SURVIVORS Welcomes
International Leaders

On September 15, Monsignor Lucio Sembrano toured SURVIVORS' office and sat down for a talk with Executive Director Kathi Anderson. For his short stay in San Diego, Monsignor Sembrano traveled nine time zones from his office in Vatican City, the Section for Relations with the States.

During the past year, our office has welcomed leaders from across the globe, from such places as the Congo, Algeria, Hungary, Pakistan, and Malaysia. The leaders come to SURVIVORS during three-week visits to the United States that are organized by the Citizen Diplomacy Council of San Diego (CDCSD) and funded by the State Department's International Visitors Program to promote understanding and communication among professionals.

"We've had a long-standing relationship [with SURVIVORS]," said Billy Colestock, CDCSD's program manager, and "everyone always has great reviews."

Colestock discovered SURVIVORS through his job, in which he sched-

(Continued on page 5)

Dentists' Pro Bono Services Provide Healing to Survivors

In the past year, three dentists in San Diego County have cooperated with SURVIVORS in providing a remarkable gift to two torture survivors who had suffered extreme dental trauma.

One client suffered dental torture so severe that he could not bear to go to the dentist again. When we met him, sixteen teeth were broken or decayed beyond repair and he lived with constant severe pain. Dr. David Irwin of Pacific Beach conducted the initial evaluation and contacted Dr. Fred Hammond of Mission Valley Oral & Maxillo Facial Surgery who agreed to remove the ruined teeth and prepare the gums for the reconstructive work done by Dr. Suzanne Popp of Coronado. Dr. Popp designed, developed and fit a pair of dental prostheses for the client. This months-long collaboration also included intervention by consulting psychiatrist Dr. Maryann Dean to provide the

(Continued on page 2)
Words from the Co-Chair

No doubt, the hurricanes that have struck the Gulf Coast have also struck each of us. They have been an all-too-graphic reminder of how vulnerable life can be – how easily “that could have been us.” The awesome force of such storms not only tosses buildings around, but also our normal sense of security and the notion that we can always be in control of our lives. Even though the storms might have been distant, they are always too close for comfort.

Perhaps those feelings give us a window through which to see the experience of persons who have been tortured. Often for them, everything which was of value and foundational in their lives has been taken. What is different for them is that what is lost cannot be understood in the language of a non-partial “act of nature.” Their pain and loss has been deliberately inflicted by other human beings, and it is not an accidental or temporary occurrence, but is intended to have disabling effects for life.

It seems obvious, then, that healing must all the more have that human face upon it: other human beings far more passionate about healing and restoring life than any perpetrators of harm. I see that in the faces of the staff at SURVIVORS – this network of staff, physicians, therapists, attorneys, interpreters, and volunteers – who take such great care in deliberately relating with trust and dignity to those we serve. We see the surviving human spirit beyond the wounds of torture and help find courage in calling it forth. I count you, our supporters, friends, co-workers, and volunteers, in that awesome force for healing.

Storms can bring chaos to what we like to think are our well-ordered lives, but they also cause us to re-order what we think is most important, and perhaps re-discover the wells within us that nurture our human spirits. My hunch is that compassion and generosity have risen to the surface in new ways for each of us because of the events of this year. As you make ongoing and year-end decisions about how your finances reflect your deepest values, we hope that the courage of these survivors and the work of Survivors of Torture, International are among those causes that rise to the surface.

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Dentists’ Pro Bono Services

Continued from page 1)

medication that helped the client manage his overwhelming fear, and by SURVIVORS’ clinical staff. The staff members coordinated communications among providers, provided counseling and accompanied the client to every one of his many dental visits. Our client is now pain free and able to eat normally for the first time in over a decade.

A second client’s broken front tooth caused pain both physical and emotional. The custom-made tooth that Dr. Popp created filled the empty socket and literally instantly transformed the young man from shy, afraid and self-conscious to happy and confident. It’s well-known that damaged teeth damage self-esteem. It’s no accident that both these clients have now started good jobs.

