

GUYANA CHRISTIAN CHARITIES (CANADA) INC.

805 Middlefield Road, Unit 5, Scarborough, ON M1V 4Z6 -- Tel. No. 416-293-8622

Website: <http://www.gcccanada.org> Email: gcccaninc@gmail.com

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

Registration No. 89096-5643-RR0001



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A FIRST FOR GUYANA

John O'Connor

I had a part to play in the certification of three Guyanese doctors with a Master in Medicine - Psychiatry. They finished three years of an advanced residency at Georgetown Public Hospital. Their graduation is a first step to resolving the scarcity of psychiatrists in Guyana.

The health human resource shortage in Guyana has heavily impacted mental health. Not too long ago (2005) mental health human resources were woefully inadequate. Today there still are few adequately trained specialized mental health professionals. Currently there are few psychiatrists in the public sector, most based in Georgetown and the National Psychiatric Hospital. Guyana's total of full-time psychiatrists is 90% below the world average of 4.2 per 100,000.

Many professionals from Guyana, Cuba and Canada professionals have provided many teaching hours to make this a reality over the last three years and will continue hopefully for many more years. However, without the unwavering vision of Dr. Bhiri Harry, the Chief Psychiatrist of Guyana, none of this would be possible. This is a moment in history for the improvement in the mental health of all Guyanese.

Dr. Veneta Gangaram was born in Georgetown. Veneta said, "There I did a rotation in psychiatry which piqued my interest, because it was very challenging. I sincerely wanted to understand these people and their mental illnesses."

Dr. Elizabeth Nickram was born in Essequibo. Elizabeth reflected, "I've always wanted to be a doctor. I developed an interest in behavior and why people do the things they do. I wanted to know about thinking and the brain and how it works."

Dr. Stephon Henry was born in Shulinab Village in Region #9. Stephon said, "I was fascinated with how patients could be treated with medicine and therapy and actually be able to function. You were able to see clearly how you helped these individuals. I was hooked."



Canadians continue to assist with this development. In November, Dr. Nickram was an observer at four Mental Health Sites in Waterloo Region to gain knowledge on the most advanced techniques and practices in psychiatry. Veneta and Stephon will come in 2020.

Guyana Christian Charities (Canada) Inc. (GCC) has offered ongoing support for this accomplishment and the improvement of mental health in Guyana. Elizabeth, Veneta and Stephon, thank you.

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 (2019 – 2020)

OFFICERS

President Dexter Gonsalves 416-293-8622	Vice President Kumar Singh 416-498-9962	Secretary Jackie Amres 905-428-9030	Treasurer Richard Gomes 416-801-3918
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DIRECTORS

Elizabeth Abdool 416-912-6814	Joe Castanheiro 905-421-1404	Stephen Choo-Wing 905-420-2789	Winston Gittens 416-771-2064	Anne Marie Reigber 416-755-6958
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PRESIDENT'S MESSAGE

Greetings to all our readers!

As the New Year is here with us, I would like to take this opportunity to extend best wishes for a happy, healthy and prosperous New Year to you all and your loved ones, on behalf of the members of Guyana Christian Charities (Canada) Inc. (GCC). Hope you all had a wonderful Christmas!

2019 was a very challenging year and I would like to thank the members for their caring, encouragement and confidence, -- not forgetting all the wonderful support given by volunteers and supporters with our fundraisers.

I would like to acknowledge the various contributions made towards 2019 GCC's major fundraising events, the Valentine, Spring and Fall dances and our Annual Bake sale. My sincere "Gratitude" to all participants, who work tirelessly in one way or the other, to ensure the success of these events, which will go a long way to help many good causes.

Now as the Season of Spring materializes this year, we anticipate that the demands for our services will continue to present themselves at the same high rate as we have experienced over the past years. GCC will try its best to do its part to ensure we continue with our mandate, that is, to help the poor and needy in Guyana and elsewhere. There are so many people (too numerous to mention) in the background that assist us, for without them, we will not be able to send to Guyana three (3) forty-foot containers each year.

