



# Freospace

Richmond Women's Resource Centre

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## **Spousal Homicide Shouldn't Pay** June 7th, 2010

OTTAWA – A new bill being presented in the House of Commons today will prevent the payment of Canada Pension Plan survivor benefits to anyone convicted of spousal homicide.

“It is completely unacceptable that someone who is convicted of the murder or manslaughter of their spouse can profit in any way from that crime,” said New Democrat Deputy Finance Critic Chris Charlton (Hamilton Mountain), who is tabling the amending legislation in the House of Commons today. “There is currently nothing to prevent payment of a Canada Pension Plan benefit to the spouse or child of a CPP contributor, even if that survivor is criminally responsible for the death of the pensioner.”

The CPP provides for a one-time death benefit and an on-going survivor pension to the spouse or child of anyone who has contributed to the plan.

*As the law currently stands, someone who kills their spouse or parent may be eligible to receive CPP death and/or survivor benefits.*

“We commend Chris Charlton for bringing forward this important bill, and trust that all members of the House will see this as a non-partisan issue and ensure its speedy passage,” said Lenore Lukasik-Foss of the Hamilton Woman Abuse Working Group’s Action Committee.

“No fair-minded Canadian believes that anyone should be able to profit from a crime, and it’s a loophole that must be closed,” said Charlton. “The integrity of the Canada Pension Plan is enormously important to Canadians, and the very thought that someone convicted of spousal homicide could derive a monetary benefit from such a heinous crime, speaks to an issue of fundamental justice.”

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**I listened to Chris Charlton on The Bill Good show last week and was appalled about this. Since 1-3 women per week die at the hands of their partners, how many more men are collecting this? How is this legal?**  
Submitted by Laurie McEwan



Audrey Gellatly served through the 1980's and 1990's at RWRC

### **AUDREY MAY GELLATLY 1933-2014**

**Audrey Gellatly** was a staunch member of our Centre, on the Board for a number of years (during which time she also served a term as President) through the 1980s and early 1990s. She gave unstintingly of her time and energy. Audrey passed away March 13, 2014, leaving loving memories with Bruce, her husband of over 60 years, three daughters and a son, eight grandchildren and two great-grandchildren. Audrey loved books, was an avid knitter, always involved with her community and her family. She will be missed by many.

A service was held March 22, 2014 at St. John the Divine Anglican Church in Courtney, B.C.

~Mission Statement~

*To provide a supportive environment in which all women are encouraged and enabled to achieve their fullest potential.*



Colleen Glynn and Mary Scott at the 2014 Ethel Tibbits Women of Distinction Awards and Luncheon. Congratulations to Mary who was nominated in the Community – Volunteer Award.



***Tickle Me Pickle***

Tickle Me Pickle improv comedy troupe ran a very successful and fun evening over at the Richmond Cultural Centre auditorium on Thursday evening April 3<sup>rd</sup>. A full house enjoyed a variety of skits and improvis based on topic suggestions from the audience. Jodi Allesia, Special Events Coordinator for Tickle Me Pickle, did a great job as emcee. Lots of laughs and confusion. It was “donation night”, as well, and all the proceeds came to our Richmond Women’s Resource Centre – a very nice nearly \$1700!

RWRC wants to offer our sincere thanks to the Tickle Me Pickle gang for their generous gift and for an evening of light-hearted fun. *Submitted by Kathy Kent*

***RWRC Annual General Meeting,***

*Mark Your Calendar*

Thursday, May 29<sup>th</sup> 2014, room 340 at the Caring Place , registration at 6:30 pm  
 RSVP: (604) 279-7060 or  
 email: office.rwrc@shawcable.com

***Tea & Trivia***

Saturday, June 21<sup>st</sup> 2014, room 340 at the Caring Place, registration at 6:30 pm

**Movie Nights**

- Thursday May 15<sup>th</sup>
- Thursday June 19<sup>th</sup>
- Thursday Sept 18<sup>th</sup>
- Thursday Oct 14<sup>th</sup>
- Thursday Nov 13<sup>th</sup>
- Tuesday Dec 9<sup>th</sup>

Doors open at 6:30

**Book Club**

Call office for dates.





