

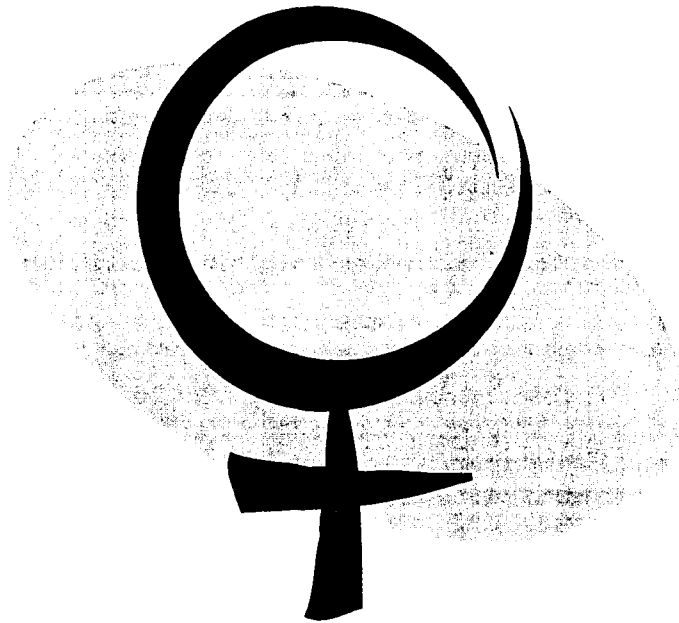
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

March 2004

Free



INSIDE:

- International Women's Day
- Stepping Up Program
- Welfare Time Limits
- Tradeworks
- Free Tax Clinics
- Poetry form the Downtown Eastside
- Change of Address for Mail

STOP ATTACKS ON WOMEN AT HOME & ABROAD

Dear Sisters,

International Women's Day, (IWD), is quickly approaching! Once again, pro-choice women in Vancouver are organizing a March and Rally, Information Fair and a Celebration Dance on Saturday March 6, 2004.

March 8

International Women's Day

Stop Attacks on Women: At Home & Abroad

**NOTE: Vancouver event is
Saturday March 6, 2004**

Saturday March 6, 2004

11:00am: Gather at the Burrard Skytrain Station

March to the Vancouver Public Library (Robson & Homer)

Rally begins at Noon

International Women's Day grew out of women's fight against inhumane working conditions in the late 1800's. The first IWD was celebrated in many countries on March 8, 1911. Women in Canada have had a long history of organizing for women's rights. Our theme "Stop Attacks on Women: At Home & Abroad" speaks to the ever increasing negative effects of globalization, capitalism and patriarchy. The devastating cuts to social programs and jobs in BC mirror the continual erosion of living conditions for women and their families all over the world.

Bring a banner and a bullhorn and attend the March & Rally. Gather at the Burrard Skytrain Station at 11:00am. March to the Vancouver Public Library (Robson & Homer) Rally begins at Noon.

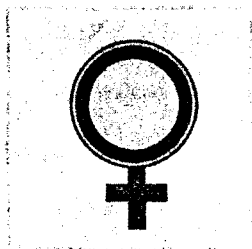
Come to the IWD Celebration Dance on Saturday March 6th. Dance starts at 8pm at the WISE Club located at 1882 Adanac and Victoria. (Wheelchair access is from the rear of building). Tickets are sliding scale from \$5 to \$20 and will be sold at the door or may be purchased at Little Sisters and Co-op Bookstore.

Volunteer your time on the day of the events, or in advance to help with the following:

- o **Childcare** – call Carolina @ 604-689-1661
- o **Dance** – contact Nancy @ 604-255-6045
- o **Safety** – call Claire @ 604-708-0447

For more information about the IWD 2004 events, call Claire at 604-708-0447.

**We look forward to joining with you in celebration of
2004's International Women's Day.**



**INTERNATIONAL WOMEN'S DAY
DOWNTOWN EASTSIDE CELEBRATIONS**

SATURDAY, MARCH 6—SEE CARNEGIE NEWSLETTER FOR DETAILS OF EVENING CELEBRATION

SUNDAY, MARCH 7—WOMEN'S HEALTH, BREAST & CERVICAL CANCER AWARENESS AT THE WOMEN'S CENTRE—DOOR PRIZES TO BE RAFFLED

MONDAY, MARCH 8—OUTING TO BURNS BOG TOUR, LEAVING WOMEN'S CENTRE AT 1PM AND RETURNING AT 5PM—SIGN UP SHEETS FOR TRANSPORTATION WILL BE OUT MARCH 1

Burns Bog is the largest undeveloped urban landmass in North America, and is thus constantly threatened by human development. The Burns Bog Conservation Society has successfully spearheaded a number of campaigns against its development. Through a continual and concerted public education campaign, the Society has turned the preservation of Burns Bog into an issue of provincial and even national significance. Not only has the bog been in the political spotlight, its unique flora and fauna have been featured on such television programs as The Nature of Things, and The Canadian Gardener.

