### D.E.W.DROP IN

#### DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE

**APRIL 2000** 

FREE



Take away

the frustration

to relief some anger.

Take away

the anger

to release the pain.

Take away

the pain

to ease the worries.

Take away

the worries

to ease the hurting.

Take away

the hurting

to calm the thoughts.

Take away

the thoughts

to relax the mind.

Selina Barton

Jan./96

THOUGHTS AS ARE:

I EXIST FOR NO ONE BUT MYSELF.

I EXIST TO ASSIST OTHERS IN NEED.

I EXIST TO THE SOULD OF MY BODY.

I EXIST TO BREATHE EVERY BREATH.

I EXIST IN MIND

TO RECEIVE WHAT

I WANT TO RECEIVE.

I EXIST TO BELIEVE IN

WHAT THERE IS TO BELINEVE

IN.

FOR I AM OF ONLY

ONE MIND.

**ONE BODY** 

AND ONE SOUL.

SELINA BARTON

WRITTEN ON: MAY 14, 1997

REWRITTEN: MARCH 21, 2000

#### LOVE

Love is a special bond that Is created over time.

It is a strong feeling that is

Worth more than a million dimes.

You never leave home without it.

For it is your heart that

Beats around it.

Through your veins it flows

And on your face

Does it glow.

Love is in the shape of a heart, As that is where it all starts.

Selina Barton

Jan./96

D.E.W. DROP IN

**APRIL 2000 ISSUE** 

### SPONTANEOUS INSECURITES

Gone away

for I may not come back someday.

Doing what we must to survive

So that our hearts stay alive.

Looking for something to ease the pain.

For no one is to blame.

Love hurts in what we do and say.

As memories slip by our way.

Circumstances surrounding our friendship is questioned by those who have a closer relationship.

Wanting to pick up the phone, just so we won't feel all alone.

Selina Barton

Written: Oct. 5, 1996

Rewritten: March 21, 2000

#### NIGHT VISIONS

Music to our ears.
It doesn't matter the years.
As long as we cheer.
And holler for our color.

Life is too short for our discrepancies. All that matters is our life expectancy. Forgive for past mistakes and learn to live with our natural fate.

Look to the future and endless possibilities.
As there is a rainbow at the end
of the tunnel.
All we need is a funnel.

Our breath maybe our last,
so don't abuse it too fast.
Live for the moment as if there were
no tomorrows.
As we can not afford to make it borrowed.

Do not over look our sensitivity, since we all have our own creativity.
As long as we take care of thoughs around us, we may have a quality we can truct.

Selina Barton

Written: Oct. 5, 1996

Rewritten: March 21, 2000

D.E.W. DROP IN

**APRIL 2000 ISSUE** 

7

AN OPEN LETTER TO THE ZONTA FOUNDATION FOR

THEIR GENEROUS SUPPORT TO THE VOLUNTEER

**PROGRAM** 

This is a letter with regards to let you know about what my

experience is with doing volunteer work at the Downtown Eastside

Women's Centre.

First of all, I am so grateful that there is such a program. Because

if there wasn't I wouldn't be able to experience and learn all the

different jobs that are available at the Centre. The experience gives

me such a great feeling and a boost to make me want to get out

there and get a degree so I can get a job, and I have the Women's

Centre to thank for this plus the very warm environment and the

patience of all the women that work and train us from the Centre.

Thank you for your kind support to this volunteer program and I

hope that you will continue supporting us.

Thank you for your attention to this letter.

Yours sincerely,

Alice Louise McMillan

V Ma Sa...

Ma Ha sings, mama soothes
Ma Ma's trying to shake the booze
Ma Ma cries, but Mara tries
Ma Ma's topping ice cream on apple pies
Ma Ma sees, Ma Ma kneels
Ma Ma's praying, Ma Ma knows,
how she feels
Ma Ma's free, Ma Ma's through trials
Ma Ma's happy, Ma Ma's a surriever
Ma Ma's heraelf now, Ma Ha knows she's
a believer.

(1:25p) 11:41 pm 02·10·00· witten by: Harie Leyespapanatao

D.E.W. DROP IN

APRIL 2000 ISSUE

March 17, 00. STUDENT: D.E.E.C. D.E.W.C.

