

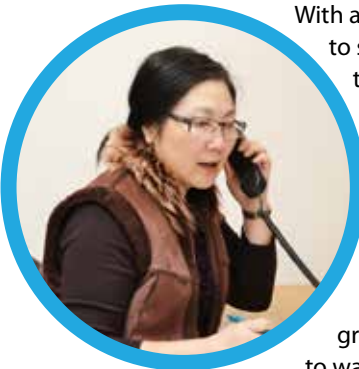
Feature Article

Ordinary Gifts. Ordinary Tasks

Rita Chan Pan

Rita volunteers as the Tax Clinic's scheduler and the role involves checking the phone line and email for messages from clients who want to book an appointment to file their tax return. Though this task seems ordinary, she firmly believes this is an excellent way to give back and serve the community especially to the non-Christians.

With a friendly personality, Rita is not afraid to speak with strangers but her ability to speak Mandarin surprised her as she did not speak any when she was in Hong Kong. She assumed it was common for Hong Kongers to speak Mandarin but she learned that it was not true. She questioned herself how she could speak Mandarin and she recalled her childhood memories. Her grandfather used to bring her to cinemas to watch English and Mandarin films and it was through listening to Mandarin on a repeated basis that she learned the language. It amazes her how a simple and ordinary linguistic skillset acquired in childhood can be used in later years.



Rita faces challenges every year. It is difficult to reach clients after receiving their messages and sometimes it results in playing phone tag. Also, each family's requirements are different and some prefer one tax preparer for the entire family while some prefer different preparers for the family. There are more Farsi-speaking clients coming in recent years and she needs more time to explain the service to them in English. These scenarios take time to resolve but she knows this helps the clients feel welcomed and her patience is also polished in the process.

Some clients' income has increased beyond the maximum allowance and no longer qualify for the free service. Rita is thankful to have been part of their lives during difficult times.
 – Written by 105 Gibson Reporter.

105 Gibson Ministry : Community Needs

proactively responds to the various needs in the community through our Food Bank, Thrift Store, Free Tax Clinic and Out of the Cold.

A Link that Creates Impact for Others

Dr. Abraham Yuen

While most Out of the Cold locations offer a meal and shelter for the guests, some locations have additional services in their program. In the past, Toronto Christian Community Church had offered dental check, physiotherapy, hair cut and other services. With Dr. Abraham Yuen's coordination, optometry service was introduced in 2018 to provide eye exams and appropriate next steps for the guests. He partnered with another non-profit, Vision Institute of Canada, to bring in two eye doctors and two optometry students for six weeks of services. After spending 45 minutes to set up their portable equipment, the students will perform the pre-testing (checking vision, existing glasses and medication) and the doctors will check eye pressure, pupil dilation and retinal exam.



He enjoys connecting with the community and serving those in need outside of a clinic setting. Quite often there is a barrier between doctors and patients. Some doctors may not prefer to treat people from a certain status group and some people do not obtain proper health care due to a lower self esteem, poorer finances, or lack of knowledge on how to apply for government subsidies for exams and proper eyewear. It is often in these circumstances that Abraham finds volunteering rewarding as he is a link between health care provider and the patients so that they have a chance to see better or to have diseases detected. He can offer a voice for others that deserve to be heard. He had helped seniors who could not read clearly before but can now enjoy reading again. Sometimes the guests return to OOTC with an appreciation after receiving eyeglasses and it is extremely rewarding to know that his simple act can bring huge impact on other people's quality of life. -- Written by 105 Gibson Reporter

MY experience with 105 Gibson

Singing with Confidence

June Tang

Popular Hong Kong singer June transitioned her career focus in 2016 to teach singing and became a teacher at 105 Gibson Centre a year and a half ago. In her teaching, she realized many people lacked self-confidence. With the hope to build students' self-confidence, she also advocates the teaching ideals of mutual encouragement and support, and communal progress and growth.

June's students are very diverse in age, ranging from 5-year-old children to 70-year-old adults. Teaching methods are different dependent on the student's physiological capacity and mentality. Younger students generally fear less and have the courage to try, but they have to work hard in diction and word recognition. Older students are more concerned about their reputes, and need more time to overcome psychological barriers and change poor singing habits.

As a teacher at the Centre, June has the opportunity to understand the Centre's services and mission. She believes it is her role to give back to the community. The idea of a fundraising concert came to mind in 2017 when she learned of the Centre's fundraising needs for the Phase 2 expansion. A second fundraising concert was held last November and now plans this to become an annual fundraising project. The preparation for this year's concert has started and we are looking forward with great anticipation! -- *Written by 105 Gibson Reporter*



Taekwondo – Lesson of Endurance

Eugene Tse

Eugene's daughter has been enrolled in Taekwondo class at 105 Gibson Centre for a year. She expressed interest in learning Taekwondo at the age of four. When asked why she loves Taekwondo, she replied: "I like Superman."

