



AMETHYST MATTERS

Amethyst Matters is published by / est publié par le
Centre Amethyst pour femmes toxicomanes
Amethyst Women's Addiction Centre

488 rue Wilbrod Street
 Ottawa, ON K1N 6M8
 Telephone : (613) 563-0363
 TTY / ATS : (613) 563-2995
 Fax : (613) 565-2175

Email / courriel : amethyst@amethyst-ottawa.org
 Website / internet : www.amethyst-ottawa.org

Board Members / Conseil d'administration

Jane Caskey, Vice-Chair
 Gisèle Frenette
 Anne Hrnchiar, Chair
 Simone Joannis
 Donna Larkin, Treasurer
 Maureen Murphy
 Cazibe Oloumi
 Jane Parsard
 Donna Petty
 Amelia Shepherd, Secretary
 Debbie Vanderburgh

Staff / Personnel

Nighat Ara, Counsellor
 Jocelyn Bigras, Administrator
 Natalie Champagne, Community Relations and
 Media Coordinator
 Kim de Bellefeuille-Percy, Project Developer,
 ECD Project
 Cindy Deschenes, Community Facilitator, ECD Project
 Cathy Dolan, Childcare Coordinator
 Josephine FitzGerald, Counsellor
 Erin Fowler, Counsellor
 Marie Gérin, Art Therapist/Conseillère
 Donna Hall, Counsellor (Kanata Satellite Office)
 Sandi Harmer, Health Promotion Program Coordinator
 Claire Lacelle, Administrative Assistant/
 Intake Worker
 Gundel Lake, Counsellor
 Rose McDade, Counsellor
 Alice Obina, Health Promotion Worker
 Marguerite Tennier, Conseillère
 Carol Wu, Coordinator

2nd Annual "Best Ball" Golf Tournament



Our 2nd Annual Golf Tournament will be held at the Meadows Golf and Country Club, 4335 Hawthorne Road, on Thursday, June 9, 2005.

We have secured media sponsorship from **The New RO Cable 6** and the **Ottawa Sun**. They will provide us with promotional advertising for this event.

We have also secured **Sayers and Associates Ltd.**, **Am-Tech Power Systems Ltd.** and **GEM Campbell (Eastern) Inc.** as sponsors for the golf tournament.

There will be trophies awarded for:

- Women's Closest to the Pin
- Women's Longest Drive
- Men's Closest to the Pin
- Men's Longest Drive

We are expecting 80 golfers at this event and we know that everyone will have a wonderful day with a fabulous dinner and prizes.

2ieme tournoi «la meilleure boule» de golf annuel



Notre deuxième tournoi de golf annuel aura lieu au Meadows Golf and Country Club, 4335 Hawthorne Road, le jeudi 9 juin 2005.

Le **New RO Cable 6** et le **Ottawa Sun** offrent de nous commanditer l'événement par l'entremise de la publicité promotionnelle.

Les entreprises **Sayers and Associates**, **Am-Tech Power Systems Ltd.** et **GEM Campbell (région de l'est)** ont également accepté de commanditer notre tournoi de golf.

Des trophées seront remis pour les exploits suivants :

- La balle la plus proche du drapeau (femme)
- La femme au coup le plus long (femme)
- La balle la plus proche du drapeau (homme)
- L'homme au coup le plus long (homme)

Nous nous attendons à ce que 80 golfeurs participent à cet événement et nous sommes persuadés que tous auront une magnifique journée, laquelle comprend un excellent dîner ainsi que des prix de présence.



2004 Women's Longest Drive
Winner - Sandra Helmes



2004 Putting Contest
Winner - Paul Kinerads



2004 Men's Longest Drive
Winner - Tony Cook



2004 Men's Closest to the Pin
Winner - Martin Robertson



Winning Team - PCL Constructors

Help Women Build Healthier Lives

Become a **member** and/or **donor**

MEMBERSHIP APPLICATION

- " Individual (\$15)
- " Organization (\$50)
- " Pay-as-you-can \$ _____

Your membership includes:

a vote at General Meetings
Amethyst mailings including our Newsletter and Annual Report

DONATION

" Here is my donation: \$ _____

For your donation you will receive:
an income tax receipt for donations over \$25
Amethyst mailings including our Newsletter and Annual Report

To make a **donation**, please make your cheque payable to:

Friends of Amethyst.

