosts a number of activities where you can tune your mind and body as well as help support charities through your donations. Spanish and bridge classes, yoga and meditation, lectures and movies. Our calendar is full of fun and fulfillment, please go online for the latest updates at www.ifcvallarta.com and click on the Activities Calendar link on the left side.

Your membership in the IFC pays lasting dividends, not only in restaurant and merchant discounts all around town but in the satisfaction of knowing you are making a compassionate difference in the quality of life for thousands of residents all around this beautiful bay. Please join or renew your membership in the IFC today on the Membership tab at www.ifcvallarta.com.

Many happy returns!

Daniel Grippo, Vice President

dangrippo@yahoo.com.

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TOURS

(position open)
ifctoursforvallarta@yahoo.com

Open 7 days a week
Mid-December thru Mid-April

Vallarta Botanical Gardens

24 Km South of town (on Hwy 200)

9:00 a.m. to 6:00 p.m.

- Palm Gardens • Rose Garden
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March 23-April 1, 2020

ZACATECAS CULTURAL FESTIVAL
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www.BeyondVallartaTours.com

BeyondVallarta@live.com

COMMUNITY SERVICE

Welcome to our new members and returning members. All “seems to be well” in our beautiful Puerto Vallarta.

WE, the IFC, are looking forward to another wonderful year and high season. I'd like to share my perspective: My hope for our town is to have close to a year round high season! I see lots of high-rise condos being built and more full timers (5+ months) moving in, bringing more job creation, leading to more families from other areas of Mexico arriving to fill that need. Wow! Great!

“NOT always as it seems”.

Breadwinners, all too often, do not make enough to take care of a family of 4. What about a family of 7? Often, they find cost of living in PV significantly higher. What about when a head of household injures her/himself. With no backup plan, person or support?

This is where your IFC funds help. Beans, lentils, tuna and oil. These are some of the “dispensas” IFC makes available for those in need. There are many families in need. Hence, my “wish list”. Please, check it out.

Our IFC funds also go towards providing the same “dispensas” to agencies that provide services to children, such as Civil Associations, Community Centers and Churches that sponsor after school lunches for the underserved. This is an important service we provide. Thanks to all of you for your donations - financial and material! Everyone's efforts help make a difference :-)

Susan Harrie Davalos RN

We would like to thank CMQ Hospitals for generously donating hospital rooms and services to the IFC Cleft Palate Program



CMQ Downtown Hospital
Basilio Badillo · 365
Col. Emiliano Zapata
(322) 223 1919

CMQ Premiere Hospital
Av. Francisco Villa · 1749
Col. Vallarta Villas
(322) 226 6500

EVENT/SOCIAL COMMITTEE

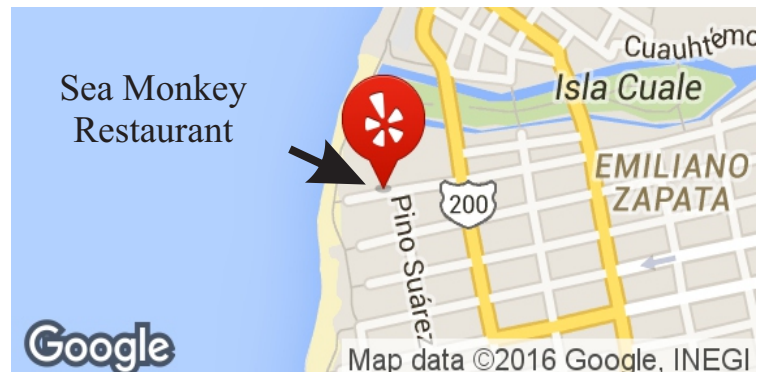
The Event/Social Committee is hard at work this year with opening brunch, closing brunch, Holiday Dinner & Dance, and more. We will also be having a couple of mixers during the year for all members and one for new members. A great opportunity to come and meet each other, make new friends and renew past relationships.

Dine Around is very active each Friday evening after the IFC social hour at the club house. We have extended dining to the Marina area once per month to offer more dining choices. This is a great time to explore the marina area.

Dine Around starts the 1st Friday of December and ends the last Friday in March. More information can be found each week on the IFC web site home page (www.ifcvallarta.com), or contact the IFC Event Advisor, Peggy Wilmoth at gwpw465@q.com.

COMMUNITY SERVICE WISH LIST

- ~Children's toothbrushes
- ~Family sized toothpaste
- ~Bath gel or family sized bar soap, used ok, just clean and dry
- ~Family sized Shampoos
- ~Safe Diaper pins for cloth diapers
- ~Cloth diapers
- ~new born onsies & tea shirts
- ~any kids clothes/like new shoes
- ~Spanish reading books
- ~Thin coloring books
- ~Small boxes crayons
- ~Colored pencils for school
- ~Teaching materials in Spanish; diabetic, health, hygiene, nutrition



We would like to thank the Sea Monkey Restaurant for hosting the IFC Home Tours. Tours depart PROMPTLY at 10:30 AM every Tuesday and Wednesday. Tickets go on sale at 9 AM.