Eugene's daughter is one of the few girls in class, and some boys have the perception that boys are better than girls. Eugene believes that his daughter can learn about the concept of equality in class, and that through hard work, she can have outstanding performance regardless of gender. Also in a formal, uniformed, ordered learning environment, his daughter can have greater awareness of discipline and obedience to authoritative figures. He finds it easier to remind her of appropriate attitude in daily life by referencing her class experience.

Eugene's daughter is now six years old. He recalls one of the emotional challenges when his daughter first started Taekwondo. His daughter was younger at the time and was so drained after school. Occasionally she would whine and refuse to attend class. As parents, we encourage our children not to give up and they need to persist. This includes often working through the child's grumpiness. Steadfast and unflagging encouragement is crucial in supporting your child's learning. -- *Written by 105 Gibson Reporter*



The Language of Love

June Huggins

June lives within walking distance from 105 Gibson Centre but she had not heard of the Centre until she received the activity pamphlets in her mailbox in 2016. She initially wanted to join the singing class. Unfortunately, some of the classes were not offered in English so she joined the Zumba class instead.

Elaine, the Zumba instructor, was very attentive and would personally show her the steps and repeat the instructions in English. As some of the students also spoke English, she comfortably integrated into the class and felt so at ease that she also invited her neighbour and other family members to join. She also met new caring friends who would hug and encourage her. They would call her when she was ill and could not come to class.

June really appreciated that Elaine sat with her and her friend at the 105 Gibson Christmas celebration so that she could interpret the Chinese into English for them. June was familiar with the tunes of some Christmas songs sung in Chinese, such as Silent Night, and she was able to follow along or sing in English. Not understanding Chinese did not hinder June's participation at the Centre because for her, the love felt here was the common language amongst the users here. -- *Written by 105 Gibson Reporter*



Online registration and payment

105 Gibson Centre offers a wide range of programs and activities for all ages. You can check out our programs at the website and sign up and pay at www.105gibson.com



105 Gibson in Action



105 Gibson Thrift Store has new store-front signage that makes it easier for customers to find the store when it opens on Wednesdays and Sundays from 12 - 4 pm.



Out of the Cold at 105 Gibson Centre started on Jan 20. For 11 weeks on Sunday nights, guests will receive a free meal, an overnight stay and other services.



105 Gibson Abundant Life Institute "Chinese New Year Celebration" on Saturday February 9. There were Chinese instrument performance, Chinese opera, Chinese dance, calligraphy work exhibition from ALI members and fai chun writings.

Free Tax Clinic

March 2 - April 28

- Saturday: 9:30 am - 12:30 pm
- Sunday: 2:30 - 5:30 pm

March 13 - April 3

- Wednesday: 6 - 9 pm

English, Cantonese and Mandarin services available.

BY APPOINTMENT ONLY

Please call 905.946.8787 ext 168 or email taxclinic@105gibson.com

105 Gibson Cultural Cafe will host "Arts and Crafts Night" on Fridays in March and April from 7:30 - 9:30 pm.

March 22 - Winter Sunrise

March 29 - Misty Forest

April 12 - Moonlight River

April 26 - Reflection of Glory

Fee is \$35 per person per night (\$30 if two or more people sign up). Fee includes all material and drink.

105 Gibson Thrift Store mini sales will take place on the following dates from 9:30 am - 4:30 pm:

Saturday March 9 and April 27

Regular hours are Wednesdays and Sundays from 12 - 4 pm.

105 Gibson Abundant Life Talk will take place on Friday March 29 from 12:45 - 2 pm. The topic will be "Nutrition and Cardiac Health" by Nancy Cheng. Free. Registration Due date March 27.

105 Gibson Abundant Life Institute will host **Free Wellness Consultation Day** on Saturday April 13 from 10 am to 4 pm. Activities include Chinese Traditional Medicine check, acupuncture, blood sugar and blood pressure test, health talk and square dance at noon. Free.

The Strengths Workshop for Young Adults will take place on Saturdays May 11 and 25 from 9:30 - 11:30 am. Discover your strengths and learn how to apply it with the Clifton Strengths Assessment. This is a two-part workshop and participants need to attend both sessions. Suitable for people age 17 - 25. Fee is CAD \$20 for workshop and US \$20 for online assessment.

For inquiries or registration, please visit Centre reception, call 905.946.8787 or email info@105gibson.com

Supporting 105 Gibson

We welcome you to join our efforts in blessing the community through partnership, donations, and volunteering. Visit our website for more information.