

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver
AUGUST 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 10:30 ESL 1:30 Women's Voice 2:00 Dreamcatchers with Vicky 5:00 Women Surviving Together	2 2:00 RAFFLE 2:30 Video 5:00 Vol. Nite	3 12:00 POSITIVE WOMEN SUPPORT GROUP
4 1:30 BINGO 2:00 Free Haircuts	5 CENTRE CLOSED	6 2:00 Boundary Bay Picnic	7 11:00 First Nations Drumming 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	8 10:30 ESL 1:30 Women's Voice 2:00 Julie's Craft Corner 5:00 Women Surviving Together	9 2:00 RAFFLE 2:30 Video 2:30 45 PLUS Support Grp 5:00 Vol. Nite	10
11 1:30 Work on Garden Plot 2:00 Video 2:00 Free Haircuts	12 2:00 AIDS Vancouver 1:30 HEDY FRY MEETS DEWC 3:00 Grief Support Grp 5:00 Learning Group - Natural History - Outing to Camosun Bogs	13 2:00 Canoeing and Picnic in Deep Cove	14 11:00 First Nations Drumming 1:00 Kathy the Nurse 1:30 Law Student 1:30 Beading 5:00 Alcohol and Drug Support Group	15 10:30 ESL 1:30 Women's Voice 2:00 Dreamcatchers with Vicky 5:00 Women Surviving Together	16 2:00 RAFFLE 2:30 Video 2:30 45 PLUS Support Grp 5:00 Vol. Nite	17 12:00 POSITIVE WOMEN SUPPORT GROUP
18 1:30 BINGO 2:00 Free Haircuts	19 11:00 Video on Autism 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Natural History - Outing to Everett Crowley Park	20 2:00 Julie's Craft Corner [REDACTED] [REDACTED]	21 1:00 Kathy the Nurse 1:30 Health Workshop Breast Self Examination 1:30 Beading 5:00 Alcohol and Drug Support Group	22 10:30 ESL 10:30 Mission Medicine Wheel 1:30 Women's Voice 5:00 Women Surviving Together	23 2:00 RAFFLE 2:30 Video 2:30 45 PLUS Support Grp 5:00 Vol. Nite	24
25 1:30 Work on Garden Plot 2:00 Free Haircuts 2:00 Video	26 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Natural History - Outing to Angus Park	27 2:00 Strathcona Park Games and BBQ	28 CHEQUE DAY 5:00 Alcohol and Drug Support Group	29 10:30 ESL 1:30 Women's Voice 2:00 Dreamcatchers with Vicky 5:00 Women Surviving Together	30 1:00 Law Student 2:00 RAFFLE 2:30 Video 2:30 45 PLUS Support Grp 5:00 Vol. Nite	31 12:00 POSITIVE WOMEN SUPPORT GROUP

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

NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW NEW

A SUPPORT GROUP FOR WOMEN 45 YEARS WISE AND OVER. ORGANIZED, FACILITATED AND DEMANDED BY WISE WOMEN OF THE CENTRE. FRIDAY AFTERNOONS AFTER THE RAFFLE. DOWNSTAIRS IN CENTRAL RESIDENCE. JULIE CYR WILL BE HAVING CRAFT WORKSHOPS EVERY OTHER WEEK.

**ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION ATTENTION
HEDY FRY THE MINISTER RESPONSIBLE FOR THE STATUS OF WOMEN IS
COMING TO THE CENTRE FOR A MEETING WITH THE WOMEN
MONDAY, AUGUST 12 AT 1:30**

WORKSHOPS

First Nations Drumming - Monica will be at the Centre on Wednesday Aug. 7 and 14 at 11:00 am for drumming and singing. Come out and participate feel the amazing energy.

Autism - A series of Little Victories - Monday, Aug 19 at 11:00 am. There will be a short video, handouts and a discussion. What is Autism and how does it affect us. Personal stories.

Breast Self Examination - How to do a BSE and what to look for. There will be a video and plastic model.

REGULAR PROGRAMMING

AIDS - Margareth from AIDS Vancouver will be here every Mon. At 2:00. To answer your questions or for support.

Life Skills - on Mon. 3:00 - 5:00, dealing with issues facing women living in the Downtown Eastside. Share experiences and find creative ways to solve problems. Different topics each week. See Kathleen.

Learning Group - ON MONDAY FROM 5:00 - 8:00 meal is served, to help with the different issues associated with learning. The focus this month is on Video production and Women and Technology.

Kathy the Nurse - is in every Wednesday from 1:00 - 2:00.

