Mission Statement
Survivors of Torture, International:
• Facilitates the healing of torture survivors and their families;
• Educates professionals and the public about torture and its consequences;
• Advocates for the abolition of torture.

Director’s Reflections: Number of Iraqi Refugees Continues to Grow
Kathi Anderson, Executive Director

As a result of targeted persecution including torture, increasing violence and lack of security, more than two million Iraqis are seeking safe haven outside of their home country. Many of them have gone to neighboring countries such as Syria and Jordan and have registered as refugees. Recently though, the borders have been virtually closed as the Iraqis find it almost impossible to get entrance visas.

The burden on these host governments is enormous and they are receiving very little outside help. Most of the Iraqi refugees do not have access to health care, education for their children, adequate housing or employment. Many of them are running out of money. Cholera and typhus are being dren.

Word from the Chair: Life After the Fires
Jeanette Barrack, Chairperson

In October, SURVIVORS’ board and staff joined the rest of San Diego in watching the fires spread through the region. Some of us scrambled to evacuate our homes, only to return and become re-evacuated later. Others of us took in family members, sitting by their sides as we looked at the lists of destroyed homes. Others just watched, glued to the television news, wondering if there was any way to help.

It was a time of uncertainty and chaos, but also a time when we saw a strong community rise to a challenge. Here at SURVIVORS, we’ve seen the difference a supportive, caring community can make in the lives of torture survivors. Our clients have come from regions that were torn apart by violence, greed and oppression. Here in San Diego, our clients find ways to become integrated into the rich social fabric of the community. They take English classes, start new jobs, find religious congregations, and make friends. We help them in these endeavors, providing health, mental health, legal, and social services that enable them to lead new lives in the United States.

It’s never easy to recover from a tragedy—be it a natural disaster or a human-induced trauma like torture—but the care and encouragement of a vibrant community like San Diego can make all the difference.

Please give generously to support torture survivors who are living with physical and psychological effects of their experiences. We cannot turn back time, but together we can support the healing process.
Affidavits from Medical Professionals Provide Essential Support for Asylum Seekers

Asylum is a protection granted by federal law to individuals who are unable or unwilling to return to their home country because of past persecution or a well-founded fear of persecution based on race, religion, nationality, membership in a particular social group, or political opinion.

But if an asylum seeker has been tortured on one of these grounds, how can a survivor prove to a court that this torture occurred?

At a fall lunch meeting, George Longstreth, M.D., introduced an audience of Kaiser physicians to the services SURVIVORS provides with the help of volunteer doctors. The doctors conduct physical examinations and write medical affidavits that can be used to substantiate asylum seekers’ claims. As a longtime volunteer, Dr. Longstreth has written medical affidavits for more than 50 asylum seekers.

These affidavits provide written documentation of the physical effects of torture, such as scars and fractures. Doctors also provide a professional opinion as to the consistency between the physical evidence they identify and the torture the clients report having suffered, thus providing essential support for an asylum seeker’s legal case.

Dr. Longstreth told the audience about an individual he had seen who told him that he had been severely whipped in his country of origin. When

IRAQ | From Page 1

Some Iraqis come to the United States as refugees, still others come as asylum seekers. In 2001, the United States granted asylum to 639 Iraqis but the number has been declining ever since. The Department of Homeland Security’s most recent figures state that only 175 Iraqis were granted asylum in 2006.

I believe that the United States has a special obligation to Iraqi refugees and asylum seekers. Those who need the most help are victims of torture and those who have a well-founded fear of future torture. For example, because Chaldean Catholics are perceived to have western sympathies, they are targeted. Similarly, the Mandaens make for a particularly inviting target because they lack any protection and because their religion espouses strict pacifism.

Father Michael Bazzi of St. Peter Chaldean Catholic Cathedral estimates that there are currently 30,000 Chaldeans in San Diego which makes it the second largest Chaldean community in the United States.

Many Iraqis are very well educated: trained professionals, nonprofit humanitarian aid workers, entrepreneurs and tradesmen. They represent some of the most vulnerable groups being persecuted in Iraq. Many are bilingual, speak English fluently and have worked as interpreters. Many have suffered torture as well as have lost family members and loved ones, leaving deep emotional scars. Like any of us, Iraqis are looking for a community that will welcome them and help them begin to regain their sense of security and human dignity.
Celebrate the True Spirit of the Giving Season by Donating to SURVIVORS in Honor of a Loved One

The holiday season can bring as much stress as it does happiness. Whether you're walking through the mall or browsing online shopping sites, it can be hard to find perfect presents—gifts that are meaningful, thoughtful, and beautiful all at once.

