

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre

JUNE 2001

FREE



Inside:

The NEW Women's Centre!

New Start- Pre-employment bridging program for women!

Honouring Elders Living in the Downtown Eastside- June 4th, 3-5pm

Single Mother's Day Picnic- The **Photos**

MaMa...

MaMa sings, mama soothes
MaMa's trying to shake the booze
MaMa cries, but MaMa tries
MaMa's topping ice-cream on apple pies
MaMa sees, MaMa kneels
MaMa's praying, MaMa knows,
how she feels

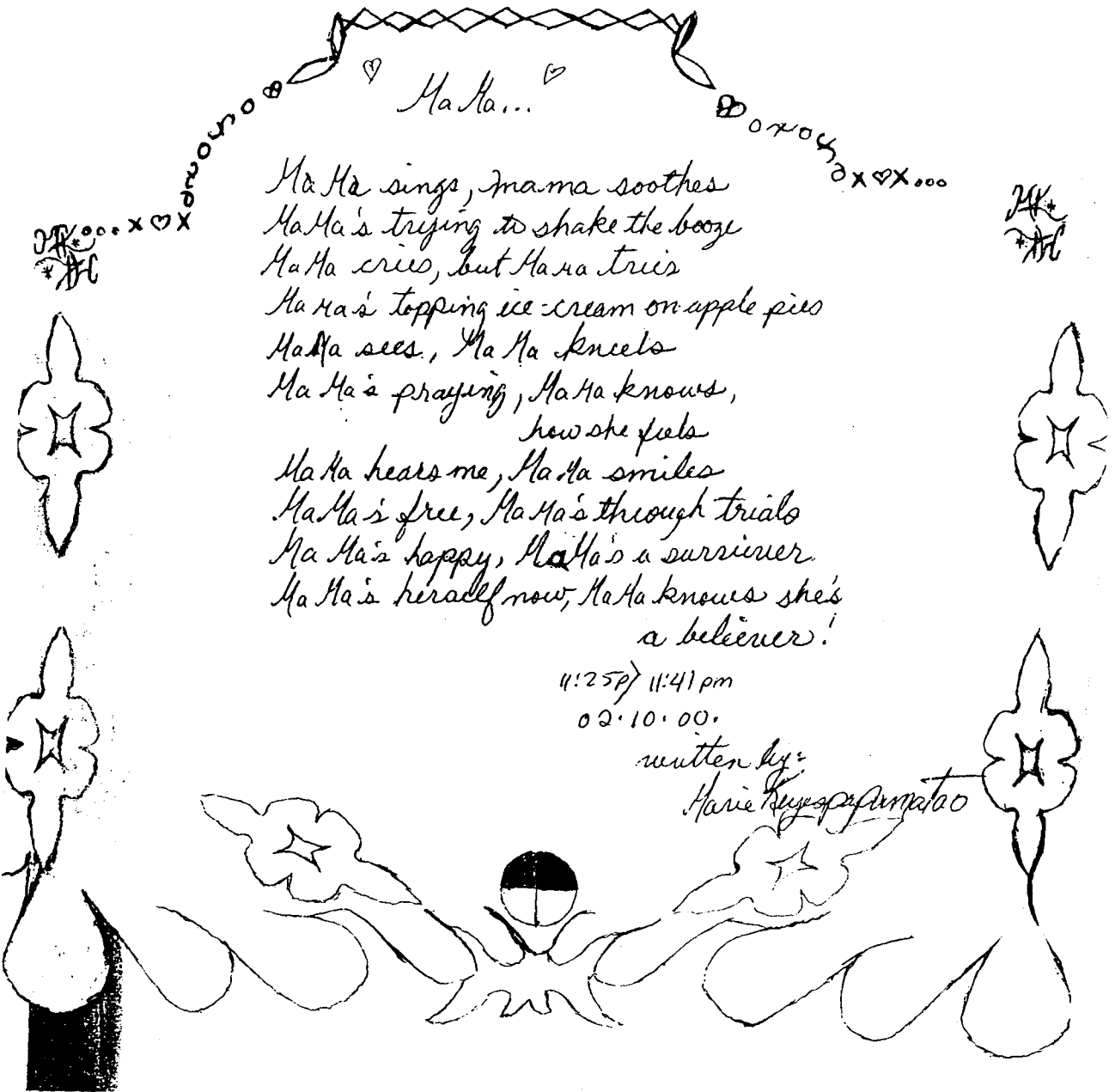
MaMa hears me, MaMa smiles
MaMa's free, MaMa's through trials
MaMa's happy, MaMa's a survivor
MaMa's herSELF now, MaMa knows she's
a believer!

