



The Talking Drums

VOLUME 2

ISSUE 1

MARCH 2013

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Who Knew That a Block of Ice Could Bring Such Joy?

Teamwork between Apamers and Building Solid Foundations volunteers is building capacity and sustainable economic development. Case in point is the blast freezer project, now known as Apam Community Cold Store. Just a dream in 2006, the Apam Community Cold Store

- is providing a reliable source for clean ice and pure drinking water,
- will create a place where the days' excess catch can be frozen and stored for future sale when the catch is light,
- will make it possible for fishermen to safely truck unsold fish to villages further inland for sale, and
- will generate sufficient income from the sale of ice and cold storage fees to be sustainable.

Apam District Chief Executive Theophilus Aidoo-Mensah and the Building Solid Foundations' board approved a business plan for the Apam Community Cold Store in December 2012. Less than one month later, the Apam Community Cold Store manufactured and sold its first blocks of ice and demand remains strong.

You can read the business plan under the *Latest News* tab at www.buildingsolidfoundations.org.

Your support makes it possible for Building Solid Foundations volunteers to travel to Apam in April to complete the final work on the Apam Community Cold Store blast freezer. **Thank you!**



Our first customer for ice!

US-based Construction and Engineering Team members

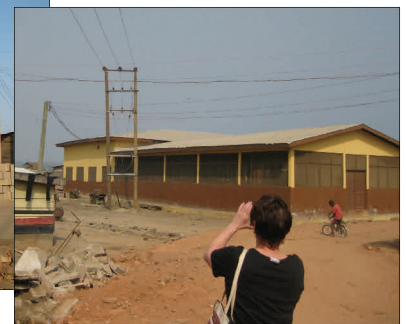
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Team members—January 2013



Apam Community Cold Store 2009



Apam Community Cold Store 2013

Making Good on Our Promises

A message from Board Chair Steve Shellenberger and Executive Director Grace Quartey

In 2006, when the Building Solid Foundations' medical team promised Apamers that they would return the following year with more help, some villagers were skeptical. We weren't the first people to make that promise.

Would we return with library books and medical supplies? Yes, probably.

Would we return to help **create sustainable change through economic development**? Apamers were not so sure.

And, can you blame them? That level of humanitarian work is lofty, ambitious, and often frustrating. Other aid groups have tried, but, not many have met with the successes that you will read about in this newsletter.

Without your support, we would be just another group making promises during an occasional visit to a developing country. **Thank you.**

Apamers are unafraid to work hard to make their dreams a reality. With you as our partner, we stand ready to help them realize their dreams.

Thank you!

Steve Shellenberger
Board Chair

Grace Quartey CPA, MBA
Executive Director and Co-Founder



Our Mission:

*To improve the quality of life in rural Ghana by working in **partnerships** with Ghanaians to build **capacity** and **self-sufficiency** in the areas of water, sanitation, health, education, and economic development.*



The Talking Drums

Is published three times per year by Building Solid Foundations. Please contact Hollie Walkley 717 718-5751 or hollie@buildingsolidfoundations.org

Like us on facebook



Rotary Club of Apam Partners With Pennsylvania Rotaries and BSF

There is talent and goodness everywhere, waiting to be touched by our inspiration.

Kalyan Banerjee
2011-12 President, Rotary International

Apamers don't want others to do for them. They want to be active participants in bringing about positive change. We weren't surprised in early 2012 when a group of Apamers founded the Rotary Club of Apam. They were inspired by several Building Solid Foundations volunteers who are also Rotarians.

With your gifts, financial support from twenty Rotary Clubs in Central Pennsylvania, and hard work by Rotarians in Apam, the Apam Community Cold Store is nearly complete.



Left: Members of Rotary Club of Apam and Rotary Club of Accra toured the Apam Community Cold Store in January 2013.

Below: Rotary Club of Apam President Francis Yawson and Rotarian Steve Shellenberger (York) watch as District Chief Executive Theophilus Aidoo-Mensah signs the Cold Store Business Plan.



Left: Assistant District Governor Tot (District 9100) assists with construction work inside the Cold Store.

20 Central Pennsylvania Rotary Clubs Supported the Blast Freezer Project!

York
Paradise
West York
North York
Lancaster-Northeast
York Uptown
Mechanicsburg
Littlestown
New Oxford
Lititz
Mount Joy
Denver/Adamstown/
Ephrata
Columbia
East Petersburg
Red Lion/Dallastown
Harrisburg-Keystone
Shippensburg
Lancaster-Sunrise
Perry County
Gettysburg

We're looking for hoes, rakes, shovels & hoses

The students do not have the tools they need to grow fresh vegetables.

