



Thank you

Thanks to two individuals who make our newsletter and website work. Barb Levey has been our newsletter editor for over 3 years now. Amel Bjelosevic is our designer, the person behind www.healthoutreach.ca. Both of these individuals volunteer their expertise and experience to connect the Health Outreach community. Feel free to contact them through info@healthoutreach.ca.

Board Member Profile

Sylvia Guerron



I was born in Tulcan, Ecuador and have been residing in Toronto, Canada since 1973. I enrolled in the 3-year Marketing Management program at Ryerson Polytechnical and then enrolled in the 2-year Travel & Tourism diploma program at

Seneca College. I am currently employed by Sol Melia Cuba hotels as Marketing and Contracting Coordinator for the Canadian Market. Also, I've been volunteering for 9 years for the Toronto Out of the Cold program helping feed the homeless as well as volunteering with the St. Thomas Aquinas Church as part of the Hospitality Committee in organizing events to help raise funds. And for the past 4 years I have been a volunteer for Health Outreach, of which the last 2 years I have served on the Board as Secretary.

Featured Volunteer

Dr. Ali Kapasi

He and Tim Lee, Founder of Health Outreach, were classmates at Dental College and have remained close friends ever since. Impressed with Tim's plans for pro bono dental assistance to the needy people of Central

Guatemala 2008



Our "Guatemala 2008" project was a success once again. This year, our team worked in three different field sites. This was made possible with new equipment

purchased with the generosity of our private donors. TO All Donors – THANKS for your gift! The result was our team seeing over 350 children in remote communities with poor access to health care. One of these communities was Panajachel, in the highlands of Guatemala, where we treated indigenous children, descendants of the Mayan civilization that dominated the region over 1500 years ago. Panajachel will likely host a one-week project in 2009.



Today, our goal is to bring the Health Outreach Community closer together. We will be opening many of our Board Meetings for members to attend.

The next meeting is coming up fast. See the date and location below. We do have a few events be planned. Do keep in touch by reading our Event Announcements. Additionally, our Membership Services, namely Denise White and Ralf Gmell will be contacting you by e-mail or phone to update your contact information and find out your interests.

To reduce costs and waste, we have decided to eliminate the mailing of our newsletter via post. Please help make up for this by forwarding this e-mail version to others.

Tim Lee, *President and Founder*, tim@healthoutreach.ca



America, Dr. Ali has been part of the project from the beginning, working in fundraising etc. and personally making three missions with the team.

Asked about his observations on these ventures, he says that he finds them to be

extremely efficient, with clear goals and a team that made every possible effort to ensure a job well done.

“They works in schools with a dirt floor or in a tent the can be unbearably hot, all the while trying to keep first world standards in a third world setting. The general feeling is that they all wish they could do more for the humble people that they meet there.”

But giving free dental service to the needy has not been exclusive to the trips he has made with Health Outreach. Closer to home in the Waterloo region where he lives and practices, he gives his expertise in dental care freely in group homes, to physically and mentally challenged children and troubled teens.



How would Dr. Ali advise new recruits to the HO group?

“Be honest with yourself as to what you can handle in primitive settings. Read. Prepare. Ask questions. It will be an adventure to remember all your life.”

Dr. Ali was born to an immigrant family from East Africa he was encouraged to give back to the needy the help his family had been given here. Certainly he has taken that very seriously.

Annual General Meeting

The next Annual General Meeting for Health Outreach will be held in the Fall in Toronto (location and time details to be announced).

The Board of Directors determines and reviews policy, initiatives, budgets and the future direction of HO. We encourage differing views on the board, and encourage discussion, as long as they serve the objectives of the organization.

The Board has 5 directors including the President, Vice-President, Executive Director, Treasurer and Secretary.

Director Role – General Information

A director is elected for a 3-year term, with the ability to serve up to 3 consecutive terms if re-elected. Each director is expected:

- to attend board meetings which are held by approximately 5 times a year (this past year, the meetings were held from 7 pm to 9 pm on Tuesdays)
- read and be familiar with all background material provided pertaining to topics of discussion,
- to support Board committee work, including chairing a specific task or coordinating additional meetings, and reporting back to the Board in writing and in person at meetings,
- should anticipate a minimum commitment of 8 hours per month.

The ability to monitor and correspond regularly with other board members, staff and HO members is critical in maintaining communication and efficient discussion of topics. Therefore,

Each director **must** be able to communicate electronically via email and be able to respond and comment on requests for input and decisions within a short timeframe.

If you are interested in serving on the board we encourage



A family man, Dr. Ali and his wife Jennifer are the proud parents of two children, Alyssa, 8, and Jacob, 6.

Announcing Information Sessions



Announcing information sessions for upcoming projects:

'Guatemala 2009' in Jan/Feb 2009

Date: Friday June 20, 2008

Time: 7-8 pm.

Place: Dental Office of Dr. Tom Varden

360 Bloor Street W. Ste. 304, Toronto, ON

Tel: 416- 921-5865

For further information, e-mail Denise at info@healthoutreach.ca

Meeting Announcement

The HO Board meeting will be held on Sunday May 25th, 2008, 3 pm. Many of our Board Meetings are open to the Public, including this one.

Location:

The Chin Building
622 College St., Suite 201
Toronto

committed individuals to respond. Please e-mail info@healthoutreach.ca for a nomination form. Nominees must have two references.

The Last Word



The media is exploding with news of famines, war, floods, terror and every atrocity imaginable. Is it not a comfort to know that in the midst of all this there still are men and women of good will who go about their acts of mercy quietly and competently? The Health Outreach group number among these humanitarians and, while they don't parade their virtues, we hope they know how much the work they do is applauded.

Barbara Levey