

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre
1999 Free

July.

Gathering

20 July **RETURN**
to **OF THE**
23 **ELDER**

For the fourth year in a row we will be going to the NLHA'7KAPMX Healing Gathering held at Pasulko Lake just outside of Lytton. The Women's Centre have been asked to lead a workshop at the Gathering, this is a real honor. We become a regular part of the Gathering and they look forward to seeing us every year. Almost as much as we look forward to being with them.

Volunteer Program HOT NEWS

Along with our committed volunteers, we have quite a few new and returning volunteers. We now have a total of 30 volunteers.

Want to find out what the responsibilities of our volunteers are? Check out the job descriptions at our Front Desk. You'll be surprised how much our volunteers do! Since Denise is responsible for coordinating the program, she wants to share her job description, too. Check out her office window.

In the upcoming issues of this newsletter, we are going to ask different volunteers some interesting and maybe funny questions about themselves or about the Volunteer Program.

A Question: *What's up with our Volunteer Manual?*

The Answer: Denise has a mission to update information AND to make it easier to read AND to include more graphics. She is doing research on how to include a brief section on emergency procedures. But as you can imagine, she is always solving conflicts and being on the floor, as a result, it is taking quite a bit of time but for sure, the Manual will be done.

July 13, Tuesday at 2pm

Volunteers Only meeting at Central residence
a meeting without the Volunteer Coordinator

July 18, Sunday at Noon

Volunteer Outing to Jericho Beach for the
Vancouver Folk Music Festival
Picnic and music in the park

July 25, Sunday at 5pm

Volunteer Meeting and Meal
with the Volunteer Coordinator

WHAT'S UP FOR
VOLUNTEERS

Summary report on the Management Development Meeting

On June 23th and 24th

As you all know the staff and Steering Committee had a two day meeting for Organizational/Management Development. It was a facilitated meeting to discuss the future structure of the Centre. Part of the goal was to clarify the roles of the different positions and to initiate planning strategies for the Centre in the short and long term. At the meeting we had the opportunity to get to know each other, build relationships and develop communication. It was also clear that the source of many of our struggles lie in the rapid growth of the Organization. The basic structure of the Centre was developed over 15 years ago when there were 3-5 staff members and the organization was small with an average daily capacity of 10 – 20 women. We are very different now and we need to change with the times. This is the first step towards creating a stronger and more meaningful organization to meet the needs of the women in the Centre. There were some clear directions and commitments that came out of the meeting;

A proposal to hire a new Executive Director with a strategy to make this position manageable.

Some of which has already been done by the previous ED.

We made a commitment to continue our work to make the Centre more member oriented by; making Women's Voice an integral part of the decision making and by involving the Volunteer Team. The volunteers were not invited to attend this meeting because the funding criteria for this meeting was to work on Management. Volunteers and Centre members will be included in follow up Strategic Planning meetings.

We made a commitment to do Strategic Planning by organizing follow up meetings to build on the principles of this meeting.

There will be a full report by the facilitators available in mid July. If you have any questions please do not hesitate to ask Cynthia or Sheila.

This is the beginning of a long journey please have faith and patience. We are all trying to do our best for the Centre and will need support and assistance from everyone dedicated to the Centre.

NEWS FROM THE LEGAL ADVOCATE

For your Information

I am leaving on a six-month medical leave of absence effective July 9, 1999, which will be my last day of work. A replacement will be hired to cover my position.

Christine Wood

What Happens in Provincial Court?

Provincial Court is the basic level of court in our court system. It deals with criminal, family, small claims and traffic cases. B.C. Provincial Court Judges are called "Your Honour" while they are in Court. Sitting Justices of the Peace (JPs) hear cases in traffic court. They are called "Your Worship" while they are in Court. About 90% of criminal cases are decided in Provincial Court while the



remaining 10% are heard in Supreme Court.

Provincial Court handles youth matters under the Young Offenders Act and deals with Small Claims disputes about money that doesn't exceed \$10,000. Provincial Court also deals with a range of family disputes, including maintenance, guardianship and custody/access matters.

The following is a brief summary of the main activities of Provincial Court in criminal cases.

First Appearance:

When an accused person is in custody the judge may decide whether to release her/him into the community until the trial occurs.

