

# D.E.W. DROP IN

**DOWNTOWN EASTSIDE WOMEN DO DROP IN**

The Newsletter for the Downtown Eastside Women's Centre

JUNE 2002

FREE



**Inside:**

Volunteer Retreat  
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Poetry of the People

## June 21 is National Aboriginal Day

### **A day for all Canadians to celebrate the cultures and contributions to Canada of First Nations, Inuit and Métis peoples**

Even before the Governor General of Canada proclaimed June 21 as National Aboriginal Day, there was a long-standing desire to set aside a national day to recognize and celebrate Aboriginal peoples and cultures.

Here is a brief history of the origins of National Aboriginal Day:

1982

National Indian Brotherhood (now the Assembly of First Nations) calls for the creation of June 21 as National Aboriginal Solidarity Day;

1990

Quebec legislature recognizes June 21 as a day to celebrate Aboriginal culture;

1995

Royal Commission on Aboriginal Peoples recommends the designation of a National First Peoples Day; The Sacred Assembly, a national conference of Aboriginal and non-Aboriginal people chaired by Elijah Harper, calls for a national holiday to celebrate the contributions of Aboriginal peoples;

1996

June 13 — Former Governor General Roméo LeBlanc, declares June 21 as National Aboriginal Day after consultations with various Aboriginal groups;  
June 21 — National Aboriginal Day is first celebrated with events from coast to coast to coast.

Today National Aboriginal Day is part of the annual nation-wide Celebrate Canada! festivities held from June 21 to July 1. They begin with National Aboriginal Day, are followed by St-Jean Baptiste Day and conclude with Canada Day.

\* June 21 was chosen because of the cultural significance of the summer solstice (first day of summer and longest day of the year) and because many Aboriginal groups mark this day as a time to celebrate their heritage. Setting aside a day for Aboriginal Peoples is part of the wider recognition of Aboriginal Peoples' important place within the fabric of Canada and their ongoing contributions as First Peoples. \*



National Aboriginal Day and Open House at  
The Downtown Eastside Women's Centre  
June 21<sup>st</sup>

Come celebrate the diversity, craft, music and culture of First Nations community and as we share in a feast and fun events for everyone. The Centre will be having an open house for men and women of the community to visit our space and participate in the day's activities on June 21<sup>st</sup> starting at 11am. All members of the Centre are welcome to invite your friends and family. Just a reminder: that there will be men in the Centre that day. There will also be some fun events for the kids and plenty of food.

If you would like to offer your skills as a performer, dancer, singer, drummer or artisan we would love for you to join us. Also, if you wish to sell your craft wares (beeding, dreamcatchers, jewelry...) a craft table can be set up. Please see Cecily or Marlene with any questions or suggestions. See you then!



## **Announcement:**

The Downtown Eastside Women's Centre **Annual General Meeting** will be held this month on **June 24<sup>th</sup>**. There will be a meal served at five and the meeting will start after six. It is important that membership take part in the AGM. Anyone who accesses the services of the Centre is welcome to participate. This is the event where new board members are elected and annual reports are presented. If you have any questions please see Cecily or Karyn.

**Come Celebrate:**

**The Opening of a Women's Health and Pap Clinic**

**On Tuesday, June 4<sup>th</sup> from 5:30 – 8:00pm  
At 569 Powell street**

**Women Only Space, Beauty Night,  
Great Music, Delicious Food**

**Meet the Women's Centre team, the positive women's  
network team. See a doctor, nurse or street-nurse,  
meet the MAT/DOT team, get tested for TB.  
For more information please see Cori.**

**Look forward to seeing you there!**

*From Estée...*

*"You may have tangible wealth untold  
Caskets of Jewels and  
Coffers of Gold.  
Richer than I you can never be  
I had a mother who read to me."*

*Strickland Gillian*

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*"There is enough in the world for everyone's  
need, but not enough for everyone's greed"*

*Mahatma Gandhi*

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*\*Greek schoolchildren's song\**

*Little Bright Moon  
Shine so I can see  
To walk to school  
To learn Greek letters  
and grammar,  
stories and teachings.*



*\*during the Turkish occupation, Greek teachings were outlawed and children had to go to schools that were hidden in caves and basements at night.*

The Centre would like to express its sincere appreciation to **Joanne Shapwaykeesic**: for her many contributions as a volunteer. Good luck in your endeavours Joanne - hope to see you back this way soon! Thank you so much, safe journey.