For a **membership**, make your cheque payable to:

Amethyst Women's Addiction Centre

**488 Wilbrod Street
Ottawa, ON
K1N 6M8**

Name _____

Address _____

City _____

Prov. _____

Postal Code _____

Phone _____

E-mail: _____

In the News

Experiencing Homelessness The First Report Card on Homelessness in Ottawa, 2005

The Current Situation

Homelessness Indicators 2004	
Number of individuals who stayed in a shelter	8,664
Number of times shelter beds were used	323,612
Length of stay in emergency shelters (days)	
Single men	40
Single women	31
Youth	23
Families	45
Housing Indicators	
Number of social housing unites	22,400
Number on the social housing waiting list	10,500
Number of rent supplements	3,000
Number of supportive housing units	500
Rental vacancy rate	3.9%
Average rent for a 2-bedroom apartment	\$920.00
Income Indicators	
Social Assistance for a single person	\$536.00
Average monthly # of Ontario Works cases	17,879
Minimum wage	\$7.45
Cost of living increase	1.8%

What is Homelessness?

- ! Living on the street
- ! Staying overnight in temporary shelters.
- ! Staying in places not meant for human habitation.
- ! Moving continuously among temporary housing arrangements provided by strangers, friends or family (“couch surfing”).

Who is “at risk of homelessness”?

Families and individuals can lose their housing for any number of reasons: fleeing abuse, losing a job, or having an income too low to stay in suitable housing.

Some are at risk because of mental illness, or substance use problems, or lack the life skills or ability to live on their own.

This is the first Report Card on Homelessness in Ottawa. Report cards measure progress over time or rate progress against defined criteria. Since this is Ottawa’s first Report Card, it will present a profile of here. Future progress or lack of progress in Ottawa will be measured using the indicators in the table above.

The Alliance to End Homelessness in Ottawa is a coalition of community stakeholders committed to working collaboratively to eliminate homelessness by gaining a better understand of homelessness and developing and implementing strategies to end it. The Alliance motto is “*A home for every citizen in Ottawa*”. With support from the United Way/Centraide Ottawa the **Research and Evaluation Working Group** of the Alliance has produced this first report card to inform and engage the community.

For more information about the Report Card or the **Alliance to End Homelessness** call (613) 241-7913 ext. 205 or contact lbrowne@ysb.on.ca. PDF versions of the Report Card on Homelessness in Ottawa are available in English and French at www.unitedwayottawa.ca.



A United
Way/Centraide
member agency

Aidez les femmes à bâtir des vies plus saines

Devenez membre ou faites un don

FORMULE D'ADHÉSION

- " Individu (15 \$)
- " Organisme (50 \$)
- " Ce que vous pouvez _____ \$

Les privilèges de membre incluent :

- ◆ le droit de vote à nos assemblée générales
- ◆ nos bulletins d'information, notre rapport annuel, etc.

DON

- " Voici mon don : _____ \$

Pour votre don vous recevrez :

- ◆ un reçu pour fins d'impôt (pour tout don de 25 \$ et plus)
- ◆ nos bulletins d'information, notre rapport annuel, etc.

S.V.P. faites votre chèque à l'ordre de

« Friends of Amethyst »

s'il s'agit d'un *don*.

Faites-le au nom du

Centre Amethyst pour femmes toxicomanes

pour devenir **membre**.

