

FREE - donations accepted.

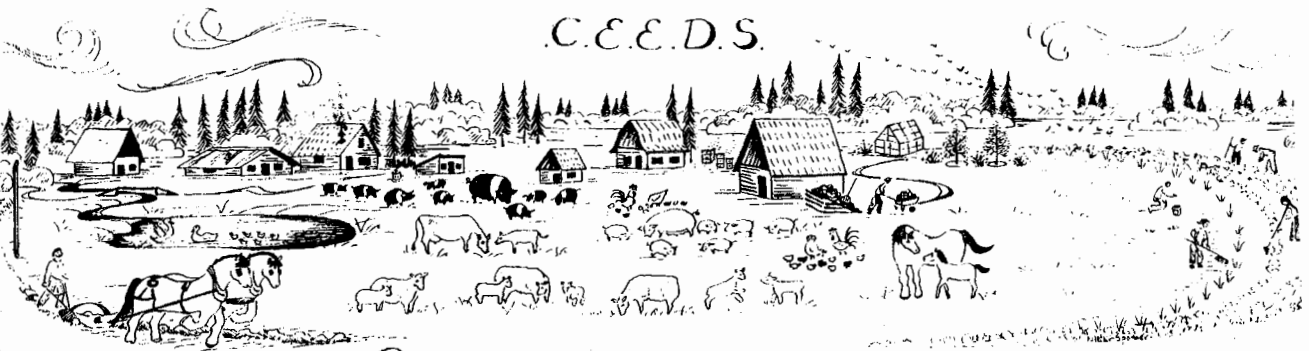
# Carnegie

## NEWSLETTER



JULY 15, 1989.

401 Main St., Vancouver, B.C. (604)665-2289



C.E.E.D.S.

Box 8  
Miocene  
VIA WILLIAMS LAKE  
B.C. V2G 2P3

Community Enhancement  
and  
Economic Development Society

Phone: 296-3216  
395-4196

July 4th, 1989

Dear Friends at Carnegie Centre,

C.E.E.D.S. wishes to acknowledge your sustaining membership. We will be sending you a list of our products, please let us know what you wish in return for your investment.

Pork is available year round, chicken is in season now and lamb, beef and chevon are ready in the fall.

Our vegetables will all be ready by late August and September.

We thank you for sponsoring Nikki's art show as well as the public meeting.

Looking forward to a productive relationship.

Yours truly,

Lisa Enquist  
Vice-President.

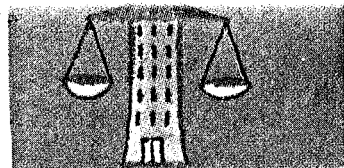
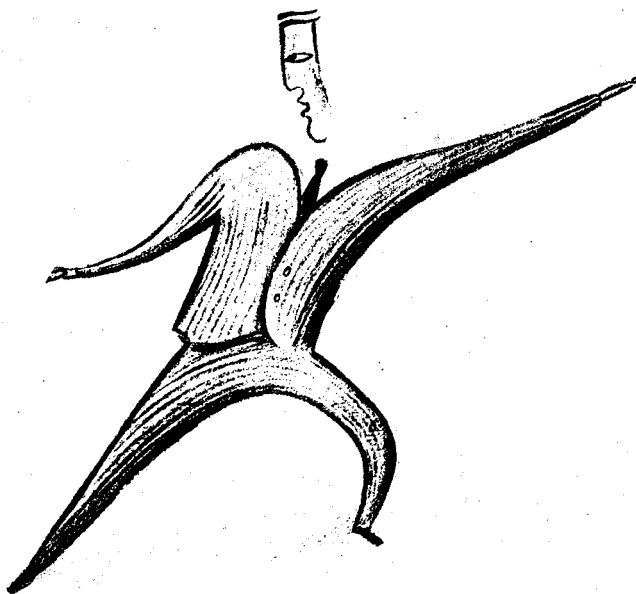
Editor:

A piece of legislation recently introduced into the Legislature in Victoria has received little attention but is certainly good news for Downtown Eastside tenants. The bill will allow any landlord-tenant disputes up to \$5,000 to be arbitrated by the residential tenancy branch.

For many years, Vancouver tenants have been fighting for the return of the Rentalsman and while that hasn't happened this bill will provide for tenants not having to go to court to get back a security deposit.

Our priority now must be to ensure that this bill is passed in this sitting of the Legislature so that it doesn't get carried over for another year when the House adjourns later this summer. I hope everyone will take a few minutes and write a letter to the Hon. Lyall Hanson, MLA, Minister of Labour and Consumer Services, Parliament Buildings, Victoria, B.C. V8V 1X4 urging him to give this legislation top priority.

DARREN LOWE



### The Vessel

Can you recognize  
a wrecked person.  
A sunk ship.  
A person pulling  
a load of worries  
sitting smoking and smoking  
tugging along the pressures  
of life with no chance  
to unload all their worries  
to lighten their hurt.  
Not all of us have  
hit rock bottom  
we've all been down  
but not dropped by  
other people.  
We should never  
drop each other.  
And if we have  
We should lift others up.

Betty Jacqueline Robertson

An apology...

"when I drink, it comes out of my mouth but it's not me. When the talk gets to politics I start saying very bad things about Chinese, Indians, Polish...anyone who isn't a 'Canadian' even though I wasn't born in Canada. Shame stays with me and I am getting free of the drink. AA starts today. I apologize to the many people who I have slandered. Please forgive me."

Peter Baran

## COLOURED DAWN

Lots of time, going nowhere,  
lots I could do, but I don't care;  
just waiting 'til the day has come and gone,  
just waiting to see the coloured dawn.

Bright new morning, something has changed,  
the world's gone round, it's not the same.  
Won't wait 'til the sun is turning on,  
I'll go to sleep in the coloured dawn.

Midnight morning, table and chair,  
pen in hand, they're always there,  
and I hope pretty soon I'll have a song,  
then I'll go to sleep in the coloured dawn.

Garry Gust



THE MYSTIC LIGHT

Rainbow rivers swallow my eyes  
As I go chasing fireflies,  
Breathing smokey harvest air,  
My head made light by something rare.

Running through a secret hollow,  
My shadow begs the moon to follow.  
I stop beneath a willow tree  
And sway inside its canopy.

I chant a song to the night,  
And hug the loving wind so tight.  
My heart beats with a billion stars  
Like angels matched in friendly spars.

A pure white light glows in my mind,  
Illuminating a path to find;  
With clear attunement to show me how.  
A seeker's sleep I dwell in now.

Garry Gust



In memory of Paul Park..

