



The

# LIGHTHOUSE

Helping People | Changing Lives

1008 Bathurst Street • Toronto • ON M5R 3G7

416-535-6262

Summer 2013

## Vietnamese March Break Camp

By Laura Koornneef (Student Intern)

*During this March break, some of the Vietnamese kids got the opportunity to experience what it is like to cook. They got to cook many delicious and healthy foods, as well as learning many things related to food, like manners and healthy eating. I was one of the volunteers who helped out during the cooking class. For me, it was a great time helping out. Since I needed a few more hours for the mandatory volunteering hours in high school, naturally helping out at the Lighthouse was a great idea. The kids*



*looked like they had a great time learning how to cook as well as having fun during their March Break.*

*- Bach Lam, 15 years old.  
(Volunteer)*

*The staff were very friendly and encouraging. All of the food we made was very simple and delicious. Our favourite dish was the breakfast burrito.. We enjoyed teaching the kids*

*how to cook and about being clean. We enjoyed every moment we had there, and we hope to return next year.*

*-Henry Tang and Andrew Tang  
(Volunteers)*

Yes, we had a great experience piloting a new kids' cooking program for the Vietnamese community, with a focus on learning how to eat healthy. Energy squares, breakfast burritos, souvlaki with sauce and fruit smoothie popsicles... boy, did The Lighthouse get to enjoy some great food! Ten great participants aged 6-12 got to slice and dice vegetables, learn basic cooking techniques and bake some delicious meals.

We worked additional life-skills training into the program, including the value of hand washing and kitchen safety rules. We also learned through creative skits within a team setting about how to behave at the table (or rather, how not to behave, as that is a lot more fun to present!). Our teams that day were "The Brits" and "The Other Guys". They had fifteen minutes to put together their skit and practice it, and then it was presentation time! Some of the kids were a little nervous, but the fun nature of their skits helped them get over their stage fright. We laughed and laughed watching the kids mime gobbling their food,



putting their elbows on the table and making rude noises.

Afterwards, they would switch into proper etiquette and politely ask for the salt, use a knife and fork, and chew with their mouths closed. The leaders awarded points for enthusiasm and including the most table manners in their skits. We also included the applause-o-metre into our decision. The prize: knowing that they had a sweet victory and could behave well at the table. (Bridget gives a big shout out to the winning team, "The Brits")

*I've learned the importance of hygiene, the importance of table etiquette, and about the many complexities within Canada's Food Guide Chart. I think that you have to be a little more mature than the kids, and you have to know how to settle the little arguments that happen among children.*

*-Bridget Ong, (almost) 13 years old.  
(Volunteer)*

*Continued on page 2...*

## The Leadership Training Helped Me Grow Interview with Ingrid

By Samia Saad

(Hispanic Counsellor and Program Coordinator)

“Now I know where problems come from” says Ingrid, a young woman who took the leadership training program at the Lighthouse last summer. Ingrid migrated to Canada with her mother

and three siblings, seeking safety. After much pain and

suffering, and a long process of waiting for their refugee case to be heard, they were given convention refugee status.

**“Now I know where  
problems come from”  
says Ingrid**

Taking the leadership training has been of utmost importance for Ingrid, for it has helped her to know how social problems such as economic violence, racism, gender discrimination and the like impact communities, societies and families. Having lost her father in Colombia due to systemic violence, she has words now to make meaning of what happened. She feels that solutions can be found to prevent violence, and that she can also be part of the solution. This is something she did not know before the training.

Further, through this leadership training she also learned the importance of team-work using a participatory style of leadership, where decision-making power is shared and where people learn from each other. She has also learned the importance, in a leadership role, of being conscious of environmental factors as well as socio-economic factors in making decisions. This is all new to Ingrid, but she feels she has grown a lot as a person through this experience. What I find ultimately incredible is that she has found healing in learning where problems come from and in giving back to the community.



What a whirlwind of a week! I had so much fun getting to know the participants and my volunteers. My personal favourite moments were watching the kids learn how to make scrambled eggs and

watching them enjoy their creations. A special thanks goes to all the wonderful volunteers for all their efforts! It was great working with them and watching them develop leadership skills throughout the week of March Break.

## Upcoming Fundraising Initiatives

The Lighthouse continues to look for new opportunities to raise funds. This year we have five different events. These initiatives are:

- The Annual Phone a Thon which takes place in May.
- The Lighthouse's Ride for Refuge happens on October 5, 2013 in various locations.
- Benefit Concert with Leendert Kooij on October 16, 2013 at Whitby Christian Reformed Church
- Annual Dinner and Silent Auction on November 9, 2013 at Toronto District Christian High in Woodbridge
- Benefit Concert in Woodstock, ON in November

If you are interested in participating in any of these events contact Rob Datema at  
**416-535-6262 or [rob@lighthousecentre.ca](mailto:rob@lighthousecentre.ca)**

# Raising Awareness... With Song

by Roger Visser (Board member)

On Saturday November 17, 2012, Maranatha Christian Reformed Church in Woodstock, Ontario hosted a special benefit concert for "The Lighthouse". Two men's choirs came together to praise the Lord in song and to provide The Lighthouse with a venue in which it could promote its services and invite attendees to make a financial donation. The choirs, including "The Men of Note" from Clinton and "The Men of Praise" from Woodstock, were truly amazing; and when they sang together, you had a strong sense of the Spirit of the Lord at work in these men and through their songs.



