

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver
FEBRUARY 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Monday 10:30-5 Tues. 11:30-5 Weds. 10:30-5 Thurs. 10:30-5 Fri. 10:30-5 Sun. 12:00-5	LUNCH SERVED DAILY AT 12:30			1 1:30 Law Student 2:00 Ceramics 4:00 Cantonese Helper 5:00 Women Surviving Together	2 1:00 - 4:00 Massage 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	3
4 1:30 BINGO	5 1:00 - 4:00 Massage 1:30 AIDS Vancouver 2:00 Yoga 5:00 Learning Group	6 11:00 BRACKENDALE EAGLE WATCH 1:15 Women's Voice 2:00 Work on Garden Plot 4:00 ESL Lessons	7 1:00 Kathy the Nurse 1:30 Beading 5:00 Battered Women Support Group	8 11:30 Welfare Issues 1:30 Law Student 2:00 Western Beaded Scarves 4:00 Cantonese Helper 5:00 Women Surviving Together	9 12:30 Law Student 1:00 - 4:00 Massage 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	10
11 1:30 Work on Garden Plot 2:00 Video	12 1:00 - 4:00 Massage 1:30 AIDS Vancouver 2:00 Music group 5:00 Learning Group	13 1:15 Women's Voice 2:00 Ice Skating and Hot Chocolate 4:00 ESL Lessons	14 1:00 Law Student 1:30 Beading 5:00 Battered Women Support Group	15 1:30 Law Student 2:00 Wood Carving 4:00 Cantonese Helper 5:00 Women Surviving Together	16 1:00 - 4:00 Massage 1:30 RAFFLE 2:00 Wood cr 2:00 Video 5:00 Vol. Nite	17
18 1:30 BINGO	19 CHINESE NEW YEAR CELEBRATION 1:00 - 4:00 Massage 1:30 AIDS Vancouver 2:00 Music Group 5:00 Learning Group	20 1:15 Women's Voice 2:00 Birthday cake 2:00 Garden Plot 2:00 Swimming 4:00 ESL Lessons 4:00 - 8:00 HEALTH FORUM	21 CHEQUE DAY 1:30 Freeda's Knitting Circle 2:00 Video 5:00 Battered Women Support Group	22 2:00 Aboriginal Justice Workshop 4:00 Cantonese Helper 5:00 Women Surviving Together	23 1:00 - 4:00 Massage 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	24
25 12:00 - 4:00 BAZAAR!! Soroptimist Shop and Snak at the Centre 1:30 Work on Garden Plot	26 1:00 - 4:00 Massage 1:30 Tenants Rights Workshop 1:30 AIDS Vancouver 2:00 Yoga 5:00 Learning Group	27 1:15 Women's Voice 2:00 Health Workshop HEART MONTH Heart rate and Blood Pressure 4:00 ESL Lessons	28 1:00 Law Student 1:00 Kathy the Nurse 1:30 Beading 1:30 Theater Outing TBA 5:00 Battered Women Support Group	29 1:30 Law Student 2:00 Fragrant baskets with Reta 4:00 Cantonese Helper 5:00 Women Surviving Together		

note*** - sometimes things get canceled or set up on another day make sure to check "Update sheet" on the front chalk board and Activities Board***

THAT WAS A REALLY FAST MONTH!! FEBRUARY IS HEART MONTH . WE ARE HAVING A HEALTH WORKSHOP ON TUES. FEB. 27 AND A HEALTH FORUM ON TUES. FEB. 27. IT IS ALSO THE BEGINNING OF THE YEAR OF THE RAT IN THE CHINESE CALENDAR. THERE WILL BE A CHINESE NEW YEAR CELEBRATION, WITH CHINESE CUISINE AND ENTERTAINMENT.

NEW NEW NEW

Massage at the Centre every Friday and Monday from 1 - 4, it will be a 45min. Massage. First come first serve there will be a sign up sheet and you will need to take a shower before.