11:25p / 11:41 pm

02.10.00.

written by:

Marie Kuyapumatao

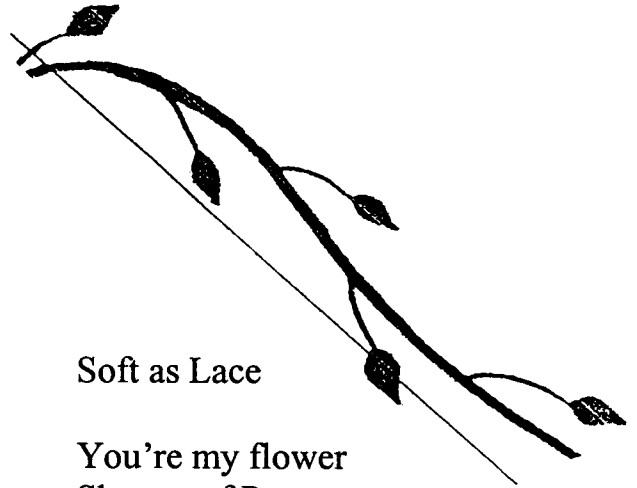
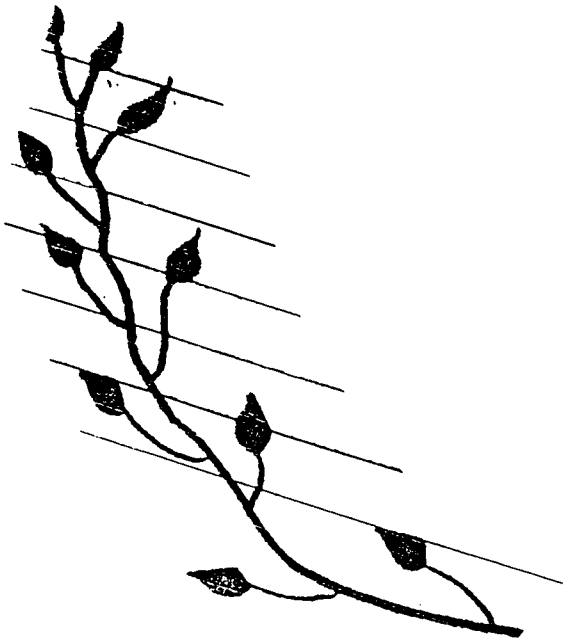


I'm what HIV looks like
Can you see it in my eyes
Or hear it in my voice

If I tell my friends will
They be my friends?
Will you get it, by giving
Me a hug, or kiss

Will I see next summer
Or the next snow fall
Will my eyes see the
Green of trees or
Feel the water next
To my skin?

-Lori Kim



Soft as Lace

You're my flower
Shower of Power
Like a beautiful rainbow
Transparent colors aglow
Soft whispers like the wind
My precious treasure, my friend

You're my song bird
Humming each lil' word
Crystal like rain
Love's domain
Free as a dove
Ecstatic with love

You're my favorite pet
Cuddliest friend I've met
Like a translucent chameleon
You're #1 in a million
Full of grace
Soft as Lace

Marie K
May 18th, 2001: 1:17pm



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Single Mother's Day BBQ at Trout Lake

For the 4th year now Vancouver Status of Women and the Downtown Eastside Women's Centre have jointly organized the Single Mother's Day celebrations – recognizing the incredible" work of single parenting.