The evening gave The Lighthouse an opportunity to raise awareness to people living outside the Greater Toronto Area of the pervasive challenges faced

by refugees and other newcomers to Canada. It also afforded The Lighthouse the chance to introduce (or re-introduce) to people in the Woodstock area the work of The Lighthouse and how it was addressing many of the challenges faced by newcomers. Samia Saad, our Hispanic Counsellor & Program Coordinator, made a short presentation of her work; and during the intermission, Rob Datema was available, together with representatives of the Board of Directors, to offer

refreshment and answer questions.

The interest and goodwill expressed by the 200 plus attendees was a wonderful surprise! The evening was such a success, that The Lighthouse has decided to co-host similar events in 2013. In particular, we hope to be back in the Woodstock area in November for another concert of men's choirs, and **on Wednesday, October 16, 2013, The Lighthouse will be partnering with Leendert Kooij for a benefit concert in Whitby, Ontario.** This concert will incorporate the musical talents of Liselotte Rokyta (panflute), Andre Knevel (organ), the OCMA Vocal Quartet and a mass choir. Stay tuned for more information, or visit our re-launched website [www.lighthousecentre.ca](http://www.lighthousecentre.ca)!

We would like to thank the two choirs "The Men of Note" and "The Men of Praise" for making the 2012 benefit concert such a success. We also want to specifically thank Peter Schepers and Gerard Vandekolk for organizing the concert and giving The Lighthouse the chance to participate in a truly inspirational evening!

The Lighthouse is looking for other opportunities of reaching out to churches and like-minded individuals and groups, both inside and outside of the Greater Toronto Area. If you or your church is interested in learning more about The Lighthouse, and/or would like to host an information session in conjunction with a social or fundraising event, please contact Rob Datema at [rob@lighthousecentre.ca](mailto:rob@lighthousecentre.ca).

The Lighthouse continues to look at improving its building with limited costs. We have made a list of projects for groups or individuals to volunteer their time, and help with cost of material. If you would like to help tackle these projects contact Rob at

**416-535-6262 or [rob@lighthousecentre.ca](mailto:rob@lighthousecentre.ca).**

### Here is a partial list of things to be done:

- Strip and re-wax floors
- Construction of closets and shelving in Children's room
- Build closets in Rita's office
- Replace outside Lighthouse sign with name and new logo
- Repair outside bulletin board
- Painting inside
- Replace shelving in storage area for Food Bank

---

Welcoming  
**Tracy Dang** as our new  
Vietnamese Administrative  
Assistant!

In our next issue, we will officially  
introduce Tracy to you.

---

**CHECK OUT  
OUR NEW  
WEBSITE**

[www.lighthousecentre.ca](http://www.lighthousecentre.ca)

## From the Desk of Rob

Over the past few months, we have all heard of events that affect people lives. These events affect people differently. Some events provide joy and others provide sadness. Some events affect us closely while others from a distance. Yet these events do have an impact on us and we react in different ways. What they do have in common are that they are all people's stories.



At The Lighthouse, we hear stories from refugees and immigrants on their journey coming to Canada. Some experience great joy while others have difficulties and hardships. Yet for many of us we do not understand the challenges refugees or immigrants face while leaving their homeland and trying to establish a new life in Canada. There are many hurdles they have to work through.

Our reaction to these stories or events in peoples' lives is to work hard at helping immigrants and refugees adapt to their new surroundings. For some it is very easy. For others it is very difficult. For some they have all the paperwork in place, but others are fleeing because of persecution, abuse or threats and unable to acquire the proper papers which add another level of struggle as they adapt to their new surroundings.

Through the activities and programs we offer, we help them see light at the end of the tunnel. As our readers and supporters you are helping them also through your prayers and financial giving and we are very thankful. We ask that you continue to support us as we help refugees and immigrants adapt to a new life.

### Board of Directors

John Aukema  
Alex Chan  
Adrian Helleman  
Jessica Miedema  
Jane Moore  
Jeanette Romkema (chair)  
Gerry Steggerda  
Roger Visser

### Staff

**Rev. Rob Datema**  
*Executive Director*

**Rita Wong**  
*Chinese Program Coordinator*

**Samia Saad**  
*Hispanic Program Coordinator*

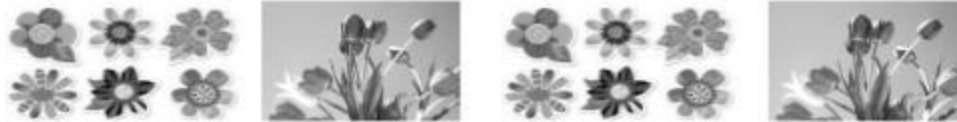
**Thuy Tran**  
*Vietnamese Program Coordinator*

**Janet Elliott**  
*Administration/Food Bank*

**Tiffany Kwok**  
*Administration*

**Madeley Perez**  
*Hispanic Assistant*

**Tracy Dang**  
*Vietnamese Assistant*



### Helping People Changing Lives

*Thank you for being partners with us in this ministry.*



Yes, I would like to help with a donation of \$ \_\_\_\_\_

Cheque enclosed

VISA  MASTERCARD # \_\_\_\_\_ Expiry Date. \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

#### Other Ways to Help - Contact us for details

- PAR PreAuthorized Remittance
- Monthly Visa or MasterCard donation - makes it easy for you and for us
- Canada Helps on line at [www.canadahelps.org](http://www.canadahelps.org)
- Giving through Christian Stewardship Service
- United Way Payroll Deduction-just provide our CRA # and address
- Matched Corporate Giving - many companies match employee donations

Please mail your contribution to:

**The Lighthouse**  
**1008 Bathurst Street**  
**Toronto, ON M5R 3G7**

Receipts will be issued in the New Year.  
Canada Revenue Agency #13036 3740 RR0001