This holiday season, you have the opportunity to give a gift that makes a difference. For the first time, SURVIVORS has created unique gift cards that represent true holiday values of peace, kindness, and sharing. With each donation you give, your loved ones will receive a personalized card acknowledging that a gift has been made in their honor.

Many of our clients arrive in America without any possessions or loved ones. They have endured some of the worst experiences imaginable, then have traveled across continents to arrive on safe soil in San Diego. You can spread some holiday cheer to our clients by supporting our services.

Gift cards are available for any dollar amount. To make a donation, please visit our web site at www.notorture.org/donate.html or call SURVIVORS at (619) 278-2400.

——

Cooking Class Recipe: Quick & Spicy Penne

Adapted from Williams-Sonoma Kitchen

One of SURVIVORS’ most popular and longest-running services is the cooking class. Clients from as many as nine countries gather each month to share traditions and try new foods. Beatriz Ledezma, SURVIVORS’ case manager, said this is one of the most well-liked cooking class recipes.

Ingredients

- 1/4 cup coarsely chopped cured anchovy fillets
- 1/4 tsp. crushed red pepper flakes
- Salt and pepper, to taste
- 2 Tbs. finely chopped parsley
- 1 lb. dried penne pasta

Directions

In a saucepan over medium heat, warm the olive oil. Add the onion and garlic and sauté, stirring occasionally, until tender, 3 to 5 minutes.

Add the tomatoes, olives, capers, anchovies, and red pepper flakes; bring to a simmer and reduce the heat to medium-low. Simmer until the tomatoes are tender and begin to break down, 25 to 30 minutes. Season with salt and pepper and add parsley. Keep the sauce warm.

Bring a large pot two-thirds full of water to a boil. Add salt and the pasta and cook according to the package instructions until al dente (tender but firm to the bite).

Drain pasta, transfer to a large bowl and add the sauce; toss gently to mix. Serve immediately. Serves 4.

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Advocacy Update: Torture Victims Relief Reauthorization Act of 2007

The Torture Victims Relief Reauthorization Act (TVRRA) passed the Senate Foreign Relations Committee on September 11. This bill authorizes funding for domestic and international torture treatment programs for fiscal years 2008 and 2009. At press time it had not passed the full Senate, but we expect it to pass soon.

Earlier this year, the bill passed the House with an overwhelming bipartisan majority, 418 to 7. The bill authorizes domestic funding through the Office of Refugee Resettlement at $25 million and for the United Nations Voluntary Fund for Victims of Torture and USAID at $12 million each.

SURVIVORS will continue to work with the National Consortium of Torture Treatment Programs to have the appropriations allocated at the level of authorization.

Thank you to the Center for Victims of Torture for keeping SURVIVORS updated on this legislation.

——

Associate Director Position Open at SURVIVORS

SURVIVORS has a full-time opening for candidates who would like to support our mission.

Position Title: Associate Director

General Description: Provides overall management including supervising staff, developing/controlling the budget, developing/implementing policies and procedures, and monitoring outcomes to ensure continuous quality improvement.

The complete job description is posted on SURVIVORS’ web site at www.notorture.org as well as on the Idealist site at www.idealist.org. The position is based in San Diego.

Please submit your resume and cover letter to Kathi Anderson by email to kanderson@notorture.org or by fax to (619) 294-9429.
Michael Otterman, author of *Ameri-
can Torture* and visiting scholar at the
University of Sydney, stopped at SUR-
VIVORS’ office during his national
book tour in September.

Joining him were Raj Purohit, sen-
or fellow at the Washington, D.C.-
based Citizens for Global Solutions, and
Tom Moran, outreach and advocacy fellow
at Citizens for Global Solutions. Their or-
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cently promoting an
online petition at
www.endtorture.net
that advocates for an
independent biparti-
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In September, a group of clients
accompanied by staff from SURVI-
VORS walked through the labyrinth at
St. Paul’s Cathedral in San Diego. The
trip was one of the monthly Healing
Club activities SURVIVORS offers.

