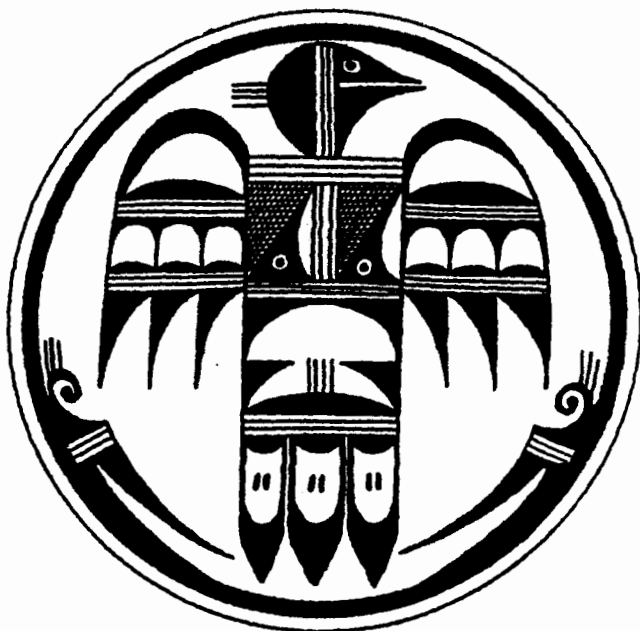


D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE
JUNE 1998 FREE



National Aboriginal Day
June 21, 1998

NEWS from the ADVOCATES

Updates - Consent to Release Information

The Ministry of Human Resources (Welfare) have brought in yet another Consent to Release Information to replace the one which caused the uproar a couple months ago. The new consent form is very similar to the last one, but has clearer language and is more specific.

For example, it specifies the reason why they can contact your landlord (to verify address and rent) and employer (to verify income). It also specifies the agencies who they cannot contact without you signing a separate Consent to Release Information such as Worker's Compensation, banks, and cheque cashing services. It has been reported that this new form will not be mass mailed but will have to be signed at annual reviews. The court case which was brought against the first consent form, is still set to proceed in July and does mention the newest consent form.

Did You Know ... B.C. Family Bonus

If you are receiving welfare and have dependent children you usually receive

two cheques - one from welfare and one from the B.C. Family Bonus program. The amount from the B.C. Family Bonus program is suppose to cover your children's basic needs expenses.

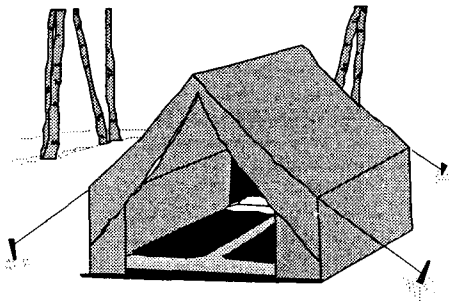
There may be reasons why you are not receiving the B.C. Family Bonus. For example, your children were out of your custody and the B.C. Family Bonus was going to whoever had them, or you did not do your yearly tax return. Whatever the reason, if you have custody of your child(ren) and are not receiving the B.C. Family Bonus you need to immediately tell your welfare worker. They can top-up your welfare until it starts coming to you. Where you have not been receiving the B.C. Family Bonus and get the back-dated payment, welfare will be notified and it will be deducted from your welfare money.

This will happen whether or not you received the top-up from welfare - even if you did not receive the top-up of the B.C. Family Bonus from welfare, the back-dated money will still be deducted from your welfare. So make sure you receive the top-up as soon as there is any delay in your B.C. Family Bonus, otherwise you will lose that money.

Did You Know ... Summer Camp for Children

If you would like to send your child to camp this summer you may be eligible for funds to cover the full or some of one camp fee, once per year, through the Ministry of Human Resources (welfare). To qualify you must be receiving welfare and priority is given those who have been receiving welfare for a long time and/or for those whose children have mental and/or physical disabilities. You must also look for summer camp subsidies from other programs before requesting the fee from welfare. If you think summer camp would be beneficial for your child(ren)'s social or emotional wellness get a support letter stating this and submit it with the request for summer camp fees to your welfare worker.

If you have a problem accessing this benefit or any other benefit you think you should be entitled to receive, speak with an advocate about what the welfare rules and regulations say.



ABORIGINAL CULTURAL WEEK

JUNE 16 - 21

At the Centre, we will be celebrating Aboriginal Cultural Week with:

- *daily smudging*
- *workshops*
- *medicine walk in Stanley Park*
- *pipe ceremony with Judy Whitesinger*

Please see the schedule for details and watch the bulletin boards for events around the community.

