



CANADIAN CENTRE FOR VICTIMS OF TORTURE

(A U G U S T / S E P T E M B E R 2 0 1 5)

CCVT CONNECTIONS



*Join us for First Light
2015 Gala and
Awards on
November 13, 2015*

*@ 21 Old Mill Road,
Toronto*

Welcome to our bi-monthly newsletter. Here, we aim to keep our volunteers up-to-date on the latest information regarding events and opportunities at CCVT. Thank you for your on-going support!



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NEWS FROM THE CCVT

The CCVT Connections Newsletter, which is published bi-monthly, is intended to inform and engage the Center's volunteers in important events, news and meetings, and in doing so, to acknowledge the vital

Happy Autumn! A lot has changed since our last newsletter connection. Much discussion has been on the current global refugee crisis, specifically Syria and Canada's role. As a response many people have responded through Group sponsorships, donations and community rallies to raise awareness on the current crisis in Syria. In fact, did you know that in 1986 the UNHCR's awarded the Nansen Refugee Award to "the people of Canada" through then Governor General Sauvé. The award recognized the work of Canada in helping to alleviate the very difficult situations of refugees around the world. It was the first time the award was presented to an entire nation.

As more refugees come to Canada in the next days, weeks and months we ask for your ongoing support especially in high demand areas of our volunteer program such as Arabic interpretation, befriending, escorting and supporting families with children/Youth in our after school activities.

You will also see in this edition we have upcoming events and trainings for you to meet staff, clients, network with volunteers and community partners. So continue to be involved and we look forward to seeing you very soon!

Regards,

Mbalu Lumor,
Manager, Community Engagement

Welcome Our New Volunteers

Natalia Guled	Trisha Desousa
Phoebe Heng	Eglantina Bacaj
Karen Weinthal	Christopher Nabzdyk
Jane Clapp	Dorna Zaboli
AsmaNsiri	Kidan Gebremedhin
Diane Enns	Dajeane Lacasse
Donna Midanik	

CCVT Mandate

The Canadian Centre for Victims of Torture (CCVT) aids survivors in overcoming the lasting effects of torture and war. In partnership with the community the center supports survivors in the process of successful integration into Canadian society, works for their protection and integrity and raises awareness of the continuing effects of torture and war on survivors and their families. The CCVT gives hope after horror.

Editorial Committee contributors:

Safa Siddiqui, Aylin Manduric, Sophie Kassel, Mbalu Lumor

Canada: A History of Refugees

A Time Line

1776: 3,000 Black Loyalists, among them freemen and slaves, fled the oppression of the American Revolution and came to Canada.

1781: Butler's Rangers, a military unit loyal to the Crown and based at Fort Niagara, settled some of the first Loyalist refugees from the United States in the Niagara peninsula, along the northern shores of Lake Erie and Lake Ontario.

1783: Sir Guy Carleton, Governor of the British Province of Quebec, and later to become Lord Dorchester, safely transported 35,000 Loyalist refugees from New York to Nova Scotia. Some settled in Quebec, and others in Kingston and Adolphustown in Ontario.

1789: Lord Dorchester, Governor-in-Chief of British North America, gave official recognition to the "First Loyalists" – those loyal to the Crown who fled the oppression of the American Revolution to settle in Nova Scotia and Quebec.

1793: Upper Canada became the first province in the British Empire to abolish slavery. In turn, over the course of the 19th century, thousands of black slaves escaped from the United States and came to Canada with the aid of the Underground Railroad, a Christian anti-slavery network.

Late 1700s: Scots Highlanders, refugees of the Highland Clearances during the modernization of Scotland, settled in Canada.

1830: Polish refugees fled to Canada to escape Russian oppression. The year 1858 marked the first significant mass migration of Poles escaping Prussian occupation in northern Poland.

1880-1914: Italians escaped the ravages of Italy's unification as farmers were driven off their land as a result of the new Italian state reforms.

1880-1914: Thousands of persecuted Jews, fleeing pogroms in the Pale of Settlement, sought refuge in Canada.

1891: The migration of 170,000 Ukrainians began, mainly to flee oppression from areas under Austro-Hungarian rule, marking the first wave of Ukrainians seeking refuge in Canada.

1920-1939: The second wave of Ukrainians fled from Communism, civil war and Soviet occupation.

1945-1952: The third wave of Ukrainians fled Communist rule.

1947-1952: 250,000 displaced persons (DPs) from Central and Eastern Europe came to Canada, victims of both National Socialism (Nazism) and Communism, and Soviet occupation.

1950s: Canada admitted Palestinian Arabs, driven from their homeland by the Israeli-Arab war of 1948.

