

**DOWNTOWN  
EASTSIDE  
WOMEN'S CENTRE**

**APRIL 1995**

# DOWNTOWN EASTSIDE WOMEN'S CENTRE

## APRIL 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours: Mon 10:30 - 5 Tues. 10:30 - 5 Wed: 11:30-5	Thurs 10:30-5:00 Fri 10:30-5:00 Sun. 12:00-5:00	LUNCH IS EVERY DAY AT 12:30				1.
2. 12:30 Quilting with Hazel Cardinal 1:30 Bingo 5:00 Yoga	3. 1:30-2:30 HIV Workshop  5:00 learning grp	4. 10:30-3:00 Shannon Vol. Advocate 1:30 "Women's voice" 5:00 "Women surviving together"	5. 1:00 Health Nurse 1:00 Mampe Terezinha from Southern Africa 1:30 Beading 3:00 Phone workshop for Vol with Charlotte 5:00 Healing Circle (closed)	6. 1-3 Law students 1:30-2:00 Dawn Atkinson Downtown Eastside Mental Health Network 2:00 Video	7. 11:00 - 4:00 Faceless doll workshop with Charlotte Green 1:00 Raffle 2:00 Fun video	8.  Spring Clean Up!
9. 12:30 Quilting  5:00 Yoga	10 1:00 Margareth AIDS Vancouver 2:00 Gain for handicapped 5:00 learning grp	11. 10:30-3:00 Shannon the Volunteer Advocate 1:30 "Womens voice" 2:30 Josette Steele "Foster Home Abuse" 5:00 "Women surviving together"	12. 1:00 Cleo/ Nurse 1:30 Beading 2:00 Easter egg painting 5:00 Healing Circle	13. 1-3 Law students 2:30 Video-Forum of Canada's Social Programs 5:00 Vol Dinner	14.  Centre Closed	15.
16.  12:30 Quilting 1:30 Bingo 5:00 Yoga	17.  SPRING DINNER Centre open at 12  5:00 learning grp	18. 10:30-3:00 Shannon Vol Advocate 1:30 "Women's voice" 2:30 CAP with Karen 5:00 "Women surviving together"	19. 1:00 Cleo /Nurse 1:30 Beading 1:30 Joanne from Project Parent 5:00 Healing Circle	20.  1:30 Outing to Stanley Park  <i>No law students today</i>	21.  1:00 Raffle 1:30 HAPPY BIRTHDAY!! 2:00 Fun video	22.
23.  12:30 Quilting 5:00 Yoga	24. 1:00 Margareth AIDS Vancouver 3:00 Video-"Locked In Locked Out" 5:00 learning grp	25. 10:30-3:00 Shannon Vol Advocate 1:30 "Women's voice" 5:00 "Women surviving together"	26.  CHEQUE DAY!	27.  1-3 Law students	28.  1:00 Raffle 2:00 Fun video	29.

note\*\*\* - sometimes things get cancelled or set up on another date...make sure to check "Update sheet" on the front chalk board\*\*\*

# How to Love Yourself



by Louise L. Hay

1

**STOP ALL CRITICISM.** *Criticism never changes a thing. Refuse to criticise yourself. Accept yourself exactly as you are. Everybody changes. When you criticise yourself, your changes are negative. When you approve of yourself, your changes are positive.*

2

**DON'T SCARE YOURSELF.** *Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.*

3

**BE GENTLE AND KIND AND PATIENT.** *Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.*

4

**BE KIND TO YOUR MIND.** *Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.*

5

**PRAISE YOURSELF.** *Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.*

6

**SUPPORT YOURSELF.** *Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.*

7

**BE LOVING TO YOUR NEGATIVES.** *Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.*

8

**TAKE CARE OF YOUR BODY.** *Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.*

9

**MIRROR WORK.** *Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At once a day say: "I love you, I really love you!"*

10

**Do it Now.** *Don't wait until you get well, or lose the weight, or get the new job, or the new relationship. Begin now--do the best you can.*

## The New Beginning By

Leona Reid June 29 1984

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There is a place called "The 44"  
They answered a knock and opened the door  
To new ideas and lots of fun  
Creative thinking has just begun

Instead of sitting in the bleachers  
The people here will be your teachers  
To open the door that was closed for years  
A time to change, to rid their fears

We're surging ahead in leaps and bounds  
And we will cover alot of ground  
Before we're through you will awake  
We're doing for you for your sake

The time is now for all the thinkers  
To reawaken all the the tinkers  
Theyve had the world for much too long  
To let them sleep, its all too wring

Now's the time to make ;the turn  
To do the things we always yearn  
When we learn on how to love  
Then we will be blessed from up above

The things that we take for granted  
Will have to be implanted  
When we learn on how to give  
Then we will just begin to live.

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## **April News**

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Well it's spring finally! and April looks like a busy month. Some of the new things programmed for the month are Yoga on Sunday evenings, and quilting on Sunday afternoons.

The craft workshop will be the No Face Dolls, this is a Mohawk teaching and will be taught to us by Charlotte Green on the 7th of April.

