

# GUYANA CHRISTIAN CHARITIES (CANADA) INC.

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## LOVE IN ACTION

Love is an action -- it is a choice -- it is a decision you make every day of your life. For many of us, that means a lot of different things. We learn to love by forgetting ourselves and by doing good things for other people. It also means showing loving concern for each and every person, especially children, the elderly, ...those in need who are often thought of the least. Such action, whether great or small, to friends, strangers or family, motivates love and creates happiness.

As they say "Action speaks louder than words". Here is an example of how the members of GCC show their "love in action". Wendy Grenada, who now resides in Guyana, took the time to bring joy and happiness to children and seniors, with the assistance of Guyana Christian Charities (Canada) Inc. (GCC).

- two Christmas Parties were held bearing gifts from "Santa" to 152 children (from nursery class to grade 6) at Itabali Primary School, along to Mazaruni River; and other children of Tushen and Vergenoogen at a ball field.
- a Sing-A-Long with 17 senior residents at Nazareth Home on Carmichael Street. These seniors were each given a hamper containing useful items such as, Vicks, Colgate, Toothbrush, Soap, Limacol and Wash Rags.



Some of the children at one of the Christmas Parties

Small acts of kindness fulfill responsibilities within our organization and contribute to Guyana Christian (Canada) Inc.'s mission of humanitarian efforts.

## OUR MISSION

*Guyana Christian Charities (Canada) Inc. is a volunteer, non-profit charitable organization, registered in Canada, dedicated to providing aid and assistance to Guyanese organizations, individuals and others in need*

### BOARD OF DIRECTORS - 2013-2014

#### OFFICERS

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Joe Castanheiro 416-286-1956	Stephen Choo-Wing 905-420-2789	Karen Heifa 416-287-2526	Rahana Khan 416-281-3398	Henry Tiam-Fook 416-497-4308
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#### HONORARY DIRECTOR

Desmond De Barros

# PRESIDENT'S MESSAGE



## Greeting to our Readers:

Please accept our best wishes for 2015. May you be blessed with good health, true happiness and surrounded with LOVE.

Guyana Christian Charities (Canada) Inc. plans to continue assisting thousands in Guyana. As you know, the orphans, the sick, the aged and the needy are always recipients of our care items sent in our twice-a-year shipments! Your support allows this to be a reality.

During the Christmas season a variety of events were arranged to give some Christmas cheer to several groups. Our front page showed just a couple of the events held. There is no way we can share them all with you but rest assured – every person at these events left with ‘something’ and with a smile on their face! Something to keep in mind – the smallest gift is always appreciated – especially as they are given with love and kindness.

**A BIG THANK YOU** to the Administrators of the orphanages, the hospitals and health clinics, the day care centres, the seniors homes, and to GCC's on location representatives. Whatever we send to Guyana would not get to those in need if it were not for these people. We pray that God will give each and every one of you continued health and strength to carry on.

**On a sad note.....** Guyana Christian Charities lost a staunch...day-one...tireless and loving member in Joan de Barros. Joan died on Saturday, January 3, 2015. I find it difficult to put into words all of Joan's actions, ideas, kindnesses, generosity, hospitality, energy, determination ... on-and-on!!! We often wondered where Joan got the strength to GO-GO-GO as she did, as many others ‘slowed down’. She always seemed to have that ‘hidden strength’ which I have come to realize was as a result of her determination to help others!!! So often Joan would say ‘we HAVE to’ and as much as possible we DID!

Guyana Christian Charities' written records go back to 1974 and from that year until she was unable to give her all --- her name was mentioned on almost every piece of paper in our files. Joan was GCC's Secretary from 1996 to 2001. In these and every other year she never stopped serving in every possible capacity. We were all convinced that it was because of her prayers for “good weather”, that the weather conditions always co-operated for all our events – including our annual ‘fun day’ when members got-together to have some fun and forget work!

Our sincere sympathy is extended to her husband Desmond, her children, grandchildren and extended family.

Eternal rest grant unto her O Lord and may perpetual light shine upon her. May she rest in peace. AMEN.

In closing - - my usual THANK YOU to each and every one of our members, volunteers, supporters and friends. Again – we cannot do it without you. We look forward to your continued participation and co-operation.

Sincerely,

*Elizabeth Abdool*

President

## The Canada-Guyana Mental Health Project

The Canada-Guyana Mental Health Project is now in its third year and is collaboration between Canadian mental health workers and the Ministry of Health in Guyana.

