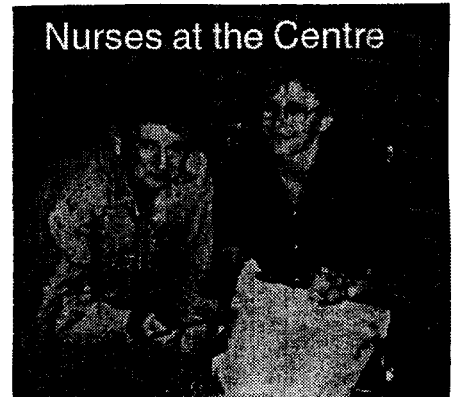


D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

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

Free



FLU SHOT CLINICS

The Vancouver/Richmond Health Board is sending Nurses to conduct free **flu shot clinics** in the Women's Centre, on two different days this month.

Monday, November 15th 11 a.m. – 1 p.m.

Tuesday, November 23rd 11 a.m. – 1 p.m.

It is very important for you to get a flu shot if you are elderly, if you are in regular contact with people with compromised immune systems, or if you are immune compromised by any disease or virus such as HIV, Hepatitis C, AIDS, or another health problem.

Volunteer Programme HOT NEWS

It's time for more discussion forums about being a volunteer in the Women's Centre!

The 2 hour forum is for new volunteers and current volunteers to learn about different positions, and to discuss issues specific to these positions. You would have attended the Volunteer Orientation first before you come to the forum. Hope to see a lot of you there! There will be goodies at the forum.

WHAT'S UP FOR VOLUNTEERS

NOVEMBER 10
Wednesday at 2pm

Volunteers Only meeting
at Central Residence

NOVEMBER 14
Sunday at 5pm

Volunteer Orientation

NOVEMBER 17
Wednesday at 2pm

Volunteer Discussion Forum
*Issues around Floorworker, Front Desk
receptionist and Clothing Room Attendants*
All volunteers must attend

NOVEMBER 28
Sunday at 5pm

Volunteer Meeting

BREAKING THE SILENCE COALITION NEWS

Breaking the Silence is a coalition of neighbourhood groups and agencies and individual women working toward making the lives of women on the Downtown Eastside better. All women are welcome to attend our meetings every other Thursday from 3-5pm at the Seniors' Center (509 East Hastings St.), where we plan healing activities, special events, and activism about issues women face living and working on the Downtown Eastside. Right now, we are working on a

Remembrance Day (November 11) poster campaign to draw attention to the huge impact wars have on women and children and to remember the women and children who die in wars. We are also planning a Women's March from the Downtown Eastside to the Women's Monument to commemorate the December 6 Montreal Massacre. We invite women with ideas and energy to attend our next meeting November 4, from 3-5pm at the Seniors' Center.



Thank you to all the contributors of the DEW DROP. Your thoughts, stories, ideas and information help our members, emotionally and spiritually especially in crisis situations.

Keep it coming!

If you have something you would like to share please hand a copy to a staff member.

**RESIDENTIAL
SCHOOL
SURVIVORS'
CONFERENCE
NOV. 28 - DEC. 1
509 E. HASTINGS**

A conference for survivors of residential school is being planned for Sunday November 28 to Wednesday, December 1, 1999 at the **Seniors' Center - 509 E. Hastings**. The conference will be a place for survivors of residential school to talk to each other and heal with each other: there will be sweats, pipe ceremonies, and healing circles. Anyone who wants to donate space, food, time, or skills; or who needs more information should contact Tom Oleman, an elder who works with the **Neighbourhood Helpers Project at the Seniors Center or at 254-6207**.

A new feature in the DEW DROP, Dear Abby Advocate. If you need advise on your problems please write to one of our staff members and we will find the answers for you. Stay tuned for next months new feature; advise on sexual health and other issues that you want to know about but were afraid to ask.

Dear Abby Advocate,

My boyfriend and I just moved out of our 2-bedroom apartment last week. We made sure before we moved out to do a good job cleaning the place, in fact we left in better shape then it was when we moved in. When I called my landlord to arrange a time for me to get the damage deposit back, she told me she was not going to give it back to us. When I asked her to give me reasons as to why she was refusing to give us our damage back she told me that the place was a mess. Is she allowed to do this to us? Do I have any rights in this situation? I am very confused as to what to do about all this.

Sincerely,

Damageless and Distressed

Dear Damageless and Distressed,
Do not fear Abby Advocate is here. The first thing we need to do is determine whether you are covered under the Residential Tenancy Act (RTA). The RTA is the provincial law that governs landlords and tenants relationships and contracts. It sounds to me like you are covered because you were paying rent and living in a self contained unit. Here are the rules concerning getting damage deposit back.