The healing circle for addictions is well underway and has been moved to Wednesday evenings. The circle is closed for eight weeks and will culminate with a new moon sweat in April.

Women's voice is still going strong with great attendance as is the Monday night learning group.

This month the centre will be closed on Friday the 14th. This year's special Spring Dinner will be on Monday the 17th and the Centre will open at Noon that day.

Check your calendar for the various workshops and videos.

## **Staff**

Finally we have done the hirings. Toni has been hired as the volunteer coordinator. Rita has been hired for 18 hours a week to do counselling until June 1st when Carol comes back. Lila is our newest relief worker! So welcome aboard and get ready for the ride of your life.

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## **HAPPY BIRTHDAY! in April**

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Ardith, Bonnie, Dale, Anne, Janet, Angel, Shawn, Tina, Diana, Cody, Ilona and Gloria! Join us for birthday cake on April 21.

## **CENTRE THEFT**

As you know, the Centre was broken into the last week of March. The t.v., microwaves, computer, laser printer, petty cash, bus tickets and the women's mail was stolen. This is a real set back for all of us - financially and emotionally. We've now got a new security system. We got some media coverage - thanks to the Province, the Sun and CKNW for helping to get the word out. We've had some very generous donations which help out. The police are investigating.

## **VOLUNTEER NEWS      by Toni**

I've now completed my first month as Volunteer Coordinator and it feels great! Thanks for helping me get settled into my new job.

Welcome to our newest women's centre volunteers; Anne Marie, Doris, and Mabel. Gwen (from the kitchen) will be putting together a Women's Centre fundraising group...more on that later.

Spring has sprung and there's lots of exciting things planned for April. Charlotte Prince will be facilitating a telephone workshop on April 4th and 5th, at 3:00 p.m., this is for all of the volunteer receptionists and it's very important that everyone attend. Charlotte will train 5 women each day, please sign up for the day that suits you best.

The Centre is looking really sad these days and needs a face lift so on Saturday, April 8th from 10: a.m. to 4:p.m. we hope you'll come to give us a hand. The plan is to divided women into four groups:

1. wash & clean - walls, windows
2. repair & fix - hang things securely to walls, put up shelves
3. move and rearrange - furniture, couches
4. paint. - small areas that need to be freshen up

To keep our strength up there will be a light lunch served!

April is Volunteer Appreciation Month. To celebrate we'll be going to a nice restaurant for our monthly volunteer dinner, which will be on April 13th. I'll have to make reservations, so please let me know if you'll be coming.

On Saturday, April 22 at 9:30a.m. a Peer Counselling Workshop will be held here at the Centre. This should be really exciting and we'll all learn a lot about how to support and help one another.

More good news! Camellia has been busy putting together a list of training courses. Very soon you'll be able to decide what kinds of courses your interested in.

Finally, **big thank-yous** to:

Doris - for revising and typing the volunteer manual

Kelly - for assisting women with their GST forms

Norma and Joanne - for the great multicourse Chinese dinner,

Norma (again) for designing an excellent floor plan for the Centre

### Women around the world...

We have some very special visitors coming this month. Mampe is from South Africa and Terezinha is from Mozambique. They're travelling around Canada talking about what work they're doing - and hearing from other women about what's happening here. They're coming for lunch on Wednesday, April 5.

## **LEGAL ADVOCACY NEWS**

- by Karen

### Welfare news

#### Your right to appeal

The Ministry sent out an update for their policy manual last month. It says that when you are denied something, the worker should fully explain their decision to you. It used to say that if you were "still not satisfied", you were to be informed of your right to appeal. Now it says that "Whenever income assistance is denied, discontinued, or reduced, the applicant/recipient is to be informed of the right to appeal". So, this sounds like a shift towards a more regular routine of letting people know that they can appeal.

#### Administration and Appeals

The new policy also says that administration of benefits cannot be appealed, which is something I disagree with. We talked about this at the March meeting of the Front Line Advocacy Workers. We're not really sure where the authority comes from in the welfare law that lets the Ministry administer money. The law says that the Ministry can give money "in scrip or in kind" rather than cash if "a recipient has demonstrated that assistance has not been used for basic needs of food, clothing and shelter". It seems sometimes when people are administered, it's because they don't have enough money - not because they haven't spent it on basic needs.

I have helped women appeal administration of benefits before, but suddenly they say it is not appealable. It is also important to know that even if an issue is not appealable, it can still go for an "Administrative Review" which means that the Area Manager reviews the decision.

\*\*\* Both of these things are new policy, not the actual law. Policy is how the Ministry decides to apply the law \*\*\*

### Intent to Rent Forms

Did you know that you don't need an "Intent to Rent" form to get your damage deposit and rent from Welfare? Welfare does need to know the address and amount of rent and how to check that information - but that could be a rental agreement, a receipt or a handwritten note from the landlord.

