



REACH..

For the NEWS

REACH Launches its First Community Garden!



Mayo Hawco and Leo Ramirez, receive a \$1,000 gift card from Home Depot staff, Anita Georgy.

La Cosecha, the Multicultural Family Centre's Latin American Community Garden Project, is picking up steam! Amazing volunteers will participate in La Cosecha, REACH's multicultural project, which will transform an empty lot at Broadway and Clark into a vegetable garden.

The mens, seniors, diabetes and youth groups will each have an area to grow fresh produce that will be used to support the cooking and eating components of each of these programs.

In its initial planning stages, La Cosecha (The Harvest) is drawing support from all directions. In partnership with the City of Vancouver and the Vancouver Food Policy Council, a grant from the Evergreen Foundation and countless hours from our fabulous practicum student **Sophie Gerbaud**, we are hoping to break ground sometime this fall! A special thank you to **Home Depot** and to **Evergreen Foundation** who generously donated \$5,000 and consulting time to this project.

Annual General Meeting

Wednesday, September 20, 2006

6:00 – 7:30 pm (refreshments at 5:30pm)

1145 Commercial Drive – Lower Level

Speakers: Karen Klein, Registered Nurses Association of BC
Susan Conley, Primary Care Health Network, VCH

Come to this informative gathering and hear our speakers address the important role of the Nurse Practitioner in primary health care. It is a great opportunity to meet REACH's Board of Directors, our Executive Director, **Mayo Hawco**, and many staff and key volunteers who work to represent the healthcare needs in our community. Learn more about past and future initiatives and how you might get more involved. Daycare costs will be reimbursed, if needed.

See you there!

For a Good Time, Call R-E-A-C-H

Join us on November 16th for REACH's fall fundraiser!

Dine on Federico's fine Italian food, bid on incredible auction items and enjoy dancing and entertainment!

Thursday, November 16 at 5:30pm

Federico's Supper Club - 1728 Commercial Drive

Tickets are \$65 (includes a four-course dinner, entertainment and other surprises!)

Contact REACH or email tabram@telus.net to reserve your tickets.

Check out the great items that have been donated to REACH's dinner and auction at www.reachcentre.bc.ca starting in mid-September!

Funds raised will help REACH to provide needed services like family counseling, important multicultural programs and to upgrade medical and dental equipment.

Special Acknowledgements

The **Kaatza Foundation** contributed \$1,100 to REACH's Dental Clinic. These funds will be used to purchase surgical equipment. Many thanks to the caring members of this family foundation.

A special note of gratitude to **Dr. Fred Weinstein** for his kind donation of dental instruments and equipment to REACH's Dental Clinic. Dr. Weinstein is a certified specialist in Endodontics and a past president of the International Federation of Endodontics Association. Currently he is the Chair of the upcoming IFEA 7th World Endodontic Congress in Vancouver next year. Thank you for your generous support, Dr. Weinstein. Here's wishing you an unforgettable conference!

Concord Pacific Charitable Trust One generously donated \$4,975 to REACH and thanked us for our dedication to serving the needs of our community. A special thanks to our MLA **Jenny Kwan**, who recommended that REACH receive this donation. We appreciate your ongoing support, Jenny!

Winnie Nguyen was this year's Britannia Secondary School recipient of REACH's Scholarship Program. Winnie writes the following:



Executive Director, Mayo Hawco, presents REACH's bursary cheque to Winnie.

"...Growing up in a low-income family, I was worried about attending post-secondary because of my family's financial dilemmas...Fortunately, you have blessed me with a generous award and I am truly grateful! Your scholarship will enable me to attend classes as a full-time student next year at BCIT...One day, I hope to help others, as you have graciously helped me when I needed your financial support. Thank you very much!"

Winnie is already helping others! She is working with Britannia's Children Summer Camp and has joined REACH's Fund Development Committee to help organize our fall fundraising dinner at Federico's Supper Club in November.

MFC African Youth Group Takes On the World Urban Festival!