NATIONAL
ABORIGINAL DAY
JUNE 21, 1998

THE **TEN** INDIAN COMMANDMENTS

REMAIN CLOSE TO THE GREAT
SPIRIT

SHOW GREAT RESPECT FOR
YOUR FELLOW BEINGS

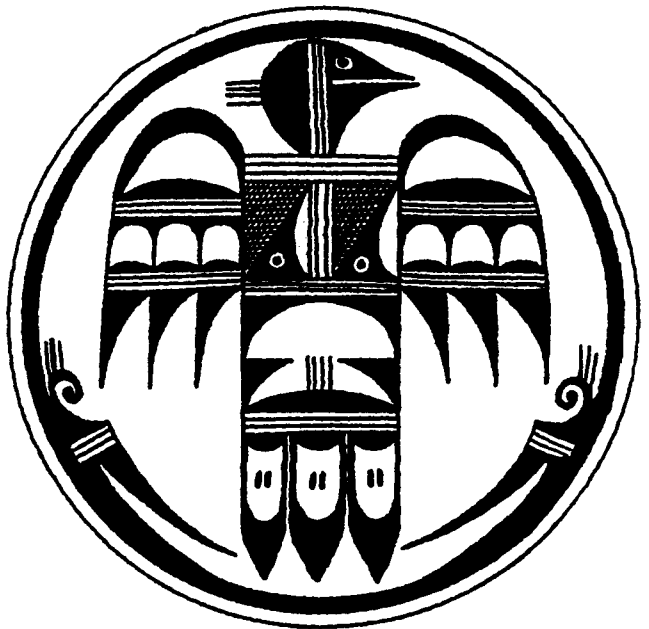
GIVE ASSISTANCE AND KINDNESS
WHEREVER NEEDED

BE TRUTHFUL AND HONEST
AT ALL TIMES

DO WHAT YOU KNOW TO BE RIGHT

LOOK AFTER THE WELLBEING OF
MIND AND BODY

TREAT THE EARTH AND ALL THAT
DWELL THERE ON WITH RESPECT



TAKE FULL RESPONSIBILITY FOR
YOUR ACTIONS

DEDICATE A SHARE OF YOUR
EFFORTS TO THE GREATER GOOD

WORK TOGETHER FOR THE
BENEFIT OF ALL



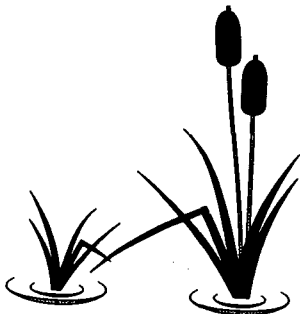
Poetry and Writing

May 26/98

Love is a triangle
Love is a shame
Boys do the necking
Girls get the blame
6 minutes of pleasure
9 months of pain
Then soon you have
a baby to name
Fathers a "bastard"
Mothers a "whore"

This wouldn't have happened
If the condom hadn't tore.

K.M.J. Legg - "Lea La Hah"
Creekside Reservation



I'm so glad I'm okay now after facing pain
and confusion in some place.

On April I walked into the pub where I had
to celebrate my completed three months
of my school. I felt so happy I thought I
could celebrate, but it turned into me
being attacked by my ex-partner, being
taken for a weird walk. I stayed in this
hospital for a week and a half after the
ambulance rescued me from where I was in
pain and took care of myself, for my brain
surgery and to be in intensive care for
almost four days. I told myself I could
become strong and to ask my creator to
help me to get better and to be with me
and I could feel God in my heart every day.
Meanwhile, social services took my
daughter to protect her from all this not
very good experience. I'm glad she's been
taken good care from all these caring
people. It's been awhile since I had to go
though all that bad experience, and I'm
recovering thank God, and visiting my child
once a week. I'm happy in my heart that I'm
alive to look after my child and to realize
that I can only try to do everything I
believe I can do. The pain and confusion,
it's gone thank God.

T.

