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# HUMANITY *matters*

RESTORING COMMUNITIES • BUILDING A FUTURE



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## POST DISASTER: Humanity First Continues Relief Efforts in Pakistan

More than 3 months ago, severe flooding turned much of Pakistan into a disaster zone. Almost 21 million people have been affected by the monsoon flooding, while 10 million are still in need of food aid. It is estimated this natural disaster destroyed 1.8 million homes.

Humanity First teams continue to work extremely hard to provide disaster relief. Every week, 20 tonnes of food aid is being handed out in 20kg family ration packs. So far, over 70 tonnes of food has been sent out. In addition, tents, blankets, bedding, cutlery, domestic supplies, towels and buckets have been handed out to over 10,000 people.

Clean water and sanitation remains a major problem. HF has supplied over 600 water family filtration kits with instructions in Urdu. Groups of villagers are being trained by HF staff on how to use the kits to ensure they have safe drinking water for at least the next 12 months.

As people become increasingly weaker and malnourished, the likelihood of infections and diseases is also growing rapidly. Dozens of medical camps are being run by local HF doctors, and thus far, more than 10,000 patients have been treated. In some areas, HF has been offered permanent facilities to run camps for the next three months. Thus far, Humanity First has been able to assist over 38,500 people, and is now planning the longer rehabilitation phase of the work.



## DISASTER RELIEF EFFORTS: Service Canada Supports Humanity First



“We are very pleased to see the generosity of government employees from Service Canada actively organizing a successful food drive in support of the disaster victims of the recent floods in Pakistan, said Chairman Dr. Aslam Daud. “Humanity First collected more than 1200 lbs of food from 7 participating GTA locations of Service Canada. We thank Service Canada for choosing Humanity First as the channel to provide assistance to the flood victims, and joining us in this noble cause!”

After the successful completion of the Food Drive by Service Canada, Humanity First was

invited to attend an awards event, at which Humanity First presented two certificates of appreciation to Service Canada. Humanity First team gave the updates to Service Canada executives and staff about ongoing flood relief efforts in Pakistan by Humanity First, and enlightened the audience about various international and local Humanity First programs and projects.



# HUMANITY FIRST IN HAITI: Almost One Year After the Earthquake

**“We have seen many patients for preventative health treatments...but even more importantly, we have already treated several patients who in my medical opinion might very possibly not be alive right now without our presence this past week.”**



The devastating earthquake that shook Haiti earlier this year left the country in ruins. Nearly 10 months later, Humanity First volunteers continue to provide urgently-needed medical relief to the disaster-stricken people of Haiti. Humanity First, in partnership with a Haitian organization called Haitian Christian Outreach (HCO) is operating a permanent clinic in Seguin, near the Jacmel area. The clinic became fully functional and Humanity First started managing operations in June 2010. The clinic is about 2-3 hours drive in the

mountains from Jacmel, which has the only hospital in the region. Humanity First continues to provide basic family care to the local population. Our volunteers will serve 17,000 Haitians living in the Seguin area and from 15-20,000 residents of the surrounding areas. On average, the HF clinic serves about 80 patients per day. Humanity First plans build the capacity of local doctors, nurses and community health service providers to create a long-term sustainable impact in Haiti. Currently, Humanity First is engaged in discussions with partners in the region to identify opportunities to rebuild the health infrastructure of the country.

In a short time, Humanity First volunteers like Dr. Clayton Bell have become an integral part of the community:  
*“The first week back in Haiti and*

*Seguin was a great success. We have the Cloud Forest Clinic in Seguin successfully up and running. Patients walk from as far as 8 hours away and begin lining up by 6 a.m. We have seen many patients for preventative health treatments including GERD and HTN. But even more importantly, we have already treated several patients who in my medical opinion might very possibly not be alive right now without our presence this past week.”*



## FUNDRAISING WITH TTC FOR DISASTER RELIEF AWARENESS



In Toronto Transit Commission (TTC) hosted full-day fundraisers to support Humanity First disaster response efforts at its 6 busiest Subway Stations in the Toronto Downtown Area. Humanity First's tireless volunteers dedicated the day to collecting funds and building awareness of the causes Humanity First supports.

**“The commuters ride the rocket and dig deep in their pockets. A thanks to TTC for allowing Humanity First do fund raising at the subway stations!”**

The joint effort allowed Humanity First to raise \$14000 in donations! A great big thank you to the Toronto Transit Commission and the people of Toronto who generously donated to support disaster relief victims around the world.



## Our Children, Our Future

### Message from the Chairman

As living beings on this planet, the foremost responsibility we have is to give what was given to us – a chance to live and a chance for a better future.

When a child lives in poverty, he has two options: to remain there or to succumb to corruption and the evils of society. We can give a third option – gently hold their hand and give them the right to the basic necessities of life, health and education.

A little help to these little beings results in an educated society filled with opportunities for a better livelihood, resulting in eradication of poverty.

Providing children with the opportunity to become at par with other children will make them understand the importance of education.

When a young person is helped to build their skills or talents, in a positive environment that nurtures their growth and development, the child will grow up to be a dynamic and productive Canadian leader of the future. By investing in our youth today, we are ensuring great leaders who can lead the nation tomorrow.

