



REACH..

For the NEWS

REACH BOARD OF DIRECTORS 2006 - 2007

Several of REACH's dedicated and long-time board members finished their terms last fall. We welcome a number of new people to this year's Board. We sincerely thank *all* of the members, past and present, for their committed service to REACH.

Fran Gillis, President

Terry McNeney, Vice-President

Stephanie Saville, Secretary

Larry Reid, Treasurer

Chelsea Bennie

Miranda Bon

Leslie Burneski

Madeleine Funk

Shayna Hornstein

Melissa Lane

Alan Zdunich

Lorna Pennykid, staff

Patricia Dabiri, staff

Debra Allman, staff

Dr. Sandi Witherspoon, staff

Mayo Hawco, Executive Director



Gingerbread donation delights young MFC participants. Read more on page 3.

GREETINGS FROM THE BOARD

On behalf of the REACH Board of Directors I would like to take this opportunity to extend best wishes for the New Year.

It is an exciting time to be a member of the REACH Board. All Board members are actively involved in a variety of committees and they bring a lot of enthusiasm and creativity to the work ahead. A new committee for the coming year is centered on how to ensure that REACH remains a visible and vital part of our community. The Sustainability Committee – a group of both Board and staff members – is working hard, together with the efforts of the Fundraising Committee, to develop new initiatives that will provide REACH with a secure financial base well into the future.

All members are welcome to participate in the various committees. If you feel you would like to be more actively involved with REACH please get in touch with our Executive Director, Mayo Hawco. She would be pleased to give you more information. If you have any ideas or any changes you would like to see at REACH, please put them into the suggestion box.

As with any organization, the successful implementation of any new program rests with the staff. I would like to take this opportunity to acknowledge the long-term dedication and commitment the REACH staff has demonstrated over the years to make our community health center such a unique and dynamic part of our community. Thanks to all of you.

I look forward to the coming year and the continuing good work of the past.

Sincerely,
Fran Gillis, President

Rise Up!

A Performance of Two Amazing Groups Benefiting:
REACH Community Health Centre, Self-Help Resource Association of
B.C. and the Downtown Eastside Womens Centre

Join the Universal Gospel Choir and the Oakland Interfaith Youth Gospel Choir for a
roof-lifting and hand clapping evening:

Saturday, March 10, 2007

8:00 p.m. (Doors open at 7:00 p.m. for refreshments and auctions)

Glad Tidings Church

3456 Fraser Street

Tickets: \$25 each; Seniors & Youth \$20; Children \$10 each
(Children under 6 – free)

Blocks of 10 tickets: \$20 each

Available at REACH and at Tickets Tonight: www.ticketstonight.ca

For tickets and more info call **Tamara Abramson** at (604) 254-5456 Local 270

The **Universal Gospel Choir** is a rich and passionate group of 80 performers who share the world's spiritual music to inspire and offer joy and healing. The 21 year old choir is in its eighth season under the music direction of **Brian Tate**. Brian is also a teacher at Studio 58, Langara College's professional theatre school and a jazz vocalist.



*The Universal
Gospel Choir*

The **Oakland Interfaith Youth Gospel Choir** has 30 gifted choir members from ages 13 – 19. This engaging choir performs at a wide range of concerts such as the San Jose Jazz Festival and Women's World Cup Games. The choir is directed by **Terrance Kelly**, whose credits include choral arrangements on albums by Linda Rondstadt and the Kronos Quartet and gospel arrangements for popular music for TV and video soundtracks.

ONE NIGHT ONLY - BUY YOUR TICKETS NOW

...and support the work of REACH and two other special Vancouver community organizations.

"DINE OUT" Raises \$15,000 for REACH

A round of applause to the committee members who organized **Dine Out with REACH** at Federico's Supper Club on November 16, 2006. Over 150 people dined together at the sold-out event and celebrated the work REACH provides to the community.

