

FREE - donations accepted

Carnegie

NEWSLETTER

carnnews@vcn.bc.ca

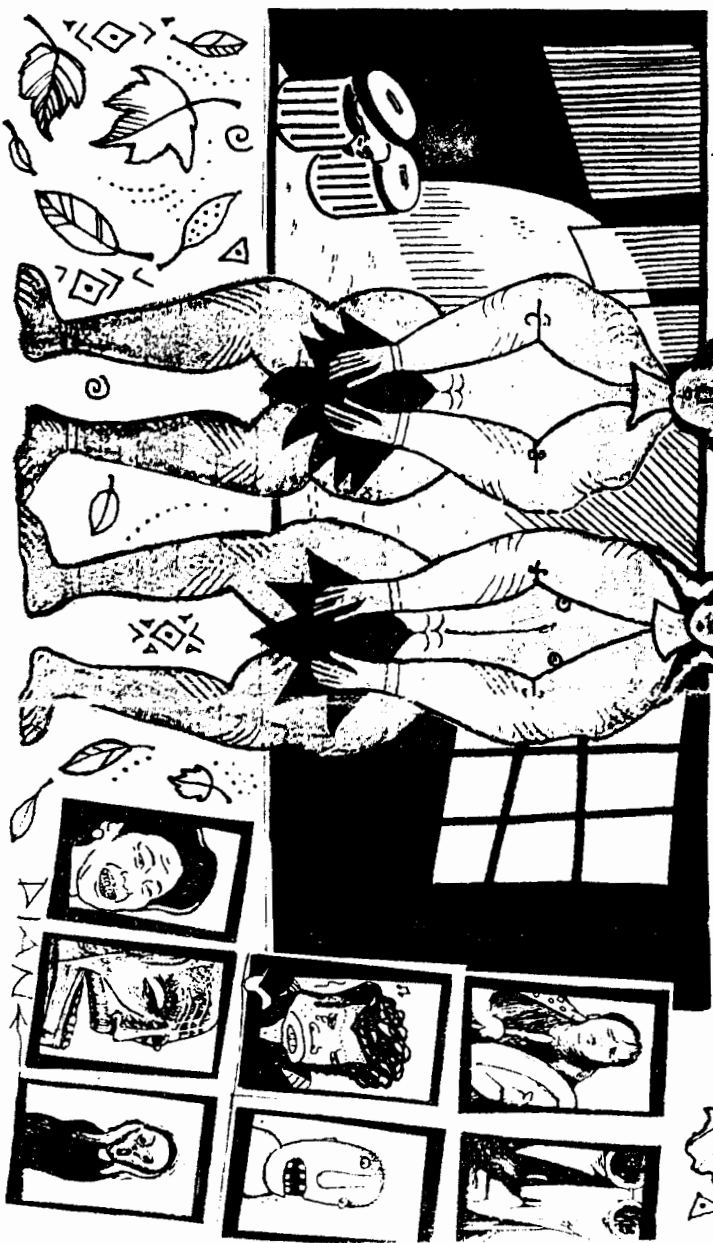
401 Main Street, Vancouver V6A 2T7 (604) 685-2289

SEPTEMBER 15, 2003



fall

to drop; to collapse; to decline in value; to become degraded; to be captured; *n.* the act of falling; a drop; the amount (of rain, snow, etc.) deposited in a specified time; a cascade; a wrestling bout; diminution in value, amount, or volume; the autumn. *-ing* *pr.p.* *fallen* *pa.p.* *-en* *a.* prostrate; degraded; of loose morals. *-ing* *star* *n.* a meteor. *-out* *n.* earth after a nuclear explosion.





The Downtown Eastside Community Play

COSTUMES, PROPS and SET

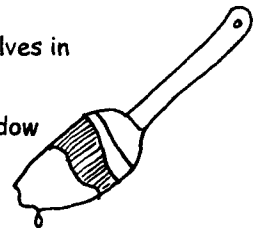
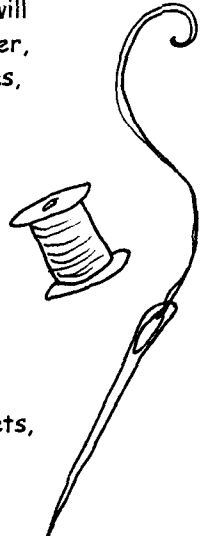
How you can be involved and help be a part of The Team



Local theatre designer Marina Szijarto and her assistant Tamara Unroe will be working at the Japanese Hall (475 Alexander Street) during September, October and November with community members to make all the costumes, props and the set for the DTES Community Play.

You Can Help If You Can.....

- ♡ - **SEW** - Both hand sewing, and Machine
- ★ - **CUT THINGS WITH SCISSORS** - ie Fabric, Paper etc
- ⊙ - **GLUE THINGS** - With hot glue gun or white glue
- ♡ - **USE A PAINT BRUSH OR ROLLER** - Both straight 'house' painting and more fancy painting ie sign , scenic, faux . Also painting puppets, masks etc.
- ★ - **ORGANIZE** - boxes of things, or racks of clothes etc
- ⊙ - **WRITE LISTS** - of things to do, costumes to finish etc.
- ♡ - **SAWING UP THINGS** - For props or the set or just for shelves in the workspace
- ★ - **DRILLING and HAMMERING** - For the giant puppets, shadow screens etc
- ⊙ - **DYEING** - Fabric or clothes for the costumes or puppets etc
- ♡ - **FINDING FREE STUFF** or getting really good deals on things - like fabric, Clothes, Paint, Wood, Equipment (sewing machines, sergers, glue guns, hammers, saws, paint brushes etc.).
- ♡ - And last but not least... **MAKING TEA/COFFEE and HELPING**
- ♡ - **CLEAN UP** - the most important job that helps us all keep sane and having fun!



