



INTERNATIONAL FRIENDSHIP CLUB
Edificio Parian del Puente # 13 (upstairs)
Libertad corner of Miramar, El Centro,
Puerto Vallarta
Hours 9 am - 1 pm
Tel: (322)-222-5466
from the US/Canada 1-310-844-7411
www.ifcpv.com
Email: ifcvallarta@gmail.com
ADMINISTRATOR - Josué Santiago

WHO WE ARE

The International Friendship Club was founded in 1987. Today there are members from the USA, Canada, Mexico, Europe and many other countries. The Club is a volunteer organization operated totally without personal gain and has been granted Registered Charitable Status by the Mexican Government. The club is operated on a Committee-Structure basis.

The International Friendship Club has 3 mandates: to solicit and distribute funds and materials in response to the humanitarian needs of our community; to promote friendship through social and cultural activities; and to help organize and unite our community.

General meetings are held the second Tuesday of every month at the IFC clubhouse. Everyone is welcome!



Visit our web site for up-to-date information on events at the clubhouse

www.ifcpv.com

Click on "Coming Events" for the latest information, schedules and prices., Something happening almost every day to entertain you, educate you, or help you get acquainted with new friends

FROM THE PRESIDENT

Mandy MacLeay
President's message

Welcome to all. It is nice to see all the familiar faces back, and a great pleasure to meet all the new ones.

I am sure you have noticed that our e-newsletter has grown quite a bit lately with new and great activities offered to you for your greater entertainment. I hope that you will participate in many of them. Many are informative, instructive, or just plain fun but always with the view of adding to our joy, happiness, sense of belonging and giving.

TJ Hartung has been a great help in updating our website and I encourage you to pay it a visit at: www.ifcpv.com

I wish to thank Sherry of Sherry Vallarta Home Decor for donating her time to make our new curtains in the meeting room. You can email Sherry at: sherryvallarta@yahoo.com for any home decor project you may have.

Many thanks also to Fred Forbes for all his hard work installing, cleaning organizing and keeping everybody happy around at the bar.

You will also see enclosed in the newsletter that our Restaurant list has grown quite a bit thanks mainly to the great work of Bill LeBeau, Fred Forbes and Doug Coulter.

To maintain the level of help we give in the community we need all of your support. Here are a few ways to help us succeed:

- ▶ Become a member.
- ▶ Donate nutritious food high protein/ low fat to our community services for distribution in the needed area.
- ▶ Donate small household or decorative items that we can use in our monthly bazaar.
- ▶ Participate in our events- your financial contributions help us cover our administrative costs and add to our charity fund.
- ▶ Volunteer for the home tours, distribute fliers, be a host at events, write articles that promote our work in the community.
- ▶ Bring in your fund raising ideas and expertise.

I hope you continue to enjoy your time and take advantage of your clubhouse and keep adding to the great pride we have in what we bring to the community.

Kelly Trainor de O, the USA Consular agent, will be in the IFC Clubhouse the first Wednesday of the month (9:00 am to 11:00 am) to assist you with all your passport needs or any other information you may require. The next consul visit will be Wednesday March 3. For further information: consularagentpvr@prodigy.net.mx.

NEW MEMBERS 2010

The club extends a warm welcome to our new members.

Come and meet new friends and people from places you know, or would like to visit.

