

**2020 Report on Volunteers**  
**H.E.A.L. International's Annual General Meeting**  
**June 16, 2021**

**Introduction:** H.E.A.L. International is fortunate to have a cadre of volunteers who donate time, expertise and friend-raising abilities to the organization. Some initially had their arms twisted to help for a fundraiser and find 13 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, H.E.A.L. International would not be able to achieve our positive outcomes without their contributions.

In honour of our volunteers, we established an annual *Report on Volunteers* to ensure our volunteers are visible, acknowledged and celebrated. This year we give you a glimpse into the lives of two of our heroes!

**“On the Ground, Man About Town”**



Tom Rubaale (on the right in the photo with H.E.A.L. International CEO/President, Arif Alibhai) has been an integral part of our projects in Uganda since the formation of the organization. He is a retired civil servant who has spent many years with the Kabarole District Health Department and the Kabarole District Service Commission. He plays a key role in helping our project to build relationships with government and community groups and is a trusted advisor on how to approach projects and solve issues that arise. He also oversees the financial disbursements to projects when we are not on the ground.

Tom is committed to helping the youth of Uganda and has not only contributed his time and knowledge to our work but has also contributed financially to the well-being of our project beneficiaries. He has brought in other local volunteers and has mentored them towards community service. We are grateful for Tom's work with us and look forward to many more years of his involvement with H.E.A.L. International.

## Global Citizen



Mehtab Singh Rai is the Co-President of the Learning Beyond Borders Club (LBB) at the University of Alberta, where he is currently completing his Bachelor of Science degree. Mehtab's first experience with LBB was participating in a charity dodgeball tournament where he learnt more about the club's objectives. He saw how underprivileged children in rural Uganda had the potential to do well but were lacking resources and that LBB was a way to enable children to access those resources. After joining as a member of the club, Mehtab became a general director in 2018, then moved on to become the VP of events in 2019, then finally the club President in 2020. Mehtab has recently worked closely with H.E.A.L. to develop a mental health resource manual

for the Peer Education Kabarole (PEK) program. The goal of this manual is to help youth gain an understanding of mental health, promote healthy coping mechanisms and reduce stigma around certain mental health conditions.

Thank you to ALL H.E.A.L. International volunteers and the commitment you make to this organization. The world-wide impact of Covid has been incredibly challenging yet, despite that, your ability and willingness to work on behalf of others, gives hope for peace, equality and good health in the years ahead.

Respectfully submitted,

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Kelly Deis, Board Chair

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Patricia Wilson, HEAL Secretary

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