



캐나다 한인 여성회 소식지

KCWA Family and Social Services Newsletter



Volume 59 September 2004

New Program for 2004

DOMESTIC VIOLENCE COMMUNITY GRANT PROGRAM Victim Services Division, Ministry of the Attorney General

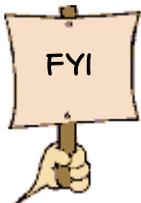
Domestic violence is a crime. Assault is the legal term used to categorize the various forms of abuse and it includes the terms “domestic violence” and “woman abuse”. While there is an assortment of violence recognized as assault, the most common forms are identified as physical assault, sexual assault, and threats of violence. Other forms of violence include emotional abuse, financial abuse, and spiritual abuse. Under Canada’s Criminal Code, the discovery of assault will lead to arrest and possible incarceration.

While it is neither discussed nor disclosed, assault is alive and well in the Korean community. Documented research informs us that the survivors of abuse are predominantly women and our experience with the Korean community supports the finding. More often than not, survivors are also left to face their distress and its multi-variate impact under the conditions of personal and social ostracism. In our efforts to end domestic violence, our agency has provided services to these women and their families for many years and has established a long-standing relationship with government agencies and services. So it is with great joy that we inform you of our recent approval for a one-year community project on the subject of domestic violence.

Given that a significant proportion of Koreans have some sort of religious affiliation, our project aims to educate and train Korean religious leaders with the rudimentary skills of identifying domestic violence and providing the necessary support to victims and their families. The demand for services by women experiencing violence continues to rise and is coupled with the demand for culturally-appropriate services. Hence, it is imperative that the Korean community be equipped to respond as efficiently and effectively as possible without further delay.

It is the mission of KCWA Family & Social Services to empower Korean families and other vulnerable members of the community to live free from violence. To this end, we hope to facilitate a mutually beneficial relationship between the religious community and the various social service agencies for a more holistic provision of care. We thank you for your continued support and sincerely appreciate your partnership in this project.

Janet Kim, MAG program coordinator



KCWA Fundraising Dinner

Date & Time: October 30, 2004 (Sat.) 6:00 P.M.

Place: Toronto Korean Cultural Association

1133 Leslie Street (Main intersection: Eglinton/Leslie)

Ticket price: \$30.00/person, \$50.00/couple

Information: KCWA Family and Social Services

416-340-1234



Program Updates

- 20th Annual General Meeting was held at the KCWA office at 6:00PM with many members in attendance. The business meeting was followed by a seminar on “Well Being” by Hannah Kim, Marriage and Family Therapist.
- On July 17th, the women’s self-help group held a picnic at Sunnybrook Park. Many clients and their children participated in this a day of fun.
- KCWA held a rummage sale on June 26 at the corner of Bloor and Huron. With the help of many Directors from the Board and volunteers, \$874.75 was raised.

Employment/Settlement program

- **Employment Seminars**
 May 26 : Resume & Cover Letter Preparation
 July 22 : Resume & Cover Letter Preparation
 July 14 : “How to Become an Interpreter”
- **Settlement Seminars**
 “How to Pack a Healthy Lunch for Children”
 Time : July 8, 2004
 Instructor: Bev Brochest
- **Korean Class for Adults**
 Date: Sept. 7 ~ on-going
 Time: Every Tuesday, 7:00 ~ 9:00 p.m.
 There are Beginner, Intermediate, and Advanced classes. The text books were donated by the Korean Canadian Schools Association.
- **Economic ESL Class**
 Date: Aug. 9 ~ 30
 Time: Every Monday, 6:00 ~ 8:00 p.m.
 Instructor : Martin Choi (High School Teacher)
- **ESL class for VAW Clients**
 Time : July 15 ~ Aug. 2004
 Instructor : Young Im Heo
- **English Class for Engineers**
 Date: Sep. 13 ~ on-going,
 Time: Every Monday, 6:00 p.m.
 Instructor: Mr. Boze Zeken (P. Eng.)
- **Art Class**
 Time: Every Thursday, 2:00 p.m.
 Instructor: Artist Hae Sun Lee
 Registration is available.



Breast Health Program

My health is in my hands...

Perhaps it is because I am working for the breast health program but a lot of stories and articles about breast health in the media catches my attention more than usual. Also, I am glad that more and more Korean women have showed increased interest in keeping their breasts healthy.

Breast cancer is a concern for any woman, so they need to aggressively take preventative measures to detect it as early as possible. Luckily, the free Ontario Breast Screening Program (OBSP) is available for women older than 50 years of age without a family doctor's referral. OBSP includes both a clinical breast examination and a mammogram.

