

IDEWIDROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre

February 1999

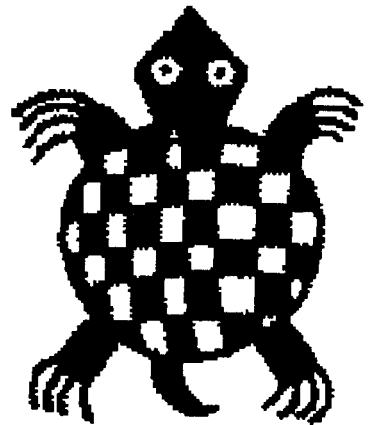
Free

This is a gathering and march to honour the lives of our sisters, mothers, daughters, partners, wives, aunts, grandmothers and friends who were killed because they were women.

Every one of us knows someone who was left to die alone without dignity.

You are dearly missed and loved. We honour your spirit and all those you have touched in your short time here on earth. Police, Governments and Society do not care about what is really going on. We do.

In your memory we have this march and as a reminder that women are still not safe. We struggle and fight everyday to keep ourselves and our sisters alive.



The 8th February 14th Women's Memorial March

Sunday, Feb. 14th at Noon

Carnegie Community Centre

March at 1pm after Gathering Greetings

Drumming, Dancing and Food at 3:00 at the

Japanese Language School, 475 Alexander Street.

Vera Lyons, Loma Lambert, Rose Peters, Careen Dalgneault, Kandice Mills, Lana Morin, Bernadette Grace Pierce, Susan Jones, Beverley Whitney, Rhonda Gaynor, Nya Rane Robillard, Lou Anne Stolarchuck, Corine Shery Upton La Fleur, Wendy Grace Lewis, Sally Abou, Debbie Ann Mcmath, Vicky Buchard, Christine Elizabeth Mcrae, Betty Case, Ruth Oliver, Gery Ferguson, Jeannie Wibe, Debra Foley, Enola Evans, Tammy Pipe, Melodie Newfield, Laurie Ann Rix, Carol Ann Wadden, Melody Neufeld, Helen Lessardo (Bowers), Victoria Yonkers, Chantal Gillade, Dana Draycott, Tommy Lee Pipe, Tracy Olajide, Amanda P. Flett (Mandy), Lisa Moosomin, Annie Cedar Jr., Rose Merasty, Maureen Riding At The Door, Meranda Isaac, Barb Mills, Beverley Ann Desjarlais, Debra Lucas, Lori Newman, Mathilda, Charles, Clorissa Mary Adolph, Joyce Paquette, Darlene M. Johnston, Florence Isaac, Connie Rider, Connie Chartrand, Edna Shande, Geraldine Williams, Helena George, Daren Anne Baker, Katherine Phyllis August, Rhonda Gayner, Basma Rafay, Saitana Rafay, Kanwojittk Gill, Ranjittk Toor, Naazish Khan, Harjinder Knijjar, Swaranjittk Thandi, Linda Nelson, Michelle Wing, Peggy Favel, Rita Holy White Man, Ronda Macdonald, Sandra Amos (George), Janice Saul, Jennie Lea Waters, Bonnie Lincoln, Debbie Neaslose, Gertrude Copegop, Holly Cochran, Ruby Williams, Cheryl Ann Joe, Diane Lancaster, Lisa Leo, Bernadine Standingready, Pauline Johnson, Nancy Jane Bob, Wendy Poole, Charlene Kerr, Cindy Williams, Debbie Mcmath, Jennifer Pete, Lorain Arrance, Luanne Stolarchuk (Bonnie), Monika Lillmeier, Mary James, Tracy Lyn Hope, Vera Lyons, Veronica Harry, Corine Dagnault, Susan Presevich, Barbara Larocque, Barbara Paul, Brenda George, Carol Davie, Carrie Ann Starr, Chantal Venne, Shristine Chrissie, Christine Billy, Darlinda Ritchey, Dawn Ritchie, Debbie Kennedy, Donna, Donna Rose Kiss, Dora Joseph Patrick, Elsie Tomma, Gloria Duneult (Sam), Janet Basil, Julie Mai Smith, Laurie Scholtz, Lavema Avigan, Leanne Scholtz, Lois Makie, Loran Carpenter, Loma George, Loma Jones, Margaret Vedan, Marla Ferguson, Marjorie Susan Prionen, Marina George, Marth Gavin, Mary James, Mary Johnson, Maxine Poul, Nya Robillard, Patricia Andrew, Patricia Ann Wadhams (Trish), Patricia Thomas, Peggy Snow, Ray Arrance, Rose Plapst, Sadie Chartrand, Sally Jackson, Sondra Flamond, Sharan Arrance, Sheila Hunt, Shirley Nix, Stony, Tanya Wallace, Terry Lynn, Joyne Hill, Verna Pamell, Alice Hall, Kelly Myers, Cheryl Joyce Vicklund, Marjorie Mack, Darlene Weismiller, Michelle Lofleshe, Bernadeth Campa, Mary Anne Monroe, Jennifer Moerike, Beverly Wilson, Ruth Anderson, Janet Pelletier, Leana Cupplo, Susan Ball, June Hill, Verna Missar, Sonia Mathews, Mary Ann Charlie, Josephine Johnson, Amy Mcauley, Deloris Rivet, Nadine Macmillan, Bonnie Pruden, Lomine Carpenter, Carol Davis Plus 32 Women In 1997, ____ Women In 1998.