Law Student - Check the schedule. 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, MSS, Handicapped etc.

Alcohol and Drug Support Group ON WEDNESDAY FROM 5:00 - 8:00, do you have a drug and/or alcohol problem? Are you trying to clean up? This may be the place to get some support, no preaching on guilt trips just sharing.

Women's Voice - Thurs. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed to make the Centre better.

Women Surviving Together - Thurs. 5:00 - 8:00 Healing Circle and support group for women.

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.

Volunteer Nights - Every Friday from 5:00 - 9:00 just for volunteers to hang out and do activities.

HIV/AIDS Women's Support Group - every other Saturday, August 3, 17 and 31 at 12:00 - 2:30, snacks and refreshments provided. Information, resources and emotional support.

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

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

DREAMCATCHERS - Thurs. August 1 and 15 at 2:00. Make a dreamcatcher to trap those bad dreams.

JULIE'S CRAFT CORNER - Thurs. Aug. 8 and 20 at 2:00. Something new every week.

CERAMICS PAINTING - Monday, August 19 and 26 at 2:00, paint your own plates and cups for your friends and family.

OUTINGS - Usually on Tuesdays.

August 6 at 2:00 - Trip out to **Boundary Bay for a Picnic**. A beautiful sandy swimming beach.

August 13 at 2:00 - **Canoeing and a Picnic in Deep Cove**.

August 22 at 10:30 - **Mission Medicine Wheel**. A day trip to the Medicine Wheel Gathering, meals will be provided. We will be leaving at 10:30 and will return in the evening. Come prepared for hot weather.

August 27 at 2:00 - **BBQ and Games at Strathcona Park**. Pick veggies in the garden, have exercise and fresh air.

Bank Discrimination Against Poor

A common problem for low-income people seems to be in producing "acceptable" pieces of I.D. to bank staff. Often, a Social Insurance Card and Birth Certificate is not enough, so picture I.D. is required as well. This picture I.D. can take the form of a driver's license or passport, which most low-income people don't have.

Even if you have the required identification, a minimum deposit and a freeze of your money for as long as 7 - 10 days is automatic. Low-income people require the full amount of their cheques in order to meet their living expenses.

The recent opening of the **Four Corners Community Savings Bank** in Vancouver's Downtown Eastside certainly signals a need for change in the way banks handle low-income clients. Money Mart has made money from the poor by charging a fee for cashing government cheques

In Canada, the Bank Act is presently under review.

B.C. Family Bonus Pamphlet Fools Parent(s) on G.A.I.N.

Parent(s) receiving GAIN won't be getting \$103 monthly per child extra income in July. It will now be deducted from their welfare cheque.

There is a toll free number you can call to get correct information about the Family Bonus. The people at this number explain that while all low-income families get the bonus, the Ministry of Social Services will deduct it from your welfare cheque. Make your voice heard.

The numbers are: Lower Mainland 951-6892
Outside Lower Mainland 1-800-648-6188

Parks "Leisure Access Pass" Cuts

Until now, low-income people could simply declare their income was below the poverty line. This would give them free passes for swimming, skating, etc., and reduced cost or free lessons. The pass would also allow you to use other fitness facilities for 50 per cent less.

As of June 1st, Leisure Access Pass holders can't get discounts on fitness centres. In addition, low-income people who are not on welfare have to fill out an application form, available in July, disclosing detailed income information. The form is to be mailed or taken to the Parks Board office on Beach Avenue and will take from 4 - 5 weeks to process.

Parks "Leisure Access Pass" Cuts (Cont'd)

With so-called "procedural changes" low-income people who are not on GAIN will be scrutinized more intrusively and others will be denied use of fitness facilities because of cost.

If you would like to get involved in protesting these underhanded changes to the pass program, please call Michelle at 879-1209.

Fraud Squad

Due to DERA's efforts, the police have informed welfare fraud investigators that it is illegal to enter tenants' rooms without permission from the tenant.

If anyone hears that this is still going on, please get the tenant involved to speak to an advocate about it or contact DERA.

Eating Disorder Workshops

The Canadian Association of Anorexia Nervosa and Associated Disorders will be holding workshops at the Mount Pleasant Community Centre. These workshops are free to anyone interested. They will be held on the 1st and 3rd Tuesday of every month beginning the month of August and onwards. The times will be from 7 p.m. to 8:30 p.m. The workshops will have two facilitators - one is a consumer and the other has formal training. The workshops are loosely structured and unthreatening.

