

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre
MARCH 2000 **FREE**



9th Women's Memorial March

WOMEN'S MEMORIAL MARCH

On behalf of the 9th Women's Memorial March organizing committee I would like to thank all of the women who attended the march and brought their drums to make this years march a success in bringing awareness to the larger community of the violent deaths of women in the Downtown Eastside. This was a day of remembrance for families and the community who have lost their Daughters, Mothers, Grandmothers, Sisters, Aunts, Cousins, and Friends, to violence. I wish to extend many thanks to the kitchen staff and volunteers (Freeda Elliott, Alice McMillan, Irene Tracz and Rose Grose) of the Women's Centre who worked so hard yet again in helping to feed up to 350 people after the march. I also extend my thanks to Elder Harriet Nahanee who led the march, Elder Pauline Johnson who said the opening prayer, to Elder Lorelei Hawkins who did the smudge at Carnegie, Elder Aline LaFlamme who led the women drummers during the march, Elder Reta Blind who provided escort to Harriet and also to Edna Brass and her granddaughter Cheyenne who escorted Harriet and assisted her in carrying the roses. My thanks go to the community organizers and women who worked endlessly over the past 6 weeks leading up to the day of the march. I would like to thank you all for your hard work and dedication to the cause. I would like to thank the women in Downtown Eastside who help to remind us all that Violence against women is everyone's business. Many people are not named here, you and I know who you are and I say THANK YOU for your time, patience, caring and support. GREAT WORK WOMEN!

In Sisterhood,
Marlene Trick

RELY

I RELIED ON YOUR EARS
TO LISTEN TO ME.

I RELIED ON YOUR MOUTH
TO GIVE ME WORDS
OF WISDOM.

I RELIED ON YOUR WARMTH
TO COMFORT ME.

I RELIED ON YOUR ENERGY
TO GIVE
ME STRENGTH.

I RELIED ON YOUR EYES
TO SEE ME AS
WHO I AM
AND
NOT
WHO I WAS.

SELINA BARTON

RE-WRITTEN: MARCH, 2000

EMOTION-AL RESCUE

IT'S ABOUT TIME I GOT THIS OFF MY MIND.
IT'S BEEN TOO LONG TO HAVE KEPT IT INSIDE.
I HAD THE FEELING OF GUILT,
BUT NOW, ITS TIME TO REBUILD.

WHO KNOWS WHAT I'VE BEEN THROUGH,
EXCEPT A FEW FRIENDS AND ME AND YOU?

THE PAIN MAY HAVE SUBSIDED.
BUT I MAY NEED SOME GUIDING.

I HAVE SURVIVED THIS LONG AND NOW
IT'S A MATTER OF GOING ON.

THE ROAD I'M TRAVELLING
MAY BE ROUGH.

I MYSELF, KNOW I'M TOUGH.

SELINA BARTON

FEBRUARY 1990

MARCH 2000

DREAMS OF YESTERDAY

Thinking back in times of summer days
A time for sipping pink lemonade
Of turning sweet "creme" and crushed ice into soft ice cream
As I lay on the quay waiting endlessly for a cool breeze
I lift my head as it washes over me
In the distance I hear children's laughter as they play among the
willowtrees
A gentle breeze that pushes the branches of the willow
Across their sunburnt skin stinging it
Lazily I dangle my fingers in the water making small ripples
As twilight covers us with darkness
We sit under the gazebo reminiscing of times gone by.

Tom-morrow Blackwind

"A Favorite Place"

My favorite place is where I can find peace of mind, to escape the day-to-day grinds. To lapse into imaginary worlds of talking birds and knights in shiny armor. Forest paths that lead into simple directions only to compile of mazes. Sometimes this place turns into a dangerous jungle of empty food cartons, pulled out drawers, and scattered newspapers on the floor. A movable force taking small items of hair pins, combs, and pens which vanish from shelves and table tops and just as mysteriously return to the places where I have searched to no avail. You might think this place is a type of theme park or a fantasy land, but it's my room.

Tom-morrow Blackwind

Love, love

love, love

Love can be whatever our heart desires
Love at first sight. Love melts our heart
into various colours. Colours that are at times
cycadellix; which enlightens our mind we
are in. To love is to be whoever we are
Even the slightest part we do in front
of our love, does not matter. Hey, that's
part of nature. Love is more than gas, and
molecules, even more than a piece
of delicious scrumptious, lathering
layering Brussel's chocolate ^{with berries} ~~strawberry~~
cheesecake. Love tends to carefree
and exciting from the world
around us. Love can mend the
pain and torment. Love
is part of healing. Love
is humour. My first love
was love at first
sight. My heart
was a word,
like being
naturally
high

