

MAY 1995
DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver 681-8480

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours: Mon, Tues, Thur, Fri: 10:30 to 5 Wed: 11:30 to 5 Sun: 12 to 5 Lunch 12:30	1 1:00 Margareth - AIDS Van. 5:00 learning group 9:30 Volunteer First Aid workshop	2 1:30 women's voice 5:00 women surviving together	3 1:00 Cleo- health nurse 1:00 Beading	4 10:30 Writing Class 1:00 law student 2:30 video - "Is it hot in here?" 5:00 Volunteer mtg.	5 1:30 Raffle 2:00 fun video	6
7	8 1:00 Margareth AIDS Vancouver 5:00 learning group	9 1:30 Women's Voice 5:00 Women Surviving Together	10 1:00 Diabetes with Cleo and Tina 1:00 Beading	11 10:30 Writing Class 1:30 Seniors benefits with Rachel - sign up!	12 1:30 Raffle 2:00 Chokers with Julie - sign up! 2:30 Fun Video	13
14 1:30 Bingo	15 12:30 Mother's Day lunch 1:00 Margareth - AIDS Van. 5:00 learning grp	16 1:30 Women's Voice 2:00 Action on Poverty 2:30 Happy Birthday! 5:00 Women Surviving Together	17 1:00 Cleo - nurse 1:00 Beading 2:30 Crisis Grant workshop with Karen	18 10:30 Writing Class 1:00 law student 2:00 Outing 5:15 Steering Cttee Meeting	19 1:30 Raffle 2:30 Fun Video	20
21	22 Centre open as Usual 2:30 video "Circle Sentencing"	23 1:30 Women's Voice 5:00 Women Surviving Together	24 CHEQUE DAY	25 10:30 Writing Class 1:00 law student 2:00 fun video	26 CENTRE CLOSED for stat holiday	27
28 1:30 Bingo	29 1:00 Margareth - Aids Van. 2:30 Video - "Canneries in B.C." 5:00 Learning grp	30 1:30 Women's Voice 5:00 Women Surviving Together	31 1:00 Cleo - nurse 1:00 Beading			

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

May 1995 News

Happy Birthday to you!

Happy Birthday to you!

Happy Birthday dear Sharon, Anna, Gram, Jeanette, Tomorrow, Darah and Evelyne!

Happy Birthday to you!

Happy Mothers Day to all the mothers in the Centre. This can be a hard day for women who have lost their own mothers, or have lost their children. Lets take this day to honour these mothers.

Also on the Mother's Day Weekend there's the 11th Annual Intertribal Pow Wow at Trout Lake Community Centre - May 12, 13, 14. Admission is by donation.

Do you like to write stories or poems? or do you need help with letters or filling out forms? Linda, a tutor from the Carnegie Learning Centre will be at the Centre every Thursday morning at 10:30 to help women with writing. Everyone is welcome!

Cleo the Health Nurse is still coming in on Wednesdays at Lunch if you want to talk with her about any health issues. On May 10 Cleo and Tina (a Centre volunteer) are going to talk about **Diabetes**. So if you want to find out more about what Diabetes is and how you can look after it, come join us at 1:00.

On May 16, after Women's Voice, come join Linda Marquotte from ELP (End Legislated Poverty) for her presentation "ACTION ON POVERTY!" ELP does lots of great work all over BC on working against poverty.

The Women's Centre AGM is coming up in June. This is the time when the Centre members (that's you!) choose who will represent you on the Steering Committee where lots of decisions are made about how the Centre is run and what kind of programs and services we provide. If you want a taste of Steering Committee life please be our guest at our regular monthly Steering Committee meeting May 18 at 5:00. Who knows maybe you'd like to be on the Committee for 95/96!

The Victim Assistance Program

Have you been assaulted?

Have been a victim of a crime? Do you want to do a police report?

Are you on the run from an abusive relationship?

Are you wondering about getting criminal compensation?

Do you have to go to court? Do you want someone to go with you?

The Victim Assistance Program (continued)

These are some of the things that our staff person **Marion** is here for. She can help with talking about abuse issues and victim services stuff. Feel free to approach her. There are no appointments necessary. Marion is in the second office from the front.

On Mondays, Wednesdays, and Fridays you can also talk to **Rita** for counselling.

Legal Advocacy News - by Karen

Welfare News...

Thanks to Anna Terrana, our Member of Parliament (M.P.), and Edna, one of her assistants, who came to visit us in April. We gave her a letter with 70 signatures demanding that the rights that were taken away by the last federal budget be kept. The federal government in Ottawa will now give less money to provinces for welfare, and the provinces don't have to guarantee the rights which you now have which are:

1. The right to income when in need
2. The right to appeal welfare decisions
3. The right to welfare no matter how long you have been in the province
4. The right not to have to do workfare programs to get your welfare.

We also sent a letter to Joy McPhail, the B.C. Minister of Social Services, asking her to do what she can to make sure these rights are guaranteed across Canada. The Social Services ministers from every province will be meeting with the federal government to talk about what these changes mean for welfare.

I also sent her a letter saying:

- the Community Volunteer Program (10 hours work for \$100) is a great program, and it needs to continue
- everyone on welfare needs a bus pass to go where they need to go; groceries, resources, friends, family, doctors, appointments
- I said that I'd be in touch about inviting her to visit us here at the Centre.