Yoga and Music groups to alternate every Monday from 2 - 4. Learn some relaxation techniques increase your circulation and flexibility. Join the music group to learn to make your own instruments - for every one not just musicians.

WOMEN'S CENTRE BAZAAR - Soroptimist Shop and Snak - Sunday, Feb. 25 12:00 - 4:00

The Soroptimist, who gave a chili lunch in Nov. Are back!! They have bags of clothes, toiletries, shoes, etc. And will be having a Bazaar. There will sandwiches and refreshments. First come first served. Each woman is entitled to tickets which they can trade for items at the Bazaar. Part of the Centre will be closed off so that women may shop in peace. There will be 5 women in the Bazaar at once and they have 15 minutes each. It will be fun!!

Cantonese Speaking helper - Every Tues. and Theresa to assist Cantonese speakers adjust to the Centre.

REGULAR PROGRAMMING

AIDS - Margareth from AIDS Vancouver will be here every Mon. At 1:30.

Learning Group - The Group meets every Monday night at 5:00, a meal is served, to help with the different issues associated with learning. This is where you can improve your memory, math and writing skills and other learning areas.

Women's Voice - Tuesdays at 1:15 come out and make you opinions heard. This is where Centre users can have their say in what they want form the Centre. We can make changes only if we know what the problems are.

Battered Women Support Services - Wed. At 5:00. Support Group for women who have experienced violence. Meal provided.

Law Student - CHECK CALENDAR. They are here to help with all your legal needs if they can't help you they will know who can. This includes help with Welfare, MSP, Handicapped etc.

Women Surviving Together - This is a support group for women in the Downtown Eastside that meets every Thursday night at 5:00. We have a meal and a circle. This is where women can come for support on all kinds of issues, and talk about the problems they are experiencing or have overcome. It's a place to share and get stronger.

Raffles - We have a raffle every Friday at 1:30. Through the week we get donations that are not clothes that women may 'win' on Fridays. You need to enter your name during lunch before the raffle.

Bingo - There is Bingo every other Sunday, this month it is on Feb. 4 and 18 at 1:30.

WORKSHOPS

There will be a **discussion group on Welfare Issues** on Thurs. Feb. 8 at 11:30 Women are gathering to gain strategies and share experiences on the welfare battleground. Get info. And share info.

Aboriginal Justice Workshop, Thurs. Feb. 22 at 2:00. What are your Rights as a First Nations Woman. The different levels of government and the differences between Bands etc.

Tenants Rights Workshop, Mon. Feb. 26 at 1:30. As it becomes more and more difficult depending on Social Services to do their job how to protect yourself as a tenant.

Heath Workshop, Tues. Feb 27 at 2:00. For Heart Month we will learn how to take our own Blood Pressure and Heart Rate. Find out how to care for the ticker live longer, and healthier.

CRAFT WORKSHOPS - At least twice a week including Beading every Wed. At 1:30. All materials provided.

Theresa, Feb. 1 at 2:00 - **Ceramics** make your own clay wares or paint pre-formed cups and bowls.

Theresa, Feb. 8 at 2:00 - **Western Beaded Scarf** with Denney. Make your own fashion statement.

Thurs. Feb. 15 and Fri, Feb. 16 at 2:00 - **First Nations wood carving workshop** with Diane Green! Learn to carve using red and yellow cedar. This is a two day workshop and you should be here both days.

Wed, Feb. 21 at 1:30 - **Freeda's Knitting Circle**, learn to knit, learn new stitches or work on your own projects.

Theresa, Feb. 29 at 2:00 - **Make fragrant baskets** out of pine needles with Reta. Bring your own treasures to use.

OUTINGS - Usually on Tuesdays except Theater Outings which are on Wednesdays.

BRAKENDALE EAGLE WATCH, Tues. Feb. 6 11:00am. A full day trip up to Squamish to see eagles!! It is a beautiful spiritual place. We can enjoy nature and get some really fresh air. There will be a lunch offered, we will be back by 5.

Also on Tues. Feb. 6 at 2:00, Carolyn will come by to pick up women to work on the Garden if the weather warms up!!