SURVIVORS’ clients benefit from the generosity of volunteer professionals in many areas. We welcome collaborations. The contributions of these dentists are valued at many thousands of dollars and of course the rewards to our clients in quality of life are priceless.
Director's Reflections
Kathi Anderson, Executive Director

Helping survivors of torture residing in California become more functional and self-sufficient through well-supported treatment programs is a top priority of the California Consortium of Treatment Centers. This is what I and my colleagues from the Los Angeles, San Francisco, and San Jose treatment centers had in mind when we went to Sacramento on September 27 to meet with legislative aides and staff of the Department of Mental Health.

The California Consortium of Treatment Centers was officially founded in November 2001, and since then we have participated in several joint projects. The aim of the trip to Sacramento was to educate policy makers about torture and its effects as well as to try to secure sufficient funding for delivering our services.

Our vision is to create a safe haven in California for all torture survivors and their family members. Each of us, whether we are in Sacramento or San Diego, a policy maker or a constituent, can play a part in this vision. I urge you to join us by supporting the work of our torture treatment centers.

SURVIVORS and Planned Giving
Part III

Last year, SURVIVORS' board of directors learned some eye-opening facts about planned giving that we have been sharing with our loyal supporters. This is the last in a series of three articles that discuss common misconceptions about planned giving.

Many people believe that their estates are too small to merit estate planning. This is not true. Even small estates can be shaped to include charitable gifts that carry deep meaning for donors.

Planned giving allows you to direct a part of your legacy to charitable organizations like SURVIVORS that you care so much about and support. When you give the gift of an endowment, the principal remains protected in a specially managed fund. Only the interest is drawn out each year for client programs. Thus you continue to be a loyal and valued supporter of SURVIVORS for a very long time.

If your current financial support of SURVIVORS' work adds meaning to your life, consider supporting its mission for many years to come. For more information on SURVIVORS' planned giving program, please call our executive director, Kathi Anderson, at (619) 278-2407.

By Elizabeth Michel, M.D.
Secretary, Board of Directors

Save the Dates

SURVIVORS will host two events during UCSD's International Education Week.

On Wednesday, November 16, from 4:00-5:00 p.m., SURVIVORS' staff will conduct a seminar titled “Survivors of Torture: A Large, Growing and Invisible Population.”

On Thursday, November 17, from 3:30-5:30 p.m., we will hold a screening of the film “Chasing Freedom.” Starring Juliette Lewis, “Chasing Freedom” focuses on the hidden world of immigration detention and the obstacles that detained asylum-seekers face during the quest for freedom. After the screening, audience members are welcome to stay for a short discussion about the issues.

Both events will be at the International Relations/ Pacific Studies Room 3201. They are free and open to the public. Please e-mail mdougherty@notorture.org or call 619-278-2416 for directions and parking information.
SURVIVORS’ Volunteer Opportunities

Because SURVIVORS is a small nonprofit with a big mission, volunteers are essential to our success. There are plenty of opportunities if you are interested in lending your time and talents to SURVIVORS’ mission and becoming part of our community. Core volunteer programs include:

Volunteer Driving

Volunteer drivers allow SURVIVORS’ clients to keep essential appointments for counseling, medical care and other social services. Most of these appointments occur during weekday work hours.

Friendship Circle/Befriender

Befriender volunteers provide social support to SURVIVORS’ clients. The Friendship Circle empowers clients to live independently in their new communities. The Circle also builds awareness about SURVIVORS and gives community members an opportunity to address their needs. We ask Befrienders to make a commitment of six to eight hours per month for six months.

Volunteer Receptionist

Volunteer receptionists help maintain the efficient working of SURVIVORS’ office by staffing the front desk, answering the phone, greeting clients and helping with clerical tasks. The recommended time commitment is a minimum of four hours per week, between 8:00 a.m. and 5:00 p.m., Monday through Friday.

Other Opportunities

- **Newsletter Folding Party:** Once every three months, SURVIVORS’ supporters gather to prepare more than 4,000 newsletters to be mailed. There’s always food, fun and socializing!
- **Community Events:** The details of these events change from year to year, but we always need volunteers to help make phone calls, set up tables, arrange food, distribute handouts, etc.
- **Internships:** SURVIVORS welcomes new interns in the office. The specific nature of each internship depends on the needs of the organization, course requirements and individual students’ interests.