**488, rue Wilbrod
Ottawa, ON
K1N 6M8**

Nom _____

Adresse _____

Ville _____

Prov. _____

Code Postal _____

Tél. _____

Courriel _____

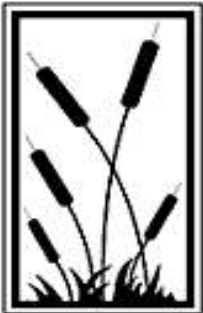
Centre Amethyst
pour femmes
toxicomanes

Amethyst Women's
Addiction Centre

Helping Women
Build Healthier Lives



Aider les femmes à bâtir des
vies plus saines



The Meadows
GOLF & COUNTRY CLUB

488 rue Wilbrod Street
Ottawa, ON
K1N 6M8

(613) 563-0363
TTY/ATS : (613) 563-2995
Fax/Tél : (613) 565-2175

E-mail/Courriel :
amethyst@amethyst-ottawa.org
Website/Site web :
www.amethyst-ottawa.org



2nd Annual "Best Ball"
Golf Tournament
The Meadows Golf & Country Club
Thursday, June 9, 2005
12:45 p.m.

Registration Form

Player #1:

Name _____

Address _____

Telephone # _____ E-mail: _____

- Golf & Dinner - \$100.00
- Early Bird - \$80.00
- Dinner Only - \$50.00

Player #2:

Name _____

Address _____

Telephone # _____ E-mail: _____

- Golf & Dinner - \$100.00
- Early Bird - \$80.00
- Dinner Only - \$50.00

Player #3:

Name _____

Address _____

Telephone # _____ E-mail: _____

- Golf & Dinner - \$100.00
- Early Bird - \$80.00
- Dinner Only - \$50.00

Player #4:

Name _____

Address _____

Telephone # _____ E-mail: _____

- Golf & Dinner - \$100.00
- Early Bird - \$80.00
- Dinner Only - \$50.00

Early Bird Registration - Register before May 2, 2005 and save \$15.00.

Payment:

Please mail your cheque payable to *Friends of Amethyst*, 488 Wilbrod Street, Ottawa, ON K1N 6M8 or you can use your credit card by visiting www.amethyst-ottawa.org and clicking on the



Completed Registration Forms must be faxed to (613) 565-2175 or mailed to the above address no later than May 27, 2005.

If you have any questions or require additional information please call Natalie at (613) 563-0363 or e-mail us at nataliec@amethyst-ottawa.org or visit our website at www.amethyst-ottawa.org.

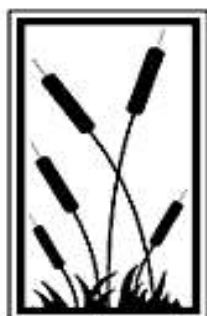


Centre Amethyst pour femmes toxicomanes Amethyst Women's Addiction Centre

*Helping Women
Build Healthier Lives*



*Aider les femmes à bâtir des
vies plus saines*



The Meadows
GOLF & COUNTRY CLUB

488 rue Wilbrod Street
Ottawa, ON
K1N 6M8

(613) 563-0363
TTY/ATS : (613) 563-2995
Fax/Tél : (613) 565-2175

E-mail/Courriel :
amethyst@amethyst-ottawa.org
Website/Site web :
www.amethyst-ottawa.org

2^{ème} tournoi de golf annuel
« la meilleure balle »
Meadows Golf & Country Club
Jeudi, le 9 juin 2005 à 12 h 45
Fiche d'inscription

Joueur #1 :

Nom _____

Adresse _____

Téléphone : _____ Courriel : _____

- Golf & dîner - 100,00 \$
- Lève-tôt - 85,00 \$
- Dîner seulement - 50,00 \$

Joueur #2 :

Nom _____

Adresse _____

Téléphone : _____ Courriel : _____

- Golf & dîner - 100,00 \$
- Lève-tôt - 85,00 \$
- Dîner seulement - 50,00 \$

Joueur #3 :

Nom _____

Adresse _____

Téléphone : _____ Courriel : _____

- Golf & dîner - 100,00 \$
- Lève-tôt - 85,00 \$
- Dîner seulement - 50,00 \$

Joueur #4 :

Nom _____

Adresse _____

Téléphone : _____ Courriel : _____

- Golf & dîner - 100,00 \$
- Lève-tôt - 85,00 \$
- Dîner seulement - 50,00 \$

Enregistrement lève-tôt :

Enregistrez avant le 2 mai, 2005 et sauvez 15,00 \$.

