

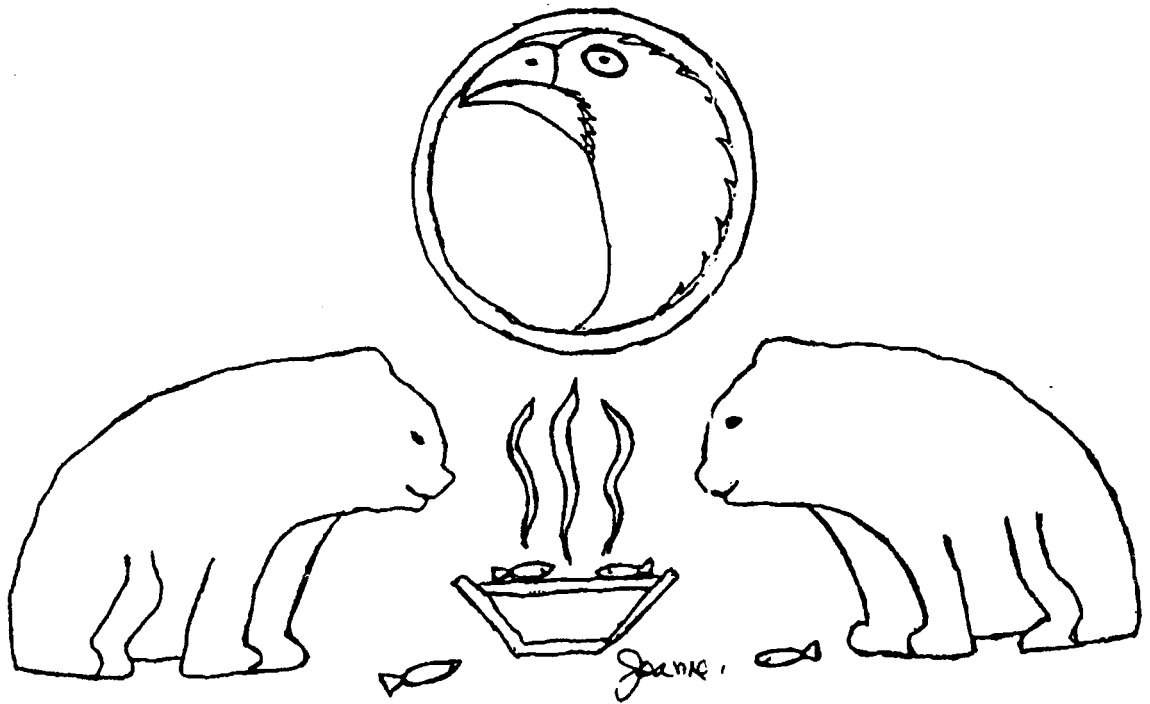
D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Center

AUGUST 2000

FREE



Summer Barbeque For Women & Children

婦女中心夏日炎炎燒烤大餐

August 17, 12-3pm

Crab Park

八月十七日, 下午十二時至三點, 海邊公園

July 25 Information Meeting for Women in the Centre

We had a meeting at the Women's Centre on July 25 to address some concerns that came up after the break & enter of the Women's Centre. The Women's Centre was broken into between Wednesday July 19 evening and Thursday July 20 morning. Lots of things were taken, including the Identification Cards in our safe and the computers with all our backup files, including Social Insurance Numbers, birth dates, Medical Services Plan numbers and names. As a result, we had to close the Centre down for five days in order to secure the premises and to do construction work around the Centre. Not to mention, we are still trying to repair the damages from the last fire at Central Residence. We also had to do a lot of administrative work in regards to the break-in.

We are looking at the possibility of going on Crime Stoppers. We are upgrading our security measures. We are asking for community support and your patience in helping us through this difficult period. In addition, we may not be able to provide the same kind of services due to lack of office equipment, such as a fax machine and a computer printer.

WHAT CAN YOU DO TO HELP US?

If you have any tips or if you have heard any clues about the break-in, please write it down and give it to Marlies Wester, our Victim Services Worker. If she is not in, you can also pass it on to a staff person that you trust.

WHAT YOU CAN DO ABOUT SECURING YOUR IDENTITY INFORMATION

- If your ID card is kept here, you need to let your welfare worker know right away.
- Be very careful about where and who you give your SIN# to. Watch out for any irregularities around GST cheques and welfare cheques. Contact Revenue Canada right away if you suspect something is wrong.