Crystal Green, SURVIVORS’ as-
ociate clinical director, started the
activity by explaining the purpose of a
labyrinth and why SURVIVORS chose
this place for a Healing Club trip. Crys-
tal explained that all
people are welcomed
at the labyrinth, no
matter their form of
worship or spiritual
background.

The first stage of
the labyrinth is a time
to let go of negative
feelings and bad
memories. Walkers
can clear their minds
so that they are able to be in an open
and quiet place upon reaching the cen-
ter of the labyrinth. When traveling the
labyrinth, one should feel free to stop
and reflect, allowing feet to do the
guiding. Individuals have many differ-
ent reactions upon reaching the middle
of the labyrinth. Some pray, some close
their eyes, some cry.

Once the Healing Club group exited
the labyrinth, Crystal asked the clients
how they felt or what
their impressions were.
One client mentioned that
he felt at ease, a sense of
peace.

Julie Wall, an Ameri-
corps*VISTA* volunteer,
agreed, saying: “When
you are there you remem-
ber the simple things in
life, the things that mat-
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Modern labyrinths exist in many
churches and parks

Author Michael Otterman Visits SURVIVORS
During His Book Tour

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online petition at
www.endtorture.net
that advocates for an
independent biparti-
san commission on
interrogation.

At San Diego’s downtown coffee
shop Café Lulu, Otterman discussed
the effects of state-sponsored torture,
international laws against its use, and
the history of the American govern-
ment’s involvement in torture.
Program Spotlight

Specialized Mental Health Services Address Long-lasting Effects of Torture

At SURVIVORS, mental health services are at the core of the recovery program we offer to clients.

Experience and expert opinion confirm that the most serious and long lasting consequences of torture are psychological.

Survivors commonly experience severe mental and emotional distress which can take the form of terrifying intrusive memories and nightmares, depression, fearfulness, shame, and guilt. In addition they are often plagued by worry about missing family members and sadness over their many losses. These strains in turn show up in physical problems such as sleep disturbance, head and body aches and stress related illnesses. And they spread into difficulty functioning in such crucial areas of life as parenting, school, work and self-care.

By supporting clients in all aspects of their functioning, our holistic program provides clients with both external resources and internal strengthening and empowerment to overcome these challenges.

Mental health professionals on staff and contracted in the community play a key role. They assess clients’ psychological status at intake and develop a treatment plan according to their needs.

For asylum seekers, the first need is often the documentation of the psychological effects of torture to prepare an affidavit for their legal case. This has lasting consequences of torture are firm that the most serious and long

Volunteers Support the Healing Community

Volunteers at Survivors of Torture, International are as diverse as our clientele. We have counselors, doctors, attorneys, students, teachers, translators, quilters, cooks, writers, nurses, and drivers. Some individuals donate a little time, some devote weekly hours. Yet one thing is true about all our volunteers: SURVIVORS could not do the work that we do, in the capacity that we do it, without these individuals.

Ginny first heard about SURVIVORS through her work with a local Amnesty International group. Kathi Anderson had talked to the group about our work at SURVIVORS and Ginny signed up to receive the newsletter. Soon Ginny began volunteering as a receptionist and driver. She said she has gleaned much from her time volunteering at SURVIVORS.

SURVIVORS Welcomes Counseling Intern Cristina Grisham

Cristina Grisham recently started as a counseling intern at SURVIVORS. Cristina is a graduate student pursing a master’s degree in pastoral care and counseling at the University of San Diego.

She graduated from Georgetown University with a B.S. in foreign service where she discovered a passion for working with refugees and asylum seekers.

Cristina has worked with Catholic Charities Refugee Resettlement in San Diego for the past five years and recently helped develop their Refugee Mentor Volunteer Program.

In addition to her work as a clinical counseling intern at SURVIVORS, Cristina is a resident minister at USD and a member of the Catholic Campus Ministry. She currently runs a program in the residence halls focused on interfaith dialogue as a path to peace.

When Cristina is not studying or working she enjoys spending time with her dog Athena, traveling, reading, making quilts, and exploring the outdoors.

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<th>Board and Staff Updates</th>
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SURVIVORS Bids Farewell to Sarak Suon

In August, SURVIVORS said goodbye to staff member Sarak Suon. Sarak began his work with SURVIVORS in 2002 as the medical services coordinator. In this role, he assessed the medical and dental needs of all new clients and referred clients for services. He maintained relationships with professionals in the medical, dental, and allied health fields, ensuring compliance with recommended specialty treatments when needed.