### *Child Care Neglect*

Excerpts from the July/August 2013 editorial in the CCPA Monitor

Canada has the lowest child care access rate in the industrialized world, with regulated spaces for fewer than 20% of young children. Our fees for childcare are among the highest anywhere.

The federal government even terminated the most significant childcare agreement, reducing dedicated childcare transfers to the provinces and territories by 37% (\$950million) in 2007-8, and by 61% from the previous government's commitment for 2009 (\$1.55 billion).

The dismal consequence is that Canada lags further and further behind other in its early learning and childcare provisions. UNICEF now ranks Canada last among 22 developed countries in a wide range of family policies and programs, including child poverty as well as childcare.

Economist Robert Fairholm, who did a study on childcare for the Centre for Spatial Economics, found that:

**Child care grows that economy**

**Childcare creates jobs**

**Childcare more than pays for itself**

Fairholm's study added to a longstanding body of evidence that **the public benefits of quality childcare programs far outweigh the initial public investment.**

But our federal and most provincial governments (with Quebec a notable exception) continue to balk at making a fundamental shift away from an ineffective market-based approach to childcare to a universal, publicly-funded system.

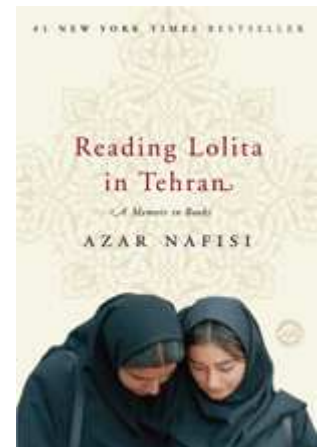
This failure denies Canada's children the best possible start in life, forces women to pay an economic penalty for parenting and working, and keeps far behind other developed countries in providing this important family and community service.

### *From our RWRC Library:*

#### *Reading Lolita in Tehran: a Memoir in Books by Azar Nafisi*

A wonderful narrative about several young women who were in the author's university literature classes. After the classes were shut down, they met weekly at the author's home. Books by Nabokov, James and Austen provide the framework for the harrowing stories of life in Tehran after the Revolution and the situation in the universities for those attempting to rekindle the spirit of free thought without running afoul of the ever-present authorities.

Azar Nafisi left Iran in June 1997 and now teaches at John Hopkins University. Although women in so many parts of the world still face many obstacles to life liberty and education, Nafisi is feeling positive – “to paraphrase Muriel Sparks' heroine in **Loitering with Intent**, i went my way rejoicing, thinking how wonderful it is to be a women and a writer at the end of the twentieth century. Submitted by K. Kent



#### **PICS TO THE RICHMOND ARCHIVES**

Marielle Demorest and Kathy Kent spent some time going over all our picture albums and selecting 100 photos from 1976 to 2012 for the Richmond Archives. Archivist, Bill Purver was pleased and impressed to get the in-date-order list and corresponding photos to add to our already-stored archival materials.

***Thank You Ladies!!***



## *Facebook Safety By Colleen Glynn*

There is a lot of information on the Internet about keeping safe on Facebook. I'm sure most of you have heard the tips – don't put your birth year on your profile, don't friend people you don't know, and don't share your vacation plans/activities until you are actually back from vacation. These are good rules to go by, but we need to add a few more. Until the past couple of years, it never occurred to me that people would be trolling Facebook to find new relationships or to try and extort money from others. But I had an experience that really opened up my eyes to the reality and danger of Facebook.

I noticed a couple of years ago that every so often I would get messages on Facebook from men I didn't know looking to make some sort of connection. At first, I just deleted them, not really thinking about it. Then I got one that seemed interesting, so I responded. We chatted and emailed for about a month. He seemed like a nice guy, although he was a little more intense than I thought was appropriate for not having even met each other. He told me he lived in a small town in Nebraska, so meeting in person was not possible at the moment. Then the moment of truth came. He asked to "borrow" a few hundred dollars. I said no, that I was not in the habit of loaning money to strangers. He seemed surprised that I would consider him a stranger, but I explained that until I actually met him in person, as far as I was concerned, he was a stranger. I ended the contact with him right then, although he continued to email me for a couple of weeks.

