

# D.E.W. DROP IN

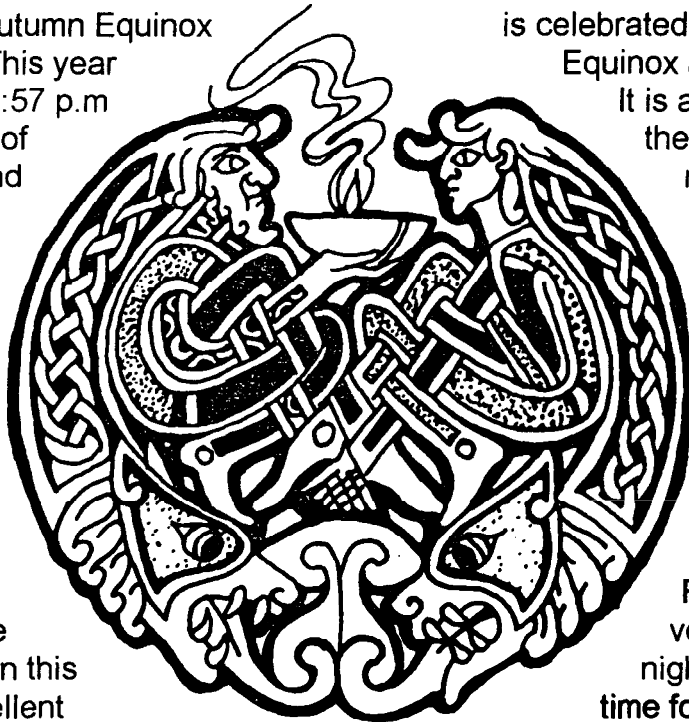
## DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE

OCTOBER 1997

FREE

Happy Equinox! Autumn Equinox  
September 21st. This year  
September 22, at 4:57 p.m  
labour, completion of  
the hours of day and  
balance, with the  
increasing. All  
the dark of the  
year's ending  
thus bringing us  
Samhain.  
the ending  
year. The new  
began with sunset  
The ritual was  
Ancestor Night or  
Dead. Because the  
worlds is thinnest on this  
considered an excellent  
Feasts are made in remembrance  
affirmation of continuing life. A time for settling problems, throwing out old ideas  
and influences. This is either celebrated October 31, or the first Full Moon in  
Scorpio. This is the Time of the Thin Veil or communion with the dead, the ruling  
time of the Crone aspect of the Goddess.



is celebrated on or about  
Equinox arrived on  
It is a time of rest after  
the harvest. Again  
night are in  
darkness  
preparations for  
year and the  
were made,  
back to  
Samhain, was  
of the Celtic  
year actually  
on October 31.  
known as  
Feast of the  
veil between the  
night, it was and is  
time for divination's.  
of dead ancestors and as an

**Samhain (Sow-en) or Hallowe-en**  
**As Celebrated by the Celts**

## **VOLUNTEER NEWS**

Well we had a meeting and only a few women showed up. How important is the volunteers program? It is very important to the Centre to have dedicated and committed women to help out here. We have a group of ten or so women doing everything while others take advantage of the of the Centre. If the services of the Centre are important to you please remember to give some back.

Here is what happened at the meeting; Women are still interested in the workshops, we would like to see, woodworking, self-advocacy, a native healer, a tour of Chinatown, music and dance workshops. Volunteers are losing interest in Friday nights, there was a suggestion that we have an outing mid month. We should go swimming or to the theatre, or even a Saturday morning brunch. We will also have a monthly meeting with a meal. The workshops will happen on Saturday, every other month.

Out of Centre Volunteers will be recruited to do a full Centre cleaning. In the past when volunteers spent a Saturday moping, scrubbing and wiping, the work was never appreciated. In fact there were disparaging remarks about the work done. Basically the volunteers were insulted and not given any credit for their hard work. So they no longer want to take on cleaning the Centre.

There will be a Centre cleaning organized on Saturday, Oct. 25 from 10 - 4 with lunch provided. If you are still willing to help please see Cynthia.

