



REACH...

For the NEWS

REACH Welcomes its 2007-2008 Board of Directors

On September 19, 2007 REACH Centre held its 39th Annual General Meeting. Over 70 people were in attendance as we honored long-serving volunteers and welcomed new ones. REACH’s nutritionist, **Carol Ranger**, spoke on food security, touching on the complexities of food production and the huge challenges we face to ensure effective sustainability (see article on page 3). We also elected a new board. REACH’s President, **Fran Gillis**, reflects “the incoming Board has many new members with a wide spectrum of community experience. We are looking forward to fresh ideas and perspectives for the coming year.”

Congratulations to the following 2007-08 Board of Directors:

Fran Gillis, President
 Leslie Brunanski, Treasurer
 Mayo Hawco, Executive Director
 Gizachew Adamu
 Ruth Herman
 Am Johal
 Alan Zdunich

Terry McNeney, Vice President
 Chelsea Bennie, Secretary
 Maryann Abbs
 Tina Anderson
 Toan Hoang
 Dzung Nguyen

Staff Representatives:

Deb Allman
 Chaya Ransen

Lorna Pennykid
 Dr. Sandi Witherspoon



Long time volunteers who represent REACH at Planet Bingo receive a standing ovation for their many years of service. L to R: Marie Sheffel, Diane Edelman and Eugene Edelman.

2nd Annual Dine Out with REACH Moves the Date!

Thursday, March 13, 2008

A number of people have shown great support and interest in our second annual **Dine Out with REACH** event. We have been contacted to buy tickets, donate items to the silent auction and to volunteer. Thank you to all. We plan to make the evening a spectacular event!

To allow for more preparation time, we have moved the date. We hope that you will mark your calendars and *save the date* for this fundraising event.

We still need people to come forward with donations for the auction, to sell tickets and to join our team. If you have any questions or would like to participate in any way, please call **Tamara Abramson** at (604)940-1616 or email tabram@telus.net.



Upcoming Opportunities...

REACH's nutritionist, **Carol Ranger**, is offering the following courses. If you would like to sign-up or have any questions, please call Carol at 604-254-3987 ext 2.

Mindful Eating

8-week Course

Thursday's 6:30pm - 8:00pm

Begins Thursday September 27th

Fee: \$50

This course explores the art and science of healthy eating. The course will look at how and why we eat and our relationship with food and nourishing ourselves. The course will also look at the practical aspects of food, choices, shopping and the preparation of food.

Mindfulness Based Stress Reduction

8-week Course

Tuesday's 9:30am - 11:30am

Begins Tuesday, October 16th

Fee: \$50

This course focuses on skill development to better manage one's own stress. People attend for many reasons: job, family, financial stress, chronic pain, anxiety or panic, sleep disturbances or headaches. This is an intensive, practical course covering mindful meditation, yoga, body scans and inquiry exercises to enhance our well-being.

Community Garden Takes Root

La Cosecha, the Latin American Community Garden, has been benefiting from amazing community support! Thanks to the **Seeds of Change Program** and **Choices Market** we have received a large donation of organic seeds. Volunteers from **Business Objects** and the **Home Depot** came and sawed and hammered and shoveled and shoveled and shoveled...and although we got a late start on planting this season, the gardeners managed to grow tomatoes, cucumbers and more!



A team from Business Objects rolls up their sleeves at our Latin American Community Garden.

Annual Appeal Letter

In the next several weeks REACH will be sending out its annual appeal letter. Each year at this time we celebrate the work that REACH has contributed to our community and ask you to include a donation to REACH in your annual gift giving.

REACH's goals in 2008 include: supporting the Dental Emergency Fund, refurbishing of the floors and partitions in the dental department, supporting the launch of a multicultural youth choir, and painting the outside of REACH. Thank you for your contributions to help us achieve these goals in the coming year.



What Are the Ways We Can Help to Ensure Food Sustainability?