Centre and this is the trauma that I had to put up with and it was very difficult for me certain person. Everything was so contradictory there and it didn't make no difference This morning I made my final decision of quitting my volunteer work at the Women to concentrate on my work, and it was also getting to a point where I couldn't smile decided to write it up in a poem at how I felt and experienced as a volunteer there. anymore and if I did I probably would have gotten accused of making fun of that wether I was a hard worker, nor did I ever feel gratitude, was it greed? So I have

good semaritan, I really and truly believe that I made the right choice quitting. Therefore with helped me get out Now I could rest my peace of mind and continue onto the positive direction. all the verbal abuse that I perceived at the Women Ctr.was not helping my panic attacks that I With all of this happening in retrospect of my unfortunate experience and did my best to be a still suffer from the assault. Now I do believe that God has seen me through these travels and By Marie Keyespapamatao

what on Harch 16,00.

Continued on page 10

# March 01,2000.

#### D.E.W.C.

At the Women Centre when I was attending the groups; I really felt burnt out, and going through hoops. That I could not concentrate on the healing process; Because of the strenuous, repititional axiety and stress. That I had struggled to put up with for so long: Even if I was to do something right, it was always wrong. When there were days that I prayed;"Please God;" "Don't allow these women to put me in a spot;" I can't stand it that everytime \*I go home: I feel all beat up and I ache to the bone." It was getting so hard not to listen to their bickering; Always talking behind my back and snickering. Where they have taught me how to retailiate. Out of their stressed out and underpaid hate. With all the trauma, I still struggled to strive; Even though I felt half dead and not alive. From listening to the majority of the volunteers Always tormenting my character and sensitive peers My past experience of abuse, made it hard to let go of, That was always being dragged out, and it was not as pretty as a dove. With all the fighting , arguing and pointing fingers at one another Not trying to take the time to listen to each other. It almost lead me to do something insane; Where I almost picked up the bottle again, Even though I was slowly getting weaker and weaker each day, l psychologically fooled myself into believing that this is another nice day; Marie K.

# CENTRE HOURS ON CHEQUE DAY

# AT THE REQUEST OF THE WOMEN THE CENTRE WILL BE:

- \* OPEN ON CHEQUE DAYS BETWEEN 10AM - 5 PM
- CLOSED THURSDAY FOLLOWING CHEQUE DAY
  - HOT MEAL WILL SERVED ON FRIDAY DURING CHEQUE WEEK

THIS IS IN EFFECT BEGINNING WEDNESDAY, JANUARY 19, 2000.

#### **DOWNTOWN EASTSIDE WOMEN'S CENTRE** 44 East Cordova Street, Vancouver, BC V6A 1K2 Front Desk: 681-8480 Women's Line: 681-7458



REGULAR PROGRAMMING Learning Group

-MONDAY, 5PM

EXPLORING DIFFERENT WAYS OF LEARNING WITH FIRST NATIONS ELDER.

#### SWEATLODGE

-MONDAY. LEAVE THE CENTRE AT 12:00 NOON.

