

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver
NOVEMBER 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 2:00 RAFFLE 2:30 Video 2:30 Swimming 5:00 Vol. Nite	2
3 2:00 Video	4 11:00 Planning Meeting for Child Poverty Day 2:00 AIDS Vancouver 2:00 Tile Painting 3:00 Grief Group 5:00 Learning Group	5 1:00 - 3:00 Flu Clinic 1:30 Nature walk - UBC Botanical Gardens 5:00 BWSS	6 11:00 Banner Project 1:30 Law Student 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	7 11:00 Craft Fair meeting 1:30 Women's Voice 2:00 Dreamcatchers 5:00 Women Surviving Together	8 2:00 RAFFLE 2:30 Video 2:30 Gardening 5:00 Vol. Nite	9 12:00- 4:00 Drum making workshop
10 12:00 Drum Making Workshop continued 2:00 Video	11 CENTRE OPEN 12:00 - 5:00 2:00 Ceramics Painting	12 2:00 Bowling 5:00 BWSS	13 11:00 Banner Project 1:30 Law Student 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	14 10:30 FAPG Update 1:30 Women's Voice 2:00 Julie's Craft Corner 5:00 Women Surviving Together	15 2:00 RAFFLE 2:30 Video 2:30 Swimming 5:00 Vol. Nite Craft Fair Drop-off	16
17 2:00 Video	18 Child Poverty Day 2:00 AIDS Vancouver 2:00 Tile Painting 3:00 Grief Group 5:00 Learning Group	19 2:00 Aquarium 5:00 BWSS	20 CHEQUE DAY 1:30 Law Student 1:00 Kathy the Nurse 5:00 Alcohol and Drug Support Group	21 1:30 Women's Voice 2:00 T-shirt painting for Dec 6 memorial 2:00 Four Corners Bank presentation 5:00 Women Surviving Together	22 2:00 RAFFLE 2:30 Video 2:30 Gardening 5:00 Vol. Nite	23
24 2:00 Video	25 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Group 5:00 Learning Group	26 1:30 Smoking Risk Reduction - Smoking with care 5:00 BWSS	27 11:00 Banner Project 1:30 Beading 5:00 Alcohol and Drug Support Group	28 1:30 Women's Voice 1:30 Theater Outing 2:00 Dreamcatchers 5:00 Women Surviving Together	29 11:00 Haircuts 2:00 RAFFLE 2:30 Video 2:30 Swimming 5:00 Vol. Nite	30

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***

NOVEMBER HIGHLIGHTS

CHILD POVERTY DAY IS MONDAY, NOVEMBER 18TH - The Centre will be planning an action and/or event to draw attention to the increasing number of children living in poverty. If you want to be a part of this come to the planning meet on Monday, Nov. 4 at 11:00.

FLU CLINIC TUESDAY NOVEMBER 5TH AT 1:00 - The Nurse will be in to give flu shots to help battle the horrible Flu Season. The shot will make you feel a little under the weather for a few days.

DRUM MAKING WORKSHOP SATURDAY NOVEMBER 9TH AT 12:00 - Our own Reta Blind will be leading a workshop to make drums. There will be a limited number of openings so sign up if you are interested.

REGULAR PROGRAMMING

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

Grief Group - 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 learning about producing a radio show and Women's History.

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 or had 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.

CRAFTY WORKSHOPS

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

JULIE'S CRAFT CORNER - Thurs. Nov. 14. Something new every week. Thurs. Nov. 21 we will be painting T-Shirts in memorial of the women killed in Montreal on Dec. 6th.

DREAMCATCHERS - Thurs. Nov. 7 and 28 at 2:00. Make a dreamcatcher to trap those bad dreams.

CERAMICS/TILE PAINTING - Every Monday 2:00, paint your own plates and cups for your friends and family. We will also be painting tiles that will be used in the 'NEW' Centre.

OUTINGS - Usually on Tuesdays. Except Theater outings which are on Thursdays.

Nov. 5 at 1:30 - We are going out to **UBC to visit the Botanical Gardens and the Japanese Garden**. If the weather is bad we will plan an alternative outing. There will be snacks and refreshments.

Nov. 12 at 2:00 - **Bowling at The Commodore Lanes Bowling Alley** on Granville Street. Bowling is exercise and also lots of fun. Come out and chuck a few.

