



Sampaguita e.V.

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HERZLICH WILLKOMMEN ZUM ZWEITEN EMAIL - NEWSLETTER!

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To our beloved readers,

Current events certainly illuminates the questionable nature of the examples within which our culture operates. Times like these certainly offer a precious opportunity to reflect on our priorities rather than move mechanically through our days.

In reality, this opportunity is always present, but sometimes we need a jolt to wake us up. It's quite accidental that this chain of events coincide with our partnership with institutes both private and public and other organisations, and we believe strongly that this partnership will serve as a promising example of a new model - a model in which the interests of all involved are balanced and where the partnership makes greater contributions towards healthy, sustainable and fulfilling outcomes possible. Imagine a world where no one and nothing is hurt or exploited in the course of our existence. At Sampaguita, we are struggling to realize that vision every day.

February 25, 2009 - Mission accomplished ! 6 Community hospitals in Negros Oriental, Philippines finally received their most awaited donations of medical supplies from the German Ministry of Defense facilitated by Sampaguita e.V..



Von links: Roland Heimann, Gov. Macias, Dr. Cacaldo, A. Heimann, Atty. Lopez,, Dr. Felix Sy, Nanette Tindoc



Von links: Araceli Heimann turns-over an Ophthalmoscope-Otoscope, to Donee. Dr. Felix Sy, Dra. Cacaldo, Atty. Lopez and Gov. Macias II attended the ceremony.



Roland Heimann makes sure that the donated goods reach their intended recipients.

Here are the local newspaper reports regarding this Project:

German gov't donates medical supplies to NegOr rural hospitals

by: Rachele M. Nessia

February 26, 2009

Rural hospitals in Negros Oriental got a boost from the German Ministry of Defense after the latter donated medical supplies and hospital equipment for the community primary hospitals in the province. The donation was turned over to Community Primary Hospitals Chief Dr. Chelsa Cacaldo on February 25 by the Sampaguita Deutsch-Philippinischer e.V., a German non-government organization led by a Filipina, Araceli Bejar Heimann. Heimann, whose organization has facilitated and organized the turn over of the donation, said the medical supplies and equipment from the German government aims to help improve the capability of the rural hospitals in the province. Some of the donated supplies, numbering a total of 114 items, include otoscope with ophthalmoscope, blood sugar test devices, surgical wound retractors, scalpels, surgical needles and endotracheal tubes. This is the second time that the German Ministry of Defense in Bonn, Germany has extended assistance for local hospitals here. The first time was on September 18, 2006 during which similar medical materials were turned over to the Negros Oriental Provincial Hospital. (Rachele M. Nessia/PIA)



Community hospital receives donated medical supplies

Dumaguete City (6 March) -- The German non-government organization Sampaguita Deutsch-Philippinischer e.V. turns over boxes of much-needed medical supplies and hospital equipment to Inapoy Community Primary Hospital in Mabinay, Negros Oriental. The NGO led by a Filipina, Araceli Bejar Heimann, was instrumental in securing donations which will help improve the capability of rural hospitals in the province

This is the second donation that the NGO has secured for Negros Oriental from German Ministry of Defense, with the first granted to the Negros Oriental Provincial Hospital on Sept. 18, 2006. Thanks to Heimann's organization, Negros Oriental is, so far, the first and only province that have been lucky enough to twice receive precious donations from Deutschland consisting of German-made superior quality medical equipment such as Aesculap ophthalmoscopes and othoscopes.

"My only wish now is for the government procedures in our country regulating donated items from abroad be made easier and less burdensome," said Heimann, referring to what she described as her ordeal in making sure that the intended beneficiaries receive the donations. "This second donation took 18 months before we finally got hold of the boxes. With that amount of time we could have been able to secure two more shipments of donations for the province but instead we spent it on the paperwork," she said.

She, however, remains undaunted and assured that she will continue to solicit more needed donations in response to the critical need to equip the community hospitals for better delivery of health services in far-flung areas. (PIA)



*Turn-over Ceremony at Amio Community Hospital, Sta. Catalina
From left: Nanette Tindoc, Araceli Heimann (3rd from left) and
Dr. Chelsa Cacaldo (7th from left) together with hospital staff.*



*March 12, 2009. Turn-over of medical supplies to
Pacuan Community Primary Hospital, Negros Island.
Araceli Heimann (4th from left) together with Dr. Cacaldo,
Nanette Tindoc with the hospital's staff members.*

A day after the turn-over of medical supplies and hospital equipment to the Community Primary Hospitals in Negros Oriental from the German government, Araceli Bejar Heimann (6th from left) together with her husband Roland Heimann (2nd from left, back row) and Nanette Tindoc (in front of Roland) trooped to the farthest community hospital in the province, the Community Primary Hospital in Luz, Guihulngan.

