

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre

NOVEMBER 2001

FREE



INSIDE:

Inner Ear Retreat: Photos

Upcoming Workshops: Harm Reduction, WENLIDO (Self-Defense) and more!

Who is Who?: New Staff Welcome!

Poetry from the Still Movement Group

Inner Ear Retreat! October 18th-20th, 2001

We left Vancouver and drove to Horseshoe Bay where we boarded the Langdale ferry. We had lunch on the ferry. The weather was raining- after 45 minutes we reached Langdale on the Sunshine Coast. We drove along the highway to the Inner Ear Retreat where it was off the highway down a road into a forest. On the road into the retreat the fence was lit with white lights and a huge orange septic tank greeted us- it looked like a giant pumpkin.

We carried our bags to the dorm and decided what beds we were going to use. At about 3:15 we all sat in a circle and some of us put a small object into the middle of the circle. Everyone introduced themselves and told what they wanted to leave behind. I said I wanted to leave the city behind.

Around 6 o'clock we went to the main house (it was a large cabin style house) we had a vegetarian meal for dinner. I liked the curried vegetables in a phyllo wrap.

After dinner it was still raining and dark outside. Three of us decided to go into the hot tub which was outside in the trees. The water was nice and warm and it was soothing and relaxing. It was still raining but the rain was not cold. The rain drops touched my faces softly and it felt enchanting to be in the hot tub in the forest.

Next day (Friday) we got up from our beds and had breakfast in the main log cabin. We had organic bread, jam, toast, and orange juice and coffee.

After breakfast we all went to the beach at Gower Point, a couple of people went fishing. Denny found a large fish head skeleton on the beach. We had a vegetarian lunch and I decided to go to Gibsons to find the restaurant where they filmed the "Beachcombers". I took a bus that went along the highway and stopped at Lower Gibsons, we walked about one block to see "Molly's Reach" restaurant and went inside. On the walls were large photographs signed by the cast of "The Beachcombers". There was also a TV on showing re-runs of the show. We sat down and had a coke which was \$1.50, we bought some postcards there. I think the waitress there must be used to tourists coming in and out and looking around. The restaurant is yellow and painted on the outside it says "Molly's Reach, Welcome Back".

Sharon and I walked down the road next to the reach to the Marina. There were a lot of boats and one boat was selling fresh salmon at the bottom of the hill was a beautifully carved long cabin which is a tourist information office. There were fish carved on the outside of the wood....

Later... We arrived back at the Inner Ear Retreat and had another vegetarian meal. We had a closing circle. Everyone then packed up their bags and we all headed for the ferry. On the ferry ride back the weather was good, the view was beautiful with the mountains in the background. It was a great trip and I hope to go back maybe sometime.

Carol B.

Beach walks, yoga, waterfalls, delicious vegetarian meals, journal making, Dreamcatchers with Denny, hot tub, wood-fired sauna, scavenger hunt, laughter, stories and sharing! These are a few of our favorite things... Thank you to all the beautiful women who joined us on the October retreat. We look forward to it next year! Jennifer and Cori

Inner Ear
Retreat



Roberts Creek,
Sunshine Coast



UPCOMING WORKSHOPS AT THE CENTRE

Harm Reduction Workshop- November 6, 7, and 8th (9:30-2:30pm).
Sign up required. Food provided. Facilitated by Tammy.

WENLIDO (Self-Defense)- Self-defense for women taught by women. Come out for two hour workshop to learn how to escape effectively from an attempted assault. Sleeping bags and other soft objects provided! Tuesday, November 13th, 2-4pm. Facilitated by Johanna Godliman. Limited space, please sign up on the Outings Board (near elevator)



Nutritional Recovery Training- A new and important training workshop that spans three days: Friday November 30th- Sunday, December 2nd. Training objectives include nutritional health, wholeness of mind, body, and spirit, and menu planning. Open to staff and members. Limited space. Please sign up with Pauline Greeves, Executive Director at the Women's Centre.

