

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

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

Women Break the Silence and Speak Out Campaign



NEWS from the LEGAL ADVOCATE

The O'Conner Case

Last week (June 15 - 19) the O'Conner case made the local news media. Some community groups were outraged that this man was allowed to participate in a 'Circle of Healing' when he didn't acknowledge the first step of this native forum and that is rigorous honesty. Here is a man that has only admitted to not keeping his vow of celibacy; in no way did he ever admit to the sexual assaults he committed.

The women that participated in this process said that going into the circle gave them the opportunity to express themselves - to have their voices heard. But perhaps the open expression of the U.N.N. and the D.E.W.C. amongst others only served to alienate these women further. Some of the comments suggested that these women didn't have a choice in that this was the only way to impart their victimization and that this process was disrespected in that O'Conner didn't admit to the crimes committed against these women. In short, this event has sparked some controversy.

Some of the comments in response to this situation from the women that come to the D.E.W.C. are:

"Who decided that O'Conner could go into the Circle and how was this decision made?"

"O'Conner used our own system against us; in a way - he's a Con-man!"

"What is the chance this will happen again?"

"They shouldn't use our own system against us!"

So where do we go from here? How can D.E.W.C. provide a positive response? I would like to hear from women that have experienced the Residential School System about starting a Support Group at D.E.W.C. that would be facilitated by an elder and traditional healer. Let me know.

Other Information

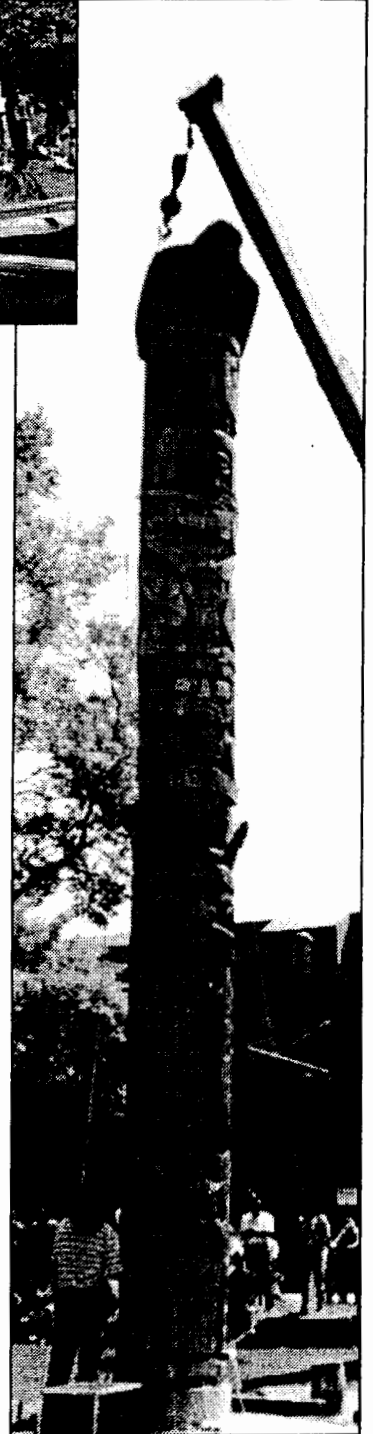
I am working with Jill Nichols (DERA) on the legal programming that we will be hosting as a joint project. We had planned to start this in June but other work demands have made this overwhelming so we will be starting this in September. Please bear with us. It is a lot of work to pull this together and we want to do it right.

Christine Wood is the DEWC's Legal Advocate. You can find her in Office A.