On Tuesday, July 18th, the Carnegie Library staff invite friends of Paul Park to have coffee and cookies in the Library from 2 to 4pm. Paul was a volunteer in the Carnegie Library for 8 years and he will be sorely missed. On display will be a photo of Paul working in the Library and a book purchased for the Carnegie Library collection in Paul's memory. Former Carnegie staffer Ron Dutton will be in attendance for this sad occasion.

# LETTER

Editor,

May I, through the columns of your paper, express the impression I get of the significance of the recent and current events in China, as revealed in the Vancouver media.

To me, taken together, they point out the lesson China rings out loud and clear: Eliminate now the use (and the threat of the use) of force and violence from public life, national and international.

Nowhere can human dignity and social progress be upheld while guns, tanks, bombs and their like are brought into play or held in reserve by contending or opposing governments and other interests.

What we all need is an end to military dictatorship everywhere. This alone can give us promise that neither in Kent State in the USA or in China - or anywhere else in the world - will students and unarmed forces of democracy be frustrated by armed force.

At present, unfortunately, due to the persistent investment in armaments and promotion of a world trade in armaments (regardless of the differences in political systems) all major governments and other interests participate in the business of mutual profiteering from the sale of armaments. Consequently, the peaceful efforts to expand democracy is everywhere at risk.

Have we not had enough of this? Can we not rather get on with implementing INF, moving ahead with START, building confidence-creating measures,

closing down the armaments' trade and pledging non-resort to military means in settling differences?

Are we so lacking in imagination and goodwill as to be incapable of conceiving a world without war? Can we see no alternative uses for our money and brains and creative ingenuity? Surely, we are not that bankrupt.

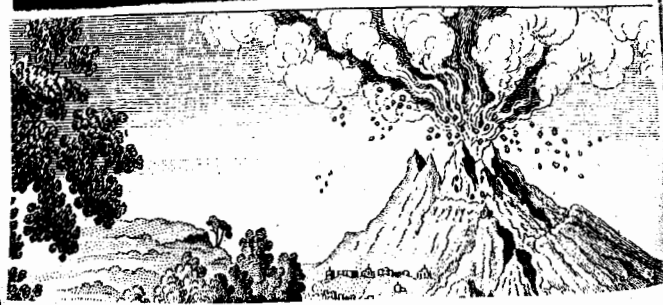
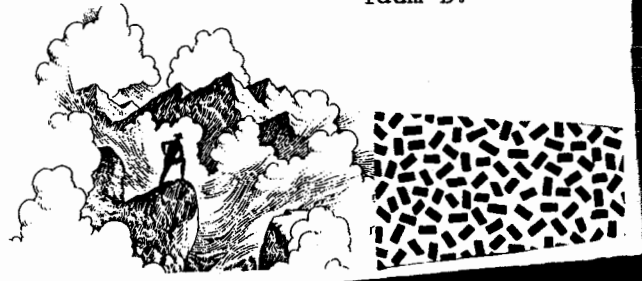
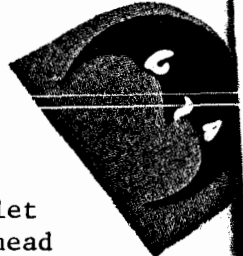
Beatrice Ferneyhaugh

## TIANAMEN SQUARE

Chinese protestors  
Jam the phone lines  
informants call in  
to turn in  
P r o t e s t o r s  
facing a single bullet  
to the back of the head  
blood spattered grey matter  
the wilted flower of Democracy  
the student, movement, dead. .

Blood and Gore  
You won't protest for  
Freedom  
No more

Taum D.



vice and who now demand recognition.

● Tourism appears to be in grave trouble. As large U.S. charter companies pull out of commitments to summer travel in China, Hong Kong hotels and travel agents watch profits slip away. This is perhaps best symbolized by one group of Canadian travellers who demanded of the Canadian commission that they be removed from the safe haven of this city when the shooting started in Tiananmen Square.

● The Hong Kong stock exchange, buffeted by each new wire report, rebounds uneasily. Some attribute this resiliency to money sent in from China. But that is short term, and the longer is another story.

● Bank profits, forecast earlier to escalate, are now expected to nose-dive. David Li, Bank of East Asia chief, is reported as pessimistic as he surveys softening mortgage markets and a switch to foreign currencies.

● There is news for Vancouver, too. Businessmen here are anxious to know the reaction in B.C. to events in China. And most agree that the city will experience increased investment and immigration as a result of such events.

● Newspaper headlines are full of warning — expected drops in retail sales, deposit forfeitures by recent homebuyers as mortgage lenders reassess risk and demand more up-front money.

It is a city where conversations from boardroom to kitchen sink have a single point: No one will forget the betrayal of China. It is as though everyone suddenly realized how naive they were. The young people, those under 30, feel it especially strongly. Some of the others will tell you they were not surprised.

Anne-Marie Doyle, Canadian commissioner, speaks with care as she pours tea in her office overlooking the harbor.

Her most pressing matter this day

is preparation of a speech she will soon give to the Toronto Hong Kong businessmen's association.

The speech will be a hopeful one. Doyle is of a view that Hong Kong sooner might be better than later. She senses a stiffening of the collective spine, a resolve to deal with the issue today, now.

This is not a hopeless situation, she says. This is a strong city. The resolve she detects can be found in the people, although one senses it may be panic — rather than resolve — that is the driving force.

Thus, the increasing demands for an elected parliament, the vision being one of real representation that will be more difficult to disman-

Thus, too, increasing pressure from the citizens of this city — and from British businessmen who depend on this city — for something more than weasel words from Prime Minister Margaret Thatcher.

There is intense pressure on the Thatcher government to deal with those who are entitled to hold British passports. What they want is simple — as a minimum, a guarantee that if betrayal is again on the Chinese mind, these people will have right of abode in Britain. Thatcher has thus far denied that right.

A delegation of the territory's politicians is in Britain this week seeking that guarantee.

Senior executive councillor Dame Lydia Dunn, one of those now in

London, says: "It will be very difficult for the British administration to run this place if the population is resentful of being deprived of the one thing that would give them confidence."

Sir Geoffrey Howe, the British foreign secretary, will conduct a fact-finding mission here from July 2 to 4. Parliamentarians have a select committee probing the 1987 transition and the air travel from Britain to the colony and back is frantic.

Dunn does not believe there will be a mass exodus of Hong Kong people to Britain if guarantees of abode are given.

There was no exodus in the chaotic year of 1967. Nearly 200,000 Hong Kong people emigrated to seven Western countries between

1961 and 1968. Only 9,000 settled in Britain.