The other day, I had the opportunity to experience the OBSP by accompanying several Korean women to the North York OBSP clinic. All the staff members were women and they kindly directed each process step by step. First of all, we reported our arrival to the reception office. They checked documents such as the OHIP card, address, and family physician's name and address. Then we were guided to a room where I provided interpretation service. There, a nurse practitioner asked several questions such as family history and health history. She explained that there are two parts to the breast screening program: a clinical breast examination by a Nurse Examiner and then a mammogram, which is an x-ray of both breasts. For these tests, the participant took off her inner garments above the waist and left her outer clothes on. Each test took about 15 minutes. The nurse explained that the mammogram result will be mailed in about 2 weeks, one to the woman and one to her family doctor. Every two years, a reminder will be sent by mail to the woman and then she needs to make a telephone appointment for the next screening.

Immigrant women experience several barriers such as language, cultural sensitivity and other issues. They tend to be passive in terms of getting their breasts screened. We, at KCWA Family and Social Services, help women overcome language and cultural barriers. It takes only one hour for breast screening. Isn't it worthwhile to invest one hour every two years if we can keep our breasts healthy?

Jung-hee Choi Rath
 Breast Health Program Coordinator

Workshop Schedule

- Aug. 29 Milal Church
- Aug. 31 Access Alliance Multicultural Health Centre
- Oct. 16 Youngnak Church
- Oct. 17 Banaba Church



KCWA News

- Ms. Ki Sun Choi and Ms. Bok Shil Shin, and Ms. Joyce Ahn paid a visit to the Korean War Memorial Wall in Brampton on behalf of KCWA.
- As of September 1, Mr. Byung Chun Oh joined KCWA as the new settlement/employment worker. Ms. Janet Kim, previous settlement/employment worker, took a new role as the Ministry of Attorney General Project & Social Service Coordinator.
- At the August Board of Directors Regular Meeting, Ms. Linda Yoo was elected as the 20th President. She is a 2nd generation Korean-Canadian currently working at Hong Fook Mental Health Association as a health promoter. She is also involved in various Korean community organizations and actively working towards bridging the 1st and 2nd generation for the benefit of the Korean community.
- Since June, KCWA has been renting one of the rooms on the 2nd floor to Alpha United Church.

KCWA Family and Social Services Board Development /Strategic Planning Training

Last year, KCWA Family and Social Services laid down the beginnings of a solid foundation with the development of a five-year plan. As well, preliminary steps into its strategic realization were made with the execution of several fundraising events, the exploration and securing of new operating funds, preparations for the re-acquisition of the charitable status, and so forth. This year, we will continue to work towards realizing the five-year plan. Since the end of August, board members and staff have undergone two Board Development/Strategic Planning Training sessions, with one more session to go in October. With a handful of new board members involved this year, an external consultant from the Management Advisory Services has been contracted to provide the pro-bono training sessions designed to equip and/or refresh both new and experienced board members and staff on the specific governing and front-line responsibilities of the board and staff respectively. Following the training, the six Standing Committees of the Board will develop a year plan containing the specifics of how to implement their priority activities to continue working towards the realization of the five-year plan and overall mission of the organization.

There are many things happening but it's really only the beginning. It is an exciting time of growth for KCWA Family and Social Services. We thank you for your continuing support and we look forward to sharing with you the developments as they occur.

Sincerely,

Linda Yoo, President
KCWA Family and Social Services



Q & A

Who Can Become a Canadian Citizen?

What are the requirements for adults?

- Be 18 years of age or older;
- Be a permanent resident of Canada;
- Have lived in Canada for at least 3 years of the 4 years before applying for citizenship;
- Speaking one of the official language of Canada;
- Pass the citizenship test;

What are the requirements for a child?

A parent who is a citizen or who is applying for citizenship can apply for children that are 17 years and younger and:

- The Child has to be a permanent resident of Canada but is not required to have been in Canada for 3 years;
- An application for each child has to be given with the right documents, photographs and fee.

How to apply to become a Canadian citizen?

- KCWA staff can help you complete the forms...
- Fee for adults: \$200.00 (\$100.00 is a non-refundable processing fee and \$100 is a Right of Citizenship Fee that you can get back if you don't get citizenship)
- Fee for children (under 18 years of age): \$100.00

Get Ready

- Your application may take several months to process.
- You will receive the book "A Look at Canada" after your application form has been received.
- You should start studying the book as soon as you get it to prepare for your citizenship test.
- If you meet the basic requirements for citizenship, and are between the ages of 18 and 59, you will be scheduled for the test.
- You will be sent a "Notice to Appear for a Citizenship Test" telling you the date and time when you will be given your test.

