

# D.E.W. DROP IN

**DOWNTOWN EASTSIDE WOMEN DO DROP IN**

The Newsletter for the Downtown Eastside Women's Centre

**MARCH 2001**

**FREE**

international



women's day

march 8th

**INSIDE:**

**Poetry** by Beautiful Women

February's **Volunteer of the Month**

**Cartoons**- Evening group power!

**The Vancouver Agreement**- 5 New Initiatives you should know about!

**Nutrition/Health Notes**- Being Aware of Tuberculosis

Aboriginal Women's Action Network- **Symposium on Restorative Justice**, March 14-16

**Outings**- Bowen Island, Deep Cove, Fraser River Park and more!



## Living with Fear

I fear of living and dying and the unknown  
Sometimes I don't know if I'm going anywhere  
And I fear of stopping  
There is so many fears in me  
And I do fear of sharing with others  
But I know that I have to share with someone else  
Because if I don't  
I will fear all the time  
And without fear  
I would not be where  
I'm at today  
And I would not feel  
How I feel today

SJ

## Angel

I am walking  
Alone  
I stop and sit  
Down  
As I sit my soul  
Kept on walking  
Away  
But the soul stopped  
And stands there then  
I realized that was  
My soul it was an  
Angel  
Looking over me then  
Then the Angel told  
Me that I am not  
Alone  
And I see the angel  
Slowly going away so  
I get up and start walking  
The angel called  
Said this way lead me to a  
Friend  
Told me again that  
I was not  
Alone  
Then smiled and left

Sandra J.  
February 14<sup>th</sup>, 2001

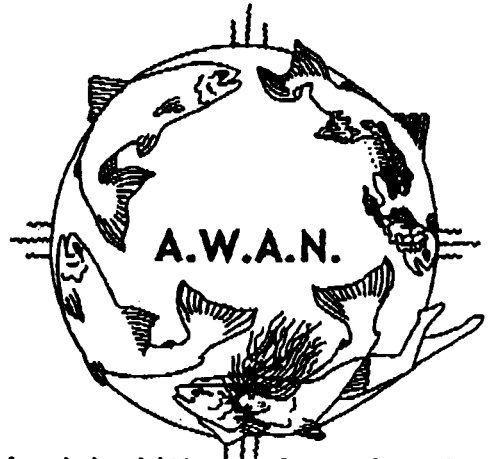
# INTERNATIONAL WOMEN'S DAY

- 10am** Join the Women's Centre for a Pancake Breakfast at 10am!
- 12pm** March and rally at Oppenheimer Park (Powell and Jackson). The march will lead from Oppenheimer to Health Canada, where we will demonstrate together against the privatization of health care.
- 7:30pm** Celebration, slide presentation, and discussion at the Kalayaan Centre, the Philippine Women's Centre at 451 Powell Street.

***Provincial Symposium on the  
Implications of Restorative Justice  
For Aboriginal Women and Children  
Survivors of Violence***

**March 14- 16, Lake Sasamat (1 hour  
East of Vancouver)**

The **Aboriginal Women's Action Network** has received funding to host a provincial symposium for Aboriginal women to discuss reforms to the criminal justice system in cases of violence against women and children. Our voices must be heard! For more information and to register, please contact Tamara at 604-682-3269 box 3263.



**Aboriginal Women's Action Network**

# What is Happening in Our Community?

## The Vancouver Agreement, an update.

The Vancouver Agreement, is a partnership between the federal, provincial, and municipal governments in which all levels agree to “revitalize the Downtown Eastside”. Well, you may ask what does the word “revitalize” really mean? From the government’s perspective, to revitalize means to improve the economic, social, and health circumstances in the community.

Given this commitment, the *Vancouver/Richmond Health Board* has proposed 5 new initiatives to contribute to the healthy well-being of Downtown Eastside Residents. These new initiatives are as follows:

1. Downtown Eastside Health Centre (569 Powell )
2. Pender Community Health Clinic (59 W. Pender)
3. The Contact Centre for Drug Users (Roosevelt Hotel, first floor, 166 E. Hastings)
4. Re-design of Carnegie Community Centre (Main and Hastings)
5. The Life Skills Centre (412 E. Cordova)

The goal is to combine prevention, treatment, enforcement and harm reduction initiatives in order to deal with the problem of drugs in the Downtown Eastside.

