

BABES TALKING

NETWORK

empowered by the ywca

A Sisterhood of Women Facing HIV Together

BABES Talking is a quarterly publication of BABES Network-YWCA. The goals of our publication are to share information, publicize events, and create a forum for the voices of women living with HIV/AIDS to be heard. We encourage you to make BABES Talking *your* newsletter by writing a story, submitting artwork, or setting up an interview with a staff member.

In This Issue

Page 1: A note from our Program Manager

Page 2: Silly Sibling Supper

Page 3: Dorothy's childhood

Page 4: Sophia's childhood memories

Page 5: Brandi's memories

Page 6: Calendar

Page 7: Coming Soon...



What was your favorite childhood memory or family tradition?

Volume 28 Issue 3

Summer 2018

Hey BABES!

This quarter's BABES Talking Newsletter topic we asked BABES to share one of their favorite childhood memories or a family tradition with our readers. Thanks to those that shared their memories. One of my favorite childhood memories was when I was about 7 years old I went to stay with my Grandma and Grandpa Jackie for the first time for a weekend. I was crying when I left my dad and a little scared to be without him. My grandparents took me to the store and we bought a loaf of French bread and ripped pieces off and ate it right out of the bag on the car ride, which I thought was so neat. My grandma taught me how to pan for gold which was really cool because I thought I was going to be rich and just spending that time with her was so precious. The one memory I didn't like about this visit was she brushed my hair dry and it hurt really bad. She passed away when I was 9 so didn't get many weekends like that, so it is a memory I will never forget.

We hope you all have a great summer and that your 2018 is off to a great start!

Sincerely,

BABES Network-YWCA, Program Manager



BABES Annual Retreat July 6th-8th

Please join us for a weekend of education, self-care and sisterhood! Please RSVP to request an application @ 206-720-5566

Applications mailed out- May 11th
Applications due- June 8th
Retreat notification- June 15th
Payments due- June 29th

Silly Sibling Supper

My family almost always ate dinner together around our kitchen table, which wrapped in a long rectangle around the stove and counter area of our kitchen. I often sat next to my younger brother, who had the major tendency to bother me, pick on me, or just plain make me mad! Like many siblings do, he started poking at me, kicking me under the table, or doing something that really irritated me! I reached out to the closest thing I could grab (his arm) and I started to shake it and shouted: “Stop bugging me!” I felt accomplished that I had actually got him back and had a good hold on a part of his bothersome hands, and I think I heard him telling me to stop shaking his arm... I then heard my mom in her angry mother voice telling me to stop shaking my brother’s arm. I was upset because he didn’t seem to be getting in trouble, then the table erupted in laughter... it took me part of a minute to understand what had happened! Without my thinking of anything but my anger, I didn’t know that my brother had his glass of milk in his hand, and each time I shook his arm upward the milk flew upward and behind us, and when I shook it down the milk went across the table. Milk was everywhere, and I am sure the splatters looked like a strange paint job was being done to the cabinets and floor! Once things calmed down, we could laugh at the situation. Since I could not see what was in my brother’s hand due to me being totally blind, I didn’t know right away the disaster I had helped to create. He didn’t want to make me mad, just in case my vengeance made a mess like that one. I do not know if my brothers or mom remember this situation, but I certainly remember it as teaching me that brothers can really bother you as a kid, but you can have a laugh at those events as adults. I was not any less likely to get in to trouble as my brothers, I tried to plan my retaliation with more thought if possible. My brothers and I get along quite well now, and we can always have these memories of sibling pestering to laugh about, and possibly tell our kids about, hoping they don’t have a similar idea!

~ Haley





(For some people when asked about reflecting about a favorite childhood memory it can bring up the ugly things that can happen to us as children. This was true for Dorothy.)

Dorothy's Childhood

My childhood started out terrible. I was in a car accident at 9 months. Lost sight in my right eye, my nose bone was broken. Because of the way my face looked I was told a bunch of negative things, this teasing made me feel unwanted and unloved. All the negative things that happened to me I felt I deserved.

My great aunt who raised me she was very mean to me. Grandmother had favorites and I was not one of them. I had no self-esteem at all cause I was always told that I was ugly and I believed it. No matter how kind I was to people, I was always mistreated. I just felt so empty inside no one understood or no one cared about me.

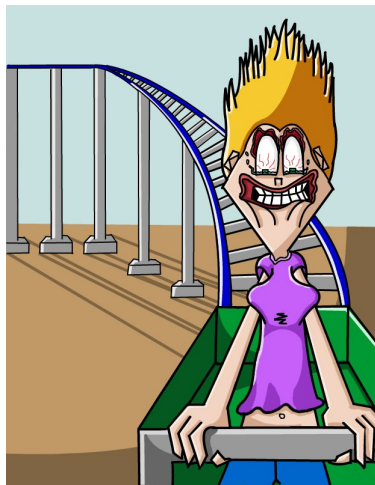
I turned to drugs looking for love and I got addicted and was homeless for years. I did whatever I had to do to get high and that is how I got HIV. Now I am almost 14 years clean and sober. I have learned how to live without drugs and alcohol.