### Volunteer Retreat!

This spring again, the volunteers made the trek to Loon Lake for the annual volunteer retreat. Luckily for everyone, Cecily's stitches didn't pop, and Alice's baby didn't drop...heehee. A relaxing time was had by all on the serene shores of the Lake of Loons. Unfortunately it was a bit cold at night, but at least not as cold as sleeping in a tent! We saw some interesting wildlife including an odd variety of ducks and a doe. And thankfully by the end of the trip the few obsessed puzzle goers managed to complete their masterpiece. Back to Vancouver we came, with a few days of peace and some full bellies under our belts.

(What is it lunch already?!)

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*Congratulations Alice Kendall on the birth  
of your new baby boy, Born May 27<sup>th</sup> at 6:45  
(no word on the name yet!)*



Damn it, why won't this last piece fit?



snuggly cuddly sleepy bear...



# 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 12:30-1:45pm**

**JUNE 2002**

## REGULAR PROGRAMMING

**Library Group** - On Sunday this month: Works on developing Centre library and 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)** - 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.

**The Alcohol and Drug Harm Reduction Support Group** - is back with Mary 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!

**YOGA** - Monday 11:15am with Roma. Blankets and mats provided. You don't need to be fit or stretchy to attend! Do wear comfy clothing.

**Massage Therapy** is available when practitioners are able to volunteer their time. Listen to daily announcements, or check to white board.

**Diet Club** organized by a woman in the centre, this weekly group meets to discuss healthy lifestyle alternatives.

## ARTS & CRAFTS WORKSHOPS

**Materials provided - No Experience Necessary!**

**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

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

**Dreamcatchers with Denny** every Saturday at 1:30pm.

Expand your skills and share stories with other women.

**Collage with Marilyn** - on Tuesdays at 2:00. Come bring out your inner child, cut and paste and create cards, bookmarks etc.

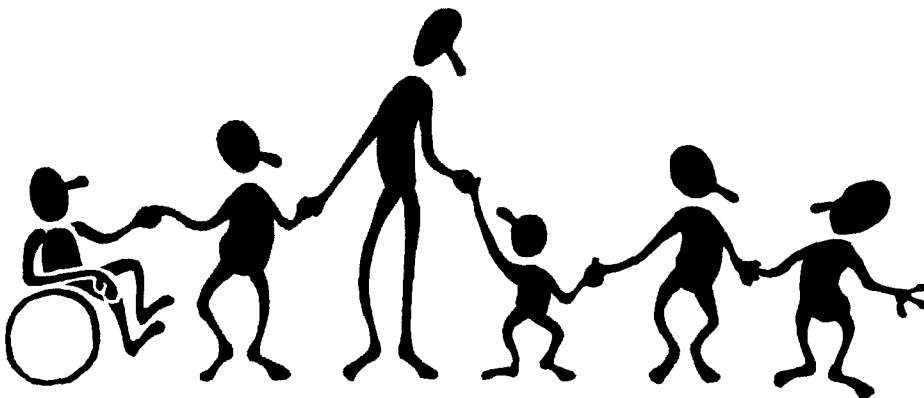
SUNDAY 12-5pm	MONDAY 10-5pm	TUESDAY 10-5pm	WEDNESDAY 11-5pm	THURSDAY 10-5pm	FRIDAY 10-5pm	SATURDAY 12-5pm
						1  1:30 Dreamcatchers 2:30 Video
2  1:00 Library Group 2:00 Movie	3  11:15 Yoga 1:30 Beading	4  2:00 Collage 3:00 Diet Club 5:00 BWSS	5  1-4pm Street Nurse 1:30 Raffle 2:00 Crochet 5:00 A&D Harm Reduction	6  1:30 Women's Voice	7  10:30 Sewing etc.	8  1:30 Dreamcatchers 2:00 Video
9  1:00 Library Group 2:00 Movie	10 11:15 Yoga 1:30 Beading	11 2:00 Collage 3:00 Diet Club 5:00 BWSS	12 1-4pm Street Nurse 1:30 Raffle 2:00 Crochet 5:00 A&D Harm Reduction	13  1:30 Women's Voice	14  10:30 Sewing etc 1:30 Raffle 5:00 Music Jam with Marg!	15  1:30 Dreamcatchers 2:00 Video
16  1:00 Library Group 2:00 Movie	17 11:15 Yoga 1:30 Beading 5:00 ELP	18  2:00 Collage 3:00 Diet Club 5:00 BWSS	19 1-4pm Street Nurse 1:30 Raffle 2:00 Crochet 5:00 A&D Harm Reduction	20  1:30 Women's Voice	21  12:00 <b>Open House and National Aboriginal Day</b>	22  1:30 Dreamcatchers 2:00 Video
23  2:00 Movie 3:30 Volunteer Meeting	24 11:15 Yoga 1:30 Beading 5:00 <b>Annual General Meeting</b>	25  2:00 Collage 3:00 Diet Club 5:00 BWSS	26 1-4pm Street Nurse 1:30 Raffle 2:00 Crochet 5:00 A&D Harm Reduction	27  <b>Centre Closed for All-Day Staff Meeting</b>	28  10:30 Sewing etc. 1:30 Raffle	29  1:30 Dreamcatchers 2:00 Video