Crisis Grants...

How do you get one? How many can you get?

What if they say no?

What can you get one for?

Come and find out the answers to these questions, and many more, on:

Wednesday, May 17 at 2:30

Did you fill in your income tax return?

You need to fill it out each year to get your G.S.T.!

You need your T5 from welfare. If you didn't get it, you can call 660-1313 to get another one. DERA (682-0931, 9 E. Hastings) is still doing returns in the mornings, except for Wednesdays.

Parenting...

Are your children in foster care?

Do you want some help with parenting?

How do you cope with the stress of being a parent?

Why not try... **Project Parent East**

Thanks to Joanne from Project Parent East for coming to talk to us in April about their program. They have a couple of courses starting in May:

Parenting while your child is in Care and

Parent Education 1

You can call M.S.S. to get a referral. Call Project Parent for more info: 255-9568

You can also try...

the **Vancouver Aboriginal Family and Child Services Society**

Marion and I went to visit them last month (21 Water St., right around the corner).

They have family support workers who do one on one work and group work with families. You can call them at 689-2402 for more info.

Seniors Benefits

"Will you still need me, Will you still feed me, **when I'm 64...**"

Rachel, our law student, will be coming in to talk about Seniors Benefits on Thursday May 11 at 1:30 p.m. Rachel used to work at "Income Securities" which handles Old Age Security and Canada Pension Plan. **If you are a senior, or almost a senior, please sign up and join us.**

Videos this month...

Canneries: This is about the history of canneries in B.C. and all the people who worked in them

Circle Sentencing: A look at a project which uses a community circle in sentencing offenders

Bus Money!

Everyone needs bus money. That's what I said in a letter to Joy McPhail, the Minister of Social Services last month. But in the meantime...

Remember: Welfare is supposed to give you transportation money for medical appointments. Bring a note from the doctor about the appointments. You also may be able to get bus money for other meetings and mental/ physical health related meetings. You may need to appeal.

What is a "Fare Deferral"?

I talked to Doug at B.C. Transit about "fare deferrals". This is when you can't pay for the bus, and the driver gives you a piece of paper to send in to the office later when you have the money to pay. I asked how they decide to give one or not.

He said that it is totally up to each bus driver. The bus driver needs to believe that you need to travel for an important reason - an emergency or something serious. They can give you a fare deferral, or they can tell you to get off the bus. If the driver doesn't have an actual pad of "fare deferrals", they can write on any piece of paper that you owe the money. You are then supposed to send the money and piece of paper into the head office.

If you feel that you should have got a fare deferral, and you were refused one, you can call B.C. Transit Customer Service at 540-3040.

Tenants Rights

D.E.R.A. has a great new book out called "Hotel Tenant Guide for Aboriginal People and Other Tenants of the Downtown Eastside".

It answers questions like...

- "Can the landlord refuse to rent to me?"
- "What are the rules about locks?"
- "When does the landlord have to fix things?"
- "What are emergency repairs?"
- "How do I fight an eviction?"

Pick up your copy here at the Women's Centre, or at DERA 9 E. Hastings.

KW' ACHNM EK' (VISIONS OF THE FUTURE)

Do you continually find yourself working at dead end jobs? Do you want to make a change but don't know where to begin? KW'ACHNM EK' offers FREE CAREER PLANNING COURSES where you can find out more about occupations that interest you and learn how the Medicine Wheel can assist you with employment. Give them a call 251-0993, they are at 2307 East Hastings.

If you want to make a contribution to the newsletter (like a poem or an announcement) just hand it in to a staff person by May 24. THANKS!

VOLUNTEER NEWS

The Peer Counselling Workshop (April 22) was well attended. We had some good discussions, did some role playing and by the end of the day, we all agreed that we had learned how to communicate better.

May is starting off with a First Aid Training Course. Unfortunately, only 12 people can sign-up, so we'll have to schedule more workshops of this kind in the future.

This month I'll be meeting with each volunteer to see how they feel about their work in the Centre. Please make arrangements to come see me. Also, I have a small gift to give to each of our Volunteers in appreciation for all of your hard work, effort and commitment to our Centre.

Remember, our Volunteer Dinners will now be the first Thursday of every month. This means that on Thursday, May 4th we will be getting together here at the Centre at 5:00 p.m. to share some food and discuss important issues. Please make an effort to come, we need everyone's input.

Several Volunteers are involved in training courses this month and will be bringing their new skills and knowledge back to the Centre. If your interested in taking a course - let me know and I'll help to get you registered.

Gwen is ready to put her fundraising ideas into action. If you are interested in being on the fundraising committee give Gwen a call.

A big "thank-you" to Pat Biddau for introducing the group FREDA to our new up and coming Downtown Eastside Women's Centre Theatre Group. For more info contact Kamilla or Pat here at the Centre.

Our Annual General Meeting (AGM) is coming up in June. Now is the time to find out how our Committees are set-up and how we run our meetings. Why not sit on a Committee? Don't be afraid to ask "what will I have to do?" If you want the Centre to keep getting better - GET INVOLVED!

All you Women with green thumbs should be working in our garden plot at the Strathcona Gardens. It'll be fun, give you sunshine and exercise and provide healthy food for your body. How can you resist?

Finally, a big "welcome" to Janice, who will now be Volunteering in our kitchen!