If you require more information about the above workshops or have any other questions, please contact:

Canadian Association of Anorexia Nervosa and Associated Disorders
109- 2040 W. 12th Avenue
Vancouver, B.C.
Phone: 739-2070

VOLUNTEER NEWS

AUGUST 1996

vol. 2 no. 8

WE ALL SURVIVED THE CAMPING TRIP. THERE WERE ABOUT 7 VOLUNTEERS ON THE CAMPING TRIP AND EVERYONE WAS WORTH THEIR WEIGHT IN GOLD. THANK YOU TO ALL THE VOLUNTEERS WHO HELPED OUT IT MADE MY JOB SO MUCH EASIER. EVERYONE SAID THAT THE TRIP WAS TOO SHORT, THERE WAS NO TIME TO RELAX!! MAYBE NEXT YEAR WE WILL GO FOR THE FULL HEALING GATHERING.

At the Volunteer Meeting on July 12th, there was repeated concerns about the Volunteer Coordinator not clamping down on women who miss their shifts. When Women do not show for their shifts it means that other volunteers have to bear the burden of the absence. There will be consultations done to come up with a system that works. It is recognized that unforeseen situations come up and it is not always possible to call or inform the Coordinator. Unfortunately it appears that this happens with certain people only. There needs to be a good solution.

August is cleaning month. We will be cleaning the Centre on Tuesday, August 20th from 5pm to 10pm. We will go out for a meal after. Ten responsible, reliable, cleaners required. Please speak to Cynthia if you are interested.

June Pang the computer Girl will not be coming in for the month of August for computer sessions. She needs a vacation and will be reassessing the sessions. June will be back in September to resume the computer training.

There will be no specific programs for Volunteer Nights unless people suggest something that is not related to BINGO. It would be nice to go to the Park for a BBQ or something if people are interested. There will be a meeting and dinner on Friday, August 23.

COMMUNITY OUTREACH

Hi! My name is Josette and I am a counsellor. I will be at the Women's Centre Tuesday afternoons from about 2:00 to 3:30pm. I mainly work with people who have been sexually abused, their friends and family. If there is anything you would like to talk about, perhaps about yourself or a friend or family member I would be more than happy to speak with you. You might have some questions about how sexual abuse can effect you later on in life or what the laws are about sexual abuse or whatever?? I have some information material and I will try my best to answer any questions you may have. If I don't know the answer, I'm sure we can find it out there somewhere! I know talking about sexual abuse is not the easiest thing to do, especially with someone you don't really know, so at first I can just spend some time getting to know some of you (some of you have seen me around the centre before). I'm also more than willing to just chat about whatever! I look forward to getting to know you better!

Josette



**I NEED HELP
SAT. AUG. 3
COTTONWOOD
GARDENS**

10:00 AM

**CLEARING BLACKBERRY
BUSHES TO MAKE SPACE FOR**

**THE SWEAT
LODGE**

**BRING A LUNCH AND COME
AND HELP IT WILL BE FOR
WOMAN OF THE DOWNTOWN
FOR DETAILS SEE
MARION**

ATTENTION WOMEN

SWEAT LODGE

For those women who are interested in having a sweat lodge in the Downtown Core it is happening. A sweat lodge is a sacred place where people go for cleansing and healing. The lodge is about waist height and you sit inside. It is really dark inside so you can go within and connect with the Creator without being distracted. It is a place for prayer where hot rocks are brought in that help with the sweating process. This is a Native tradition that will be open to women of all races.

Marion and Reta have been working on getting it together. We WILL NEED some HELP. If you are interested in helping and/or have excess supplies below is a list of the things that we will need.

Help with clearing the land to prepare for the lodge.

Blankets and or cloth to cover the lodge.

Fire wood!!! Keep your eyes open for free fire wood!!!!

A pick fork

A water bucket

HIV/AIDS

Hi! I'm Margreth Tolson, and I work for AIDS Vancouver. I'm the Coordinator of Women's Outreach and my job includes the following:

- direct 1-1 outreach at different women's centres in the Downtown Eastside
- HIV education at BCCW (the prison for women) and
- workshops at alcohol and drug recovery houses, women's shelters, transition houses, etc..

I am at the Downtown Eastside Women's Centre every Monday afternoon.