In fact, Dunn says, Britain has never been a popular place for immigrants from Hong Kong. That status has always been reserved for Canada, Australia and the U.S., and remains so today.

The key, she says, is confidence. To restore the sense of vigor and determined success, Britain's subjects must get a sense of support rather than abandonment, says Dunn.

"Without the commitment of the people and their confidence in staying, investing and working here, Hong Kong will become vulnerable sooner or later. Sooner I suspect."

Most observers would say that sooner is already here.

# Beijing turmoil leaves Hong Kong reeling

By GORDON FISHER

**T**HIS IS A CITY with a date and a place seared into its soul: June 4, Tiananmen Square.

On that day, when the People's Liberation Army of China sent its men and its bullets against its people, this city was forced to face its own uncertain destiny.

The real possibility that 'treachery is at the heart' of the Chinese is no longer ignored. The transfer of the colony is no longer ignored. The illusion of a reform-minded, benevolent Chinese leadership is shattered and so, too, is any illusion that the future might be an easy one.

The measured result of June 4 has been hard, unequivocal and devastating.

Property sales have stopped dead in the first week following the army's action in Beijing, not one single property changed hands here.



Vancouver Sun managing editor Gordon Fisher, in Hong Kong to coordinate the August opening of The Sun's new Asia Pacific bureau, has found the British colony in the midst of turmoil after the recent massacre of pro-democracy students in Beijing.

China's successor named, A3 B.C. students cite threats, A8

Property values are down, according to best estimating vocal. These are people who fought the war of the mother country, who served in its civil

Please see HONG KONG, A2

lineups reaching 9,000 a day. The embassies most other preferred places of residence — U.S., Australia and Britain — are also besieged.

Colin Robertson, consul and first secretary of the Canadian commission, estimates that as much as 1.5 per cent of the Hong Kong population elected emigration papers in the first week following the events in Beijing.

● The British are also under siege, as spec groups press their claim to residence. Most who are the 3.2-million ethnic Chinese who qualify for British Hong Kong passports but whose documents don't allow them automatic right to five or enter Britain.

Others, such as 6,000 East Indians, are increasingly vocal. These are people who fought the war of the mother country, who served in its civil

## DOWNTOWN EASTSIDE WOMEN'S CENTRE

We need a drop in/outreach coordinator to begin August 8th. The successful applicant will have experience working with women, knowledge of the downtown eastside, and a feminist perspective. Valuable skills include advocacy and a self-help background, program planning, crisis intervention, and cross-cultural experience. The ideal person will be self-motivated, flexible, eager to tackle new experiences, and able to relate to an elected Board. Salary is \$1650/month plus benefits. Applications to The Women's Centre, 44 E. Cordova St., Vancouver, V6A 2S7 by July 21st.

### OPPENHEIMER PARK

"Girls just wanna have funds!" So reads a bumper sticker in a window near here. The staff at Oppenheimer has been hard at work to convince local philanthropists that 'Kids just wanna have funds too!!'

One way that helped raise some of the folding stuff was a raffle held recently. The tickets went for a song and the prizes were Argilite carvings and beaded earrings, the creations of Pat Dixon and Diane Green respectively.

...AND THE WINNERS ARE:

- 1st - Bill Deacon; winning an Argilite carving.
- 2nd - F. Vaughan; winning an Argilite carving.
- 3rd - Evangiline Johnny; winning the beaded earrings.

Besides saying congratulations we can say "Watch for our next raffle to support the kids at Oppenheimer."

### - Upcoming Events

- JULY 18: Irving House 6-12 yrs.
- 19: Harbour Trip 12-4pm
- 20: Bus Trip..Stanley Park
- 21: Video Park
- 22: Car Wash & Flea Market & Bake Sale at Main/Terminal 10-6pm...Teens
- 25: Daytrip for Seniors to Bowen Island.
- 26: Teen Camping
- 28: Videos

### FESTIVALS TO WATCH FOR IN OUR COMMUNITY - Summer 1989.

<u>Date:</u>	<u>Festival:</u>	<u>Park:</u>
July 15	OBON	Oppenheimer
Aug. 5-6	POWELL STREET	Oppenheimer
August 7	CARNEGIE MUSIC & PARADE	Crab Park
Aug. 19-20	LATIN AMERICAN	Oppenheimer
September 10	TOTEM POLE RAISING & FEAST	Oppenheimer

# DOWN TOWN EAST SIDE YOUTH ACTIVITIES SOCIETY "NEEDLE EXCHANGE PROGRAM"

Ingrid Hanson

Mike Haycock

(604) 685-6561

221-A MAIN STREET, VANCOUVER, B.C. V6A 2S7

HOURS OF OPERATION: Mon. - Sat. 12 noon to 5 pm.

SUNDAY - Exchange closed.

MONDAY - Mike is on staff and is on the street in the evening.

TUESDAY - Mike on & on the street in the eve.

WEDNESDAY - Mike & Ingrid on the street in the eve.

THURSDAY - Mike & Ingrid on & on the street in the eve.

FRIDAY - Ingrid on & on the street in the eve.

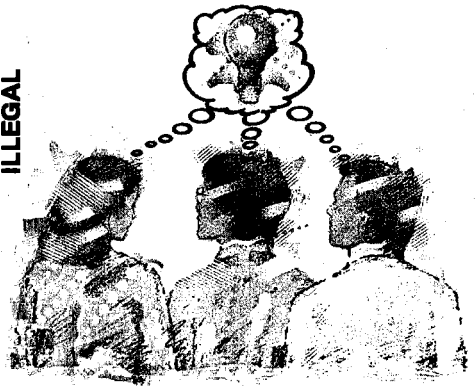
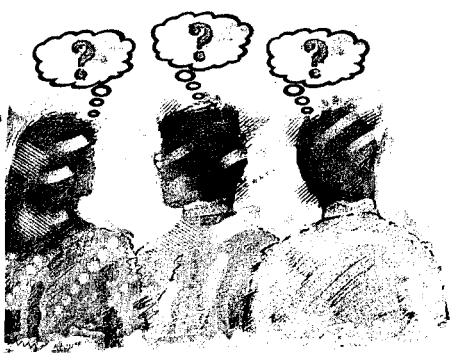
SATURDAY - Ingrid on & on the street in the eve.

\*\*\*When staff are on the streets, they will leave some times and locations on their door so they can be contacted in the eve.; likely on foot.