**Stepping Up
Program**

Are you:

- An **immigrant woman** who has English as a Second/Additional Language (Intermediate or Advanced Level of English)?
- On employment assistance? (Welfare)?
- Survivor of any form of abuse?
- Having difficulty in finding a job?
- Looking for a safe and supportive environment in which to explore your career options?

If you answered yes to these questions, then Stepping Up may be the program for you. The program offers:

- English upgrading
 - Life Skills
 - Career Exploration including Volunteer and Work Experience placements
 - Personal counselling, support and advocacy
 - Practical training in First Aid, Cashiering and Basic Computer
- Incentive allowance & childcare top up will be provided.

Program will start March 10, 2004

(Applications will be accepted until March 23, 2004)

Program Start Date: March 10, 2004; End Date: July 30, 2004

For more information call Marie at 604.684.2561 ext.224

501-333 Terminal Avenue

The Two-Year Welfare Time Limit

Time limits on welfare mean that income assistance is provided on a time limited basis. The two-year time limit means that you qualify for welfare for only **two years out of five years**. This new legislation means that, after two years of collecting welfare, you will have your income reduced or you will not qualify for income assistance for the following three years. Time limits only apply when you are receiving income assistance. Cancelled or stopped cheques will not be counted towards the two-year time limit.

Who is affected by the time limit?

Time limits apply to individuals and families receiving income assistance who are classified as employable.

Who is NOT affected by the time limit?

- You are a member of a family who is receiving hardship assistance
- You are a member of a family where at least one person has Person with Disabilities (PWD) designation
- You are in a family where everyone is over the age of 65
- You are in a family in which all people have Persons with Persistent Multiple Barriers (PPMB)
- You are in family where everyone is receiving accommodation and care in a special care facility, private hospital or are in hospital because of needing extended care (this does not include alcohol or drug treatment centres)
- You are a child who is receiving Child in Home of Relative (CIHR) assistance

What will happen to me once I reach my time limit?

- no eligibility for singles
- no eligibility for couples who have both reached their time limit
- \$300 reduction for employable couples with one adult over the time limit
- \$100 reduction for single parents
- \$100 reduction for two parent families where one is over the time limit
- \$200 reduction where both parents are over the time limit

When does the time limit begin?

Time limits began April 1, 2002, and include any month that you have received income assistance where you have been seen as employable. However, the two year time limit does not count the months that you qualify for exemptions.

What months do NOT count towards the time limit?

Organization Name: **Downtown Eastside Residents Association**

Health Related Exclusions

You are excused if...	The proof that you need
You are living in a special care facility or a private hospital	A letter, note, or phone call from the institution confirming that you are in the residency and how long you will be staying.
You are admitted to hospital and need extended care	A letter, note, or phone call from the hospital confirming that you are in hospital and how long you will be there.
You have drug/alcohol addictions	<p>A note, letter or telephone call from a health worker that:</p> <ul style="list-style-type: none"> • identifies the addiction • indicates that you are unable to seek work • indicates any available treatment <p>Your welfare worker can exclude you from up to three months of looking for work if you are unable to contact a health worker, and it is obvious to your worker that you have drug/alcohol addictions. The district supervisor may be able to extend this after the three months based on information from your welfare worker, a mental health worker and/or a drug and alcohol counsellor.</p>
You have a temporary medical condition	<p>A note, letter or telephone call from a health worker that:</p> <ul style="list-style-type: none"> • identifies your condition • indicates that you are unable to seek work • indicates how long the medical condition is going to last <p>If you are not able to get this information, your worker can exclude you from having to look for work for up to three months if they know about this medical condition, and it is obvious that it interferes with your ability to look for work.</p>
You are part of treatment or rehabilitation program	<p>A letter, note or telephone call from a person from the treatment centre that:</p> <ul style="list-style-type: none"> • confirms you are participating in treatment • indicates that you cannot seek work • indicates for how long you will be in the treatment program
You have a mental health condition	<p>A note, letter or telephone call from a health worker that:</p> <ul style="list-style-type: none"> • identifies your condition • indicates that you are unable to seek work • indicates if there is any treatment for your condition <p>If you are not able to get this information, your worker can exclude you from having to look for work for up to three months if they know that you have this condition. The district supervisor may be able to extend this after the three months based on information from your welfare worker and/or a mental health worker.</p>