1. Enjoy food fresh from the farm. Learn how to eat local.

Buy directly from family farmers, look for family-farm products and encourage your local grocery stores and restaurants to do the same. Visit www.eatlocal.org and www.eatlocalbc.org.



2. Eat a sustainable and whole-foods diet.

Support farmers raising produce and animals sustainably and in the process eschew the factory-farming that contributes to air and water pollution as well as global warming. Learn more about organic foods at www.organicconsumers.org. Find meat raised sustainably at www.eatwellguide.org.

3. Vote your values with your dollar (and fork!)

All of our consumption, savings and charity choices make a huge impact. Find out where your bank, university, or pension invests and talk with them about choices that promote the health of workers and planet. Learn more at www.socialinvest.org and get inspired by successful campaigns at www.ran.org.

4. Support fair trade products and worker rights.

Fair trade ensures farmers get a fair price. We can now buy fair trade coffee, tea, fruit, and more and bring fair trade into our local cafes and restaurants, hospitals, and schools. Find out more at www.transfair.ca and get involved at www.globalexchange.org and www.tradematters.org.

5. Transform the buying power of your community.

We are all part of institutions – churches, hospitals, workplaces, schools, city councils – that we can encourage to make purchases based on shared values. For instance, to find out more about bringing fresh, local, and organic foods into your school or other institutions, visit www.foodsecurity.org.



6. Create “brand-free” zones.

Advertisers spend billions every year to tell us what to eat, wear, and believe in – ads that bombard us in the classroom, doctor’s office, even public bathrooms. We can create “brand-free” zones in our kitchens, schools, medicine cabinets, and more. Visit www.adbusters.org and be inspired.

7. Get involved with the issues that matter to you.

We can make our voices heard by joining advocacy groups, writing our elected officials, and getting involved with groups in our communities. Learn more about the issues that you care about, and find out how people are organizing to make a difference. To learn more about food, farming, and trade policy, visit www.foodfirst.org, www.publiccitizen.org, www.maketradefair.com and www.iatp.org.



Comings and Goings...

The Administration Department welcomes two new staff members: **Darlene Pearson**, our new Facilities and User Support Coordinator, and **Yumi Sakamoto**, REACH's new Bookkeeper.

Darlene has been with REACH since 1994 and previously worked as a dental receptionist in the dental department. She will be spearheading the new Occupational Health and Safety Committee at REACH.

Yumi brings with her a number of years of experience in the bookkeeping field. She will be working closely with our executive director, **Mayo Hawco**, to help to further streamline our financial systems.

Martina Larginho joins the dental reception team in providing friendly and outstanding customer service. Martina lives in the neighbourhood and will be working full-time with REACH.

MFC welcomes **Jeanne Nzeyimana** and **Ashley de Regil** to its staff. Jeanne will be working with the partnership project with Reso Sante, organizing diabetes screening events with the Francophone African Community. Ashley, who completed her MSW practicum placement with MFC last spring, has been hired to work as a Latin American Cross-Cultural Health Promoter, and will also be assisting with the coordination of community diabetes screening events.



The REACH team salutes the Mr. & Mrs. P.A. Woodward Foundation for their support to medical and dental.

We welcome each of these new staff and the many contributions that they bring to REACH.

What Are Ways We Can Help to Ensure Food Sustainability...cont'd from page three....

8. Get a diverse media diet.

Although six corporations control most of the major media, we can tap a vast, independent network for diverse information. See www.indymedia.org, www.gnn.tv and www.freepress.net to get involved in bringing media democracy to life.

9. Host a teach-in, study group, or gathering.

See www.moveon.org for creative ideas about gatherings, events, and local organizing around causes that matter to you and visit www.eatgrupb.org for ideas about creating community-building dinner parties.

10. Vote!

Clear and simple. Join groups getting out the vote and building democracy – locally and nationally.

From the Community Food Security Coalition



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