To learn more about Canadian Citizenship...

You can change your address through:

<http://www.cic.gc.ca>

Visit KCWA's website: <http://www.kcwa.net> to learn more about Canadian Citizenship in Korean.

Citizenship Test Preparation Class

You can attend citizenship classes to help you study for the test at KCWA.

- June ~ July for 5 weeks
Instructor: Young Im Heo
- Aug. 03 ~ Aug. 11 for 1 week (Intensive class)
Instructor: Young Im Heo
- Sept. ~ Oct., every Wednesday.
Instructor: Sera Lee



Donations and Volunteers (May, 2004 —September, 2004)

- Donation
ChungHyun Choi, Joyce Ahn, KCWAC, Linda Yoo, Francis Kim
Eunju Kim, An-Sil Shin, others
- 2004 Membership
KwangSoon Kim, Yusoon Kim, Meehae Kim, Hanna Kim, Soon Ja
Shin, Youngok Kang, Younghee Lee, Yuduck Lee, Songhyun
Yang, Yujeong Oh, Sonpoom Jung, Youngsook Hong, Kyungae
Jeong, Sunhee Lee, Theresa Choi, Youngim Heo, Soojung Jung
- Sharing Fund - ChungHyun Choi, Mia Lee
- Volunteer - Yunsoon Choi, Eunkyung Lee, Bev Brochest, Martin
Choi, Boze Zeken, Youngim Heo, Youngok Kang, Haeson Lee,
Hyangbae Lee, Yangsook Kim, Sera Lee
- Rummage sale Volunteer - Sangbum Cha, Insook Cha, Myungsook Kang,
Sungmok Jeong, Sein Jeong, SungJae Park, Kison Choi, Sunghak Choi,
Kwyran An, Jeongjoon Lee, Bokshil Shin, Setlla Won, Jennifer Chang
Yukyung KimCho, Michael, Jeongae Park, Yangsoon Lee, Kyuhee Lee,
Kwinam Han, Linda Yoo, Byung Oh, Jady Sit, Younglee Ha, Youngsun
Lee, Kyunghae Jeong, Janet Kim, Andrew Choi
- Goods Donation - Kor-Can Schools Association, Kor-Can Physically Chal
lenged adult community, Legg Mason Canada, Others.



The 20th Board of Directors

President : Linda Yoo

Members:

- Sung-Hak Choi
(Vice president & Public Relations Com. Chair)
- Yukyung Kim-Cho (Secretary)
- Jihn-Shil Lee (Treasurer)
- Stella Won (Program & Service Com. Co-chair)
- Jennifer Chang (Program & Service Com. Co-chair)
- Bok-Shil Shin (Finance Com. Chair)
- Joung-Joon Lee (Administration Com. Chair)
- Kwi Ran Ahn (Membership Com. Chair)
- Sook Hun Park (Member) Jeungsoon Shin (Member)
- Song Hyun Yang (Member) Soon Ja Shin (Member)
- Jee Yin Kim (Member) Kyung Ae Choi (Member)
- Jung-Za Yoo (Member) Momica Lee(Member)

“The Stars call on us”

The Brothers and Sisters
Tears for my love
Five decades have scattered our families
Layers and layers of yearning
Our body separated at the waist
Heightening our grief
And held with iron bars

The Stars are crying
When the scattered families
Met at the Kum-Kang Mountain,
They hugged heart to heart
But, tearful goodbye again
Without a promise to meet again
Please tell us when we will meet again

The Stars call on us
The accident of Yong Chun train station
We were all deeply grieved by the sad news,
The aid of the brothers and sisters
of Global Handful everywhere
Our hearts join together to help
North Korea

The Brothers and Sisters
Let us open our hearts
You and I, Let us hold our hands
Closer, more closer, We're all together
Let us quietly listen to the children's song
The global Song
The Song of Peace!

Bok Shil Shin
KCWA Board of Director
(*The Stars: Our Ancestors)



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KCWA Family and Social Services' Mission
Korean Canadian Women's Association is a non-profit organization established in 1985 by a group of women who were concerned with women and family issues. KCWA's mission is to "empower Korean Canadian families and other vulnerable members of the community-at-large to live free from violence, poverty and inequity through the provision of culturally sensitive and linguistically appropriate services for the purpose of enhancing the well-being of immigrant families and promoting their successful integration into Canadian society".