

The CCVT AGM & Holiday Party 2013
Venue Tour at Bickford Centre
777 Bloor Str. W. (Christie/Bloor)



CCVT GIVES HOPE AFTER THE HORROR!

The Connection

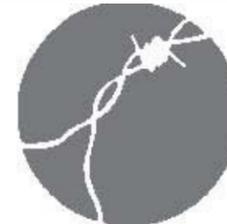
A PUBLICATION BY THE VOLUNTEERS OF
**THE CANADIAN CENTRE FOR
 VICTIMS OF TORTURE**
 SCARBOROUGH BRANCH

A NEWSLETTER FOR ALL CCVT VOLUNTEERS

November 2013

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CCVT AGM AND HOLIDAY PARTY 2013

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Editors' Note:

The information provided in this publication is not controlled by the CCVT, and therefore may not reflect the Centre's views.



The Canadian Centre for Victims of Torture (CCVT)
 Cordially invites you to attend
**THE ANNUAL GENERAL MEETING &
 HOLIDAY PARTY**
 On Sunday December 8, 2013 at The Bickford Centre Cafeteria
 At 777 Bloor Street West (Christie & Bloor)
 From 12.00 p.m. – 4.00 p.m.
 Please bring your Family with you to Celebrate
 The Holiday Season!
 Refreshments and Light Snacks will be served!
 If you wish to share with us your Favourite Dish,
 Please feel FREE to Bring it!
 THANK YOU for your Support as we
 "Give Hope after the Horror!"

The Taste of the AGM & Holiday Party—ENTRY IS FREE!!



**The CCVT First Light Celebration
on Friday November 15, 2013 at The Old Mill**



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ANNOUNCEMENTS

HOMEWORK CLUB will be closed for the holiday break from December 12, 2013 to January 10, 2014. This Program will reopen in the week of January 13, 2014.

THE ESL CLASS, THE COMPUTER CLASS AND ONE-ON-ONE TUTORING will be closed on the 19th of December, 2013 and will reopen on the 6th of January 2014.

BEFRIENDERS WILL CONTINUE AS MAY BE DESIRED.

FRONT DESK HELP will not be required from December 19, 2013 and will be open again on January 2nd, 2014.

In-House Training for The Income Tax Clinic Volunteers 2014

**It is already time for us to start preparing for the upcoming
Income Tax Season!**

*Do you have experience in preparing Income Tax Returns! OR
Do you have A Good Accounting background with Good Computer skills!
This Volunteer opportunity is for you!*

*In-House Training by experienced Income Tax Volunteers will be provided to
volunteers who are interested in joining the **CLINIC** this season
but with no experience!*

*It is scheduled to take place this Saturday November 7, 2013 from 10.00 a.m. to
1.00 p.m. It will be a 'First Come First Served' registration criteria!*

It is very important if you are available to volunteer at the CCVT Scarborough Income Tax Clinic,
to register on-line through [EFILE at www.efile.cra.gc.ca](http://www.efile.cra.gc.ca) as a Volunteer.

The Clinic will be opening every Friday from February 7, 2014 until May 2, 2014.

Please confirm your attendance as soon as possible!

Most importantly, do not forget to process your Police Reference Check report, this is now a requirement to volunteer with CCVT. It takes between 6-8 weeks to get your report back from the date you request for it. There is an option of coming to my office and fill in a Police Consent form and pay \$15.00 for CCVT to help you with the process or you can go to 40 College Street and do it yourself. If you live out of the GTA, you will have to do it from your Home town Police Station.

For those who are already in the process, please disregard this reminder.

By: Juliette Ntege, Volunteer Coordinator, CCVT Scarborough Branch

Clients' Activities

The Youth Food Drive



CANADIAN CENTRE FOR VICTIMS OF TORTURE

CCVT Youth Mission Possible

FOOD DRIVE

1. CEREALS-REGULAR BOX
2. MAC AND CHEESE
3. PASTA SAUCE
4. SANDWICHSPREAD(CHEESE WHIZ,NUTELLA,JAMES,ETC)
5. CANNED FRUITS AND VEGETABLES AND FISH
6. SOUPS
7. BEANS(PLAIN OR WITH SAUCE)
8. RICE/FLOUR
9. SUGAR
10. COFFEE /TEA
11. HOT CHOCOLATE
12. CONDIMENTS(KETCHUP,MUSTARD,MAYONNAISE)
13. CAKE MIX/PAN CAKE MIX

DONATIONS WILL BE ACCEPTED

FROM NOVEMBER 27,2013-DECEMBER 13,2013

LOCATION: @ 2401 EGLINTON AVE. EAST 3RD FLOOR, UNIT 310 SCARBOROUGH, ONT M1K 2N8

ALL NON PERISHABLE FOOD DONATED WILL GO STRAIGHT TO CCVT AND
SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES

PLEASE CALL CCVT FOR MORE INFORMATION AT (416) 750-3045



Accredited to the International Rehabilitation Council for Torture Victims

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The First Light Celebration 2013 A Volunteer's First Experience at the Dinner!!

This past November, all CCVT Staff, Volunteers, Board members, Donors, Special Guests, Award recipients, Friends along with the CCVT's founding members, all came together at the beautiful historical venue, the Old Mill, to celebrate the work and achievements of the CCVT throughout the past year at CCVT's Annual First Light Celebration.