## \*Update on Evening Groups at the Centre\*

Thank you for your patience while we worked to reorganize our evening group schedules. We wish to continue the services provided, but do need to be careful with our dollars these days.

Several groups have recommenced including the Battered Women Support Services on Tuesday evening, the Harm Reduction and A&D group on Wednesday. The Library Group will be open to participants during the day on Sunday this month starting at 2pm. The Organizer's Training will start again on June the 17<sup>th</sup>. Most groups have a limited capacity, so please arrive on time. Any questions about childcare should be directed to Barb.



## Upcoming Workshop

Tuesday, June 11<sup>th</sup> starting at 2pm

With Crystal from the  
Human Resources Centre for Students

This is a group information session on resumé writing and job search techniques. Participants should be between the ages of 15-30.

Please see Cecily if you are interested in this workshop, or would like to connect to a pre-employment program suitable to your needs and goals.



## Yoga Day

It's another Monday morning – 11:00 a.m.  
There's six of his here today  
Roma is her usual perky self

We shake every part of our body  
Wake ourselves up  
Then it's on to opening up our spines,  
Our lungs, our lower backs  
We work with chairs  
Stretch our spines, our shoulder blades

Then we get to lie down, yes  
Walk our fingers in an arc above our heads

Someone is discovered wearing a girdle  
Roma is aghast  
How can one do yoga with a girdle on?  
She promises not to wear one next week

Relaxation time  
Do not think about anything  
But our bodies, our breathing

Time to rise up and go on with our lives  
We don't want it to be over  
We feel so much better than when we started

Ah - yoga on Monday morning  
What a way to start the week!

Written by Adrienne

### Marie's Report Card

All donuts have holes  
Shoes have tongues, eyelids and soles  
But Gordon Campbell is entirely a different  
**DOUGH-NUT!**  
That feeds off the poor, and leaves us in  
a rut  
He's an ol' shoe walking on our ground,  
Scratching his family jewels, like a hound  
He is one public nuisance  
Swallows his words without resistance  
Making strong remarks with euphemism  
Full of bull-shit, full of criticism  
I wouldn't dare dedicate this song...  
"Take the Money and Run!"  
Because he's done that just for FUN, FUN, FUN!  
He's done everything under the sun  
But I'd like to tan his hide, the ol' son of a gun.