Hey how about something new and exciting. We are thinking of starting a Volunteer Store where volunteers may 'purchase' items like cigarettes, perfume and bus tickets. These are the guidelines:

- Volunteers have to volunteer at least 10 hours a month.
- For every hour above the 10 hours volunteers will be given 1 point. i.e. if you volunteer a total of 17 hours in a month you will receive 7 points.
- These points are accumulated and counted up at the end of the month and volunteers can use these points in the Volunteer Store.
- Volunteers have to work at least two hours at a time be eligible for points and they have to be at the Centre during that time.
- Volunteers have to sign in with the Volunteer Coordinator or Staff floorworker.
- If you are a kitchen volunteer, the kitchen supervisor will keep a record of your hours and submit them at the end of the month to the Volunteer Coordinator.
- Items and value are determined by the volunteer group.
- Volunteer work is based on the needs at the Centre.

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# CAMPING AT CAMP CAPILANO

## OCTOBER 27 - 29

Every year we have a camping trip in the Capilano River Regional Park. This park is located on a lovely natural river canyon with steep slopes and high cliffs, giant fir trees and swift flowing waterways. We will be staying at Camp Capilano a modern facility consisting of heated dorm for up to forty people, showers and washroom facilities, a large common room with a big fireplace, a fully equipped kitchen and a large dining hall. In addition to the onsite features of an outdoor heated swimming pool, a campfire circle, basketball hoop and playing field. The Capilano Salmon Hatchery is located a ten minute walk away. One and a half kilometer away is the majestic Cleveland Dam, an important part of Vancouver's water supply system. This is an excellent opportunity to experience the wonders of nature around us with all the modern comforts.

**INDIVIDUAL WOMEN ARE RESPONSIBLE FOR THEIR OWN TOILETRIES AND CLOTHING. YOU WILL ALSO NEED TO BRING YOUR OWN SLEEPING BAG OR BLANKETS. WE WILL HAVE EXTRA BLANKETS. PLEASE PREPARE FOR ALL KINDS OF WEATHER. PLEASE SIGN UP ON THE ACTIVITIES BOARD.**

You will need;

☺ bathing suit	☺ pillows	☺ sweater
☺ blankets	☺ rain gear	☺ toothbrush + paste
☺ cigarettes	☺ rolling paper	☺ towel
☺ flashlight	☺ shampoo	☺ warm socks
☺ glasses	☺ sleeping bag	☺ water bottle
☺ hats	☺ sneakers	☺ good walking shoes
☺ medications	☺ soap	☺ a sense of adventure

# **MAKE YOUR CAREER DREAMS A REALITY**

## **Pride Centre - Employment Options**

This is a service that assist people in the neighbourhood in career exploration and job finding. People with disabilities and those who have been on Employment Insurance within the past three years or Maternity leave within the past five years are eligible for training, self-employment assistance and job creation.

### **HOW DOES IT WORK**

Come in to Pride Centre and make an appointment with one of our Employment Options Workers, bring information such as your Social Insurance Number, Date of Birth, Employment and Education record. Bring in your latest resume if possible.

### **WE ASSIST WITH A REALISTIC CAREER PATH**

For more information, Delhia Nahanee from Employment Options will be at the Centre to answer your questions.

**MONDAY OCT., 6 AT 11:30**

## **News From Your Advocates**

### **What do the DEWC's Mental Health Advocates do?**

The Centre's Mental Health Advocates are here to provide a variety of services to women who live in the Downtown Eastside. In addition to our education in Mental Health/Mental Illness issues, we have been trained to provide the following information and services:

- GAIN (welfare) advocacy for crisis grants, appeals, and help with your Special Needs and Disability Applications;
- Information about and help filling out other financial forms such as CPP, UIC, and WCB;
- Housing applications and referrals;

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- Landlord/Tenant information and advocacy;
- Help accessing emergency housing, food, clothing and furniture;
- Help with bus pass applications and obtaining identification;
- Help with employment/education or medical/dental referrals;
- Help with child/family or immigration issues;
- Outreach services to help you with appointments out of the Centre, or to visit you in hospital and etc. (time permitting).