- If you are applying for credit, there is a possibility of fraud. You can contact Equifax at 1-800-465-7166, press 3. OR Transunion 1-800-663-9980, press 3 then press 2 and let them know that someone may use your personal information. Banks usually contact these two places for credit checks. If you alert them about fraud, they will be more vigilant about your identity information. Please see Marg Scott, our Mental Health Advocate if you have more questions. A fact sheet is available from the Centre.

We recognize that this is a terrible time for the Women's Centre to be closed and the recent floods only made it worse. We are sorry about the inconvenience. At the same time, we are terribly upset, angry, frustrated and saddened by the fact that some individuals would do this to the Women's Centre. We had a Critical Incident Debriefing session from Workers' Compensation Board to discuss on the impact this series of events had on us. If any woman thinks that it would be good to have a debriefing session for Centre users, please approach a staff woman about it.

Thank you for listening.



After four years of tremendous dedication and commitment to the Women's Centre, Marlene Trick has left her position as our Acting Executive Director to take up the position of Community Programmer at the Carnegie Centre. We wish her all the best! We miss you already, even though it has only been 17 days!

Elder's Medicine Wheel - Mission, BC
August 24th - 27th

At the end of August the Elder's Medicine Wheel in Mission BC will be held for the eighth year. The Women's Centre usually takes women on a day trip out to the Medicine Wheel on the weekend. This year, because we missed the Lytton Elder's Gathering, we will be sponsoring a four-day camp-out for twelve women at the Medicine Wheel instead!

What is Medicine Wheel?

(Information taken from The Medicine Wheel by "The Elders Medicine Wheel Society")

The Medicine Wheel is a four-day healing gathering that was started in 1993 by Elders Mary Uslick - Shuswap Nation; Minnie Peters - Thompson Nation; Christine Daniels - Cree Nation; Vince Stogan - Musqueam Nation; and Elizabeth & Napoleon Kruger - Okanagan Nation. The purpose of the Medicine Wheel is "to promote a truer and better understanding between all Nations, all creeds, all Clans, all Tribes, all communities and all families through the Teachings of the Medicine Wheel." In the Native culture, four is the number of completion, or wholeness. Each person has four aspects to their being: heart, mind, body, and spirit. Traditional teaching says all parts must be strong and in balance. Like the wheel, if one or more spokes is weak, there can be no balance. The Medicine Wheel provides an opportunity to engage and strengthen these four aspects of ourselves. The Medicine Wheel is a symbol of all of life's cycles. It represents the Circle of lessons that each person must pass through to complete their journey to peace, harmony, balance and health. In understanding the lessons of the Medicine Wheel, we learn to touch life in a deeper, more gentle way.

The Medicine Wheel takes place on the grounds of the old St. Mary's Residential School, where people now gather to reclaim their identity, culture, health and spirit. It is held to share the teachings of the Ancestors who walked before us. The sharing takes place by teaching, returning to ceremony, ritual and prayer, and by using the wisdom of the Ancestors to heal ourselves and each other. Each person attends in order to learn from each other how to live in harmony, balance, peace and unity.

Teaching happens in many places:

The four direction circle, where the sacred fire burns for 4 days and 4 nights - here all the people gather to hear the Elder's lessons and share prayers and songs; The sweat lodge area is where Elders and their helpers share healing and teaching; The moonlodge area is where women on their monthly moontime ceremony gather to pray, meditate and hear the traditional teachings of women; The children's area provides a space for children to hear stories and have their own circle led by an Elder.

Ceremonies that take place include:

Sweat lodge ceremonies, where people gather for cleansing on all levels - physical, emotional, mental and spiritual; Drum circles, where people share their songs with each other; Talking circles, where people share from the heart and strengthen each other with the teachings they carry; Storytelling, as traditional stories are passed on; and the Medicine Wheel ceremony - Each year, each of us at the gathering takes a special rock that we have chosen and "plants" it in the circle at the Medicine Wheel. This rock will stay in this sacred, healing place and watch over us and our Family until the end of the world.