Terry Abraham, San Francisco, CA
Ray L. Austin, Seattle, WA
Patti Bishop, Vancouver, BC
Jerry Blair, Springfield, OR
Marian Boychuk & Ivan Halloway, Calgary, AB
Toni Carnavoli, Dangotuck, CT
Ginger Carpenter, USA
Joyce Clarke, Willsboro, NY
Betty Coady, Bellingham, WA
Barbara Coury, Portland, OR
Donald Crandall, Anchorage, AK
Caryn & John Joseph Crump, Warren, VT
Bob & Monique Davidson, Beloeil, QC
Betty Deschamps, West Kelowna, BC
Linda & John Drake, Seattle, WA
Wayne Draper & Janice North, Ottawa, ON
Lynnette Fairclough, Manchester, UK
Sherry Frisch, St. Paul, MN
Tovah Gordon, San Diego, CA
Louise Haebig, Kenosha, WI
Jeff Jackson
Shirley Jollymore, West Kelowna, BC
Margaret Kenefick, Vancouver, BC
Kate Keyes, Regina, SK
Willard & Sylvia Kirkpatrick, Calgary, AB
Gail Lefebvre, Winnipeg, MB
Stephen R Leopold, Milwaukee, WI
Frank Letourneau & Garland Brooks, Halifax, NS
Susan MacGregor, Appleton, WI
Gregg McClellan, St. Louis, MI
Dennis McGill, Vancouver, BC
Gloria & Bill Merrill, Oak Park, IL
Evelyn & Michael Montagano, Montreal, QC
Joe & Narisa Moros, San Clemente, Ca & Chiang Kai,
Thailand
Michael & Cathy Morrow, Bellingham, WA
Terry Prill, Vancouver, WA
Joanne Rockower, Monterey, CA
Carol & Gil Spooner, Portland, ON
Shelley & Jim Swift, Chicago, IL
Pat Tracey, Barrie, ON
Bob & Claire Wagner, Vancouver, BC
Mick & Brenda White, San Diego, Ca



OFFICERS OF THE CLUB

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How to Recognize a Stroke

This might be a lifesaver if you can remember the following advice.

Sometimes symptoms of a stroke are difficult to identify. A stroke victim may suffer permanent brain damage when people fail to recognize what's happening. Now, doctors say any bystander can recognize a stroke, simply by asking three questions:

- ☞ ask the individual to smile.
- ☞ ask him or her to raise both arms.
- ☞ ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 911 immediately, and describe the symptoms to the dispatcher. Researchers are urging the general public to learn to ask these three questions quickly, to someone they suspect of having a stroke. Widespread use of this test could result in prompt diagnosis and treatment of a stroke, and prevent permanent brain damage.

The warning signs of a stroke are:

- ◆ Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- ◆ Sudden confusion, trouble speaking, or understanding.
- ◆ Sudden trouble seeing in one or both eyes.
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination.
- ◆ Sudden, severe headache with no known cause.

Each year an estimated 600,000 Americans experience strokes, which are interruptions of the blood supply to any part of the brain, resulting in damaged brain tissue. Of these victims, 160,000 die, making stroke the third leading cause of death in the U.S. Those persons who are not immediately sent to the grave are often left with lifelong debilitating infirmities of speech, movement, and even thought.

A stroke is a serious medical event, both because it can (and does) kill, and because it can inflict long-term harm on those lucky enough to survive it. There are two types of acute stroke: ischemic and hemorrhagic. Ischemic strokes account for 80 percent of all such "brain attacks" and occur when a blood clot lodges in a vessel responsible for supplying blood to the brain, killing off part of the brain. Hemorrhagic strokes occur when a blood vessel in the brain ruptures, resulting in bleeding which causes swelling and hematoma and ultimately impairs brain function.

And it is important for lay people learn to recognize such events, because a new drug has been shown to limit

disability from strokes caused by clots (ischemic) - provided victims receive it within three hours of the onset of stroke symptoms. Tissue plasminogen activator is a clot-busting drug administered intravenously in cases of ischemic stroke; however, only one in fifty stroke patients has a chance of this drug helping them because currently only 2 percent of them reach an emergency room in time for tPA to be given.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours.

While getting appropriate medical care for a stroke victim as soon as possible is extremely important, doing so does not come with a 100% guarantee that a stroke identified and treated within a 3-hour timeframe will not cause permanent damage.

Getting a stroke victim to an emergency room in time for tPA therapy to be begun is the most important thing you can do to help prevent further brain damage.

EDUCATION - EDUCACION

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The education committee has now become very active with many schools in dire need for different things not furnished by the City government.