We also offer short-term counselling and Out-of-Centre counseling referrals on such issues as:

- AIDS/HIV, Hepatitis, TB, and other medical concerns;
- Alcohol and Drug issues (also referrals to detox, recovery and treatment);

- Grief issues - death, terminal illness and family matters;
- Depression, stress and suicidal feelings;
- Violence and sexual assault (if Marion Dubick isn't available);
- Mental Health and/or Mental Illness issues;
- Any of life's problems, big or small, that you need or want to talk about.

### **Poverty is a Mental Health Issue**

After reading this list, you may wonder why the DEWC's Mental Health Advocates' jobs involve so much more than counselling and referral to the various Mental Health services offered by the Vancouver/Richmond Health Board. We provide many services that at first glance, may seem to have little to do with Mental Health.

However, if you think of all of the issues that can cause stress in your daily life, you will see that we deal with most of them in one fashion or another. Your Advocates are here to help you improve your mental health, by helping you to deal with some of the stresses you encounter as a woman living in the Downtown Eastside.

One of the common denominators of all of the issues we deal with, and one which affects everybody living and working in this community, is **poverty**. Living on welfare, having inadequate housing, worries about how to feed

ourselves and our families, working the streets to make ends meet, addictions and poor health, being jobless and untrained for good work, and the other issues we deal with are often a result of, or at least severely complicated by being poor. The effects of poverty are made worse by government cutbacks, rotten job training, and government and media poor-bashing which misinforms the middle class, teaching them that their tax burden is the result of people living on welfare (Actually, less than 5% of the government's annual budget is spent on welfare).

The good news is that **YOU can make a difference** by joining others from your community in telling our neighbours and our government that we matter, our children matter, and poverty matters. The government counts on people from this area to remain silent and make no objections about the treatment they receive, so that they can blame **us** for the deficit, for the conditions in which our children live, for our illness and pain - they need our silence so that they can blame us for our own poverty and demonize us to the middle and upper classes. Refuse to remain silent. Get informed. Get involved. Join the protests taking place in your community.

**Raise your voice and make your opinion heard.**

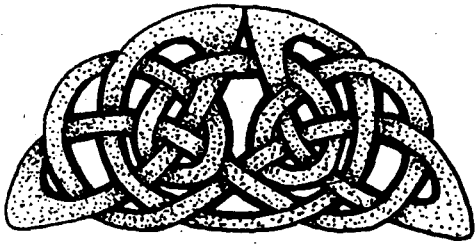
**DOWNTOWN EASTSIDE WOMEN'S CENTRE**  
 44 East Cordova St., Vancouver  
 681 - 8480  
 OCTOBER 1997