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If you are interested in attending the four-day Medicine Wheel, here is what you need to know:

1. The Women's Centre will drive women to the gathering on Thursday August 24th and home on Sunday August 27th.
2. The Women's Centre will supply tenting equipment. Campers must bring their own sleeping bags and clothing.
3. This is a clean and sober event.
ABSOLUTELY NO DRUGS OR ALCOHOL are allowed. Please respect our Elders, the sacred grounds, and all participants by following this guideline.
4. Women's Centre members will share tents with each other in a campsite we make for ourselves. Please remember that it is very important for each of us to **take responsibility for our own behaviour** and get along with our tent-mates and camp-mates. This is a healing gathering and it is important to keep the energy in the circle positive and healing for ALL participants. Staff will not intervene if you are squabbling/fighting with someone, but the Elders might - and people who continue to break the peace might be asked to leave. (Please see point 7!!)
5. Reta Blind will attend the four-day gathering as a Women's Centre staff support person. Also, Christine Hutchinson will be in attendance as a moonlodge volunteer, so she will be available to talk to. But
Please Note: This event will NOT be formally supervised by staff - if you require ongoing assistance, supervision, support and/or attention at events and outings, this is probably not a good event for you to attend. However, if you are independent and you enjoy camping

- (roughing it); and if you practice or want to learn about traditional First Nations spiritual healing ceremonies, then this might be a great place for you to go.
6. This is a traditional event. Women who are on their moontime are considered to be in **natural ceremony** and **must** remain in the moonlodge. The exception to this is for the closing ceremony, which women on their moontime attend as a group. If you will be on your moontime and do not like the idea of spending your camp-out in the moonlodge, please wait until next year. If you would like to attend anyway then bring a book or two, sanitary supplies, and a shawl to wrap around your waist at the closing ceremony.
 7. Once we're there, we're there. This is a four-day event and Women's Centre campers will attend for the entire four days. We will not be traveling back to Vancouver until the evening of Sunday 27 August. If you think that this might be too long for you and you want to leave early, you will have to arrange your own transportation back to Vancouver.

Campers will need to bring:

- Clothing for 4 days, including something warm for cool evenings, a hat, a skirt to wear to the Medicine Wheel area, and a spare skirt if you plan to ask an Elder to attend a sweat lodge ceremony.
- Sleeping bag or bedroll, and pillow.
- Towel, toothbrush, toothpaste, soap, hairbrush, medications, sunscreen, bug spray, and other hygiene supplies.
- Supplies for moontime (see point 6 above).
- Plate, cup, & utensils are not necessary but they sure can come in handy.
- Bring your drum or rattle if you have one!



The Downtown Eastside Women's Centre is a Community Sponsor for Johnny Greyeyes, a groundbreaking film about the love between two First Nations women. The film is part of the 12th Annual Vancouver Queer Film & Video Festival that runs from August 10 to 20. The festival will showcase the latest and best in film & video by gay, lesbian, bisexual and trans artists from Canada and around the world.

Johnny Greyeyes, directed by Jorge Manzano.

Raised in a family damaged by addiction and abuse, Johnny has spent most of her life in jail. By the time she is in her thirties, she's serving time in a maximum-security prison (prison for women). She meets and falls in love with Lana, a lifer with strong will and a confrontational mother. Johnny must journey through her own history and pain to resolve the past and find a sense of spiritual purpose. One of the actors is a local from Vancouver.

Also showing: Snailfingers, directed by Alina Martiros.

A virginal Indian ingénue embarks on a romantic journey of self-discovery with an imaginary Cree mythical goddess named Snailfingers.

**If you are interested to see these films, please see Marg.
For volunteers, please see Denise before August 6.**

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PROGRAMMING UPDATES

We are sorry about the inconvenience and the confusion that has been happening with our outings. We know that women and children really look forward to these weekly outings. We are hiring a new Programmer. In the meantime, myself and Alice Kendal (Legal Advocate) will be taking women on a few outings. Please sign up on the sign-up sheets posted on the wall between my office (Volunteer Coordinator's office) and Christine Hutchison's (Mental Health Advocate) office. Check the calendar on the centrefold for outings, craft workshop information and tickets. Due to a break & enter earlier, we lost our VCR and television. We hope to replace them as soon as possible. In the meantime, there will be no videos on the weekends. Oh oh oh...Marnie, our shiatsu therapist, is away in August to visit her family in Ontario. She will back in the autumn months.