Over 60 artists, restaurants, and other contributors ranging from tattoo artists to gardening services, donated items for the auction. The dinners were delicious and **Uprising Breads** provided a tasty cake for dessert with "REACH Cares" prominently written on top.

Ultra cool emcee, **Paul Mahon**, kept the program moving along and **Federico** joined in at 10pm with a lively show. The event raised \$15,000 for REACH's programs!

Fund Development Committee:

Miranda Bon	Kathy Booth
Patricia Elahee	Elizabeth Godley
Harry Grunsky	Melissa Lane
Emily Small	

Sponsors:

Uprising Breads
The Vancouver Courier
Vancity
Vancouver and District Dental Society

We gratefully thank all of the generous (and in many cases, talented) donors who contributed to our event.

See you there next year!

Three Volunteers Go Above and Beyond...

The MFC has recently benefited from the generosity and goodwill of three very special volunteers.

Reza Navabi, an engineering student who plans to study Dentistry, volunteered with the MFC and the Dental Department over the summer. At the MFC, he provided instruction in computer skills to program participants and staff. He and his friends donated computers and one year of Internet to the African Women's and Youth Programs at Hillside Gardens!

Bill Klug was closing down an apartment in Yaletown and donated six cartons of gently used kitchen supplies, including dishes, linens and small appliances!



Mark Hilton joins the children as they enthusiastically choose a gingerbread house for their very own!

These will be given to the MFC's Latin American, Vietnamese, and African cooking and nutrition programs and Community Kitchens at REACH and at our other program sites.

And finally, in the true spirit of the Christmas season, **Mark Hilton**, a local community member who makes gingerbread houses as a hobby, donated 17 handmade houses to children from the African Homework Clubs and their families. The children, most of whom have just arrived in Canada, were very curious about these little houses, and extremely excited to learn that they could eat them!

Thanks so much to these three special people, who have gone out of their way to make valuable and creative contributions to our community!

CAN YOU HELP?

Volunteers are needed to help with tutoring for the African Children's Homework Program. Please call **Pat Dabiri**, MFC Coordinator at REACH for more information at (604) 254-6468.

Welcome!

Shahbar Dadvand, REACH's new Bookkeeper, joined the administrative team to streamline some of our bookkeeping operations. She immigrated in 1981 from Iran and has lived on the Drive for almost four years. Shahbar enjoys working "in this holistic environment which reaches different aspects of people lives."

Did You Know That?

- REACH's Emergency Dental Fund assisted over 30 people in need in 2006.
- Over 70 people have participated in the Mindfulness Based Stress Reduction Program since it began.
- Mindful Eating has been added to REACH's programs this year.
- The Multicultural Family Centre values its volunteers!
- There is space available now for new clients to join REACH's Dental Clinic. Call (604) 254-1331.
- **REACH Walks for HEALTH** will not be held this year. Please note the benefit concert for REACH on March 10, 2007 on page 2. We hope that you will join us!

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

Mindfulness Based Stress Reduction

Learn meditation, yoga, bodyscan
Starts Thursday, Feb. 1st at 6:30 pm
Runs for 8 weeks
Cost: \$50.00 – negotiable
To register, call: 604-254-5456 ext. 2



Mindful Eating

A course exploring the art and science of healthy eating

We will explore how and why we eat and our relationship with food and nourishing ourselves. We will also look at the practical aspects of food choices, shopping and preparing food.

Will begin April 2007

Course runs for 12 weeks

Cost: \$50.00 – negotiable

Call to reserve your space: 604-254-5456 ext. 2



Special Acknowledgements

The **CKNW Orphans' Fund** has generously approved a grant for \$1,950 to enable REACH to purchase pediatric equipment and instruments. The equipment will help the medical team to better monitor and support both healthy and challenged infants and children who attend the Medical Clinic. Also, up to \$500 of the donation will be made available for children with emergency dental needs whose families cannot afford treatment.

Our thanks to **Capers** for a community donation of \$180. This money was raised by customers shopping at their new store on Cambie Street.