### GENOCIDE IS CRIMINAL



NUCLEAR WEAPONS ARE



Sue H.-\$20 Steve R.-\$5

Terry the Terrible-\$100

DONATIONS: Yanum Spath-\$100

Nancy W.-\$300 Willis S.-\$100

George B.-\$15 Rich P.-\$41

Robert S.-\$20 Jancis A.-\$20

Louis P.-\$20 Tom -\$4.02

Marg. S.-\$10 L.B.T.-\$100

Ted B.-\$5 Sheila B.-\$2

Doug -\$20 Bea F.-\$25

Lillian H.-\$20 James M.-\$50

I.MacLeod -\$100 Kelly -\$3

Anonymous-\$13.23 J.East -\$1

# Carnegie

NEWSLETTER

THE NEWSLETTER IS A PUBLICATION OF THE  
CARNEGIE COMMUNITY CENTRE ASSOCIATION

Articles represent the views of individual  
contributors and not of the Association.

**FREE - donations accepted.**

City info staff can't accept  
donations for this Newsletter, so  
if you can help, find Paul Taylor  
and he'll give you a receipt.

Thanks everybody.

at

# CARNEGIE

6:30

Wed.

# BINGO

## FOUR-FOOT TESTIMONIAL HEART

There's a four-foot testimonial heart  
Engraved on the garage door  
In the back of the store  
On the corner of the street  
Where you live

That heart was engraved  
Into paint that was old  
Many years before you were born  
And it signifies the kind of love  
Two young people can give

No, I never held her in my arms  
and, her lips never touched mine  
But,  
We gave each other something more  
She gave to me the memory  
Of a young woman and a rose  
In return I gave to her a song

Should you walk past that old garage  
The paint is cracked and worn.  
The heart is scratched  
And the words are almost gone  
But,

The memory she gave to me  
Will never fade away  
My love for her will always linger on

There's a four-foot testimonial heart  
Engraved on the garage door  
In back of the store  
On the corner of the street  
Where you live

That heart was engraved  
Into paint that was old  
Many years before you were born  
And it signifies the kind of love  
Two young people can give.

Walter Ormerod



She's a friend  
These fields and valleys,  
waterfall and pine  
she always was a friend,  
I always knew it -  
still...

I had a blind eye  
to her struggles  
She was crying -  
Please stop the destruction  
Please stop the waste  
but as for me...

I was too busy to open  
my damn eyes---

As I wake up  
from this insensitive  
Sleep of blindness  
I wonder if perhaps  
it's already too late  
- too much destruction  
- too much abuse

She's my friend  
and she always has been  
nut still.

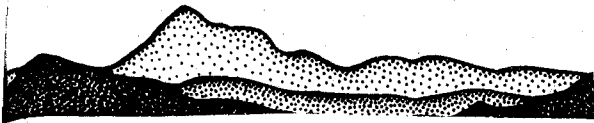
I know I should have  
cared sooner,  
so I'll care more now.

Dave McConnell

I sit alone, all by myself  
It gets quite lonely at times  
If I didn't have you to think about,  
I'd go completely out of my mind.  
Our lives are on a very rough route  
But we choose which way we would go,  
We brought it all upon ourselves  
We know we took the wrong road,  
But we will go perfidiously forward  
until we find the right way  
and we will make it to where  
we want to be  
as we go slowly day by day  
and change the games we play.

Jenny Carlson





## SENIORS, SENIORS, SENIORS!

Please take note of the following exciting activities planned for Seniors during this summer with Carnegie and Oppenheimer Park:

### JULY 19

- Harbour cruise and BBQ aboard the motor yacht "Invader". This trip is for Seniors and Teens and you can sign up at Oppenheimer Park. (See Janice or Debbie.)

### JULY 25-28

- Camping trip to the North Vancouver Outdoor School (north of Squamish). Includes swimming, fishing (if you've got a licence), picnics, Alice Lake and lots more. Come and enjoy the relaxing atmosphere. The refundable tickets are available from the Seniors' Lounge. \$2.00

### AUGUST 7

- Carnegie Parade and Festival; fun for all ages! Mobilize at Oppenheimer Park at 10:30am, parade down Powell to Main, over the overpass and into Crab Park for our Annual Festival. Enjoy the music, food, games; decorate your wheelchair, ride your bike, bring a banner, even come in a costume!

### AUGUST 10

- Picnic and Swim..at Cates Park in North Vancouver. Tickets available in Seniors' Lounge on July 29th.

### AUGUST 24

- B-B-Q and Games..at Belcarra Park across the water from Deep Cove. Tickets in Seniors' Lounge August 11th.

### SEPTEMBER 11-15

- Camp Fircom on Gambier Island... Seniors & Volunteers will cruise to the island; beautiful surroundings, swimming, fishing, good food..a wonderful "get-away" from the Downtown.

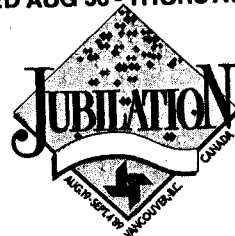
## Special Announcement

On July 31st at 2 pm the Senior Support Group will have a special meeting to elect a new Treasurer. All Seniors are invited. The next regular meeting is Tuesday, August 8.

\*\*\*Carnegie's Ballroom Dancers\*\*\*  
..will be part of the entertainment at the PNE Seniors' Festival. Free passes will be available from the Seniors' Lounge or Donalds.

## CELEBRATE SENIORS FESTIVAL '89

COLISEUM  
WED AUG 30 - THURS AUG 31



Bank of British Columbia  
Division of Hongkong Bank of Canada

### Blood Alley

Here in this maze  
of alleys and groves  
are the callings  
to windows.  
all open  
to invite only the cool night  
into each four pace by four pace  
heavy hot room.  
The callings are not sweet  
nor do petals drift from the  
windows  
but on the edge of the maze  
a gentle thief  
palms the last  
of the wicked quarters  
and moves on.

Kerri Wilkie



Dera

Downtown Eastside Residents' Association Housing Society  
 9 East Hastings St., Vancouver B.C. V6A 1M9 609-5499/682-0931