VOLUNTEER NEWS

There was a volunteer meeting on Jan. 25, Carol and Laurel were invited to attend. These were some of the issues that were discussed;

Lockers - there are only 3 lockers available to volunteers. At any one time there are usually 3-5 volunteers and it is not good if volunteers cannot secure their belongings while they are working.

Volunteer Rep. - Darcy will assist Doris as the volunteer rep. to attend meetings and present volunteer ideas to the staff, steering and members. They should bring information from those groups to the volunteer team.

Clothing room - No bags are permitted in the clothing room. This makes the volunteer job easier and she will be safe from accusations of stealing.

Complaints - If any volunteers feel that they are being unfairly criticized or treated please fill out a complaint form, which you can get from any staff member and they can help you fill it out.

Volunteer orientations - We need one to get new volunteers on the program. People are dropping out and no one is filling the spots.

Cynthia's proposal - These were handed out for volunteers to read and provide feedback. If you do not have a copy please speak to Cynthia.

Bus tickets - Staff need to make sure that there are bus tickets available for

volunteers when they have finished their shifts.

Meetings - There is always lots to talk about and we need the full hour. Please do not be late and go the bathroom before the meeting.

Confidentiality - Do not gossip and talk about others. You do not like it when people talk about you so stop the cycle. Respect everyone.

Laurel brought some ideas to the meeting.

1. Light and Lively
2. The Talking Shell
3. Copies of "Working Together" will be available to volunteers.

Thanks to all who attended and we will try to meet again next month.

VOLUNTEER DATES TO REMEMBER

Mon. Feb. 8 5:00
Meeting and meal at the Centre
with a staff member

Mon. Feb. 15 2:00
Volunteers only meeting

Thurs. Feb. 18 9:30
New Volunteer Orientation

Sun. Feb. 21 11:00
New Volunteer Orientation

Mon. Feb. 22 5:00
Meeting and meal at the Centre
with a staff member

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Hey, what's that guy doing in here! It's Glen. Give him heck.

News from sister Alice our resident Advocate

As you know things have been pretty hectic around the Women's Centre for a while now which we know has been difficult and frustrating for everyone. Hopefully, as we enter the new year the difficulties we have faced will stabilize and we can focus on working together to ensure a safe, comfortable centre which is responsive to women's needs. The advocates will submit a monthly article to the Newsletter. It would be useful for us (and you) to get feedback on what you want us to write about. Such as questions about your rights or what is expected of you from welfare or your landlord, etc. If you have ideas or suggestions write them down or talk with us.

A recent change in the B.C. Benefit (welfare) rules is that anyone applying for welfare has to go to an orientation before they complete an application with a financial aid worker. When you go to a welfare office to ask for assistance you will be given a date and time to show up at the orientation. If you do not show up you will not be given an appointment with a financial aid worker and, therefore, not get welfare assistance. Even if you were receiving welfare but were off it for a couple months, you will still have to go

to the orientation. At the orientation you will be shown a video on your rights and responsibilities when receiving welfare. If you have any questions or concerns before or after going to the Orientation feel free to come to talk to one of the advocates.

Do you remember the Unemployable category of welfare where you received an additional \$96 per month which was changed so you had to apply for Special Needs then changed again to Disability Benefits, Level I? The whole process caused a lot of confusion. I can't even write about it without sounding confusing. Any way, the news is, if you used to get Unemployable benefits (an extra \$96 per month) and never applied for Special Needs or Disability Level 1, you don't have to at this time. The date to cut off the additional \$96 per month was extended indefinitely by the Ministry of Human Resources. (If you applied for special needs or disability benefits, level 1, this does not affect you). That means, at some time in the future this whole issue will come back again. If you have a medical condition you should talk to an advocate about applying for disability benefits so that you are more prepared if it becomes an issue again.