Age Related Exclusions

You are excused if...	The proof that you need
You are 65 years of age	Birth certificate
You are under the age of 19	Birth certificate

Caregiving Related Exclusions

You are excused if...	The proof that you need
You are the only caregiver of a child, foster child, or CIHR under age three	Birth certificate of your child
You are the only caregiver of a dependent child, CIHR, or foster child with a physical or mental condition	Birth certificate of your child and a note or letter from a health worker that: <ul style="list-style-type: none">• identifies the condition• indicates that you are unable to leave the home to seek work• identifies how long the condition will last
You live with and care for a spouse who a mental or physical condition	Birth certificate of your spouse and a note or letter from a health worker that: <ul style="list-style-type: none">• identifies the condition• indicates that you are unable to leave the home to seek work• identifies how long the condition will last

Training or Educational Exclusion

You are excused if...	The proof that you need
You are participating in a job training program	The ministry has given you prior approval for participating in this program
You are in a ministry approved literacy, upgrading ABE, or ESL training program	The ministry has given you prior approval for participating in this program
You participating in a Bridging Employment Program	The ministry has given you prior approval for participating in this program

Other Exclusions

You are excused if...	The proof that you need
You have separated from an abusive spouse/relative in the last six months	A note, letter, or telephone call from a social worker, police officer, transition house staff person, or court officer that: <ul style="list-style-type: none">• confirms the situation• indicates that you are unable to seek work• states the date of separation
You are pregnant	A note, letter, or telephone call from a health worker that confirms the pregnancy, and when your child is due.

NOTE: A health worker is defined a person who is a doctor, a registered psychologist, a registered nurse or psychiatric nurse, an occupational therapist, a physical therapist, a social worker, or a registered clinical counsellor.

For more information on the two-year time limit, contact
End Legislated Poverty at 604-879-1209 or email elp@telus.net.

Introducing the “New” Job Shop @ Tradeworks Training Society

On February 1, 2004, The Job Shop began its fourth year with a specific focus on Job Search and Job Placement. After an initial 1-2 week assessment period, participants will immediately begin their job search for up to 10 weeks.

In past years, we built upon participants’ employability skills through 4 weeks of workshops. We are now addressing this need through one-to-one coaching and weekly support groups. In addition, we are putting a new emphasis on job placement. When an appropriate connection can be made, participants will be placed with suitable employers.

What you need to Know

Benefit to you:

Job search support leading to employment

Eligibility Requirement

- Unemployed BC resident entitled to work in Canada
- 19 years or older
- Motivated to work toward employment

What is going to happen in the “new” Job Shop?

- Information interviews
- Support group
- Create a good resume
- Job placement
- Cold calling
- Faxing
- At least 3 contacts every day
- One-on-one coaching

- Learn to use computers
- Build interview skills
- Anything else that can help you get a job

Three Parts of Job Search Success:

- Figure out what you can do that someone will pay you for,;
- Get clear about when and where you want to work; and,
- Introduce yourself to the person who can hire you.

What do we mean by “motivation”?

- Willing to devote your time to a job search
- Willing to participate in return-to work activities
 - ✓ Develop a resume
 - ✓ Identify a reasonable employment goal
 - ✓ Connect with potential employers

Need A Chance To Prove You're Ready, Willing & Able To Work?

Get the



you deserve!

Find out what your next step needs to be.

Call to attend the Job Shop Info session. 604-253-9355, Ext.234

Program funded by HRDC



Human Resources
Development Canada

Développement des
ressources humaines Canada



DOWNTOWN EASTSIDE WOMEN'S CENTRE
 302 Columbia Street, Vancouver
 604.681.8480

LUNCH SERVED
DAILY AT 12:30-1:45

REGULAR PROGRAMMING

Chinese Women's Group (CWS) -Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

Creative Writing Group-Read and write poems and prose.

Hairstyling—Get a haircut or learn some new styling!

Library Literacy – Readings, crafts, literacy activities, and preparing the new library.

Literacy Workshop – Working with books, themes and word puzzles. Learn while having fun!