Nov. 19 at 2:00 - Going to visit our cousins of the deep!! It's been awhile since we went to the **Aquarium**.

Thursday, Nov. 28 at 6:30 - **Theater outing** to The Arts Club, Main Stage to watch Alice. This is a Holiday presentation of fun and fantasy journey to Wonderland. We will be meeting at the Centre at 1:30, the show starts at 2:00.

SWIMMING EVERY OTHER FRIDAY - Nov. 1, 15 and 29 at 2:00 - We're going swimming at the Aquatic Centre. There will be bathing suits, towels and shampoo provided. There is a whirlpool and sauna.

VOLUNTEER NEWS

NOVEMBER 1996

vol. 2 no. 9

The Volunteer BOOO Bash was a great success!! About 30 people attended, not bad at all for a Friday after CHEQUE Wednesday. There were sandwiches, cheese puffs, popcorn, pop, candy and lots of fun. Thank you to all the volunteers who put out their time and energies to make it a success. Everyone told me that they had a great time and that it was good wholesome fun. Hopefully we will be able to continue this on a regular basis - maybe have BINGO on one Friday a month?? How about it.

Thanks to the dedicated volunteers who helped clean the Centre. It is a difficult and thankless job. I realize that some people do not appreciate the work that volunteers do. There were comments that the Centre did not look any different and that volunteers were just wasting time!! Of course these same people are not willing lift a hand in the Centre. Women's work is never done - or respected. I guess noone climbed up on the ladder to check the vents or the light fixtures to see how clean they were, or took the time to check under the water dispenser. Cleaning is difficult because it is not that noticeable. I hope that volunteers will keep in mind why we are at the Centre and disregard those negative thinkers!! Volunteers do it for themselves and other women and I think most women appreciate the kind of commitment volunteers have to the Centre. So give yourselves a big pat on the back and BAH!! to those who have nothing nice to say about anything.

Now that it is already November, we better start thinking about CHRISTMAS!! Only a few weeks away!! As usual we will be having a Christmas Dinner, this year it will be on Monday, December 23. The Centre will be closed on Sunday, December 22 for wrapping!! There will be a pancake breakfast on Christmas Day. So we will be needing lots of help - HELP!! The volunteers will be having a Volunteer Christmas Dinner as well, there will be a meeting on November 15th we will be discussing Christmas plans. Where will we go for our dinner? **Come and give your input**

IMPORTANT

The Incentive programs are being transferred to the Ministry of Education, Skills and Training. Of course noone knows what is going on. For those of you who are already on the program please make an appointment with Cynthia so that we can clarify exactly what your worker has told you. Women on the waiting list there may be a complication with your application, I have spoken to several workers but again the information I am getting is varied and contradictory.

VOLUNTEER MEETING - FRIDAY, NOVEMBER 15TH - CHRISTMAS PLANNING

DO YOU KNIT?
DO YOU CROCHET OR SEW?
CARVE, MAKE JEWELRY?
ARE YOU A CRAFTSPERSON?

WOULD YOU LIKE TO MAKE SOME
EXTRA \$\$ FOR CHRISTMAS?

JOIN THE WOMEN'S CENTRE CRAFT COLLECTIVE

The Centre has been chosen by several Craft Fairs around the city to participate as vendors. The collective is made up of women from the Centre who are craftspeople. This is a opportunity to see the workings of a mini business. The dates are:

Dunbar Community Centre Christmas Fair
Saturday, November 16 10 - 6

West End Community Centre Bazaar and Craft Fair
Saturday, November 23
Sunday, November 24 10 - 6

Womens Art Faire
Saturday, November 30
Sunday, December 1 10 - 5

Britannia Community Centre Craft Fair
Saturday, December 7 10 -4

**INTERESTED! COME TO AN ORGANIZATIONAL
MEETING ON THURSDAY, NOVEMBER 7 AT 11:00
AT THE WOMEN'S CENTRE**

ADVOCACY NEWS

- from Kathleen

The Downtown Eastside Women's Centre is a member of Federated Anti-Poverty Groups of B.C. and in October I attended a Conference held by FAPG. There were over 80 representatives from all over B.C. attending this conference and it was a great opportunity to share our knowledge and experiences and learn from each other. I am now going to attempt to summarize some of the main things that were discussed and on **Thursday November 14th at 10.30am** I will be facilitating a discussion/workshop for anyone interested in finding out more.