The auditions at Strathcona and Carnegie went well. If you missed them, you can still be involved in the play.

Come to our 'STUDIO ORIENTATION' meeting on
Saturday September 27th at either 3pm or 6pm at 475 Alexander St.
Or call 604-841-3454 and let us know what you can do and when
you are available....See you soon!

IN THE DUMPSTER

by mr. mcbinner
vanbinner@netscape.net
gringostar1.tripod.com

Greetings, fellow bimmers and binnerettes.

I know I haven't been writing for a while but with all the crap in the world and my own, I just lost it for a while. I am aware, though, of most everything that has been happening down here.

The main thing that bothers me is the **Loft 6** shooting. I wonder if Shitty Hall is going to pay for the funerals of the innocent victims of this 4 a.m. tragedy? It should haunt Mayor Campbell all his miserable, cotton-picking life.

Keeping clubs open till 4 a.m. is senseless and very dangerous to the public. There were b1mners and tourists - not to mention homeless people - walking in the area of the shooting. A bullet went out the window and could've ricocheted and killed someone walking along the streets, including yours truly.

"Educated men are as much superior to uneducated men as the living are to the dead." said Aristotle. With this in mind, I cautiously refer to a letter [*is s/he legitimately on about the 'slummers' disregard for residents' rights or seeking further gentrification?*] and invitation going around by a person addressing

Residents of Gastown:

In order to combat the situation I have been out actively recording a number of infractions in the by-laws and laws and combed through city hail and the province. I had spoken to Libby Davies and frantically called the Mayor's office predicting bloodshed in Gastown in the very near future the week before.

The events of **Loft Six** was what I feared would ultimately happen. I had worked furiously to clear the congestion of cars due to Loft Six's Valet service for weeks on end. Cars were left in the middle of the road for five minutes or so resulting in a three car

back up blocking access to ambulatory, police, and fire trucks. The police would clear cars when they could. City property was being used to park patrons' cars and the valet collected money for this *and* threatened and fought with Gastown patrons who tried to park their cars.

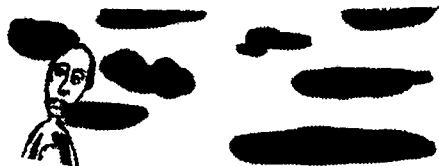
. I feared pedestrians would have no where to run or be obstructed in fleeing from gun fire, not to mention the obstruction of police in an emergency crime situation. — This is one example of infractions of our laws in the area

If you or anyone you know may have documentation of incidents, Mr. Hamilton of Hammerberg Altman Beaton and Magllo has asked for these and yours at this first meeting at Tellier Tower's common room, 16 East Hastings Street on Seotember the 15 at 7 pm **Dera** has graciously allowed us to use the room free of charge — I have asked the director of Dera to attend; he is well versed in the history of bars and related problems for residents in the area."

[The letter also asks for people to donate money to cover the lawyer's fee of \$500 to do research and get input on strategy. Given the penchant of the Gastown Business or Merchants Association to always lump the 'undesirable' locals in with any push or plan to clean up, it gets tiring and frustrating to attempt joint talks. Remember the "Carrall Street Corridor" when the hard-core class junkies got upset with all the social shit Dera and Carnegie wanted to deal with and called a press conference to demand that all funding be stopped for anything that helped the locals - housing, treatment, harm reduction.... We'll see, as the Mighty McBinner reports back.]

. Bimmers or assholes? - you be the judge. Where I live there are lots of people going through the bins; some are neat and quiet, while others are loud and messy. Some nights they make more noise than the trains and party-on-ers together - just plan rude. It is comforting to know most of us b1mners have respect for our fellow D.E. neighbors.

Got word from the neither world that Tom Lewis and Dave McConnell are now being managed by George Nicholas. They are to open soon at the next Bob Hope special. By the way, nice work on that story on Tom. Thanx D.W. for sharing.. May the bins be with you and *hey*' let's be careful out there.





The Missing Ones

by Leslie Darnell

Fifty Thousand children
Missing,
No, it cannot be
Hear that bell a'tolling,
Yes, it tolls for thee.

I hear this bell a'tolling
Since I learnt a thing or two
About my beloved Canada
It rings its bell of warning
Truth yearning to be free.

The little native children
I see their beautiful faces
And hear their haunting song,
"Residential Death"
Was what this country decreed.

The horror of this Sin
Will never be erased,
Though silent as the lambs
Their souls may seem to some,
In my heart their sorrow bleeds.

How can I ever look
Upon my country's flag
A symbol 'round the world
Of Peace and Freedom
Yet Lies and Death its creed.

My father raised me "Canadian"
He served in Korea, you know,
"You live in the finest land
This world will ever see!"
Was the legacy he left for me.

He was quite a man,
My father was,
Fed me books I remember yet,
The one that calls out loudest now,
"Bury My Heart at Wounded Knee".