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova St., Vancouver
681 - 8480
FEBRUARY 1999

**LUNCH SERVED
DAILY AT 12:30**

REGULAR PROGRAMMING

Popular Education Group - Every other Tuesday, 5:00 to 9:00. Get skills to organize in your personal lives and politically.

Shiatsu Massages - Every Wednesday at 12:00. First come first served, please sign up.

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.

The Street Nurse - Is in every Thursday from 10:30. Watch out for health tips and information.

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 - Fridays at 1:30 or 2:00. Items which are not clothing items that have been donated to the Centre are raffled.

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

Yoga - Twice a month on Saturdays at 2:00. Physical exercise and meditation to improve your health and energy.

Law Student - TO BE ANNOUNCED

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 - Every Friday morning, 10:30. Learn to do your own sewing and alterations and also to knit and crochet.

Dreamcatchers with Bev - Every Saturday at 1:00. Learn different styles and designs. Make your own dreamcatchers.

OUTINGS - Tuesdays also watch the **Outing Board**.

Feb. 2 at 1:30 - We're going to Science World and the Omnimax to watch a movie about the 7 natural wonders of the World.

Feb. 9 at 2:00 - A visit to the largest Buddhist Temple in Canada in preparation for the Lunar New Year.

Feb. 23 at 2:00 - A nature hike at the Sasamat Outdoor Centre located in PoCo. About 45 minutes east of Vancouver.

Sign up sheets are put up on the first of the month.
NOTE: Sometimes things get canceled or set up on another day make sure to check "Update sheet" on the front chalk board

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 1:00 Presentation on Learning Disabilities 1:30 Beading	2 1:30 Science World - Omnimax	3 12:00 Shiatsu Massage 5:00 Alcohol and Drug Support Group	4 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 5:00 Women Surviving Together	5 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 5:00 Anti-violence discussion Grp.	6 1:30 Dream catchers
7 2:00 Video	8 1:30 Beading 5:00 Volunteer meal and meeting	9 2:00 The Richmond Buddhist Temple 5:00 Popular Ed.- Organizing Change	10 10 - 4 Make posters for the March 12:00 Shiatsu Massage 5:00 A + D Group	11 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 5:00 WST	12 10:30 S + A 1:30 Raffle 2:00 Video 5:00 Anti-violence discussion Grp.	13 1:30 Dream catchers
14 Centre Closed for the Memorial March, meet at Carnegie	15 1:30 Beading 2:00 Volunteers only meeting	16 Happy Lunar New Year 12:30 Chinese lunch 1:30 Dragon Dance	17 12:00 Shiatsu Massage 5:00 A + D Group	18 9:30 Volunteer Orientation 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 5:00 WST	19 10:30 S + A 1:30 Raffle 2:00 Video 5:00 Anti-violence discussion Grp.	20 1:30 Dream catchers 2:00 Yoga
21 11:00 Volunteer Orientation 2:00 Video	22 1:30 Beading 5:00 Volunteer meal and meeting	23 2:00 Sasamat Outdoor Centre 5:00 Popular Ed.- Organizing Change	24 CHEQUE DAY Centre is closed 5:00 A + D Group	25 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 5:00 WST	26 10:30 S + A 1:30 Raffle 2:00 Video 5:00 Anti-violence discussion Grp.	27 1:30 Dream catchers 2:00 Yoga
28 1:00 Video		CENTRE HOURS				
		Sun. 12 - 5	Tues. 11 - 5	Thrs. 10 - 5	Sat. 12 - 5	
		Mon. 10 - 5	Weds. 10 - 5	Fri. 10 - 5		

YOGA AT THE CENTRE

Cathy Burnett

Hello, my name is Cathy Burnett and I will be offering yoga sessions to anyone who is interested on Saturday afternoons from 2 - 3:15pm here at the Centre. Please check the calendar for exact dates. Classes will start on February 20th and they are open to all with or without experience. I will teach a gentle form of yoga that involves stretching, breathing and learning physical poses that enhance the body's natural healing energies. There will be music, mats and you need to wear sweat pants and sweat shirts or anything comfortable and warm to move in.

I am presently teaching dance and movement to actors at UBC and have been a dancer all of my life. Last year I went through a deep depression and discovered that yoga and physical activity helped me to get through it. This is one of my reasons for sharing yoga at the Centre. Please come and drop by - check it out! I look forward to meeting you.

Lunar New Year

The Julian, or Western, calendar is linked to the solar cycle. But the lunar calendar is linked to the moon with 11 fewer days than the Julian calendar. For this reason, and because every few years an extra month is added to the lunar year (similar to adding an extra day in leap years), the Lunar New Year falls on a different day each year in the Western world. This year it falls on Feb. 16 and ends 15 days later with a full moon. Vietnam, Thailand, Malaysia, and Singapore also celebrate the Lunar New Year, commonly known as the Chinese New Year, this year number 4697. Many of the celebrations in these countries are similar to those in China.