**LUNCH SERVED  
 DAILY AT 12:30**

**REGULAR PROGRAMMING**

**Learning Group** - Every Monday, doors close at 5:15. Exploring different ways of Learning.  
**Kathy the Nurse** - is in every Wednesday from 1:00 - 2:00.  
**Alcohol and Drug Support Group** - Wednesday from 5:00 - 8:00, do you have or had a drug and/or alcohol problem. This may be the place to get some support, no preaching or guilt trips.  
**Law Student** - PLEASE CHECK THE SCHEDULE.  
**Women's Voice** - Thurs. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed.  
**AIDS** - Margareth from AIDS Vancouver will be here every Thurs. at 2:00. To answer your questions or for support.  
**Women Surviving Together** - Thurs. 5:00 - 8:00 Healing Circle and support group for women. Reta's back, YAH!  
**Raffles** - Fridays at 1:30 or 2:00. Items which are not clothing items that have been donated to the Centre are raffled.  
**Volunteer Nights** - Every Friday from 5:00 - 9:00 just for volunteers to hang out, do activities and workshops.  
**CRAFTY WORKSHOPS** - Materials provided.  
**Beading with Leona** - Every Monday, 1:30 pm. Learn how to bead, expand your skills or just share ideas.  
**Medicine Bags with Barb** - Every Tuesday at 1:30. Learn about the medicine bag and gather to share and heal.  
**Ceramic and Tile Painting** - Every Thursday and cheque day. Make something that you can use everyday or paint a tile that will be installed in the 'New' Centre when we get one.  
**Fabric Arts with Freeda** - Every Friday morning. Learn to do your own sewing and alterations and also to knit and crochet.  
**OUTINGS** - Watch the Outing Board for RUSH tickets to events!  
**Wed. Oct. 1 at 2:00** - We're going to visit our marine friends at the Aquarium and enjoy Stanley Park.  
**Wed. Oct. 8 at 2:00** - Bowling at the Commodore Lanes, great exercise and fun. There are pool tables too.  
**Wed. Oct. 15 at 2:00** - It was a blast last month, the exhibitions are always changing and this time we're going to the OMNIMAX.  
**Mon. Oct 20 at 7:00** - Off to the Arts Club Theatre on Granville Island to watch a production titled Still Born Lover.  
**Mon. Oct. 27 at 10:00** - We are leaving for Camp Capilano for a three day adventure in the Rain Forest.  
**Tues. Oct. 28 at 11:30** - The bus leaves for a day trip to camp, we will be returning in the evening around 5:00.  
**Wed. Oct. 29 at 1:00** - We'll be back from camp, after lunch.  
 Sign up sheets are put up at the beginning of the month, even though there is a waiting list, chances are there will be space available.  
 NOTE: Sometimes things get canceled or set up on another day make sure to check "Update sheet" on the front chalk board.  
 The Activities Board will also have information on other events.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>CENTRE HOURS</b>		1 1:00 Kathy the Nurse 2:00 Aquarium 5:00 Alcohol and Drug Support Group	2 1:30 Women's Voice 1:30 Law Student 2:00 Tile Painting 2:00 AIDS Van. 5:00 Women Surviving Together	3 10:30 Sewing and alterations 1:30 Raffle 2:30 Video	4
	Monday 10:30-5 Tues. 11:30-5 Weds. 10:30-5	Thurs. 10:30-5 Fri. 10:30-5 Sun. 12:00-5				
5 1:00 Video	6 11:30 Delhia from Pride 1:30 Beading 5:00 Learning Group	7 1:30 Medicine Bag Workshop	8 1:00 Kathy the Nurse 2:00 Bowling 5:00 Alcohol and Drug Support Group	9 1:30 Women's Voice 1:30 Law Student 2:00 Making stuff out of clay 2:00 AIDS Van. 5:00 WST	10 10:30 Sewing and alterations 1:30 Raffle 2:30 Video 5:00 Volunteer meal and meeting	11
12 1:00 Video	13 THANKSGIVING CENTRE OPEN 12:00 - 4:45 1:30 Beading	14 HARVEST DINNER SEATINGS AT 12:30 1:30 2:30	15 1:00 Kathy the Nurse 2:00 Science World and Omnimax 5:00 Alcohol and Drug Support Group	16 10:00 New Volunteer Orientation 1:30 Women's Voice 1:30 Law Student 2:00 AIDS Van. 2:00 Ceramic Painting 5:00 WST	17 10:30 Sewing and alterations 1:30 Raffle 5:00 Volunteer Nite - Outing	18
19 1:00 Video	20 1:30 Beading 5:00 Learning Group 7:00 Theatre Outing	21 1:30 Medicine Bag Workshop	22 1:00 Rep. from Peggy's Place a Transition House for women with a Psych. History 1:00 Kathy the Nurse 5:00 Alcohol and Drug	23 1:30 Women's Voice 1:30 Law Student 2:00 AIDS Van. 2:00 Picture Frame Painting 5:00 WST	24 10:30 Sewing and alterations 1:30 Raffle 2:30 Video	25 CENTRE CLEAN
26 2:00 Video	27 10:00 Leave for Camp Capilano 1:30 Beading 2:00 AIDS Van. 5:00 Learning Group	28 11:30 Day trip to Camp 1:30 Medicine Bag Workshop	29 CHEQUE DAY 1:00 Back from Camp 1:00 Kathy the Nurse 5:00 Alcohol and Drug Support Group	30 1:30 Women's Voice 2:00 AIDS Van. 2:00 Ceramic Painting 5:00 WST	31 10:30 Sewing and alterations 1:30 Raffle 2:30 Video 5:30 HALLOWEEN PARTY	



## Celtic Magic and It's Uses Today

For several decades there has been a growing interest in the old pagan beliefs. People are seeking a more practical, personal system of belief, some way to be spiritual yet improve their lives. This includes pagan religion and magic, which is both practical and spiritual.

