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Merci de votre soutien.

Amethyst Matters

Spring/Summer 2009
Printemps/Été 2009

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Amethyst Celebrates 30 years

On Sunday, February 1st, The Amethyst Women's Addiction Centre celebrated its 30 year anniversary with a reception and dinner gala at the Lord Elgin in Ottawa's downtown core.

"30 years is a major milestone, and the need for addiction services in Ottawa is still on the rise," commented Amethyst Community Relations Coordinator, Kate Poirier. "This event was a great opportunity to celebrate with past and current staff and clients, as well as with community supporters."

In attendance at the event were several of Amethyst founding members and staff. A number of Amethyst staff members were recognized for their excellent service over the years (see purple box below).

The event's keynote speaker was Vancouver addiction specialist, Dr. Gabor Maté. Widely recognized for his unique perspective on Attention Deficit Disorder and his firmly held belief in the connection between mind and body health, Dr. Maté is a bestselling writer, physician and sought-after speaker.

Dr. Maté spoke candidly about addiction, including references to his own experiences with clients in Vancouver, and offered hope to the group. He congratulated Amethyst on the services that the Centre has been providing over the years and his words were truly inspiring to all in attendance.

Following his speech, Dr. Maté held a book signing, after which he generously donated all proceeds (over \$700) to Amethyst.



Amethyst Health Promotions Coordinator Sandi Harmer (*right*) laughs with Amethyst Gem Award recipient Anne Hrnchiar (*centre*) and the Ottawa Citizen's Caroline Philips (*left*) at the Anniversary event.

Amethyst 30 year Anniversary

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CONGRATULATIONS to the recipients of the Amethyst Service Awards:

Tracy Doran (Service award), Jocelyn Bigras (20 years of service), Donna Hall (26 years of service), Sandi Harmer (30 years of service), Anne Hrnchiar (Amethyst Gem Award)

Amethyst Awareness Campaign WINNER in Washington

Amethyst is pleased to announce that one of our awareness campaigns was nominated for the *PR News Platinum Awards* in New York City, and was the WINNER at the *PR News Non-Profit Awards* in Washington, D.C. in the PR on a Shoestring category.



Now in its 61st year, *PR News* is the most trusted, executive level, reader-supported publication that helps enhance the business impact of PR. Other campaigns recognized at this event included the American Heart Association, HGTV, the Halton Region, American Cancer Society, and the United Way of America. Despite the small size of our organization and limited budget, Amethyst was able to stand out among huge organizations.

The winning PR on a Shoestring event consisted of a 50-yard dash down busy Sparks Street in order to raise awareness for Amethyst and to publicize the upcoming Amethyst Track Challenge.

The event was covered by ALL major Ottawa news outlets, with pictures on the covers of the major newspapers, as well as segments which aired on

the top two television networks.

Circulation statistics show that 77% of adults in Ottawa read a newspaper generally, so we can estimate that over 80% of our target audience saw

this message – in addition to the many onlookers at the event. A great step for raising awareness about the key role that Amethyst plays in the community!

In Washington, in a room filled with close to 300 top PR professionals and executives in the non-profit sector Amethyst Community Relations Coordinator Kate Poirier accepted the award and spoke to the group about the importance of raising awareness about addiction.

ACKNOWLEDGEMENTS

Amethyst Staff

Le personnel Amethyst

Administration

Jocelyn Bigras and Tracy Dolan

Coordinator - Carol Wu

Counsellors/Conseillères

Nighat Ara

Emily Bain

Marie Gérin (Art Therapist/Conseillère)

Donna Hall (Kanata Satellite Office)

Gundel Lake

Jacqueline Crépin

Rose McDade

Community Relations

Kate Poirier and Jane Wood

Childcare Coordinator - Cathy Dolan

Health Promotion Program

Sandi Harmer and Dianne Rogers

Intake Worker - Claire Lacelle

Addiction Treatment

Case Manager - Nadine Letang

The Amethyst Women’s Addiction Centre would like to thank members of the community and local organizations for their generous support.

In particular, we would like to thank:

- The May Court Club of Ottawa whose generous grant helps to offset the costs of necessary program materials.
- The Parish of St. John the Divine, for their thoughtful gifts and support over the Christmas period
- Impact Public Affairs who contributed children’s gifts for our client Christmas event.
- The Parent Resource Centre who provided gifts for the women and children at Christmas.

- Kiwanis Club of Bytown for their financial contribution.
- The Elvis Sighting Society for their financial support.

As well as our ongoing support from our primary funders, the Champlain LHIN and the United Way.



Epiderma Foundation donates \$10,000 to Amethyst

Amethyst would like to thank the Epiderma Foundation for their recent grant in support of Amethyst’s Health Promotions Program. This donation will allow Amethyst to have a dietician, a yoga instructor, an aromatherapist and an a massage therapist available to support the agency’s programs on-site as well as workshops in the community.