1950s-1970s: A significant influx of Middle Eastern and North African Jews fled to Canada.

1951: The *United Nations Convention Relating to the Status of Refugees* was created.

1956: 37,000 Hungarians escaped Soviet tyranny and found refuge in Canada.

1960: Prime Minister John Diefenbaker, whose grandfather was a German refugee of the Napoleonic Wars, introduced Canada's first Bill of Rights.

1960s: Chinese refugees fled the Communist violence of the Cultural Revolution.

1968-1969: 11,000 Czech refugees fled the Soviet and Warsaw Pact Communist invasion.

1969: Canada signed the *United Nations Convention Relating to the Status of Refugees*, and its Protocol, agreeing not to return a person to their country of origin if that person had grounds to fear persecution.

1970s: 7,000 Chilean and other Latin American refugees were allowed to stay in Canada after the violent overthrow of Salvador Allende's government in 1973.

1970-1990: Deprived of political and religious freedom, 20,000 Soviet Jews settled in Canada.

1971: After decades of being denied adequate political representation in the central Pakistani government, thousands of Bengali Muslims came to Canada at the outbreak of the Bangladesh Liberation War.

1971-1972: Canada admitted some 228 Tibetans. These refugees, along with their fellow countrymen, were fleeing their homeland after China occupied it in 1959.

1972-1973: Following Idi Amin's expulsion of Ugandan Asians, 7,000 Ismaili Muslims fled and were brought to Canada.

1979: Iranian refugees fled Iran following the overthrow of the Shah and the imposition of an Islamic Fundamentalist regime.

1979 -1980: More than 60,000 Boat People found refuge in Canada after the Communist victory in the Vietnam War.

1980s: Khmer Cambodians, victims of the Communist regime and the aftershocks of Communist victory in the Vietnam War, fled to Canada.

1982: The Constitution of Canada was amended to entrench the *Canadian Charter of Rights and Freedoms*.

1986: The United Nations awarded Canada the Nansen Medal for its outstanding humanitarian tradition of settling refugees.

1990s: By the 1990s, asylum seekers came to Canada from all over the world, particularly Latin America, Eastern Europe and Africa.

1992: 5,000 Bosnian Muslims were admitted to Canada to escape the ethnic cleansing in the Yugoslav Civil War.

1999: Canada airlifted more than 5,000 Kosovars, most of whom were Muslim, to safety.

2006: Canada resettled over 3,900 Karen refugees from refugee camps in Thailand.

2008: Canada began the process of resettling more than 5,000 Bhutanese refugees over five years.

2010: Refugees from more than 140 countries were either resettled or were granted asylum in Canada

Source: Citizenship and Immigration Canada. Retrieved September 26, 2015

<http://www.cic.gc.ca/english/refugees/timeline.asp>

Community Engagement in supporting Survivors of War and Torture



Women's sewing support group attending an information session on Date Rape Awareness facilitated by Family Services, Toronto



Women's Support group attending a stress reduction and community resources workshop facilitated by Regent Park Community Health



Oasis Centre Des Femmes facilitating an information session on Domestic violence and self-care.

What you might have missed!

Interpretation Training Workshop



Location:

194 Jarvis Street, 2nd Floor
Toronto, ON M5B 2B7

Contact:

Mbalu Lumor
Manager, Community
Engagement

P: 416-363-1066 x 222

Email: mlumor@ccvt.org

Canadian Centre for Victims of Torture

Interpreter Training For Survivors of Torture

September 23, 2015
6:00p.m-8:00p.m

Presenter: Dr. Wendell Block, MD

Dr. Wendell Block graduated from the University Of Toronto Faculty Of Medicine and then did his residency in Family Medicine finishing in 1986. Since then, he has worked in various Toronto Community Health Centres. This work has consistently involved working with people who are low income, newcomers, or have other obstacles to receiving health care. Dr. Block started working with CCVT in 1986. Most of his work has involved doing medical an assessment prior to a refugee claimant's hearing. Dr. Block has been on the CCVT Board, and presently is a member of the Health Advisory Committee. He enjoys reading, biking, canoeing, almost anything that takes him outside.

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We were fortunate enough to have Dr. Wendell join us on September 23, 2015 to lead us in an interpretation workshop for volunteers. The workshop was extremely informative as we practiced our skills using the dos and don'ts of trauma support interpretation. We were given the opportunity to openly discuss our questions and concerns while Dr. Wendell taught us how to utilize various physical and verbal tools in order to become effective interpreters.