The landlord can only keep your money if:

- You agree in writing to give your landlord some or all of your deposit to pay for the damages or unpaid rent.
- The landlord has to have asked for an arbitration(a meeting/ court between the landlord/tenant in which a arbitrator presides) hearing to make a claim for damages or unpaid rent
- The landlord already has an arbitrator's order saying you owe the landlord.

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If the landlord keeps your deposit you should be able to get it back if:

- 15 days have passed since you have moved out, and you have not received a notice that the landlord has asked for an arbitration hearing.

The first step to getting your money back is to ask for it either verbally or preferably in writing. If the landlord refuses to return your money then you need to fill out an **Application for a Registrar's Order- Return of Security Deposit**.

When filling it out you need to bring:

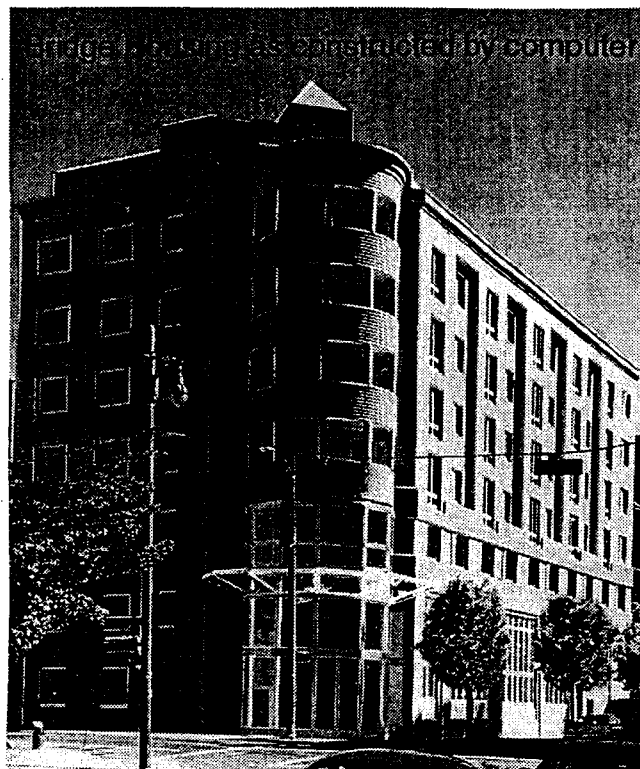
- a copy of your written tenancy agreement, if you have one
- a receipt or cancelled cheque proving how much you paid for your security deposit
- a copy of termination notice given by you or your landlord which ended your tenancy.

***If your landlord has not applied for a arbitration hearing, you should be given a Registrar's ordering your landlord to pay your money back to you. You must give a copy it to your landlord.**

***If your landlord has applied for a arbitration hearing then you need to get yourself prepared for the hearing the more prepared you are the better your chances for success. An advocate can help you with preparation and even go with you to the hearing for support.**

Sincerely,
Abby Advocate

If you have any more questions or need more information regarding your rights as a tenant call the Tenant Hotline #: 255-0546.



If you have any questions regarding other issues that might effect you such as welfare, health issues, housing, etc. Send them in or hand them to any of the advocates at the Women Center a least a week before the end of next month.

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

November 1999

PLEASE NOTE THE NEW CHANGES TO OUR PROGRAMMING –
Dreamcatchers has been moved to Fridays and Videos have been moved to Saturday. Sorry for any inconveniences.

LUNCH SERVED
DAILY AT 12:30

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 1:30 Beading 4:00 Donor Appreciation	2 5:00 First Nations Film and Video Fest. Opening	3 10:30 Street Nurse 2:00 Crafts Table meeting 5:00 Popular Education	4 11:00 Street Nurses 1:30 Women's Voice 2:00 Ceramics 5:00 Women Surviving Together	5 10:30 Sewing and Alterations 1:30 Dreamcatchers 5:00 Anti-violence discussion Group	6 12:00 First Nations Film and Video Fest. 2:00 Video
7 1:00 Video	8 1:30 Beading 5:00 Learning Group	9 2:00 Bowling 5:00 Battered Women Support Services	10 10:30 Street Nurse 2:00 Volunteer Only meeting 5:00 Popular Ed.	11 Remembrance Day Centre Open 12 – 4:30 2:00 Ceramics	12 10:30 S + A 1:30 Raffle 1:30 Dreamcatchers 5:00 A-V Group	13 2:00 Video
14 1:00 Video 5:00 Volunteer Orientation	15 11:00 Flu Shots 1:30 Beading 5:00 Learning Group	16 11:00 Bowen Island 5:00 BWSS	17 10:30 Street Nurse 2:00 Volunteer Discussion 5:00 Popular Ed.	18 11:00 Street Nurses 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	19 10:30 S + A 1:30 Dreamcatchers 5:00 A-V Group	20 2:00 Video
21 12:00 Pancake Breakfast 1:00 Video	22 1:30 Beading 5:00 Learning Group	23	24	25	26	27
		AIDS AWARENESS WEEK				
		11:00 Flu Shots 2:00 Burnaby Lake 5:00 BWSS	Centre Closed Cheque Day	11:00 Street Nurses 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	10:30 S + A 1:30 Raffle 1:30 Dreamcatchers 5:00 A-V Group	2:00 Video
28 1:00 Video 5:00 Volunteer Meeting	29 1:30 Beading 5:00 Learning Group	30 2:00 Swimming 5:00 BWSS	CENTRE HOURS			
			Sun. 12 - 5 Mon. 10 - 5 Tues. 11 - 5	Weds. 10 - 5 Thurs. 10 - 5	Fri. 10 - 5 Sat. 12 - 5	