The BBQ was at Trout Lake again this year so women could also attend the Mother's Day PowWow. The weather was great – luckily the rain held off until later that night. It was great to see old and new faces at this event.

Thanks Betty, Denny and all the volunteers who were on hand to BBQ, play with the kids, hand out mother's day gifts and flowers, and clean-up.

STAFF NEWS: Bear with us!

There will be many changes in the new Women's Centre, at 302 Columbia St. We are upgrading in technology, and are learning to use a much larger space (how will we find each other?!). The Women's Centre will have two levels. The main area (the "upstairs") will include the drop-in space, eating area, kitchen, bathrooms and showers, computer and clothing room! This is at least 3 times the size of our place at 44 E. Cordova, and will be able to house 3 times the programming! Regular arts and crafts programming will take place in this main area. Sewing, dreamcatchers, beading, and clayworks (when we find a new facilitator) will take place on the regular days we are all used to. Though we will be trying to develop more programming during the days, so watch carefully for information about new groups to try out. We are considering a quilting group during the summer!

Staff offices will be split into the two different levels. Upstairs will include the administrator (Marcella), Executive Director (Lauren), Program Coordinator (Jennifer), Volunteer Coordinator (Cecily), Floorworkers (Rita, Lucy, Vera, Ali), and rotating intake advocate (rotating Marg, Cori, Alice, Christine) and our beloved Kitchen staff (Julie, Cathy, Vera, Lucy). Both the counsellors and advocates will have their main offices downstairs, which will not be readily accessible to members. This is because we do not have the floor staff to oversee the downstairs as well as the main floor, and the floor staff are most needed upstairs. The Stopping the Violence Counsellor (Carol), Legal Advocate (Alice), Mental Health Advocates (Marg and Christine), HIV Outreach worker (Cori), the Fund Developer (Karyn) and Bookkeeper (Barb) will all have their offices downstairs. Once a week, each advocate will be working in the intake office upstairs (so you will see them!) directing women to the appropriate staff member, depending on the person the woman wishes to see or the issue brought forth. The staff member selected will come upstairs to get the woman and take her downstairs to the advocate's office. While this is the most efficient system we envision, it will inevitably change to better serve our members once we begin our services.

In our space downstairs we also have storage space, staff room, staff/board meeting room, and a large workshop space for afternoon or evening groups. There are many possibilities for new programs to be developed since we have this space. If you have new program ideas, please let the Program Coordinator (Jennifer) know. It will take some time to work out a schedule of groups and workshops, but we expect to have the Centre running smoothly within a month or less!

National Aboriginal Day

June 21, 2001

Community Events



Downtown Eastside Senior's Centre, 509 E. Hastings St.

There will be prayers and opening with the Traditional Mothers at 11:30am. Traditional meal to follow at 12pm. After lunch, keynote speaker, Jim White, a First Nations Summit Leader will speak. The theme of the gathering is the Indian Act.

Carnegie Community Centre, 401 Main St.

While Carnegie Centre is not having anything specific for National Aboriginal Day, they are hosting a special Drum Dedication Ceremony, whereby completed powwow drums are recognized by the community. The ceremony takes place on Friday, June 8th at 12pm, Oppenheimer Park.

Vancouver Aboriginal Friendship Centre, 1607 E. Hastings St.

Tons of fun planned for Saturday June 23d! Activities and events include a fun bingo, free haircuts, hairdo contest, tile workshop, native photo booth, Elder's Speak with drumming, dancers, four tables of creativity for children, art gallery featuring 20 artists from the Lower Mainland, cooking demonstration, and a baking contest! Check it out and bring the whole family!

Roundhouse Community Centre, 181 Roundhouse Mews

Tribal Wizdom, a native hip-hop group, will be raising awareness around colonization and First Nations issues through music and dance. They will have a special performance in the evening. Call the Roundhouse for more information: 713-1800

DOWNTOWN EASTSIDE WOMEN'S CENTRE

302 Columbia Street, Vancouver, B.C. V6A 4J1

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

**LUNCH SERVED
DAILY AT 12:30**

JUNE 2001

REGULAR PROGRAMMING

Learning Group – Currently on hold, until a new facilitator/teacher is found. Hope to be running by July.
Battered Women Support Services (BWSS) continues on Tuesday nights from 5 - 8:30. This group offers support for women affected by violence in their lives.