The 2009 Amethyst Track Challenge

Presented by The Masha Krupp Translation Group

Following a very successful pilot year, the Amethyst Track Challenge is lacing up for year two!

Made possible by the generous support of The Masha Krupp Translation Group (MKTG), Amethyst will be hosting its second annual track and field event on June 23rd at the Terry Fox Athletic Facility.

The event provides participants with an opportunity to support a great local cause, Amethyst Women's Addiction Centre.

Corporate teams of five people will compete against each other for points during a day-long event.

Medals will be given out to the top three men and top three women in each event, as well as the top 3 overall team winners (awarded by points accumulated).

"I am closing down my entire office so that my employees can participate in this great event. We really enjoyed it last year," said MKTG CEO Masha Krupp. "I'm thrilled to be able to contribute to the event on various levels."

Healthy food and entertainment will be provided throughout event.

For sponsorship opportunities, or to register your team, visit the Amethyst website at:

www.amethyst-ottawa.org

or call Kate at 613-233-8906.



Date: Tuesday, June 23, 2009

Location: Ottawa's Terry Fox Athletic Facility

Events:

- 100m
- 400m
- 3km run & fun walk
- 4x100m relay
- tug-of-war
- long jump
- baseball throw

Cost: \$500 per team

Visit

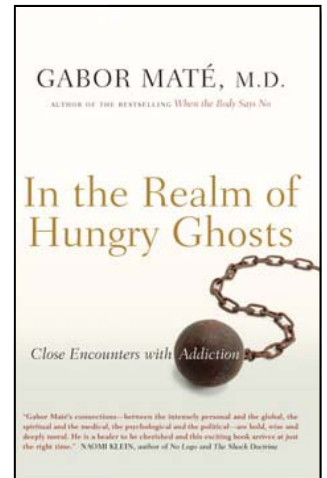
www.amethyst-ottawa.org

to become a sponsor
or to register your team!

Amethyst 30 year Anniversary



Keynote speaker
Dr. Gabor Maté



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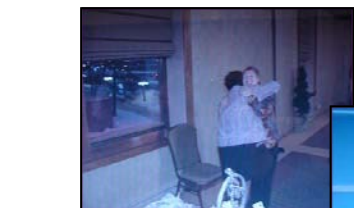
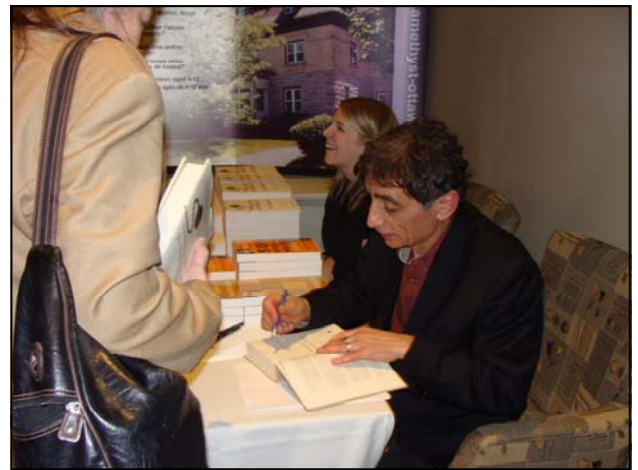


Live music by Gracie Cornerstone and a running slide show of photos from the past 30 years added a special touch to the celebration.

Hand-made invitations and a precious Amethyst stone and chocolate for each guest added to the celebration.

Excellent media coverage helped to build the profile of Amethyst in the community. Photos from the event were featured on the Around Town section of the Ottawa Citizen Online. An article was also published in the City section of the Ottawa Citizen.

A spotlight on the event was featured on CTV Ottawa, helping to raise awareness about addiction in the community and showcase Amethyst's role in addiction services over the past 30 years.





30^{ième} Anniversaire d'Amethyst

Le dimanche 1er février, le Centre Amethyst pour femmes toxicomanes a célébré son trentième anniversaire, à l'occasion d'un gala et d'un souper à l'hôtel Lord Elgin au centre-ville d'Ottawa.

«Trente ans, c'est une étape majeure, et le besoin de services d'accompagnement pour les toxicomanes à Ottawa augmente toujours», a commenté Kate Poirier, coordonnatrice des relations communautaires à Amethyst. «Cet événement était l'occasion idéale de célébrer avec des membres du personnel et des clientes anciennes et actuelles, ainsi qu'avec des bienfaiteurs de la communauté.»

Plusieurs membres fondateurs et employées d'Amethyst étaient présents. Plusieurs membres du personnel ont reçu une mention spéciale pour leur excellent service au fil des ans (voir la case en mauve ci-dessous).

