

SERVING HUMANITY:
The Spirit of Volunteerism

Editorial | Munaza Khan

It is an undeniable fact that volunteering brings a tremendous sense of accomplishment. It is the best way of “giving” that can be shared as a community, family, or with friends. Sacrificing time for charity work is one of the most rewarding and self-fulfilling acts that one can engage in.

The volunteers of Humanity First come to work from all walks of life, their personal morale providing powerful motivation for humanitarian service. They provide exemplary service and are dedicated on issues of hunger, education, homelessness, natural disaster relief, poverty, and many other areas of concern on local, national and global levels. By uplifting individuals and groups through education and humanitarian efforts, the volunteers of Humanity First express themselves through understanding, sharing, compassion and everyday acts of friendliness and loving kindness.

Our prayers and gratitude is one small way to thank the people who spend hours of their time, some dedicating their lives for a cause, and working extremely hard to gather funding and provide relief to the distressed and displaced all over the world.

During the upcoming holiday season, let us also inculcate the spirit of giving by joining the team of Humanity First workers. Let us all make a pledge today to dedicate our skills, time and energy to support the mandate of Humanity First. Let us resolve to make a positive contribution to the commendable work being done by Humanity First, so that we may also fulfill our obligations as global citizens!

FOOD BANK: Hunger Cannot Wait

Hunger is the most extreme form of poverty. Chronic hunger, or food insecurity, means that a family isn’t meeting its most basic nutritional needs.



A unique initiative of Humanity First Canada is called “Feed a Family” Program. The primary objective of this program is to provide food security to those struggling with difficult circumstances and experiencing challenges meeting daily sustenance needs. This program is distinct in GTA, through which food is delivered to the doorsteps of the needy and disabled.

The recipients are people who cannot reach the Food Bank due to physical disability or lack of available transport, including seniors, single parents, students, individuals in severe financial distress, without stable shelter, battling abuse or other handicaps, bed-ridden patients or those who are ill-equipped for regular employment. The goal is to assist them with their needs and slowly build confidence, so that they become self sufficient.

“Before I started getting food through Humanity First, I was dependent on uncertain resources. Sometimes I would have food, sometimes I won’t as I can’t go out myself to get it. Now with one phone call the food is delivered to me by passionate volunteers of Humanity First”

Last month, a team of dedicated employees from Home Depot generously volunteered to help out at the Humanity First Food Bank. The seven enthusiastic volunteers, including two managers, helped with renovations at our location in Concord. As a result of their efforts, the Food Bank



now has a brand new pantry with accessible shelving to store food items. A Great Big Thank You to our friends at Home Depot!!

BRIDGING THE GAP BETWEEN POVERTY AND PROSPERITY

“In the past a sick person could not be carried to the hospital because there was no way to cross the river. This bridge will enable us to take the sick to hospital and children can also go to school.”

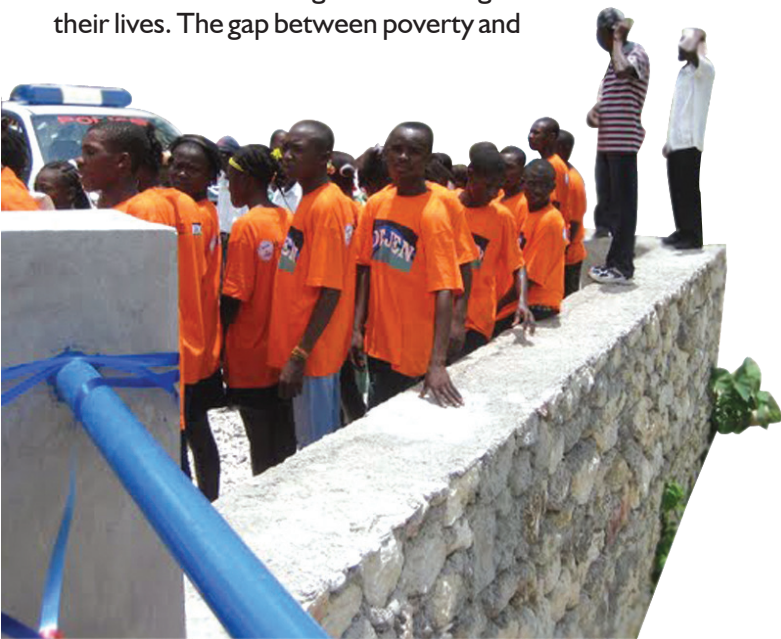
The summer of 2009 was a historic time for the people of a remote village named LaHatte, in the town of Torbeck, Haiti. It is the day when the lives of 14,000 people changed! The citizens of Torbeck live in a very remote area that is surrounded by high and low rivers. During the dry season, villagers have access to the city but in the rainy season or when a cyclone hits, they are completely cut off from the mainland for months.

On August 23rd Humanity First gave Torbeck residents a gift that changed their lives. The gap between poverty and

prosperity has been bridged. A bridge was built, allowing easy access and transport for the villagers of LaHatte. A bus service was also launched on the day of the bridge inauguration.

Haiti is the poorest country in the Western Hemisphere. Last fall, at least 800 people were killed in Haiti, in the wake of four tropical storms. The catastrophe also left many homeless begging for food and clothes, as about 60 per cent of Haiti’s food harvest had been destroyed due to this natural disaster.