NEW! Daily Programming

Yoga with Roma- Mondays at 11:15am-12:15pm.
A perfect way to start your day, with gentle stretching and breathing exercises. Roma has been doing Yoga with women at DAMS



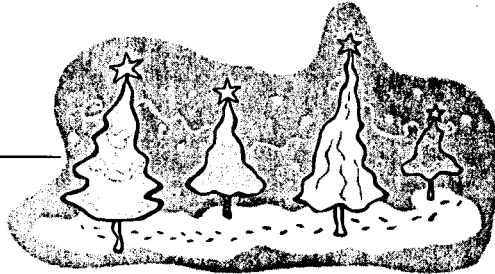
Yoga with Ferma- Wenesdays at 2:30pm (right after lunch). Gentle stretching and breathing. Ferma teaches also at community centres.

NEW STAFF AT THE WOMEN'S CENTRE

Victim Services Advocate: Welcome Mitra Mojhaddam to the Women's Centre. Mitra began in the position in mid-October. Mitra works Mondays-Thursdays and will advocate for any woman who has been the victim of a crime.

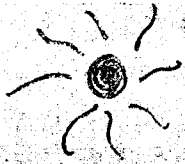
Mental Health Advocate: Erin Graham joins us from the Kettle Friendship Society, where she has worked for the last 5 years. Erin, who has a great sense of humour, will begin in the second week of November! Erin will work Tuesdays to Fridays.

Relief Kitchen Staff: Welcome Debbie Williams, Alice McMillan, Brenda McMillan, and Eva Kovaks! These fabulous women will be keeping our kitchen running no matter what!



Christmas is Coming!

Our annual Women's Centre Christmas dinner will take place IN the new Women's Centre on Thursday, December 20th. During December we will have lots of fun and helpful programming to celebrate the season. Arts and Crafts workshops will include card making, wreath making, tree trimming, and other fine afternoon activities. We will also host a Christmas Blues workshop which will give support to those who find the season difficult. The Women's Centre would like to know who is interested in volunteering for the Christmas Dinner, and our annual Wrapping Day (Saturday, December 15th). If you have any questions please see our Skills Development Coordinator, Cecily Nicholson. If you have any programming suggestions or questions, please see the Program Coordinator, Jennifer England.



WOMEN'S CENTRE COFFEE HOUSE

Friday, December 7th

5:00 Dinner

6:30 - 9:00pm

*Spoken Word, Music, Dance
and other talents*

All women from the Downtown Eastside Community are invited to the 2001 Women's Centre Coffee House! The Coffee House gathering warmly invites you to enjoy dinner, fine coffee and tea, music, poetry, stories, and laughter!



We will have a set line-up, so for all those who would like to perform please sign up with Jennifer (Wednesdays-Saturdays) or Cecily (Sundays-Wednesdays) and let them know what you will be performing and how long you will need to perform your art form.

Congratulations Denise Stilwell



October's Volunteer of the Month

Denise has been with the centre for seven years and has volunteered in various different positions including front desk reception, laundry, floor and special events.

* Thanks for all your hard work Denise. *

**(If you would like to nominate a volunteer;
please see the front desk for a form.)**

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- 1:45**

NOVEMBER 2001

REGULAR PROGRAMMING

Library Group –Every Monday* at 5pm. Works on developing Centre library and works on literacy through crafts and fun activities!

Battered Women Support Services (BWSS) takes place on Tuesday nights from 5 - 8:30pm. This group offers support for women affected by violence in their lives.

End Legislated Poverty-Organizers Training (ELP) will take place on Monday nights at 5-8pm. 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 1 – 4pm to give you information on all kinds of health issues.

Popular Education Group - Wednesday from 5:00 - 8:00pm, Share the skills that you have to make changes in your life. Meet with like-minded women to organize events.

The **Alcohol and Drug Harm Reduction Support Group** is back with Kathleen and Donna from DAMS! Wednesdays at 5:00-8pm.

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 ten-week open healing course begins Thursday evenings, October 11.

Creative Writing Group – Every Tuesday, 5 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.