Special thanks to Andrew Zitman and John Gonsalves who go out of their way to make trips with me to load and unload, whenever we have to collect the many wheelchairs, walkers and hospital beds, etc. As well, to Raymond Pereira, who has been going to Auctions all over Ontario and donating items for us to send to Guyana. Also, to Anne Marie Reigber's and Kumar Singh's for their leadership roles in the packing and shipping areas.

I would like to thank Karen Heifa for serving as Director over the past nine (9) years and as Treasurer over the past year. She has been an extremely conscientious and dedicated member of GCC, but unfortunately, she is unable to continue in the role of Director and Treasurer at this time. I would also like to welcome Richard Gomes who has agreed to fill the role as Treasurer and Director.

I would also like to extend "A Special Welcome" to all new members, volunteers and supporters, including "A Special Thank You" to those who previously contributed to the organization in one way or the other and are unable to do so anymore.

Again, my sincere thanks to all of you for your hard work, your loyalty and devotion to GCC through the years.

I look forward to continue working with you all with absolute confidence, knowing that you would be solidly behind GCC in all of its impending endeavors.

Sincerely,

Dexter Gonsalves

President

PACKING & SHIPPING & UPDATE



Kumar Singh

The New Year 2020 has made its presence felt with some extreme cold weather never witnessed before in some parts of Canada. Notwithstanding this adverse weather, our volunteers continued to do what we do best, that is, to help the less fortunate people in Guyana. They have already collected, sorted and packed over half of a 40 ft. container ready for shipment to Guyana by early April. Our last shipment arrived in Guyana, cleared Customs and the donations were delivered before Christmas, putting a smile to lots of faces, especially the children who received packages of Christmas gifts.

Our next shipment will include a generous donation from Mr. Dereck Arthur, who donated over 40 boxes of a variety of medical supplies and instruments on behalf of his late mother, Mrs. Badwantie Paray. This donation was carefully sorted and packed for shipment to various charitable organizations in Guyana. This will be used to assist ailing and less fortunate persons in institutions, e.g. St. Joseph Mercy Hospital, Georgetown Public Hospital, National Psychiatric Hospital, Prabhu Sharan Orphanage, The Palms, Dharam Shala, Beacon Foundation Hospice, etc.

Mr. Arthur carefully sorted out and selected GCC for the donations. *In addition, he had this to say "I will also like to thank you and your organization for the great and wonderful work and service that the organization is providing. I have committed myself to continue to share the word of the excellent work of your organization. In addition, my family and I will still contribute to your organization on a yearly basis on behalf of and in memory of my Mom".*

Such kind and encouraging comments make Volunteerism attractive. The Government of Ontario recognizes the value of Volunteers and refers to volunteers as the "the heart of our community". The Ontario Honors and Awards Secretariat recognizes and makes Annual Awards to deserving Volunteers. Get involved and get recognized and receive your Awards. Over the years, GCC Volunteers have received the Ontario Awards. In 2019 we received six (6) Awards.

Thanks to all for your continued support, attendance at our functions and your donations.

Please contact the following members if you are interested in participating in any of our events within our organization or if you have any suggestions or questions:

Anne Marie Reigber	416-755-6958
Stephen Choo-Wing	905-420-2789
Dexter Gonsalves	416-293-8622
Kumar Singh	416-498-9962

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." – Erma Bombeck



Together we make a difference

A team is more than a collection of people. It is a process of give and take.

Barbara Glacel & Emile Robert Jr.

ShelterBox Canada



GCC has been working with ShelterBox, an organization that reaches out to families around the world, especially when a disaster occurs.

They have designed a program called ShelterCircle which is a recognition program for amazing supporters, of which **GCC has been included as a member.**

- ShelterCircle is a new way to recognize dedicated individuals who, each year, help expand ShelterBox operations through their philanthropy.
- ShelterCircle members not only provide aid to these families, but they enable ShelterBox to be prepared when disaster strikes, ensuring aid gets to families faster.

There were over **88 million people who lost their homes because of natural disaster and conflict** in 2018, and sadly this number shows no sign of shrinking. But being a member of this program helps to make a difference for families affected by disaster. The Executive Director of ShelterBox Canada is Stephanie Christensen.