Ms. Heimann was instrumental in facilitating the much-awaited turn-over of the much-needed medical supplies and hospital equipment as president of the German non-government organization Sampaguita Deutsch-Philippinischer, assisted by Ms. Tindoc who is the supporting officer of the organization.

Photo also shows Dr. Chelsa Cacaldo (5th from left) who is the chief of the Community Primary Hospitals in the province together with the nurses and staff of the Luz Sikatuna Primary Hospital.

Posted by PIA NegOr at [2:56 PM](#)





Kalumboyan Primary Hospital. Araceli Heimann turns-over stethoscopes, otoscopes, small surgical instruments, etc. to the attending doctors of the community hospitals.



Nabilog Primary Hospital. Araceli Heimann turns--over medical supplies.



Dr. Chelsa Cacaldo receives donation – Hip Dysplasia - donated by Ms. Eva Drews and Martin Schneider of Walddorfhäslach, Germany



Gawad Kalinga, Siedlung für Obdachlose in Dumaguete City bekam ein Inhaliergerät. Dies wurde von Frau Angela Boltersdorf, Deutschland gespendet.



Gawad Kalinga, eine Siedlung für Obdachlose bekam zusätzlich noch ein Blutdruck Messgerät „Sanitas“. Auf dem Bild (ganz rechts) Dr. Ramon Ong, Health Officer.

Weihnachten 2008

Am 20. Dezember 2009 hat Sampaguita e. V. Weihnachten gefeiert. Freunde und Bekannte und deren Familie waren eingeladen. Die Gäste haben ihre Speisen mitgebracht. Spanferkel gab es auch. Danach sind Kinderspiele gezeigt wie Weihnachtskarussell, Renttiere Suche, Nikolaus. Geschenke für die Kinder wurden von den Eltern mitgebracht und der Nikolaus hat sie verteilt. Karaoke wurde auch präsentiert. Arno und Roland haben das Karaoke an diesem Abend ermöglicht. Eltern und Kindern tanzten miteinander. Es war ein gelungenes Weihnachtsfest!





Flut Katastrophe, 7. Februar 2009, Dumaguete City

Am Samstag, regnete es den ganzen Tag wie aus Kübel geschüttet in ganz Dumaguete City und Umgebung.. Es gab keine Umwetter Warnung, da die Leute schon viele Regentage seit Januar 2009 erlebt haben. Ees war eine Überraschung! Häuser insbesondere aus Nipa und Bamboo wurden vom Wasser mitgerissen. Eine Familie ist im Wasser ertrunken, Vater und Mutter im Wasser verschwunden. Nur die Leiche ihres Kindes konnte geborgen werden.



Flut Opfer nimmt Hilfe wie Lebensmittel, Kleidung, usw. von Celi Heimann.



Eine typische arme Familie lebt am Fluß Ufer.

Flood in Dumaguete – Roads and Highways Turned into Rivers

Downtown area. Who would have thought that the stores in the downtown area would close at 5 PM? Well, with some stores in knee- or waist-deep waters, who would still want to buy stuff? I can only imagine how Lee Super Plaza's basement supermarket and electronic sections look. With the roads turning into rivers, vehicles were not moving – those who tried to pass the flooded areas suffered with their vehicles stopping in the middle of the road or the engines stopping as they reached the opposite “bank”.



Einige Häuser sind vom Wasser am Ufer dieses Flußes weggeschwommen.

Events and Schedules

23. Mai 2009, International Fest Müllheim



Linda Wegmüller und Roy Paraiso werden „Pasadoble“ präsentieren.
Hintergrund: Marilyn Fernandez, Meth Canonica, Leila Peier, Marina Villa

2. Mai 2009, Jahreshauptversammlung



Jahresbericht wurde von Celi Heimann vorgetragen.
Kassenbericht wurde von Jürgen Wolf vorgetragen.
Zukünftige Verein-Projekte auf den Philippinen
wurden besprochen. Vorstandsmitglieder wurden bestätigt.

Wann?

2. Mai, 2009

23. Mai, 2009

4. Juli, 2009

12. Sept., 2009

19. Dez. 2009

Was?

Jahreshauptversammlung, Arno's Geburtstagsfeier

International Fest

International Fest

Kultur- und Wohltätigkeitsveranstaltung

„The Search for Miss Sampaguita Beauty Queen 2009

Christmas Party 2009

Wo?