French Speaking Group – Open to women whose first language is French. The group will focus on advocacy and social activities.

Nutrition and Health – Eileen, the Dietician, is back to answer all your questions. Look to the daily board for days and times.

Piano & Voice—Come on out to learn something new or practice what you know with music instructors!

Resume Workshop – Create your own Resume with the help of Eemina.

Self-Care Drop-In – Focus on your own care and happiness for 30 minutes each week. Check out what Julie has to offer each week!

The Street Nurse, Christina, comes by every Monday sometime between 1-4pm to give you information on all kinds of health issues.

Women's Voice – Meets to give feedback about the Centre. Your opinions and ideas are needed!

ARTS & CRAFTS WORKSHOPS with materials supplied

Beading with Denny - Every Monday, 1:30 pm.

Crochet with Freeda-Every Wednesday, 2:00pm.

Fabric Arts with Freeda- Every Friday morning, 10:00am.

Dreamcatchers -Every Saturday at 1:30pm.
 Expand your skills and share stories with other women.

EVENING PROGRAMMING

Organizer's Training (ELP) –Monday from 5-8pm. Learn to facilitate and organize anti-poverty rallies and develop political strategies around various poverty issues.

Battered Women Support Services- Support for women experiencing violence. Usually Tuesdays from 5-8:30pm.

Alcohol and Drug Support Group –A harm reduction focus. Takes place every second Wednesday from 5-8pm. Everyone welcome.

Music Jam- Sing and play instruments with special guests.

Women's Health Clinic-Ongoing—59 West Pender.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	2 10 Sewing & Massage & Math, English, Study Skills 11-1 Nurse 2 Resumes & Bingo	3 1:30 French Group 2:00 Crochet & Raffle	4 5:00 DAMS Alcohol & Drug Support Group	5	6 2:00 Video
7 1:30 Library Literacy 1:30 Dreamcatchers 2:00 Video 3:00 Volunteer Orientation	8 10:00 CWS 1:00 BURNS BOG OUTING!!! 1:30 Piano & Voice 2:30 Literacy INTERNATIONAL WOMEN'S DAY	9 10 Sewing & Massage & Math, English, Study Skills 11-1 Nurse 2 Resumes & Bingo	10 1:30 French Group 2:00 Crochet & Raffle	11	12	13 2:00 Video
14 1:30 Dreamcatchers 2:00 Video	15 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	16 10 Sewing & Massage 11-1 Nurse 2 Resumes & Bingo	17 1:30 French Group 2:00 Crochet & Raffle	18 1:30 Women's Voice 5:00 DAMS Alcohol & Drug Support Group	19 5:00 Music Jam	20 2:00 Video
21 1:30 Dreamcatchers 2:00 Video	22 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	23 10 Sew & Massage & Math, English 11-1 Nurse 2 Resumes & Bingo	24 2:00 Crochet & Raffle	25 CENTRE CLOSED	26	27 2:00 Video
28 1:30 Library Literacy 2:00 Video	29 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	30 10 Sew & Massage & Math, English 11-1 Nurse 2 Resumes & Bingo	31 2:00 Crochet & Raffle			

ARIES March 21-April 19

If you think that you have a handle on maturity, this notion will surely be challenged between the 1st and 3rd. You're moving, shaking and growing on the 4th and 5th, but the 6th and 7th bring the rude awakening that comes with arriving too late. Through the 12th, you have to navigate turbulent conditions while facing up to high standards. Solutions find and solve their problems on the weekend of the 13th. Just don't expect to navigate the future with a step-by-step map of the past. The 15th and 16th demonstrate how much the outer world has changed while you wrestled with your inner challenges. Assimilate this quickly and completely, and the 17th through 29th will be your personal golden age. The hot spot happens around the season change, with positive shifts and opportunities between the 20th and 24th. You're in your element, ready to lead, guide and dominate with a friendly but firm hand. What happens at the end of the month is a familiar cycle: confidence on the 28th, a return of old obstacles on the 29th and transcendence by the 31st. You've been here before, and you can do it again.