End Legislated Poverty-Organizers Training (ELP) takes place on Tuesday nights. Learn to facilitate and organize anti-poverty activists, rallies, and develop political strategies around various poverty issues. Group to be running soon.

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.

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. **Still Movement**, a six-week closed healing course, will be held on both Tuesday and Thursday afternoons (1-4:30pm). A new session begins on June 14th.

Creative Writing Group – Every Tuesday, 6 pm and will resume in June (Date to be announced). 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, however we are looking for a new facilitator. 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
					1	2 1:30 Dreamcatchers
3	4 1:30 Beading	5 5:00 BWSS	6 10:30 Street Nurse 5:00 Popular Education	7 1:30 Women's Voice 1:30 Still Movement 2:00 Outing 5:00 Healing Circle	8 10:30 Sewing etc.	9 1:30 Dreamcatchers 2:00 Video
10	11 1:30 Beading	12 5:00 BWSS	13 10:30 Street Nurse 5:00 Pop. Ed.	14 1:30 Women's Voice 1:30 Still Movement 2:00 Outing 5:00 Healing Circle	15 10:30 Sewing etc 6:00 MUSIC JAM with Marg!	16 1:30 Dreamcatchers 2:00 Video
17	18 1:30 Beading	19 1:30 Still Movement 5:00 BWSS	20 10:30 Street Nurse 5:00 Popular Education	21 1:30 Women's Voice 1:00 Still Movement 2:00 Outing 5:00 Healing Circle	22 10:30 Sewing, etc.	23 1:30 Dreamcatchers 2:00 Video
24	25 1:30 Beading	26 1:30 Still Movement 5:00 BWSS	27 Cheque Day 10:30 Street Nurse 5:00 Popular Education	28 Centre Closed for All-Day Staff Meeting	29 10:30 Sewing, etc. 2:00 Outing	30 1:30 Dreamcatchers 2:00 Video

NewSTART: a Pre-Employment Program for Women Living in the East Vancouver

A PERSONAL PERSPECTIVE by STELLA GLADUE

newSTART, is a pre-employment bridging program for women, which lasts for 13 weeks. Women enrolled in the program are trained and tutored in areas such as employment search skills, work ethics, GED upgrading, and computer skills.

The objective of the program is to aid participants who are presently on BC Benefits in attaining meaningful employment. They are seeking to make positive changes in their lives, of their own initiative and in turn become self-sufficient. The success of the newSTART program and participants depends upon the support of the community in providing work experience placements for women. Part of the program includes a work experience placement, provided by a Training Place Host. The Downtown Eastside Women's Centre is one of those hosts! For the next three weeks, Stella Gladue will be working with us as part of her student work placement. The editor invited Stella to share her experiences with the newSTART program. These are some of the things she talked about.

Stella found out about newSTART from some information pamphlets at her Welfare Office. She was interested in the opportunity as she wanted to go back to school and lived in East Vancouver, not far from newSTART. Stella tells me that the program is three months long, with approximately 22-24 women participating. She has met some good friends in the program, developing friendships through her self-awareness class and fun games. She enjoys the school, as there is very friendly staff and the building is secure and safe. All but one of the teachers are women, who are there to offer extra available help on Saturdays, and who are very encouraging and supportive.

Stella explains that there is a new schedule every week, keeping the atmosphere fun and interesting. Classes enable women to attain five certificates, on top of a completion certificate. These include a Superhost Program, Computers, Occupational First Aid, and Self Defense. The school provides either a bus pass or a transit allowance of 5\$ per day. Because of the bus strike, staff have been picking up and dropping women off daily. Her favorite part of the program is Dress for Success. Women get their hair done and get a whole new professional outfit. Once women obtain a job, they can also come back in for another outfit! So together with the education, support, and fun, newSTART is superb!