### **What will these new initiatives add to the Downtown Eastside?**

The first phase aims to reduce the open drug market on the corner of Main and Hastings by redesigning the physical space in front of the Carnegie Centre. The goal is to reduce the number of people congregating on the sidewalk, improve visibility for the police, and to enhance public access to the Carnegie Centre.

Second, the expansion of drug treatment and health services to provide more opportunities for drug users to get clean, healthy and stabilized, and to help separate drug users from commercial drug users. First, the Downtown Eastside Health Centre will be an expanded health service centre, comparable to other Health Centres in Vancouver and the surrounding suburbs. In one accessible location, the Health Centre will house mental health advocates, HIV-AIDS outreach, nutritional support, *women-only hours*, medication management,

counselling and addiction services. It will be open from 8:30am-10pm, 7 days per week. In conjunction, the Pender Community Health Clinic (relocated from Blood Alley) will provide primary care, including counselling, addiction treatment, mental health services, medication assistance, methadone support, detox, and treatment for chronic health issues.

Third, **The Contact Centre** will be an initial point of contact for individuals requiring basic health and safety support. Open seven days a week, the Centre will provide referrals for those who need access to other services. It will provide a safe refuge from the street, a 24 hour center for Vancouver Police to assist those in need of refuge, and a place for health workers and the street program to make contact and develop relationships with people with addictions. **The Life Skills Centre** will be a place where clients will be actively involved in improving their health and quality of life through programs based on the self-help model. Amenities will include toilets, showers, laundry facilities, an instructional kitchen, *women's area*, and training and activity rooms (including workshop space, central meeting area, and classrooms).

### **What about Policing?**

There will be increased police enforcement in the Downtown Eastside, to accompany these five initiatives. The Department will redeploy uniformed police officers to increase contact and visibility in the community. The Downtown Eastside-Hastings corridor will now have 8 officers in their Community Policing Centre (CPC). Gastown will have 6, Chinatown 6, and Strathcona 7. The Vancouver Agreement partners hope that this will aid the police in being able to target drug dealers and businesses that cater to the drug trade.

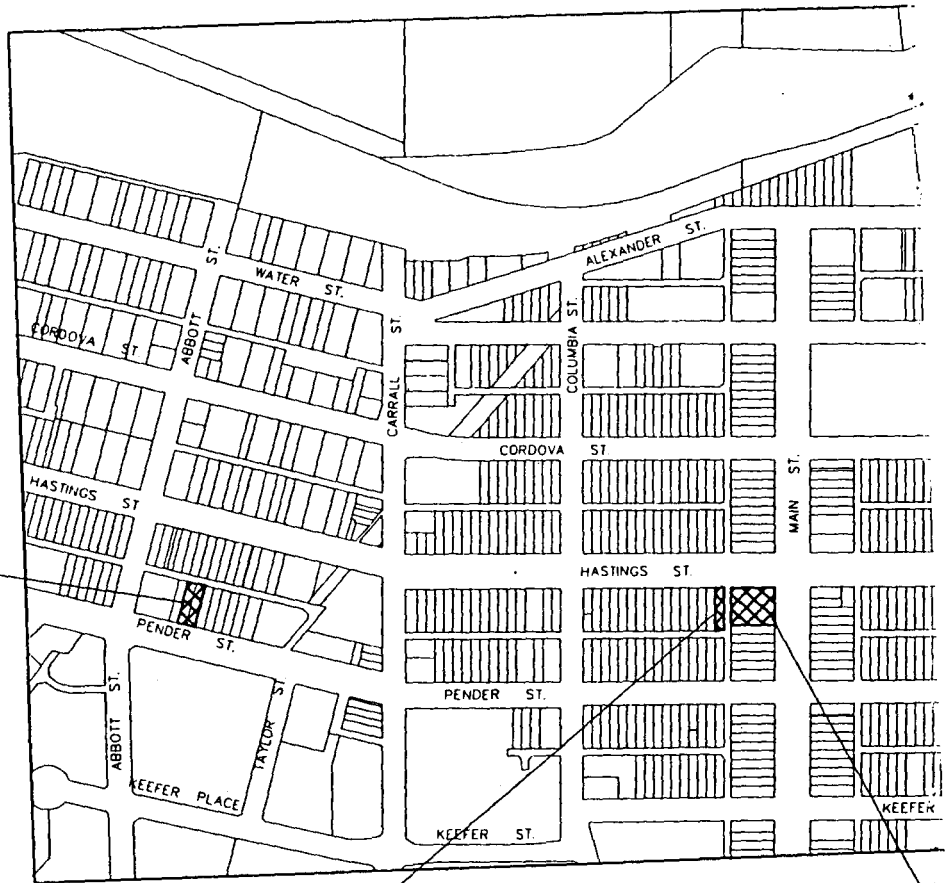
If you would like more information, drop in and see Jennifer in Office E, or Lauren in Office G- both of us have copies of the development permits for each of these initiatives, and some fancy maps!