Would you please consider donating your unwanted garden tools? In September, the agriculture team will work with students and teachers at Dawurampong Technical High School and Apam High School. Their ambitious agenda includes teaching classes, helping students construct and plant raised-bed vegetable gardens, and building compost bins. After the team returns home, the students will maintain the gardens, growing peanuts, eggplants, peppers, and beans—hard work even with the proper tools.

You can help by donating your unwanted garden tools. To arrange for pick up or delivery of your unwanted garden tools, contact Hollie Walkley at 717 718-5751 or hollie@buildingsolidfoundations.org.

Our Agriculture Team Members have 100+ years of gardening experience!

Ackie Atkinson • Albert Byrnes • Bobby Davis • Sam Vaughn
Master Gardeners Jerry Cook • George Fetrow • Frank Reed

The Medical/Surgical Team

- Rose Aumen, RN
- Amanda Beattie, MD
- Marsha Bornt, MD
- Cara Bornt-Davis
- Lisa Bornt-Davis
- Kelly Chronister
- Robert Davis, MD
- Thomas Davis, MD
- Julie Drolet, MD
- Julie Dimick Fuller, CRNA
- Carol Grossman, RN
- Lynn Heath, RN
- Victor Hsu, MD
- Jack Ingari, MD
- Kari Kinard, RN
- Tina Falika King, MD
- Jim Kirby, MD
- Lois Klinedinst
- Jennifer Knapp, RN
- Richard Kurz, Sr. MD
- Sandy Leathery, NP
- Leanne Marada, PA
- John Mathai, MD
- Linda Miller, CRNP
- Nancy Miller, RN
- John Monk, MD
- Carolyn Peters, RN
- Frances Pitts, RN
- Seth Quartey, MD
- Ann Rainwater
- Muhammad Salman, MD
- Monica Sarfo, RN
- Amy Serfass, RN
- Shalini Shah, MD
- Barrett Skandera, NP
- Ann Sopchak, RN
- Michael Sopchak, MD
- Patricia Streeter, CRNA
- Ruth Vaughn, RN
- Beth Wehler
- Beverly Yohe

Sick people are willing to wait all day to see the Building Solid Foundations medical team.

Sick people are relying on you.

Can you imagine a town the size of York, PA with **one hospital of 100 beds**, staffed by **two physicians**, to care for **250,000 people**? That's health care in Apam, Ghana.

When the Building Solid Foundations medical/surgical team made its first trip to Apam in 2006, they saw more than 500 patients, performed 107 surgeries and established a hospital pharmacy - during one 7-day visit!

During the seven years that the medical team has been traveling to Apam they have

- cared for more than 2,000 patients in clinic visits and made 900 inpatient hospital visits
- donated more than \$14,000 of medicines and supplies and improved the hospital lab
- screened more than 300 patients for diabetes and hypertension
- shared up-to-date treatment recommendations for hypertension, sexually transmitted infections, diabetes, and infectious diseases
- helped overcome cultural barriers to discussions about mental illness, death, antibiotic use and preventing STI's
- modeled hand washing and sanitizing methods
- educated colleagues in the US about diseases common to Africa

While the medical team cares for patients suffering from malaria, typhoid, parasites, diabetes, TB, hypertension, and goiters the surgical team helps patients with cleft palate, hernias, gynecologic and obstetric problems, severe burn scars, hand injuries, and more.

Financial Support and Project Expenses

July 1, 2011 through June 30, 2012

Revenue and Support		Net Assets	
Unrestricted contributions	\$178,926	Unrestricted	\$164,933
Temporarily restricted	\$ 18,093	Temporarily restricted	\$ 72,170
Expenses			
Total Program Expenses	\$ 57,249		



Your Investment Makes A Difference. Medase!