Paiement :

Veillez expédier votre chèque payable aux *Friends of Amethyst*, 488 rue Wilbrod, Ottawa, ON K1N 6M8. Vous pouvez également payez par carte de crédit au moyen d'un site Internet protégé par l'entremise de CanadaHelps (CanaDon.org) sur notre site Internet à www.amethyst-ottawa.org et en cliquant sur le bouton



Fiches réalisées doivent être envoyées à l'adresse ci-dessus ou être expédiées par fax à (613) 565-2175 pas plus tard que le 27 mai, 2005.

Si vous avez n'importe quelles questions ou avez besoin de l'information additionnelle svp appelez Natalie à (613) 563-0363 ou par courriel à nataliec@amethyst-ottawa.org ou visitez notre site web à www.amethyst-ottawa.org.

Health Care

Release of detailed Canadian Addiction Survey (CAS) improves understanding of substance use and abuse in Canada – March 20, 2005

Health Canada, the Canadian Executive Council on Addictions (CECA) and the Canadian Centre on Substance Abuse (CCSA) today released detailed results of the Canadian Addiction Survey (CAS) – the first national survey devoted to alcohol and other drug use since 1994. CAS data is expected to guide program and policy development and inform the substance use and abuse research agenda for the next several years.

The 100-page detailed CAS report provides an in-depth national and province-by-province look at how Canadians use alcohol, cannabis and other drugs, and the impact these substances have on their lives. The report also examines differences in rates of consumption and harm since the 1994 Canada's Alcohol and Other Drugs Survey (CADS) and the 1989 National Alcohol and Other Drugs Survey (NADS). Highlights of the CAS were released on November 24, 2004.

The CAS reveals a rise in alcohol and cannabis use since 1994 with Canadians under the age of 25 accounting for much of the increase and problematic use. The detailed report also outlines self-reported harms that individuals attribute to their use of alcohol and drugs, including problems with friendships and social life, physical health, home life and marriage, work and studies, financial well-being, legal matters, housing, and learning. "The CAS is the result of an impressive and effective partnership involving CECA, Health Canada and ourselves," said Michel Perron, CCSA's Chief Executive Officer. "We are very pleased that our collective efforts will help inform and assist decision-makers in their prevention and policy efforts. The release of this report is the crucial next step in sharing the valuable CAS data with the research and treatment community to provide them with the additional clarity and understanding they need to validate or modify their work in the substance abuse and addictions field," said CECA president John Borody. "We hope that future detailed analyses will continue to build on this new understanding. The full CAS data set will be made public in June 2005, providing Canadian researchers with further opportunities to conduct more detailed analyses from the rich data source. Some areas targeted for further

exploration include health systems, treatment barriers and access; drinking, drugs and driving; psychosocial aspects of alcohol use; attitudes, beliefs and public opinion; detailed analysis of cannabis findings; youth and older adults.

The CAS was designed to provide a detailed assessment of how Canadians aged 15 years and older use alcohol and other drugs. The survey focused on the impact that alcohol and drug use has on physical, mental and social well-being. The survey also questioned Canadians about their attitudes toward measures to control drug use, and on their beliefs about the availability of drugs and the risks associated with use. A total of 13,909 Canadians participated in the CAS, with a minimum of 1,000 in each province. With Health Canada support, Yukon and the Northwest Territories are being surveyed separately with results anticipated in the summer of 2005.