~ Dorothy

Sophia's Childhood Memories

"I remember when we were tall enough to ride certain rides. My mother took me on a roller coaster for the first time and she made me sit in the front seat."

When I was a kid in Wellesley, MA we used to drive up to New Hampshire and Vermont until Dorval Canada, which is a tiny little town just outside of Montreal. We would go in the fall when all of the colors of the leaves were red and yellow and brown and green and we would go to the underground mall and shop for clothes when the US dollar was worth more than the Canadian dollar and we would save a lot of money on clothes. We would get wool jeans and winter boots and wool jackets and clothes for the season and have fun visiting my Auntie Claire and my uncle Nick and my Auntie Gail and Brett and Drew, who were Gail and her boyfriend's two children. They were around my age, a little bit younger. We used to play with each other at Nantasket Beach where uncle Nat owned a clam shack. They had the most delicious fried clams with the bellies and French fries and hot dogs and burgers, but my favorite was the fried clams. In the summer we would walk the rocks and pick up starfish and hermit crabs and snails and go fishing on the pier for flounder and body surf at Nantasket Beach and go to Paragon Park amusement park and ride the roller coaster and the Wild Mouse. I remember when we were tall enough to ride certain rides.



My mother took me on a roller coaster for the first time and she made me sit in the front seat. I had never been on the wild mouse, which went all around and down and all over. I had a crush on Brett and we used to go in the tunnel on the log boats and look at all of the scary pictures of ghosts and ghouls. My auntie Gail's sister Sandy played backgammon for leather goods and was quite successful .

~ Sophia



BABES Network-YWCA is a sisterhood of women facing HIV together. BABES reduces isolation, promotes self-empowerment, enhances quality of life and serves the needs of women facing HIV and their families through peer support, advocacy, education and outreach.

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BABES Office Hours

M-F: 10am-4pm

BABES Network-YWCA Services


- **Peer counseling**
*One-on-one support from another HIV+ woman.
- **Support groups**
*Weekly support groups for HIV+ women and monthly Co-Ed groups for HIV+ women and men, meals provided.
- **Events and Retreats**
*Fun social gatherings that provide an opportunity for HIV+ women and their families to network with each other.
- **Educational Forums**
*Informative educational groups focusing on HIV treatment adherence and other important health issues.
- **Leadership trainings**
*Trainings and opportunities for women to mentor and support other positive women, practice self-advocacy, reduce stigma, influence policies and become a leader in their community.
- **BABES Talking newsletter**
*Quarterly newsletter available worldwide.
*Monthly calendars available on our website and monthly e-newsletter.
- **Advocacy**
*HIV+ women teaching each other how to successfully negotiate government and healthcare systems, while also training community agencies to better serve the complex needs of women.



My greatest childhood memory is the good old simple days, riding with no seat belts, spending all day in the forest on my bike without a worry. My all time favorite, is being at the river with my grandpa who would play the harmonica and he would sing to me. He passed a long time ago, so those memories I hold close. I remember always sitting at the river or being in the river with him singing to me.

~ Brandi

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div> <div>BABES Office Hours</div> <div>Monday-Friday 10am-4pm</div> </div>		1 defeatHIV CAB meeting 5:30 @ Cal Anderson House	2	3 Support Group/Lunch 12-2pm @ BABES	4	5
	6	7	8	9	10 Support Group/Lunch 12-2pm @ BABES	11
13	14	15 Office closed YWCA Luncheon	16	17 Support Group/ Lunch 12-2pm @ BABES	18	19
20	21	22	23 Co-Ed Support Group 6:30pm-8pm @Cal Anderson House	24 Support Group/Lunch 12-2pm @ BABES	25	26
27	28 Office closed holiday	29 Everett Support Group 6-7:30pm @ YWCA	30	31 Support Group/ Lunch 12-2pm @ BABES Everett Friendship Dinner 5:30-7:30pm @ Trinity Lutheran Church		

Coming Soon...

BABES Network Staff

Nicole Price
Program Manager

Julia Rosenfeld
Lead Case Manager

Tranisha Arzah
Peer Advocate

Alora Gale-Shreck
Peer Advocate

Peer Volunteers

Tina J
Pat M
Kate E

BABES Educational Support Group/Lunch

For HIV positive women

Every Thursday

12-2 pm

@ BABES Network

BABES Annual Retreat

July 6-8th

@ Vashon Island

To request an application please RSVP
206-720-566

Snohomish Support Group

Tuesday, May 28th

6-7:30pm

@ YWCA Everett

Co-Ed Heterosexual Support Group

For HIV positive men and women

Wednesday May 23rd

6:30-8pm

@Cal Anderson House

Funding for this Program has been made available as a result of grant awards from the U.S. Department of Health and Human Services, Health Resources and Services Administration, and Public Health- Seattle & King County.

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empowering women**
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AIDS FUND