If women have questions about HIV/AIDS, I can give them information about prevention, support and treatment. Tell them to talk to me on Monday afternoons when I'm there, or give them my card and they can call me when they want to. Some of the questions I can help with are:

- My doctor just told me I have HIV - how long do I have to live?
- How do people catch HIV?(e.g. my child was bit by another child in the daycare...will she catch HIV?)
- How do I protect myself from HIV?
- Where can I get condoms, lubricant or other methods of reducing HIV risk?
- What about needle use and HIV? How do I protect myself from HIV then?
- I was sexually assaulted - what about HIV risk?
- I'm pregnant...will I infect my baby?
- My husband/boyfriend/date won't use condoms...what can I do? (there are many ways of reducing risk...)
- Where can I get tested? What do my test results mean?
- My sister (brother, niece, etc.) is HIV+ - what do I say to her?
- What's going to happen to my body when I start getting sick?
- What about counsellors who specialize in working with people with HIV/AIDS?
- What kind of medicines and services are available to HIV+ people?
- I need food/shelter/clothing/homecare - where is this available for HIV+ people?
- I need a new doctor - is there a good one here?
- I'm moving back to Ontario (Red Deer, Lac La Hache, etc.): can anyone help me there?
- I have sex with other women - am I at risk? (YES!)

..... AND MUCH, MUCH MORE!!

Also, I am happy to act as resource to staff. If a woman is more comfortable talking to you, you don't need to force her to talk to me. You can give me a call with her questions (or your own!), and I'm happy to provide the information. It doesn't matter to me *how* women get the information, as long as they get the information.

I also have a large library with info. on herpes, hepatitis A-G, vaccines for HIV+ people...you name it, I probably have info. on it (or can find it quickly in the AIDS Vancouver library). Give me a call and I'll try to help, or track me down at the centre on Monday afternoons.

- I drank for happiness and
became unhappy.*
- I drank for joy and became
miserable.*
- I drank for sociability and
became argumentative.*
- I drank for sophistication and
became obnoxious.*
- I drank for friendship
and made enemies*
- I drank for sleep and
woke up tired.*
- I drank for strength
and felt weak.*
- I drank for relaxation
and I got the shakes.*
- I drank for courage
and became afraid.*
- I drank for confidence and
became doubtful.*
- I drank to make conversation
easier and slurred my speech.*
- I drank to feel heavenly and
ended up feeling like hell.*

New from the Legal Advocate

Greetings to All !

This month I wish to draw your attention to a consistent re-occurring problem at the Centre. The problem is about theft. Recently, while I was away - someone took advantage of my absence and stole my personal camera out of my office. I brought this camera from home so that it was available to me for such cases like personal injury whereby I had the means to take pictures of an accident site or in the event a woman has been assaulted pictures are invaluable for Criminal Injury Compensation Claims, criminal charges and civil lawsuits. Also, if a woman needs a picture for identification purposes such as an Indian Status card then I was able to assist in this case.

You know, I thought I was doing a good thing by making available my personal property but it seems I did a disservice to myself. It is a sad state of affairs when the Womens' Centre becomes an unsafe place for the staff, more specifically their property. If someone can steal from you without any consideration of how that impacts you then what is expected to happen next?

Added to the list of stolen property is a computer component recently stolen out of the administer's office. This is obviously a piece of equipment useful to computer users only and wouldn't fetch much cash for anyone trying to pawn it.

Further to the above, regular attendants of the Centre have also had their property stolen such as purses and clothing. It disturbs me to see women breaking down in tears because some inconsiderate so-and-so stole from them. As far as I am concerned this is totally unacceptable and when I think about it further it is really shameful behavior on the part of those few individuals that engage in this anti-social behavior.

Now, a special note to the person/s who stole my camera and the computer component....I scratched my name into my camera so it is easily identifiable plus I have the original receipt of purchase. This information has been provided in a police report. Also, the computer component has a serial number on it which is easily traceable.

Pursuant to the aforementioned, I thought it would be complementary to provide the following information on:

YOUR RIGHTS IF YOU ARE A VICTIM OF CRIME



Effective July 1, 1996, B.C.'s Victims of Crime Act gives victims of crime the right to receive information about:

- victim services available to you
- compensation for criminal injury
- how the criminal system works, the status of the police investigation and the court case
- the administration of the offender's sentence
- your rights to privacy

You are also entitled to a reasonable opportunity to have admissible evidence about the impact of the crime upon you (victim impact statement) presented to the court before sentencing. If you are a victim in a case in progress and wish to make a victim impact statement, call the Crown counsel office involved in the case or the victim information line.

If you want more information about the rights of victims of crime under the Act, you can obtain the booklet, Victims of Crime Act: Your Rights if You are a Victim of Crime, at your local victim services office or call: Victim Information Line at 1 - 800 - 563 - 0808.