

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monday 10:30 - 5 Tues. 10:30 - 5 Weds. 11:30 - 5 Thurs. 10:30 - 5 Fri. 10:30 - 5 Sun. 12:00 - 5	LUNCH SERVED DAILY AT 12:30	1 11:00 Bard on the Beach 1:30 Women's Voice 2:00 Social Change meeting with Lydia 5:00 Women Surviving Together	2 11:00 Kathy the Nurse 1:30 Beading 2:00 Volunteer Orientation 5:00 Forever Plaid and Fireworks	3 11:00 Art on sidewalk 1:00 Law Student 2:00 Stopping the Violence video 5:00 Volunteer dinner	CENTRE CLOSED	5
6 1:30 Bingo	7 1:30 Aids Van. 2:00 Social Change meeting with Lydia 2:00 Free Haircuts with Julie 5:00 Learn. group	8 11:00 Massage with Pam 1:30 Women's Voice 2:00 Legal Advocacy Video 5:00 Women Surviving Together	9 7:00 SAGE GATHERING TO LILLOUTTE 1:00 Kathy the nurse 1:30 Beading 2:00 Volunteer Orientation	10 1:00 Law Student 2:00 Ceramics with Cynthia	11 2:00 RAFFLE 2:00 Free Hairculs 2:30 Video	12
13 1:30 Video or Sing-a -long	14 1:30 Aids Van. 2:00 Dream catchers with Deny 5:00 Learn. group	15 1:30 Women's Voice 2:30 Camping Meeting 5:00 Women Surviving Together	16 1:00 Kathy the nurse 1:30 Beading 2:00 Volunteer Orientation	17 1:00 Law Student 2:00 Glass art with Julie	18 2:00 RAFFLE 2:30 BBQ 2:30 Video	19
20 1:30 Bingo	21 1:30 Aids Van. 2:00 Origami with Kaori 5:00 Learn. group	22 1:30 Women's Voice 2:30 Freedom of info. and Protection of Privacy Act workshop 2:30 Happy Birthday! 5:00 Women Surviving Together	23 CHEQUE DAY CENTRE OPEN Video or Sing-a-long	24 1:00 Law Student	25 2:00 RAFFLE 2:30 Video	26
27 1:30 Blanche MacDonald Seminar on Make- up and self image	28 1:30 Aids Van. 5:00 Learn. group	29 1:30 Women's Voice 2:00 Stopping the Violence video 5:00 Women surviving Together	30 1:00 Cleo the nurse 1:30 Beading 2:00 Volunteer Orientation 2:00 Workshop on Anger Management with Pam	31 1:00 Law Student 2:00 Crochet with Louis		

note*** - sometimes things get canceled or set up on another date - make sure to check "Update sheet" on the front chalk board***
 check activities and sign up board for more information on up coming centre programs also other free events around town

AUGUST IS OUTING MONTH

WE HAVE **7 OUTINGS** SCHEDULED AND ALSO A **BBQ** !! CHECK THE ACTIVITIES BOARD AND SIGN UP EARLY AS SUMMER OUTINGS ARE EXTREMELY POPULAR. \$2 REFUNDABLE DEPOSIT MAY BE REQUIRED,

Bard on the Beach on Tuesday, August 1 live music at Vanier Park featuring Classical music and a bunch of dead guys. There will be a snack and walk on the beach, rides will be provided to and from the event.

Forever Plaid and Fireworks on Wednesday, Aug. 2, this is a musical set in the 50's. Lots of great music and dancing and comedy and fireworks after! **SPECIAL, SPECIAL Sage gathering to Lilloutte**, this is a day trip to pick sage we will leave at 7:30am!! and be back sometime in the evening there will be a picnic and an evening meal included. A \$2 deposit is required to save your spot on this exciting trip. Be there. The long awaited PNE is here there will be Centre group outings on Tuesday, Aug. 22, Thursday, Aug. 24, Monday Aug. 28 and Wednesday, Aug. 30. There's lots of opportunity for women to participate. Try something you may really like it!!

CRAFT WORKSHOPS

Crafty workshops are going to continue, in addition to beading there will be **Dream catchers** with Deny, **Ceramics** with Cynthia, **Glass art** with Julie, **Origami** with Kaori and **Crochet** with Louis. Come out and try your hand and tell us what you think.

REGULAR PROGRAMMING

MONDAYS

Margaret from **AIDS Vancouver** will be here at 1:00 to answer any questions and to offer support.

The **Learning Group** will meet at 5:00 PM a hot meal will be served.

TUESDAYS

Women's Voice at 1:30, come and share your ideas or complaints if there are changes the need to be made let's do it.

Women Surviving Together, a support group led by Marion and Carol, gathers at 5:00.