Oh my little children
Taken from your families dear,
Ripped from Mother's arms
A Father's pride destroyed.
No heart would hear their pleas.

Those little native children
Lest we forget,
The children
Entrusted to this country's care,
Such a burden of abuse one cannot carry.

The residential system
And the history it hides,
Of children known by numbers,
Stripped of all affection,
Truth is Nazi Camps and Genocide.

A Drug Problem

I had a drug problem when I was young.
I was drug to church on Sunday morning.
I was drug to church for weddings and funerals.
I was drug to family reunions no matter the weather.
I was drug to the bus stop to go to school every weekday.
I was drug by my ears when I was disrespectful to adults and teachers.
I was also drug to the woodshed when I disobeyed my parents.
Those drugs are still in my veins; and they affect my behavior in every
thing I do, say, and think. They are stronger than cocaine, crack, or
heroin, and if today's children had this kind of drug problem, the world
might be a better place.

Signed,
Old Fart

I've been speaking to
Some Native folk
Who know a thing or two
About this great land Canada
This land of many breeds.

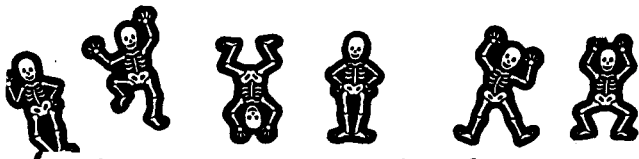
They say it's Not their country
For they were never invited in,
A flag of red and white,
Yet Red and White
Ne'er to be married.

AIM and fire,
The war cries will go on,
Not so much for what is today
But for the dirt kicked in their face
And the white man's smile of greed.

"Get on with things!"
"Get over it!"
Are things they often hear,
A decimated people
Still struggling to be free.

This night upon my pillow
From sleep I did arise
To pen these lines of poetry
In memory of the Missing.
Please listen to their pleas.





UBC's President wants to hear from you

On Friday September 19 from 2:30 to 4:00, Martha Piper, UBC's President, and Dennis Pavlich, UBC's Vice-President of External Affairs, will be at the UBC Learning Exchange at 121 Main Street. They want to get input from Downtown Eastside residents about how the university can build on the work that the Learning Exchange has done since opening its doors almost three years ago. If you are interested in having a say in how UBC should develop its programs in the community, come to the Learning Exchange at or before September 19 at 2:30 and sign up for a time with the President. Or you can sign up to take part in a later interview with the consultants who are coordinating UBC's efforts to get community input about the renewal of the strategic plan that gave rise to the Learning Exchange.

The Learning Exchange currently provides free access to the Internet, the on-line resources of the UBC Library, and other computer resources to 40 to 50 local residents every weekday afternoon. The Learning Exchange has sponsored courses such as Music Appreciation 101, Entrepreneurship 101 and Self-Advocacy 101. Other courses such as Peer Mentorship for Women and Media 101 are being developed, in partnership with a variety of community organizations. Other educational events have also been held, including workshops on basic computer skills, four free musical performances each year, Friday night lectures and films, and talks by community development advocate, John McKnight.

Last year, 300 UBC students did volunteer work in 30 different east side non-profit organizations through the Learning Exchange Trek volunteer program. Most of these students did volunteer work each week throughout the school term. Some of the students did special community projects during spring break; others did summer projects in partnership with community organizations. Students in the program are encouraged to examine their assumptions and stereotypes and to think critically about the contexts surrounding the issues facing the Downtown Eastside and other communities they work in.



For more information about the UBC Learning Exchange, drop in to 121 Main Street from 1 to 5, Monday to Friday or go to www.learningexchange.ubc.ca.

A brief discussion paper about UBC's strategic plan will be available at the Learning Exchange, for those who want to read it before meeting with the President or Vice-President.

Notes from the library (new books)

My Invented Country by Isabelle Allende

In this wonderfully readable narrative, Allende discusses her family and the events that altered her life. She captures the spirit of the Chilean people dealing with the country's violence and explores the role memory plays in shaping her life and her books.

The Old Ace in the Hole by Annie Proulx

This engaging story follows Bob Dollar, out of college and aimless, as he ends up in a bunkhouse on the Texas Panhandle trying to figure out his life. With gentle humour, the book traces the waves of change that have shaped the American West over the last century.

Six Days of War: June 1967 and the Making of the Modern Middle East by Michael B. Oren
Oren reconstructs the lightning fast battlefield action and the electrifying political shocks that arose from the six day Arab-Israeli war, leading directly to every crises that has ripped through the region and is ongoing still. The detail and coverage of extraordinary personalities make this a towering work of history and an enthralling human narrative.

Sightings: The Gray Whales Mysterious Journey by Brenda Peterson and Linda Hogan

The authors, an award winning Native American writer and an acclaimed writer and naturalist, interweave strands of legend and lore, science and symbolism, wonder and controversy inspired by the gray Whales as they follow their Pacific odyssey from Mexico to Alaska.

Stan Douglas : Every Building on 100 West Hastings

This fascinating book details the recent history of one block of West Hastings through a series of essays written in response to artist Stan Douglas' monumental sized print of the street. The writings examine the marginalization of an area and the people within it and touches on the myriad of social issues personified there.

Inside Out by Elise Title

An intense thriller that is based in a halfway house for about-to-be-released convicts. A transsexual recently released to the house is found beaten into a coma. Investigation reveals that Natalie Price, who runs the house, has a determined killer on her hands.