Humanity First Canada immediately mobilized teams to help disaster victims. However, in an effort to provide long lasting relief, Humanity First undertook the initiative of building a bridge in the village of LaHatte, Torbeck. Humanity First hopes that this bridge will have a long term impact on the community and has the potential to lift the poverty- stricken families out of their dire situation, providing them with employment and income.



Dr. Aslam Daud, Chairman, Humanity First Canada, was present at the ribbon cutting ceremony for the inauguration of the bridge.

DID YOU KNOW...

In the last year alone, Humanity First provided:

- Clean drinking water to over 1.53 million people
- Daily food and rations for over 31,100 families
- Educational support to over 17,000 students



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HUMANITY *matters*

RESTORING COMMUNITIES • BUILDING A FUTURE



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RELIEF EFFORTS IN PHILIPPINES

On September 26, 2009, Typhoon Ondoy struck Philippines, and brought a month's worth of rainfall in just a few hours, causing severe flooding which resulted in the loss of many lives and the displacement of hundreds of thousands of people.

Humanity First immediately mobilized teams, and volunteers distributed 225 relief packs containing urgently-needed items such as bottled water, food and medicine. Of the 225 packs, 41 were distributed to disaster victims at Bagong Ilog Evacuation Centre, and the remaining 184 packs were given out at the ULTRA Evacuation Centre, where 905 displaced families had been temporarily relocated.

Humanity First continues to assess the aftermath of this natural disaster, providing ongoing support to the displaced victims. The teams have begun shelter repair and re-construction of permanent restroom facilities.



HOW MANY MILES WOULD YOU WALK TO GET CLEAN WATER?



We take it for granted, we waste it, and we even pay too much to drink it from little plastic bottles.

Clean, safe drinking water is scarce. It is the foundation of life, a basic human need. Yet today, all around the world, far too many people spend their entire day searching for it. With nearly three-

quarters of the earth covered in water, it would seem unlikely that there is water scarcity at all. However, searching for clean and portable water sources is a daily chore for thousands of Nigerian women and children, who spend many hours hauling water from pumps and basins to their homes. In order to provide fresh drinking water, Humanity First has drilled wells to serve several villages in Nigeria.

Humanity First has identified 40 locations where bore holes are urgently needed because of poor access to drinking water. These wells will be drilled in the selected regions including Italebago Ijigbo in Ogun State, Zuzungi in Niger, Inabo and Ogbagede villages in Kogo.



How many miles should one travel to get clean water?
YOU DECIDE.

SPONSOR A WELL WATER FOR HUMANITY

The 'Water for Humanity' project is dedicated to providing a continuous supply of clean water to those who are deprived of this basic necessity. Humanity First has identified 40 villages that urgently need clean drinking water. Each water well serves up to 1000 people.

We are looking for 40 donors to sponsor the 40 wells. Together we can help better 40,000 lives, and together we can put Humanity First!

Sponsor a well for only \$5000 and help enrich 1000 lives!

40 Wells
40 Sponsors
40,000 Lives



DONATE NOW

Give Shelter to the Homeless...

SPONSOR A HOME SHELTER FOR HUMANITY

The 'Shelter for Humanity' project is dedicated to providing safe and stable homes for victims who have lost their homes due to Natural Disasters. Humanity First has already built many cyclone proof homes in Bangladesh for the victims of the recent Cyclone Sidr.

A two bed room house with a kitchen, washroom and front veranda and a common tube well costs about \$3000. Humanity First plans to build many more homes like these. Together with your donation we can help provide a permanent and safe shelter to a family for life, and together we can put Humanity First!



DONATE NOW

THE ONTARIO TRILLIUM FOUNDATION



Humanity First Food Bank is proudly supported by The Ontario Trillium Foundation.

Pledge Form

☐ **Yes! I/we would like to donate to Humanity First. All proceeds will go to various humanitarian and relief programs of Humanity First.**

NAME _____
ORGANIZATION _____
ADDRESS _____
CITY _____ PROVINCE _____ POSTAL CODE _____
TELEPHONE _____ FAX _____
EMAIL _____

PAYMENT METHOD

☐ Cash ☐ Credit Card ☐ Cheque *Please make checks payable to Humanity First

Please fax, email or mail the completed form to:
416.440.0346 or info@humanityfirst.ca

CREDIT CARD ACCOUNT # _____
CREDIT CARD EXPIRATION DATE (MM/YYYY) _____ CVD# _____
NAME AS IT APPEARS ON CREDIT CARD _____
PAYMENT AMOUNT \$ _____
CARD HOLDER SIGNATURE _____ DATE _____

Please send donations to:
Humanity First
245 Bowes Road, Unit #1
Concord, Ontario L4K 1H8

All donations are tax-deductible as permitted by law.

CREDIT CARD TYPE:

☐ Visa
☐ MasterCard
☐ American Express

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Humanity First is a registered international non-profit charitable and humanitarian relief organization that aims to mitigate hunger, poverty and disease among the less privileged human beings around the world and strives to reduce peoples sufferings caused by natural disasters or human conflicts.