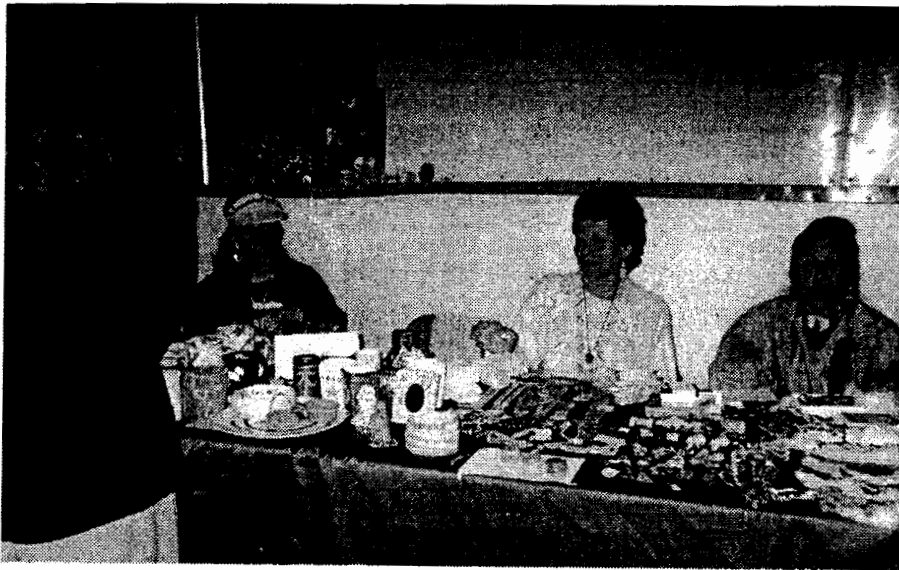
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***Standing with Courage, Strength and Pride:
Raising the Memorial Pole in Oppenheimer Park***



DEWC Women Active in the Community



DEWC Craft Table at the Trout Lake Pow Wow



Women enjoying the sunshine in Steveston

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Poetry and Writing

Friends

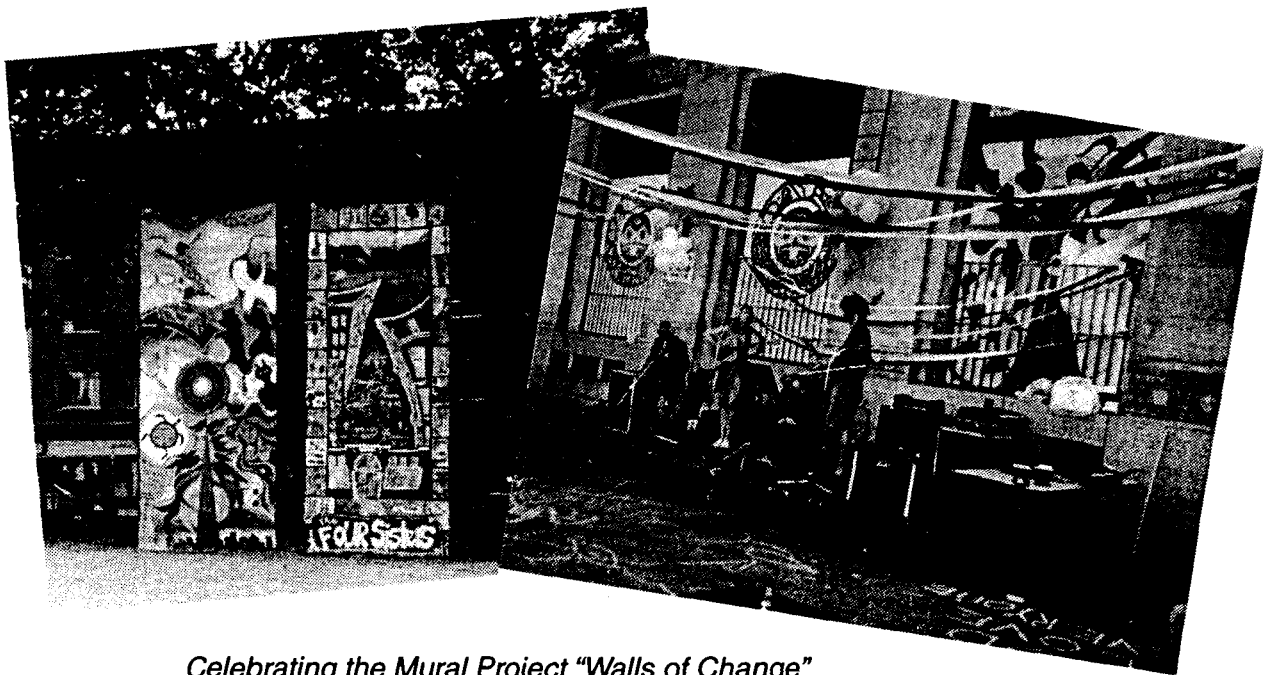
are the energy to our spirit
are the voice of inspiration
are the strength of integrity
are the courage behind our thoughts
are our hope when there is no will
are the youth to our wisdom
are the shoulder in which we lean on
are the invested interest of
our well being.