The previous generation gave this opportunity to us, and now it's our turn! I invite our donors and sponsors to ponder for a moment and consider a child who is deprived of these opportunities...would you think twice about giving a child a fair opportunity?

Dr. Aslam Daud

## HUMANITY FIRST: Putting Food on the Table

Indeed 2010 has been a busy year for the Humanity First Food Bank. From food drives, to feeding a family, Humanity First has put food on the table for many Canadians struggling to meet their dietary needs. Out of 600 families receiving food support, only 10% are walk-in clients; the rest receive delivery at their doorsteps. Humanity First sincerely appreciates the dedication of AMJ Youth Association for performing the food delivery service to bring food to people's homes, rain or shine.

This year an increased number of clients were referred to Humanity First Food Bank by various public service agencies, such as: York Region Community Services and Housing Department, Housing Help Centre of York Region, The Hincks Dellcrest Center Toronto, Ontario Disability Support Program, and Toronto Social Services Department.

**“Humanity First has been outstanding! No matter when I call, you are always there to help, especially during the difficult times when my son was diagnosed with cancer and I myself am a senior, you sent extra food and every little bit helped! May God bless you!”**

- Mary Nitchie

This fall and winter, many internal food drives were conducted by various schools, businesses and organizations. Humanity First extends a heartfelt gratitude to the following organizations for their commendable efforts and unwavering support: The MI Group – Toronto Branch, Vaughan Community Healthcare Center (VCHC), Charlton Public School, Herbert Carnegie Public School (Food & Toy Drive), Louis-Honore Frechette Public School, Robert J Lee Public School, Kleinberg Public School, Country Garden Montessori Academy and some intermediate students of Vaughan Secondary High School for their amazing bakesale.

Charlton Public School's students and staff and their Community Resource Facilitator Ms. Oksana Majaski took the initiative to take their food drive one step ahead! Mr. Kim and his grade 7 and 8 students loaded up their school bus with tonnes of food donations and headed down Bowes Road to the Humanity First Food Bank. The students were full of energy and looking forward to participate in the hands-on activities at the food bank; food sorting, packing hampers, shelving, etc. The students toured the facility and learned about the food bank services provided to the local residents. Once again, we thank Charlton Public School for their hard work and dedication in making this food drive a great success!



# HOLIDAYS, A TIME FOR GIVING...

AMJ Youth Association of Canada conducted their country-wide large scale Annual Food Drive in November and December, 2010, with over 100 volunteers who collected a total of 114,337lbs of food.

Baring the cold weather and trekking across the GTA, these motivated and determined volunteers went door to door to collect food for the Humanity First Food Bank. As always, the response from the donors was overwhelming; resulting in another successful food drive.

**A heartfelt thanks goes out to the Ahmadiyya Muslim Youth Association for their excellent work in organizing yet another successful food drive! The dedication and support of these volunteers does not end with the food drive, as these volunteers**

**regularly donate their time and efforts throughout the year by providing delivery services to our food bank clients on a weekly basis.**



Downtown Toronto: On December 24th and 25th, Humanity First volunteers served hot pizza, along with water and juice to homeless people in downtown Toronto to hundreds of homeless. Volunteers from all walks of life throughout the Toronto area participated in food distribution.

**VOLUNTEERS NEEDED. JOIN US TODAY!**



St-James Drop-in Center in Montreal: Humanity First team visits the St. James Drop-in Center in Montreal where they cook and serve hot meals to around 30-40 homeless people every month.

**FOOD BANK *wish* LIST: Canned Meat, Canned Fruits, Canned Vegetables, Soups, Oil, Peanut Butter, Juices, Mr. Noodles & Kraft Dinner. PLEASE DONATE TODAY!**

## Pledge Form

Yes! I/we would like to donate to Humanity First. Proceeds will go to \_\_\_\_\_ write name of project or program \_\_\_\_\_.

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

APT# \_\_\_\_\_ CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_

FAX ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

PAYMENT METHOD \*Please make cheques payable to Humanity First

Cash  Cheque  Credit Card

I would prefer to pay by credit card (I have provided my information)

CREDIT CARD TYPE:

Visa  MasterCard  American Express

Please accept my gift of:

\$10  \$25  \$50  \$100  Other \$ \_\_\_\_\_

This is a:  Monthly Donation  One-time Donation

CREDIT CARD ACCOUNT # \_\_\_\_\_

CREDIT CARD EXPIRY DATE (MM/YYYY) \_\_\_\_\_ CVD# \_\_\_\_\_

NAME (as it appears on Credit Card) \_\_\_\_\_

DONATION AMOUNT \$ \_\_\_\_\_

CARD HOLDER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Please fax, email or mail the completed form to: 416.440.0346 or info@humanityfirst.ca or 245 Bowes Road, Unit 1 Concord, Ontario L4K 1H8



To donate: CALL , CLICK  or COME  !

**URGENT DONATIONS NEEDED**

To comment on these articles or to make suggestions, please contact us at: info@humanityfirst.ca



**Humanity First**  
Restoring Communities, Building a Future  
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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. Humanity First provides support to communities at a national and international level. Our organization invests in issues that matter the most, in order to strengthen communities and give humanity a chance to exceed their potential and help build for a brighter future.

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