

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Monday 10:30 - 5</b> <b>Tues. 11:30 - 5</b> <b>Weds. 10:30 - 5</b> <b>Thurs. 10:30 - 5</b> <b>Fri. 10:30 - 5</b> <b>Sun. 12:00 - 5</b>	<b>LUNCH SERVED</b> <b>DAILY AT 12:30</b>	<b>1</b> 1:00 Kathy the Nurse 1:30 Beading 5:00 Volunteer Dinner and Receptionist Workshop	<b>2</b> 2:00 Christmas Decorations - Doughworks 5:00 Women Surviving Together	<b>3</b> <b>1:30 RAFFLE</b> <b>1:30 Law Student</b> <b>2:00 Video</b>	<b>4</b>
<b>5</b> 1:30 Video	<b>6</b> 1:30 AIDS Van 2:00 Ceramics 5:00 Learn. Group	<b>7</b> 1:00 Women's Voice 2:00 Museum of Anthropology 3:00 Steering Committee meeting	<b>8</b> 1:00 Kathy the nurse 1:30 Beading 5:00 Volunteer Dinner	<b>9</b> 1:30 Law Student 1:30 GR Tech Info Session 2:00 Christmas Decorations - woodstuff 5:00 Women Surviving Together	<b>10</b> <b>CLOSED</b>	<b>11</b>
<b>12</b> <b>1:30 BINGO</b>	<b>13</b> 1:30 Aids Van. 2:00 Dreamcatchers and Medicinewheels 5:00 Learn. Group	<b>14</b> 1:30 Women's Voice 2:00 Planetarium Outing 5:00 Affordable Housing Workshop	<b>15</b> 1:00 Kathy the nurse 1:30 Beading 5:30 Boardwalk Training for Committee	<b>16</b> 2:00 Crisis Grant Workshop 5:00 Women Surviving Together	<b>17</b> 1:30 Law Student <b>1:30 RAFFLE</b>  <b>2:00 JOY</b> <b>MCPHAIL VISITS</b>	<b>18</b>
<b>19</b> <b>1:30</b> <b>MAKE OVER</b> <b>DINNER</b> <b>CELEBRATION</b>	<b>20</b> 1:30 Aids Van. 1:30 Sexual Assult Workshop 5:00 Learn. Group	<b>21</b> 1:30 Women's Voice 2:00 Bowling Outing 2:30 Happy Birthday!	<b>22</b> <b>CHEQUE DAY</b> <b>CENTRE OPEN</b> Videos	<b>23</b> 1:30 Law Student 2:00 Christmas Decorations - Juliestuff 5:00 Women Surviving Together	<b>24</b> <b>1:30 RAFFLE</b> 2:00 Video	<b>25</b>
<b>26</b> 1:30 Bingo	<b>27</b> 1:30 Aids Van. 2:00 Origami 5:00 Learn. group	<b>28</b> 1:30 Women's Voice 1:30 Volunteer Pool and Pizza	<b>29</b> 1:00 Kathy the Nurse 1:30 Beading 3:00 Theatre Outing	<b>30</b> 2:00 Christmas Decorations - Doughworks 5:00 Women Surviving Together		

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 to

There will be a **Potluck meeting Sunday, Nov. 12th at 5:00** of outside volunteers to discuss ways in which volunteers can help the Centre; they would like some feed back. We will meet, brain storm and decide on some activities. Centre volunteers are welcome to join in.

Some suggestions:

Raffle to raise funds for Centre volunteers

Sharing computer skills for one on one tuition

Moving and Transportation assistance-volunteers to help women move or go to some far off place

Making meals for volunteer dinners and special Centre dinners

Let's make use of the resources we have. These women have access to all sorts of stuff and have tons of knowledge that they are willing to share.

### **HALLOWEEN WAS A HOOT!!!!**

There were over 25 women and children here for the Party. We had games, which were hilarious and exhausting. There were tons of snacks, Katherine and Pat made delicious Rice Krispie squares. We watched 'The Candyman' ate popcorn and drank pop!! It was a great time.

This month we will be having a '**Pool and Pizza Party**' for Volunteers. We have use of the little pool at the Aquatic Centre. This is a 30' x 30', 4 FEET DEEP, pool with its own little space with tons of games, balls, hoops and floating toys for the exclusive use of the volunteers of the Centre!! We have this pool from 2:30 - 3:00 at 3:00 the general public is allowed in, but that little pool is seldom used. After all that rigorous excercise we will go for pizza and pop. Should be fun!

The **Volunteer Dinner** will be on Wed. Nov. 8 at 5pm, there will be Roast Beef and the trimmings. We will also play board games and 'QUICK DRAW". Never heard of it well you'll have to come to find out!! We will also discuss issues that have been coming up for volunteers.