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SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	BATTERED WOMEN SUPPORT SERVICES -TUESDAY, 5PM
CENTRE	HOURS TU	unday 12 – 5 uesday 11 - 5 onday 10 – 5	Wednesday 10 - Thursday 10 - Friday 10 - Saturday 12 -	5 - 5		1 30 Video	SUPPORT FOR WOMEN AFFECTED BY VIOLENCE.  SHIATSU MASSAGES AND REFLEXOLOGY -TUESDAY, 11AM FIRST COME FIRST MASSAGED. GET PAMPERED AND FEEL ENERGIZED.  POPULAR EDUCATION GROUP — WEDNESDAY, 5PM
2 1:00 Video	3 1:30 Beading 5:00 Learning Group	11:00 Shiatsu Massage 11:00 Reflexology 2:00 Outing 5:00 BWSS Group	5 10:30 Street Nurse 5:00 Popular Education Group	6 1:30 Women's Voice 2:00 Dreamcatchers 5:00 WST Group	7 10:30 S + A 1:30 Raffle 5:00 A –V Group	8 1:30 Video	WOMEN'S VOICE  -THURSDAY, 1:30 PM  LET US KNOW WHAT YOU THINK ABOUT THE CENTRE. YOUR OPINIONS AND IDEAS ARE NEEDED.  WOMEN SURVIVING TOGETHER -THURSDAY, 5PM  HEALING CIRCLE AND SUPPORT GROUP FOR WOMEN. LED BY ELDER.
9 1:00 Video	10 1:30 Beading 5:00 Learning Group	11 11:00 Shiatsu Massage 11:00 Reflexology 2:00 Outing 5:00 BWSS Group	12 10:30 Street Nurse 5:00 Popular Education Group	6 1:30 Women's Voice 2:00 Dreamcatchers 5:00 WST Group	14 10:30 S + A 1:30 Raffle 5:00 A –V Group	15 1:30 Video	RAFLES -FRIDAY, 1:30 OR 2:00PM ITEMS WHICH ARE NOT CLOTHING ITEMS THAT HAVE BEEN DONATED TO THE CENTRE.  ANTI-VIOLENCE DISCUSSION GROUP -FRIDAY, SPM GATHERING TO SHARE STORIES AND STRATEGIES TO KEEP OURSELVES SAFE.  CRAFTY WORKSHOPS
16 1:00 Video	17 1:30 Beading 5:00 Learning Group	18 11:00 Shiatsu Massage 11:00 Reflexology 2:00 Outing 5:00 BWSS Group	19 Cheque Day 1:30 pm Dreamcatchers 5:00 pm Popular Education Group	Centre Closed 5:00 WST Group	21 hot meal 1:30 Raffle 2:00 Video 5:00 A -V Group	22 10:30 S+A 1:30 Video	BEADING WITH LEONA -MONDAY, 1:30 PM. LEARN HOW TO BEAD, EXPAND YOUR SKILLS OR JUST SHARE IDEAS.  CERAMIC AND TILE PAINTING — WATCH FOR NOTICES FROM KAORI.  FABRIC ARTS WITH FREEDA - FRIDA, 10:30 AM. LEARN TO DO YOUR OWN SEWING AND ALTERATIONS.  DREAMCATCHERS
23 1:00 Video 30 1:00 Video	24 1:30 Beading 5:00 Learning Group	25 11:00 Shiatsu Massage 11:00 Reflexology 2:00 Outing 5:00 BWSS Group	26 10:30 Street Nurse 5:00 Popular Education Group	27 1:30 Women's Voice 2:00 Dreamcatchers 5:00 WST Group	28 10:30 S + A 1:30 Raffle 5:00 A –V Group	29 1:30 Video	SATURDAY, 1:30 PM.  LEARN DIFFERENT STYLES OR WORK ON YOUR OWN PROJECTS.  OUT INGS  DESCRIPTION OF THE PROJECT STYLES OF THE PARTY OF THE PROJECT STYLE  SECRETARY STREET AND SECRETARY OF THE PARTY OF

#### **VOLUNTEER PROGRAM**

**Update on the Volunteer Program!** Following the March 20 Volunteer Meeting with our guest facilitator, Pam Cooley, we have decided to go ahead and develop a two-tier system for the Volunteer Program. Pam and Denise will be working with a Skills Development Volunteer Team (who are In-Centre Volunteers) to come up with a more structured recruitment and training system for Volunteers who like to participate in a program that is more catered towards their individual goals. We hope that the Skills Development Project will be an additional option for Volunteers who are interested in pursuing employment opportunities, off-site job training and education.

To recognize the generous contribution of our Centre Volunteers, we are planning some fun stuff during the week of April 9<sup>th</sup> – 15<sup>th</sup>. Details will be released closer to the date, check the Front Desk and the Office #5 Door for the latest news on April 1. The Centre will close on the afternoon of April 12<sup>th</sup> (Wednesday) for a special event for the Volunteers. The Centre Staff will prepare a special meal for the Volunteers. Please come, there will be a little bit of something for every In-Centre Volunteer.

