

H.E.R.O.C.'s INAUGURALTRIP TO GUYANA
OCTOBER 22 - NOVEMBER 4, 2016

MEMBERS WHO TRAVELED WITH AND FOR THE MISSION:

Lorna Welshman-Neblett - President
Harold Lutchman- Vice President
Barbara Chase - Team Leader/ Medical Liaison
Marion Theresa Nadir - Recording Secretary
Shirley Collins - Assistant Recording Secretary
Robert Fraser – Nurse & Medical Liaison

Barbara Chase arrived in Guyana on October 18th, 2016
Robert Fraser arrived in Guyana on October 20th, 2016
Lorna Welshman-Neblett, Harold Lutchman, Theresa Nadir and Shirley Collins arrived on October 22nd, 2016.

Sunday, October 23rd:

The day was assigned for resting and to gather our thoughts for the upcoming week's events planned.

On Monday October 24th and Tuesday October 25th:

Team H.E.R.O.C. met at the Office of our Guyana based Patron, Norma Daniels, to finalize the planned week's events and assemble the twenty-five Goodly bags for the Look Good Feel Better Session. Items for the bags were transported to Guyana from USA via air and team members. Included in the Healthfirst tote bag were:

- 1 family size Biotene toothpaste
- 1 small Biotene mouth wash
- 1 travel size pro-enamel tooth polish
- 2 soft bristle toothbrushes with dental floss
- 1 toothbrush travelling case
- Lemon and ginger tea bags
- Mint tea bags
- Ginger candies
- 1 pack spearmint chewing gum
- 2 nutri-fruit and vegetable bars
- 2 lip balms
- 1 eye liner by Stila cosmetics
- 1 lip gloss by Stila cosmetics
- Handout on cancer awareness and breast examination checks

The Team was introduced to Dr. Latoya Gooding, President of Giving Hope Foundation (Newly formed Charity now aligned with H.E.R.O.C.) and her husband, Myron.

The air shipment of Wigs, Prosthesis, Prosthetic bras and Regular bras, shipped from NY on October 13, 2016, was cleared the following morning by Lorna Neblett-Welshman and Norma Daniels. The Giving Hope Foundation will institute a transparent procedure for the distribution of these items, whereby H.E.R.O.C will be fully updated.

The remainder of the afternoon, was spent finalizing the menu for the PR Cocktail Event. This was a success with the help of Nadira Mearns, our Assistant Secretary's sister, a caterer, Ms. Karen Martins, member of the Church that our special fighter Marcia Gordon attends in Guyana, and Barbara Chase.

Beverages were procured by the President from Ansa Mcal with Mr. Troy Cadogun, where we were provided with the following items as a donation:

- 4 cases of Beer
- 3 Bottles of Champagne
- 3 Bottles Red Wine
- 3 Bottles White Wine

Additional Beverages were provided by Ms. Vanessa Adams-Carr of Caribbean International Distributors Inc., (CIDI). We were provided with the following items also as a donation:

- 15 Cases of Blue Life Purified Water
- 6 Cases of "More" Juices – Assorted Flavors
- 5 Cases of Soft Drinks – Assorted Flavors

Star Party Rentals was recruited for providing the Tents, Tables and Chairs for the evening. Luna Chung, the Vice President of the Giving Hope Foundation of Guyana managed to get a discounted price on the rented items as follows:

- 1 Tent (20 X 40) for the rear (not ordered)
- 2 Tents (10 X 40)
- 60 Folding White Chairs
- 12 Cocktail Tables
- 12 Pink Sashes for Cocktail Tables
- 3 Long Tables for Displaying Food & Drinks
- String Lights for under the Tents

(Note: An invoice in the amount of \$89,094.00 (G\$) was presented to us for these items. H.E.R.O.C. contributed \$250.00 US (Or \$50,000.00 G\$) towards the payment. The GHF boot collection, \$33,200.00 was turned over to GHF, which was used to cover the remaining cost).

This session ended at the "The Cottage" in Kingston for a Team Lunch.