## DERA SHIP SHAPE

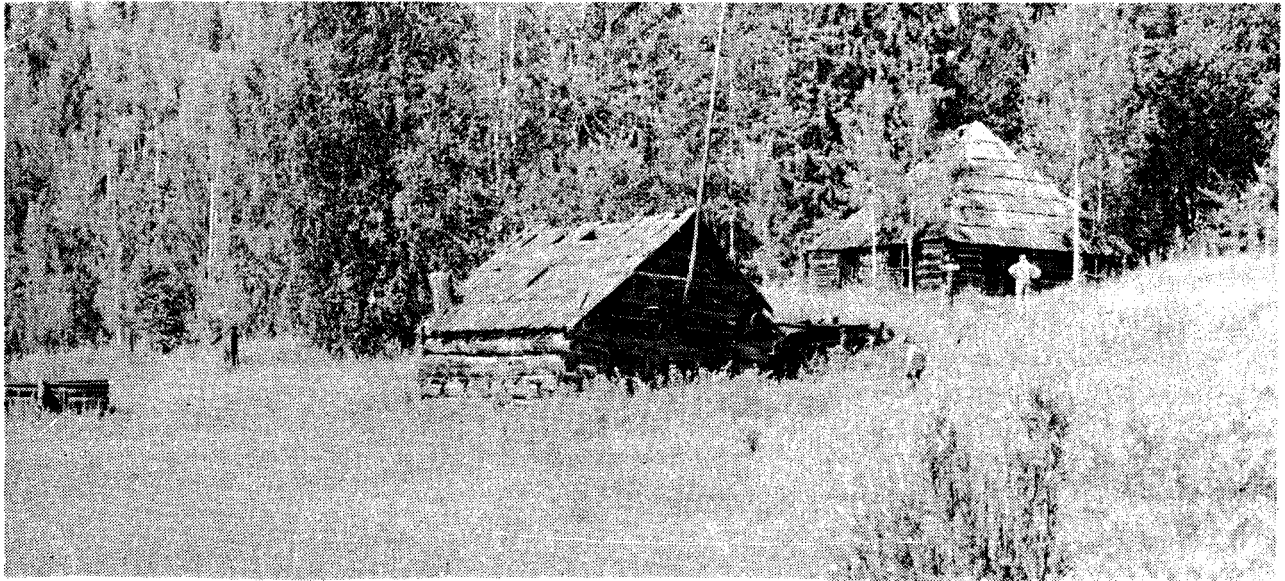
Very soon, in the Gastown Mall, 130 Water Street, there will be a new and unusual office whose name will be DERA SHIP SHAPE. DERA, of course, is The Downtown Eastside Residents' Association. SHIP SHAPE stands for: SHIP - Seniors Health Independence Program; SHAPE - Social Health Action Project Eastside.

The project and program have been funded by the Seniors Independence Program of Health and Welfare Canada. In essence, the program/project are meant to encourage, develop and support independence for seniors, as well as self-esteem and confidence, self-help and mutual support. An important component is cross-cultural tolerance and understanding.

Canada has subscribed to this new approach to health issues, which is endorsed by the World Health Organization of the United Nations. Basically, the approach is for users of health programs (in this case, seniors) to have a major say in actions that they think will improve their health. Health is not just physical health, but mental health, social health and communal health. An equally important part of the new approach is for the seniors using the program to have a say in the directions in which the program and its various parts may take.

When DERA Housing Society (the sponsor of this program) applied for the grant, it was hoped that - along with the Tellier Tower and Marie Gomez Place - members of the Four Sisters Co-op and the DERA Co-op would like to participate. Being co-ops, it is up to the seniors in the co-ops to say if they would like to participate or not.

Health and Welfare has agreed that a senior is anyone who is 45 years and older. While this may be of some amusement and/or shock for some of us, the lowered age threshold enables the program to have "younger seniors" and "older seniors" helping each other. For example, if "younger seniors" in the Strathcona Community Gardens project wish to help "older seniors" dig their garden plots, or help them weed and prune, and if the seniors propose and sustain such a project, it is likely that SHIP SHAPE could help with some funds for labour and/or garden materials (seeds, clippings, top soil).



The SHIP SHAPE office will show examples of positive, healthy community actions and improvements, such as the CRAB access issue, the banning of knives in beer parlours, the Downtown Deposit Project, as well as models of DERA Housing projects. The office will be used as a springboard for other health-related actions. DERA is considering using the SHIP SHAPE office as the centre for the walking tour of our community, hopefully with seniors being the tour guides, getting some exercise, meeting new people and earning a little extra money. What makes the SHIP SHAPE so different is that, for the first time in Canada, a community action and development office will be in the middle of a retail mall space, with all that that implies!

Space does not permit me to go on about the great possibilities this program has. It has been designated a "pilot project" by Health and Welfare and runs to January 1992. It has the very real possibility of being the vehicle for a series of TV films for educational TV around the world. The first segment for these films will start shooting in April or May this year, and is about seniors' self-esteem in a "youth dominated culture". It is already booked for showing on B.C.'s Knowledge Network, TV Ontario, Alberta Educational TV, and Saskatchewan Educational TV.

For more information, or if you are interested in getting involved, there are 3 places that you can go:

DERA	DERA .SHP. SHAPE	DOWNTOWN DEPOSIT PROJECT
9 E.Hastings,	130 Water St.	328 Carrall St.
682-0931		682-5280
- Lawrence Bantleman		- Jack Chalmers

GAIN FOR HANDICAPPED RATES

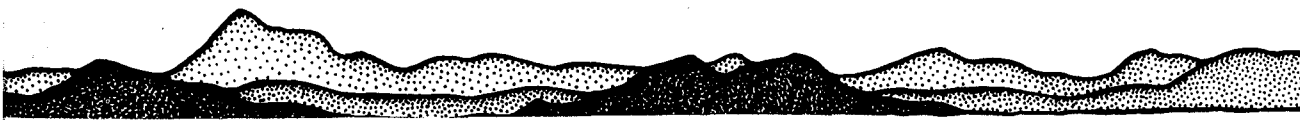
FAMILY SIZE	MARCH 1989	APRIL 1989	JULY 1989	PERCENTAGE CHANGE of July over March
		Rate Restructure	Rate Increase	
1	\$ 583	\$ 620	\$ 658	12.9 %
2	914	922	977	6.9 %
3	1,056	1,061	1,114	5.5 %
4	1,172	1,179	1,229	4.9 %
5	1,276	1,291	1,338	4.9 %
6	1,359	1,371	1,426	4.9 %
7	1,443	1,457	1,526	5.8 %
8	1,516	1,543	1,615	6.5 %
9	1,590	1,630	1,704	7.2 %
10	1,665	1,717	1,793	7.7 %

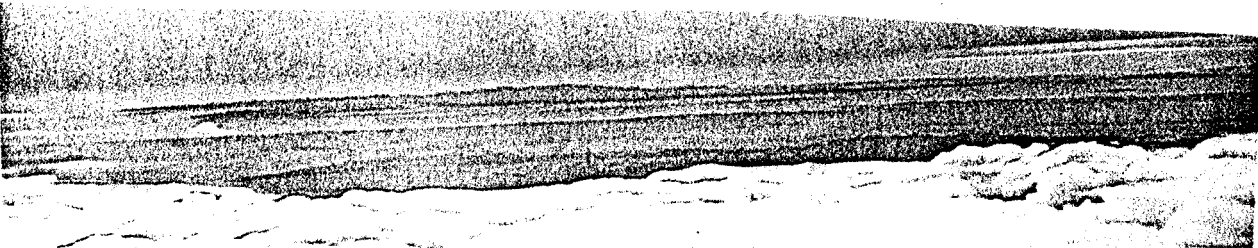
"You'll never satisfy Them..!" Poverty is under \$12,000/yr/single person. New rates leave all recipients 45% below the Line rather than 50% below. Nurses/teachers/wage earners - "No more \$\$"; \$1 billion in hand while govt. sells public trust to rich friends and those who know the full story are paid hush-money. Substantial increases=improved economy; not privatization.