WEDNESDAYS

Cleo the nurse is on holidays, **Kathy the nurse** will fill in for her on August, 2nd, 9th, 16th and 30th at 1:00

Beading with Leona at 1:30, come out and make your own earrings and other stuff. Fun and relaxing.

THURSDAYS

Law Students will be here to help out on any legal matters you may have at 1:00.

FRIDAYS

Hey, hey **Raffle** at 1:30. Make sure you put your name in to win excellent prizes

Videos start at 2:00. If you have any suggestions for a video let Cynthia know. No, no, no, no porn.

SPECIAL EVENTS

There will be 3 educational videos this month the topics will be announced later. **Stopping the violence videos** will be on Thursday, Aug. 3rd and Tuesday, Aug. 29. There will be a **Legal Advocacy video** on Tuesday, Aug. 8th. These videos may help you with some questions you may have also there will be someone to answer any questions.

WOW, massage with Pam, she will be in on Friday, Aug. 11 to give free massages. First come first served.

There will also be **free haircuts** on Monday, Aug 7th and Wednesday, Aug. 16th from 1:30 - 4:30. First come First served.

Pam is offering an **Anger Management workshop**. Strategies to keep a cool head can certainly come in handy in all kinds of situations. These are easy suggestions that can make the difference.

Instructors from the **Blanche MacDonald** institute will be in on Sunday Aug. 27 to do a seminar on make-up and self image. They will discuss ways to present yourself to prospective employers and in everyday situations to get what you want.

Freedom of info. and Protection of Privacy Act - what is this all about? Come and find out.

MEETINGS

Promoting Systemic Social Change for Women in the Downtown Eastside will be meeting twice this month to figure out what women want to do. Tues. Aug. 1 and Wed. Aug. 9 at 2:00.

Another **camping meeting** the last one till the big day, Tuesday, Aug. 8th at 2:30. Be there.

Steering Committee meeting on Thursday, Aug. 17 at 5:30

WELL-FARE NEWS

Greetings, my name is Toni Goree and I'm replacing Karen Spears as the Legal Advocate here at the Downtown Eastside Women's Centre. Although I'm new to this position, I've been working at the Centre for several months now. I'm originally from Nova Scotia. While there I worked for the Public Legal Education Society of Nova Scotia as a Legal Information Counsellor. I'm happy to be here working for women and I hope that I can carry on the good work that Karen and Sonia were able to do.

A Legal Advocate is someone who can inform you of your rights, will help get you through government red tape and will speak on your behalf. Here at the Centre, I mostly deal with the Ministry of Social Services. If a woman is having difficulty getting her GAIN cheque, needs a crisis grant for food or other necessities;

or wants to apply for Handicapped Benefits, I can explain to her how the system works, help her to complete the paper work and make her requests known to her Financial Aid Worker. If her request is turned down, I will help her to submit an appeal and represent her at a Tribunal. In addition to working on situations involving GAIN, I can help in many other areas of law, for example: family law, criminal law, wills, landlord/tenant matters. I can also refer you to other agencies and organizations which can help you to solve your problems. Your conversations with me will be private and confidential, the same as when you talk to a lawyer. So, if you have a legal problem, drop-in to see me, I'll do everything I can to help.

If you under 19, living on the streets and want to go back home but have no money, 'Operation Go Home' may be able to help you. It's a national organization which will send youth home via the Greyhound Bus but only if home is a safe place to be.

The update for women who would like to become a Volunteer here at the Centre and receive the benefits of the Community Volunteer Program (CVP) through the Ministry of Social Services, is not very promising. Although those who are already in the program will not be booted off - the word from Joy MacPhail is that "the budget is fully committed with its current number of participants." This basically means that it is impossible to get into, unless someone voluntary leaves the CVP and you are next on the waiting list. Employment Initiative Programs are very important to the improvement and growth of our Centre. For those who are interested, Pat Biddau is drawing up a letter protesting the CVP being kept at it's present numbers. The more women who sign the letter, the stronger our voice.

The Tenant's Rights Action Coalition (TRAC), community groups and tenants have been successful in having major amendments passed to the Tenancy Act in June of 1994. These amendments

- give tenants back the right to challenge unreasonable rent increases
- give tenants better tools to force landlords to do repairs

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-make it an offense punishable by a fine of up to \$5,000 for a landlord to harass or intimidate tenants

-make it possible for tenants to have their locks changed to prevent illegal entry by their landlord

This is a real victory for those of us who are 'renters.' If you are having a problem with your landlord for any of the above reasons, or for any reason at all, just give the TRAC hotline a call at 255-0546, their provincial number is 1-800-665-1185.