VOLUNTEER VOICES



Interpretation Workshop Reflection

I was eager and excited to attend the Volunteer Interpretation Workshop taught by Dr. Wendell Block. After a quick show of hands, I was relieved to find that most of the attendees were just like me – new to interpretation. The workshop was very thorough in teaching us the basics and then moving on to the more sophisticated aspects of interpretation. Perhaps this is obvious to some, but I learned just how important it is for interpreters to understand their own role during the entire process.

We started off with a very simple question: What is the purpose of the interpreter? The primary purpose is to facilitate transparent communication between all client(s) and provider(s) in the room. The key word that resonates with me is “transparent,” the job is being done well if both parties can see and understand one another through the interpreter. How is this accomplished? By always speaking in first person, conveying the message as accurately as possible (both through words and tone), maintaining professionalism and staying completely neutral at all times.

Dr. Wendell split us into groups for a role-play activity, which opened up a myriad of questions and important discussion topics about the ethics behind interpretation. I found this especially helpful because he patiently explained how to deal with each hypothetical situation while considering our thoughts as well. The whole group was given the opportunity to contribute and bounce ideas off of one another, resulting in a very clear understanding of what is permissible and what is not. Another important takeaway from this session is that if an interpreter, or any volunteer at CCVT is being asked to do something outside of their role – they should redirect the client back to the volunteer coordinator. Remember, they are always here to help and support us every step of the way! Overall, it was a great experience and I came out of it feeling confident about my interpreting capabilities.

- Safa Siddiqi (CCVT Volunteer)

VOLUNTEER VOICES

Election 2015



The upcoming election on October 19th will be my second time voting. Though I've voted before, it still feels strange and, in a way, surprising that I will finally have a say in which party will lead our country's policy. I have only been of voting age for a year and a half, and although I grew up following politics in the news and at school, it was only recently that I began to really think about consequences of the choices we make at the ballot box. After the most recent mayoral election in Toronto, I had an interesting talk with a group of my friends who were also young first-time voters. I was disappointed to learn that many of them voted automatically for the parties their families preferred; the rest had voted "against" candidates, choosing strategically in the hopes that they would at least avoid the option they liked least. Looking back, I wish I had put more time into researching the issues, and I plan to make sure that in the future, every time I vote, it will be for a candidate whose ideas and policies align with what I want to see in my community.

One issue that received some attention in the debates for this election is Bill C-24, The Strengthening Canadian Citizenship Act. It allows the government to revoke citizenship from Canadians who were born outside Canada, or who hold dual citizenship, upon conviction of certain crimes related to terrorism, espionage, or treason. This bill has already been applied in one case, and draws an unprecedented distinction between Canadian citizens who are supposed to be equal under the law. So many of my friends and family are dual citizens, or citizens born outside Canada -- the idea that the government could or would designate their citizenship as inferior to my own is sad, and strikes me as contrary to the ideals embodied in The Canadian Charter of Rights and Freedoms. This is one issue that touches me -- and it was one that really woke me up to the magnitude of responsibility placed on voters.

I encourage everyone who is eligible to get themselves registered and come out to vote on October 19th. I encourage you to take the time to look into their local candidates' policies, and the goals and aims of all the parties. I hope that you will make choices based on what you think is best for our country and for everyone who lives here.

Cheers,
Aylin Manduric (CCVT Volunteer)



CANADIAN CENTRE FOR VICTIMS OF TORTURE

*WHERE
HER
TORTURE
ENDED,
WE
BEGAN.*



We help survivors overcome the lasting effects of torture and war. We help with re-integration into society, victim protection and generating awareness of torture's long-term effects on people and their families. Your modest monthly contribution helps us relieve torture's residual pain.

Donate now www.ccvf.org



First Light Celebrations 2015

November 13, 2015

Cocktails 6:30pm

Reception and Dinner 8:00pm

Venue: Old Mill Toronto, 21 Old Mill Road

\$125

(\$60 Charitable Receipt)

Funded by:

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First Light Celebration 2015 Continued...

Keynote Speaker: [Tony Burman](#)

Tony Burman is former head of Al Jazeera English and CBC News, and now teaches at Ryerson University's School of Journalism. While at the CBC, he spent more than three decades as an award-winning news and documentary producer, working in 30 countries, including seven years as CBC's Editor-in-Chief.

Master of Ceremony: [Susan Ormiston](#)

Susan Ormiston is CBC Senior Correspondent for TV, radio and online. She has reported from 25 countries and conflict zones including Afghanistan, Egypt, Libya, Ukraine, Lebanon, Syria, and Israel.