BENEFIT LEVELS - JULY 1, 1989 - EFFECTIVE DATE

65+: Recipients of GAIN, who are 65+ but not eligible for Old Age Security.  
 H: Handicapped Benefits.  
 OAS: Old Age Security.  
 SPA: Spouse's Allowance.

Unit	Category	Maximum Support Allowance	Shelter Variable		Total Monthly Benefit Level	
			Min.	Max.	Min.	Max.
1	Employable	193.00	0	to 275	193.00	to 468.00
1	Unemployable	243.00	0	to 275	243.00	to 518.00
1	Age 60 to 64	243.00	75	to 275	318.00	to 518.00
1	65+ (not on OAS)	383.00	0	to 275	383.00	to 658.00
1	H	383.00	75	to 275	458.00	to 658.00
2	Employable	341.00	0	to 446	341.00	to 787.00
2	Unemployable	391.00	0	to 446	391.00	to 837.00
2	One Parent	391.00	0	to 446	391.00	to 837.00
2	Couple 1 age 60 to 64	391.00	75	to 446	466.00	to 837.00
2	Both age 60 to 64	391.00	150	to 446	541.00	to 837.00
2	1 65+	531.00	0	to 446	531.00	to 977.00
2	Both 65+	671.00	0	to 446	671.00	to 1117.00
2	1 65+ and 1 age 60 to 64	531.00	75	to 446	606.00	to 977.00
2	1 65+ and 1 H	671.00	75	to 446	746.00	to 1117.00
2	1 H	531.00	75	to 446	606.00	to 977.00
2	1 H and 1 age 60 to 64	531.00	150	to 446	681.00	to 977.00
2	Both H	671.00	150	to 446	821.00	to 1117.00
2	1 OAS				flat rate	977.00
2	1 OAS and (1 65+ or 1 H)				flat rate	1117.00
3	Employable	410.00	0	to 514	410.00	to 924.00
3	Unemployable	460.00	0	to 514	460.00	to 974.00
3	One Parent	460.00	0	to 514	460.00	to 974.00
3	1 age 60 to 64	460.00	75	to 514	535.00	to 974.00
3	2 age 60 to 64	460.00	150	to 514	610.00	to 974.00
3	1 65+	600.00	0	to 514	600.00	to 1114.00
3	2 65+	740.00	0	to 514	740.00	to 1254.00
3	1 65+ and 1 age 60 to 64	600.00	75	to 514	675.00	to 1114.00
3	1 65+ and 1 H	740.00	75	to 514	815.00	to 1254.00
3	1 H	600.00	75	to 514	675.00	to 1114.00
3	1 H and 1 age 60 to 64	600.00	150	to 514	750.00	to 1114.00
3	2 H	750.00	150	to 514	890.00	to 1254.00
3	1 OAS				flat rate	1114.00
3	1 OAS and (1 SPA or 1 65+ or 1 H)				flat rate	1254.00
3	2 OAS				flat rate	1254.00





Clash is good! If everything is going well, no conflict among those whom each situation forces contact with, how long can it go on before you freak out for lack of progress?

Physical clash is the foundation of evolution: Cosmic Mind crudified into inorganic matter - unit mind evolving from this state via physical clash, psychic clash and attraction of the Great. When a human vehicle becomes necessary for further growth each entity moves closer to the Infinite with more subtle expressions of its nature. The linkage with Cosmic Mind is the first "I" in the sentence "I know that I exist." This is the dominant force governing the "I" that does - that performs action. The 'doer-I', in turn, rules over the crudest aspect of individual identity, the conscious mind. To advance in spiritual evolution the fastest way is to meet the Primary Clash!

Intuition is far stronger and truer than intellect, needs no indulgence in intellectual extravaganza for expression, and action based on its illumination never degenerates into tall talk. As unit mind evolves through being crude, subtle, subliminal and sublime to attune with causal, dealing with intensifying clash must be taken up as part of the process.

This is healthy, as the self-deprecating aspect doesn't dominate..it becomes quieter as psychic power develops. Self-pity can become dangerously acute with repetition. All physical and psychic clash occurs to strengthen spiritual gains.

Religions casual and religions intense are constantly at odds over who has the unique revelation and 'True Word'. Spirituality is the original and true path of awakening, using "original and true" at their simplest.

Myths and legends of all times try to explain what actually happens in language that those hearing will understand. The mystery religions on which Christianity was based and from which most of its legends were taken (Adam, Noah, Lot, Moses, Abraham, etc.) suffered from the stigma of all such discipline: they were written by self-serving orders - priests/rabbis/ministers/umma whose main concern was and is the continued subservience of all from whom independent thought has been exorcised.

(Read Deceptions and Myths of the Bible, then Holy Blood/Holy Grail)

Clash must be seen and dealt with on all levels, inwardly & outwardly, with all people and ideas that ask to be bowed down to in recognition of their assumed superiority.

Welcome to the Monkey House.

PRA'N'AVA

(Editor's Note: This article has appeared before; it's just that some people, myself included, have a hard time living with the necessity of clash.)



## A MISMATCHED PAIR OF GLOVES

A young man wished to purchase a present for his sweetheart and after careful consideration, he decided on a pair of gloves. Accompanied by his sweetheart's sister, he went to a department store and bought a pair of white gloves. The sister purchased a pair of panties for herself. During the wrapping, the items got mixed up. The sister got the gloves and the sweetheart got the panties. Without checking the contents, he sealed the package and sent it with this note:

Dear Darling,

This is a little gift to show you I have not forgotten your birthday. I chose these because I noticed that you are not in the habit of wearing any when we go out in the evening. If it had not been for your younger sister, I would have chosen the long ones with buttons, but she wears the short ones that are very easy to remove. These are a delicate shade, but the lady I bought them from showed me a pair she had been wearing for 3 weeks and they were hardly soiled. I had the sales girl try them on and they really looked smart. I wish I could put them on you for the first time. No doubt other men's hands will come in contact with them before I have a chance to see you again.