Having started volunteering at CCVT this past April, this year's First Light Celebration, the 35th Anniversary, was my first opportunity to attend this amazing event. After attending, I felt so glad that I found the time to fit this important event into my schedule between my studies and my job, as it was definitely a memorable night, filled with great people and tasty food at a perfect venue!

The turn-up was excellent and everyone dressed up to impress. After a brief period of mingling and chatting, there was a treat of refreshments and hors d'oeuvres being taken around. This moment was accompanied by sounds of a live harpist in the background.

The night formally started off with a message from the Keynote Speaker, Hamida Ghafour, an Afghan-Canadian Journalist who mentioned that she and her family fled Afghanistan in 1981 and received political asylum in Canada in 1985. She grew up in Toronto and studied journalism at Ryerson University. She shared about her journalism interests and experiences. She specializes in the impact of conflict in the Islamic world on its civilians, particularly women.

Other Special Guests and Speakers included Dr. Federico Allodi, a founding member of CCVT; Dr. Judith Pilowshky, who came to Canada as a refugee but achieved a great success; and her story stands as hope for all refugees and mostly for CCVT clients.

Dalu Ndlovu, a CCVT client, social activist and undergraduate student at York University who aspires to be a human rights lawyer displayed for me perfectly not only the importance of CCVT in the integration and settlement process of refugees in Canada, but also the dynamic role CCVT plays in giving hope to individuals whose lives have been badly affected by war and torture to flourish and display their potential in life.

In between the speeches, a FULL course of a delicious dinner was served and I can't wait going back to the Old Mill next year.

The night came to a close with the sounds on a high note, with a live auction regulated by El-Farouk Khaki, a Canadian refugee and immigration lawyer. This was followed by a dance mixed by DJ Claudio Saldivia and impressive moves from most of the participants and this moment have never went off my mind till now!

Having never attended a live auction before, this experience was both new and exciting for me.

Congratulations CCVT towards a very successful First Light Celebration for the year 2013!

**By: Yonita Parkes, Volunteer,
CCVT Scarborough Branch**

Clients' Events and Activities

SPOUSAL SPONSORSHIP WORKSHOP



★ On November 7, 2013, an interesting and informative presentation about the Spousal Sponsorship was given by a staff lawyer from South Asian Legal Clinic Ontario, Mr. Atulya Sharman to the clients of CCVT.

This was of great interest for a lot of people and the presentation was delivered in an accessible and easy to understand way. There were, Arabic language and Tamil language interpreters who were arranged to help the clients.

The topics covered included information about who can sponsor, the types of family members who can be sponsored and how to apply for Family Class sponsorship. The importance of documenting the relationship through pictures, marriage certificates, letters, proof of phone calls and other materials were also discussed. Of great importance was the information presented about the new Conditional Permanent Resident requirement which applies to some spousal sponsorship applications which were submitted after October 25, 2012. This condition only applies if the relationship is less than two years old and there were no children together at the time of marriage. Mr. Sharman also provided information about some

exceptions to the condition for victims of abuse and neglect or for death of the sponsor. He stressed that it is important to have proof of abuse or neglect such as Police reports, Shelter information, Psychiatrist reports, Social Worker consultation reports, etc.

Clients were given the opportunity to ask questions related to the spousal sponsorship, during and at the end of the session. There were questions about what constitutes a marriage, what could be done if someone can't go to the country where his or her finance lives to get married, whether a sponsorship could be revoked at any time, to mention a few.

Clients with questions related to other immigration issues were encouraged to contact the Legal Clinic to get help.

He also discussed briefly about parents and grand parents sponsorship, as this will be a topic for another day. I am sure everyone is looking forward for that presentation.

By: Gowrie Vasavithasan, Volunteer, CCVT Scarborough

Clients' Events and Activities

HWC NUTRITION WORKSHOP ON MONDAY NOVEMBER 4, 2013



HEALTHY EATING (NUTRITION) DAY AT CCVT

On Monday November 4, 2013, two Public Health nurses from the City of Toronto visited the Centre to facilitate a workshop about Healthy Eating. Since most of the Home-work Club participants are young

people, the emphasis was given on the good nutrition needed by teens.

A part of the session included the discussion of the Canada Food Guide which teaches how to eat health and shows the different categories of food presented in rainbow color-wise groupings, as well as the food servings needed for teens. Vegetables and fruits, grain products, milk and alternatives, meat and alternatives are among the foods summarized in the chart.

As each food group is discussed, the presenters

passed around food samples for tasting. Among the items for tasting were avocado, green and orange bell peppers, mangoes, fruit juice, hummus, cheese, milk and meat. It was interesting to note that few of these food samples were actually new to some of the participants and they were open enough to learn and brave enough to take the challenge of tasting them for the sake of healthy eating!

The last activity carried out during the workshop was wrap-making. Each participant was given a regular or wheat wrap and was allowed to prepare his or her own wrap fillings. They had put hummus on the wrap and then layered it with slices of avocado or mango, pieces of lettuce, bell peppers, meat and cheese for toppings. To complete the healthy meal, fruit juice, fresh milk, or chocolate milk were provided for healthy drinks. Everyone enjoyed this best and last part of the session. Indeed, it's fun to eat healthy!

By: Judy Fe Jose-Larong, CCVT Volunteer, HWC



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