TAURUS April 20-May 20

You can take your share of the heat between the 1st and 3rd. You're comfortable with yourself as well as knowing what you're up against. But on the 4th the stars demonstrate their special skill of pulling the rug out from under you when you least expect it. You're back on your feet by the 6th, blossoming after what should have been a withering blow. It's the beginning of an unpredictable renaissance that sweeps you along through the 16th. Strength flows into your life on the 7th, although you might experience a crisis of direction on the 11th and 12th when plans and goals change with your mood. The 13th proves, much to your relief, that you haven't actually lost any ground. Good will dissolves into antagonism on the 17th and 18th. Maybe you need new friends or none at all. But the excellent vibes from the 19th through 30th prove that this was just a bump in the road. You feel a familiar power surge on the 20th and 21st. During the 24th and 25th you profit from taking everything personally. If you can avoid letting disaster steal your accomplishments on the 31st, you'll have this month in the bag.

GEMINI May 21-June 21

Between the 1st and 5th you're cashing in on your recent gains. Others are respectful and cooperative. Interference is at a minimum. From the 6th to 8th you may have to fight for this privilege, but only a fool would question your noble cause. And you know how to deal with fools. You shift gears on the 9th and 10th, still on course but playing with the concept. Then events between the 11th and 16th force you to handle your affairs in a different way. The 13th might even find you craving approval about things that you generally take for granted. Surrender is required on some levels, and that hurts. You see the light at the end of the tunnel on the 17th and 18th. You might even take a vertical shortcut to bring you closer to the sky. Restarting on the 19th and 20th puts you on equal footing with your inferiors, but for the rest of the month you have the stars' permission to soar. Spring is in the air, and you have a life to live. You're a major force between the 26th and 28th, because those are the days when you truly know how everything works.

CANCER June 22-July 22

You begin March on top of the world. For the first three days you can do no wrong, and for the first week all mistakes are forgiven. Invincible heroes and willing accomplices feel that the good times will never end. But between the 8th and 10th, you face the realities of indifference and resistance. How you deal with this may determine events for the foreseeable future. Reconnect with your fan base on the 11th and 12th. Draw power and refreshment from the people that care about you. You'll need all this from the 13th through 18th when enemies hide behind sugar-coated lies, allies tell it like it is and your cranky side threatens to betray your real motives. On the 19th and 20th you stop this crazy world in its tracks for a sweet, emotional farewell to winter, only to have the first days of spring roll relentlessly over you from the 21st to 23rd. Don't worry about being too nice, though, because the real you shines through on the 24th, paying manifold dividends through the end of the month. Look for deep personal satisfaction on the 29th and 30th, if it doesn't find you first.

LEO July 23-August 22

For the beginning third of March, the stars vindicate you. Between the 1st and 10th, you live an excuse- and apology-free life. The 4th to 7th are a fountain of good vibes, with friends everywhere, wishes fulfilled and a master plan for keeping up the good work. Just try to avoid the feedback loop of mismanagement and paranoia lying in wait on the 11th and 12th. Anyone can have a bad day. The 13th is a welcome reminder that you're still on track. For that reason, it's actually a welcome challenge to pass through the cloud of ambiguity looming between the 15th and 18th. It really matters what others think. Pick their brains without stealing their souls. Temptation could undo you on the 19th or 20th, and rebuilding might be harder than you think. Luckily, spring comes just in time, and by the 23rd you could well achieve the impossible. The 24th and 25th seem like a rerun of the bad old days, but it's more of a flashback than a repeat performance. Starting on the 26th you're home free, and by the 31st you rule the world again. Don't let go of it again anytime soon.

VIRGO August 23-September 22

Have faith if you wake up with reservations on the 1st. Until after the 12th, things are destined to go your way. Your personal best gets better on the 6th and 7th, when all previous efforts blossom wildly and the world bows down. Yours is the only way. If the afterglow fades by the 13th, it's only because you miss the exercise of any meaningful challenge. New energy brings welcome stress to your muscles and a smile to your face on the 15th and 16th. Power your way through a fresh wave of chaos on the 17th, a swamp of cluelessness or alien thinking on the 19th (one and the same, for your purposes) and a raging ego attack on the 21st. This is one development that threatens to drive off your friends and undercut your support system. By the 24th you're back in touch with what really matters in your life. Your enthusiasm is so charming that nobody can stay mad at you. Watch out for radicals and thieves between the 26th and 28th, because you won't be completely out of the woods until the last three days of March. It was quite a ride, but you made it.