About 20 to 25 Volunteers will also go on a retreat at Loon Lake Camp in Maple Ridge. We will be leaving early on April 16<sup>th</sup> Sunday morning and coming back late Tuesday afternoon on the 18<sup>th</sup>. The focus of the retreat is self-care. The In-Centre Volunteers have also voted to ask Marlies Wester (our beloved Victim Services Coordinator) and Kaori Kasai (the ultimate Ceramics Instructor) to join our cheerful and enthusiastic team.

#### IMPORTANT DATES

April 2	Tues	Loon Lake Retreat Meeting #2 at 2 pm	
April 9	Sun	Volunteer Orientation for New	
		Volunteers at 5 pm	
Apr 9-15		Volunteer Recognition Week	
Apr 12	Wed	Volunteer Appreciation Afternoon	
		(Centre closed at 1 pm)	
Apr 16-18	3	Loon Lake Volunteer Retreat	
April 25	Tues	Volunteers-Only Meeting at 2 pm	
April 27	Thurs	Front Desk Volunteer Training at 2 pm	
April 30	Sun	Volunteer Meeting at 5 pm	

#### A New Beginning

It's so hard to stay away from my friends that enjoy the night life. But where ever I may walk in the intensed busy beat of strife. Helps me to wise up and remember that I'm not missing a thing; Especially when there times when I needed a friend, but were just sneering. Thinking that these people really did care for little ol' me; But all they were really after was another round and my money. So now I sit back and listen to my music and fight the lousy cravings; Where I've practiced not to dwell on the past, when I had blown my savings. I don't even try to consider counting the amount of beers, I drank; All I want to do now is to remember when I felt so neglected as a piss-tank. Where I drastically struggled to revive that situation that I left behind' Is to keep a positive pace, life is sweet, and to keep that in mind. When I use to pray so hard for forgiveness, from suffering a bad relapse; With how wanted my life back when I felt like the whole world would collapse.

Continued on page 16

Remembering, the days that I've let myself down, by being a careless spend – thrift.

But, now I've thrown that away to keep in mind that I have a precious little gift;

Now that I am in that positive direction, and every time I hear my little girl's voice, it gives me a positive lift.

Even though our contact is just by telephone, that seems so far, yet so close. Keeps me in good spirits, like I could see her now, like a beautiful little rose. Especially when she happily sings to me with her cute little laughter; I praise God for ever giving her to me, my loving, serenading, beautiful

Keeps me in track not to lead myself in another stage of negativity. That I have neglected to foresee that there is too much insanity in our society.

Where I've been robbed and beaten physically or mentally when I was valuerable.

But now that I have grown to realize that I am capable, and able. I walk proudly with the wind and really listen to the eagles sing. Even though mother earth has pavements where I walk, but I still could see where I have left my foot prints into a new beginning.

Marie Keyespapamatao

daughter.

Why is it? When I have a nice smile upon my face' That you want to twist it into an ugly disgrace. Why is it? When my feelings were set for another glamorous day' You've neglected to hear my wonderful words, and left with dismay. Why is it? When I go out of my way to do something positive' That I could see my reflection in your eyes, that it's negative. Why is it? Ever time I walk out, I suddenly forgot something' Is it because I've I have seen the light, and time to turn to a new fling. Why is it? Now that I have decided to let you go, and set you free' That you leave little messages behind, that emotionally haunts me. Why is it? As adults that each time we make a mistake' That it takes time to correct it, and is like a piece of cake. Why is it? So hard to make that right decision, and know it' Yet, it's so damn hard to admit that you have left the bull-shit. Why is it? Now that I am gone from your life and split' That everytime I see you now, you ask me; "Why is it?"

> Mitterfly: Varietypepanotae

#### WHO AM I?

Achild of night,
Achild af day,
A child born in abuse,
A child born in disgrace.

As I grew I learned to hate; not to love,

I learned to disrespectpeople; not to honor them,
I learned to tell lies; not to be truthful.

Then I grew up to be an adult; and did adult things,

This is when I learned to love, honor and respect the

people around me

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Now I am the child of light; not the child of darkness, For I am the childfrom within.

THAT'S WHO I AM.

Linda Boyle.

#### THE WARRIOR

I am a warrior,
A warrior who remembers
OKA and
WOUNDED KNEE,
A warrior who remembers the
GEORGE'S
and PELTIER'S,
A warrior whose ancestors were warriors
in the beginning.