L'orateur principal de la soirée était le Dr Gabor Maté, spécialiste de la toxicomanie, de Vancouver. Reconnu mondialement pour sa perspective unique sur le trouble de l'hyperactivité avec déficit de l'attention et sa croyance fermement ancrée à l'égard du lien entre la santé mentale et physique, le Dr Maté est un auteur à succès, un médecin et un orateur recherché.

Le Dr Maté a parlé librement des toxicomanies, y compris des références à ses propres expériences avec des clients à Vancouver, et a offert de l'espoir au groupe. Il a aussi félicité Amethyst pour les services que le Centre offre depuis des années, et son discours a véritablement charmé l'auditoire. À la suite de son discours, le Dr Maté a tenu une séance de signatures, après quoi il a généreusement fait don du produit des ventes (700 \$) à Amethyst.

La musique de Gracie Cornerstone et un diaporama de photos des trente dernières années ont ajouté une touche spéciale à la soirée. Les invitations faites à la main ainsi qu'une améthyste et un morceau de chocolat offerts à chaque invité, ont ajouté une touche spéciale à la soirée.

Une excellente couverture médiatique a aidé à faire connaître Amethyst dans la collectivité. Des photos de l'événement ont été publiées dans la section Around Town du Ottawa Citizen en ligne. Un article a également été publié dans la section City du Ottawa Citizen. La station CTV d'Ottawa a montré les faits saillants de l'événement, afin d'aider à sensibiliser les gens sur les toxicomanies et mettre en vedette le rôle d'Amethyst en tant que fournisseur de services pour les toxicomanes au cours des trente dernières années.





Help Women Build Healthier Lives Aider les femmes à bâtir des vies plus saines

Make a donation to Amethyst

For your donation you will receive:

- An income tax receipt for donations over \$25
- Amethyst mailings including our Newsletters and Annual Report

Credit Card (Online) - You can give to *Friends of Amethyst* using your credit card on our secure web site through CanadaHelps. Please visit www.amethyst-ottawa.org and click on the **Donate Now** button.

Cheque - made payable to "*Friends of Amethyst*". Please mail your cheque to the address indicated on the back of this Newsletter.

Become a member of the Amethyst organization

Your membership includes:

- A vote at General Meetings
- Regular email updates on Amethyst activities and events
- Amethyst mailings including our Newsletters and Annual Report

Membership: Individual (\$15) Organization (\$50)

Cheque - made payable to "*Friends of Amethyst*". Please mail your cheque to the address indicated on the back of this Newsletter.

Faites un don à Amethyst

Pour votre don vous recevrez :

- Un reçu pour fins d'impôt (pour tout don de 25 \$ et plus)
- Les bulletins d'information Amethyst, le rapport annuel, etc.

Carte de crédit (par Internet) – Il est possible de faire un don en utilisant votre carte de crédit sur notre site Web sécurisé par CanaDon. Visitez notre site au www.amethyst-ottawa.org et cliquez sur le bouton **Donnez par CanaDon**.

Chèque - libellé au nom de « *Friends of Amethyst*. » Veuillez envoyer votre cheque à l'adresse indiquée au dos de ce bulletin.

Devenir member de l'organisme Amethyst

Les privilèges de membre incluent :

- Le droit de vote à nos assemblée générales
- Des informations par courriel sur les activités d' Amethyst
- Les bulletins d'information Amethyst, le rapport annuel, etc.

Adhésion: Individu (\$15) Organisme (\$50)

Chèque - libellé au nom de « *Friends of Amethyst*. » Veuillez envoyer votre cheque à l'adresse indiquée au dos de ce bulletin.

Name / Nom	_____
Address / Adresse	_____
City / Ville	_____ Prov. _____
Postal Code / Code Postal	_____
Phone / Téléphone	_____
E-mail / Courriel	_____