## **DATES TO REMEMBER**

**WEDNESDAY, NOV. 8 5PM  
VOLUNTEER DINNER AND GAMES**

**SUNDAY, NOV. 12 5PM  
VOLUNTEER POTLUCK AND PLANNING**

**TUESDAY, NOV. 28 1:30  
VOLUNTEER POOL AND PIZZA BASH**

# ***VOLUNTEER NEWS***

## **vol.1 no.2**

**Bad news** first. There are volunteers that are consistently missing their shifts without informing the Coordinator or arranging for an alternate. That means that the Centre is left without a receptionist and/or floorworker. When it gets busy it is crucial that someone is there. There are many times in the day when there are lulls and it is really boring. It is difficult to feel like you are being useful when there isn't much to do except hang around. Unfortunately, work is sporadic, everyone calls at once or everyone wants something at once. It may seem useless and boring but it is a great help to staff, the position lends itself to people who are self motivating. There's always something to do if you look, for example; updating information boards, getting rid of out dated newspapers and magazines. If you keep busy time will go by quickly. Tardiness is also a problem, please try to be on time  
**THANKS TO WOMEN WHO HAVE FILLED IN WHEN WOMEN DO NOT SHOW UP OR ARE LATE.**

**IMPORTANT: PLEASE INFORM THE VOLUNTEER COORDINATOR IF YOU ARE GOING TO MISS A SHIFT, ARRANGEMENTS CAN BE MADE. IF YOU ARE LATE CALL IN. EMERGENCIES AND CRISIS ARE UNDERSTANDABLE JUST LET US KNOW. THANK YOU. THANK YOU.**

There is a new policy be aware of these changes: **THIS WILL BE DISCUSSED FURTHER AT THE VOLUNTEER DINNER**

If a woman misses 3 shifts in a month without notifying the program coordinator their roles will be evaluated. Possibly that persons shifts will be reassigned for the month.

If a woman consistently misses her shift with notification 6 instances a month are allowed.

There are many other kinds of tasks that can be done at the Centre. Women may be suited to a less formal and rigid time structure. The receptionist job is for someone who needs structure and prefer defined tasks. That is not so for everyone.

**Good News**, there is definitely more good news than bad news. There are 12 new volunteers at the Centre, 8 from the area and 4 from outside the area. That pushes our membership to close to 50!!

It finally happened, the Centre got painted thanks to the very, very, hard work and dedication of the volunteers. **BIG WARM THANKS TO: Lorraine, Selina, Dawn, Florence, Onilla, Yin, Katherine, Charlotte, Betty, Doris, Freeda, Barbara, Jeannie** if I missed your name, I'm sorry. You all know who you are and we thank you.

Because of all the cleaning, painting and decorating, thank you to Clo who donated her time and creativity to repaint the front window, we would like to maintain the tidiness of the Centre. We will have a cleaning party every two months. It will happen on a Friday night, there will be food and refreshments and after all the cleaning we will kick back and relax.

**FALL 'CLEAN - UP' MAKE OVER  
CELEBRATION DINNER**

***SUNDAY, NOV. 19TH 1:30***



**NEW PAINT JOB  
NEW WINDOW DECORATIONS  
CLEAN VENTS  
ETC. ETC.**



**THE SOROPTIMIST CLUB OF  
DOWNTOWN VANCOUVER  
WILL HOST THE DINNER**



**ALL WOMEN AND CHILDREN  
WELCOME**

## **WELFARE CHANGES**

It's getting harder for people on welfare to get what they need. Here are some of the recent changes to welfare laws and policies in B.C.

### **Crisis Grants**

Effective Aug. 4, 1995 the Ministry changed it's policy on crisis grants, making it harder for people to get them. Now the Ministry says crisis grants will be given to people on welfare under two conditions. These are:

1. You have to have additional expenses because of sudden and unforeseen circumstances.
2. You also need to have checked out all other sources of money, including child tax credit, GST refund, assets and "community resources" (translation: food banks and soup kitchens).

The new policy says that anyone who gets three crisis grants in three months will be administered (this means that the Ministry will manage their money).

The new policy also has a list of 36 things that can't be paid for with crisis grants. The list includes telephone hook up charges, answering machines, education and training, car insurance or repairs, fines, cab fares, counseling, tools for work, co-op shares, immigration fees, and more.

Financial Assistance Workers (FAW's) can authorize crisis grants up to \$250. The District supervisor has to approve grants between \$250 and \$500. The Area manager has to approve them if they are over \$500.

The good news is that all of this just policy and policy is not law. So if you need a crisis grant and your worker says "no", appeal.

### **Hardship grants**

The hardship rules are in regulations which are part of B.C.'s welfare law (called the GAIN Act and Regulations). Hardship is for people who don't qualify for regular welfare benefits. People waiting for UI or refugees are two examples of people who can sometimes get hardship.

New hardship rules come into effect on Oct. 30, 1995. They say that people who refuse work or quit or are fired will not be able to get hardship, unless it was beyond their control. People who get hardship also have to pay it back when they find a job or come into some money.

## **Asset Levels**

Single people and childless couples won't be able to keep as much money in the bank with the new rules. They go into effect Oct. 30, 1995. Single people used to be able to keep \$2,500; after Oct. 30th, it will be only \$500.

Childless couples used to be able to have \$5000; after Oct. 30th it will be \$1000. A house and one car are exempt.

If you are a single person or a childless couple on welfare, with assets above the Oct. 30th limit, consider spending them on something you need before Oct. 30th. Otherwise the Ministry will cut you off welfare until your asset levels are below their new limit.

## **Health changes**

The Ministry has introduced a new diet allowance schedule:

- \$10 a month for low salt diet
- \$15 a month for diabetes
- \$30 for some people who need kidney dialysis
- \$40 for a high protein diet
- \$40 for a gluten-[free diet
- \$50 for cystic fibrosis

The diet allowance for pregnant women will increase to \$40 from \$25. Mothers can receive it from pregnancy until the baby is seven months old.

*(All of the above information is from an ELP pamphlet. Contact ELP at 879-1209 if you want to know more or talk to our advocate here!)*