The Tibetan Art of Positive Thinking by Christopher Hansard

In this inspiring book, Hansard shares simple meditation exercises for taking control of our thinking and creating the life we want to live. He shows how, by applying these techniques to all areas of our lives, we can learn from our own inner wisdom and direct ourselves towards greater meaning, success and happiness.

Womankind: Faces of Change From Around The World by Donna Nebenzahl

A remarkable book containing short essays about 45 incredible individuals who are making a difference to others. From famous activists to those who come from grassroots organizations, the essay on each woman transports the reader into her world, offering words of advice, experience and hope. Each accompanying evocative photograph tells a story on it's own.

These are a few of the many new books in the Carnegie Reading Room. Come in and check them out!

Beth and I [Natalie] have really enjoyed being here. Mary Ann will be back on September 18th.



Memorial for Bob Trapp

November 1942 – August 2003

**Come to the Learning Centre on
Thursday, September 18th, 11 am-12 noon
Help us celebrate Bob's life.**



make the most of the night
don't lose your head
it's a death-trip there
blow your life away
dead men do tell tales
even after certain death
stop me
but you can't
who is this superman?
it wasn't easy
going off to hide
believe what i say
this is everything
you need it
i'll tell you 'til it hurts
someone
forever true
kills you
it's not a game

charles fortin

Comfort Zone

Is our responsibility a beautiful job
Paid in Healthy Vitality.. good looks
Long looks from the opposite sex
Promotions, attention, presents

Just work on our Comfort Zone
Feel good and spread good will

What else could possibly bind us together?

For mistakes are correctable
and we honourably assume our duty
to proudly re-fashion our torn egos
Easy – better be easy – or else
Too hard and anger and despair
Tear our comfort zone.



A.Kostynuik

LEARNING CENTRE OPEN HOUSE

WEDNESDAY OCT. 1 12:00-2:00 PM
-2pm

Displays



REFRESHMENT

DOOR PRIZES

INSTRUCTORS & TUTORS AVAILABLE
TO ANSWER QUESTION

EVERYONE WELCOME

"Genocide in Canada: Past and Present" - A Weekly Public Lecture Series

by Kevin Annett, M.A., M.Div., author of "Hidden from History: The Canadian Holocaust" (2001).

Commencing: Wednesday, September 24 at 7 pm at
the Canadian Autoworkers Hall, 326-12th street,
New Westminster
(west of the New West. skytrain station).
Every Wednesday Sep.24 – November 26.

What is Genocide? How and why were millions of
aboriginal people legally exterminated across North
America? And why is it still going on?

To pre-register, and for more information, contact
Kevin Annett at 604-466-1804 or 1-888-265-1007.

For background information, see this website:
<http://canadiangenocide.nativeweb.org>

"what has happened to him is outrageous"
Dr. Noam Chomsky, speaking of Kevin Annett,

7

Tribute To Harry

Harry Charles Hunt. He was born April 28, 1925 in Alert Bay, B.C. His parents were Stanley Hunt and Mary Hunt. (nee Harris).

At the age of eighteen he enlisted in the Canadian Army December 6, 1943. He was trained for a short period of time and was sent over to Europe for active duty in WWII, He fought for Canada along with the United Kingdom on the Continent of Europe, in France and Germany. When discharged in 1946, (because the war had ended), he received medals and decorations awarded in respect of service.

He returned home to civilian life in Canada, in a time of great uncertainty in his life. He shared that, even to this day, he could still hear bullets whizzing by his head and could still smell and see all the atrocities of the war in his head.

He was known to party a lot, fight a lot and do things such as stealing from his Uncle when they were drinking.

In 1953 his father Stanley Hunt passed away.. Shortly after that, in Harry's words, "Christ came to Alert Bay in 1953 looking for the worst/baddest guy he could find" — he found Harry Hunt. It was during this time that Harry's life began to change. He accepted the call of God. In 1955 he entered the British Columbia Bible Institute which is an affiliate of the Pentecostal Assembly of Canada. He continued his studies for the next three years. During this time he was called a Warrior, a soldier of the cross.

For 50 years he preached as an ordained minister. During his time in the ministry he helped so many people: he fed people, he'd always reach out his hand; he inspired so many. He prayed for people and encouraged people. He made a commitment to serve the Lord..

Harry loved to travel and spread the word. The Legacy that Harry left behind was one of dedication, commitment, caring and love.

He is predeceased by: Parents: Mary and Stanley Hunt, Siblings: Samuel, David, Sampson (died as a baby), Lizzy, and Bessie. Survived by: Youngest brother Stanley and many nieces and nephews.

Submitted by your niece, Margaret

The LifeSkills Centre 412 East Cordova

604-216-2776

Hours of Operation

10am - 4pm. Monday to Friday

Daily Free Services

Showers, Laundry, Telephone, Movie/Welcome Lounge, Lunch, Referrals and Classes!