If the accused is not in custody, the police officer may have issued her/him with an appearance notice, which states the date of the first appearance. The accused may be released on bail. Bail (also called "judicial interim release") is a process where the accused enters into an agreement to appear in court again on a set date. The judge may attach conditions to the bail terms, such as ordering the accused to report to a probation officer. If the accused cannot afford a lawyer and may go to jail if found guilty, a lawyer will be provided for the accused free of charge by the Legal Services Society (i.e. Legal Aid). If an accused person pleads guilty, sentencing may take place at the first appearance. If not, then a date will be set for trial.

Trial:

If a crime is less serious, such as minor shoplifting, the trial is held in Provincial Court. At the trial, the witnesses give evidence and the judge decides if the accused is guilty of breaking the law. If the crime is more serious such as trafficking in narcotics, or assault, the accused has the option to choose to be tried in Provincial Court or Supreme Court. This is sometimes called "an election".

The most serious crimes, such as murder, must go to Supreme Court. The accused does not have a choice.

Preliminary hearing:

If the accused chooses to be tried in Supreme Court, a preliminary hearing is held in Provincial Court. At the hearing, Crown counsel presents the evidence that has been gathered against the accused. The judge then decides if there is enough evidence to hold a trial in Supreme Court.

The Courthouse is open to the public. Courts are closed to the public only in unusual circumstances.

It is proper protocol when entering or leaving a courtroom to do so quietly. Talking is not permitted in the court nor gum, food, hats and standing while court is in session.

**Everyone has someone
Always
their side,
Remember
Everyone has someone
on the other side,
Is and will always be on
and
your side,
Never
Always remember and
never forget.
Forget**

For Grace Powers
By Jennifer George/98 5



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

**LUNCH SERVED
DAILY AT 12:30**

REGULAR PROGRAMMING ~~CANCELLED~~

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

Battered Women Support Services on Tuesday nights from 5 - 8:30, support for women affected by violence in their lives. Marnie is here on Wednesdays to give women relaxing, healing **shiatsu massages** on a first come first massaged basis.

Popular Education Group on Wednesday night from 5:00, supports women to make changes in their lives, learn from each other and organize for change.

The **Street Nurse** is here every Thursday from 10:30 - 12:00 to give you information on all kinds of health issues.

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 - Every other Fridays at 1:30 or 2:00 depending on availability, 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.

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 Beverly or Mable, every Saturday at 1:30. Expand your skills and share stories with other women.

OUTINGS - Watch the Outing Board for RUSH tickets.

Monday July 5 at 12:00 - **Sweatlodge** in North Vancouver with Reta, sandwiches included. Please speak to Reta for more info.

Saturday July 17 at 12:00 - Meet at the Centre to go to Jericho beach to enjoy lots of great music. Lunch Bag included.

Tuesday July 20 at 11:00 - Leave for a 4 day, 3 night camping trip just outside Lytton. For more info. see the back page.

Tuesday July 27 at 2:00 - Swimming at the Eileen Daly pool in Burnaby. Warm water park with whirlpool and gym.

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
CENTRE HOURS				1 CANADA DAY Centre Open 12 - 4:30	2 10:30 Sewing and Alterations 2:00 Video 5:00 Anti-violence discussion Group	3 1:30 Dream catchers
Monday 10 - 5 Tuesday 11 - 5 Wed. 12 - 5	Thursday 10 - 5 Friday 10 - 5	Saturday 12 - 5 Sunday 12 - 5		2:00 Ceramics		
4 1:00 Video	5 12:00 Sweatlodge 1:30 Beading	6 11:00 HIV/AIDS Workshop in Cantonese 5:00 BWSS	7 2:00 Camp planning meeting 5:00 Popular Education	8 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 3:00 Breaking the Silence Meeting 5:00 WST	9 10:30 S + A 1:30 Raffle 2:00 Video 5:00 A-V Group	10 1:30 Dream catchers
11 1:00 Video	12 1:30 Beading	13 2:00 Volunteers only meeting 5:00 BWSS	14 2:00 Camp planning meeting 5:00 POP Ed.	15 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	16 10:30 S + A 2:00 Video 5:00 A-V Group	17 12:00 Folk Festival 1:30 Dream catchers
18 12:00 Volunteers to the Folk Fest. 1:00 Video	19 1:30 Beading 5:00 Learning Group	20 11:00 Leave for NLHA'7KAPMX Gathering 2:00 Street Nurse Health Workshop 5:00 BWSS	21 5:00 POP Ed.	22 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramics 5:00 WST	23 Return from Gather. 10:30 S + A 1:30 Raffle 2:00 Video 5:00 A-V Group	24 1:30 Dream Catchers
25 1:00 Video 5:00 Volunteers meeting	26 1:30 Beading	27 2:00 Swimming 2:00 Women's Health Workshop 5:00 BWSS	28 Centre Closed Cheque Day	29 10:30 Street Nurse 1:30 Women's Voice 2:00 Ceramic Painting 3:00 Breaking the Silence Meeting 5:00 WST	30 10:30 S + A 2:00 Video 5:00 A-V Group	31 1:30 Dream catchers