When you take them off, blow in them before putting them away as they will naturally be a little damp from wearing. Be sure to keep them on when you clean them or they might shrink. I hope you like them and will wear them for me on Friday night.

All my love

P.S. Just think how many times I will kiss them during the coming year. Also, the latest style is to wear them folded down with the fur showing.

OR WHAT? IS CANADA SCOT COUNTRY?

C C C (PROVINCIALY)

Concentration

Always says No to me

Camp followers

Followers of Fashion

CANADA my home and Native Land

Eastern born Westerner

Strapped for talking in Manitoba

told to leave by the Major of Calgary

Boo-ed out of the Yukon (Cowtown)

inches of life in T.O.

Religiously stoned in Montreal

Farmed New Brunswick

Swam through Nova Scotia

PEI or NFLD

Flew over the NWT

broke a rib riding in Sask

and wrote it in Free E BC (Never saw)

From Victoria to Halifax

and Dawson City to L.A.

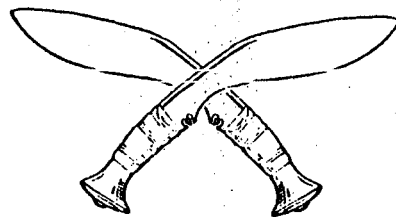
it intersects here in Van

and I'll stay as long as I can

to what degree of belonging are you?

Birthrite, interprovincial, landed imm.

Taum DanyCreag



AUGUST 15, 1986

AUGUST 15, 1989.

The next Carnegie Newsletter will be the 3rd Anniversary issue! (Names have never been changed to protect the innocent as the Creator of the Universe protects them as a matter of Cosmic Routine.

## FATHER FORGIVE

Oh Father, forgive our ignorance,  
for we do not understand.  
We are blinded by technology  
and the rich are ruled by the green paper.

Once blinded, we do not see the beauty:

The beauty of the sun, wind and rain,  
The spread of the bountiful landscapes,  
Through blindness we will destroy Mother Earth for power.  
Forgive Father, our ignorance;

For we do not have respect,  
nor honour what is front of our eyes.  
Greed and selfishness have overtaken our souls.

When we start respecting, honouring and loving,  
This abundant world will be one in unity.  
forgive us Father, for we are ignorant,  
blind and without honour for any natural life  
other than our own.

Their way of thinking is always right.  
To those destroying natural life to make themselves rich;  
Draining Mother Earth of so-called "precious metals",  
Draining Mother Earth of oils to pollute our wind and sky;  
Forgive us Father! for our stupidity; we do not understand  
We are not only destroying Mother Earth but also ourselves

The weak and the poor have no say, Father,  
Those who see and feel what is going on are not heard.  
Hear me Father, and forgive. - submitted by John J.



## COMMUNICATING WE STYLE

Me eh hah one word tuh say, I dun talk  
It eh go make sense saying anyting anyway  
I tell you one ting, you tell me annoder  
Whah is da use? Dat make sense?

Me eh know nah  
someting wrong  
You eh even want tuh hear  
and yuh doing jes as yuh feel

Plus dat, yuh doh listen  
o' even gimme ah chance tuh talk  
Buh does turn yuh back and walk off  
de moment dat I start tuh open meh mouth

Go on! Me eh have nutten more tuh say  
I dun talk

From Doh Make Joke by Dick Lochan





## GEORGIE JOIN SUPRAFITNESS

Allyuh eh hear de latest - Big fat Georgia join Suprafitness. Mamayo! Yuh tink it easy! Is now self he bad like crab.

If yuh see him when he dress up going tuh gym, yuh go want tuh ded. He does wear one ah dem cheap bright red tracksuit dat does fit yuh tight, tight with de pants riding up on he hard calf and de long sleeve quite on he elbow. De way de ting does be hugging he - yuh wouldn't know is ah Xtra Large. And de way de top riding up it have he constantly pulling down de front over he big belly. On top ah dat, Georgie have on ah red sweatband on he forehead dat make he look like ah bad cow dat gehway. Now, Georgie so fat dat when he bounce out so, sporting he new washekong and he gym bag sling over he shoulder, he like Thunder Personified, he rolling when he walk.

Well tuh see he in de gym jogging round de track, warming up, is something else. De whole track does rebound under he weight. Allyuh ever see black-jello giggle? If yuh see dat, yuh see Georgie jogging. Allyuh tink de man dey does call "De Refridgerator" -Huge! Yuh eh see Georgie yet. If yuh did ever see Georgie was tuh play football - dey woulda call he "De Freezer."

Now in de exercise class, when Georgie take up he position on de floor, people does start complaining bout how dey should expand de gym. Some does even hah tuh drop out ah de class radder dan go near he o' tell he anything, de way he does have he face like ah beast. Tuh hear he grunt and groan when de instructor start de Aerobics, yuh go swear yuh in de Metro Zoo.

Doh talk bout when he start tuh sweat, and fart, during de stretching on de exercise mat, everybody does evacuate before yuh cud say Jack Robinson cause when yuh see de vamp hit dem so all man does head for the shower. Yuh tink it easy!!!

Last week ah pass by de gym, and ah hear dat it closing down, because management say dat dey loosing business.

From Doh Make Joke by Dick Lochan  
- used with permission.

Damnation and reprieve  
a day passes  
quick and slow  
the last one  
of thousands  
the first of many

Condemned by town spirits  
for acts of greed  
or anger  
unwritten reasonable rules  
laws of nature  
laws of people  
seeking only order  
fairness  
and mercy  
mercy above all

Condemned for lust  
for foolishness or gluttony  
for setting a poor example

Damned for offending family  
Nature's highest good:  
The happy family.

Please wait till tomorrow  
Please try again  
keep hoping  
hoping past  
the very end.

R.C.

# The Facts on Tobacco

At one time tobacco was considered harmless and even thought by some to be a medicine. Today, even though it is less popular, many people continue to use it. About 35% of Canadians aged 15 and over smoke.

Nicotine is the drug in tobacco. It is poisonous and addictive, creating a habit that is hard to break. Though a few drops of nicotine would kill an adult, only a tiny amount enters the body, increasing with each cigarette smoked. When someone lights up a cigarette, the effects of it are felt almost immediately. Nicotine is a stimulant drug causing heart rate and blood pressure to increase. The throat becomes dry and irritated, and the smoke may make a person cough. Cigarette smoke in the air also irritates the eyes of the smoker and the non-smoker. As the smoke travels down the trachea (wind pipe), the cilia (tiny hairlike structures that sweep mucus and tiny particles upward through the throat) begin to slow down. The cilia are damaged as one continues smoking. The bronchi (air tubes) and alveoli (air sacs) within the lungs are irritated. The harmful chemicals in cigarette smoke then enter the bloodstream through the lungs.