The next 3 month program begins July 19th, and lasts for 14 weeks.

A Member says
Goodbye to 44

D.E.W.C

Well today is our very last Day
But all of our memories are here

To stay.

I remember how many different

Times I've walked in
With anger

When I had been traumatized and had
To run from danger

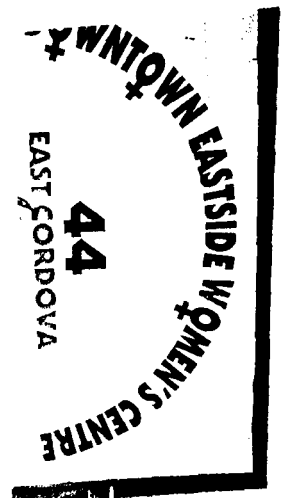
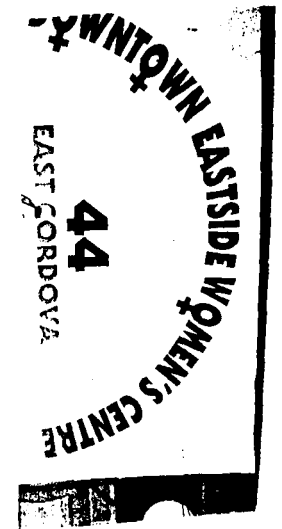
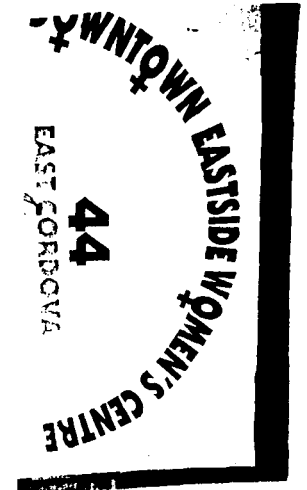
I was so happy to know where to go
When I felt that I had no friends and
Felt so low

I always knew in my heart that the
Women's Centre would give me
Support, like I were
At home

With the tragedy that I needed to over come
With a little help, I knew then
I was not alone

There has been so many things that have
Been offered from support
To legal to clothes and food
That had always set me off my worst,
To the best of my mood.

Marie. K., May 22/2001, 3:22pm



Nutrition Notes...

Saying Yes to Fries?– The Highs and Lows of Fast Food Eateries

We all like to indulge in McD's once in a while, but is it a good health choice? A recent article in the Vancouver Sun ("Reality Bites", Saturday, May 19th) gives a sharp look at the nutrition content (and consequences) of eating fast food.

Fast, convenient, and cheap are the hallmarks of fast food. It has been found that Canadians spent 11.1\$ billion on fast food last year, with drive-throughs becoming the biggest trend (comprising 17% of food services)! French fries are the fastest growing food item, after coffee. Chicken and beef burgers tie for a close third.

Fast food has some unhealthy consequences. Many fast meals are extremely high in calories and fat, low in nutritional content, which places many people at a higher risk for heart disease. For example, lets take Burger King's Double Whopper with Cheese. It is packed with 960 calories and 63 grams of fat, which is the entire recommended maximum of daily fat for the average woman! Or take Denny's Fisherman's Choice Sandwich, which is 905 calories and 56 grams of fat! The biggest health concern with fast food is the presence of trans-fatty acids, which are found in hydrogenated oils and fats. Trans-fatty acids, which are found in many vegetable shortenings, are one of the culprets in raising cholesterol levels in the blood. However, while fast food restaurants carry a lot of high fat items, we also need to keep in mind that many sit-down restaurants fare worse for nutritious meals.

So what are the options if we can't give up our fast food experience? According to health advocates at the Centre for Science and the Public Interest, you can make healthier choices at fast food outlets (phew!). Here are some of the smarter choice items:



Wendy's -Baked Potato (minus the cheese), Chili, or Stuffed Pita with Chicken and Vegetables

Kentucky Fried Chicken- Corn on the Cob

Pizza Hut- Veggie Pizza (with less cheese)

Burger King- Broiled Chicken burger without Mayo

So when you are out and about this summer, make some healthier choices at fast food outlets.