SEXUAL ASSAULT

Assault is the intentional use of force against another person without that person's consent. A sexual assault may include someone kissing, touching, or having sexual intercourse with you without your consent. It can be a stranger or it can be your lover, husband, date, friend, acquaintance, family member, or friend. Sexual assault is a crime acted out in a sexual way. Power and control are the motives of this crime. Sexual assault is not a crime of passion. Any person, regardless of the relationship to the victim, can be charged for sexual assault. A sexual offense committed by a husband, boyfriend, girlfriend, brother, or father is a crime.

Most offenders appear normal, and are known to the victim (89% of victims in BC knew their assailants).

Women of every size, race, disability and age have been sexually assaulted.

Studies of offenders show that most assaults are planned: the victim's dress or lifestyle have nothing to do with the offender's actions. Women who are assaulted don't "ask for it", either by the way they dress or by their lifestyle.

A significant number occur in a home; many occur during daylight hours.

If You are Approached

There is no easy way to avoid being sexually assaulted. Depending on where you are or whom you are with, your options will be different. Your prime objective is always to get out of an offender's control.

In some situations, assertive behaviour may prevent the assault. Many offenders look for women they can overpower to build their sense of power and control. If a self-assured, confident image is presented using a firm voice and direct eye contact, the offender may be dissuaded from the assault. In other situations, your best protection may be either to run, or scream to draw attention. The adrenaline created through your fear may give you strength to run faster or scream louder than you would normally expect.

Because of the often violent and unpredictable nature of a sexual assault, following all the suggested techniques does not guarantee the prevention of an assault. It is important to remember that assaults are neither provoked nor deserved. You are not to blame if you are unable to stop an attack. 8

If You are Assaulted

- Get to a safe place.
- Get medical help.
- Call a friend, family member or the police and have them accompany you to be checked out for physical injuries, pregnancy, and sexually transmitted diseases.
- Do not shower or douche.
- Save the clothes you were wearing.
- You are not required to go for HIV testing right after you are assaulted, and it is advisable to wait to be tested until after your examination.
- Emergency medical assistance is available at Vancouver Hospital Emergency. A team of female physicians from a Sexual Assault roster provides on-call examinations, medicolegal assessment and crisis intervention on a 24-hour basis. Call 875-4995.
- Call the WAVAW 24-hour Crisis Line for support and information at 255-6344.
- Call the Police. For emergency help, call 911.
- Non-emergency help is also available from the Community Safety Office at 12 W. Hastings or call 687-1772. Report the assault to the police.
- Come to see me, the Victim Services Worker at the D.E.W.C. for support and assistance.
- Tell someone you trust so that you are not alone.
- ***Believe in yourself. What happened to you was wrong. No matter what you were doing or wearing, or where you were when the assault took place, you are not to blame.***
- ***Give yourself time to heal. Recovery from sexual assault is different for everyone. Consider counselling. Sometimes talking can be the most important step to healing. Marg and Reta are D.E.W.C.'s counsellors.***

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GREETINGS FROM THE FINANCIAL MANAGERS

Thanks to everyone who has helped with our recent mail outs. If you haven't seen the latest issue of "Front & Centre" yet, please check it out. Look for it at the front desk. This is a newsletter that we send to all our donors and funders. It is a way to keep them informed of what is happening here, at the Centre.

Along with the usual - talking to funders and looking for ways to raise more funds - we have

been busy these past few weeks getting everything in order for our auditor, Margaret Newton. She is the woman who puts together our Audited Financial Statements each year. This is a report on all the money raised and spent throughout the year. It was presented at the Annual General Meeting (June 29th). A copy is available on request from the administrator, Marlene Trick.