SKB, Kincolith

DEALER OF OUR LAND

Beauty in the sky above
Sunshine to show the creators first love.
Listen to the birds sing
Is a lot more musical than a diamond ring.
The color of mother earth's landscape is
Better through a native robe-cape.
Feel the heartbeat of our land,
By putting our feet in the sand.
Smell the fragrance our wealth
And don't think of the hands
we were dealt.

SKB, Kincolith



Celebrating the Mural Project "Walls of Change"

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

JULY 1998

**LUNCH SERVED
DAILY AT 12:30**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
CENTRE HOURS			1 CANADA DAY STAT 12:00 to 4:30pm (A & D Cancelled)	2 1:00 - 4:00 Law Student 1:30 Women's Voice 2:00 Ceramics 5:00 WST	3 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 5:00 Stop the Violence	4 CENTRE OPEN 10:00
	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				
5 2:00 Video	6 1:30 Beading 5:00 Learning Group	7 2:00 Volunteers Only Meeting 5:00 BWSS	8 10:00 Street Nurse - Blood testing & info 1:30 Nurse - Menopause 2:00 Berry Picking Trip 5:00 A + D Group	9 1:00 - 4:00 Law Student 1:30 Women's Voice 2:00 Ceramics 5:00 WST	10 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video	11 CENTRE OPEN 10:00
12 2:00 Video 5:00 Volunteer Meeting	13 1:30 Beading 5:00 Learning Group	14 5:00 Battered Women's Support Services	15 10:00 Street Nurse - Blood testing & info 1:30 Nurse - Taking care of cuts and abcesses 5:00 A + D Group	16 1:00 - 4:00 Law Student 1:30 Women's Voice 2:00 Ceramics 5:00 WST	17 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 5:00 Stop the Violence	18 CENTRE OPEN 10:00 10:00 Day Trip to the Vancouver Folk Music Festival in Jericho Park
19 2:00 Video	20 1:30 Beading 5:00 Learning Group	21 Trip leaves for Lytton Healing Gathering 5:00 BWSS	22 10:00 Street Nurse - Blood testing & info 1:30 Nurse - T.B. 5:00 A + D Group	23 1:30 Women's Voice 2:00 Ceramics 5:00 WST	24 10:30 Sewing 1:30 Raffle 2:00 Video	25 CENTRE OPEN 10:00 7:30 Illuminares Lantern Festival Trout Lake
26 2:00 Video	27 1:30 Beading 5:00 Learning Group	28 5:00 Battered Women's Support S.	29 CHEQUE DAY 5:00 A & D Group	30 1:30 Women's Voice 2:00 Ceramics 5:00 WST		

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 1:30. 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.

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.

Day Trip to the Vancouver Folk Music Festival - Sat. July 18 - 10:00 - There is music all day from around the world at this event.

Evening Trip to Illuminares - Sat. July 25 - 7:30 - Come and enjoy the lantern festival and night parade at Trout Lake. medicinal plants and their uses.

SPECIAL

Camping Trip to the Lytton Healing Gathering - Tues. July 21 to Thurs. July 24 - Please check signs for further info.

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.

TAKING CARE OF OUR HEALTH

written by Cleo Whiting, Community Health Nurse

ARTHRITIS

Who has arthritis?

About 1 in 7 Canadians of all age groups have some form of arthritis. The disease affects men and women about equally in number. However, three times as many women as men develop symptoms that require medical treatment. First Nations people are prone to arthritis. People with certain genetic markers are more likely than others to develop certain types of arthritis.