The Multicultural Family Centre (MFC) African Youth Group gave two performances at the World Urban Festival in June which were appreciated by over 130 people over two nights.

They began with a powerful presentation by one of the youth who described his difficult move to Canada as a refugee, and the racism he and his brothers have experienced since they arrived. This was followed by a showing of "TOHIO", the crime prevention hip hop music video they produced last year (funded by Public Safety and Emergency Preparedness Canada), and a lively South African Gumboot Dance performance, involving audience participation. On the first night there were several young men in the audience from South Africa who spontaneously got up and demonstrated Gumboot Dance steps!



MFC African youth demonstrate Gumboot steps as the audience participates.

These performances provided an opportunity for the youth to share their experiences with the broader community and to launch a new project (funded by BC Antiracism and Multiculturalism Program) that will incorporate the music video project into a series of antiracism workshops.

Mindful Eating

A practical course about the art and science of healthful eating

Healthy eating involves having a balance between the art and science of nutrition. The *science of nutrition* covers what we eat, including vitamins, minerals, and nutrients, while the *art of nutrition* is more about how and why we eat and our relationship with food and nourishing ourselves.

In this 12 week course we will bring attention to both aspects of healthy eating. We will explore our relationship with food along with the very practical aspects of making food choices, shopping, preparing, eating and ultimately, enjoying it.

Every Thursday evening, 6:30 – 8:00pm from September 28 to December 14, 2006

**\$50.00 (includes a comprehensive guidebook and the CD *Your Karma is in the refrigerator*)
Fee is negotiable if necessary**

Facilitated by Carol Ranger, RD - REACH Nutritionist

Interested? Leave your name at the front desk, or leave a message at 604-254-3987 ext 2 and Carol will call you.

Comings and Goings at REACH...

Welcome to our new Medical Office Assistant, **Janis O'Mara**. Janis started with us just in time to help with another busy summer! **Marnee Klintworth** has also recently joined the Medical Reception team on a temporary basis. It's great to have you both with us!

We bid a warm farewell to our two UBC MSW students **Sylvie Krucheten** and **Tracy Chard**. Each of them has made significant contributions to the work of the Multicultural Family Centre.

At the AGM of Pacific Community Resources at Burnaby Lake in June, the REACH Dental Clinic was given an award of recognition for outstanding service given to their programs' recipients. Present to accept the award were **Mayo Hawco** and **Darlene Pearson**.

Calling all United Way Donors!

The United Way Campaign will be starting up soon in many workplaces. REACH *does not* receive any on-going funds through the United Way. However, we can receive *designated* funds if you earmark REACH Community Health Centre as a recipient at the end of your donor form. Please consider REACH when participating in your workplace event. We receive only 60% of our funding and *need* help from the community.

Thank you - we appreciate your support!

REACH Community Health Centre
1145 Commercial Drive
Vancouver, BC V5L 3X3
Medical: (604) 254-1354
Dental: (604) 254-1331
Admin: (604) 254-5456
MFC: (604) 254-6468
Website: www.reachcentre.bc.ca

Auction Items Needed!

Do you have any treasures hidden away that you really don't need or use? Do you have an enchanting or practical skill to donate? REACH's fall event will offer a silent and live auction. We need items like art, jewelry, services, travel, restaurants, etc. Tax receipts are available for in-kind donations. For more information email tabram@telus.net or call volunteer, **Kathy Booth** at (604) 535-0723.

REACH is Recruiting Community Members for its Board of Directors!

Candidates must be a REACH client and or live/work in REACH's catchment area.

We are seeking individuals with experience and interest in: Fund Development, Human Resources, Legal, Clinical Practice, Labour, or Finance.

REACH is a pro-choice, gay positive organization committed to employment equity and anti-discrimination. REACH has a strong commitment to democratic decision making at all levels within the organization. Potential Board members must be willing to participate and adhere to these values.

To receive an information package or to inquire further please contact Mayo Hawco at 604-254-5456 ext. 251, or email to info@reachcentre.bc.ca or visit www.reachcentre.bc.ca