* The name of the Ministry has been **changed from the Ministry of Social Services, back to the Ministry of Human resources**. I wonder how much it's going to cost to reprint everything with the new (old) name on it???

* **Welfare Laws in B.C. are in the process of changing:**

The provincial government has passed **five pieces of legislature** that when proclaimed (meaning when they are put into place) **will replace the Guaranteed Available Income for Need Act - GAIN Act**. On October 7th 1996, two of this Acts were proclaimed, I am not sure when the other three Acts will be proclaimed, but it will probably be some time this fall. Following is a brief outline of these new Acts, **if you are interested in finding out more, come to the workshop I mentioned earlier.**

B.C. Benefits (Income Assistance) Act/Bill 14

(This was one of the two proclaimed on October 7th)

This Act covers basic Income Assistance.

B.C. Benefits (Appeals) Act/Bill 16

(This is the other Act proclaimed on October 7th)

As it sounds, this Act deals with Appeals.

Disability Program Act/Bill 15

All Disability issues will generally be held under this Act.

B.C. Benefits (Youth Works) Act/Bill 11

This Act will handle Youth (age 19-25).

B.C. Benefits (Child Care) Act/Bill 13

This Act will deal with Child Care.

It would take far too long to try and explain here what the **disadvantages** are **with this new legislation**, but, I will say that I think it is a step backwards and at the workshop I will explain why I feel this way. A common feeling at the FAPG conference was that these Acts will serve to divide people, therefore, weakening our voices and taking away our potential power to fight for our rights.

Kathleen Advocacy Continued...

Other important issues discussed include:

* **Campaign 2000** - this is a Campaign to **Eradicate Child Poverty** and **November 18th 1996 has been chosen as the Day for Action**. At the FAPG Conference we had a working group that brainstormed ideas of ways to take local action on and before the 18th of November, **anyone interested in doing some kind of activism** regarding the issue of Poverty, **please attend a meeting at the centre on Monday November 4th at 11am**. Together we can make a difference.

* At the FAPG conference there was a meeting held with representatives from **FAPG** - Federated Anti-Poverty Groups of B.C., **NAPO** - National Anti-Poverty Groups, and **ELP** - End Legislated Poverty. This is the first time that FAPG and ELP have come together to work in many years and it was a joyous occasion; together these groups have a stronger voice and great lobbying power. At this first meeting, amongst other things, they wrote a joint letter to Glen Clark protesting cutbacks and demanding a decent standard of living for all.

* **John Young**, from Vancouver Island Human Rights Coalition Society, informed FAPG that he is **taking the School Board to Supreme Court for Illegally charging School Fees**. Mr. Young says that Section 100 of the School Act states:

- (1) A board shall provide **FREE OF CHARGE**:
 - (a) An instructional program leading to graduation
 - (b) Educational resource materials necessary to participate in the educational program

When I hear the results from this court case I will let you know right away.

* **There were many interesting things discussed at the FAPG conference and I really want to pass everything on to you, however, if I don't stop now I'm going to take up the whole calendar**. So please, if you are interested in finding out more, come to the workshop at the centre on **Thursday November 14th at 10.30am**.

Kathleen Advocacy Continued:

Other Quick Bits of News
- not related to the FAPG conference:

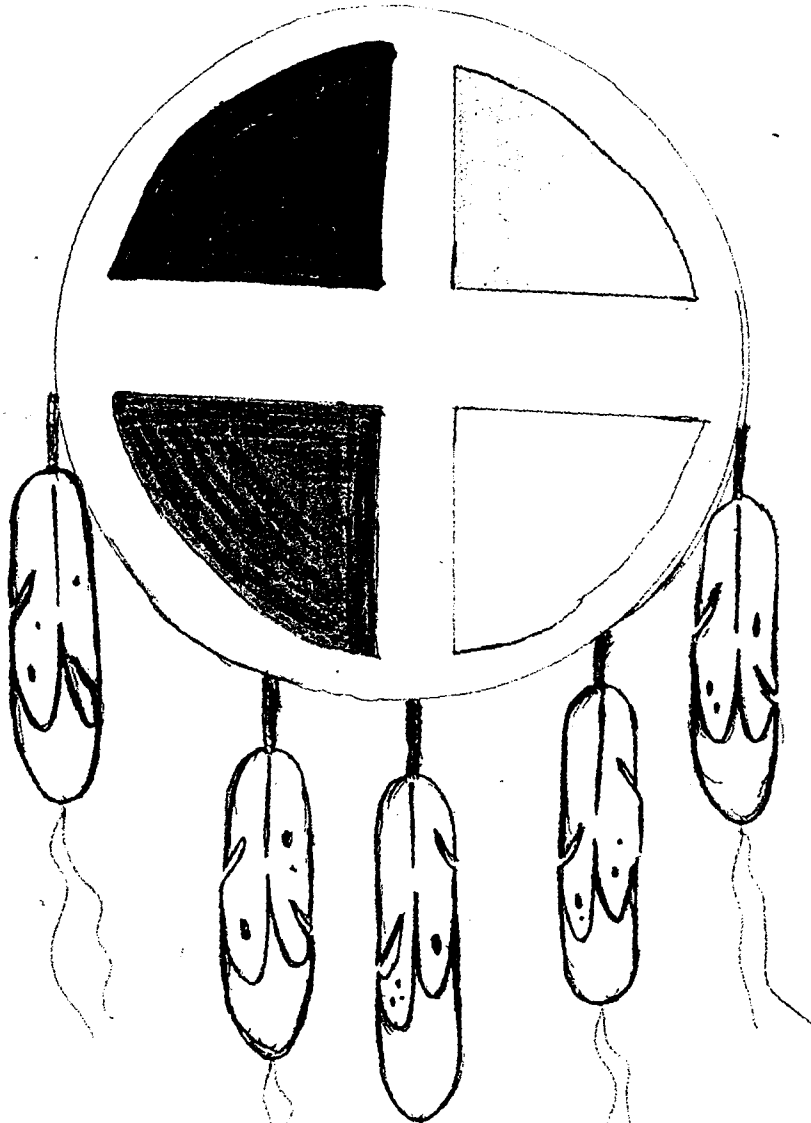
* **As of October 21st**, I am pleased to say, **Cathy Churchill from Native Health will be co-facilitating the Grief Support Group with me on Mondays at 3pm**. This group is held in the building next door to the centre to allow for privacy and confidentiality. If you are experiences loss this group is a **safe place** for you to come and share and be supported in your healing process. There are many types of loss we experience in our lives: death of a loved one; loss of health; ended relationships; loss of self-esteem; death of a pet; to name but a few, and you don't have to go through the grief alone if you don't want to. Just show up on Mondays a few minutes before 3pm and we'll go next door together.

* **Thursday November 21st at 2pm Melanie from Four Corners Bank Community Savings** will be coming to the centre to explain to women the services available at the Bank and explain how to go about opening a Bank Account there. This Bank is for the people in the Downtown Eastside and it offers services completely free to low income people. If you go there to cash your cheques there will be no more cheque cashing fees to pay - not like when you go to Money-Mart.

* For any interested women, the **Alcohol & Drug Support Group** is **every Wednesday at 5pm - including Welfare Wednesday**. Any woman with either an Alcohol or Drug issue is welcome at this meeting - **this is an open meeting**. We only ask that when you come to the group you show up without Alcohol or Drugs in your body or on your person - in other words come another night if you've been using that day and leave your booze & drugs at home.

If you have any questions about anything I've mentioned just come and see me, I'm in office D. I'm looking forward to seeing you at some of the meetings and workshops and I hope you all have a good November.

D & A
RUG LCOHOL



MEETS - EVERY WED.
5 P.M. TO 8 P.M.
NO - DINE + DASH OR
EAT + SLEEP

Advocacy News

B.C. Benefits - Does B.C. Benefit?

On November 9, 1995 the B.C. Government announced "a major renewal of the province's social safety net to help people move from welfare to work, and provide ongoing income support for people who need it..." and to provide "new benefits to all lower income working families..."