Bad Bellingen, Arno's Grill Garten

Müllheim, Marktplatz

Lörrach, Marktplatz

Kurhaus Bad Bellingen

Kurhaus Bad Bellingen

HEALTH

God's Garden Pharmacy

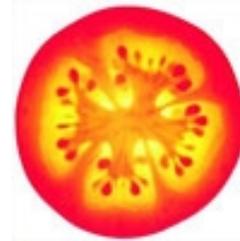
It's been said that God first separated the salt water from the fresh, made dry and, planted a garden, made animals and fish... all before making man. He made and provided what we'd need before we were born. These are best & more powerful when eaten raw.

God left us a great clue as to what foods help what part of our body! God's Pharmacy is amazing!

A sliced **carrot** looks like the human **eye**. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow and function of the eyes



A **tomato** has four chambers and is red. The **heart** has four chambers and is red. All of the research shows tomatoes are loaded with lycopenine and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound **heart and blood** vitalizing food.



A **walnut** looks like a little **brain**, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain **kidney** function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and many more look just like **bones**. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocadoes, Eggplant and Pears target the health and function of the **womb and cervix** of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. *Figs* increase the mobility of male sperm and increase the numbers of sperm as well to overcome **male sterility**.



Sweet Potatoes look like the **pancreas** and actually balance the glycemic index of diabetics



Olives assist the health and function of the **ovaries**.



Oranges, grapefruits, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the **breasts** and the movement of lymph in and out of the

breasts.



Onions look like the **body's cells**. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

A Just Distribution of Wealth

Nito Doria

The grave question that imperils the very existence of man on this planet is the worsening of human poverty in the midst of advancing plenty. The rich are getting richer; the poor are getting poorer. The question demands a quick and frank investigation of the basis of human society, or we all face extinction in a Third World War. In this mid-Twentieth Century we have seen men's loyalties turning to two opposing ideologies. This contest for men's minds, this state of war that blows hot and cold in critical areas of our planet is at bottom economic - it is the result of man's many disappointments in his eternal quest for the good life. Democracy or communism is but the question of which is the right way to get to the same Utopia.

Yet, we continue to have faith in the old economies. And so, instead of asking if perhaps there are institutions in the old social structure that need to be done away with or revised, we continue to blame poverty on the wrong things. Corruption has often been cited as a major cause of widespread poverty; yet corruption exists precisely because of want.

The productiveness of human labor has been multiplied in countless ways; it is vain simplify the problem of poverty by calling it just a case of too many mouths to feed; pointless to dismiss the want and suffering of the masses as a Darwinian phenomenon. The „survival of the fittest“ is applicable only to creatures of lower forms which, unlike man, do not produce wealth but whose life depends on their ability to compete with other creatures in plucking the fruits of nature. But to apply Darwinism to men is to give sanction to robbery and to consider the strongest, most efficient robber as the only human being who has the right to live. For men do not propose to live together in a society to enable them to rob each other; society is for cooperation.

The increase, therefore, of poverty in the midst of advancing plenty can only be ascribed to inequality in the distribution of wealth. This is the truth about poverty. People, however, are frightened to think of it that way. They fear being accused of advocating the very opposite – equality of wealth, which is communism.

However, the solution to *inequality* in wealth is not *equality* in wealth. It is pointless to argue that A should not be allowed to become a millionaire because B and C are not. What is the solution?

TRAVEL TIPS

Dumaguete.....so much to do and see! (Negros Oriental and Occidental)

by Joy and Fredy Nussbaumer

We were excited to see Celi's hometown. She was also very kind to offer her beautiful house for my brother's family with 5 children. You can just imagine the organization involved! They stayed for 3 weeks and enjoyed it. My brother loves Celi's place for he can do so many things in their property. He planted ginger, enjoyed cooking, gathered firewood and enjoyed chatting with the caretakers. Celi's family and the children had fun playing badminton with Marc. He is so good.

Roland gave us tips on how to travel in the Philippines. He advised us to wear casual clothes (no designer logos) and no jewelries if possible. This was very helpful. We brought our old clothes and didn't matter if they got stains. Quite often, we used them for snorkelling and boating.

How did we get to this paradise place? First, we took the air-conditioned bus from Cebu to Dumaguete early morning. Fredy, my husband, enjoyed the bus ride which took us 6 hours. The bus got into the ferry. We paid extra for the ferry. It was old, practical and efficient. We arrived at the terminal and had lunch there. It was a great experience!.