Submitted by: Unknown

This short story actually happened when I was still a resident in Kelowna, BC. It's kind of cute, yet funny, interesting, and very amusing. This has a lot to do with how we know how to pay attention to the slightest misunderstanding of Mother Earth and the sweet abundance of life that surrounds us and the time to get to know it, understand it and realize that, not always the predators of our nature's environment are out to attack us perniciously. But there are days when they always seize to amaze us. Just like God

works in his mysterious ways, and I do believe that he was slightly patting me on the head that particular day to wise me up and enjoy life. That same day with my amazing unexpected visit with our pollinating traveller the bumble bee. This beautiful enlightening experience I had started out one day, when I was strolling along Harvey, Ave. with a friend of mine on a hot sunny afternoon, and the both of us were still discussing with who we were going to visit that day. In other words our decision making was going nowhere and it seemed like it was taking a lifetime, while the both of us were roasting under the scorching sun, I finally came to a conclusion that I was going to park my tuckered out apparatus. While I was moping and walking around trying to find a comfortable place to relax that wasn't too shady, I patiently waited and as I combed the area for a spot, for my friend to make up his mind, when I was distracted by something moving about in the damp soil I was about to rest on. At first I thought it was a big fat ugly worm, but when I looked down close enough, I noticed that it wasn't a worm, it was our worst hated enemy of all the bumble bee. The most feared little critter any human being could ever try to tolerate those nasty little critters.

Anyways as my story continues from here. My friend John looks at me and asks me why I jumped like I did and what was the matter, and told him what had startled me and that I was terrified of worms, but as it turned out it was only a harmless bumble bee, laying in the dirt. Suddenly I saw his big boot aiming right underneath my nose, to kill my friend and to my acknowledge I fended off his weapon and screamed at him for being so cruel. And to his surprise he stared at me for a second then I told him to observe the bumble bee's behaviour, my comical little critter. Without warning, John, with his big foot that must have appeared like a giant to this small bumble bee and behaving like a hero to rescue a damsel in distress and ready to stomp and kill my "critter" friend and screamed fending off John's foot from killing this handsome character and fondly found friend, the "bumble bee". John got annoyed with me and asked why I'd want to rescue a stupid old bumble for, so I told him to watch and pay attention to what the bumble bee was doing, shrugging he finally gave in to what I had asked, even though he thought that I was crazy and kind of strange, but to my surprise he started laughing right along with me.

In this paragraph, I am going to do my best to write this one out in details to what I have shared with this big beautiful bumble bee's happiest moment of his life alone enjoying the wonderful hot sunny afternoon and sometimes to this day when I think about it I do believe that somehow he knew that he had himself a little audience and showing off what a man can do, that's everything under the sun. I felt like an antomologist observing, yet fascinated with how Mother Nature could take it's course by letting his funny little critter carry on like he did. For awhile he was laying on it's back and every once in

awhile he'd flutter dirt off his wings and spread eagle as if he had arms, stretch, shake and then roll over on his tummy, flutter his wings again and do the shimmy - shimmy, shake and flick off a bunch of dirt from himself and flutter his stinger as he wiggled like he was doing the breast stroke, roll over again onto his back, like he was really enjoying a good sun bath, spread out his wings and this time I could swear he was smiling at me and letting me know that I were down there enjoying his exotic dirt bath with him. Ha! When I blurted to John complimenting to him about this little critter down there trying to let us know life ain't so bad life is sweet; honey.

Oh man! What a man! Pause . . . looking at, John; "Is that what they do to attract the queen bee?" But John couldn't answer because he was laughing so hard that tears were coming out, of his eyes and say; "Gee! you know what he's cute I never thought that I'd ever say something like this about a bumble bee", and looking at me. Ya! We both agreed that the both of us would never forget that special moment that this handsome little critter gave us. Ya! Both of us agreed that we'd never forget that day what we both shared this special moment with this handsome little critter. I took one last look, at him as he rolled over again and flutters his stinger with his whole body protruding towards the sky and rolls over again wiggles and spurts off the dirt as if to smile at me fluttering his wings. As if to say; "You see you don't have to be a two legged automaton to enjoy life there are a lot of wonderful things happening out there, that you will never know, until you put your heart to it and give it a go; honey! Never give up spread your wings and fly." To this day I think this bumble bee was buzzy - flirting. So bee good to yourself.

Marie Keyespapamatao

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

PROGRAM GUIDE

EVENING PROGRAMS

MONDAY	5 PM	LEARNING GROUP Doors close at 5:15. Exploring different ways of Learning with an Elder, Bernice Hammersmith.
TUESDAY	5 PM	GROUP
WEDNESDAY	5 PM	GROUP
THURSDAY	5 PM	WOMEN SURVIVING TOGETHER Healing Circle and support group for women.
FRIDAY	5 PM	ANTI-VIOLENCE GROUP Gathering to share stories and strategies to keep ourselves safe.