Crochet with Anna- Every Wednesday, 2:00pm

YOGA* (NEW!)- Monday 11:15am (Roma) & Wednesday 2:30pm (Ferma). Blankets provided. Wear comfy clothing!

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

Dreamcatchers with Beverly every Saturday at 1:30pm.

Expand your skills and share stories with other women.

SUNDAY 12-5pm	MONDAY 10-5pm (Full Meal Day)	TUESDAY 10-5pm	WEDNESDAY 11-5pm	THURSDAY 10-5pm (Full Meal Day)	FRIDAY 10-5pm	SATURDAY 12-5pm
				1 11:00 Outing (Pumpkin Patch) 1:30 Women's Voice 5:00 Healing Circle 5:00 Library Group	2 10:30 Sewing etc. 1:30 Raffle	3 1:30 Dreamcatchers 2:00 Video
4	5 11:15 Yoga* 1:30 Beading 2:00 Flu Shots 5:00 ELP 5:00 Library Group	6 Harm Reduc. Workshop* 5:00 Writing Group 5:00 BWSS	7 1-4pm Street Nurse 2:00 Crochet 5:00 Popular Ed. & A&D Harm Reduct.	8 1:30 Women's Voice 2:00 Outing (Fish Hatchery) 5:00 Healing Circle	9 10:30 Sewing etc. 1:30 Raffle	10 1:30 Dreamcatchers 2:00 Video
11	12 11:15 Yoga 1:30 Beading 5:00 ELP 5:00 Library Group	13 2:00 Wendlido Self Def. Wkshp 5:00 Writing Group 5:00 BWSS	14 1-4pm Street Nurse 2:00 Crochet 2:30 Yoga* 5:00 Pop. Ed. & A&D Harm Reduct.	15 1:30 Women's Voice 2:00 Outing 5:00 Healing Circle	16 10:30 Sewing etc 1:30 Raffle 5:00 Music Jam with Marg!	17 1:30 Dreamcatchers 2:00 Video
18	19 11:15 Yoga 1:30 Beading 5:00 ELP 5:00 Library Group	20 5:00 Writing Group 5:00 BWSS	21 1-4pm Street Nurse 2:00 Crochet 2:30 Yoga 5:00 Popular Ed. & A&D Harm Reduct.	22 Centre Closed for All-Day Staff Meeting	23 10:30 Sewing, etc. 1:30 Raffle	24 (No dreamcatchers) 2:00 Video
25	26 11:15 Yoga 1:30 Beading 5:00 ELP 5:00 Library Group	27 5:00 Writing Group 5:00 BWSS	28 1-4pm Street Nurse 2:00 Crochet 2:30 Yoga 5:00 Popular Ed. & A&D Harm Reduct.	29 1:30 Women's Voice 2:00 Outing 5:00 Healing Circle 5:00 Library Group	30 10:30 Sewing etc. 1:30 Raffle	* Note: Group Times are subject to change- keep an eye out for Centre updates

Women's Centre Staff: Who is Who?

Executive Director (Pauline Greeves, Mon-Friday)- The Executive Director creates a bridge between the staff and the Board of Directors, makes important financial and staffing decisions, and provides overall direction for the organization.

Administrator (Marcella Oleman-on leave Tues-Friday)- The administrator ensures smooth operations in the Centre and provides key support for the Executive Director. She makes sure there are office supplies for all staff, and that important mail is processed and distributed!

Kitchen Staff (Julie, Cathy, Lucy, Vera, and Relief Staff, various hours)- This amazing team of women make a daily lunch and dinner for evening groups, as well as cook for special events that take place at the Centre and in the community.

Fund Developer (Karyn Atlin, in Centre 3 days per week)- Fundraises for Women's Centre programs, maintains and develops donor relations, and writes grants and proposals to government and private foundations!

Bookkeeper (Barb Millard)-Makes sure staff are paid and the Centre's financial payments are in order.

Floorworker/Counsellor and Floorworkers (Reta Blind, Lucy Chapman, Marlene Sampson, Vera Bernard, and Relief Staff- various hours)-Assist women with laundry, showers, clothing room, and provide basic advocacy on the floor.