Wednesday October 26 – Look Good Feel Better

Team H.E.R.O.C. arrived by 8:30am at the Oncology Department of The Georgetown Public Hospital (GPHC), to meet the twenty five cancer patients/survivors for the Look Good Feel Better Session. Prior to the Commencement to this event, we were escorted by Dr. Gooding to be introduced to the acting Chief Executive Officer (C.E.O) of the GPHC., Dr Amir. He was impressed on our mission to give back to Guyanese in this field, in spite of our various professions, both medical and non medical. Dr. Amir promised to offer his continued support to

the Team, as we work assiduously to give Cancer the Boot and our joint effort with GHF, centering on Early Detection, Saves Lives.



*Dr. Amir, Acting CEO GPHC meeting with
Team H.E.R.O.C. Inc and Dr. Latoya Gooding*

At the Look Good Feel Better session, there were only twenty one (21) in attendance. Despite the heat, it was a joy and overwhelming feeling to interact and see the happy faces of these women, who are on a daily battle to save their lives from Breast Cancer. Persons in Guyana, whether battling directly or indirectly are not vocal about this disease, however as the session progressed, most of the patients present, started to share the details of their respective journeys and realized that their stories can impact each other immensely.

Dr. Gooding, who is humble and an affectionate oncologist attached to the unit, presented an introduction to our Team, while our President provided an overview of H.E.R.O.C. She informed the session of the Team's intentions to assist the Giving Hope Foundation and that we are a support organization pledging alliance with the Giving Hope Foundation.

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P r e s i d e n t ,
H . E . R . O . C .*

President of GHF

The Gift bags were distributed after a presentation on maintaining good health and nutrition as they continue with treatment and their lives. The attendees were invited to share their experiences and feelings, which they gladly did. They shared their pain, their thankfulness to be alive, praised Dr. Gooding and the other staff of the department for the wonderful services they provided and thanked Team H.E.R.O.C. for their guidance and support at the session. Most importantly, they thanked God for seeing them through this journey.



*Team H.E.R.O.C. distributing Goody Bags to the attendees of the
Look Good-Feel Better Session*

The remaining goodies were handed over to Dr. Gooding for the persons who could not attend. Lunch was provided by GPHC and served by the members of Giving Hope Foundation.

Thursday October 27th: - Cocktail Reception

The evening of our Cocktail Reception to announce our alliance with the Giving Hope Foundation was held at CSR Computers, our Patron Ms. Norma Daniels. This event was attended by approximately one hundred and twenty-five (125) persons. Once again, Dr. Gooding presented an introduction to H.E.R.O.C. and our President provided an overview of our Organization and our allegiance to support the Giving Hope Foundation. Certificates of appreciation were given out by H.E.R.O.C. to

- The Giving Hope Foundation for their Alliance with H.E.R.O.C.
- Dr. Latoya Gooding for her Vision of the Giving Hope Foundation
- Ms. Luna Chung, GHF, Certificate of Partnership
- Ms. Sonia Noel, Patron, Guyana, Certificate of Appreciation
- Ms. Norma Daniels, Patron, Guyana, Certificate of Appreciation.



Ms. Norma Daniels, Patron

Guests were motivated after viewing the video done by our fighter Marcia Gordon, “Why not Me” highlighting her present journey with Stage 4 Breast Cancer and a verbal update regarding her future treatment.

H.E.R.O.C. received endorsements from our Patron, Dr. Sonia Noel and Fullbright Fellowship Awardee, Dr. Desiree DiFlorimonte to the Giving Hope Foundation, Guyana.



*Dr. Sonia Noel
Patron*



*Dr. Desiree DiFlorimonte
Fullbright Fellowship Awardee*



Members of Team H.E.R.O.C.



Members of Team GHF

Refreshments were served by the GHF volunteers and the evening concluded with the opening of several network connections formed between private and social entities with the two aligned organizations.