Entertainment by:

Donné Roberts

Of African Guitar Summit

Juno Award Winner & Live 8 Performer



CCVT ANNUAL GENERAL MEETING

**Canadian Centre for
Victims of Torture**



**Le Centre Canadien
pour les Victimes de la
Torture**

Cordially invites you to attend our

**ANNUAL GENERAL
MEETING
& HOLIDAY PARTY**

SUNDAY,

DECEMBER 13, 2015

**AT BICKFORD CENTRE
CAFETERIA**

777 BLOOR ST. WEST

FROM: 12:00 - 4:00 P.M.

Speakers:

To be confirmed soon!!!

Vous invite très cordialement à notre

**ASSEMBLÉE GÉNÉRALE
ANNUELLE & FÊTE DE FIN
D'ANNÉE**

LE DIMANCHE

13 DÉCEMBRE 2015

**DANS LA CAFÉTÉRIA DU
CENTRE BICKFORD**

777, RUE BLOOR OUEST,

DE 12H00 À 16H00.

Les orateurs seront

Seront annoncés plus tard!

*Bring your family with you to
celebrate the holiday season.*

*Please bring your favourite dish to
share with us.*

*Refreshments & light snack will be
provided!*



*Venez nombreux et accompagnés
de votre famille pour célébrer cette
saison de fêtes avec nous.*

*Veillez s'il vous plaît apporter un de
vos plats préférés pour le partager avec
nous. Nous fournirons le reste des col-
lations!*



For more information or to RSVP, contact CCVT: 416-363-1066

*Pour de plus amples renseignements ou pour confirmer votre présence, veuillez
contacter le CCVT au 416-363-1066*

 **Citizenship and
Immigration Canada** **Citoyenneté et
Immigration Canada**



**THE ONTARIO
TRILLIUM
FOUNDATION**  **LA FONDATION
TRILLIUM
DE L'ONTARIO**

 **TORONTO**



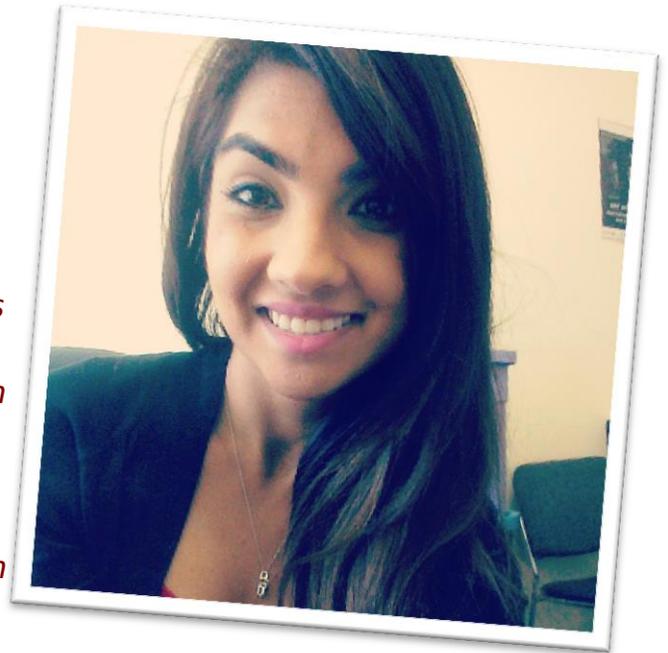
 **irct**
International Rehabilitation
Council for Torture Victims

 **Ontario**

NEW STAFF MEMBERS

SAMINA ZUBAIRI

Hi everyone! My name is Samina Zubairi and I am a newly hired Youth Worker at CCVT. I am coordinating a youth project that includes interactive programs and activities for youth such as health workshops, arts-based activities and recreational outings. We will also be holding a youth forum at the end of the program in June 2016 to showcase the skills that youth have learned throughout the arts-based portion of the program. This is a really exciting and fun program for all youth ages 16-24 that will benefit from the program through developing their skills and showing their talents. I am really excited to meet and work with all of you! Thank you!



Khaled is our new Arabic Trauma Counselor. He has been a volunteer at CCVT for 10 years and has many years of experience working with community-based organizations locally and globally, especially with refugees and vulnerable populations. He has been providing support to refugees and newcomer to Canada as well as homeless, abused women, and seniors who are facing mental health challenging. He worked for UN as a relief worker and refugees coordinator in many countries. He developed, created and implemented various programs for refugees to help them go throughout the difficult time in their lives. Khaled dedicated most of his time to empower the less fortunate people in the society. He holds MA, in Human Security and Peace building, and currently pursuing his PhD studies.