# PROJECT LOCATION!

**C**

## Pender Community Health Clinic at 59 West Pender: (relocated from Blood Alley)

This neighbourhood clinic will provide primary care specialized supports including counseling, addiction treatment, mental health services, medication assistance, methadone support, detox, and treatment for chronic health issues.



**B**

## The Contact Centre at 166 East Hastings:

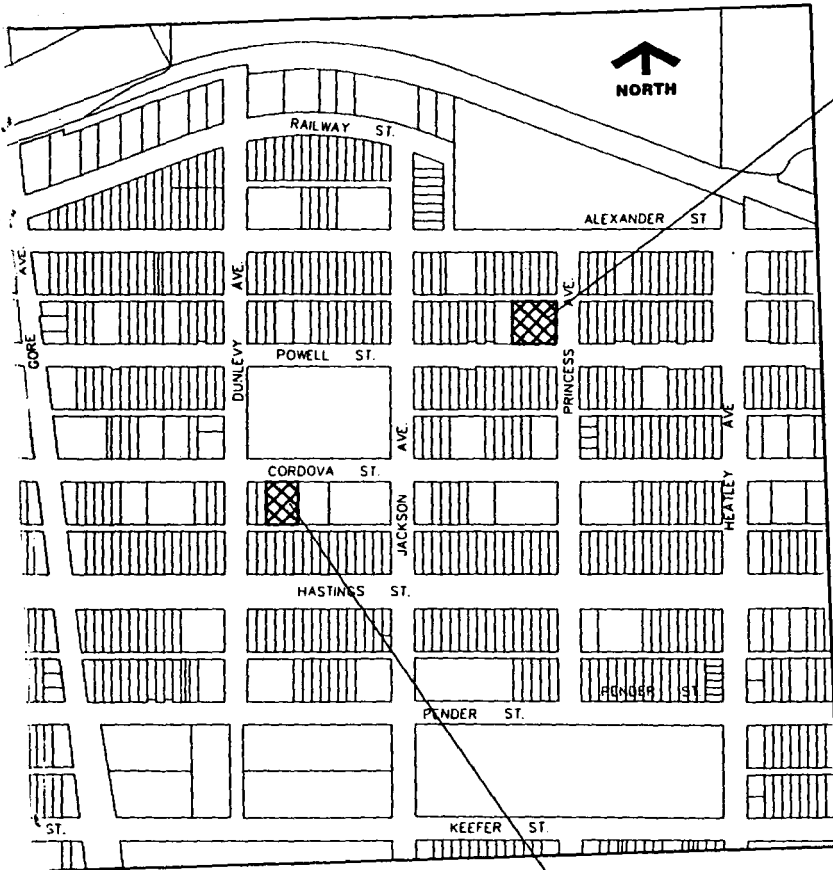
This is a 24-hour first point of contact for individuals wanting refuge from the street. Health workers, Carnegie Centre staff and police will cooperate in providing a safe, indoor environment for people in need of basic health care and counseling.