REGULAR PROGRAMMING

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.
Street Nurse is here every Wednesday from 10:30 – 12:00 to give you information on all kinds of health issues.
Popular Education Group - Wednesday from 5:00 - 8:00, Share the skills that you have to make changes in your life. Meet with like minded women to organize events.
Street Nurses – Thurs. 11:00. Assist with health concerns and medical attention.
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 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 Friday at 1:30. Expand your skills and share stories with other women.

OUTINGS - Watch the Outing Board for RUSH tickets.

Tues. Nov. 2 at 5:00– We will be attending the First Nations Film and Video Fest. Opening at the Friendship Centre. There will be food and refreshments.
Tues. Nov. 9 at 2:00 – Bowling at Commodore Lanes, try to beat the current champion, Victoria with her score of 160.
Tues. Nov. 16 at 11:00 – Day trip to Bowen Island, we will walk on the ferry and spend the day exploring the village of Bowen Island.
Tues. Nov. 23 at 2:00 – Walk around Burnaby Lake.
Tues. Nov. 30 at 2:00 – Swimming at Eileen Daly.

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.

Oh Woman

That I grow to know
How I see you
Feel you, hear you
Balance and flow
A smiling mask slipping
A serene reality gripping
Real life bold and true
Even from our first meeting
I've watched aliveness awake, give greeting
Calm, composed, strong, free
Braving to reach out
Accepting and owning the right to be
And, Mother, bless your child
Inner and the life you gave
For beautiful spirits are what
You and she need and crave
Keep lighting the path for you to take
Compress the road for our children's sake
Far from home and precious friends
You strengthen our journeys
For our lives you defend
My wish for you while far away
Is know you are loved
Each and every day
Know we are stronger
Our roots deeply set
With each power you take back
With each clean day you get
Woman, sister be all you desire
Let your spirit shine through
Warm the world with your fire
Stand up in your full grace
Be strong and be proud
These are my thoughts of you
A poem to be lived loud.

Love,
Katheren 1999

In memory of Leah Stone 1960-1999

I had been looking for you,
Needing to see your sunshine smile;
That's when I read the paper too,
It said that you had died yesterday.

Beautiful flower child of years gone by,
My free spirited friend who comforted me;
Whose presence in this harsh world,
Gave me the courage to really be.

Wearing your hat and long black coat,
Like a model from Paris-France;
Holding some flowers you had found,
Humming a song somebody wrote.

And you my shining golden angel,
With glitter wings-pray for me;
For I am left here – all alone,
Crying so hard I cannot see.

With love, Your friend
Moonyne Andrews

Leah Stone 1960 –1999

You were sunny, funny, so special, so beautiful
and amazing. We will always love you.
We'll miss your music, laughter, spontaneity,
cleverness and generosity.





All the leaves are brown, and the sky is grey. These broken wings have to learn to fly. It's been 3 years and 26 days since my 18 year old son to a brutal murder. It has been very difficult for me and my little family having to cope. I chose a path that took me to hell and back. When I was in the healing stages since we lost my son to the Creator, another tragedy struck again. My daughter killed her own father in self defence. Motive? Sexual abuse, AND I was back to square one. I've been fortunate to get back on the Red Road and leave deep space nine. I am able to talk about my loss even though at times it is so very painful. I am very exhausted but I am determined to make a difference big or small. A journey, a destination mapped out for me by my Creator.

"We are tied to the ocean. And when we go back whether it is to go sailing or just to watch, we are going back from whence we came from" - JFK 1962

*I am connected to the ocean, the trees and the mountains and very spiritual. A KOSI. HAI
Charmaine Deschamps - October 26, 1999*

Thank you so much for having the courage to share your story with us. Often we forget the pains that we all have as mothers, women and daughters. We forget that we are not alone. Our thoughts are with you. Try to remember when everything seems too much that you have friends and people who care at DEWC.