Sounds good doesn't it, but unfortunately they include:

- ◆ Newcomers must live in BC 90 days (3 months) before getting welfare. There are some exceptions.
- ◆ Single, so called "employable" people have a cut of \$46 on monthly cheques.
- ◆ New "Youth Works" program forces youths (ages 19 - 24) into government programs for increasing "employability". The first 7 months involve job search to get off welfare. If they haven't found anything by then, they must go into a government program or lose support.
- ◆ Hardship and Crisis grants are severely restricted.
- ◆ Amount of \$ you can have in a bank account has been reduced for people with no dependents (under age 55) from \$2500 to \$500; and from \$3000 to \$1000 for people between ages 55 and 64.
- ◆ Welfare is now denied to students attending University or College (to pay living expenses).
- ◆ Flat rate earnings exemption of \$100 for single and \$200 for families ended.
- ◆ Single parents must now search for employment or training when their youngest child is age 7 (down from 12).
- ◆ People on welfare over age 60 must apply for their Canada Pension Plan (CPP) even though it will be deducted 100% from welfare and will reduce the amount they get at age 65 by 30 per cent.
- ◆ Dental benefits for adults on welfare down from \$500 to \$250 a year.
- ◆ Parents not on welfare with incomes up to \$56,000 a year will receive up to \$103 a month per child (the full amount goes to people earning under \$18,000).
- ◆ Government will pay towards dental and eye care for children of the working poor.

This tells us B.C. Benefits punishes people for being on social assistance, and rewards them for taking low-wage jobs with poor or no benefits, *if* they can find one.

*not in
affect
as yet.*

There are alternatives to B.C. Benefits:

Cuts to welfare are not the answer, industrial and fiscal policies that lead to full employment with decent wages is. This means demanding more productive investment from the private sector, leading the fight against the Federal Liberal cuts and undertaking more direct government investment in BC jobs.

It also means focusing public outrage on the corporate welfare bums, not subsidizing the low wages they pay. For example, there is an Alternative Federal Budget that estimates that subsidies to large corporations for lunches, sports luxury boxes, and lobbying, cost the taxpayers almost \$300 million. Money for programs for low-income people should come from the wealthy, not from the poorest.

What you can do:

Write to your:

***MLA, and/or the review committee members, Parliament Buildings,
Victoria, V8V 1X4.***

Tell them that people on welfare and their groups should be involved in the review. Send them your comments along with a copy of this newsletter section. Request from them a *genuine* response. You can also send copies of your letter to:

Liberal Social Services critic, Murray Coell, same address as above.

If you would like copies of statistics on corporations who are paying low or no taxes, call ELP (879-1209).

Who's against BC Benefits:

Virtually all advocacy groups who work with people on welfare. Ask any one of the advocates here at the Downtown Eastside Women's Centre for assistance or more information.

Workfare Hurts One and All (WHOA), is a coalition of union and community groups that are actively working to stop the bad parts of BC Benefits. **Contact ELP (879-1209) if you want to contact them.**

The above advocacy news is excerpts from the FLAWLINE newsletter

From the KITCHEN

Garden Fresh Tuna Salad Sandwiches

- ◆ 1 (6 1/8) can water-packed tuna, drained, flaked
- ◆ 2/3 cup chopped, seeded cucumber
- ◆ 1/2 cup shredded carrot
- ◆ 1/4 cup chopped green onions
- ◆ 1/4 cup mayonnaise or salad dressing
- ◆ 2 tablespoons sour cream (optional)
- ◆ 1 tablespoon lemon juice
- ◆ 4 leaves of leaf lettuce
- ◆ 8 slices whole wheat bread (toasted if desired)

In medium bowl, mix tuna, cucumber, carrot, onions, mayonnaise, sour cream and lemon juice. Place 1 lettuce leaf on each of 4 slices of bread; spoon and spread 1/2 cup tuna mixture onto each. Top with remaining 4 slices of bread.

Makes 4 sandwiches

This is an excellent source of Vitamin A, Vitamin C, Iron and Calcium.

Shopping Tip

- 1) **Army & Navy** This place is great for dry goods (i.e. canned food, pasta, etc.)

- 2) **Sunrise Market
(Powell Street)** Is excellent for produce (i.e. fruits, vegetables, meats, eggs, etc.)

- 3) **Sunrise Market
(Hastings Street)** Has fresh baked and very cheap baked goods. Their fresh baked loaf bread (whole wheat and white) is 55 cents a loaf.