**A**

The corner of Main at Hastings will be redesigned to increase visibility and reduce drug activity at this location. The public washrooms will be upgraded and an enclosure for Carnegie Centre staff will be added to the building.

# AND DESCRIPTIONS

**D**



The Downtown Community Health Centre relocated from 412 E. Cordova and 501 E. Hastings to 569 Powell:

A wide range of services and supports will be available to the entire downtown community in one accessible location. Primary care, mental health services, nutritional support, women-only hours, medication management, counseling and addiction services will be coordinated from the centre. It will be open from 8:30 a.m. to 10 p.m., seven days a week.

**E**

The Life Skills Centre at 412 East Cordova: This daytime education centre will focus on preparing clients for employment and life in the community.

and Hastings at 401 Main Street: Increase visibility and discourage loitering. The concrete structure over the entrance will be removed to increase visibility. Restrooms will be retained and a covered patio will be created for the use of patrons and supervised by staff. Lighting will be increased around the entrance.

# 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**

**MARCH 2001**

## REGULAR PROGRAMMING

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

**Battered Women Support Services (BWSS)** will resume on Tuesday nights from 5 - 8:30 in late March. This group offers support for women affected by violence in their lives.

**End Legislated Poverty-Organizers Training (ELP)** alternates with BWSS on Tuesday nights. Learn to facilitate and organize anti-poverty activists, rallies, and develop political strategies around various poverty issues.

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. Note this group will be closed for March.

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

**Women Surviving Together** - Every Thursday, 5 pm. Healing Circle and support group for women. Facilitated by elder Reta Blind and Stopping the Violence Counselor, Carol Martin. This is currently a closed group, for the duration of the program, **Still Movement**.

**Creative Writing Group** - Every Tuesday, 6 pm. Metis performer & playwright, Marie Clements, offers her talents to women interested in creative writing. She will meet women at the Centre at 5:50 pm and walk over to Firehall Arts Centre (280 East Cordova) for the group.

**ARTS & CRAFTS WORKSHOPS:** Materials provided.

**Beading with Leona** - Every Monday, 1:30 pm. Learn how to bead, expand your skills or just share ideas.

**Clay Works**- Every Tuesday, 2:30pm with Heidi. Get your hands creating pottery and other wild things!

**Fabric Arts with Freeda** - Every Friday morning, 10:30.

Learn to do your own sewing and alterations, or knit etc. **Dreamcatchers** with Beverly and her friend, every Saturday at 1:30. Expand your skills and share stories with other women.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAUNDRY HOURS</b>				1 10:00 Outing to Bowen Is. 1:30 Women's Voice 5:00 Healing Circle	2 10:30 Sewing etc.	3 1:30 Dreamcatchers 2:00 Video
Volunteers: Sunday, Monday, Thursdays (10-3pm) Members: Tuesday, Wednesday, Friday, Saturday (10-3pm)						
4	5 1:30 Beading 5:00 Learning Group	6 2:30 Clay Studio 5:00 ELP 5:50 Creative Writing Group	7 10:30 Street Nurse 5:00 Popular Education	8 10:00 Pancake Breakfast 12:00 International Women's Day March- <b>Centre Closed</b> 5:00 Healing Circle	9 10:30 Sewing etc. 3:00 Diabetes Workshop with Cnd. Diabetes Ass.	10 1:30 Dreamcatchers 2:00 Video
11	12 1:30 Beading 5:00 Learning Group	13 2:30 Clay Studio 5:00 ELP 5:50 Creative Writing Group	14 10:30 Street Nurse 5:00 Pop. Ed.	15 1:30 Women's Voice 2:00 Outing 5:00 Healing Circle	16 10:30 Sewing etc	17 1:30 Dreamcatchers 2:00 Video
18 <b>SPRING BREAK</b>	19 1:30 Beading 5:00 Learning Group	20 2:30 Clay Studio 5:50 Creative Writing Group	21 <b>Cheque Day</b> 10:30 Street Nurse 5:00 Popular Education	22 <b>Centre Closed for All-Day Staff Meeting</b>	23 10:30 Sewing, etc. 2:00 Outing	24 1:30 Dreamcatchers 2:00 Video
25	26 1:30 Beading 5:00 Learning Group	27 2:30 Clay Studio 5:50 Creative Writing Group	28 10:30 Street Nurse 5:00 Popular Education	29 1:30 Women's Voice 2:00 Outing 5:00 Healing Circle	30 10:30 Sewing etc	31 1:30 Dreamcatchers 2:00 Video