NUTRITION RESOURCE FACILITATORS

As part of the Nutrition Project (for details check out last month's newsletter), the Downtown Eastside Women's Centre welcomes two new volunteers, who are both 4th year Dietetics students at the University of British Columbia. Serena Bromely and Grace Lau are both very excited to join us over the summer. They will be doing a bunch of different things over the summer. They will be doing some research on healthy, nutritious, well-balanced meals for our food program. They will also be doing a few workshops for the Women's Centre on food-related issues. Serena and Grace may also have time to provide information on how to make good nutritious choices on a low monthly budget! If you have any special things that you would like them to do over the summer, please let Jennifer know. We will also have a few meetings, so members have a chance to talk about what nutrition issues are most important. Serena and Grace will take their direction from the women who use the centre. Both volunteers will begin in July!

*Downtown Eastside Women's Centre
invites all members to our*

Annual General Meeting (AGM)

Monday, June 25th, 2001

Dinner 5pm

Annual General Meeting 6pm

*Come and share your views and votes in our
new building, located at 302 Columbia!*

LIFE

Tiny pockets of loveliness that fall within my view
Grand and glorious noble deeds flutter upon my knowing
Powerful, moving, magnificent moments stir me beyond belief
These precious sights, sounds and feelings , are all that make it
worthwhile

Violence and evil, seem to have sought me out
and delivered their painful blows
My heart has been broken, my body battered , my feelings spat upon
and the wind blew through my guts.
Abandoned, betrayed, left alone with out food,
No money, no home, no family, NO ONE!

Life seems so empty, no LOVE and no HOPE
Just then out of nowhere, a pocket of loveliness
touches me, on that bleak winter night
A Glorious Moment like a smile , an embrace
And out of the darkness I walk into the light.
So as to continue my journey called, "Life."

September 1995

by SHAREN BUTTERWORTH

THE MEANING OF LIFE

There is none!
You either participate or you don't.
I create my own meaning.
I'm a happening, I'm completely present during my life trip.
I'm the artist, also the painting.
I am the sponge also the fountain
As the sponge, I suck up sights , sounds and information
As the fountain, I gush forth love, service , comfort and joy.
I'm in the process of becoming.
I'm responsible for my happiness, also my misery.
I do not cause my happiness, but allow it to happen.
As my misery also.
My FREEDOM is To Be!
My responsibility is to be the best me I can be.
And when I am not my best self, own up to it,
Then forgive me.
Then try not to repeat it.

June 1994 by SHAREN BUTTERWORTH

STAFF NEWS

Welcome back Christine Hutchinson! Christine Pookie Hutch. (they call her Pookie at the coffee shop) is happy to be back. She is rested and ready to go. You can see Christine down in the basement for just about anything. She can help you with advocacy issues, and mental health counselling. Once she is really back on the beam she will even be able to meet your lollipop needs.

Cori Keating, who was temporarily filling in for Christine, has been hired as our new Women's HIV Outreach worker! She will be spending a lot of time on the street, reaching out to women in need of advocacy, information, referrals, and support. Cori will be spending some time at the Women's Centre during the week. Look for her new hours, which will be posted soon.

Women's News

Debbie Lincoln would like to thank all the staff and women who supported the Martin family for DiDi's memorial.

There will be a special tea for women Elders living in the Downtown Eastside, on Monday, June 4th at the Downtown Eastside Senior's Centre (509 E. Hastings St.). The tea is in honour of women Elders who have shared their strength, wisdom, and action with the community. The tea will take place at 3pm-5pm.

A video/photography workshop may be held at the Women's Centre in late June for women interested in learning how to shoot a documentary film. Dr. Jaquiline Levitin, from Simon Fraser University, will be hosting a 6 week workshop. Look for posted details, or see Jennifer for more information.