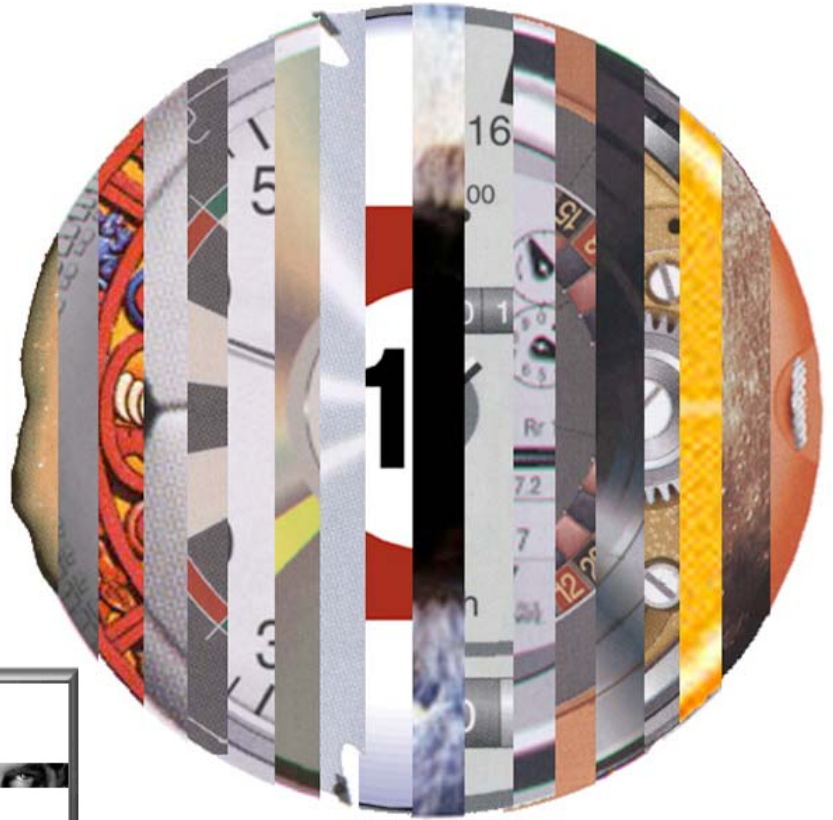
Thank you for your support.

Merci de votre soutien.

Faites une pause bien Take a little break!

18 tranches d'objets circulaires.
Identifiez chacun des objets.

Here are 18 slices of objects.
Try to identify each object.



1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20

À qui appartiennent ces 20 paires d'yeux?

Whose eyes are these?

Answers / Réponses = PAGE 8



www.amethyst-ottawa.org

Contact / Contactez
Amethyst

488 rue Wilbrod Street
Ottawa, Ontario
K1N 6M8

Phone/téléphone: 613.563.0363
TTY/ATS: 613.563.2995
Fax/télécopieur: 613.565.2175
E-mail/courriel: info@amethyst-ottawa.org

Amethyst Women's Addiction Centre offers bilingual addiction services to women. Amethyst is a day treatment centre which is committed to working with diverse and marginalized groups of women. Our aim is to support women, individually and together, to take control of factors affecting our health and well-being.

Le Centre Amethyst pour femmes toxicomanes offre des services bilingues pour femmes qui ont une dépendance à l'alcool, aux drogues, ou au jeu. Amethyst est un centre de traitement de jour confidentiel qui s'engage à travailler avec des groupes de femmes diversifiés et marginalisés.

H e l p i n g W o m e n B u i l d H e a l t h i e r L i v e s

A i d e r l e s f e m m e s à b â t i r d e s v i e s p l u s s a i n e s

Caring for the environment Nous avons l'environnement à



This newsletter can be delivered electronically in full colour, right to your inbox! Please help us reduce our impact on the environment. Simply send an email to janew@amethyst-ottawa.org and Amethyst will add you to our Newsletter and Annual Report distribution list.

Il vous est possible de recevoir ce bulletin, en couleur, par voie électronique! Aidez-nous à réduire notre impact sur l'environnement. Envoyez tout simplement un courriel à janew@amethyst-ottawa.org et Amethyst vous inscrira sur sa liste de diffusion électronique du bulletin et du rapport annuel.

Answers to the games on page 7 · Réponses aux jeux de la page 7

10. Albert Einstein
11. Mao Tse Tung
12. George Washington
13. Ludwig van Beethoven
14. Elvis Presley
15. Jean-Paul II
16. Céline Dion
17. Marilyn Monroe
18. John Wayne
19. Elizabeth II
20. Osama Bin Laden

- À qui appartiennent ces 20 paires d'yeux? - Réponses
1. Winston Churchill
 2. George W. Bush
 3. John Lennon
 4. Pierce Brosnan
 5. Lady Diana
 6. Jack Nicholson
 7. Luciano Pavarotti
 8. Woody Allen
 9. Fred Astaire

9. Boule de billard / pool ball
10. Iris d'un oeil / iris of an eye
11. Odomètre / odometer
12. Compereur d'électricité / electrical guage
13. Roulette
14. Disque vinyle / a record
15. Mécanisme d'une montre / watch mechanism
16. Orange
17. Lune / the moon
18. Bouge de sauvetage / a life preserver

- Round objects—Answers
1. Cantaloup / cantaloupe melon
 2. Pneu / tire
 3. Calendrier aztèque / Aztec calendar
 4. Ballon de soccer / soccer ball
 5. Cible de dards / dart board
 6. Chronomètre ou montre / stopwatch or watch
 7. CD
 8. Lame de scie / blade of a saw



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Amethyst Women's Addiction Centre