- Anger Skills for Women: Wed. at 12:30pm
- Anger Skills for Men: Wed, at 10:30pm
- Art for Everyone: Thurs. at 1pm
- Web Design and Internet: Thurs. at 10am
- HotPlate Cooking: Friday at 1pm
- Multi-ethnic Cooking with Angie (Carnegie Outreach) every 2nd Tues. 1pm
- Pre-Vocational Skills Training: closed group
- Community Gardening: Wed. at 10am
- Housing Action Committee (Vandu) Tues. at 2pm
- Hep C Group: Mon. at 2pm
- Good Neighbours Agreement: closed group
- Film and Video: 4 week program starting again in October
- B.C.a P.O.M.: Wed. at 2pm
- Harm Reduction: (VCHA) for registration call 604-642-5801
- 59 Minutes to Save a Life: (VCHA) for registration call 604-642-5801
- The PHS Running Club: daily, Andy Livingston Park, 8am
- The Women's Lounge: very soon. .stay tuned
- Community Bathroom Project: daily at HCC with LifeSkills and Vandu
- Circle of Song (Positive Outlook & Native Health): music program, Fri. at 2pm
- Shiatsu for Women: Thurs at 1pm (Carnegie Outreach / Lifeskills)
- Holistic Self Care for Women: Thurs at 2:15 (Carnegie Outreach / Lifeskills)
- Women Against Violence Against Women: Tues. 10am to 3pm support group, healing, snacks and self care, all women welcome



"Do or do not. There is no "try ""

- Yoda

The changes within the community of hard-drug users in the Downtown Eastside over the past several years have been truly astounding, as this group of people who suffer extreme degrees of prejudice, bigotry, and demonization are standing up against this formidable current of oppression to claim their humanity. In a movement that was initiated for the most part by the revolutionary spirit in the soul of one brother Bud Osborn, who created the Vancouver Area Network of Drug Users in 1998, and who's inextinguishable fire of rebellion fomented the groundswell of change through the mid 90's, drug users here have dramatically shifted paradigms.

The VANDU organization maintains impeccable integrity, and is a veritable juggernaut in its politics. The opportunities to contribute to community that VANDU creates for itself are typically met with a clamor of enthusiastic commitment from participants, effectively shattering any myth that hardcore drug-users are not up to challenging endeavours. This is just the beginning; we are continually gaining momentum.

When the Portland Hotel Society-run LifeSkills Centre opened last winter it instantly became a bustling hive of activity, where the brooms and rooms get little rest. In less than a year the LifeSkills Centre has enabled countless addicts to incorporate significant positive action into their lives, and has ignited initiative and inspiration in the hearts of many.

Chuck Parker and Doug Buyers are two who represent this growth and change succinctly. They are the newly elected president and vice-president of VANDU respectively (congrat's!). Chuck has been a central force in the Hep. "C" support group for some time now. You may have seen Doug in a photo in the PIVOT publication "To Serve and Protect" wherein he looks hard enough on the pipe to cause even the most stolid of abstainers to lose bowel control. This guy's a veritable geyser of energy and ideas, and has lobbied hard for the establishment of a (much needed) non-profit, temporary work placement agency in the neighbourhood. He has been at the center of activity for some time now, and is currently busy with (among other things), establishing VANDU satellite groups in the Downtown South and Grandview areas.



CALLUSED HEADS AND CALLUSED HEARTS ONLY MAKE MDS.
CALLUSED ARMS.

The Portland Hotel Society is smacking the nail right on the head with opportunities for drugusers to work that are tailored to their specific needs. Anyone who's eager to change their lives with a resume that consists solely of twenty or thirty years of street-life is pretty much excluded from the traditional job market no matter how motivated they are. The Portland's policy of advocating and allowing considerate peer placements in the work, to ameliorate the untenable conditions of poverty and its attendant hardships here, is exactly what this community needs.

Shawn Millar



Life Outside

Walkin scarecrows all around
Skeletal with hair like straw, purple, yellow, blue or brown
Walkin like they bones are broomsticks fashioned out of glass
One wrong move and they'll break, just collapse

Banana peels, bright against a concrete dressed in gray
A woman's black pump
Abandoned, lying on it's side close by
Tells its mute story of chaos, disregard

Deceit! She yells. Ya ripped me off, muthafucka!
Tiny, straw yellow hair, swimming in her blue denim jumper
Staring eyes in a haggard face grown old before her time
She screams her way past me
Chasing another junkie
It's a dog eat dog existence on the street

Here outside the coffee shop
Are this mornings congregation
Gathering as they always do
Worshipping Crack, the Dragon, and The Dark Crystal
They shift in groups: The Users and The Used
Doing the same old dance of abuse

In the alley a pallid corpse pale
Person crouches in a doorway
Lighting a glass pipe and lookin like
A bad nights dream
Lines and distortion marks drawn deep
Another face grown old and ugly with hard use

There's an angry man across the way
Stomping and staggering up the street
Babbling curses, yelling incomprehensible rage
Gestulating like an opera conductor
Lost on his own personal crusade

The Jesus preachin black lady
Still sits on her accustomed corner
The shaggy grey beggar man sits on his
Like he has these past six years or more
The rice wine eating up his brain



Different corners, different States of Being:
One trying to Save, One trying to Die
Both just barely getting by

A moments snapshot in Time
A tiny slice of the pie
A moment's living, dying here
In the Downtown Eastside

Zola Novak



WISH
Women's Information Safe House
Drop-In Centre Society

**VanCity members: Please support the
WISH Drop-In Centre Society for the
\$1 million VanCity Award.**

WISH is a drop-in centre and safe house in the Downtown Eastside for female "survival" sex workers. By that we mean women who literally sell sex in order to survive, putting themselves at enormous risk from violence and sexually transmitted disease.