Centre Hours - cheque day

At the request of women the Centre will be:
open on cheque days from 10 am - 5 pm
closed Thursday following cheque day

Thursday meal will be served Friday during cheque week.

This is in effect beginning Wednesday cheque day in
January 19, 2000.

D.E.W. DROP IN

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

2000

MARCH

SUN MON TUE WED

THU FRI SAT

0 1

0 2 0 3 0 4

0 5 0 6 0 7

MARCH 8th
centre closed
for the afternoon
9 am Pancake Breakfast
10:30 am leave for IWD

MARCH 9th - 15th
is
Volunteer
Recognition
Week

1 0 1 1

MARCH 12th
5 pm
volunteer
orientation

1 3 1 4

MARCH 15th
2 pm
volunteer
training

MARCH 16th - 19th
Volunteer
Retreat
at
Loon Lake

1 7

MARCH 18th
centre closed
for
staff
development

1 9

MARCH 20th
5 pm
volunteer
meeting

2 1

MARCH 22nd
cheque day
2 pm
retreat
meeting #1

MARCH 23rd
centre closed
for
staff monthly
meeting

MARCH 24th
hot meal

2 5

2 6

2 7

2 8

MARCH 29th
2 pm
retreat
meeting #2

3 0

3 1



DROP
IN
HOURS

12 noon
to
5 pm

10 am
to
5 pm

11 am
to
5 pm

10 am
to
5 pm

10 am
to
5 pm

10 am
to
5 pm

12 noon
to
5 pm

LOCATION

44 East Cordova Street, Vancouver, BC V6A 1K2

PHONE

(604) 681-8470 FAX (604) 681-8470

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

PROGRAM GUIDE

AFTERNOON PROGRAMS

SUNDAY 1 PM VIDEO

MONDAY 12 NOON Sweatlodge -meet Reta at the Centre.
1:30 PM BEADING with Leona
Learn how to bead, expand your skills or just
share ideas.

TUESDAY 11 AM - 1 PM Shiatsu Massage with Marni
2 PM OUTINGS - watch for sign up sheets

WEDNESDAY 10 AM - 12 NOON STREET NURSE
The Street Nurse is here to provide you with
information on all kinds of health issues.

THURSDAY 1:30 PM WOMEN's VOICE
Let us know what you think about the Centre.
Your opinions & ideas are needed.

FRIDAY 1:30 or 2 PM RAFFLES
Every other Friday depending on the availability of
items that have been donated to the Centre.

SATURDAY 2 PM VIDEO

Centre Hours

SUNDAY	12 NOON - 5:00 PM
MONDAY	10:00 AM - 5:00 PM
TUESDAY	11:00 AM - 5:00 PM
WEDNESDAY	10:00 AM - 5:00 PM
THURSDAY	10:00 AM - 5:00 PM
FRIDAY	10:00 AM - 5:00 PM
SATURDAY	12 NOON - 5:00 PM

FROM THE STAFF

THE CENTRE's PROGRAMS & FUNDERS

PROGRAM	FUNDER
• Legal Advocacy	Law Foundation of British Columbia
• Victim Service	Ministry of the Attorney General
• Stopping the Violence	Ministry of Women's Equality
• HIV Outreach	Vancouver/Richmond Health Board
• Mental Health Advocacy	Greater Vancouver Mental Health Services Society
• Volunteer	partially by Ministry of Social Development and Economic Security and partially by Ministry of Human Resources.

FROM THE STAFF

THE CENTRE's PROGRAMS & FUNDERS

OTHER PROGRAMS

- Food
- Education
- Counselling
- Support

OTHER FUNDERS

- BC Gaming Commission
- City of Vancouver
- United Way of the Lower Mainland
- AVCO Foundation - AVCO Financial Services of Canada Ltd.
- Capers Community Markets
- Face the World Foundation
- George Cedric Metcalf Charitable Foundation
- Margaret Mitchell Fund for Women
- Private Donors

FROM THE STAFF

Great stuff goin' on with the Volunteer Program!

Spring is indeed around the corner and we are gearing up for some action in the Volunteer Program. Since the program has never been formally evaluated, we thought it is about time that we find out what is working for us and what is not. So, we asked Pam Cooley to help us with this evaluation project. Pam has worked with Watari and Positive Women's Network, and has extensive professional experience in community development with various agencies. As a matter of fact, she used to work in the Women's Centre many moons ago! (And she still want to come back and work with us on this project. Now that's amazing.) Anyway, to make a long story short, Pam & myself will be asking the volunteers what they really want to gain from the program and what the Centre can help them to achieve their individual goals.

Another thing that is burning in all the staff members' minds is the upcoming Volunteer Recognition Week in April 9th - 15th. We are planning a series of events just for the volunteers so that they know they are being appreciated for all their hard work around the Centre. The Centre will actually be closed in the afternoon on Wednesday, April 12th and the "little things" will happen in the Centre to show our appreciation for volunteers. We will wrap up the week with a

FROM THE STAFF

Continued Great stuff goin' on with the Volunteer Program!