In 2014, with the gracious assistance of Guyana Christian Charities (Canada) Inc., this project brought 19 mental health professionals from southern Ontario to Guyana for 10 days. The team included psychiatrists, nurses, chaplains, social workers, family physicians and an anesthetist. This endeavor included clinical work and teaching of physicians, students, and nurses in Georgetown, New Amsterdam, Linden, and Suddie.



L-R: Dr. Sujay Patel -- Psychiatrist at Grand River Hospital & Rev. Dr. Peter Kuhnert MD MDiv FCFP – Medical Doctor and Lutheran Pastor

A new opportunity for this project will be to help develop a post-graduate training program for psychiatrists in Guyana. The team looks forward to planning their next trip to Guyana in 2015.



We would like to extend a very warm “Thank you!” to those who have always participated and supported our Food and Bake Sale, in one way or the other – the cooks, the bakers, the volunteers, and the supporters. There's no way we could have done this without you. You all never cease to amaze us with your generosity. With such efforts we will be able to help make a difference in the lives of many. Great job everyone and a huge THANK YOU from all of the members of GCC.

**Something new this year 2015 --** A change of Venue for our Food and Bake Sale. It will be held on Sunday, October 25, 2015 from 1:00 p.m. to 4:00 p.m. at:

**Pickering Recreation Complex  
1867 Valley Farm Road Pickering  
(Liverpool and Highway 2)**

(same location as our Spring and Fall Dances)

Hope to see you there!

Each generation will reap what the former generation has sown.

...Chinese Proverb

## PACKING AND SHIPPING UPDATE



Guyana Christian Charities' 2<sup>nd</sup> shipment for 2014 was received in Guyana early November, cleared Customs and was ready for distribution to over 60 different organizations. This 40 ft. container was laden with 831 boxes with Christmas items along with our usual care items including wheelchairs and walkers - valued at \$24,500.Cdn. Notwithstanding the heavy rainfall and flooding in several parts of the country at that time, our distribution volunteers did an excellent job in getting all the items delivered before Christmas and brought happiness to so many children and adults. Thanks to Sister Lauren Harry, who made a special trip to Guyana, to assist in the receiving and delivery of gifts to the many folks in Georgetown and in the countryside.

Special thanks to the staff of John Fernandes Ltd. and Food For The Poor whose help and cooperation made it possible to put a smile on so many faces.

Our supporters, volunteers and members continue with their endless assistance to make it possible for GCC to accomplish its goals and objectives to help and improve the lives of the less fortunate in Guyana.

As we begin a new year, GCC seeks your ongoing assistance and contributions to enable us to make a difference in 2015.

Please continue to make your contributions to help the less fortunate. We can be reached by calling any of the following:-

Terry De Freitas	416-438-5992
Anne Marie Reigber	416-755-6958
Stephen Choo-Wing	905-420-2789
Kumar Singh	416-498-9962
Elizabeth Abdool	416-912-6814

### WE INVITE YOU TO BECOME A GCC VOLUNTEER! STUDENT OR ADULT

Please call Elizabeth Abdool **416-912-6814** for more information. **There are many opportunities for all age groups, including students.** As a Volunteer, you will enjoy the fulfillment of giving to your community, helping a worthy cause and making a difference in the lives of many. It is also a way of making new friends, expanding your network, and boosting your social skills.

Visit GCC Facebook  
<https://www.facebook.com/GuyanaChristianCharities>



## Thanks



**Our friend above, who lives on the street, has no legs, sends a thank you to Guyana Christian Charities for the wheel chair I presented to him.** Note this is the second chair in two years he received. Hard life and street living, took the last one. Thank you my friends. God bless. **Sister H.**

**All she wanted for Christmas was a good wheelchair.** Met this gentleman and his daughter on the street. I saw a need for a wheelchair. Next day the need was met. Photo speaks for itself. My new friend is so happy. She is saying thanks to me and GCC. I thank you GCC, you did again -- a need was met only because of you. God bless. **Sister H.**

An abundance of thanks for the 5 wonderful boxes of so many useful items you sent for our boys - the sardines and all the soap and toothpaste, back packs, etc. As always we are very grateful to each of you and all the people who so generously contribute. May the dear Lord reward each of you with an abundance of His blessings. Love and prayers.