Tobacco smoke contains other chemicals. One of these, carbon monoxide, prevents the blood from carrying as much oxygen as it normally does. Consequently the heart must work harder to supply the body with oxygen. Carbon monoxide can stay in the bloodstream up to six hours after smoking one cigarette.

Tar, the solid particles in cigarette smoke, slowly coat the smoker's lungs and slow down the work of the cilia. Furthermore, the tar interferes with the normal exchange of oxygen and carbon dioxide occurring in the lungs. As tar builds up in the lungs a person runs a greater risk of developing lung cancer.

Bronchitis (inflammation of the air tubes) may occur. This can lead to emphysema, an incurable disease, which causes abnormally enlarged lungs. Smokers' sense of taste decreases and an odour on their breath, clothes and hair develops. Tobacco also causes stains on the teeth. Smokers experience shortness of breath because of narrowed air passages and lack of endurance from oxygen-short blood.

Long term consequences of smoking include cancer of the mouth, larynx (voice box), lung and bladder. Smokers are twice as likely to develop heart diseases and are at greater risk of having strokes and ulcers than non-smokers.

Studies are now showing that side stream smoke (smoke from the end of burning cigarettes) can be harmful. Side stream smoke has twice as much tar and five times the carbon monoxide as smoke inhaled by the smoker. Several cases of lung cancer have been reported due to side stream smoke.

Smoking is now widely recognized as a major health hazard. According to the British Royal College of Physicians, each cigarette cuts 5.5 minutes from the smoker's lifespan! Though many smokers try to quit, only one in four stops before he/she is 60 years old. When someone does stop smoking, however, it greatly increases his/her chances for good health.

## TRUE/FALSE

- \_\_\_\_\_ 1. Tobacco calms your nerves.
- \_\_\_\_\_ 2. After smoking for years, it does little good to quit.
- \_\_\_\_\_ 3. Second-hand smoke is harmful.
- \_\_\_\_\_ 4. A few drinks make a person more alert and awake.
- \_\_\_\_\_ 5. Most alcoholics do not live in the slums.
- \_\_\_\_\_ 6. Marijuana smoke isn't as harmful to the lungs as tobacco smoke is.
- \_\_\_\_\_ 7. The younger you are when you begin to use tobacco or alcohol regularly, the greater your risk of becoming dependent on them.

1. FALSE Nicotine, the drug in tobacco, is a stimulant. It stimulates your nervous system and makes your heart faster. Smokers may think it calms their nerves because they are addicted to nicotine and they feel nervous when they go for a time without smoking.
2. FALSE Many harmful effects of smoking, such as reducing the amount of oxygen in the bloodstream, stop almost immediately when you quit smoking. Food tastes better, too. After 10 years, an ex-smoker's chances of getting lung cancer are similar to those of someone who never smoked.
3. TRUE Second hand smoke (the smoke exhaled by a person using tobacco) is hazardous to non-smokers, especially in a closed space or room.
4. FALSE Alcohol is a depressant drug. It slows down the central nervous system, affecting judgement, reasoning, coordination and even breathing.
5. TRUE Less than 5% of alcoholics live in the slums. Most are employed and have families. There are over 600,000 alcoholics in Canada of all ages.
6. FALSE Marijuana smoke contains even higher levels of tar and cancer-causing chemicals than does tobacco smoke.
7. TRUE Research studies suggest that persons starting to drink at a young age run a higher risk of developing alcohol problems than those beginning to drink when they are older.

### NEED HELP ?

DERA can help you with:

- \* any welfare problems
- \* UIC problems
- \* getting legal assistance
- \* unsafe living conditions in hotels or apartments
- \* disputes with landlords
- \* income tax



DERA is located at 9 East Hastings  
or phone 682-0931.

DERA HAS BEEN SERVING THE DOWNTOWN EASTSIDE  
FOR 15 YEARS

# He died on the vine, not in a vase

Conrad Eberle hated turnips.

He'd also turn up his nose at parsnips.

Cut flowers troubled him, too. He thought they should die on the vine, not in a vase.

At the Conrad Eberle wake at Vancouver's Carnegie Centre, they kept all this in mind.

Not a flower in sight. And not a whiff of turnips or parsnips in Diane MacKenzie's great steaming cauldron of beef stew that was ladled out for the 100 or so of his good friends in the downtown east-side.

Eberle, 55, died last week of lung cancer. The end came in hospital in Prince George, a long way from home.

"The Carnegie Centre was Conrad's life," says his brother, Karl, who lives in Prince George.

About the only time Conrad smiled



EBERLE

through the pain during his last few weeks was over a card or a visit from friends at Carnegie, a drop-in centre for downtown eastsiders.

As Conrad saw it, Carnegie was the only home he'd known since he left the family farm near Nipawin, Sask., as a teenager.

He was a fur-trapper in northern Saskatchewan, served a year in the army and worked as a truck mechanic in Humboldt, Sask.

In 1960, a Kenworth tire exploded and struck him in the head. It left him partially disabled and in line for a Workers' Compensation Board pension.

By eastside standards, he was rich, receiving WCB payments of \$1,050 a month. That is close to double the welfare rate for the poor and unemployed in this part of town.

He was a pushover for hard-luck yarns. Always good for a handout in the beer joints and bars around Hastings and Main streets. ⊕



⊕

But the gang at Carnegie remembers more than Mr. Soft Touch at the wake on Friday night.

"Conrad was one of our most reliable volunteers," said Diane MacKenzie, Carnegie's director.

"One of his many contributions was helping many of our people fill out their income-tax forms."

Muggs Sigurgeirson, who heads up the executive board, gives Conrad credit for saving the centre from self-destructing in endless political bickering three years ago.

Board meetings were free-for-alls between rival factions.

"Conrad told me not to worry and that he'd sort things out," Muggs recalled.

That he did by boning up on Carnegie's constitution.

He found a loophole and used it to persuade 1,500 Carnegie members to sign a petition forcing the entire board to resign and call an election.

"It was typical of Conrad," Muggs said.

"So plain, so simple and so logical."

After the beef-stew supper, guitarists Earle Peach and Alex Chisholm strummed Red River Valley, Conrad's favorite song.

Afterwards, it was agreed by all and sundry: Wasn't that a party!

In lieu of cut flowers and in memory of Conrad Eberle, Mary Brogan and other friends planted a red-rose bush and a white-rose tree in the garden at Carnegie Centre.

Quite plainly, they loved this man.

Read Bruce McLean every Sunday, Tuesday and Thursday.