We have distributed over 600 books this year to many schools in PV and also in Cabos Corriente (near Tuito, to the south). We are arranging for the construction of a serviceable kitchen in Boca Tomatlan's kinder school of 2 classrooms and 40 children. Currently a mother prepares food at home and brings it to the school for distribution.

Part of the work will be to level the ground around the kitchen and remove obstacles so that the children will have an area to enter to receive their mid-day meal.

In Mismaloya, we have undertaken a project that will benefit a great number of primary grade students.

Class rooms without adequate fans, windows that are broken, bars for protection of the interior, doors that do not close, grounds that require leveling and planting of grass and borders for flowers. ALL this will be accomplished, hopefully this season.

There will be more schools to repair, bathrooms not working, and water not available for cleansing that will be added to the work we are doing to make school a better experience for many children.

Wish List

The IFC helps to meet the needs of folks in the Puerto Vallarta Community.

If you are coming by plane, train, boat or car, you can tuck some of the following wish list items into your luggage. They can be brought to the Clubhouse, or contact the office at 322 - 222 - 5466 to make arrangements.

The IFC is people working together for the community.

MEDICAL

- Beanie babies
- Stuffed animals
- Small dolls
- Spanish videos on nutrition, healthcare, hygiene, dental care
- TV/VCR combo for teaching



COMMUNITY SERVICES

- Books for children in Spanish - all ages
- Child size walker
- Children's underwear and white socks
- Large collapsible strollers for kids with cerebral palsy
- Dental supplies, toothbrushes, dental floss
- Shoes and clothes for children ages 6 - 14 .
- Stroller type wheelchairs for older children
- Teaching videos in Spanish (nutrition, diabetes, general health, hygiene, etc)
- Vitamins for children and adults
- Watercolors, fine paint brushes, art supplies
- Wheelchairs



EDUCATION

- Band-aids
- Calculators
- Children's Books-Spanish
- Children's scissors
- Colored pencils
- Crayons
- Erasers
- Watercolors, fine paint brushes, art supplies



Community Service

As the community grows, so does the need. There are many that are not able to share in prosperity of the high season. There is not enough work to go around for all those who want to work. It does seem hard to believe when you see all the building going on.

Many of the big projects bus in their masons from other states in Mexico. They are young men and they are given food and shelter and a low wage. A "local" home builder (brick layer) makes 300 to 500 pesos a day and the helper about 150-250 pesos. It is enough to keep a family going. Building, like everywhere is not steady employment.

Nurses make between 150 to 300 pesos for a shift that may be 8 or 12 hours long, day or nights. Maids in the local hotels make less than 100 pesos daily, as the bosses expect them to make tips. The same for waiters who sometimes are paid less than 100 pesos per day. In a slow restaurant, or during the slow season, they do not make enough to live on. The average worker in any given job is about 150 pesos daily. Some do this for 12+ hour a day jobs.

Puerto Vallarta is seen by many of the ranch communities, in the hills between here and Guadalajara, as a job mecca. Youths come here with dreams. Some are successful, but most are not. Some turn to drugs and some to sex to relieve the loneliness, then pop! comes the kids. They are the ones who need our attention. Poverty does not afford the luxury of education. Especially in areas where kids have to bus to school.

Working for the IFC, people come to me in need of help. Most of the time, I cannot do anything, or very little. I listen, not always fully understanding. I try to have rice and beans, and school supplies at all times in my storage room at home. I cannot save the world, the city or even the village, but I can give a kid a box of colored pencils, eraser and a pencil sharpener! I get a smile...at times a thank you!

Yesterday, a small thin child was released from Regional Hospital after a particularly bad case of dengue fever. Those who are hospitalized are usually the kids who live in poverty as they do not have any physical reserve. They do not have beans every day and chicken once a week, as the wealthy do. At times, when there is nothing, they have a taco of tortilla and salt.

You can help make a difference! The office is always available for donated bags of beans (protein), tuna! School supplies of back packs, colored pencils, erasers and sharpeners, as well as small stuffed animals! If it is too heavy for you, bring me some money in an envelope and I will buy it and get it out there to those that cross my path.

SUSAN HARRIE DAVALOS, RN