LIBRA September 23-October 22

A false start on the 1st throws you off your game for the next two days. But starting on the 4th, you catch a familiar ray of starlight and board the engine of your success, which chugs merrily along through the 14th. You feed all the right things into that fire between the 6th and 10th. You make it look so easy, but that's your training kicking in. By the 13th it's clear that you made a critical right decision. And by the 15th you're kicking yourself for what feels like a too-obvious missed opportunity. If that's your biggest problem, you're in fine shape. You find a real friend on the 17th or 18th, someone to see you through the questionable events of the 19th and 20th. You have mixed feelings between the 21st and 25th, but you won't let them slow you down. No one else has to know that you're flying into this new season by the seat of your pants. From the 26th to 28th it's a happy ending or a new beginning, depending on how you count it. The 29th rudely reminds you of how far you still have to go, but by the 31st you're equal to the task again.

SCORPIO October 23 - November 21

You're big on experiments and intuition from the 1st through 3rd. You begin with a conclusion in mind. The discovery lies in getting there. The 4th and 5th are tainted by loss or lies. But the 6th bails you out with a good, solid payback, and until after the 16th your worries are few. Iron resolve kicks in on the 7th. The 11th and 12th let you push the envelope of privilege and self-indulgence, and the 13th saves you from a trap of your own making. Don't spend all your karma points, because you'll need them in a big way on the 17th and 18th. A seemingly invincible enemy has your number. Keep moving, and by the 19th he or she won't see the weak spots in your armor. Escape is a temporary magic. The nature of your luck between the 21st and 25th suggests you stop playing this fool's game. The growing season is officially here. Make necessary sacrifices on the 26th, 27th or 28th, and you'll feel better for it. The stars shine on your dreams and ambitions during the 29th and 30th, but beware of cloud cover on the 31st. Nothing stays perfect for long. You can live with that idea.

SAGGITARIUS November 22-December 21

Although you're ready to play on the 1st, no one else joins you until the 4th. There's evidently no difference between being ahead of the curve or out of step. Once you find your people, all's right with the world, but the 6th and 7th might tell a less healthy story of refusals, viruses or attacks of conscience. Then everything falls into sync on the 8th and stays that way through the 18th. People are realistic, polite and inspired. Content triumphs over form. You set new standards on the 13th and 14th. An effortless one-time presentation looks like a way of life. Maybe you hit hard when you come back down to earth on the 19th or 20th, but the wake-up call does you good. Then the equinox and the spirit of competition put you back on your feet, and you're ready to do it again. All too soon, responsibility cramps your style around the 24th. You have to admit that it's not always a free ride. Aim for a personal deadline by the 28th, and don't complain about so-called inconveniences that are nothing more than lost privileges. None of this will matter when you get lucky again on the 31st.

CARPICORN December 22-January 19

The first five days of March are an iffy time. You have your doubts and opinions, but that's about it. New allies are unreliable and old ones change sides once too often for you. The 6th and 7th bring the kind of certainty that you can build with your own hands. Maybe you destroy a few previous models while you're at it. By the 9th you meet with resistance from those who don't want to know. If you can't overwhelm the opposition by the 11th, you just deny them access, and the matter is settled. You can afford to be fair on the 13th because you clearly have such an advantage. The 15th and 16th bring the fulfillment of a dream that you've incubated for a long time. Your favourite season ends with bittersweet fanfare on the 20th and 21st. Try something different and deal with the absolute lack of guarantees. The 24th and 25th will be your last days for meaningful experiences in March. If you don't accomplish something by the 28th, you might have premonitions of April truly being the cruellest month. Don't give this thought too much energy, or you could bring events in line to match your fears.

AQUARIUS January 20-February 18

Maybe last month was spectacular, but hope fades on the 1st. Small favours are insulting when you still expect the world. The next week brings ups and downs that essentially cancel each other out. Only the slightly changed landscape of the 6th and 7th prove that you're not going in circles. From the 8th to 10th you release whatever is bothering you. Make your own fun if nobody is around to help you. You're immune to humiliation on the 11th and 12th, although it's sad to see others stoop so low in their attempt. Turn defence into triumph between the 13th and 23rd. Now you're working with things that make sense to you. The 17th and 18th combine your ideas of pleasure and profit, while the 20th and 21st open you to dramatic possibilities that instantly reshape your life. The party is over on the 24th when an enemy or authority figure rubs your nose in something you were denying. You can rise above the fight between the 26th and 28th, but in the end there's no avoiding what must be done. Try to change with the times on the 31st. Surely you can make this work for you somehow.

