

2019 Volunteer Salute



HEAL International is fortunate to have a cadre of volunteers that donate time, expertise and friend-raising abilities to the organization. Some initially had their arms twisted to help for a fundraiser and find 10 years later that they are still connected! Others have unique gifts or skills that help HEAL fill a special need. Whether they are occasional/episodic, online, time contributors (e.g. student interns), groups that volunteer as a unit, advisory council and other high-level volunteers or the board, HEAL International would not be able to achieve our positive outcomes without their contributions.

In honour of our volunteers, we established an annual *Volunteer Salute* to ensure our volunteers are visible, recognized and celebrated. This year we give you a glimpse into some of their lives.

Board Contribution



Salma Murji is a family physician in Edmonton and her passion is to advocate for a healthy active lifestyle for everyone.

She initially met the President/CEO of HEAL International over a decade ago. Salma became involved with HEAL when she offered to help with the construction of a laboratory and library at St. Lawrence Secondary School which we dedicated in memory of her husband Ayaaz Janmohamed. Salma travelled to Uganda in February 2019 for the opening of this school wing. She also visited *Learning Beyond Borders* supported schools and delivered school-based trainings on sexually transmitted illnesses at six Peer Education Kabarole (PEK) schools. Salma is seen here

with one of the youth she met during her trip.

The experiences of her visit to Uganda grounded her desire to continue with her volunteer work. Her hope is to go back to Uganda and help implement sustainable, reusable and affordable menstrual hygiene products for the adolescent girls attending the schools supported by HEAL. Salma became a valued HEAL Board Member at the 2019 AGM.

Global Citizenship



Adnan Alibhai (no relation to HEAL's President/CEO) has been part of the *Learning Beyond Borders* (LBB) club at the University of Calgary since its inception. He has played in the hockey tournament fundraiser and then became VP of Events in 2018 - 2019. In 2019, he took on the role of President. Adnan relates "*Learning Beyond Borders* is near and dear to my heart. Both my parents came from east Africa and my dad was born in Uganda. I believe education should not be privilege it should be a right. Every child should have the opportunity to learn and succeed. We believe if we can provide the right tools and facilities, they will flourish".

Adnan also notes that LBB at U of C is a team effort and recognition for their continued work and commitment through the year should go to the whole executive team including Ali Babwani, Aliza Jaffer, Shanze Khemani, Serena Sajan, and Kadin Sayani. Everyone has worked hard to plan activities, talk to sponsors and vendors for the LBB tournament and make others aware of the work done with less fortunate children and youth in rural Uganda.

Together, we can help children achieve a brighter future for themselves, their families and their communities. Thank you to Adnan and the other students in our LBB clubs. You are the voice and leaders of tomorrow.

Enhancing HEAL's Public Face

Dynamic husband and wife duo, Walter and Jean Kipp, have been the backbone of HEAL from the beginning.



Dr. Walter Kipp has worn many hats over his lifetime including working in the areas of tuberculosis and AIDS around the globe as a physician and researcher. He and Jean lived in Uganda for 6 years and know very well the challenges of this part of the world. In 2003, Dr. Kipp joined the University of Alberta School of Public Health and during his years there had many students who did their thesis work in Uganda (including our current President/CEO, Arif Alibhai).



Jean Kipp was HEAL International's fundraising lead for many years before the Kipp's move to Ontario. Many of our supporters fondly recall the concerts, teas, fabric sales, vintage fashion show and Valentine's events held in the Molstad House - Jean and Walter's heritage home in Edmonton. While Jean is very humble about these contributions saying they were "promoting support even on a small scale", HEAL could not have carried on without her dedication. Jean was also a HEAL Board member for several years.

Together, Jean and Walter's greatest contribution by far has been (and continues to be) supporting our sponsorship and scholarship programs and getting their friends to volunteer, donate to and attend our fundraisers.

Educational Resources



Nadia Mithani is a Project Manager at the Women's Health Research Institute in BC. Her dedication to improving health in low-resource contexts began after working in Uganda in 2011 and again in 2018. After being diagnosed with a medical condition which prevented her from travelling to malaria-endemic countries, she connected with HEAL International and found an opportunity to continue her contributions to global healthy equity from home.

Nadia has been leading a team of hard-working volunteers (Amber Rai, Mehtab Rai, Gurleen Gill, Kayvon Miller, Raesa Mohamed, Urvi Rai, Jabeen Mohamed, Keanna Wallace, Christopher Chan, Farahnaz Hassan Ali and Alyssa Janmohamed) on the development of a mental health resource manual for our Peer Education Kabarole (PEK) program. This manual will be the first of its kind in Uganda and will provide youth with a way of understanding and coping with mental health issues that they or their peers may be experiencing.

Nadia feels this work has helped her connect to the youth of Uganda. She has witnessed the harmful effects of disease-related stigma in Uganda and believes the PEK program's efforts to encourage youth to become agents of change is essential to tackling this and other health issues. In her words "HEAL International's collaborative and youth-centered approach to improving mental health will have long-lasting impact and I feel privileged to be a part of this team". We are grateful to Nadia and her team for demonstrating a commitment to global citizenship that defines HEAL's vision for a more inclusive world.

Thank you to ALL HEAL volunteers and the commitment you make to this organization. Together we can make the achievement of global equity a reality.

Respectfully submitted,

Kelly Deis, Board Chair

Patricia Wilson, HEAL Secretary

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