*Deni Tang. the one that took her 3 road tests & 2 written tests to get a van license.
(please still come on the outings with her, for her self-esteem purposes.)*

**ready for something exciting
and new in the centre?**

JOIN ATHENE, BERNADETTE, CLAUDIA AND DEVONA TO PAINT, TO WRITE, TO TELL STORIES AND TO MAKE VIDEOS! You will learn how to use a Hi-8 video camera and create your own art projects. No experience needed. The workshops run every Saturday from July 29 to August 19, 2 - 5 pm.



For more info contact 809-8774 or e-mail desmedia@rrrr.net

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova Street, Vancouver, B.C. V6A 1K2

Front Desk: 681 - 8480 Women's Line: 681-7458

**LUNCH SERVED
DAILY AT 12:30**

AUGUST 2000

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.

The **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.

Women's Voice – Every Thursday. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed.

Creative Writing Group – Every Thursday, 6 pm. Metis performer & playwright, Marie Clements, offers her talents to women interested in creative writing.

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.

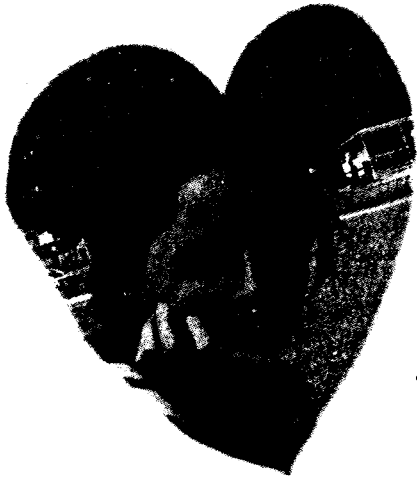
Fabric Arts with Freeda - Every Friday morning, 10:30. Learn to do your own sewing and alterations and also to knit and crochet.

Dreamcatchers with Tom-morrow, every Thursday at 1:30. Expand your skills and share stories with other women.

New Media Workshop – Every Saturday, 2 – 5 pm. Learn to make your own video and other creative projects.

**REMEMBER TO SIGN UP FOR YOUR OUTINGS ON
THE WALL BETWEEN OFFICE D & E.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 2:00 Outing to Waterslides Park	2 10:30 Street Nurse 5:00 Popular Education	3 1:30 Women's Voice 2:00 Dreamcatchers 6:00 Creative Writing Group	4 10:30 Sewing and Alterations 5:00 Anti-violence discussion Group	5 1:30 Powell Street Festival Outing 2:00 New Media Workshop
6 10:30 am Pride Parade Outing	7 1:30 Beading 5:00 Learning Group	8	9 10:30 Street Nurse 5:00 Popular Education	10 1:30 Women's Voice 2:00 Dreamcatchers 6:00 Creative Writing Group	11 10:30 Sewing and Alterations 5:00 Anti-violence discussion Group	12 2:00 New Media Workshop
13 2:00 Outing to Under the Volcano Festival	14 1:30 Beading 5:00 Learning Group	15	16 10:30 Street Nurse 5:00 Popular Education	17 CENTRE CLOSED for Summer BBQ for Women & Children Crab Park 12 Noon – 3 pm	18 10:30 Sewing, etc. 5:00 A-V Group 6:00 Film Outing Johnny Greyeyes Out on Screen Film Festival	19 2:00 New Media Workshop
20 5:00 Volunteer Orientation	21 1:30 Beading 5:00 Learning Group	22 2:00 Outing to UBC Museum of Anthropology 5:00 Battered Women Support Services	23 CHEQUE DAY 10:30 Street Nurse 1:30 Dreamcatchers 5:00 Popular Education	24 CENTRE CLOSED FOR ALL-DAY STAFF MEETING ELDER'S MEDICINE WHEEL AT MISSION, BC AUGUST 24 - 27	25 10:30 S + A 1:30 Raffle 5:00 A-V Group	26
27 5:00 Volunteer Meeting	28 1:30 Beading 5:00 Learning Group	29 2:00 Surprise Outing!!! 5:00 Battered Women Support Services	30 10:30 Street Nurse 1:00 Canoeing for Volunteers 5:00 Popular Education	31 1:30 Women's Voice 2:00 Dreamcatchers 6:00 Creative Writing Group		