Garden work will also happen on Sun. Feb. 11 at 1:30, Tues. Feb. 20 at 2:00 and again on Sun. Feb. 25 at 1:30.

Tues. Feb. 13 at 2:00 is the last time we will go **Skating** for the Winter. We will leave at 2:00 to go to Britannia Community Centre. There will be sandwiches and hot chocolate!! You don't have to be a skater to join the fun!!

We are going **swimming** again on Tues. Feb. 20 at 2:00. We will go to the Aquatic Centre, we have the Training pool for half an hour for the warm up then on to the BIG pool!! There will be a snack. Suits, towels and toiletries provided.

The **Theater Outing** this month is on Wed. Feb. 28 at 1:30 there is no program yet it will be posted ASAP. Also keep your eyes open because we often get free tickets during the month, notices will be posted.

HEALTH FORUM UPDATE!!! HEALTH FORUM UPDATE!!!!

**TO: ALL THE WOMEN
THE DOWNTOWN EASTSIDE WOMEN'S CENTRE
FROM: LYDIA MASEMOLA
SOCIAL CHANGE PROJECT COORDINATOR**

HELLO WOMEN

I would like to give you an update of what kind of activities I have lined up for the last few weeks of the project.

On Tuesday February 20, 1996 I have scheduled a health forum for all women. The forum will offer information about health issues that are of concern to women living in or accessing the Downtown Eastside. Various organizations such as Sheway, Vancouver Native Health, Deyas, Battered Women's Support Services, Aids Vancouver, Core Women Care and many more have been invited to set up information tables. This is a great opportunity to find about the agencies that are meant to help you. At previous Women's Voice meetings, women said that they would also like to have workshops on various health concerns such as proper nutrition, mental wellbeing, drug and alcohol addictions, HIV/AIDS awareness , etc. Your wish will come true. There'll be at least two workshops during the forum. The starting time is 4pm. Workshops will be held at 5pm and 6pm. At 7pm we're going to serve a huge meal and wrapup time is 8:30pm. If anyone is interested in volunteering or putting in suggestions you can talk to me. I would really appreciate any input. But come to Women's Voice, this is where we are planning stuff.

Also in February, look for visits from politicians. I have contacted the Ministries of Housing and Health to try and schedule the ministers. I'll keep you posted on that!

**Thanks,
Lydia**

A WORD ABOUT THE BATTERED WOMEN SUPPORT GROUP...

On Wednesday nights here at the Centre, there is a very important Support Group from the Battered Women Support Services. Its a group for women who need support who have been traumatized by abusive situations.

I am one of those women who have been abused physically and mentally. The trauma is devastating but thanks to this group on Wednesday nights here it is going to help me alot. If you are interested please come and join us. For more information please talk to Marion or Reta.

DISCUSSION GROUP ON WELFARE ISSUES THURSDAY FEB. 8 AT 11:30AM

Joy McPhail, The B.C. Minister of Social Services, was at the Women's Centre in November. The event was a public discussion regarding Welfare Issues. There will be a follow up meeting for those interested in hearing what happened also to discuss what we can do to make changes and be heard.

CHILD APPREHENSION

If anyone is interested in attending meetings or obtaining information on the subject of Child Apprehension, please speak to Lydia.

UPDATE ON NEEDLE POLICY MEETING

No Drug or Alcohol **USE** at the Centre

Disruptive women are asked to leave for the day.

NO searching women's belongings or person.

We **DO NOT** want to exclude users from the Centre.

We need to respect the space at all times.

We need to work towards understanding each other.

Start a Support Group for users and non-users.

STAFF TO SECURE NEEDLES.

No **USED** needles - please exchange them at DEYAS 2 blocks away before coming to the Centre, or place in Sharps container.

Staff designated as 'keeper' of the needles.

Women place needles in a zip-loc baggie with their names.

Staff locks in a lock box.

Women request needles when they are ready to leave.

If women continue to bring needles in and are discovered they will be given 2 warnings on the third time they will be barred for a specific time.