I started researching this behaviour on the Internet and was surprised to find that this was not a unique experience. Women all over the world are experiencing this every day and some of them get taken for a lot of money. Typically, women will get an email from a man who tells them he just happened upon her profile and "liked her smile". Then he will describe himself as a recent widower or divorcee who is lonely and looking for a relationship. These men usually give their employment as engineers or contractors. Quite often their English grammar and spelling are off, making it kind of obvious that English is not their first language,

although they will deny that at times. These men say all the right things and can be quite romantic. They will typically come up with stories about business difficulties and not long after that will be requesting financial help, promising to pay you back.

There are many women out there who have even gone into debt themselves to "help out" these men and have never seen or heard from these men again, once they got as much money out of them as they could. Some women have lost their life savings and some have had to declare bankruptcy or go back to work just shortly after they retired.

So how can you avoid becoming the next Facebook victim? Make a rule for yourself that you do not respond to messages from people you don't know. If you are looking for a new relationship, find a reputable on-line dating service. You have to be careful there, too, of course. Be careful who you accept as a Facebook friend, ideally, it should be someone you actually know. You can also keep your marital status secret or just list yourself as "involved in a relationship" which should cut down on the number of unsolicited messages you get.

Facebook can be fun, you just have to be safe and look out for yourself. If you want any further information about safety on the Internet or Facebook, just google it. You'll find just the information you need. *Submitted by Colleen Glynn*  
*More on Facebook safety next page Ask The Expert*



*Linda Reid and Anne Christine are  
now life members of RWRC*

## ***IWD RWRC Breakfast Fundraiser at CORA'S***



What a great way to celebrate International Women's Day – good food, good friends and neat stuff to bid on in the auction!

Over 80 of the Centre's members and friends gathered 9am to 11am Saturday, March 8<sup>th</sup> at CORA in Ironwood. "Luminaries" included MLA Linda Reid and Bill McNulty, City Councilor, Life Member and auctioneer "par excellence", Linda McPhail, City Councilor, and Kevin Lainchbury and some members of the Rotary E-Club of Lulu Island.

De Whalen, former RWRC President and now deeply involved in Poverty Response issues, brought us The Re-Sisters singing group with some

great "resister" songs, ending with a rousing sing-a-long rendition of the "traditional" women's march song "Bread and Roses".

Auction items moved briskly along under Bill McNulty's able leadership – we had a microphone this year which helped a LOT!

All in all a great morning with about \$2000 raised for the Centre. Thanks to all who organized and participated.

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### ***Ask The Expert***

#### ***Q) How can I be safe on Facebook?***

A) I don't think anyone can be completely safe on any form of social media but you can be safer. Firstly there is malware in the form of bad ads. Some anti-virus scanners will scan for and protect you from bad ads and I use such a product myself.

Games and other Facebook applications can also be unsafe and may expose you and your "friends" to some privacy concerns. I don't accept any games or other applications I may be asked to play by my friends because I don't trust such applications. They are free but there is always a price or a catch somewhere along the line.

**Passwords** - make them very hard to guess and don't use them anywhere else - in particular in your e-mail accounts. Mixed symbols, numbers and letters work best. Never use the remember password feature as malware knows how to access those too.

And are people who ask to be friends really your

friends...? A good many these days are not and will attempt to build a relationship and take you to the cleaners. I always let a friend request sit for a month or so and eventually Facebook will tag them as a fraudulent spammer and remove their account. I get the well-endowed females that are all forty years younger than me but who have remarkably little history or friends of their own. They are all pretty much too good to be true and a serious threat to someone who is lonely or looking for relationships.

Don't be burned - and don't get hacked as it's your real friends that will suffer when they get asked by the now fake you to cough up money for some emergency - and of course they do... A good way to lose real friends.

Mr. Dale Jackaman, President  
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330-1985 West Broadway, Vancouver, BC, V6J 4Y3  
Cell: 604-230-8114 E-mail [dale@amuleta.com](mailto:dale@amuleta.com)

### ***Braless is Best***

Breast disease, which includes fibrocystic lumps and cancer, is epidemic in Canada and throughout the so-called "First World".

Throughout the world, the only cultures where breast cancer is epidemic is where bras are worn. Where there are no bras, in general, there is little breast disease.