Stopping the Violence Counsellor (Carol Martin, Wed-Saturdays)-Counselling and crisis intervention for women who are survivors of violence. Advocacy, referrals, programming in the community around events focused on violence against women.

HIV Outreach Worker (Cori Keating, Mon-Thursdays)-Provides information about HIV/AIDs, harm reduction, and basic counseling, housing and welfare advocacy. Provides women with referrals, accompaniment and transportation to agencies. Does street outreach also one evening per week.

Victim Service Worker (Mitra Mojhaddam, Mon-Thursdays)-Counselling, crisis prevention and intervention with women who have experienced violence or are a victim of a crime. Provides accompaniment to courts etc., FAW workers, and provides information on the criminal justice system.

Mental Health Advocate (Christine Hutcheson, Erin Graham (both Tues- Fridays)-Counselling, advocacy, and support for women with mental health issues, including accompaniments for medical, legal, welfare, housing issues.

Legal Advocate (Alice Kendell, Mon- Thursdays)-Accompaniment and advocacy with regards to courts, tribunals, police, lawyers, legal aid. Will provide information on welfare, tenant, and legal rights, especially concerning child apprehension and custody.

Skills Development Coordinator (Cecily Nicholson, Sun- Wednesdays)-Coordinates volunteers, develops orientation and training for all volunteers. Supervises community services volunteers, and provides support and advocacy to volunteers.

Program Coordinator (Jennifer England, Wed-Saturdays)-Coordinates daily arts programming, workshops, and special events in the Centre and the community. Edits newsletter, and organizes monthly outings, camping trips, retreats etc.

CENTRE GUIDELINES

(important things to remember in creating a safe, and welcoming space for all women)

- Clean up after yourself-put dishes in bins, put garbage in garbage, tidy up
- Clothing room- keep it clean- if it gets too full, it will be closed until clean
- Donations- help carry donations to clothing room when they come in
- Look after your own stuff and please do not take other women's stuff
- Laundry- Free washers and dryers to use: Volunteers- Sun, Mon, Thurs., and Members Tues, Wed, Friday. Last load is at 3pm sharp!
- Phones- You can use the Women's phone for 5 mins. Don't use front phone as the reception needs it.
- Bus Tickets- WE can only give them out for volunteers who have done work that day, or for medical emergencies.
- This is a women and children only space- a man can come in and ask for a woman, then he will be asked to wait outside the front door. Sometimes men are here to do work. We will try and let you know before, and keep them out of your way
- DRUGS- Don't use or sell drugs or alcohol while you are here- many women come here to get away from that.
- Bathrooms- 5 minute limit for bathrooms, unless you are taking a shower (then it is 15 minutes). One woman at a time in bathrooms
- Treat each other with **RESPECT** that means:

No Abuse- Physical or Verbal

No Discrimination because of colour, ethnicity, age, physical or mental disability, sexual orientation, religion, or class.

Some of the Fundamentals: COMMUNITY SERVICES

Free Clothing

First United Church	320 Hastings	Mon/Wed/Fri	9-11:30am-closed issue day	604-681-8365
Women's Centre	302 Columbia		Sign up Sheet	604-681-8480
Union Gospel	Cordova		Tues/Thurs	604-253-3323
Dug out	59 Powell			604-685-5239
St. James	353 Cordova			604-606-0300
Living Room	528 Powell			604-255-7026
Crabtree Corner	101 Cordova			604-689-2808

Free Showers

Evelyne Saller	320 Alexander		9am-4pm	604-665-3075
First United Church	320 Hastings			604-681-8365
Women's Centre	302 Columbia		Ask for Floorworker	604-681-8480
Dusk to Dawn	1056 Comox			604-688-0399
Youth Action	342 Hastings			604-602-9747
The Gathering Place	609 Helmcken			604-665-2931
WISH	302 Hastings		Evenings	