The Legal Aid office has moved. They are now at 605 Robson Street, room 1170 (corner of Robson and Seymour. They're open Monday, Tuesday, Thursday and Friday from 9:00 a.m. to 12:00 p.m. and from 1:30 p.m. to 3:00 p.m. On Wednesday they are open from 9:00 a.m. to 12:00 p.m. Remember to take proof of income. This will be your last GAIN or UIC cheque or your last two pay stubs. If you are staying with a friend, bring a letter from your friend stating their name, address and confirming that they are paying your room and board. Only in case of an emergency should you drop-in, such as in the case of child apprehension, immigration or a criminal matter. Otherwise call to make an appointment. The number is 687-1620. There are other changes looming over the horizon but have not yet been 'let out of the bag' so to speak. I'll keep you informed.

There's good news concerning GAIN for Handicapped applicants. The legislation is changing such that an applicant will not have to prove that the duration of their illness is permanent. This may mean that doctors will be more likely to support women who have long term conditions with slight probability of improvement. Secondly, the permanent unemployability test has been removed. This means that a person applying for Handicapped Benefits can say that they are interested in seeking training or retraining and this will not threaten their eligibility for Handicapped Benefits. There may also be changes to the application form. In the near future, the Ministry may recognize healthcare workers such as mental health workers and occupational therapists in addition to physicians.

Lastly, Catherine Hardie from the British Columbia Public Interest Advocacy Centre will be here on Tuesday, August 22nd to talk about the Freedom of Information and the Protection of Privacy Act. This should be very interesting. If you want to know how to get access to your government files - come here what Catherine has to say.

Oh, one more thing - try to be here for Lydia's workshop on CAP. The link between the war against the poor and fight against poverty is you and me... and we're only as strong as our weakest link. You gotta add your light to the sum of light!

Solidarity.....Toni

THIS MONTH AT THE CENTRE

August is going to be exciting, there are many incentre activities as well as outings scheduled. If you haven't joined any of the activities **YOU SHOULD!** If you are not sure or interested talk to Cynthia or to any women that have attended any of the events.

THEATER OUTINGS

There are two theater outings planned, Tuesday, Aug. 1 at 11 am we will be going to **Vanier Park** to listen to Classical music, after that we will have a little picnic and a walk around **Kits Beach**.

On Wednesday, Aug. 2 at 5 p.m. we will meet at the Centre and head off to the West End for a little picnic and walk around English Bay then we will go to the musical performance "**Forever Plaid**". This show has been running over a year, women from the Centre went last year and had a great time. It is a musical set in the 50's lots of bebop music and very, very funny! The highlight of the evening will be the **Fireworks Competition** at English Bay. The sign up list is full but if you are really interested be here and maybe we'll have room.

A NOTE ABOUT THEATER OUTINGS WE GO AS A GROUP BUT WE DO NOT NEED TO SIT TOGETHER. WOMEN ARE FREE TO SIT WHEREVER THEY WANT IF IT IS FREE SEATING. PLEASE DO NOT HASSLE WOMEN WHO WANT TO DO THEIR OWN THING IF THEY ARE BEHAVING IN A RESPECTFUL MANNER. THIS SHOULD BE A PLEASANT EXPERIENCE FOR EVERYONE AND EVERYONE HAS DIFFERENT NEEDS. THANK YOU.

PNE UPDATE

We still have not heard from the PNE folks but I think it is safe to assume that we will get some passes. There was a request for 50 passes for two, so we'll see?? Last year we just gave out the passes to the first 50 women who signed up. It would be nice if we could as a group as well as handing out the passes. What do women think or do women care either way? Let Cynthia know. If we get less than 50 passes then there will be some other system.

BLANCHE MACDONALD SEMINAR MAKE-UP AND SELF ESTEEM

Three instructors from the Blanche MacDonald Institute and Agency, will come in to do a seminar on Make-up and Self Esteem. This Institute is well respected in the modeling, fashion and beauty industries. Blanche MacDonald is a Meets women who is also committed in community involvement and dedicated to the advancement of First Nations women. They will be developing a program specifically for women at the Centre. These courses will be fun and informative. The woman from the Institute is extremely nice and open to the ideas and needs of the women from the Centre and the instructors are very excited about this seminar. If you want to learn about make-up and/or personal presentation for job interviews or other kinds "formal" meetings this is the place.

SUNDAY, AUGUST 27TH 1:30 - 4:30

VIDEOS

There will be several educational videos this month 2 Stopping the Violence videos on Thursday, Aug. 3rd and Tuesday, Aug. 29th at 2:00. There will also be a video programmed by the Legal Advocate on Tuesday, Aug. 8th at 2:00. The topics have not been confirmed and if there is an issue you are interested in and would like to see addressed please talk to Toni or Marion. As usual we will have the Friday videos also there will be videos or Sing-a-long on non-Bingo Sundays.