In a two-year study in which 5000 women in the U.S.A. were interviewed, Sydney Singer, researcher, discovered that women with breast cancer had a history of tighter and longer bra wearing. Virtually all the cancer group had worn bras over 12 hours daily – some much longer and some even to bed at night.

Wearing a bra over 12 hours a day resulted in a 113 fold increase in breast cancer compared to bra-free women.

Bras designed to change breast shape apply unnatural pressure. This in turn hampers the lymphatic fluid drainage system which is designed to remove toxins, viruses, cell debris, etc. from the body. The lymphatic system's tiny, thinned-walled vessels do not work well under pressure. They are critical to our immune system and the production of white blood cells that fight off disease.

The lymphatic system, the circulatory pathway of the immune system, leads to the lymph nodes which are the sight of white blood cell production.

In breasts, the drainage goes mainly to the armpit lymph nodes. When bra pressure cuts off drainage, we get swelling, tenderness and cysts. Women who stop wearing bras altogether report complete recovery from pain, swelling, cysts and lumps within weeks!

Our current exposure to contaminants in air and food make the lymphatic drainage system all the more important for toxin removal.

Like most things that are over-supported, breasts lose their natural tone and so women feel uncomfortable after early and long dependence on bras.

So- maybe the "burn the bra" movement really was on to something! Try no bra – at least at home. If



you feel that a bra is just too much to give up, stick to all-cotton (cooler), NO wires, not too tight and an adequate cup size. And take it off when not out in public! Remember, braless breasts are best for your health!

Ideas and info from: Bras and Breast Cancer – the Significant Link by Sydney Ross Singer, keynote speaker at a Nov. 1996 Healthy Living Expo.

Article submitted by Marielle Demorest and edited by Kathy Kent



### **The Nickel Pot**

There's a change pot on Penny's desk. Save your spare nickels and dimes and pop them in the pot! An easy way to help your Centre.



**How others see you, is not important.  
How you see yourself means everything.**



## Keep it Clean —and Green



**Scrubbing:** Toilets, sinks, tubs, tiles – sprinkle with baking soda and spray with white vinegar. Wipe off and rinse with clear water.

**Windows:** Spray windows and mirrors (car ones, too) with 50/50 mix vinegar and water. Clean off with newspaper. (If windows dirty, wash with detergent and water first)

**Laundry stains:** Water and borax. 2 tbsp borax

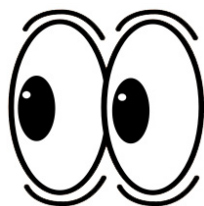
2 cups water in a container and shake. Dab on stain, let dry. Launder. ½ c. Borax in with your wash and regular detergent – a good whitener.

**Fresh Carpet Stains:** Blot up as much as you can; then spray with hydrogen peroxide (or white vinegar) Douse with baking soda. Let sit a few minutes. Dab with cold water.

**Pet Odours:** Carpets. Sprinkle with baking soda. Let sit 15-20 minutes, then vacuum.

**Keep kitchen, etc. Drains clog-free:** Baking soda, vinegar, boiling water. Pour a ½ cup baking soda down drain; add ½ . vinegar. Put in the plug and wait 30 minutes. Pour a kettleful of boiling water down drain.

I went to the doctors the other day and I said, 'Have you got anything for wind?' So he gave me a kite. '



## Food and Spice Info

### Cardamom:

**Tea:** I use a combo – 2 tsp total – in a teapot. My mix of cardamom, coriander and cinnamon plus a hunk of frozen grated ginger – or ginger powder tsp – and pour boiling water to fill pot. Let brew 10 minutes or more. Strain into a liter or so bottle, cool and keep in refrig.

**Upset stomach:** Boil ½ tsp cardamom in 8 oz. Water. Cool and add tsp sugar. Take slowly.

**Coughs:** ½ tsp cardamom and ½ tsp ginger powder. Mix with a little honey. Take two-three times a day for congestion.

**Apples:** aid digestion: 1 lb apples washed and chopped. Put in pot with water to cover. Add 2 tsp sugar, ½ tsp cinnamon, 5 cloves, pinch nutmeg; ¼ tsp cardamom' ¼ tsp ginger powder, 2 tbsp raisins (or dried cranberries). Simmer 20 minutes 'til soft.