ADVICE TO FAMILY AND FRIENDS OF TRAUMA VICTIMS

When someone close to you survives a traumatic experience you can be of tremendous help if you will keep some of these pointers in mind.

The victim may not always have physical injuries but the damage may exist on deeper levels. Look after her physical and emotional safety.

The victim is likely to go through an initial period of shock and then relief but this may not be the end of the recovery process.

It is very important to not put any blame for the incident of the victim and to help her avoid self-blame.

The victim may need a great deal of practical help to regain a sense of control over her life. You can offer problem-solving, suggestions, support, and care-taking where needed.

The victim may want to talk about the incident more frequently or in more detail than you are comfortable with. Let them talk.

If they are reluctant to speak about the incident and how it made them feel, encourage them to express their feelings even if they don't "make sense".

False reassurances are not helpful. They need honesty and directness.

Discourage the use of alcohol or drugs as a way of coping with the pain.

Support the victim by joining her in relaxing activities, ie., nature walks, listening to calming music, crafts etc.

Accompany the victim through any medical, law enforcement or judicial processes and be protective of her in these encounters.

Reassure them in the fact that they did all that they could to handle the situation as best that they were able.

Ask them from time to time about how they are handling the situation, how they're feeling now, etc.

Be aware that the "closer to home" this situation was for you the more likely it is that you, too, will be experiencing post-trauma reactions. You may experience anger, frustration, depression, grief, insomnia, etc. Look after your needs too.

Encourage the victim to seek professional counselling if symptoms persist or interfere with her ability to function as before. Offer to accompany the victim if she would prefer in order to give support.

Some time later, maybe days, weeks, months, signs may begin to appear that alerts you to the fact that something has changed about her since the incident that may now need attention.

Help the victim "make sense" of the situation by understanding what happened and why, and how it can be put behind now and be prevented from recurring in the future.

BRICK BY BRICK

*An update on Bridge Housing -
check out the picture on page 5*

Some of you may have heard of this thing called "Bridge". Some of you may also wonder when it is that we will finally see it and maybe even move in. Well for all of you, this information will hopefully be helpful.....

"Bridge" refers to a building that to be built on the empty lot at the corner of Cordova & Columbia. It will be a home for women. More specifically, it will be 36 self-contained units for single women and 12 units for shorter-term stays. It will also be the new home of the Downtown Eastside Women's Centre. The main floor and basement will provide a much larger and much needed space for the DEWC.

Bridge Housing Society for Women is the group responsible for this endeavour. What started as a dream 22 years ago, has now become a reality thanks to so many women who have contributed to this project. You may be one of them!

Some herstory about Bridge Housing Society and the new building..... The application for 35 units of housing for women in the DTES was first made to BC Housing through the Homeless at Risk program in 1993. At first it was denied, but eventually it was accepted. It has since then grown to 36 units plus the additional 12 short-stay units. A small group of women then raised \$6.9 million

dollars to pay for the bricks! (and all the other costs that go into building a home). The initial timeline for construction had a finish date of August 1996. Obviously, that was rather optimistic and unfortunately unattainable. Among some of the obstacles that Bridge has encountered include change in ownership of land (BC Housing now owns the land), a new architect to the project, and a lot of red tape and paperwork to secure the funds.

The good news! We now have completed building designs that are beautiful. Thank you to those who gave your much needed feedback. Now the great development folks at Terra Housing are working to help Bridge negotiate with construction firms to develop a contract. This means we can anticipate starting construction in January 2000! Watch for the ground-breaking party and don't forget to bring a shovel!

The building will take at least a year to build. We know that this process has taken a very long time and that housing for women is needed yesterday. Not to mention a larger Centre space for all the women. Thank you for your patience.

Bridge Housing Society held its Annual General Meeting on October 14, 1999. The newly elected Board members are: Lucy Alderson, Rebecca Bateman, Edna Brass, Suzanne Dinnelle, Elaine Durocher, Ilona Ferenczi, Jennifer Grant, Freeda Lockhart, 11 Carla Poppen and Ellen Woodsworth.

There is a new sign up at the front door for men who come to the Women's Centre to look for their partners or family members, to deliver supplies, to do repairs around the Centre or give donations!

We would like to remind them that the Women's Centre aims to provide a safe place for women and children.

**A REMINDER TO
ALL OUR MEMBERS**

Please respect our women's space by ringing the bell for assistance and the Front Desk Volunteer will help them.

If you can pass this message on to your boyfriends, husbands or family members, that would be greatly appreciated.

If men are at the door please do not yell at them. We would also like to treat everyone with respect.

Thanks for your cooperation.