Women suspected of carrying needles - Inform them of the policy and ask that they comply.

NO FIXING.

In instances someone is suspected of fixing in the bathroom. Knock on the door.

No response - enter immediately

Response - give them five minutes then enter

There should always be two staff members involved.

The meeting was a big success. Thank you to everyone who participated. This shows that we care for each other and we are willing to work together for solutions that are inclusive. These suggestions will be taken to the Steering Committee for further discussion and a policy will be adopted soon.

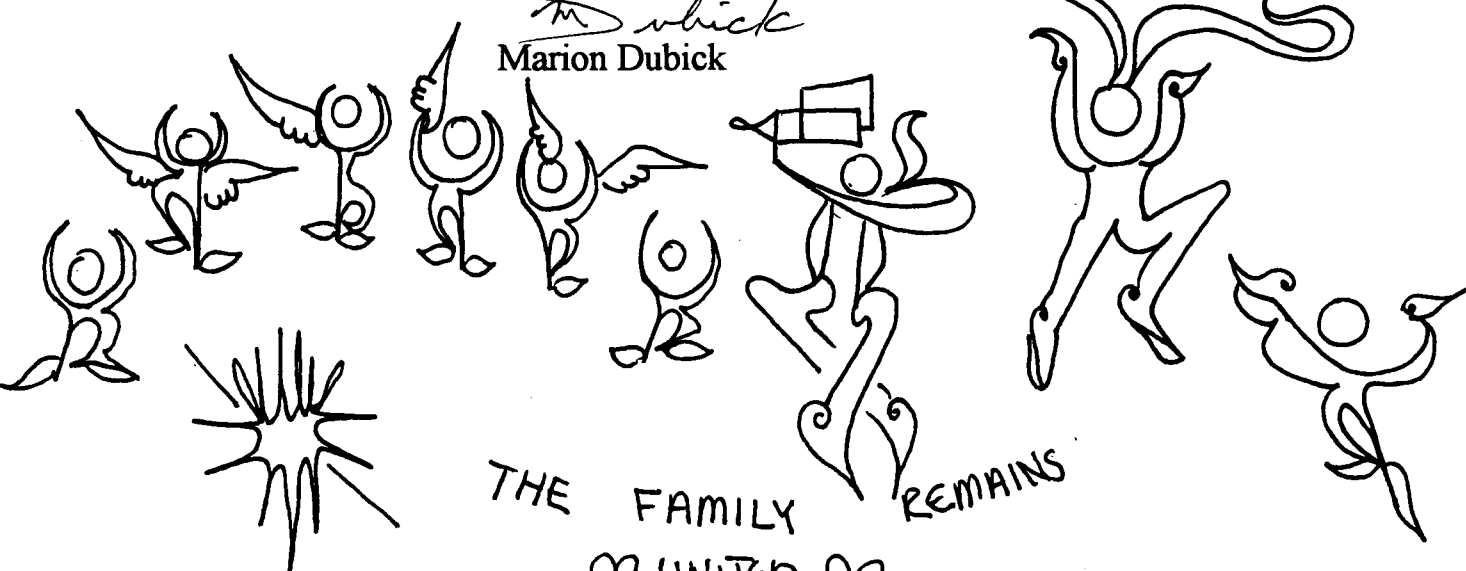
To All Women:

The Women's Center is doing security again this year for the Feb. 14 march to honor the women who have died in the downtown eastside area. This march is a chance to pay our respects and to let the community know we as women would like to be safe in our community. Come and MARCH down the streets with us. The march will start at Carnegie center at 10:30am with prayers and speakers and we will be leaving Carnegie at approx. Noon the march this year will end at Four Sisters Co-op with food and speakers. I am personally hoping that it will not be as cold as last year so dress warm. I thank you all for your help with security if you have any questions please feel free to ask me. Thank you!!!!