### Untitled

Government's Order Reasoning Decreases On Needy,  
Camouflaging Allowances Mortified Parents Buying Every  
Low-co\$t Left-over\$...  
Trying Hard Endlessly  
To Help Each Individual Fight  
Poverty Against Rip-Offs Engaging Non-Profit Team's Support  
Finding Information Government Hoarding Taxe\$  
Basic Allowances Can Kill

by Marie K.

## **More Information on Disability Benefits\***

### **Applying for Disability Status**

The changes to disability benefits will not be made until sometime in the future. The new legislation has been introduced and can be found on the government's web site at: [http://www.legis.gov.bc.ca/37th3rd/1st\\_read/gov27\\_1.htm](http://www.legis.gov.bc.ca/37th3rd/1st_read/gov27_1.htm). Also check out the BC Coalition for People with Disabilities web site at <http://www.bccpd.bc.ca>.

If you are thinking of applying for disability status, or have been encouraged to apply for this status by Ministry staff, advocates or your doctors, it is very important that you do this as soon as possible.

### **Asset Exemptions:**

For a single person on DB2, the asset exemption remains \$3000.00

For a couple on DB2 with or without children or a single parent on DB2 the asset exemption is reduced from \$5 500.00 plus \$500.00 for each additional dependent after one, to a flat \$5 000.00 regardless of the number of dependents.

The new vehicle equity (\$5 000.00) limit applies to DB2 applicants and recipients

### **Earning Exemptions**

People on Disability 1 will no longer be allowed to earn any extra income without it being deducted from their welfare cheque. People who are on Disability 2 benefits will be allowed to earn up to \$300 without it being deducted. This is instead of the old exemption of \$200 per month and 25% of your earned income.

Exemptions for Family Maintenance, CPP Orphan's Benefit and Worker's Compensation benefits have been eliminated. This means these benefits will be deducted dollar for dollar from assistance cheques

### **Employment**

Some people who have a disability will still be encouraged to look for work.

- all information from the PovNet website at [www.povnet.org](http://www.povnet.org)

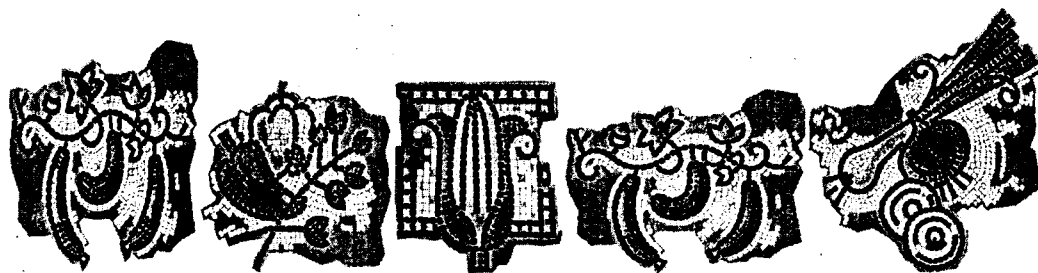
## The Diet Club

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*Being overweight is a serious health risk and can lead to stroke, high blood pressure, heart disease and diabetes (which can lead to blindness, amputations and other health concerns). I am starting a Diet Club in the Centre with weekly group meetings to discuss sensible and safe weight loss and weight management. A dietician will come occasionally to offer us advice. Group support has been shown to be a highly effective behavioural modification tool for many people. Meetings will be held on Tuesdays at 3:00pm. Join our club and help yourself and others to lose weight. This is an open group and all are welcome*

*Sincerely,*

*Carol*



**An artist  
A mental health activist and  
An art therapist**

Discuss:

**The Politics of Healing**

Thursday June 13<sup>th</sup> at 7pm

Join them for:

- An exhibition by Diane Jacobs
- A short film by Cindy Lou Griffith of Psychiatric Survivor Movement and activist therein
- And a participatory activity by Rebecca Christofferson of the Vancouver Art Therapy Institute

*Find out where you draw the line between art, politics and therapy*

Where: Gallery Gachet  
88 E Cordova street  
604-687-2468

Donations \$0-10  
\*Proceeds go to Gallery Gachet