By giving the landlord an "intent to rent" form, they will know you are on welfare, which you may or may not want them to know. Even though landlords can't legally discriminate

### The Federal Budget

#### What does it have to do with me?

The budget for the federal government came down at the end of February. They did what we thought they might do - they got rid of "CAP" funding for welfare. Right now, Ottawa gives the provinces money for welfare, as long as they keep certain standards; for example: you have the right to appeal, you have the right to income when in need, and they can't refuse you because you just moved here from another province.

Now, instead of "CAP", we will have the "Social Payment Transfer". This means that the provinces will get a block of money for welfare, education and health. The provinces will decide how to spend it. The only condition they're keeping is that the provinces can't have "residency requirements" - that means they can't refuse you welfare because you haven't lived there for a certain time.

But, if there is no appeal system, then this doesn't mean anything. This could be really bad news for people on welfare. Now, Premiers like Ralph Klein in Alberta could cut back and cut back punishing people on welfare.

Come and join me on Tuesday, April 18th after Women's Voice to learn more about this, and find out some things you can do!!

### GAIN for Handicapped

Do you have some health problems that probably won't go away?

Do you need extra money because of your health problems?

Do you need extra help because of your health problems?

Join me on Monday, April 10th at 2:00 for a workshop about GAIN for Handicapped. You have nothing to lose by applying - but lots to "gain".

GAIN for Handicapped means you get an extra \$170 per month support money. You can also still go back to work, or school. You can get a bus pass that's good for the whole year for only \$45.



### **Bus Money**

We get lots of women asking us for bus tickets here at the Centre. Its because the bus is so expensive, and you cannot afford bus tickets when you're on welfare. We're sorry when we can't give them out. Its hard because we know how much women need bus tickets, and we can't give them to everyone who asks.

**Welfare should give you transportation money for medical appointments.** Next time you're at the doctor, ask for a note saying you need a bus pass for medical appointments. There should be \$54 on your next cheque.

If you don't have that many appointments, they should still add \$3.00 on for every appointment you do have, or arrange to give you bus tickets.

There's another way to try and get a bus pass, too. Welfare can provide bus money for you to go to an "Achievement Centre". That means a place where there are organized programs for people who need "training, rehabilitation or social integration". So, if you go to a place like this, you can try to get a bus pass. It may involve an appeal, which we can help you with.

### **Legal Workshops and videos ...**

Wow, we had some trouble last month with advocacy programming! The two videos we booked were not available, the "Seniors Benefits" woman got pnemonia, another speaker just didn't show up, and the "Legal Rights and HIV" lawyer had to set up another time.

Thanks to Susan Gray, a family and criminal lawyer who came to visit us in March and was able to talk to women about legal HIV issues, and other legal problems too.

So, let's try this programming thing again...

Besides, the **GAIN for handicapped** workshop this month, we've also got...

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#### **Project Parent:**

Have your kids ever been apprehended before?

Do you feel like you could use some help with your children?

What help is there for moms stressed out with their young children?

Come and hear from Joanne, from Project Parent talk about their program on Wednesday, April 19th.

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As you probably know, our t.v. was stolen during the break in. If we get a new one, these are the videos we'll show

Our videos this month are...

Forum on the future of Canada's Social Programs : a panel of people talk, including the National Council on Welfare and the National Anti-Poverty Organization

Locked In, Locked Out - a video about women in prison

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the Law Students...

Rachel, Krista and Melanie are doing exams this month, so they will only be in for two afternoons during the month. Its been great having all of you over the past school year and thanks for all of your help. We're hoping we will be able to have one of you stay for the summer. Stay tuned!

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### I.D.

You know who you are, but have you ever tried to convince someone else (like Welfare, or the bank) when you don't have any i.d.?

If you've ever lost your i.d., you know how many problems you can run into.

I have birth certificate applications for most provinces and territories and application forms for your S.I.N. (Social Insurance #).

You can get a B.C.I.D. if you have a birth certificate or Status card plus another piece of i.d. with your signature or photograph (example, Care Card)

Welfare can help you pay for your i.d.

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### The New Aboriginal Justice Centre

73 Water St.

is having an Open House

Thursday, April 6

1:30 to 4:30

I'm going over at about 2:45 so if you'd like to join me - meet here at the Centre.

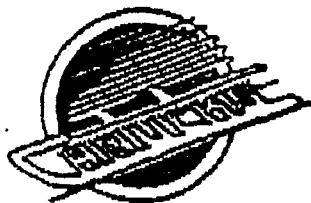


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NORTH WEST ARENA



**Victory On Ice Creates Employment  
(V.O.I.C.E.)**

**TRAINING FOR DOWNTOWN RESIDENTS FOR**

**JOBS AT:**

**\* GENERAL MOTORS PLACE \***

**\* FORD THEATRE FOR PERFORMING ARTS \***

**\* FOUR CORNERS COMMUNITY SAVINGS \***

**Come to a information meeting  
for women only:**

**Monday, April 10 1995**

**1:30 p.m.**

**at:**

**DOWNTOWN EASTSIDE WOMEN'S CENTRE  
44 East Cordova Street**

**For More Information Call: Jim Green 775-2561  
Laura Stannard 681-5229**