PISCES February 19-March 20

If you're not careful, you'll miss some big opportunities this month, but that's hard to believe between the 1st and 3rd when everyone caters to you hand and foot. The 4th brings alien energy that distracts you enough to walk past the open window of the 6th. To save the day, watch for subtle signs on the 7th. If others lose patience between the 8th and 10th, figure out why. They're not mad at you. Keep it that way. Your passion rises on the 11th, but in the afterglow of the 13th you might not lock into a long-term improvement. You get your good luck and promising celestial events from the 15th through 25th. People include you, applauding what you bring to the party. You're the answer to their questions and prayers, and your own as well, on the 19th and 20th. The 21st gives you the best of both winter and spring. And while you can't hoard it forever, squirrel away the essentials by the 24th. Between the 26th and 28th you're dreaming when you should be scheming. You can put the best face on 'too little too late' after this, but you can only go forward with what you have.

. FREE TAX CLINICS—FOR Vancouver:

Organization Name: **Kitsilano Neighbourhood House**
Location: Address provided when appointment is booked.
City: Vancouver
Province: British Columbia
Contact Person: Wei-Wei Siew
Telephone: (604) 736-3588
Email: -
Counter Date and Time: Call for an appointment.
Clinic Dates are dependant on availability of volunteer.
Low income individuals only.
Counter Type: With appointment
Type of Client: For all
Language: English

Organization Name: **411 Senior Centre**
Location: 411 Dunsmuir Street
City: Vancouver
Province: British Columbia
Contact Person: Michelle Stephen
Telephone: (604) 684-8171 ext. 233
Email: -
Counter Date and Time: March 1 to April 30, 2004, from 8:30 to 13:30
Only \$20,000 single or \$30,000 couple
Seniors or Disabled who meet above criteria
First come first serve
Counter Type: Without appointment
Type of Client: For elderly people only
Language: English
Income Information: -

Organization Name: **Britannia Community Centre**
Location: The address will be provided when the appointment is booked.
City: Vancouver
Province: British Columbia
Contact Person: Anne Jackson
Telephone: (604) 718-5837
Email: -
Counter Date and Time: February 28, March 6 and 13, 2004
from 8:30 to 13:30
Counter Type: With appointment
Type of Client: For elderly people only
Language: English
Income Information: -

Location: 1-425 Carrall Street
City: Vancouver
Province: British Columbia
Contact Person: Lisa Hall
Telephone: (604) 682-0931
Email: -
Counter Date and Time: Mon., Tue., Thu. or Fri., from 10:00 to 16:00
First come, first serve. Low income/social assistance clients.
Counter Type: Without appointment
Type of Client: For all
Language: English
Income Information: -

Organization Name:

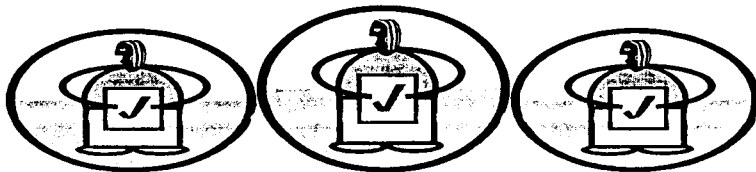
S.U.C.C.E.S.S.

Location: 106-28 West Pender Street
City: Vancouver
Province: British Columbia
Contact Person: Lee Wo Ma or Tammy Yau
Telephone: (604) 408-7274 ext. 1062
Email: -
Counter Date and Time: March 1 to April 8, 2004, from 9:30 to 12:30
For low income people and seniors: Singles \$20,000 and Couples \$30,000
Counter Type: With appointment
Type of Client: For all
Language: English

Organization Name:

**Vancouver TSO Volunteer Tax
Clinic**

Location: 1166 Pender Street
City: Vancouver
Province: British Columbia
Contact Person: Richard Hyatt
Telephone: (604) 691-4207
Email: -
Counter Date and Time: February 16 to April 30, 2004, from 9:00 to 16:00
Last appointment is at 15:00
Individuals with more than one return should advise when booking.
Counter Type: With appointment
Type of Client: For all
Language: English



WOMEN'S WORDS POETRY AND PROSE FROM THE DTES

No One Listens
By Michelle

Short story they ask, can I tell everything in a short story? Of course, I grew up in a dysfunctional family, the norm, mental physical and sexual abuse. I left at fourteen after my brother died with leukemia at the age of 21. Now he will no longer abuse me anymore—no one listens. Put myself through high school by stealing and selling drugs and then I got prego—not a good thing, so young and stupid. My baby is born and I feel there is something wrong with her, but no one listens. Yes I was right, epileptic, retarded, so I go on raising her and it's getting harder, so I ask for help—no one listens. They decide to put her in a Foster home, no I don't want that, but I have no choice, remember this is in the late 1970's-early 1980's and all I want is a little help, but no one listens.