Each person who gives his or her time to this work widens our community of healing and helps us accomplish our mission. If you are interested in volunteering for any of these positions, or have ideas about other ways you might fit into our organization, please contact Kelly at (619) 278-2411 or kreid@notorture.org.

DOCTORS OF THE WORLD
Always Needs Good Volunteers

The Human Rights Clinic (HRC) of Doctors of the World (DOW) could not function without the work of its volunteers. They provide forensic medical and psychological evaluations to torture survivors. Some attorneys report to us that these evaluations can “make the case.” Our volunteers are gems whose dedication and commitment is hard to beat—and we always need more volunteers. We ask a lot of our volunteers, and the cases they work on are hard emotionally. The burn-out risk is our biggest concern at the HRC.

Recruiting and training new volunteers helps bring new energy to our work. This fall the HRC is recruiting heavily by conducting trainings in Oakland, San Diego, Phoenix, and Denver hoping to strengthen our existing networks in each location. The referral of cases to the HRC continues to increase. We have a moral obligation to be ready to serve all these new clients.

We hope to welcome many new volunteers to our network and to continue together the fight against torture and the healing process for our clients.

Marianne Reiner, HRC Program Coordinator
Marriage Family Therapist Interns Enhance Clinical Program

We have been so fortunate to have Lynn Francis and Joseph Mora as interns on our clinical team for the past year. They each joined us to help serve the counseling needs of our clients and to earn hours towards their professional licensure as marriage and family therapists.

Crystal Green, our associate clinical director, provided supervision for the interns to assure quality services to our clients and a quality training experience for the interns.

As a graduate, Lynn was able to volunteer up to 10 hours each week and focused her time mostly on women and families. Joe, still a graduate student at SDSU, was able to volunteer up to five hours a week. His work focused on supporting our clients who are asylum seekers, especially those who are here in San Diego without family or social contacts.

These few hours each week may not sound like much, but by the end of the year they added up to a lot of valuable support for our clients. Lynn made a difference in the lives of more than 14 adults and nearly 20 children by providing more than 184 documented services. She offered family, individual, and group therapy experiences that included expressive arts, stress management, women’s support, and even transportation at times. Lynn has transitioned to a new internship now, and we miss her gentle spirit and can-do attitude.

Joe worked with 20 asylum seekers providing more than 140 documented services, including individual therapy and priceless referrals to new services both inside and outside SURVIVORS’ network. Joe completed his internship in August.

We extend our thanks to Joe and Lynn and hope they know how special it was for our clients to have them as members of our healing community. If you are a registered MFT Intern and interested in training and supervision with our team, please contact Crystal Green at (619) 278-2404 or cgreen@notomure.org for more information. We’d like to welcome a new MFT intern this fall.

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CLIENT DEMOGRAPHICS

29 new clients were served
July through September 2005

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Holiday Support For SURVIVORS

Last year during the holidays, a group of supporters of SURVIVORS donated some gift cards to our clients.

Those cards were very helpful to our families not only because parents were able to buy toys for their children, but also because families had the freedom to use the generous gifts to cover other needs. Those needs included shoes, clothes, and school supplies.

If you would like to help a family this year, please donate a gift card from Target, Kmart, or Payless.

Contact Beatriz Ledeza at (619) 278-2402.

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SURVIVORS Hosts International Leaders

(Continued from page 1)

uaries meetings and events for the visitors, who are either current or potential leaders in fields that include medicine, the media, education and human rights. After beginning their trips in Washington, D.C., the visitors travel to cities throughout the country; San Diego welcomes about 600 of the 5,000 visitors each year.

Through dialogue with the international delegates, the American groups can assess their progress through the eyes of a visitor. Colestock said the program facilitators hope the international visitors will learn about the programs that are successful in the United States and take that knowledge home.

"When they go home, we hope they have the opportunity to implement some of these programs in their own countries," Colestock said.
Thank You
to All Our Community Supporters

We are grateful to the following individuals and companies for your generous support. Your donations of time and in-kind goods and services help SURVIVORS' programs run smoothly.