KHALED NOUR



ABIGAIL JACKMAN

Hello CCVT Volunteers! My name is Abby and I am a student at the CCVT working with Sidonia Couto, the Mental Health Counsellor at the Centre. I am completing a practicum placement with CCVT as part of my Masters of Social Work degree at the University of Toronto. I began my placement at CCVT in September and will be working at the CCVT until April. I am interested in social justice, community development and engagement, and mental health to name a few things. I am so excited to work and learn with you over the coming months and encourage you to come say 'Hello'! Thank you for all the work you do at CCVT and look I forward to meeting you!

CALL FOR SUBMISSIONS: FIRST LIGHT JOURNAL PUBLICATION

The Canadian Centre for Victims of Torture (CCVT) is pleased to invite submissions for its bi-annual publication, First Light.

The First Light is intended to inform the interested readers about torture, its effects and what we can do in aiding survivors to overcome their experiences of torture and war. CCVT views itself as part of a larger global community and is committed to the struggle for human rights, justice and the end of the practice of torture. CCVT chose to call this publication First Light because as the first light before dawn, it symbolizes the first ray of hope for survivors of torture.

The journal is available through CCVT's website as a free publication containing material written in English.

The Fall 2015 issue will focus on different perspectives on the challenge of addressing torture and trauma and will explore possibilities for overcoming individual and collective traumas. What is trauma, what does it look like, what are the symptoms, the experience, from your perspective how would you locate the problem of trauma, where to start- relate it back to the work of CCVT

We will also consider submissions that deal with other issues as long as they are related to the CCVT's work. In addition to research papers, we accept poetry, short fiction, creative non-fiction, as well as art works, literary stories told through visual art/photography. CCVT clients, volunteers, staff and supporters are encouraged to submit their work.

Submission Requirements

- Manuscripts should not be more than 5000 words (corresponding to 20 printed pages), including the title, abstract and references.
- Manuscripts should be typed, double-spaced with 1" (2.5 cm) margins, and submitted in Times or Times New Roman 12-pt font, as Word documents only. For those who don't have access to a computer can submit handwriting manuscripts. Please make sure that your handwriting is readable and clear.
- Manuscripts should be submitted electronically to the attention of the Managing Editors at ezat@ccvt.org or on CD-ROM at the address provided below. Authors must ensure that their manuscripts are appropriately identified.
- Co-authored manuscripts and/or those drawing on cross-disciplinary perspectives and research traditions are welcomed and encouraged.

FIRST LIGHT JOURNAL CONTINUED

CCVT welcomes the use of supplementary materials accompanying submitted manuscripts such as tables, graphics, and photographs. Please note that, in cases where the supplementary materials are embedded in the manuscript, authors are required to also submit these materials to the Managing Editors as separate files (for formatting purposes).



Deadlines

- Submission deadline: November 01, 2015
- Estimated review time: 3 weeks

Review Process

CCVT's editorial staff and Public Education Committee will initially review manuscripts.

Contact Information

Please send your article to mlumor@ccvt.org

Thank You!

SAVE THE DATES!

Befrienders

*Potluck, Entertainment
&
Decompression Session*

Date: December 03, 2015

Time: 6:00pm-8:00pm

Location: 194 Jarvis Street



Location:

194 Jarvis Street, 2nd Floor
Toronto, ON M5B 2B7

Contact:

Mbalu Lumor
Manager, Community
Engagement

P: 416-363-1066 x 222
Email:mlumor@ccvt.org

Funded by: Financé par:



Canadian Centre for Victims of Torture

Volunteers Spotlight Training Workshop

"Understanding Trauma and the Role of
Community in the Rehabilitation process of
Survivors of War and Torture"

February 09, 2016
6:00p.m. – 8:00p.m.

Presenter: Dr. Clare Pain



Dr. Clare Pain,
Psychiatrist

Dr. Clare Pain is an Associate Professor at the Department of Psychiatry, University of Toronto, Director of the Psychological Trauma Program at Mount Sinai Hospital, Toronto. She has been associated with the Canadian Centre for Victims of Torture (CCVT) for the last 10 years where she consults part time. She is the coordinator of the Toronto Addis Ababa Academic Collaboration which is an educational partnership building capacity and sustainability at Addis Ababa University.

For more information on the Toronto Addis Ababa Academic Collaboration (TAAAC), please visit: www.taaac.ca



What are you Thankful for this Thanksgiving?



"I am Thankful for Claudia Ramirez (CCV Volunteer) for welcoming my newborn baby with baby items and a gift certificate" Josephat Mbatebe, (CCV Client)



See you at the
First light Gala and Awards Ceremony
On November 13, 2015!