Free Laundry

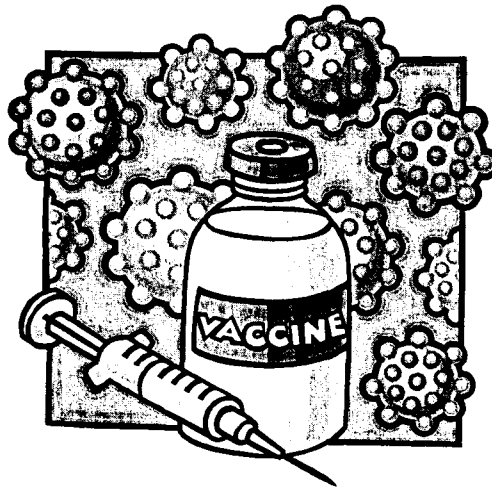
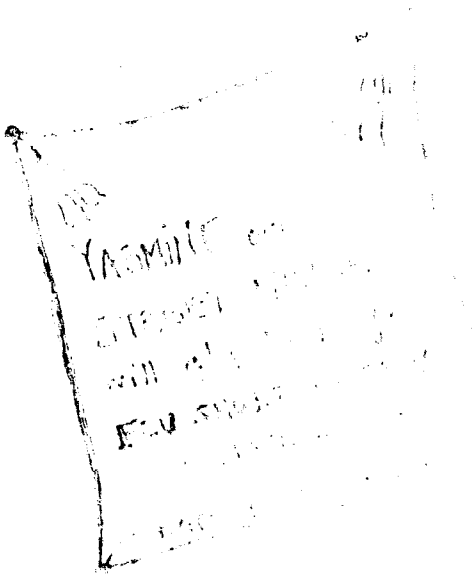
Women's Centre	302 Columbia	Laundry Days: Tues 10am, Wed 11am, Frid, 10am One load per day, Space is limited, arrive early, sign up sheet at Front Desk, last load at 3pm.		
Youth Action Centre	342 Hastings			604-602-9747
Evelyne Saller Centre	302 Alexander		Weekdays	604-665-3075

FLU SHOT CLINICS

The Vancouver/Richmond Health Board will send nurses to conduct FREE FLU SHOT clinics in the Women's Centre for two different days this month:

Monday, November 5th: 11:30am-1:30pm & 2:00-3:00pm

It is your decision as to whether you would like to get the flu shot. For elderly women, or those who are in regular contact with people with compromised immune systems, or if you are immune compromised by any disease or virus such as HIV, Hepatitis C, AIDS, or another health problem, you may want to consider the flu shot for preventative measures.



Poetry from The Still Movement Group:
For the Missing Women

Helpless

Reaching Out

Search

Finding my own way through the Streets

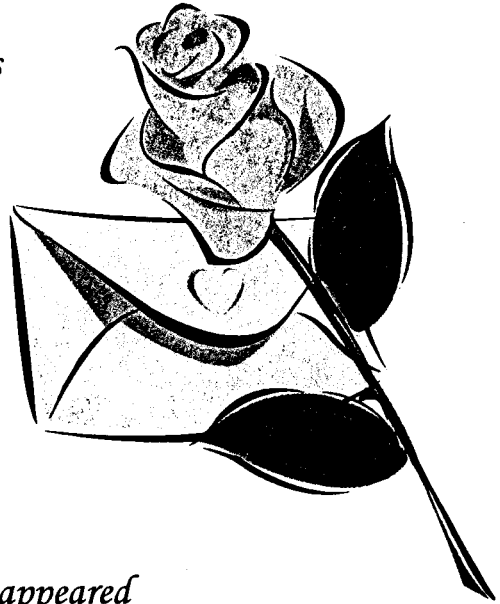
When all I need is Love

Help- Stop it

Deep within my heart I am crying

Fighting for Justice

Untitled



My heart is breaking

Tears of Sadness

I feel the Pain of the Families of the Disappeared

Find a Refuge from Pain and Sorrow

Women coming together will make it stop

The light on the seed that forever blooms

Untitled





Lytton Healing Gathering
July, 2001
Drawing by Agnes