9 Alix and Drew

If Someone You Know is Sexually Assaulted

About 40 percent of victims tell no one about their assault. If a friend has been sexually assaulted and turns to you for support, the most important thing you can do is listen. Don't worry about what to say. Your friend trusts you, that's what is important. During the assault, all sense of power and control were violently taken away from them. Support them in reclaiming control.

- Believe them. They need you to legitimize their pain and experience.
- Tell them it was not their fault. No matter where they were, what they were wearing, if they were working the streets, or how much they were drinking or using drugs, no one deserves or asks to be raped. They are not responsible for someone else's criminal behaviour.
- Refer them to a Victim Services Worker to help them figure out their options. They do not have to press charges to get help or receive confidential service.
- If the attack has recently occurred, attend to their immediate medical needs. Caution them not to take a shower or douche if they have not yet done so. Remind them to save the clothes they were wearing.
- Get help yourself. You may need to talk to someone about your feelings.

Whom to Contact

The Police	911
Police Sexual Offence Squad (Vancouver)	665-2340
VGH-Emergency (Sexual Assault Service Team)	875-4995
WAVAW (24-hour rape crisis line)	255-6344
Victim Assistance Services-Vancouver	
Victim Information Line	1-800-563-0808
D.E.W.C. Victim Services (drop-in, Mon. to Fri. 9am-5pm)	681-4786
Native Victim Services (Native Liaison Society-324 Main St.)	687-8411
Chinese Community Victim Services (18 E. Pender St.)	688-5030
VISAC Victim Services (incest & sexual abuse-1193 Kingsway St.)	874-2938
Police Victim Services (2120 Cambie St.)	665-2187
Crown Counsel Victim/Witness Services (222 Main St. 5 th floor)	660-4100

A Letter to Janet Henry from Her Daughter

If I could I'd go down there to Vancouver and try and help find my mom myself. I don't know what I would find if no one else can find any evidence or any bodies. I hope we can find my mom's body, then we could at least put her to rest. It would put everyone to rest knowing that we found her. I also wish that we could find all the other women too. Then we all would be happy, at least a little.

Lately I've been feeling a little on the down side. This is starting to affect me more than I expected. Once in a while I'll feel like I want to cry, but not always.

This year my school grades aren't as good as last year. Looking back on the three last terms of this year, my grades are slowly slipping down into the seventies. I usually get at least eighty percent. In a way I like it, and in another I don't. You probably think I'm crazy but I don't know why I feel this way. It could be my grades are going down because of my mom's disappearance and I don't know it.

I also have a different outlook on the meaning of life. I think we should cherish life and not waste it or cheat death. I don't like it when people have to slowly die. It's like their life is slowly seeping out of them. If mom died. I hope she didn't experience that. I wouldn't have wanted to shed any tears if she died. I'd want her to happy. Think of a well lived life and not a poorly lived one.

If I didn't have the Lord in my life right now, I don't think I could have made it this far. I have to give Him some credit for my making it through this. I'm very thankful for having Him in my life. Without Him I don't know what would have happened to me.

And mom, if I ever see you again, I just want you to know that I do; love you even though you did have some problems. Nothing could ever change that. I'll always love you no matter what.

Love: Debra

NLHA'7KAPMX - Camping Trip

We will be tent camping for 4 days and 3 nights with staff members, Reta and Cynthia. The land is beautiful, there is a lake where you can canoe, horse back riding, activities, workshops, ~~sweats~~, storytelling and dancing. We will be leaving the Centre on Tuesday, ~~June~~^{July} 20th at 11am and returning on Friday afternoon. All meals will be provided. We do have a limited number of sleeping bags so please bring you own if possible. You should also be prepared for hot days and cool nights with the possibility of rain.

You will need these items;

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

This is an alcohol and drug free event, the land has been purified and to bring these substances onto the land would be an insult to our hosts. Please respect this. If women chose to ignore this request they will be asked to leave - put on the next bus for Vancouver.

*Please attend the
Planning meetings on
Wednesday July 7th and
14th at the Centre
at 2:00*

Our dear friend Lori Alexander went to the Healing Gathering every year with the Women's Centre. She passed away last Christmas and she is dearly missed we would like honor her on this trip. Her spirit will be with us and her love for people and nature will make us strong.