Our warriors of today rebelled the white man's laws.

They rebuffed the white man's society

They followed in the footsteps of their ancestors before them.

The rights of our lands, customs, and religion was now under white man's rules,

Now we the WARRIOR'S must pay the price for our freedoms in a white man's jail.

"Never turn a blind eye to your people's wants and needs," said my Mushum,

Well we all have over time become BLIND, FAT, AND LAZY, Because of this we have lost our rights to our customs, lands, and religion.

But now that we have rebelled for our rights we now have OUR LANDS

OUR BELIEFS AND RELIGION OUR CUSTOMS

We are now a First Nations people with FREEDOM, From here we can now grow together on the MEDICINE WHEEL of life.

#### VOLUNTEER RECOGNITION WEEK APRIL 9TH - 15TH, 2000

Have you heard about the Women's Centre dedicated volunteers? They are well known in the Downtown Eastside neighbourhood as the most hardworking bunch of all volunteers! They contribute over 10,000 hours per year to make sure the Women's Centre is run smoothly for women and children using our services. The motto of the volunteers is: Giving back to our community!

So, allow me to take you through a normal day of the Women's Centre. When you first come into the Women's Centre, you are immediately greeted by our friendly Front Desk Volunteer. You signed in at the desk and asked for some rolling papers. She handed them to you and you went in to grab a cup of coffee. On the way to the coffee urn, you saw our Volunteer Floorworker filling up the milk jug and sugar bucket. After getting your cup of coffee, you went by the kitchen counter, and the Kitchen Volunteer offered a yummy donut to you. Then you enjoyed a hot meal prepared by the Kitchen Volunteers and the Kitchen Staff, you waited for the Clothing Room to be opened by a Clothing Room Volunteer.

If you are in on a Friday, the chances are the Raffle is happening. Did you know that the Raffle is organized by Raffle Volunteers? If you happen to drop by Planet Bingo on Main Street for some Bingo action on Wednesday mornings, you will definitely see our committed Bingo Volunteers working hard at the Bingo Hall raising money for the Women's Centre! Did you ever wonder who bagged all the tobacco for Tobacco Day? It is our Centre Volunteers again who did bagged the tobacco and distribute them for everyone in the Centre! How about all those arts and crafts workshops, shiatsu massages, reflexology sessions and the Saturday haircutting afternoon? What about the Out-Of-Area Volunteers at the Christmas Dinners, Harvest Dinners, Spring Dinners and Summer Barbecues? They are all VOLUNTEERING their time and energy to the women and children of the Downtown Eastside!

So what do you say? When you see the next Volunteer working hard, give them a bright smile, a big hug and a simple "Thank You". They deserve every bit of it! Or better yet, join our Volunteer Program and be part of the team!

With my utmost respect and deepest gratitude, I would like us all to applaud the Centre Volunteers for their commitment, dedication, humour and patience.

Deni Tang, Volunteer Coordinator.

D.E.W. DROP IN

APRIL 2000 ISSUE

What do volunteers get when they work at the Centre?

- Centre Volunteers have the opportunity to attend training sessions such as:
- ➤ First Aid, Food Safe Levels 1 & 2, Communication/People Skills, Facilitation Training, Conflict Resolution, In-Centre Training Sessions, Non-Violent Crisis Intervention, just to name a few.
- > Participate in Outings for Volunteers.
- > Go on the annual Volunteer Retreat.
- > Buy tobacco, pop and chocolate bars at the Volunteer Store.
- > Get 2 bus tickets for each shift and meals at each Volunteer Meeting.
- > Sit on Hiring Committees for the Women's Centre.
- Participate in the Women's Centre Policy Meetings and Strategic Planning Sessions.
- ➢ If you are on Disability Benefits One or Two, you are eligible for Training Initiatives Benefit. You need to talk to your worker and then work 20 hours at the Centre for \$50 each month. If you are on Level Two, you are also eligible for the Community Volunteer Benefit (CVP) where you can get \$100 for 10 hours of work. There is currently an extremely long waiting list for the CVP.