Sarak supported psychiatry by coordinating requests for blood work and applications for pharmaceuticals. He also created a client services database that the clinical team uses to manage client services effectively.

SARIVORS’ board and staff thank Sarak for his accomplishments and wish him the best of luck in his new endeavors.

See PROGRAM | Page 7

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When Cristina is not studying or working she enjoys spending time with her dog Athena, traveling, reading, making quilts, and exploring the outdoors.

See VOLUNTEER | Page 7
Thank You to All of Our Community Supporters
August 1, 2007, through October 31, 2007

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.

Companies and Organizations

Big City Bagels – San Diego
Corporation for National & Community Service (AmeriCorps*VISTA)
Knockout Pizzeria – San Diego

Jason Associates Corporation
Latham & Watkins, LLP
Manatt, Phelps & Phillips, LLP
Michael’s Printing—San Diego

Our Savior’s Lutheran Church—San Diego
Qualcomm Incorporated

Individuals

Joyce & Paul Anderson
Patrick Balakian
Remedios & Rey Cachuela
Pat Casey
Kristina Coram
Van-Anh Doan
Ginny Dunn
Charmaine Erbs
Grace Francisco
Julie Freeman
Cristina Grisham
Wei-Der Huang
Gloria Joyce
Abdollah Katbah

Pat Maigler
Sandy Marcia
Nemia Nava
Roberto Nava
Pat Olafson
Manoharan Rangaswamy
Mohammed Rashid
Zack & Dot Renshaw
Zachary Rivera
Carol Sayles
Lisa Shirachi
Alisa Shorago
Alexandra Stratford-Young
Dan & Becky Sullivan

Harsha Talkad
Nancy Tarng
David Tuffy
Carlyn Usher
Maria Valient
Matthew Villaluz
Kory Wardle
Mary Wu

Thank you!

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

Top Ten Reasons to Join the Healing Trust for 2008

The Healing Trust is made up of caring people in our community who pledge to make monthly or quarterly donations. Regular giving through the Healing Trust is one of the best ways that you can help survivors in our community rebuild their lives.

Gifts to the Healing Trust:
1. Pay for direct services to torture survivors in San Diego.
More than ninety cents of every dollar donated pays for direct services for torture survivors in San Diego County.

2. Allow us to respond quickly to emergency needs of clients.
We can use money donated through the Healing Trust to help clients receive emergency medical or dental services, even if they aren’t paid for by a grant.

3. Leverage resources.
SURVIVORS may have funds to pay for physicians but not for the medication required. Healing Trust funds can be used to meet these kinds of needs.

4. Create stability and sustainability.
Your gifts help us to plan for the future and design services that are most needed.

5. Put you in control.
You decide how much to give and whether to give monthly or quarterly. If you want to change your gift amount, you can do so with one call to the development office.

6. Are easy.
After signing up, your gift can be automatically withdrawn from your checking account or charged to your credit card.

7. Put your mind at ease.
SURVIVORS is trustworthy and transparent. Independent Charities of America awarded SURVIVORS its “Best in America” Seal of Excellence after screening SURVIVORS for financial and program effectiveness.

8. Show your commitment towards healing in our community.
Survivors need help to heal and become fully integrated. Your gifts show that you are not just concerned about your neighbors who have survived torture but that you are committed to ending their suffering and strengthening our San Diego community.

You’ll receive an annual statement of your gifts.

10. Make a big difference.
Never thought of yourself as a philanthropist? A $50 gift each month — equivalent to a typical cell phone bill — adds up to a significant contribution. Regular gifts make a world of difference.
SURVIVORS’ Financial Supporters
August 1, 2007, through October 31, 2007

Healing broken hearts and restoring the spirits of torture survivors in San Diego County is accomplished with the help of our financial supporters. Because of you, the survivors are able to rebuild their lives. We are grateful.