A DAY OF REMEMBRANCE DECEMBER 6, 1996

December 6, 1989, marks a tragic day in Canadian History, and in the global history of violence against women. Fourteen women at the University of Montreal were murdered that afternoon. The Montreal Massacre vividly and horribly illustrates the profound need for a radical transformation in our attitudes and in our actions. December 6, 1996 is Canada's National Day of Remembrance and Action to End Violence Against Women. The YWCA of Vancouver has chosen to observe this day through:

THE CLOTHESLINE PROJECT

A visual display bearing witness to violence against women.

1. Take one plain white T-shirt. Use that shirt to create a personal tribute to survivors or victims of violence.
2. Use paints, buttons, markers, photos, crayons, sequins, embroidery. You do not need to be an artist.
3. Show a loved one: show the effects of violence in your life; show what you are doing to promote healing in the midst of violence; show your feelings; make a statement.
4. Create your own, with a friend, with your family, with your community.
5. The finished shirts will be hung together in the Arcade of the YWCA at 535 Hornby Street. No names will be used in the display.

**WE WILL BE HAVING A T-SHIRT PAINTING SESSION AT
THE WOMEN'S CENTRE ON**

THURSDAY, NOVEMBER 21 AT 2:00.

**T-SHIRTS, PAINTS AND OTHER SUPPLIES WILL BE
PROVIDED. IF YOU WOULD LIKE TO ADD SOMETHING
OF YOUR OWN PLEASE BRING IT WITH YOU.**

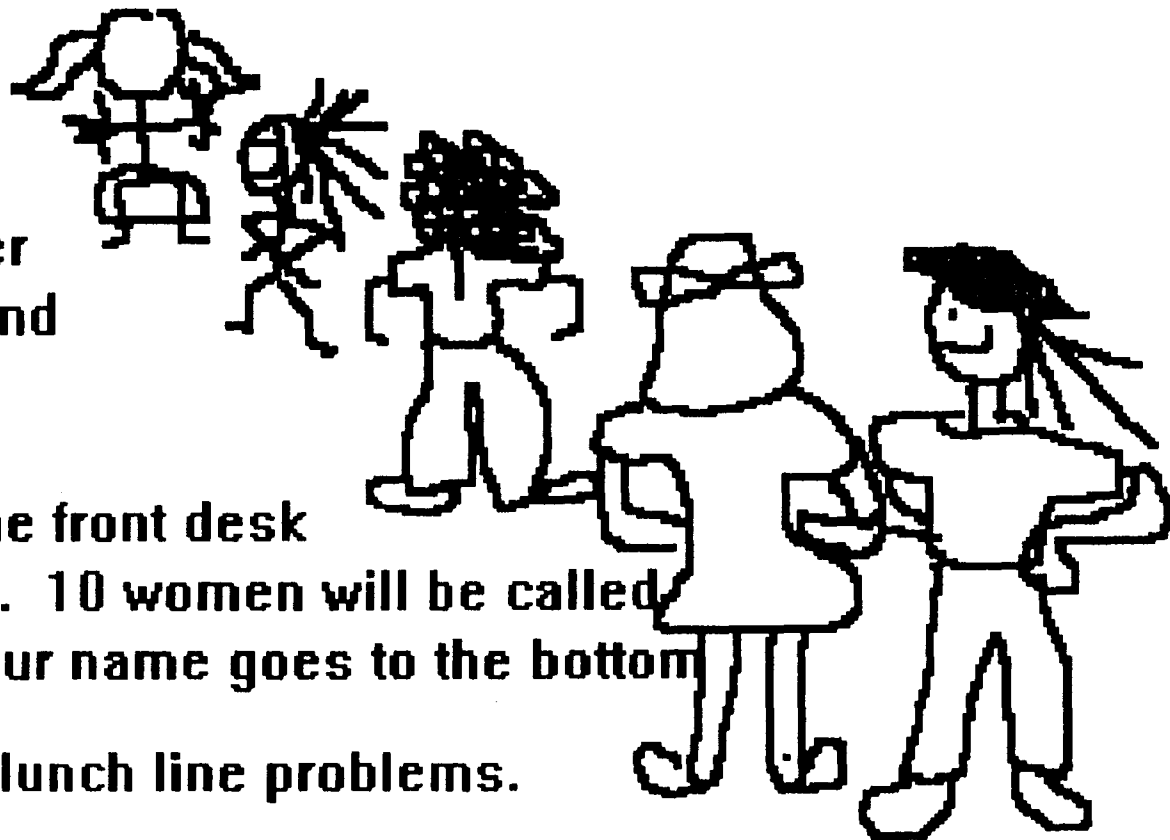


A new line-up procedure will begin on Monday, November 3.