All my relations:

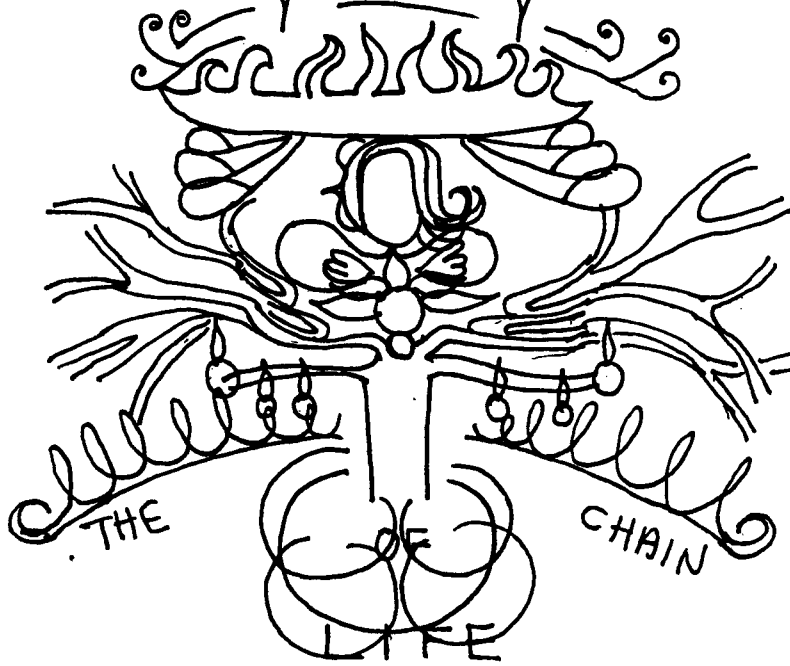
M. Dubick
Marion Dubick

REMEMBER
OUR
SISTERS



THE FAMILY REMAINS

♥ UNITED ♥



Administrator/Fundraiser Position

Hi, I am Diane Hale. Some of you have known me for the four years I have worked as the Fundraiser. For the women that don't know me and for everyone's information I thought I would update you on the changes in my position. When I worked as the Fundraiser I worked out of my home because there was not enough space at the Centre for me to work here. Also, the Fundraiser position does not provide any direct services to all of you that drop in. My responsibility is to ensure there is enough money coming in every year so that we have staff to provide the direct services, for food every day and getting more money so the Centre can be open more hours and the services provided can be increased. Angela, as the Administrator, was not responsible for direct services either. She was the representative for staff to the Steering Committee and was responsible for the overall smooth operation of the Centre. When Angela left as the Administrator the Steering Committee decided not to replace her. So that money can go to direct services. The Steering Committee has approved of me doing both jobs until March 31, 1996. So now I am the Administrator/Fundraiser. By March 31 there will be an evaluation of this situation. In the meantime I will be working at the Centre, Monday to Friday, 9 to 5, but I do attend alot of meetings that take me out of the Centre. The one thing that I wanted to explain is that even though I am at the Centre I do not provide direct services. I will come out of my office when I can but funding comes with funding deadlines. That means I could have a grant due by 4 PM on a certain day and if I do not submit the grant on time the Centre won't get that money. Therefore some days I won't have any time to talk. I am sorry about that because I like seeing and talking to all of you but sometimes I just can't.

STAFFING CHANGES

Good news on the staffing!! Funding has come from the Ministry of Health through G.V.M.H.S.S. for two new Advocates to work at the Centre. Elaine Piche will start on January 29, 1996 and Kathleen Cummings will start January 30, 1996. Many of you will know Kathleen from her time at the Centre before she moved to Montreal, she is moving back to Vancouver and a full time job at the Centre. These advocates will do similar work as our Legal Advocate has been doing plus more. We are all very excited about this new increase in staff and services we can provide.

Diane the fund-raiser is working in the Centre doing administration as well, this is covered separately explaining the details.