# OUTINGS!!

THURSDAYS....

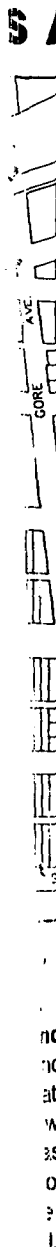
**March 1<sup>st</sup>:** Day Trip to Bowen Island (leave at 10am)

**March 8<sup>th</sup>:** International Women's Day (no Outing)

**March 15<sup>th</sup>:** Fraser River Park - There's lots of activity on land, sea, and air! A flat easy walk, that is in a beautiful part of Vancouver.

**March 23<sup>d</sup>:** (Note\* a Friday) Afternoon in Deep Cove!  
Walks, coffee, beaches...and more!

**March 29<sup>th</sup>:** To be Announced!



## February's Volunteer of the Month ~Tomorrow Blackwind~



In an *exclusive* interview with Tomorrow, the editor discovered that she has been volunteering at the Downtown Eastside Women's Centre for over one year! DEDICATED or what! Her reasons for volunteering are numerous. She enjoys helping in the community as well as herself. As she deals with depression and anxiety, she enjoys having a regular schedule of shifts, as it helps her to get out of the house, particularly during the winter months. When I asked her what she loves about the Women's Centre she explains that she enjoys the multicultural atmosphere, hearing different languages, and sharing things with others- the barter system is in active use, she adds! She enjoys socializing with all women, and loves sharing a cup of coffee. By the end of the cup, she finds that life seems so much better. At the Women's Centre, "everybody is on equal ground". The support groups, outtrips, one-to-one or group support circles make a big difference in her life. The volunteer program, too, is exciting, especially with the new Bingo night with munchies! Her hobbies include gardening. Thank you Tomorrow for all your hard, and amazing work at the Women's Centre. You make a difference with your smile and helpfulness! We hope you continue to offer your incredible gifts to all the members, volunteers, and staff!

## NUTRITION NOTES/HEALTH NOTES

### A FOCUS ON TUBERCULOSIS IN THE DOWNTOWN EASTSIDE

(information from the HEALTH FILES from British Columbia's Ministry of Health)

#### What is Tuberculosis?

Tuberculosis (TB) is caused by a germ that is spread through the air. The germs escape into the air when a person with infectious TB coughs or sneezes, and anybody nearby is at risk for breathing these air-borne TB germs into their lungs. These germs can attack the lungs and grow. TB can also affect other parts of your body such as your glands, bones, joints, kidneys, reproductive organs etc.

There is a difference between having a TB *infection* and the TB *disease*. A TB infection is when you have breathed TB germs into your lungs but your body's defenses stopped them from growing. You will not feel sick and you cannot spread TB germs to others. However, if you have breathed the germs and they become active, then you have the TB disease. You may or may not feel sick, but you can spread TB germs to others.

#### Why should I be concerned?

Currently, the Tuberculosis is becoming an epidemic in the Downtown Eastside. Because of poor health care, substandard housing conditions, and a high concentration of people, everyone has a greater risk of becoming infected.