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

JUNE 1998

**LUNCH SERVED
DAILY AT 12:30**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 1:30 Beading 5:00 Learning Group	2 2:30 Volunteers Only Meeting 5:00 Wenlido	3 10:00 Street Nurse - Blood testing & info 1:30 Nurse - Arthritis 5:00 A + D Group	4 1:30 Women's Voice 2:00 Making Stuff Out of Clay 5:00 WST	5 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 5:00 Stopping the Violence	6 1:00 Totem Pole Raising in Oppenheimer 1:30 Mid-Life Crisis Firehall Theatre
7 2:00 Video	8 1:30 Beading 5:00 Learning Group	9 5:00 Wenlido	10 10:00 Street Nurse - Blood testing & info 1:30 Nurse - Head lice 2:00 Lynn Headwaters 5:00 A + D Group	11 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	12 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video	13 CENTRE OPEN 10:00
14 2:00 Video 5:00 Volunteer Meeting	15 10:00 New Volunteer Orientation 1:30 Beading 5:00 Learning Group	16 5:00 Wenlido	← ABORIGINAL CULTURAL WEEK →		19 10:30 Sewing and Alterations 1:30 Raffle 2:00 Medicine Walk in the Park 5:00 Stop the Violence	20 JUDY WHITESINGER PIPE CEREMONY
21 NATIONAL ABORIGINAL DAY 2:00 Video	22 1:30 Beading 5:00 Learning Group	23 DEWC AGM 5:00 - 8:00 (dinner at 5:00)	24 CHEQUE DAY 5:00 A + D Group	25 1:30 Women's Voice 2:00 Making Stuff Out of Clay 5:00 WST	26 10:30 Sewing 1:30 Raffle 2:00 Video	27 CENTRE OPEN 10:00
28 2:00 Video	29 1:30 Beading 5:00 Learning Group	30 1:00 5:00 Battered Women's Support S.			CENTRE HOURS	
					Mon. 10:00-5 Tues. 11:00-5 Wed. 10:00-5 Thrs. 10:00-5	Fri. 10:00 - 5:00 Sat 10:00 - 5:00 Sun 10:00 - 5:00

REGULAR PROGRAMMING

Learning Group - Every Monday, doors close at 5:15. Exploring different ways of Learning.

Battered Women Support Services on Tuesday nights from 5 - 8:30, support for women affected by violence in their lives.

The Street Nurse will be in every Wed morning at 10:00 am to provide info on STD's, hepatitis and HIV/Aids and will do blood testing on site.

The Community Nurse - is in every Wednesday from 1:00. Watch out for health tips and information.

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.

Women's Voice - Thurs. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed.

Women Surviving Together - Thurs. 5:00 - 8:00 Healing Circle and support group for women.

Raffles - Usually on Fridays at 1:30 or 2:00. Items which are not clothing items that have been donated to the Centre are raffled. Please note changes this month.

Stopping the Violence Discussion - Every other Friday night. Gathering to share stories and strategies to keep ourselves safe.

Wenlido - Come and learn self-defense Tuesdays at 5:00pm.

CRAFTY WORKSHOPS - Materials provided.

Beading with Leona - Every Monday, 1:30 pm. Learn how to bead, expand your skills or just share ideas..

Ceramic and Tile Painting - Every Thursday, 2:00. Make something that you can use everyday or give to a friend.

Fabric Arts with Freeda - Usually on Friday morning. Learn to do your own sewing and alterations and also to knit and crochet.

OUTINGS - Watch the Outing Board for RUSH tickets.

Wed. June 10 - Trip to Lynn Headwaters in North Vancouver

Fri. June 19 - Medicine Walk in Stanley Park, learn to recognize medicinal plants and their uses.

SPECIAL

Aboriginal Cultural Week Activities - Tues June 16 - June 21

Wed June 17 - Medicine Bag Workshop

Thurs June 18 - WSTogether will go to a sweatlodge

Fri June 19 - Medicine Walk in Stanley Park

Sat June 20 - Judy Whitesinger, Pipe Ceremony in the Centre

Sun June 21 - we will join in the community celebrations for National Aboriginal Day

Sign up sheets are put up at the beginning of the month, chances are there will be space available on the day of the outing.

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.

INFORMATION FROM VICTIM SERVICES

The Protection Order Registry

Violence against women and children is a serious problem in our society. That's why the courts regularly issue protection orders and that's why the Ministry of Attorney General established the Protection Order Registry. The Protection Order Registry is a computer database of protection orders issued by B.C. courts. It allows police to phone a central phone number to access information about protection orders 24 hours per day, 7 days per week.

Why complete the contact information form?

The Protection Order Registry has expanded its services to ensure that a protected person can be notified whenever the restrained person who has been sentenced to custody is released from a provincial institution. Over the next few months, this service will be extended to include those released from federal institutions.

Notification can only occur if you provide your current address and telephone number. The Court Registry will send the completed contact information form to the Protection

Order Registry, where it will be stored in a database for future use, in the event the restrained person is released from custody.

The contact information provided will remain strictly confidential and will not be accessed, except by notification staff, for the purpose of informing you of the release of the restrained person.

Where do I take the form after completing it?

It is not possible to mail the Contact Information form, since it is necessary for you to present personal identification. You may submit your form in person to one of the following locations, which will fax it to the Protection Order Registry:

- the court registry where your protection order is filed:
- a police or specialized victim service worker (see Marion)

How does notification work?

When a person is scheduled to be released from custody, the Victim Notification Unit will contact the Protection Order Registry to determine whether the person is the subject of a protection order. If a protection order is registered and contact information is available, the protected person will be contacted by telephone and provided release information, such as

approximate release dates, conditions of release, and referrals for further information and assistance.