Guests at the Cocktail Reception participating in the scrumptious Buffet and Beverage Bar

Friday October 28 – Candlelight Vigil

The planned Candlelight Vigil was held in the front of the Cancer Institute of Guyana, to honor those lost to the deadly disease, currently battling and survivors. There were approximately one hundred (100) persons in attendance, including survivors. Candles for this event were provided by H.E.R.O.C. |

Heads of the Organizations in attendance were invited to introduce themselves and a short speech in light of



their purpose. Ms. Lorna Welshman-Neblett spoke on behalf of Team H.E.R.O.C. After one minute of silence, persons were invited to announce the name(s) of the persons their respective candles were lit.

Saturday October 29th – Cancer Awareness Walk

Team H.E.R.O.C. arrived promptly at 5:45 am, at Parade Ground, Middle and Carmichael Streets to join members of various groups and businesses of Guyana to participate in the Cancer Awareness Walk. The Cancer Survivors were the leaders of the walk with their banner accompanied by the First Lady of Guyana, Mrs. Sandra Granger, Minister of Telecommunications – Hon. Kathy Hughes and her husband, Nigel Hughes. This was followed by members of the Giving Hope Foundation and H.E.R.O.C. Several businesses and Organizations also marched to the drums of The Guyana Police Force Band throughout the entire route.

The Walk started promptly at 6:00am, up Middle Street, turned right on Waterloo Street, then left onto Church Street, down to Vlissengen Road where we made a left turn and continued to Lamaha Street, then another left and back down to Waterloo Street, right on Middle Street and back to our starting point at Parade Ground.



Cancer Survivors leading the Cancer Awareness Walk



Section of the Cancer Awareness Walk



Team H.E.R.O.C. at the conclusion of the Walk

Water was supplied throughout the Walk by Caribbean International Distributors Inc. (CIDI) to all the participants of the Walk. This was a partnership established by H.E.R.O.C. and CIDI and the courtesy of Vanessa Adams-Carr. The walk was fully supported by members of the public, who willingly joined the parade through the streets, full of energy and love for those battling directly and indirectly with any form of Cancer.

Sunday, October 30th – Free Screening at GPHC.

The Mission continued with Free Cancer Screenings at the Georgetown Hospital from 8:00 AM to 4:00 PM. H.E.R.O.C. was represented by Lorna Welshman-Neblett and Harold Lutchman.

H.E.R.O.C. and The screening Team at GHPC

There were at least 15 men who showed up to be checked. Of all the women that were checked, there were three positive Breast Cancer Women and one Ovarian. They were referred to the Cancer Department at the Hospital.

Monday, October 31 – School Visit

It was requested by the Principal of Bishops' High School to present Marcia's Journey with Cancer to the Students on Monday morning at their general Assembly. Barbara Chase and Lorna Welshman-Neblett represented H.E.R.O.C at this event. This was an added event to our Itinerary and was well received by the students who all responded with rounds of applause. Lots of the teachers who taught Marcia at this school were teary eyed throughout the presentation.

Wednesday, November 2 – Television Appearance

H.E.R.O.C. was invited to join Women for Change on a Television Program on Channel 6. This was a one hour program where we discussed Cancer Awareness for the first half hour and the second half of the program was a call-in by the citizens of Guyana. This was very informative and surprisingly, all the callers were men.

The host of the show was Ms. Ruth Johnson accompanied by Mrs. Nicola Trotman.

Thursday, November 3 – Presentation of Medical Supplies

We cleared and retrieved the Medical Supplies sent September 29, 2016, from Customs and presented them to the Giving Hope Foundation. These were transported to Dr. Gooding for future Distribution. GHF will provide other Health Facilities with Medical Supplies based on their needs and will keep an inventory on the items. A detailed report on the distribution of these items along with the Wigs, Prosthetics, Prosthetic Bras and regular bras will be sent to H.E.R.O.C upon completion.



Presenting the medical supplies to GHF



Medical Supplies

Friday, November 4th

Met with Videographer and collected the Videos and Photographs for H.E.R.O.C. This was our last Business day in Guyana where Shirley Collins, Theresa Nadir and Lorna Welshman-Neblett departed for their return to the US.