Without hope, some fled to the streets as children to escape abuse; other's experiments with drugs turned to addiction. The average age when they hit the streets is 14 and prostitution follows soon after. Clearly, this is not a lifestyle choice.

WISH offers that first step off the street – meals, on-site nursing, literacy and transition programs, as well as a safe respite from the streets – for an average of 150 women each night. We do this six nights a week, four hours a night – all within a space of 800 sq. ft.- the size of a studio apartment.

Violence is not limited to a few hours a night. Our participants need us to be open 24 hours, seven days a week in a larger facility. We propose to include a "Wellness Centre" that would be exclusive to women and women's health, since many are too frightened to seek health care in public clinics – for fear of running into their abusers.

The VanCity Award will make that possible.

Voting takes place from September 2 – October 15 by mail, in any VanCity branch or over the internet at: www.vancity.com

For more information about WISH, please visit our website at: www.wish-vancouver.net or call 604-669-WISH (9474)



Neighbourhood News

*The Safe Injection Site has its media-day on Monday, September 15, and is open-for-use starting the following week, I think. There was a 'Confidential' tome in someone's hands that had the various studies and letters of support from equally various people, who'll be called upon to answer for any real or perceived results. In this list - Mayor Larry Campbell, Chief-of-Police Jaimie Graham, MP Libbie Davies and other signers/ supporters of the Vancouver Agreement.

The perceived effects have divided people and added to the struggle to get such an operation opened. The 'cliquey' noise à la Gastown / Chinatown Merchants, Business Improvement, Safety Homeowner/Propertyowner/Heritage Group (maybe a score of people all told) seems to erupt over every attempt to balance enforcement with treatment. The cry is also that treatment doesn't mean enabling drug use, disregarding the added feature of harm reduction in a medical or supervised situation.

No one model works for everyone. Safe or supervised injection sites have been shown, statistically, to reduce overdose deaths and help hard-core addicts achieve some stability in their fight with the disease.

The people operating it are taking a page from the Health Contact Centre across the street, and the difficulties in opening with a set-in-stone set of procedures. The HCC ran into some harsh realities and had to almost reform to proceed, so the S.I.S. will start, low-key, and adjust to make things work

More over time.

*The Lance Pomeroy Community is another result of harsh realities learned from stumbles taken by Tent Cities at Victory Square, Thornton Park and Crab Park. Premier Campbell and his masters have careful plans to increase homelessness and pass the cost of dealing with the hemorrhage of poor and displaced onto the Federal Government, which will say it's the Province's problem, which will leave it to each municipality which will cry "FOUL" and we'll just suffer. Remember the Great Depression? Ask some seniors.

PRT

[half-a-century +1]

Hope for Change

By Larry Trunkey

This series of articles looks at the seven conditions that are necessary for change to occur. We will examine how these seven "precursors of change" are relevant to getting a job, keeping that job, and getting ready for our next job.

The Seven Precursors Of Change

1: A Sense of Necessity

2: Willingness or Readiness to Experience Anxiety or Difficulty

3: Awareness

4: Confronting the Problem

5: Effort or Will Toward Change

6: Hope for Change

7: Social Support for Change

In this issue, we look at the 6th precursor, hope for change. Hope dispels doubt and makes us believe that what we want to do is possible. A sense of possibility can sustain us while we make changes.

The way people use a word can sometimes help us to better understand the word. People say they feel hopeful or hopeless. We sometimes hear, "There is no hope" or "Hope has returned." How can we capture hope and actively hold on to it? Is it like luck? If so, maybe hope depends on something outside of our control. Perhaps we either have it or not. On the other hand, some people talk about making their own luck. Can we create our own hope?

When we contemplate change, it is important to have some idea or vision of how our life will be different when change comes. For one thing, if we can't "see ourselves" in a new, better place doing things that make us happier, why bother? We make the effort to change because we want things to be different. Secondly, unless we can see ourselves being different and doing things differently, we won't believe that change is really possible. We need to be able to imagine or visualize ourselves in a changed state to become hopeful. We also need to continue expecting the best to remain hopeful.

Everyone uses his or her imagination. We anticipate and guess about the future constantly. Most of our expectations about the future come from combining "facts" with our needs and desires.

The way we use facts to create a vision of the future can build and maintain hope, or it can make the situation seem hopeless. At The Job Shop, we help job seekers review their life experience to remember how skillful and competent they have been in their lives and in their work. Together we build hope about the prospects of getting a job, keeping a job, and getting ready for their next job. We build hope for change.

In the next newsletter, we'll examine the critical importance of getting support from others. This series of short articles is inspired by research on the precursors of change by Fred J. Hanna. I hope that this information will help you to make the changes you want to see in your life.

Larry Trunkey is the Program Manager of The Job Shop at Tradeworks Training Society. The Job Shop supports residents of the DTES in their return to work. Participants develop and broaden the skills they will need to get and keep a job. Federally funded by HRDC, The Job Shop starts new participants every week. Program information sessions are held Tuesdays, at 1 p.m. Call 604-253-9355 and ask for The Job Shop.