## Where can I get tested?


There is a special TB resource staff at the Downtown Clinic on Cordova Street. You can walk in and get your TB test within minutes. The test is a SNAP! All you have to do is show up 48 hours later so the staff can see if you have been exposed to the virus. If you live in the Downtown Eastside or use the centres and organizations in the community it is highly recommended that you should continue the testing *every 6 months*. However, if you have reason to believe that you have been exposed to someone who may have TB, take all precautions and get yourself tested.

## What is the treatment for TB disease?

The good news is TB can be cured! And all testing and medications are provided by your doctor without charge. Treatment consists of taking several types of pills for 6–9 months. During this time you will also have several chest x-rays and sputum (spit) samples to check your progress.

## How do I keep from spreading TB germs?

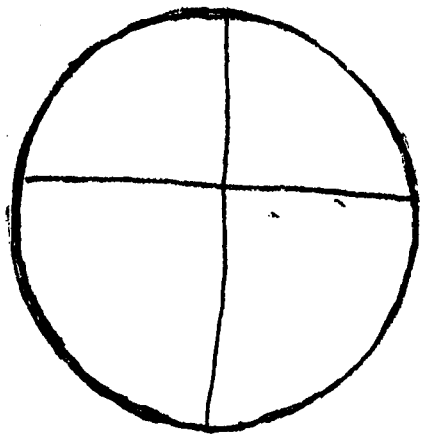
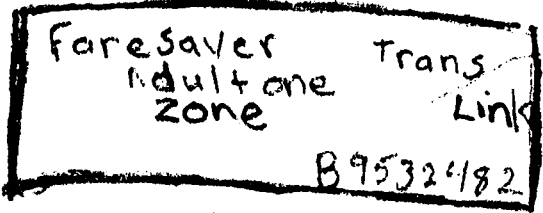
When you start your treatment you will be able to spread germs for another 2–3 weeks. It is important to:

1. cover your nose and mouth when coughing, sneezing, and laughing
  2. use disposable tissue (i.e. Kleenex) when coughing up and discard tissue in waste basket.
  3. Be in well ventilated rooms
  4. Avoid close contact with other people.
- 

# From the Popular Education Gals!

Pictorial reasons why everybody should join an evening group- or two!

Travel to be  
with other's

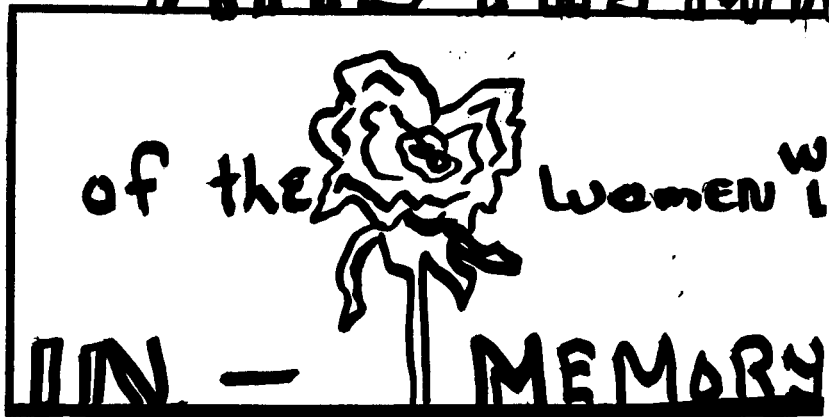


Four colours  
Coming together

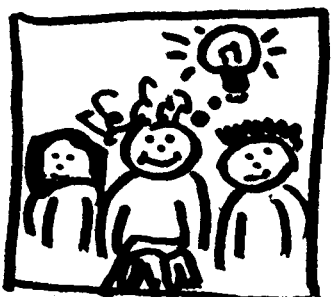
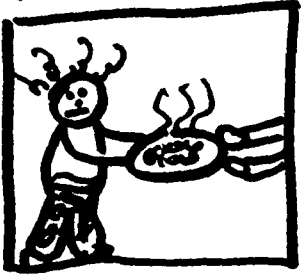
Going Out on Trips...



AND-THY-MAR



# Evening Group at the ♀'s Centre...



by Mable