If the notification staff are unable to contact you by telephone, they will notify the alternate contact and/or provide notification through express post or regular mail. For notification to be successful, it is important that you advise the Protection Order Registry of changes to your contact information.

For the form see Marion !!!

Totem Pole Raising

Saturday, June 6th

1:00pm – 5:00pm

Oppenheimer Park

All Welcome



Our deepest fear is not that we are inadequate. Our deepest fears that we are powerful beyond measure. It's our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be. You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us: it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.

*Nelson Mandela
1994 Inaugural Speech*

TAKING CARE OF OUR HEALTH



by Heather Taylor, Street Nurse

Over the past few months, there has been an increase in the numbers of people in Vancouver (men and women) with genital sores caused by syphilis.

What is Syphilis?

Syphilis is a Sexually Transmitted Disease (STD). It first appears as a painless sore usually in the genital area. This sore typically lasts about 2 weeks. Later, a rash appears on the chest, palms and soles. Much later, if untreated, syphilis can cause damage to the brain and heart.

How do you get it?

Syphilis is passed from person to person by direct genital skin contact with the sores. A pregnant woman with syphilis can pass it on to her baby at birth.

How do you know if you have it?

There may be a sore in the genital area or a non-itchy rash on the body. However, both can be easily missed. A

simple blood test will tell if you have syphilis.

What should you do?

If you think you might have syphilis or if you think a sexual partner had syphilis, you should see a doctor or nurse and be tested. Any genital sore or rash should be checked. As well, anyone with a large number of sexual partners should get tested.

Can you get rid of it?

Syphilis is easily treated with free medication and can be cured. BUT, it is possible to get re-infected with syphilis and to get it again. So, it's important that your sexual partner(s) also get tested and treated.

Follow-up

It is important to have a blood test done at regular intervals following treatment for syphilis. The first blood test is usually done 3 months after being given the medication. If unsure, contact a nurse or doctor.

You can find Heather at the Women's Centre every Wednesday (except cheque week) from 10:00am to 12:00pm. She can also be reached at the Main St. Clinic, 219 Main St. 660-9695.

VOLUNTEER NEWS

Thanks!

Thanks very much to Peggy, Mable, Bunsy, Marie, Louise, Candace, Freeda, Lorna, Dawn, Donna, Gwen, Doris and Megan who spent four hours cleaning the Women's Centre on Sunday, May 17th!



Volunteer Meeting Minutes May 17, 1998

Food on Stat Holidays

Volunteers are concerned that women really need a meal on stat holidays - muffins are not enough. Can relief staff put a pot of soup on? Can volunteers be allowed to make soup for everyone? Lucy will take this to the staff meeting.

Clothing Room Rules

We went over the guidelines for volunteers working in the clothing room:

- ◆ 10 items only
- ◆ volunteers can take a couple of 5 minute breaks during their

shift because it is so hot and stuffy in the room

- ◆ when you take your breaks, the clothing room must be closed

Communications Workshop

There are lots of communications issues that volunteers are raising. A communications workshop would be a way to look at issues and improve the way women deal with each other and the Centre. Lucy will come up with some possibilities.

Volunteer Laundry

Volunteers only get one load per day. Any exceptions have to be approved by the volunteer coordinator.

Volunteer Picnic - Sunday, May 31

We decided to have a picnic and meeting in Stanley Park.

UPCOMING VOLUNTEER DATES

Tuesday, June 2 - Volunteers Only Meeting, 2:30pm

Sunday, June 14 - Volunteer Meeting, 5:00pm

Monday, June 15 - New Volunteer Orientation, 10:00am

NEW TO THE CENTRE

Updates on workshops, policy and procedures

TUESDAY JUNE 23RD

DOWNTOWN EASTSIDE WOMEN'S CENTRE ANNUAL GENERAL MEETING

5:00PM - 8:00PM

DINNER SERVED AT 5:00PM

NEW POLICY ON BUS TICKETS

Our policy regarding bus tickets is: We can only give them out for volunteers who have done work that day or for emergencies. There has been a significant increase in the demand for bus tickets and it is not within our budget to provide out of area Centre users with bus tickets to visit their doctor or to get to their MHR office or to get to job interviews.

Our policy is if you have a **medical emergency**: one of our advocates will contact your financial aid worker and it is up to the Ministry to provide transportation. **Volunteers**: bus tickets will be provided for those that live out of area and come here to volunteer.

Evening groups: women will be provided with one ticket only and women who live in area will not get one. **Steering**: Two bus tickets will be given to Steering members who live out of area, those that live in area will not receive them. If Steering members come to the Centre for a block of meetings they will receive two tickets only. **The floorworker will not be giving out bus tickets.**