Then she is in the Foster home and dies and at the same time, I get cancer and go into a psychiatric ward, my mind is not strong enough. Then I am out really doing drugs and screwing anyone. I don't care and still no one listens. Now I am a mother for other kids and just moved in to the Eastside and need a home no money, no street smart, still no one listens, so I stop in the Women's Centre and wrote a little, so they will listen.

Eagle
By Carol Valliers

I am eagle flying so high I start to swoop down from the sky.
As I get closer to the ground,
I get afraid of what is there,
So I fly back up to where I feel safe from
All the pain and despair
Although I know the day must come where I fold my wings and land
For if I don't I will never know happiness and love as I once did before

Black
By Andrea

Juxtaposition
Winkle in time
Mirror reflection
Parallel line

Secret place drifting in space
Open your doors give me
Your dimensions
Share your space and
Affirm my place

Juxtaposition
Winkle in time
Mirror reflection
Parallel line

Asthma
By Annie

Asthma symptoms are wheezing, dry cough, difficulty breathing, restricted air flow in and out of the lungs. Congested chest, pain in the chest, dizziness, light headaches and extreme fatigue. Walking and simple exercise will be hard to do, will probably need bed rest.

In the winter, breathing becomes difficult especially in the cold. With each breath, coldness enters into the lungs. The air in the room must be clean without any pollutants, fumes of cleaning detergents, dust, dust mites, beauty products, hairspray, colognes, cigarette smoke, humid air and stale air. The windows must be always kept open all day long.

Excessive exercise can cause Asthma like aerobics, jogging, sitting and in closed stale rooms will cause attacks; stress, grief and trauma might increase the sudden attacks. Major problems at home, work or with friends that are not solved may cause tremendous strain on the lung's breathing.

If one has Asthma, one has to live in a stress free world and have a positive attitude. To live in fresh, learn to breath properly and maintain a health living style that includes healthy food. Be in a healthy state of mind...one has to live wit it.

DTES, I Love
By Vickie

I spent my entire life in the Eastside of Vancouver. We moved around a lot and finally settled down when I was nine years old on the Downtown Eastside. We lived in Stamps Place, Raymur Housing in those days and I went to Seymour School. Because we moved a lot, I went to six different Elementary schools at least and being able to finish my elementary school settled in one place. I finished grade 4 and the rest of elementary school there and did all my high school in one school, Britannia.

I made my final move in 1970 in May and my family lived in MacLean Park Housing for the next 17 years until my mother passed away.

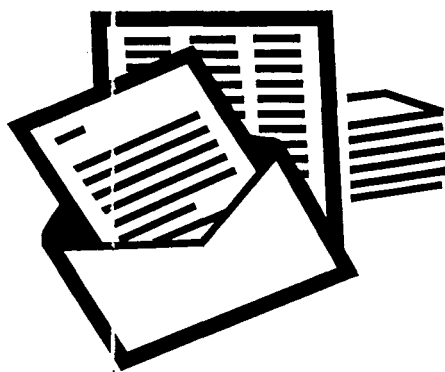
For the first time in my life I had friends for more than 2 or 3 months. My oldest friend was my friend Jeanne, who I have known since we were 10 years old over 35 years now

I love the Downtown Eastside and hope to live here until the end of my days.

BLUE
BY MRS. ELLENOR HANSON

I'VE GOT THOSE OLD SAD WEARY BLUES
I DON'T KNOW WHERE TO TURN
I DON'T KNOW WHERE TO GO
KNOW ONE CARES ABOUT YOU WHEN YOU SINK THAT LOW

I WONDER IF A BULLET WOULD DO
HARD AS MY HEAD IS, IT WOULD PROBABLY TAKE TWO
BUT I DON'T HAVE NO BULLETS
OR GUN AND I'M TOO BLUE TO LOOK FOR ONE



CHANGE OF ADDRESS FOR WOMEN'S MAIL
DELIVERED TO THE CENTRE

WE ARE CHANGING OUR MAILBOX ADDRESS FOR WOMEN'S MAIL.

IF YOUR MAIL IS ADDRESSED TO THE CENTRE, PLEASE CHANGE
THE ADDRESS FROM 302 COLUMBA TO

**150-100 EAST CORDOVA
VANCOUVER, BC
V6A 1K9**

TO NOTIFY SENDERS SEE STAFF FOR ADDRESS CHANGE CARDS.