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



tradeworks
TRAINING SOCIETY

Program funded
by HRDC



Human Resources
Development Canada

Développement des
ressources humaines Canada

**DOWNTOWN
EASTSIDE
YOUTH
ACTIVITIES
SOCIETY**

**NEEDLE EXCHANGE – 221 Main; 8:30am – 8pm every day
NEEDLE EXCHANGE VAN – 3 Routes:**

– 5:45pm – 11:45pm

Overnight – 12:30am – 8:30am

Downtown Eastside – 5:30pm – 1:30am

2003 DONATIONS Libby D. -\$60
Barry for Sam R. -\$50 Eve E. -\$18
Nancy H. \$30 Margaret D. -\$25
Hulda R. -\$5 Val A. \$18 Wm B. -\$20
Mary C. -\$50 Paula R. -\$15 Rolf A. -\$55
Bruce J. -\$50 BCTF. -\$10 Wes K. -\$15
Charley B. -\$5 RayCam. -\$25 Gram. -\$100
Paddy. -\$50 Sarah E. -\$10 Charles F. -\$10
Rosemary Z. -\$20 Joanna N. -\$20
Jim G. -\$150 Glen B. -\$75 John S. -\$100
Penny G. -\$20 Liz S. \$5 Jenny K. -\$18
Celeste W. \$30 Sandy C. \$20 Dara C. -\$20
Ellen W. -\$150 Nancy C. -\$25
Rockingguy. -\$25 Joanne H. -\$20
The Edge Community Liaison Ctt -\$200
Jay H. -\$25 Bob S. -\$25 Christopher R. -\$25
Anonymous -\$4.02

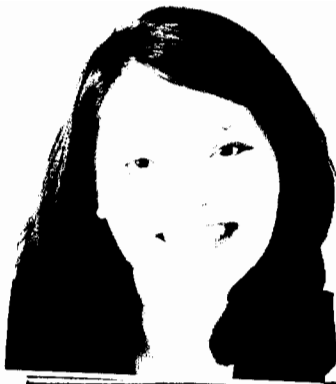


**THE NEWSLETTER IS A PUBLICATION OF THE
CARNEGIE COMMUNITY CENTRE ASSOCIATION.**

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

Submission deadline for the next issue:

Friday, September 26



**Contact
Jenny
Wai Ching
Kwan, MLA**

Working for You

1070-1641 Commercial Dr., V5L 3Y3

Phone: 775-0790 Fax: 775-0881

DERA

can help you with:

- Phone & Safe Mailboxes
- Welfare problems;
- Landlord disputes;
- Housing problems
- Unsafe living conditions



12 East Hastings Street or phone us at 682-0931

**Introduction to Recovery Workshop
Native Courtworker & Counselling Association -
Alcohol and Drug Program**

50 POWELL ST, VANCOUVER

Various Start dates as follows:

Group #6 August 5 - August 21, 2003

Group #7 September 2 - September 18, 2003

Group #8 September 29 - October 16, 2003

Group #9 November 3 - November 20, 2003

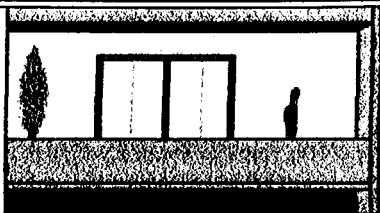
TIME: 8:30am - 12:30pm

**vancouver co-operative radio presents
spring marathon 2003**



**become a member
(604)684-8494**

**website:
www.coopradi.org**



The Conversings OF
**ARTHUR DECO &
MOLLY KRUSCHEF**
By Gary Gust (c)2003

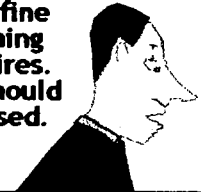
Molly! What do you think about all the forest fires in BC? Has nature gone insane?



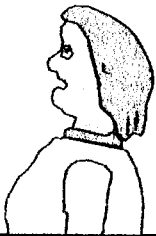
Well, my theory is that a lotta university students have been studying for term exams, and all that mental electro-energy going on at one time has caused sudden combustibility in the atmosphere, and that caused extra lightning down here.



Hmmm, not a bad theory... The news media certainly has done a fine job filming these fires. They should be praised.



Yeah, I bet the piromaniacs who have been setting some of 'em are getting a big kick out of seeing their art covered on TV.



Now just wait one momento Molly. First you say that students are to blame, then you switch your story and blame artists!



Well, it's not really what I say that matters. It's more of a matter of if I *had* to watch TV, I'd rather watch students studying than forest fires.



These questions about Canada were posted on an International Tourism Website and obviously the answers came from a fellow Canuck.

Q: I have never seen it warm on TV, so how do the plants grow? (UK)

A: We import all plants fully grown and then just sit around watching them die.

Q: Will I be able to see Polar Bears in the street? (USA)

A: Depends how much you've been drinking.

Q: I want to walk from Vancouver to Toronto - can I follow the railroad tracks? (Sweden)

A: Sure, it's only Four thousand miles, take lots of water,

Q: Is it safe to run around in the bushes in Canada? (Sweden)

A: So it's true what they say about Swedes.

Q: It is imperative that I find the names and addresses of places to contact for a stuffed Beaver. (Italy)

A: Let's not touch this one.

Q: Are there any ATMs (cash machines) in Canada? Can you send me a list of them? (UK)

A: What did your last slave die of?

Q: I have developed a product that is the fountain of youth. Can you tell me where I can sell it in Canada? (USA)

A: Anywhere significant numbers of Americans gather.

Q: Can you give me some information about hippo racing in Canada? (USA)

A: A-fri-ca is the big triangle shaped continent south of Europe. Ca-na-da is that big country to your North. oh forget it. Sure, the hippo racing is every Tuesday night in Calgary. Come naked.