Foundations, Corporations, and Organizations

Change a Life Foundation
Citigroup Foundation
County of San Diego, Health and Human Services Agency
First Congregational Church of Ramona
Grossmont Healthcare District
Local Independent Charities

Pharmaceutical Research and Manufacturers of America
Ralphs Grocery Stores
San Diego County Employees’ Charitable Organization
The California Endowment
The Fieldstone Foundation — San Diego

Individual Contributors

Mark & Brooks Gunn
Laura Jean Hageman & Thomas Bond
Ginger & Jim Hallerberg
Kaye & John Hambleton
Marian Hart & Wayne Liebold
Ruth Heifetz
Mary Heinze
Natalie & Jack Holtzman
Rita Judd
Susan & Peter Mackauf
Marian & Gordon Mackensen
Miguel Martin
F. Marian McGee
Elizabeth Michel & Arnold Markman
Carol Morabito

Anonymous
Dee Aker & Bill Smith
Kathi Anderson & Jesse Rivera
Susanna Beaudieu
Carol Burke
Susan Burnett
Candace Carroll & Len Simon
Kathryn Delahanty
Kathy & Gene Dougherty
Patrick Dunlevy
Michele Dunne
George & Ethel Falk
William Gilchrist
Lee & Susan Goyette
Andrea Guerrero & Beston Barnett

Nancy Norcross
Margaret Oglesby
Alby Quinlan
William & Martha Radatz
Cynthia Rich
Elisabeth Roed & John Brosky
Jake Sexton
Cynthia Simpson & David Pugh
Gigi Strayer & Aron Hershkowitz
William Swanson
Dolores Welty

Thank you!

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

Recycling Program Supports SURVIVORS’ Services

SURVIVORS is partnering with companies and organizations to collect used cell phones and ink cartridges. These items are then recycled through a program called Funding Factory that gives SURVIVORS money for each item.

We thank the following companies and organizations for their participation in this program:

- ACI Specialty Benefits Corp.
- DLA Piper Law Firm
- LAN International
- Michael’s Printing
- Michael Ehrenfeld Company
- San Diego My Home Team
- Teal Consulting
- Thrivent Financial for Lutherans

If you’d like to join this list, please contact Charlene Peña at (619) 278-2410 or cpena@notorture.org.
Survivors of Torture, International
Ph: 619-278-2400  •  survivors@notorture.org
Fax: 619-294-9405  •  www.notorture.org

Kathi Anderson, M.A., N.C.C., Executive Director
Ph: 619-278-2407  •  kanderson@notorture.org
Fax: 619-294-9429

Position Vacant, Associate Director

David Gangsei, Ph.D., Clinical Director
Ph: 619-278-2403  •  dgangsei@notorture.org

Crystal Green, Ph.D., Associate Clinical Director
Ph: 619-278-2404  •  cgreen@notorture.org

Alexey Kirillov, Finance Manager
Ph: 619-278-2406  •  akirillov@notorture.org

Beatriz Ledezma, Case Manager
Ph: 619-278-2402  •  bledezma@notorture.org

Position Vacant, Medical Services Coordinator

Maren Dougherty, Public Affairs Manager
Ph: 619-278-2422  •  mdougherty@notorture.org

Marian Hart, M.A., Development Coordinator
Ph: 619-278-2408  •  mhart@notorture.org

Eliza Kane, Administrative Assistant
Ph: 619-278-2425  •  ekane@notorture.org

Jess Jollett, AmeriCorps*VISTA Member
Ph: 619-278-2421  •  jjollett@notorture.org

Charlene Peña, AmeriCorps*VISTA Member
Ph: 619-278-2410  •  cpena@notorture.org

Blake Tye, AmeriCorps*VISTA Member
Ph: 619-278-2409  •  btye@notorture.org

Julie Wall, AmeriCorps*VISTA Member
Ph: 619-278-2411  •  jwall@notorture.org

Donate to SURVIVORS Through the Combined Federal Campaign

SURVIVORS has been selected to participate in the San Diego County Combined Federal Campaign (CFC). Federal employees, including members of the military and employees of the U.S. Postal Service, may donate to “Survivors of Torture, International” (# 24619) through the CFC.

All participating organizations are reviewed on an annual basis to ensure donors that only legitimate, accountable, and responsible charitable organizations are admitted. Ask your campaign coordinator how to make a pledge or call the San Diego CFC office at (858) 636-4114.

Survivors of Torture, International
... 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, interpreters, therapists, physicians, dentists — 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.

To learn more about SURVIVORS, or to participate in our mission, please visit www.notorture.org or e-mail us at survivors@notorture.org.