We are in need of your assistance:

Bats & balls, footballs, Rackets & balls	Footwear
Board games - Monopoly, cards, Dominoes, other games	Gardening Tools
Clothing -- children, teenagers (boys and girls) & adults	Hair - Dryer & Cutting Machines
Pampers and/or Depends	Knitting thread - assorted colors
Colored sheets	School supplies
Crutches, wheel chairs, bikes	Permanent Markers
Embroidery thread (red, pink, yellow, green, blue, black, brown, mauve)	Mattresses & Sleeping bags
Fabric & oil paint (red, blue, yellow, white), & artist brush	TV (in good condition)
Fabric for sewing (Tetrex white, blue, red, white, pink, yellow, green plaid & figured)	Canned food: peas, channa

st. Joseph Mercy launches branded medications



The St. Joseph Mercy Hospital (SJMH) has begun the year of its 75th Anniversary by launching SJMH-branded paracetamol and low-dose aspirin tablets, and will move to include other drugs. Next on the list is a cough syrup.

According to the release, ChiroSyn Discovery, a Canadian pharmaceutical company, was selected to help prepare the first SJMH-branded paracetamol and aspirin tablets.

It was also mentioned that "It's not only about the launch of products with Mercy's logo, but it's also a launch of products that have the drug efficacy and the drug safety that we want our patients to receive. So every patient who will receive these drugs is assured that what is in the bottle and what is on the box is what they will be getting."

The SJMH-branded medications represent a significant step forward for the hospital in light of the international problem of counterfeit medications. The drugs bearing the ChiroSyn and SJMH logo have been tested and meet Canadian drug standards.

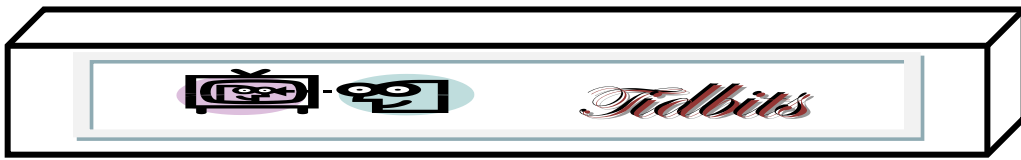


Guyana's History You thought you knew

Q:	Which creature is the national animal of Guyana?
A:	The <i>Felis pantera</i> whose common name is the Jaguar is the National Animal of Guyana.
Q:	What are the three main geographical regions of Guyana?
A:	One is a low lying coastal plain, the other is savannah zone, and the third is the mountainous region.
Q:	What part of Guyana is forested?
A:	About three-quarter of Guyana is forested. And of this area, 60% is considered as primary forest. Some parts of the rainforests in Guyana are almost inaccessible by humans. And the country has a low rate of deforestation.



Vlissengen Road



As usual, each year during the Christmas season, **GCC**, through one of its members **Lauren Harry (Sister H)** goes to Guyana and along with a team of her volunteers, bring “cheer” and “hope” to a variety of underprivileged, handicapped, homeless and the poor (children and adults) in various sectors of Guyana. Below are two pictures, -- one with Sister H giving meals to the street family and the other with them saying a prayer for the wife of one of Sister H’s volunteers, who died that very morning. Thanks Sister H. for your caring!



Mealtime



Prayers



Sister H has also kindly travelled to the **Berbice National Psychiatric Hospital**, to oversee and participate in the painting of two of the rooms (**the TV and Rec rooms**) for the inmates to relax in pleasant settings. These two rooms are in the process of being refurbished through the **GCC-Bernard Gonsalves Memorial Fund**, so that the inmates would have a comfortable place to relax, when necessary.

Any assistance for furnishing these rooms will be appreciated. **We already have a table tennis table**, which will be going in the next shipment.

Special thanks to Sister H and the OC officer of the New Amsterdam Prison and his officers, for their kindness and support.