Ann is on sick leave to recover from a persistent respiratory infection, she plans on returning in February. Judy has been responsible for the kitchen while Ann was away. Julie and Gail help out in the kitchen when necessary but were hired to work as relief staff and they have been floor workers for most of January. With two new staff there will be some changes and the floor worker situation will need to be discussed to decide who is doing it. As soon as we know there will be a poster put up explaining the floor worker situation.

Marita was hired as a relief worker and has been working the Sunday shift.

Toni, our welfare and legal advocate, is on sick leave. Donna worked as the Legal Advocate for January but she got a full time job and her last day at the Centre is January 25th.

THERE HAVE BEEN QUITE A FEW CHANGES IN THE CENTRE, FORTUNATELY THE SERVICES WE OFFER HAVE NOT BEEN EFFECTED. IF YOU HAVE ANY COMMENTS OR SUGGESTIONS PLEASE FEEL FREE TO SPEAK TO A STAFF MEMBER. THAT'S WHAT WE ARE HERE FOR.

VOLUNTEER NEWS

JANUARY 1996

vol. 2 no.2

At the meeting on Friday, Jan 20 we discussed the policy to dismiss volunteers. In the past 3 months two volunteers have been asked to look for other volunteer opportunities. Currently there is no policy in place for the Volunteer Coordinator to follow regarding dismissals or for the women concerned to appeal. At the meeting there were some solutions offered;

1. New volunteers should be on a one month probation period to evaluate suitability.
2. When the Volunteer Coordinator encounters problems there should be 2 warnings to new and current volunteers.
3. Volunteer Coordinator and volunteers should try and assess problems and find creative solutions. For example if the time schedule doesn't work for the volunteer arrangements should be made.
4. Some of the concerns; tardiness, not showing for shifts, rudeness to other women, theft, repeated complaints from other women etc. Women should be given concrete justification for concerns.
5. Volunteer in question may go to volunteer meetings to voice objections or approach the Steering Committee to intervene on their behalf.
6. If women have complaints or suggestion they can approach the Volunteer Coordinator or if that is not possible consult another staff member or approach the Steering Committee. There should be some recourse for volunteers.
7. The Volunteer Coordinator will assist the Volunteers who are asked to leave, to secure a new position.
8. Volunteers who have been asked to leave can reapply again after a suitable time period - six months suggested. There will be a probation period of one month in all instances.

THESE ARE SOME SUGGESTIONS IF THERE ARE ANY OBJECTIONS OR OTHER SUGGESTIONS PLEASE BRING IT TO THE VOLUNTEER NIGHT MEETINGS. THESE SUGGESTIONS WILL BE BROUGHT TO THE STEERING COMMITTEE FOR THEIR PERUSAL. A FORMAL POLICY WILL BE IN PLACE IN MARCH. YOUR CONTRIBUTIONS ARE NEEDED.

The Photocopier Workshop was canceled due to STRESS!! Sorry, I did not get the work sheets ready in time!! We will be having the Workshop on Friday, Feb 9 at 5:30!! For sure.

There will be a Computer tutor at Volunteer Nite every week, take this opportunity to prepare yourself to enroll in a formal computer course. Learn about the basic components of the computer and basic functions. See Cynthia about practice times.

The Volunteers DINNER is going to be on Friday Feb. 16.

There have been suggestions of what we can do on Volunteer Nites; Board Games, Crafts, Dancing, Videos, BINGO, Outings, etc.

We will try to organize something different each week, women do not have to participate we will try to accommodate everyone. There can be other activities happening at the same time.

DATES TO REMEMBER

TUES. FEB 6, 11AM - TRIP TO BRACKENDALE
Volunteers welcome

FRI. FEB 2 - SEWING

We have material and a sewing machine you can make stuff for your place.

FRI. FEB 9 - PHOTOCOPIER WORKSHOP

Learn how to master the beast and never get frustrated again??

FRI. FEB 16 - DINNER

Surprise. Also we will play board games and charades.

FRI. FEB 23 - LINE DANCING

Volunteer will come in to show us some fancy steps.