**Individuals:**
- Pastor Rich Ager
- Joyce Anderson
- Charles Angyal
- Gale Barlow
- Rosemary Bill
- Andrew Chen
- Maryann Dean
- Cornelia Fyfe
- Christie Edwards
- Geri Engkelke
- Paul Gangsei
- Reem George
- Shannon Going
- Roberta Gottfried
- DJ King
- Lindy Laub
- Sandy Linn
- Brian McGuire
- Therese Monroe
- Linh Nguyen
- Pat Olafson
- Tomas O'Sullivan
- Rushaw Patel
- Susan Pollock
- Zachary Rivera
- Melody Rudolph
- Jay Shah
- Melissa Shane
- Donna Sass
- Emily Suon
- Kenneth Suon
- Dale Thompson
- Gina Truong
- Cheryl Walczak

**Companies:**
- Anonymous
- C3 Communications
- Family Health Center of San Diego
- Oral and Maxillary Facial Surgery
- Presbyterian Crisis Center
- Sansai Japanese Grill
- Starbucks Coffee Company

We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized.

Support SURVIVORS by Shopping Online

You can support our services by shopping at [www.iGive.com](http://www.iGive.com). Simply enter your e-mail address and other requested information, and be sure to enter Survivors of Torture, International as your selected charity. Registration is free, and you'll support the critical humanitarian work of this organization.

Through iGive, big-name companies donate a percentage of your spending directly to SURVIVORS. For example, if you were to purchase a year's subscription to People Magazine through [Valuemags.com](http://Valuemags.com), SURVIVORS would receive $29.61. Some of the other participants (but not limited to) are:

- 1-800-Flowers
- Adidas
- Barnes and Noble
- Birkenstock
- Coldwater Creek
- Hallmark
- JC Penney
- Lands' End
- Wall Street Journal

Note: All orders must be placed through [www.iGive.com](http://www.iGive.com) for SURVIVORS to receive the donation.

Beautiful Book. Powerful Stories.
Excellent Gift for the Holidays

*Speak Truth to Power* — Hardcover, $50.00.

Writer Kerry Kennedy Cuomo and Pulitzer Prize-winning photojournalist Eddie Adams collaborated to profile brave human rights defenders from around the world. Inspire your loved ones with the powerful testimonies of amazing people who are changing lives.

Buy the book from SURVIVORS and half of the proceeds will directly benefit client programs.

Visit SURVIVORS' web site, [www.notorture.org](http://www.notorture.org), or contact Alexey Kirillov at (619) 278-2406 for information.
SURVIVORS’ Financial Supporters

JULY 2005 through SEPTEMBER 2005
Healing broken hearts and restoring the spirits of torture survivors in San Diego County is the work of our financial supporters. Without you, the men, women and children who are survivors would not be able to rebuild their lives. We are grateful.

Foundations, Corporations, and Organizations

Casa Cornelia Law Center
Change A Life Foundation
Grossmont Healthcare District
Milner and Markee, LLP
Pioneers of San Diego Lion’s Club & Lion’s Optometric Vision Center
Resurrection Lutheran Church – Coronado
San Diego County Employees Charitable Organization (CECO)
The California Endowment
The United Nations Voluntary Fund for Victims of Torture

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We apologize for any errors or omissions, and extend our gratitude to donors who may not have been recognized.
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Receive “The Survivor” in Digital Form
SURVIVORS is planning to launch an e-newsletter in 2006. Please send your name and e-mail address to Anu at avenkateswaran@notorture.org if you would like to receive our newsletter electronically. Your e-mail address will be used for this purpose alone and will not be given to anyone.

Check out our updated website:
www.notorture.org

SURVIVORS of Torture . . .
. . . was incorporated in February 1997 in response to a need in our community to bring assistance to that segment of the population which struggles with the wounds of politically motivated torture.

Since then, SURVIVORS has engaged a caring network of professionals — board members, attorneys, therapists, physicians — and all of YOU in the community who give faithful support and encouragement in many ways.

We serve survivors who reside in the greater San Diego and Southern California area, but are prepared to assist the legitimate needs of all survivors of politically motivated torture.

For information about SURVIVORS, or to participate in our mission — please visit our website: www.notorture.org — or contact us by e-mail at: survivors@notorture.org.