**Sr Noel and boys at Mercy Boys' Home.**

Dear Friends: On behalf of those who come from the Interior and have no one to reach out them, I am very thankful for your generous help. Because of your help and care, my visits to the hospital, and also to villages along the Highway and other places where Amerindians live are much easier when I take help to them. I collected the nine boxes on Wednesday and I am also thankful to Mr. Gobin and the other workers of John Fernandes for their kindness. Please give my heartfelt thanks to everyone. May you always be blessed and I will keep you in my prayers. God Bless you all my friends. **Pat Pierre.**

"We would like to extend gratitude to you for the books which you so kindly donated to the National Library. We do appreciate the kind gesture and can assure you that they will be well used." **National Library.**

"We were delighted to receive ten boxes of clothing and foodstuff for Bernadette's Hostel. We want to say how much we appreciate your generosity and kind care of us here at St. Bernadette's every year. Please convey our heartfelt thanks to the donors and all those who work within the organization, collecting, sorting and boxing items for shipping." **St. Bernadette's Hostel.**

"On behalf of the people of Saxacalli, I wish to extend a heartfelt thank you for your timely donation of 7 boxes of toys, books, Christmas decorations, linens, and clothing among other things not forgetting a V.C.R." "We acknowledge the effort it takes to gather, pack, ship and deliver these items for us." **3 Miles Dormitory.**

"If you haven't done much giving in your life >>> try it and see how you feel afterwards." **Michelle Moore, Selling Simplified**



## TRIBUTE



Joan Gloria De Barros (da Silva) was born in Guyana on October 2nd, 1929 into a family of Catholic faith. She was the fourth of nine children and was the eldest girl. She and her husband, Desmond, migrated to Canada in 1963 and have never turned their backs on the people of Guyana, as they both devoted much of their time in Canada to helping Guyanese.

Joan's great life work was her involvement with charity and faith. She was one of the founding members for Guyana Christian Charities (Canada) Inc.; Caribbean North Charities Foundation (originally known as Guyana Burn & Healthcare Charitable Foundation); St. Bartholomew Catholic Women's League; St. Rose's Alumni and the Stella and Flavio da Silva Scholarship Foundation. She was also the GCC Secretary from 1996 to 2001, sat on any committee as needed (and these were many). Her guidance and experience were always greatly appreciated.

Joan and her husband Desmond were both presented with The Lifetime Achievement Leadership award 2008 from The Guyana Awards Council (Canada) and the Consulate General of Guyana in Toronto, in recognition for their great services to the community of Guyana mainly through two specific organizations, Guyana Christian Charities (Canada) Inc.; and Guyana Burn & Healthcare Charitable Foundation, which they helped to establish. Joan was very dedicated and committed to these organizations and was involved in all phases of activities: *fundraising; baking; obtaining food and essential items; packing-shipping and delivery; acquiring hospital equipment, medications, attaining assistance from doctors and nurses; and ensuring those in need received the assistances that were provided.* She has been a formidable force for the good in all of the charitable organizations that she was involved with. Joan truly enjoyed working to provide for others, especially for the less fortunate. Her active community service and commitment to Guyana have inspired other Guyanese-Canadians to do likewise.

Joan is survived by her husband Desmond with whom she has been married for 64 years this April; her 5 children, Andrew, Bruce, Conrad, Desiree, Elliott, 9 grandchildren and 2 great grandchildren.

Happy is she/he who has regard  
for the lowly and the poor the  
Lord will help and preserve  
her/him  
Psalm 41:2-3

## WITH SYMPATHY

Eternal Rest Grant onto them O Lord



Members would like to express their sympathy to the families of members, volunteers, donors, and supporters of GCC, who have recently passed, and in particular:

Frank Bahadur  
Joan De Barros  
Maureen (Cheong) De Freitas  
Caesar De Souza  
Desmond Perreira  
Richard Stephenson  
Doris Veerasammy  
Monty Walker

Sincere thanks to those who listed Guyana Christian Charities (Canada) Inc. to receive donations in lieu of flowers.

The families of our deceased brothers and sisters thank you for your prayers and expressions of sympathy.



## Guyana's History You thought you knew

- Q:** He was born and grew up in New Amsterdam, Berbice in Guyana. He lived in Trinidad, England, Canada and Barbados, finally settling in England. Notable among his writings was the Kaywana Series. Who was he?
- A:** Edgar Mittelholzer, the most prolific of all West Indian writers of his day. Most of his novels have been translated into French, Italian, Dutch and Spanish.
- Q:** When did Berbice have a significant settlement of Jews?
- A:** In 1639, a number of Jews, fleeing religious persecution in Brazil, settled in what was then the Dutch colony of Berbice. They later moved to Suriname.