The CAS is a collaboration of Health Canada, the Canadian Executive Council on Addictions (CECA) – which includes the Canadian Centre on Substance Abuse (CCSA), the Alberta Alcohol and Drug Abuse Commission (AADAC), the Addictions Foundation of Manitoba (AFM), the Centre for Addiction and Mental Health (CAMH), Prince Edward Island Provincial Health Services Authority, and the Kaiser Foundation/Centre for Addictions Research of BC (CAR-BC) – and the provinces of Nova Scotia, New Brunswick and British Columbia.

The Canadian Addiction Survey: A National Survey of Canadians' Use of Alcohol and Other Drugs: Prevalence of Use and Related Harms (both the highlights and detailed report) are available at www.ccsa.ca
Backgrounder: www.ccsa.ca/pdf/ccsa-bckgrd-20050323-e.pdf

For further information:

Enid Harrison, Canadian Centre on Substance Abuse (CCSA) and Canadian Executive Council on Addictions (CECA), (613) 235-4048 ext. 237; (613) 355-6894 (mobile), e-mail eharrison@ccsa.ca,

Paul Duchesne, Health Canada, (613) 954-4807

William Doré, Media Relations Officer / Agent de relations avec les médias

Communications and Library Services Division / Division des communications et des services de bibliothèque
R.H. Coats Building / Immeuble R.H. Coats 10 F
(613) 951-INFO / facsimile / télécopieur (613) 951-1104
Statistics Canada / 120 Parkdale Avenue Ottawa ON K1A 0T6
Statistique Canada / 120 avenue Parkdale Ottawa ON K1A 0T6
Government of Canada / Gouvernement du Canada
William.Dore@statcan.ca

Salle des médias : http://www42.statcan.ca/smr_r000_f.htm
Media Room: http://www42.statcan.ca/smr_r000_e.htm



New Edinburgh Players present

HAY FEVER

A comedy by Noël Coward

The Bliss family is ultra-Bohemian. Mother, Judith Bliss, is a retired actress who makes a crisis out of every scene and father, David Bliss, is a novelist. The daughter, Sorel, and son, Simon, are handsome and ill-mannered. One weekend all announce they are expecting a guest: Judith has invited an athletic youth, Sandy Tyrell, who is in love with her; Sorel a diplomat, Richard Greatham, Simon an attractive woman Myra Arundel who is older than him; and David a shy, young flapper, Jackie Coryton, a type he intends to study for his novel. The guests receive an unusual rude reception. Soon Judith is paired off with the diplomat, Sorel with the athlete, Simon with the flapper and David with his son's young woman. Dramatizing for all it is worth, Judith first fears she must tell her husband about her romance, then realizes her daughter is younger and more attractive to young men so she enacts a scene of noble sacrifice, and, noticing her husband's flirtation, she follows with a poor, unhappy wife scene. The family, including Judith's former dresser and now a cantankerous housekeeper, Clara, are used to such displays, but the guests are bewildered.

As always the hall will be set-up cabaret style with tables for four, six and eight and refreshments will be served. A pianist will set the mood half an hour before the curtain rises, and each act will be introduced by a Noel Coward song presented by some members of the team.

Proceeds from tickets sales for April 21 and April 28 will go directly to Amethyst Women's Addiction Centre.

Tickets are \$15.00 and are available by calling 563-0363 or they are available at the door of MacKay United Church Hall, 37 Dufferin Road (corner of MacKay and Dufferin Street) beginning at 7:30 p.m.

Our Sponsors



Hawksbury
General
Hospital

Our Supporters

Our supporters are foundations, groups and organizations that have given a donation of \$1,000 or more. We wish to thank all of our donors. We consider all donations a significant contribution, but individual donors are too numerous to mention.

Am-Tech Power Systems Ltd.
Cognos Incorporated
F.K. Morrow Foundation
Free Methodist Church
GEM Campbell (Eastern) Inc.
J.W. McConnell Family Foundation
Harold Crabtree Foundation
Lululemon Athletica
Nepean Kanata Rotary Club
Nortel Pioneers
Ottawa South Rotary Club
PCL Constructors Canada Inc.
Sayers and Associates Ltd.
Union of Solicitor General Employees