Work in progress

**Extracts from
Letters of Appreciation
for our Assistance**



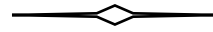
Guyana Society for the Blind: I would like to inform you that we have received two (2) boxes from Guyana Christian Charities (Canada) Inc. this morning. Enclosed are Xmas cards, school supplies shoes, tote, clothing, white canes, T. Shirts and pants. Please extend our gratitude and our wishes for a Merry Christmas to members and their families. God Bless. **Theresa Pemberton Administrator.**

Palms Institution: Administration extends our heartfelt thanks to your organization for the Annual Donation of clothing, shoes, games, medical supplies etc. We appreciate your continued support and dedication for always thinking of our residents every year. Have a bless day. **T.Teixeira.**

Beacon Foundation Hospice: Seasons Greetings to the Board and all members of the GCC, not forgetting the volunteers. On behalf of the Board of Directors of Foundation and staff I would like to express our sincerest gratitude for the continuous support that your organization has given us throughout the years. This year we are most grateful for with the donation received we were able to put together Christmas packages for our patients. We received 35 packages and was pleased with what we received, most especially the colostomy kits. We look forward to your organization continued support. Once more our heartfelt thanks. **Bibi.**

Joshua House Children Centre: On behalf of the children and staff, I wish to convey Best Wishes for the New Year to the Members and Associates of the Guyana Christian.....Inc. We express appreciation for your organization’s most recent contribution of ten units containing a variety of items, received on November 29th, 2019. We are very gratefulconstant support to our institution. The items you send are always very useful.... Your kind and generous assistance helps us to provide a safe and comfortable environment for the children in our care. I also wish to express appreciation for the gift sentboxes sent. May God continue to abundantly bless your organization, so that to be a blessing to those in need. Best wishes for the New Year from our organization to yours. **Gladys Accra Administrator.**

Thanks to GCC particularly Joachim Reigber who makes the bicycles serviceably and ready for use in Guyana, so that Chris Fernandes can donate a cycle to “a young gentleman Randy who is attending university in his first year....Randy just got a part-time job and needed a cycle which he could not afford.need.” **Sister H.**



“Service to humanity is service to God.” — Lailah Gifty Akita

WITH SYMPATHY
Eternal Rest Grant unto them O Lord

Members would like to express their sympathy to the families of members, volunteers, donors, supporters and friends of GCC, who have passed since our last newsletter.

Celeste Jones	Chris Lam	– Guyana
Yvonne Sadler	Eileen Greathead (Mac Andrew)	– Guyana
Elaine Serrão	Dr. Bud Lee (Dr. Wallace Irving Lee)	– Guyana
Joan Guy Vincent		

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

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

8 Ways to Be a Better Person in 2020

Step 1	Consider Your Impact on Others	Everything you say and do has some effect, positive or negative, on the people around you.
Step 2	Think Before You Speak	The fastest way to prevent hurting other people is to think of the ramifications of your words.
Step 3	Be a Humanitarian	Serving other people immediately improves who you are – not only in their eyes – but yours as well.
Step 4	Use Your Strengths	Make a list of what you do well and figure out how to use it in creative ways. Don't neglect your natural abilities or talents because they belong to you.
Step 5	Recognize Your Weaknesses	Addressing your weaknesses is a huge step toward becoming a better person, but remember, that the goal isn't to be perfect. It's the striving to improve that makes us better people.
Step 6	Take Better Care of Yourself	When you take care of yourself, you demonstrate respect for yourself.
Step 7	Show Your Appreciation	It's easy to take other people for granted.
Step 8	Explore Your Spirituality	Faith allows you to get through some pretty challenging days. It also encourages you to improve yourself and strive to make a positive impact on those around you.

'In Memoriam Cards'

Elizabeth Abdool

As many of you are aware, Guyana Christian Charities (Canada) Inc. (GCC) offers supporters the opportunity to list our organization as a recipient to receive donations in lieu of flowers on the death of a loved one.

This is a very simple procedure and all donations go to helping the various charities that we support in Guyana. You only need to go to our website ... <http://www.gcccanada.org> – follow DONATE and you will be guided accordingly. This is made possible through Canada Helps. A service charge of 4% of your donation is retained by Canada Helps. The other 96% comes directly to Guyana Christian Charities.