Volunteer Retreat to Loon Lake from April 16th - 19th. I am definitely looking forward to all these exciting things, even though I am the kind of person who gets excited about things easily, I would rate this a 9.75 out of 10 on the scale of my excitement level. Hope you can feel it, too!

Here are some upcoming dates:

March 8	Volunteers-Only Meeting	2 pm
March 12	Volunteer Orientation	5 pm
March 15	Volunteer Training	2 pm
March 22	Loon Lake Volunteer Retreat Meeting #1	2pm
March 29	Loon Lake Volunteer Retreat Meeting #2	2 pm
March 20	Volunteer Meeting	5 pm

Watch out for notices at the Front Desk announcing a discussion forum with Pam Cooley on evaluating the program. There will be refreshments and fresh minds!

WHAT'S UPCOMING

CONFERENCES, WORKSHOPS, EVENTS, ETC.

2000
MARCH

WEAR PURPLE OR RED

- **MARCH 8 - INTERNATIONAL WOMEN'S DAY**

- 9:00 a.m. at the Women's Centre
Pancake Breakfast for the women living in the
Downtown Eastside.
- 10:30 a.m. leave the Women's Centre
to join other women at library square.

BRING YOUR DRUMS

2000
APRIL

- **VOLUNTEERS WEEK**

WHO'S WHO ON STAFF

KITCHEN STAFF:

- Supervisor - Julie shops for all our groceries, plans all the meals and cooks & serves the lunches here at the Centre (with the help of lots of great volunteers).
- Assistants - Kathy & Vera help to plan, organize, cook & clean up after meals.

RELIEF STAFF:

- *Louise & *Sabine are relief kitchen staff and / or floor worker. (* indicates part time)

OFFICE "A":

- Legal Advocate - Christine will assist you in obtaining -what you need from your worker; housing information; -disability benefit information; -child apprehension information; a lawyer, etc.

WHO'S WHO ON STAFF

OFFICE "B":

- Victim Service Worker: Marlies is here to assist you if -have been a victim of crime (room broken into, cheque stolen, assault, sexual assault); -want to know about pressing charges, court dates or applying for criminal compensation. Also, she can -assist you with the Crown Attorney; -take a Victim Impact Statement; -go to court with you if you have been a victim of crime.
- Stopping the Violence Worker: *Marg is available for crisis & short term counselling for women survivors of violence. She also provides basic advocacy, referrals to long-term counselling & services and follow-up. And, she facilitates Friday evening Stopping the Violence group. (* indicates part time)

OFFICE "'C":

- Mental Health Advocate: Alice is here to help you with support & advocacy. She can help you with -information; -referrals; -accompaniments to doctors, courts, tribunals, financial aid workers, housing; and much, much more.

WHO'S WHO ON STAFF

OFFICE "D":

- **Mental Health Advocate:** Christine is here for any women with mental health issues and/or issues around housing, welfare, legal aid, medical needs, police, tribunals, etc.

OFFICE "E":

- **Floor Worker / Counsellor:** Reta is here for anyone that needs (1) someone to talk to; (2) information about the Centre's day to day functions; (3) the use of the shower and / or laundry facilities; (4) photocopying, etc.
- **Volunteer Coordinator:** Denise is responsible for the Centre's volunteers. You can ask her about volunteer opportunities and / or training.
- **Drop In Programmer:** * Julia is here to receive your educational and/or recreational ideas and to assist in organizing the Centre's activities. Also, she is responsible for the Centre's monthly newsletter. (* indicates part time)

WHO'S WHO ON STAFF

OFFICE "F":

- Administrator: Marlene is responsible for coordination of the member's mail & the Centre's mail and scheduling all staff shifts; -office supplies & equipment. She is also here to provide support to other staff in their paperwork.
- Bookkeeper: *Heather does all the accounting for the Centre. (* indicates part time)
- Financial Managers: *Drew & *Alix are responsible for applying for funding for the Centre. And, for securing donations from individuals, corporations & foundations. (* indicates part time)

OFFICE " ? ? ?":

- Executive Director: Hiring in progress.

WHAT's INSIDE

	PAGES
From the Members	3 - 10
Events	
Current & Upcoming	19
Past	1 - 2
From the Staff	15 - 18
Program Guide	
Afternoon Programs	11
Evening Programs	14
Calendar	12 - 13
Notices	back

NOTICES

INCOME TAX

Barbara will help you with your tax returns. If you have T5's, bring them with you. If you don't, bring yourself and she'll help get your T5's for 99 and previous years too.

HOURS ARE: Monday - Friday, 10 am - 2 pm and remember we're closed Thursday, Feb. 24th. Barbara G.