What is arthritis?

There are over one hundred kinds of arthritis. Generally, arthritis is pain or stiffness in the musculoskeletal system. Osteoarthritis is the most common and usually affects aging people. It can involve wear and tear of the joints in any part of the body. Rheumatoid arthritis is chronic swelling of the tissues in the joint. Some forms of arthritis, such as lupus and rheumatoid arthritis cause swelling in the body's major organs.

What can I do for my arthritis?

There is not a cure for arthritis, but a combination of methods can be helpful to treat arthritis pain and prevent disability. It is important to have a diagnosis from a doctor who specializes in this disease (a rheumatologist). The tests for arthritis include blood tests, x-rays and physical examination. Treatment includes medicine - among common ones are aspirin and non-steroidal anti-inflammatory drugs, rest, dietary management, reduction of stress and easing daily life activities with physiotherapy and occupational therapy. It is important to work as a team and monitor the medication regularly.

The Arthritis Society offers a self management program that helps the person with arthritis cope. This holistic program provides information about exercising, managing pain, healthy eating, dealing with stress and working with your doctor and health care team. These are important factors in diagnosing arthritis, managing pain, preventing long term effects, and providing support for the person with arthritis.

The Arthritis Telephone Information Service (ATIS), 879-7511 or 871-4537, is available to answer questions.

STOP THE VIOLENCE, NOW!

Hi, this is Deepa, the DEWC Stopping the Violence Counsellor. I've some news for you about upcoming anti-violence groups and events for the summer.

The Friday Night STV Discussion Group

On June 19, my co-facilitator Meshell (a volunteer from the Centre) and I facilitated the first of an eight week series of closed workshops for women from this neighbourhood to talk about the violence in their lives. This is different from the Friday night groups we used to do in that it is now happening every week; and the group is open only for women who show up for the first session. The group is closed so that women can develop a greater sense of trust and safety with each other before sharing their stories.

For our first session, we played some "Getting to Know You" games that used mimicry, writing, and collage. In sessions to follow, we will be discussing "Abuse and Oppression", "Physical and Emotional Abuse," "Sexual Assault" and "Child Abuse." The final three sessions will be devoted to "Creative Ways of Healing from Abuse" such as writing, singing, massage, theatre, and whatever else

women can come up with.

I hope that women can use these sessions to find new ways to support themselves and each other. Interestingly, the majority of women at our first session were Centre volunteers. Any women who are interested in participating in our next eight week group should come and talk to me about it.

Break the Silence Against Violence!!

I am also coordinating a campaign about violence against women in the Downtown Eastside. This campaign, called "**Women Break the Silence and Speak Out,**" is co-sponsored by DEWC, Carnegie Centre and the Downtown Eastside Senior's Centre. The project will encourage women of
continued on next page...



STOP THE VIOLENCE continued...

this community, organizations and activists to produce a series of "events"— such as workshops, popular theatre, or community forums — which "speak out" and speak about the different types of violence Downtown Eastside women experience.

Some proposed topics for workshops or events are: "Violence Against First Nations Women," "Violence Against Seniors," "Violence Against Sex Trade Workers," "Violence Against Lesbians," "Violence Against Young Women," "Racism as a Form of Violence," "Poverty as a Form of Violence," "Violence Against Women with Disabilities," and "Violence Against Women who Experience Substance Misuse."

Although this campaign is still in the planning stages, you should be seeing some of these events by mid-summer. What's more, we are organizing a three-day retreat for women participants in October. If you have an idea for this campaign, or if you are interested in participating, please come and talk to me at the Centre. Our next planning meeting is on Thursday, July 9 from 3 to 5 PM, at 540 East Hastings (the Seniors' Centre). It is open to all Downtown Eastside women.

VOLUNTEER NEWS



Volunteers at the Volunteer Barbeque in Stanley Park

Volunteer Meeting Minutes - June 14, 1998

1. Bingo Volunteers - Starship Meeting

The annual meeting of volunteer coordinators is happening next Wednesday. Lucy will pick up bingo volunteers at the Centre and take to the meeting. Wendy, Donna, Bunsy and Candace will try to make it.