The Celtic and/or Druidic systems are generally thought of as being Irish, British and Welsh. In fact, the Celts at one time inhabited much of western Europe. Remains of their civilizations range from southern France and areas of Spain north into lowland Germany, the British Isles and Ireland.

It is not necessary to be of those racial backgrounds to practice Celtic magic. All that is needed is an interest in Celtic mythologies and magic itself, a deep sympathetic feeling for Nature and her powers.

Celtic magical beliefs are firmly rooted in the Earth herself and in the elemental spirits that are the very essence of all Nature. This includes

the four basic Elements which make up Nature: Earth, Air, Fire and Water.

The ancient Celts had a vast knowledge of, and respect for, the healing and magical qualities of plants and stones. They knew and used the power flows of the Earth, trees and special outcroppings of rock. They called upon the elemental spirits, the "little people" of the Irish, the gnomes and fairies of the British.

But perhaps the strongest belief, almost unique among ancient peoples, was their devotion to the Great Mother, the mother and warrior goddesses. In fact, the Celtic peoples, before Roman and Christian intervention, were one of the few races to give their goddesses equal footing with their gods.

This is not to say that other pagan religions did not honor the Great Mother. But upon close inspection you will find that the male deities of most other pantheons were considered more important more powerful. The goddesses were allowed their place in worship so long as their followers did not try to usurp the prime position of power which was always held by a male deity. The goddesses of the Celts did not hold a secondary position in their worship or their legends. This respect

bled over into Celtic society. As a result Celtic women were highly respected, having many rights of property, person and status. Priestesses were held in honor. Women were warriors as well as mothers, and had equal rights with men.

Did this harm or weaken the society or lessens the men? According to history, decidedly not. The Celts were one of the fiercest, most spiritually advanced races of the Old World, weakening only when they accepted and bowed to the inroads of Christianity.

The life of a Celt was filled with magic and its uses. Their intertwining artwork on jewelry, clothing, utensils and their houses was a form of magic meant to avert the evil eye and send back curses. They believed that their deities could appear in any place and at any time, that it was the duty of humans to call upon them for aid. They also believed that it was the responsibility of each person to do whatever he or she could to better his or her own life, and that decidedly meant the use of magic, both small and large. To accomplish this, a person had to be continually willing to learn and grow.

To practice effective Celtic magic today, you must be willing to learn

about and use plant and herb magic.; Certain stones must be sought, enticed into your service, and cherished as reservoirs of energy. The powers of the elementals and Elements must be respected, petitioned for help, and befriended. You must seek the ancient reservoirs of god-power that were built and fed by Celtic worship, and which still exist today.

But most of all, you must suspend all the narrow definitions of reality you have learned. You must rethink what is possible or impossible, realizing that when certain actions are taken, nothing is impossible. The practice of these particular actions is the practice of what is known as magic.

Magic is the suspension of what we see, and a belief in and use of what we cannot see, but know instinctively is there. Celtic magic is simply applying that invisible ingredient in certain ways, using natural or Nature's powers, to improve life.

Magic cannot be tested in a laboratory, dissected and placed under a microscope. magic lives in the mind of the user, manifesting itself in practical living. Pagan magic is both practical necessity and part of a religious experience. Pagans are people  
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*the second annual dewc halloween party*