Hotel accommodation: thanks to Celi for recommending a gorgeous resort which is owned by a wonderful lady. She is 90 years old and does all the shopping and work everyday! Santa Monica Beach Resort is reasonable in price, with a beautiful garden and offers great food. Sometimes, we went to the market and asked the cook to prepare the food for us. We paid only like 150 pesos. The front beach is great for snorkelling and swimming. The staff was very friendly and helpful and the service was excellent. We stayed there for almost a month. We travelled like mad everyday! Most of time we waited on the street until at 02:00 a.m. for a ride.

Malatapay Market - We hired a tricycle to drive to this marketplace and made a good bargain. Every Wednesday morning they sell domestic animals, fish, fruits, vegetables and household items. They also serve lunch at the market. You can also take the Ceres Bus which is cheaper. You need to wait on the street for the bus which requires time and patience. The market is close to Apo Island. I would suggest to spend a day to visit this island especially for diving and snorkelling. A snorkel gear is available in Dumaguete City or you can also rent them from the diving shop opposite Sta. Monica Beach Resort. Always wear diving shoes to protect your feet from sea urchins.

Balanan Island - We left the hotel at 6:00 a.m. We took a tricycle to that place. Two men accompanied us. The food, hotel and fees were cheaper in Balanan compared to other villages. They have 3 hot-springs where you can go for a swim in the middle of the jungle. We took a boat ride to a small waterfall. They also have a hotel similar to a tree house which makes it very unique and special. They have a lake, but be careful, I would not dare to swim in this dark lake..... For lunch, one can order the food in the restaurant before going to the falls for it takes a while to prepare it. Fried native chicken is delicious! (Manok na Bisaya). You can also travel to this place with habal-habal (motorcycle backride).

Apo Island - Excellent for diving and snorkelling with a marine sanctuary. They have an inclusive hotel and restaurant which is owned by an Englishman married to a Filipina. Marc, Celi's son, and I went for diving the whole day while Fredy and Roland sat on the boat and enjoyed the scenery. We hired a huge boat including diving gears and 4 men to assist us. Each of us had a private instructor. It was a reasonable price. Watch for the black and stripy snake! I saw two of them. I always asked the local people to escort me since they know the

area. Manual labor in the Philippines is so cheap so you don't have to worry about your budget. But, it is always advisable to inquire for prices first.

Forest Camp - This is not adventurous enough for me. It is a park which is ideal for picnic and fishing.

Casaroro Falls - This is a challenging trip but it is worth it! We took the jeep all the way to town then took the habal-habal. You need to bring some picnic food for there is no restaurant in this place. To reach the huge falls you need to go down the stairs with more than a hundred steps.....then walk to the falls. It is very high, powerful and incredible, but not recommendable for swimming. One can hire a motorcycle but the road is muddy and rough.

Twin Lake - This is a unique place and excellent for hiking but quite slippery. You need a pair good shoes. We took the boat ride along the lake and had picnic at the panorama house. The tour guide was a Swiss couple who organized the trip which included lunch and snacks. You need a car to reach this place. The Lighthouse Tour in Dauin organized a tour in Swiss language which was helpful for Fredy.

Dolphin Watching - We left the hotel at 02:00 a.m. and hired a private tricycle. We drove to Bais City. Unfortunately, the ocean was rough and dangerous. We ended up going to Mabinay Cave. The tour guide was living in the area.

Sumilom Island - This is a very expensive area. The entrance fee is 500 pesos per guest. This place is also great for snorkelling and diving. They have a hotel, a subsidiary of Maribago Bluewater Resort located in Cebu.

Bacolod – One needs to take the bus or car to Bacolod. There are two ways to get there, either take the Mabinay direction through the forest and up to the mountain or one can drive along the beach starting Bindoy, Ayungon, Jimalalud, etc... We stayed in a hotel in Binalbagan at a good price although they only offer very few accommodation possibilities. Mambucal is fantastic with its volcanic hot springs, butterflies, orchids, bats galore hanging on trees. Apparently, taking a dip in the water spring is healthy since we saw so many tourist bathing in the pool in a huge forest and park. The hotel is very exclusive. You need to reserve ahead of time to get a cottage. The restaurant is unique where you can make your own choice of delicacies like raw fish, sea food, meat and chicken on the ice and have them cooked.

Dumaguete has the best and cheapest massage in the Philippines. The place is close to the National Bookstore. You can also dine at Lindai's restaurant for a great and reasonable meal. Dumaguete offers so many tourist spots like Balinsasayaw and cultural activities like Sayawit and parades. Before Christmas we witnessed a lantern contest which also included a dance and song contest. All towns of Negros Oriental participated in the contest. The orphanage offered a wonderful Christmas concert with talented children.

Kirschner Reisen organized our complicated trip. They did a great job!