BBQ

August is also **BBQ** season. Last month the **BBQ** went ahead despite threats of rain it actually turned out to be perfect **BBQ** weather. No sunstroke, no sunburns, no heat rashes, no sweating, no whining!! This month the **BBQ** will be on Friday, Aug. the 18th, from 2:00 - 6:00. As usual we will have activities and food. Call the Centre if you have any questions we will go ahead unless it is pouring. We ran out of hamburgers last month, this time we will be sure to stock up. Thank you to all the women who helped out. Everyone did their share and cleaned up after themselves that's what made it a great time everyone got involved.

SAGE GATHERING TO LILLOOET

This is a full day trip to the Lillooet to on Wednesday, Aug. 9th. We will be leaving at 8am and returning late in the day. This is a combined trip with women from Carnagie. Rita will be going with the group. There will be a picnic lunch and a hot meal in the evening. This should be an exciting and pleasurable experience. Spaces are limited. There will be a \$2 refundable deposit to hold your space on the list, you have to be here early and punctual. Bring suitable clothing for hot and cool weather.

WORKSHOPS

Pam Fitchner will be coming in on Wednesday, Aug. 30 to do a workshop on Anger Management. Have you ever really lost it and then felt really bad. Come to the workshop and gain strategies to control your anger. And how to use the energy from anger in a positive way.

Catherine Hardie from the B.C. Public Interest Advocacy Centre will be here on Tuesday, Aug. 22nd to talk about the Freedom of Information and the Protection of Privacy Act.

VOLUNTEER NEWS

Have you always wanted to volunteer at the Centre? Here is your opportunity. There will be a volunteer orientation on every Wednesday this month at 2:00. Find what it means to volunteer, how you can help, etc. If you have any questions see Rita. There is also a Volunteer dinner on Thursday, Aug. 3 at 5:00. See you can get dinner too!

CRAFTS

We are going to continue having crafts scheduled and after this month we can come together and women can decide which crafts we should have on a regular basis. So come out and try your hand and give your feed back. If there is no interest we have to reconsider the programming direction.

Honor Among Thieves

Just a little note to let you know that I care and I hurt. The Women's Centre is here for the women, to help them. Too many places are there to take from the women i.e.: self esteem, self worth. We are here to help! This does not mean that we are here to steal from. You are stealing from staff and from yourselves. There use to be honor among thieves. Did someone steal that as well?

This submission is very timely. There has been a lot of theft at the Centre. That doesn't include the numerous break ins we have had over the years. What is more distressing is the theft among ourselves! Women stealing from each other, stealing from staff and stealing from the Centre. There are just some women out there who have no respect for the women at the Centre. We should not be protecting these people nor providing services when it is not respected. Let's try and cut down the theft in the Centre and watch out for each other. It really isn't any fun if we have to keep guarding our stuff like Fort Knox. We come here to relax and feel safe. If someone wants to steal please go to where the pickings are better may we suggest Eaton's or the Bay, the selection is excellent and service sucks!!

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ARE YOU SICK AND TIRED ABOUT THE SITUATION HERE IN THE DOWNTOWN EASTSIDE??

IT'S TIME TO DO SOMETHING ABOUT IT!

Hi, my name is Lydia. I have been hired by the Downtown Eastside Women's Centre to coordinate a project called 'Promoting Systemic Social Change for Women in the Downtown Eastside'. With this project, we have an opportunity to address issues affecting women living in this community; and to develop a concrete plan to confront existing problems. More importantly, it's about empowering you, the women to take action collectively as a group. I am here to ensure that these objectives are met, but your participation is what's really important.

I hope to see many women take an interest in this project because it is a step in the right direction towards real changes in this community. I believe it is possible to make changes, if we work collectively. Our first meeting is on **Tuesday, Aug. 01 at 2:00 at the Centre**, please come and join us. If you cannot attend come speak to me directly, I am interested in hearing everyone's perspectives.

CAREER PLANNING AND JOB SEARCH STRATEGIES
KW' ACHNM EK'
2307 E. HASTINGS STREET, VANCOUVER, B.C.

CAREER PLANNING (2 WEEKS)
AUG. 7 - 18, 1995

The workshop includes:

Career Planning process using the Medicine Wheel concept
Dynamics of unemployment
Assessing factors important to occupational trends
Labour market research/information
Skill/occupational assessment

JOB SEARCH STRATEGIES (2DAYS)
AUG. 22 - 23, 1995

Help with:

Job search roadblocks
Calling cards/resumes
Developing a network of contacts
Contacting the employer
Sources of job leads
Interview preparation
Application forms

RESUME WORKSHOP (1DAY)
AUG. 21, 1995

Workshop includes:

Build and structure a professional resume
Assistance with cover letters
Copies of your resume

If you are ready to begin in a new direction join us and start today

Daycare funding is available to eligible participants

Contact us now at 251-0993