Gifts Received July 1, 2011 through June 30, 2012

\$50,000 and above

Mr. and Mrs. Louis J. Appell, Jr. *
Stephen Shellenberger *

\$25,000 - \$49,999

Marsha Bornt *
Robert & Patricia Davis *
Seth & Grace Quartey *

\$10,000 - \$24,999

Aldersgate United Methodist Church
Anonymous *
Eldred (Ackie) & Sara Atkinson *
John & Ginger Finlayson *
Andrew & Nancy Miller *
Robert Simpson *

\$1,000 - \$9,999

Chuck & Kathy Blouse
Gerald & Libbet Bowman
Albert Brynes
Karston Carr, MD
William & Ann Carter
Wayne Davis *
Elizabethtown College
Beth Gill-MacDonald *
Carol Grossman
Dee Grubb
Kim Herzog
Ben and Ann Hoover
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Michael Staley
Patricia Streeter
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Scott & Connie Wehler
Wellspan Health

Dennis & Karen Willman
John Zimmerman

\$500 - \$999

Paul & Deborah Bailie *
Bethany United Church of Christ
Carl & Lois Lightner
David & Cynthia Payonk

\$100 - \$499

1447 Dental Associates
Patricia Bartels
Christine Bingman
Darcey & Judy Bohince
Vernon Bracey
Richard DiBiasi
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Daniel & Maureen Donahue*
Nancy Emmons
Jaclyn Fichter
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Gohn & Stambaugh, Inc.
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Edward Nelson
Jamie & Elaine Page *
Dr. Steven Pandelidis
Jay & Abby Pepper
Edward & Janey Potter
Robert & Marcia Price

Randt Refrigeration
Steve Rearich
Ronald & Debra Reed
Rotary Club of York
Rev. Jasmin Sculark
Carl & Betty Siegrist
William Simpson
Rachael Smith
Helen Spring
Amy Vangulick
James & Michelle Wilson
Mr. & Mrs. Lee Wolff
Michael & Beverly Yohe

Gifts Up To \$100

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Bryan & Laura Ache
Fran Anderson
Mr. & Mrs. Corey Barnes
Denise Berry
Joan Blouse
Jenny Bond
Ruthe Craley
Jane Crowder *
Shonda Davis
Dr. Bruce Dietterick, III
Hannah Duplan
Mr. & Mrs. John Eyster
David & Cindy Kalinoski
Sharon Kebil-Whisler
Jennifer Knapp
Thomas McGlynn
Anna Miller
Donald & Dorothy Miller
Colleen Mundis
Cheryl Pardoe

*Denotes Gift to the Building Solid Foundations Operating Fund.

Gifts-In-Kind

Aldersgate United Methodist Church
Apple Hill Surgical Associates & Dr. John S. Monk, Jr.
Cinbelle
Cleve J. Fredricksen Library
Cromoglass Corporation
Dallastown School District
Driftwood Embroidery
ForSight Vision
Hempfield School District
Hershey Elementary School
Dr. David Hoffman, Brockie Dental
Hummelstown Community Library
Kaltreider-Benfer Library
Penn State Cooperative Ext. & Frank Reed
Rutter's
St. John's Lutheran School
S&H Express, Inc.
Shiple Energy
Southwestern School District
Standard Concrete Products
Turkey Hill
Wellspan Health
Willow Street Family Health & Dr. Robert Pratt
Worden & Shewell
York City School District
York Container Company
York Suburban School District



Every effort was made to recognize each gift to Building Solid Foundations for the period July 1, 2011 through June 30, 2012. If you find an error, we sincerely apologize. Please contact us with any corrections.



Building Solid Foundations

963 E. Market Street
York, PA 17403
(717) 718-5751

Are you curious...but not quite sure?

You can be part of the fun!

Our volunteers will make several trips to Apam in 2013 and 2014 to work on agriculture education, medical, surgical, and construction projects.

If you are curious about volunteers, please attend our pre-trip meeting on April 7, 2013, 4:00 pm at Aldersgate United Methodist Church, 397 Tyler Run Rd., York, PA 17403.

The next trip will **depart on September 21, 2013** and **return on October 5, 2013**.

Watch our website: www.buildingsolidfoundations.org for announcements.



Creating libraries...designing curricula...teaching teachers

The Building Solid Foundations Education Team is always busy.

You can help. Make a gift on-line at www.buildingsolidfoundations.org or mail your gift to us at 963 E. Market St., York, PA 17403. We'll buy books, pencils, crayons and more. Thank you!

The Education Team

Sara Atkinson • Kathy Blouse • Jaclyn Fichter • Kay Gable • Beth Gill-MacDonald
Casey Rae Grouser • Dee Grubb • Kim Hertzog • Carol Howie • Brian Jakusak
Kathleen Kasun • Lois Klinedinst • Sarah Kovacs • Lauryn Krissingner • Afryea Nophlin
Debby Perry • Katherine Price • Sue Shannon • Rachael Smith • Katherine Tate
Carroll Tyminski • Elizabeth Van Gulick • Nancy Valkenburg • Leora Wiest