Q: Which direction is north in Canada? (USA)

A: Face south and then turn 90 degrees. Contact us when you get here and we'll send the rest of the directions.

Q: Can I bring cutlery into Canada? (UK)

A: Why? Just use your fingers like we do.

Q: Can you send me the Vienna Boys' Choir schedule? (USA)

A: Aus-tri-a is that quaint little country bordering Ger-man-y, which is...oh forget it. Sure, the Vienna Boys Choir plays every Tuesday night in Vancouver and in Calgary, straight after the hippo races. Come naked.

Q: Are there supermarkets in Toronto and is milk available all year round? (Germany)

A: No, we are a peaceful civilization of vegan hunter-gatherers. Milk is illegal.

Q: Please send a list of all doctors in Canada who can dispense rattlesnake serum. (USA)

A: All Canadian rattle snakes are perfectly harmless, can be safely handled and make good pets.

Q: I wonder about a famous animal in Canada, but I forget its name. It's a kind of big horse with horns. (USA)

A: It's called a Moose. They are tall and very violent, eating the brains of anyone walking close to them. You can scare them off by spraying yourself with human urine before you go out walking.



Disability Issues

Three different articles; three different viewpoints.

In *The Vancouver Sun* daily newspaper, on Tuesday, August 12, was an article titled "Most disabled pass scrutiny." It claimed that the provincial government has found, after a year long review, that virtually all people who claim disabled benefits are entitled to them.

But Victoria advocate Crawford Frank of the Action Committee of People with Disabilities said, "Everybody is still wondering why [the review] was done."

Ministry of Human Resources head Murray Coell said, "For the first time in over 10 years we have certainty that public resources are going to those most in need."

MHR found that of 61,932 people, 60,775 were found eligible to collect benefits.

No mention was made in the article about possible future reviews, although this possibility seems quite likely.

The second source for the take on this story was found on the provincial government's web site, in a news release dated August 11. It confirmed the numbers of eligible disabled as of September 2002. But it went on to say that as of July 2003, 65,516 people now received assistance.

No word was said here either about future reviews, which makes me think these are indeed possible.

The third take on this story came from Bill Tieleman's column, *Political Connections* published in the August 21-28 issue of *The Georgia Straight*. It made no bones about the disability review process, calling Coell "a mean-spirited bastard who is trying to save money on the backs of those least able to afford it..."

But the article claims only 12,539 cases were reviewed, not the 60 some-odd thousand claimed by the other two articles. Margaret Birrell, executive director of the BC Coalition of People with Disabilities, claims that now many of the remaining 49,393 who were initially exempt from the review will undergo it at some point. Furthermore, Birrell says, "The 6,400 people with mental illnesses who were exempted from the first disability review will likely be the first reassessed with the same 23-page form as before. They'll do it again, but they won't do it in bulk. They won't make that mistake again."

MHR staff claimed a document leaked to the press saying that there was a target or quota on how many people could collect disability benefits was in error. But the government's own budget cut for MHR comes to \$254 million, and Tieleman rightly points out, how are they going to come up with the money?

So, who to believe?

By Rolf Auer

Unhappy trails down the road..

Some forests are afire in little spires, lifting from certain parks; to stomp them out – these harmless plumes, they put the homeless in the dark; alit just to boil some soup in scattered groups or to warm up a bit – is that too much to ask? But anger and upset the powers as such to have a fit over us who lay hay and slant a few boughs.. Then politicians, commissioners

and usual busybodies take their tragic bows as they give the squats the boot – and if resisted who gives a hoot? So march us out “Please be quiet!” our voices mute, then into concrete canyons high ‘n loudly pounding echoes in the night.. You turn your backs to us in unison, ignoring and deafened to our plight.

Robyn L.

In Strathcona *Welcome to* *the Lance Pomeroy Memorial Community*

This community is named in honour of Lance Pomeroy, a young homeless man who was beaten to death at night in the darkness and isolation of Jericho Park, ever a reminder of the dangers of homelessness and isolation

**We gather as community in the search for safety, support and security.
We are homeless people who simply want to live in peace with our neighbours and in the dignity and safety afforded by community.**

We welcome the support of any neighbours who would support and help us in our struggle against the harms inherent to poverty and isolation.

This is our home and we ask all people visiting that they respect our community's rules.

RULES TO STAY BY...

- **We ask that no one goes into the community gardens or seeded and fenced off areas.**
- **Stay away from the children's play area.**
- **Do not litter or leave things lying around.**
- **No Graffiti**
- **We remind you that the public consumption of drugs or alcohol is against the law and the city bylaws.**
- **There are no 'Kings' in this community. All issues will be dealt with as a group at community council meetings or community circles.**
- **We are all responsible for the success or failure of this community. If you are a community member, please participate in the community meetings and do your part with community tasks such as clean up, cooking, food scrounging, and security.**
- **Anyone camping outside of our community area is not a part of our community.**

The location we picked in the park and many of these rules were set in place after reviewing the complaints used to force our eviction from CRAB Park. While we do not share the fearful and stereotyping views reflected in some of these complaints, we need to avoid the possibility of these perceptions being used against us to justify evictions in the future

These rules are being established for self-preservation and are not to be interpreted as the homeless community agreeing with the prejudicial stereotyping which has been imposed upon us.