Pictures at our
Trout Lake Volunteer BBQ



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Volunteer News

Usually, I write a lot about the exciting things that are happening in the program. But this time, I feel sad about what happened to the Centre recently. First, the AGM was not a very good experience, with attacks flying back and forth. It sure demonstrated our inability to deal with conflicts, personally and structurally as an organization. Then, there were endless panels that fell over our heads. And of course, the loss of Marlene to Carnegie Centre, a beloved colleague of mine, left me feeling a bit down. On top of all this, we had a break-in. The break-in had a huge impact on the Volunteer Program. Not only were store supplies taken, our store binder was gone! The binder was a masterpiece of documentation kept up-to-date and supremely organized by a number of hard-working volunteers. It is a shameful act to take advantage of the Women's Centre and to have no respect for the volunteers. But we will gather our strength as a volunteer team and start fresh! As your Volunteer Coordinator, I pledge my tireless optimism. So, let's each grab an oar and row! (No, M-J, we don't want to fall into the water again.)
Deni Tang.....Ps. Check out the calendar for mtg. dates



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I'VE GOT THE BLUES

4.

*I've looked at many colors and one of them is my ol' run-down shoes
At times when I did not know what to wear, suddenly I've got the blues.*

By then we've decided to rely on the boob tube, like we normally do.

But then the darn contrast and vertical goes haywire on you

That you feel like destroying it with a wooden axe.

Gee! How the hell is a person to sit down and relax.

So now you look down at your feet and notice your run-down shoes.

When you suddenly realize that they remind you of how you feel;

"I've got the blues."

So what, we've got nothing to lose, my friend.

Colors can always be changed into something beautiful, towards the end.

5.

Marie Keyespamatao

FRIENDS

*It don't cost much
To be a friend
Someone to touch
A heart to mend*

Marie Keyespapamatao

A message from Anita Kennedy

Dear Ladies,

It is almost the end of July and we are still inviting ideas, comments and interest in any form for our play. The play is going ahead in September, with the Annual Vancouver Fringe Festival. It will be at the Gastown Actor's Studio in "The Loft", 138 East Cordova Street. The festival happens between September 7 – 17, 2000.

This play is for women in the Downtown Eastside Women's Centre. Your input is very important to us.

Please contact me at 682-3269 (ext. 9022) or leave a message for me at the Front Desk.

Denise Tang, as the Guest Editor of this newsletter would like to thank women & staff for submitting their materials. A big hug to Marcella, Marg & Marlies for handling the B&E matters. She would also like to say thank you to Joanne for her lovely art on the cover, Bernadette for the posters, Claudia for the film still, Kao Ori for scanning pictures and illustrations, Leo for sitting beside me.



Prisoner's Justice Day

August 10th 2000

Prisoner's Justice Day is set aside to honour the memory of the women and men who have died unnatural deaths inside Canadian prisons. On this day, prisoners fast, refuse to work, and remain in their cells while supporters organize community events to draw public attention to the conditions inside prisons and the urgent need for change within both the criminal justice and the prison systems.

Co-op Radio 102.7 FM presents a day of special programs

9 - 11 am Political Prisoners in Latin America, hosted by Ramon Flores.

11 - 1 pm Radio for the Revolution: An activist-oriented show about our current prison and justice system from former & current political prisoners.

5 - 6 pm Kla How Ya FM hosted by Kelly White: A hard-hitting look at the fastest growing reservations in Canada (prisons) from a distinctly First Nations viewpoint.

7 - 8 pm From Detention to Deportation: The Plight of the Chinese Migrants: Hear the debut of the Rice Girls radio drama, "2000 Refugee Olympics".

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Powell Street Festival is here again! Come listen to great music, watch beautiful dances & martial arts demonstrations, visit arts & crafts booths. Children are most welcome!

This year's festival is held at the Vancouver Japanese Language School (487 Alexander Street, where the Downtown Eastside Women's Centre had our La Pieta Concert and Christmas Dinner). Sign up for an outing to Powell Street Festival. Denise will take women on August 5, 1:30 pm after lunch at the Centre. We will have kakigori (shaved ice) at the festival!

These days we need to gather our strength.
Let me offer the following exercise.
It should take 9 minutes and 56 seconds to finish. Ready? Let's go.