## UPCOMING EVENTS FOR 2015

### Come Join us and Enjoy

**SATURDAY,**  
**MAY 16,**  
**2015**  
**at 7:30 p.m.**

**SPRING DANCE**  
**All White Affair (Glow Party)**  
**Pickering Recreation Complex**  
**1867 Valley Farm Road Pickering --**  
**(Liverpool and Highway 2)**  
**Music: Band: Fuh Fun**  
**D.J.: (to be determined)**

Tickets can be obtained for our dances from:



**Joe Castanheiro -- 416-286-1956**  
**Mike Gonsalves -- 416- 420-0565**  
**Dexter Gonsalves -- 905-428-3883**  
**Dennis Choy -- 905-839-0434**  
**Karen Heifa -- 416-287-2526**  
or..... any GCC member  
or..... email: [gcccaninc@gmail.com](mailto:gcccaninc@gmail.com)

**SUNDAY**  
**OCTOBER**  
**25, 2015**  
**1:00 PM TO**  
**4:00 PM.**

### ANNUAL FOOD FAIR & BAKE SALE



**Pickering Recreation Complex**  
**1867 Valley Farm Road Pickering --**  
**(Liverpool and Highway 2)**

**Free Admission**

New Donors: Please call **Rahana Khan** - 905-282-3110

NOTE:  
Location  
Change!



**SATURDAY,**  
**SEPTEMBER**  
**19, 2015**  
**at 7:30 p.m.**

**FALL DANCE**  
**Pickering Recreation Complex**  
**1867 Valley Farm Road Pickering --**  
**(Liverpool and Highway 2)**  
**Music: (to be determined)**

### How to Receive GCC'S Newsletters

If you are not already on our mailing/email lists, you could view and/or print our newsletter from our **website** <http://www.gcccanada.org>. You can also request to receive our newsletter via email instead of through the mail, by advising us through our email address:

[gcccaninc@gmail.com](mailto:gcccaninc@gmail.com)  
or by  
telephone 416-912-6814

Making one person smile can change the world.  
May be not the whole world, but their world.  
Start small, start now.

## Give a Helping Hand

Three easy ways you can help  
Guyana Christian Charities ....

1. Pray for our continued survival;
2. Volunteer with one of our many areas of need;
3. Support us financially - our organization depends on your generosity.

### ☒ YES! I WANT TO HELP

- ☐ \$100 ☐ \$75 ☐ \$50 ☐ \$25 ☐ Other
- ☐ General ☐ Bernard Gonsalves Memorial Fund
- ☐ In Memory/Honour ☐ St. Joseph Mercy Hospital Fund
- Receipts are issued for donations of \$10: and over

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone: \_\_\_\_\_

Your donation of \$10.00 or more is tax-deductible. Charitable No. 89096-5643-RR0001. A receipt will be mailed. Please send your cheque and this form to:

**Guyana Christian Charities (Canada) Inc.**

805 Middlefield Road, Unit 5, Scarborough ON M1V 4Z6

**Donations** may also be made through our website:  
<http://www.gcccanada.org> (through CanadaHelps.org)

### NEWSLETTER MAILING LIST

- ☐ I would like to be on your Newsletter Mailing List/  
email list
- ☐ My address has been changed

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

email: \_\_\_\_\_ Phone: \_\_\_\_\_

Mail form to: **Guyana Christian Charities (Canada) Inc.**

805 Middlefield Road, Unit 5, Scarborough ON M1V 4Z6

### COULD YOU HELP GCC?

- ☐ Yes, I wish to become a member of your organization
- ☐ Yes, I would like to join the Youth committee
- ☐ Yes, I wish to assist with donation of items/supplies
- ☐ Yes, I would like to help with the:
- ☐ Food Fair ☐ Dance ☐ Packing for shipments
- ☐ Transporting donated items

Name \_\_\_\_\_

### CALL US TO ADVERTISE

**We publish two newsletters each year**  
(February and October)

If you would like to advertise....

Price: \$100/for two issues

Please call: **Dexter Gonsalves**  
416-912-6814

Email: [dexterg@bellnet.ca](mailto:dexterg@bellnet.ca)





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"When young, build assets... Then build cash flow."

- A. Rupert De Castro

## Photographs for Guyana

<http://www.redbubble.com/people/revjoc>

As a GCCC member and volunteer at Mercy Hospital, I want to use my photography to support Guyana projects.

Portfolio includes Guyana, Nova Scotia & Australia.  
Available in sizes from Greeting Card to Poster.  
Easy online purchase, good prices, home delivery.

**ALL proceeds used for Guyana projects.**

For further assistance: revsx2@hotmail.com



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