### Veggies and spices/herbs:

**Asparagus:** Mustard, sesame seeds, tarragon, curry mix.

**Beets:** Allspice, dill weed, ginger, mustard

**Broccoli/cauliflower:** Cayenne, rosemary, tarragon, mustard, marjoram, nutmeg/pepper

**Carrots:** Ginger, marjoram, allspice and my cardamom/coriander/cinnamon mix

**Green Beans:** Dill, marjoram, sesame seeds, oregano, chili powder

**Squash:** Allspice, my cardamom mix, nutmeg, sage

**Sweet potatoes:** My cardamom mix.

**Turnips:** Dill, sage, my spice mix

**Zucchini:** Dill, marjoram, sage

### Curatives:

**Teas out of:**

**Cinnamon:** digestive

**Parsley:** Kidneys/bladder

**Thyme:** Acid stomach

**Peppermint:** Relaxant. Good before bed.

**Sage:** Colds and mucous

Above: ¼ tsp per cup, except peppermint leaves ½ tsp

### OK Foods:

**Fish/chicken; whole grain cereals, bread, pasta;**

**Fruits:** Strawberries, blueberries, plums, nectarines, apricots, cantaloupe, apple, cranberries, raspberries, kiwi

**Veggies:** avocados, cauliflower, broccoli, asparagus, romaine lettuce, carrots

RWRC Weekly Programs					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Grandmothers Group</b> 9:30am -12:00pm <i>Patience Tsai/                      Patrica Wang</i> (twice a month)  <b>Computer training</b> 10:00am - 1:00pm <i>Laurie McEwan</i>		French Speaking Women's Support 10:00am -12:00pm Every Wednesday @Richmond Centre Food Court <i>Marielle Demorest</i>			
AFTERNOON					
<b>Basic English Conversation</b> 1:00pm -3:00pm <i>Carol Brindle</i>  <b>Canadian Work Experience Program</b> 12:00pm -1:30pm <i>Sarah Ross/Deb Turner</i>	Basic English Writing 1:00pm -3:00pm <i>Carol Brindle</i>	Canadian Work Experience Program 12:00pm -2:30pm <i>Sarah Ross</i>		Peer Support 1:30 -4:00pm Anna	<i>Ivy Women's Group</i> 2:00pm -4:00pm <i>Vicky Sun</i>
EVENING					
			<i>Hot Ink Creative Writing</i> for Teens 3:00pm -5:00pm <i>Caroline Dyck</i>  <i>Single Mothers Support Group</i> 7:00 – 9:00pm <i>Patience Tsai</i>		

## VOLUNTEER HOURS April 2013—October 2013



### Volunteers

Anastasia Gavrilova  
 Anna Parayno  
 Chika Yoneda  
 Clare Yow  
 Deborah Turner  
 Fei Liu  
 Gail Thompson  
 Helen Fu  
 Helen Huang  
 Jacquie Siemens  
 Jenny Ho  
 Josephine Ching  
 Kathy Kent  
 Khatoon Bhadshah  
 Laurie McEwan

Lou Salang  
 Majorie Jakes  
 Mariza M  
 Maryna P  
 Milagros A  
 Nicky(Ping Jiang)  
 Pavittar R  
 Poleen  
 Portia Kwok  
 Priyani K  
 Sally M  
 Sharene Laing Fan  
 Sheryl Jaud  
 Sydney (Hsin Yi)  
 Soyoung Cho  
 Vera Lam  
 Vicky Sun  
 Vincent Tang  
**Total Hours**

669.7

### Board Members

Colleen Glynn  
 Chris McDowell  
 Gemma Hui  
 Iveta Williams  
 Judy Chu  
 Katrina Lau  
 Marielle Demorest  
 Mary Scott  
 Shireen Gregorius  
 Xinya Wang  
 Amanda Macpherson  
**Total Hours**

543.5

### Richmond Women's Resource Centre is Funded By: Individual

Donors and Members,  
 City of Richmond,  
 Government of BC Gaming Policy and Enforcement Branch,  
 Vancity