**FRIDAY, OCTOBER 31ST**

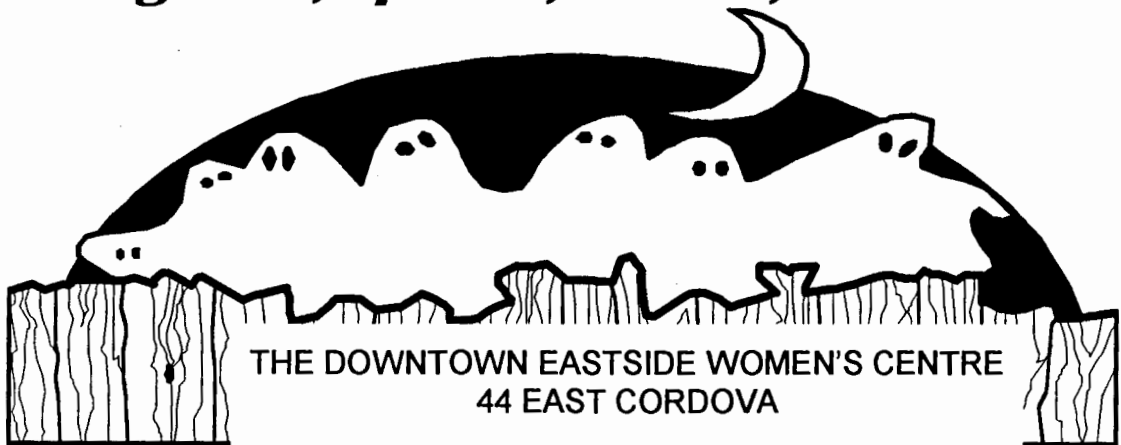
**5:30 - 9:00**

FEATURING INTERNATIONAL MAGICIAN

KEIKO MUTO FROM JAPAN

SHOW AT 7:00

***prize for the best costume, face painting,  
games, spiders, snacks, snakes***



THE DOWNTOWN EASTSIDE WOMEN'S CENTRE  
44 EAST CORDOVA

**all women, ghost, ghouls and children welcome**

This proposal has to be accepted by the Steering Committee with luck we will be starting this month. It is new for the Centre so there will be a lot of bugs to work through. For more information please see Cynthia about a hand out outlining the Guidelines.

Also starting in October we will be having only 2 volunteer nights a month. There is a meal and meeting on Friday, October 10, to plan the Halloween Party. We are going bowling on Friday, October 17th at 5:00.

Volunteers are having our second annual Halloween Party for all women and children on Friday, October 31 from 5:30 - 9:00. If you want to help please speak to Cynthia.

<b>DATES TO REMEMBER</b>	
Fri. Oct. 3	No volunteer nite
Fri. Oct. 10 5pm	Meeting and Meal
Thur. Oct. 16 10am	Vol. Orientation
Fri. Oct. 17 5pm	Bowling
Fri. Oct. 24	No volunteer nite
Sat. Oct. 25 10am	Cleaning
Fri. Oct. 31 4pm	Halloween Party

## **VOLUNTEERS ARE THE GREATEST**

Celtic Magic continued who live very much in reality. Long ago they realized that when you no longer have to struggle for everyday necessities, spirituality can be freely sought and more easily attained. They also know that when you can do for yourself, it is seldom that another person will be able to manipulate or control you against your will. The time is right for Celtic magic to come back into its own place in the world. More and more people are dissatisfied with what they see as socially accepted religions. They are seeking along old pathways, clouded by disuse and overgrown by falsehoods. But the very search of these people is creating a fresh wind that will scour those ancient tracks. The way will become clear; the old

wisdom's will once again be found and put into practice. to those who seek, success and growth will come. Success will be visible in the improvement of life itself. Pagan-thinking people do not tend to be followers of the accepted social norm. They are innovators, thinkers, pursuers of wisdom and spiritual growth. They know that improving you, the person, and your immediate life is as important as perfecting the spiritual you, or the soul. A well-balanced personality and a successful life, by whatever terms you define success, is the true guidepost along the ancient paths. Striving for these worthy goals and getting there are what really matter, not the opinions of others.

TICKETS NOT REQUIRED BUT  
THOSE WITH TICKETS WILL  
BE SERVED FIRST



**WOMEN'S  
CENTRE  
HARVEST  
DINNER**  
TUESDAY, OCT. 14  
SERVING MEALS  
FROM 12:30 - 3:00

**ALL WOMEN  
AND CHILDREN  
WELCOME**

TICKETS  
AVAILABLE  
STARTING  
MON., OCT. 6  
FROM THE FRONT DESK