Want to hear what the Volunteers have to say about our program? Some Volunteers took part in an evaluation with Karen Martin and James Pratt back in Fall last year. Karen and James were doing an evaluation on the projects funded under the Community Services Fund, which our program is one of them. Here is what they said:

- ➤ I was really depressed and did not know what to do when I first came into the Centre. After being a volunteer, I feel that I'm a good person and learned more and felt appreciated.
- Before becoming a volunteer, I am not used to people. Now I become more used to people.
- > I like helping women. It gives me something to do so that I don't go into depression.
- > I must be doing better because I'm still a volunteer here.
- > Helping women is like helping myself too.

#### TO REMEMBER ME

The day will come when my body will lie upon a white sheet neatly tucked under four corners of a mattress located in a hospital busily occupied with the living and the dying. At a certain moment a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

When that happpens, do not attempt to instil artificial life into my body by the use of a machine. And don't call this my deathbed. Let it be called the Bed of Life, and let my body be taken from it to help others lead fuller lives.

Give my sight to the man who has never seen a sunrise, a baby's face, or love in the eyes of a woman. Give my heart to a person whose own heart has caused nothing but endless days of pain. Give my blood to the teenager who was pulled from the wreckage of his car, so that he might live to see his grandchildren play. Give my kidneys to one who depends on a machine to exist. Take my bones, every muscle, every fiber and nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain. Take my cells, if necessary, and let them grow so that someday, a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her window.

Burn what is left of me and scatter the ashes to the winds to help the flowers grow.

If you must bury something, let it be my faults, my weaknesses and all prejudice against my fellow man.

If, by chance, you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.

2000

SUBMITTED BY GRAM

What other benefits are available from welfare?

Security Deposits: A repayable benefit (must be paid back to the Ministry) to cover the cost of a required security deposit. Can not be more than one half of the months rent.

Crisis Benefit (Grant): To anyone who has an emergency need they could not have planned for, to prevent danger to their physical health or for the immediate protect of a child. For example, if you were robbed of your money leaving you know money for food for the month. A doctor prescribes something that is not covered any other program.

Moving Costs: to anyone on regular assistance or hardship who are moving because of a reason listed below:

- Moving to a (confirmed job)
- Moving to another province, territory, or country to improve living circumstances. For example, moving to be with family who will provide assistance and/or support.
- Moving because current home is sold by the landlord, is being demolished or has been condemned
- Moving to a much cheaper place.
- Moving to another area of BC to avoid imminent threat to physical safety. For example, you
  are being harassed or stalked by an abusive ex-partner

Family Bonus Top-Up: If you are not receiving the BC Family Bonus then Welfare can top-up the amount. Note: When you do receive the back-dated Family Bonus it will be owed to welfare and taken from your welfare cheque.

Special Note: even if you do not receive the top-up from welfare, any back-dated BC Family Bonus is deducted from you welfare cheque as it is considered "unearned income", so, if you are not receiving the BC Family Bonus, make sure you talk to your financial aid worker about getting the top-up.

Benefit for Alcohol and Drug Treatment: Up to \$500 can be paid for alcohol and drug (non-residential) treatment. This benefit is considered to be "pre-training preparation". So, you would be referred to an employment training program after receiving the alcohol and drug counselling service.

Community Volunteer Benefit: can provide a benefit to cover the cost of volunteering such as clothing & transportation. Only, single parent with child under 7 years, person receiving Disability Level I, Disability Level II, or who is temporarily excused from looking for work, are eligible to receive this money. Must apply to the Community Volunteer Program and must volunteer in a non-profit organization.

Training Initiative Benefit: Up to \$50 per month for 6 months to people who receive Disability Benefits Level II to cover costs related to a volunteer work experience program.

Workforce Entry Benefit: up to \$200 to a single parent who starts a full-time job and has costs related to that job.

Transition to Work Benefit: up to \$150 per month for up to 12 months to a family with dependant children to cover child care (above subsidy rate) and/or transportation.

Work Clothes/Work Transportation: to anyone on regular assistance or hardship to cover the cost of work clothes and transportation for the first month of being in (confirmed) paid employment. Camp Fees: The costs of the (recognized) camp fee. Once per year for children or adults receiving Disability Benefits Level II in order for them to attend a camp.

For more information on any of these additional benefits talk to one of the advocates.

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