2. Volunteer Program Updates

Lucy reported on the May Volunteer Hours. Volunteers contributed 842 hours to the Centre: Kitchen 259, Front Desk 233, Floor 207, Clothing Room 172, Bingo 48, Other 32.

For those volunteers who work in the kitchen and in other areas, please make sure you specify which hours are for which job.

Keeping up Volunteer Status - It is important for everyone to do at least 10 hours of volunteer work per month in order to be a DEWC Volunteer. Lucy will

give everyone a warning if your hours are below 10. You will have another month to get your hours up. If after two months, your hours are below 10 then you will no longer be on the volunteer list.

You can easily get back on the list by attending the next New Volunteer Orientation and then doing your minimum ten hours.

3. Date for the Communications Workshop

The first communications workshop will be held on Tuesday, June 30th from 2:00pm to 5:00pm. It will be with Kathi Bentall as the facilitator and we will look at why people are volunteering and what they like about the program. We will also look at what gets to you, what is hard and how we can make that easier or gain skills to deal with those situations.

Shawneen volunteered to woman the front desk so that everyone could go. Thanks Shawneen!

Carol offered to book the Jim Green Room at Four Sisters.

Everyone should meet at the Women's Centre at 1:45pm and we will walk over together.

4. No Smoking Next Month - Should we still be giving out tobacco and rolling papers?

Women look forward to tobacco days are very grateful for the tobacco. We should still continue giving it out.

5. Women who are not volunteers working in the kitchen

There have been a few women volunteering in the kitchen who are not DEWC volunteers. Some volunteers feel this is unfair since they are willing to work in the kitchen. All volunteers must have gone through the volunteer orientation so they know the Women's Centre policies. Lucy will talk to Julie about making sure that all women attend the New Volunteer Orientation and are part of the program.

Sometimes the kitchen will call in someone to help carry stuff or give out muffins - this is not part of the volunteer program, it is centre women helping out, just like they do with carrying donations in. This help is appreciated.

6. Staff, Volunteer, Steering Monthly Meetings

There is not enough communication between staff, volunteers and steering.

Steering members who were attending the volunteer meeting said they were very pleased to be asked by women to attend. Carol said, steering members are volunteers too. Also she encouraged volunteers to become more involved in the Centre's committees. You do not have

UPCOMING VOLUNTEER DATES

Tuesday, July 7 - 2:00pm -
Volunteers Only Meeting

Tuesday, July 7 - 2:30pm - New
Volunteer Orientation for women
wanting to work in the Kitchen.

Sunday July 12 - 5:00pm -
Volunteer Meeting

Volunteer minutes continued...

to be on steering or on staff to participate.

Norma said it is good to attend any meeting but respect the agenda that has been created and add your issues to the agenda.

Doris says that she has been feeling ignored in the staff meetings. What is her role supposed to be? Doris and Lucy will raise this at the staff meeting.

Denise strongly suggest that we create a monthly meeting that gets steering, staff, and volunteers together so that we can address issues as they come up and not wait months and months.

7. Women Sleeping on Couches

Some women are not able to find a place to sit and smoke because other women are sleeping on the couches. Please ask women to move to a table to make room.

NEW TO THE CENTRE

Updates on workshops, policy and procedures



**THE ANNUAL GENERAL MEETING
OF THE DOWNTOWN EASTSIDE
WOMEN'S CENTRE
HAS BEEN CHANGED TO**

**TUESDAY, SEPTEMBER 22, 1998
AT 1:00PM**

***A LIGHT LUNCH WILL BE SERVED AT 12:00 NOON
WITH THE AGM TO FOLLOW . SUPPER WILL BE
SERVED AFTER THE AGM AT 5:00PM***

**▶ REMINDER: BEGINNING ON THE 15TH OF JULY, THERE WILL BE
NO SMOKING IN THE CENTRE.**