This idea was discussed in order to ease the line-up congestion and tension.

Your name will be called from the front desk sign in sheet in order of number. 10 women will be called up at a time. If you miss out, your name goes to the bottom.

We are hoping this solves the lunch line problems.



**WE ARE OPEN ON
REMEMBERANCE DAY
MONDAY, NOV. 2ND
12:00 - 5:00**

**NO CLOTHING ROOM
NO SHOWERS
NO SERVICES
NO SOUP**

**WHAT WILL WE HAVE??
WE'LL HAVE CLEAN WASHROOMS
WE'LL HAVE A PLACE TO BE
WE'LL HAVE A TELEPHONE
WE'LL HAVE COFFEE
WE'LL HAVE TEA
AND EACH OTHER!**

NEWS FROM THE LEGAL ADVOCATE

The Child Support Package:

The new Federal Child Support Package has four key elements. First, for court orders or agreements entered into after May 1, 1997, child support payments will no longer be taxed as income of the recipients nor will they be deductible by the payer. Second, Federal Child Support Guidelines, based on a formula, will be introduced with the intent of making child support awards more consistent, fair and simple to calculate. Third, there will be new financial assistance to provincial and territorial enforcement programs to deal with the increase in applications to change child support orders. Fourth, the \$500 working-income supplement of the child tax benefit will be increased to \$750 in July 1997, then to \$1000 in 1998.

Child support awards entered into before May 1, 1997, will remain in effect and will continue to be taxed as income of the recipient and be deductible by the payer unless one of the parties applies for a variation.

This legislation puts the onus on those who seek a variation - mostly low-income women- to fight sometimes difficult court battles to have their child support reassessed. Unfortunately, provincial legal aid plans have been victims of funding cuts that restrict coverage and eligibility, especially for family law matters. And without adequate legal aid services, improved child support awards may be out of reach for some women.

For more information about the Federal Government Child Support Package, call 1-800-343-8282. For a copy of the Bill, call (613) 956-4802.

Housing:

It turns out that the Residential Tenancy Act is missing a provision to allow amendment of an error on application to the registrar (ie. landlord's name spelled incorrectly), or the registrar's order itself. The result is that neither the registrar nor an arbitrator will correct the error. The only solution at present is to make a new application to the registrar with the corrected facts.

What if Social Services Takes Your Child:

Your first priority is to GET LEGAL HELP. Within 7 days of removing a child, a social worker must show it was necessary to take the child away at a "PRESENTATION HEARING" at Family Court. At the presentation hearing the judge makes decisions about these issues:

Where the child will stay until the next court hearing;

Whether the parents can visit;

When the next court hearing will be. The presentation hearing is very important to parents because the next court hearing may not be held for several weeks or even months. Here is what you can do:

-Get a lawyer. If you can't afford one go to the nearest Legal Services Society office or to a Native Courtworker for help.

-Go to the presentation hearing. This shows you care about what happens to your child/ren.

-Ask for Access. Ask to visit at times and places that are convenient to you. If you don't ask for access at the presentation hearing, you may have to wait for a several weeks before you can ask for access again.

-If you are a Status Indian, the law says that your Band Council must be told that your child has been removed. If you don't want your Band Council involved after that, tell the judge.

After the presentation hearing, whether or not your child is returned to you or not, a PROTECTION HEARING is held several weeks later.

You have the right to ask for the social worker's report and other documents about the case before you go to the protection hearing. Keep copies of all the papers, including those that say what happened in court.

After the protection hearing, the judge makes a court order about custody of your child/ren. If you don't agree with the order, talk to your lawyer or Native Courtworker right away. In some cases, there are short time limits after which you may not have the right to ask for changes to the order.