This is the Chinese year of the rabbit or the Vietnamese year of the Cat. People born under this sign ('87, '75, '63, '51, '39) are intelligent, wise and understanding.

Guidelines to guarantee a good year.

- All debts had to paid by this time. Nothing should be lent on this day, as anyone who does so will be lending all the year.
- Everyone should refrain from using foul language and bad or unlucky words. Negative terms and the word "four" (Ssu), which sounds like the word for death, are not to be uttered. Death and dying are never mentioned and ghost stories are totally taboo. References to the past year are also avoided as everything should be turned toward the New Year and a new beginning.
- If you cry on New Year's day, you will cry all through the year. Therefore, children are tolerated and are not spanked, even though they are mischievous.
- We are not suppose to wash our hair because it would mean we would have washed away good luck for the New Year.
- Red clothing is preferred during this festive occasion. Red is considered a bright, happy color, sure to bring the wearer a sunny and bright future.
- It is believed that appearance and attitude during New Year's sets the tone for the rest of the year.

A Golden Chain of Friendship

Friendship is a golden chain
The links are friends so dear
And a link is a rare and special jewel
It's treasured more each year
It's clasped together firmly
With a love that's open and true
And its rich and happy memories
And fond recollections too...
Time can't destroy its beauty
For, as long as memory lives
Years can't erase that pleasure
That the Joy of friendship gives
For friendship is a priceless gift
That can't be bought and sold
But to love an understanding friend
It's worth far more than gold
And the golden chain of friendship is a
strong and blessed tie
Binding kindred hearts together
As the years go passing by

Bonnie



A Million Tomorrow's

Wouldn't be enough time
For me to tell you
How much I love you
A brilliant sunset melting
Into twilight is breathtaking
But it still doesn't come close to say
How much you mean to me
In so many ways
The good and the bad times
Will drift away in time
When the sun goes down
You're not forgotten
I have you on my mind
Everyday and every night

Bonnie

Popular Education is coming to DEWC Every other Tuesday in February.

Popular Education is education of, for and by the people. It is a commitment to improving the conditions of the poor and oppressed. We learn from each other from our past struggles and everyday situations. Popular Ed. respects people as their own experts and acknowledge that everyone themselves have sufficient abilities to work out the solutions to their own problems. This involves groups working collectively to analyze its problems and work to solve them. It is about consciousness-raising and a shift from isolation to group efforts to bring about change. These techniques may be used in many different situations from making changes here at the Women's Centre to mobilizing for social change and dealing with the cherished bureaucrats in your life. This is an opportunity to build strength among people to have their voices heard.

New to the Centre Staffing, Policy, Procedures, Workshops

"If you take the amount of energy you spend...(working) Against things and instead put an equal amount or double amount of energy with what you are for, we can change it." ***Gracie Walking Stick***

Hi, my name is Laurel Kimbley. I am the new director at the Women's Centre. I worked at the Centre once before in the early 1980s. It was a hard time for the Centre. The above saying helped us to focus and to recapture our spirit and purpose quickly. We moved from the little house on Hastings into a small soup kitchen on Dunlevy. Within 2 1/2 years we had moved 3 times and into this space. We also built Mavis Place, the first safe housing for women in the DTES, across from Oppenheimer Park. My memories of the Community extend back over a period of 37 years. I feel as if I am having a chance to live my life twice. I am returning as an older woman with knowledge I have earned, from mistakes I made the first time. I have been given the chance to do the same work, with the same spirit, with many of the same women. Thank you. Four generations of women have now come through our



Centre. Women who I knew as children, now have children of their own. I am a story teller and vision keeper. I hope to reweave the hole in the web and help to reunite all of us. My Elders, the women who created this place, are glad they are remembered and glad we eat all together again. If we are kind to one another, we can make the "Wheel Turn". We are planning to move again into a new Women's Centre with housing for women above. It will be just down the street. Bridge Housing and the Centre will be ready in 2 years.

WE CAN DO IT. WE WILL THRIVE. HOLD THE VISION.

Battered Women's Support Services Will not be starting until March because they are having problems scheduling facilitators. Sorry for the inconvenience if you need to talk to someone about this please speak to Cvnthia. Thanks.

Learning Group/Creative Education
We have received funding to conduct groups at the Centre. Arrangements are being made with Bernice Hammersmith regarding the start dates and program content. Soon Soon Soon.

Vera
Gayr
Chris
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Chris
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Ferge
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Shire
Michi
Hill, V
Carp