In addition, Directors have a supply of these In Memoriam Cards and can arrange for you to get a supply available at Funeral Homes upon request.

Please note ... we certainly continue to accept CHEQUES but decided to point out the above process of donating ... in case it is more convenient for anyone. Receipts will be issued for donations received through either process.

Thank you for your ongoing assistance.

WOW – It is good to be of help

WE NEED YOU....

WE NEED YOUR INPUT....

Have you got a question or a comment about anything you have read in our newsletter?

Is there something you would like to share with us concerning our work?

Why not drop a line. We would love to hear from you. It would be much appreciated. Thanks!

As a follow-up visit by Lauren Harry (Sister H.), who made an appeal for Destiny to be outfitted with braces, a walker and special shoes, reported that Destiny is now making steps.

The family gave thanks to Sister H for her interest and to **Guyana Christian Charities (Canada) Inc. (GCC)** and the **GCC-Bernard Gonsalves Memorial Fund (GCC-BGMF)** who jointly financed this initiative.



Come Join us and EnjoyOur yearly Events



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 GCC-BERNARD GONSALVES MEMORIAL FUND
 IN MEMORY St. JOSEPH MERCY HOSPITAL FUND
 TRIBUTE

Name _____
 Address _____
 City _____ Postal Code _____
 email: _____ Phone: _____

Receipts are issued for donations of \$20 and over

Your donation of \$10.00 or more is tax-deductible. A receipt will be mailed, **if so requested**. CHARITABLE NO. 89096-5643-RR0001.

Please send your cheque & email with 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 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:
 - BAKE & FOOD SALE PACKING for shipments
 - DANCES TRANSPORTING donated items

Name _____
 Address _____
 _____ Postal Code _____
 email _____ Phone _____
 Mail form to: **Guyana Christian Charities (Canada) Inc.**



Spring Dance

Saturday, May 16, 2020 @ 7.30 p.m.

**Chestnut Hill Developments
 Recreation Complex**

1867 Valley Farm Road Pickering

(Between Liverpool & Brock Rds.--South of Hwy 2)

Band: Triple Play Band

DJ: RAAK



Fall Dance

Saturday, September 26, 2020 @ 7.30 p.m.

**Chestnut Hill Developments
 Recreation Complex**

1867 Valley Farm Road Pickering

(Between Liverpool & Brock Rds.--South of Hwy 2)

Secure your Tickets for these dances early



Rahana Khan	416-540-5255
Mike Gonsalves	416-420-0565
Dexter Gonsalves	905-428-3883
Dennis Choy	905-839-0434
Lauren Knight	289-314-6888

or.... any **GCC** member or....
 email: gcccaninc@gmail.com

Annual

Bake & Food Sale

Free Admission

SUNDAY OCTOBER 25, 2020

1:00 p.m. to 4:00 p.m.

**Chestnut Hill Developments
 Recreation Complex**

1867 Valley Farm Road Pickering

(Between Liverpool & Brock Rds.)

South of Highway 2



New Donors ←→ Please contact: **Pansy Hsan 905-426-6099**

Please Note

Pickering Recreation Complex was officially renamed on Monday, August 26, 2019 as follows:

The Chestnut Hill Developments Recreation Complex

The address remains the same:

1867 Valley Farm Road Pickering

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**

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Email: dextergonsalves@bellnet.ca



GCC's 2019 Bake Sale





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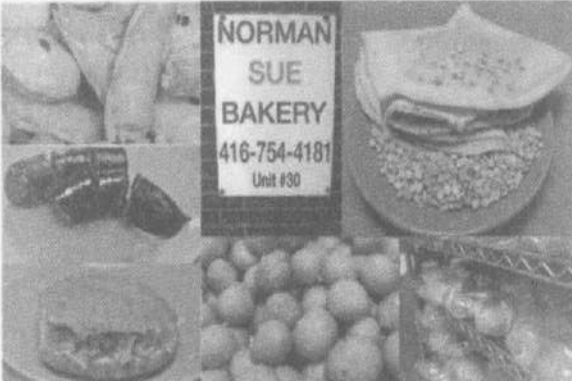
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