Changes to BC Benefits in GAIN:

Here is a brief list of some major changes to GAIN or welfare law effective Jan 96:

For employable persons:

single, employable youth up to age 24: \$546 for the first month, and then \$500 per month thereafter (**deduction** of \$46 per month)

employable couples up to age 24 without children: \$903 for the first month, and then \$811 per month thereafter (**deduction** of \$92 per month)

single employable adults 25 to 54 years of age: \$546 for the first month, then \$500 per month thereafter (**deduction** of \$46)

employable couples 25 to 54 years of age: \$903 for first month, then \$811 per month thereafter (**deduction** of \$92 per month)

For people with drug and/or alcohol dependency: \$550 per month
(**deduction** of \$46 per month)

For families with dependent children (all ages): no changes in rates

For people with disabilities: no changes in rates

For seniors: no changes

For people who are temporarily medically unemployable: no changes in rates

OTHER CHANGES INCLUDE:

-starting in April 96, low income families will be able to have basic dental and vision care coverage for dependent children

-in July 96, BC Family Bonus will provide low and modest income families with a monthly cheque of up to \$103 per child under age 18

-families who qualify will be contacted by May 96; find out if you are eligible!

-young people between 19 and 24 will have to participate in job search, job preparation, work experience or work training in order to receive monthly benefits

-after 3 months in the Youth Fare program, youth can keep up to 25 % of any income they earn

-for employable people between 25 and 54 involved in Welfare to Work program, these adults can keep 25% of earned income after being part of program for 3months

-as of Jan 1st 1996, to be eligible for GAIN, a person must have resided in BC for 3 months, the only exception to this rule is if it is a person with dependants

-current income assistance rates will be maintained for unemployable adults between 55 and 64

-people between 60 to 64 will have the option of participating in Welfare to Work programs

**WHAT DO YOU THINK ABOUT THESE
CHANGES???**

call 1 800 784 0055 toll free

LAW STUDENT NEWS

Do you need more money?

You are entitled to a **GST refund** 2 times a year. All low income Canadians are entitled to this refund.

If you have children in your care then you are also entitled to a **Child Tax Benefit** payment every month.

How big your refund will be depends on the number of kids in your care. But everyone will get something.

To get this money you have to fill out a tax return by April 30. The law students -- Rachel, Krista, Benita and Andrea -- can help you fill out the forms in February and March. Sign up with Cynthia to see one of them.

Are getting Old Age Security?

You must renew your Guaranteed Income Supplement in February.

Bring your form in and the law students will help you fill it out.

See the calendar for the law students' schedule.

February

Thursday, Feb. 1 -- 1:30-3:30 -- Andrea

Thursday, Feb. 8 -- 1:30-3:30 -- Rachel

Friday, Feb. 9 -- 12:30-2:30 -- Benita

Wednesday, Feb. 14 -- 1:00-3:00 -- Krista

Thursday, Feb. 15 -- 1:30-3:30 -- Andrea

No student the week 19-23!

Wednesday, Feb. 28 -- 1:00-3:00 -- Krista

Thursday, Feb. 29 -- 1:30-3:30 -- Rachel

March

Thursday, March 7 -- 1:30-3:30 -- Andrea

Friday, March 8 -- 12:30-2:30 -- Benita

Wednesday, March 13 -- 1:00-3:00 -- Krista

Thursday, March 14 -- 1:30-3:30 -- Rachel

Thursday, March 21 -- 1:30-3:30 -- Andrea

Friday, March 22 -- 12:30-2:30 -- Benita

Wednesday, March 27 -- 1:00-3:00 -- Krista

Thursday, March 28 -- 1:30-3:30 -- Rachel

Attention Women on GAIN:

Rachel, the law student, will be meeting with someone from Joy MacPhail's office (the Ministry of Social Services) to let them know about the real people that welfare changes affect.

If you are interested in participating, this meeting will be on Thursday, February 1st, 1996 at 1:30 p.m.
Location to be announced.

Please contact Rachel at 822 5791,
OR leave a msg here for her!

***LET THEM KNOW HOW IT IS
GOING FOR YOU!!!!***