

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

NOVEMBER 2002

FREE



e x e r c i s e y o u r r i g h t t o v o t e

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Municipal election information

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The Vancouver Municipal Election will be held on **Saturday November 16th** Local elections will be held in every city, town and village in B.C.

B.C. voters have until Sept. 24 to register in advance for the Nov. 16 municipal election but if they miss that date they can still vote on election day provided they have proper identification. Voters also may register in person, either at an advance poll or at your designated voting place.

In the last municipal election 37 per cent of registered voters turned out at the polls but it may be higher this year because of the race for the mayor's seat.

Voting:

To register in person, you must show two pieces of identification, one with your signature. You can show a B.C. Care Card, credit card or B.C. identification card. The other must have your address -- it can be a driver's license, hydro bill or a piece of official mail, such as a telephone bill or bank statement.

You can vote in a civic election if you are a Canadian citizen, 18 years old on election day; have lived in B.C. for at least six months and in the municipality for at least 30 days on the day of registration and are not disqualified by law from voting.

Vancouver's elected officials comprise Vancouver City Council and two elected boards -- the Vancouver Board of Parks & Recreation, and the Vancouver School Board. City Council is made up of the Mayor and 10 Councillors who are elected at-large for a three-year term.

The Vancouver Election Office is at 450 West Broadway, and is open 8:30 a.m. to 5 p.m. Monday to Friday. If you have any questions about the election, call **the Vancouver Election Office at 604-873-7681.**

If your address is listed as 302 Columbia street, your voting station is at **Carnegie Centre, 402 Main, in the Theatre.** You can vote any time **between 8 a.m. and 8 p.m.**

If you need help to vote (for example, to read the names, or to fill in the ballot), ask for the Presiding Election Official (PEO) in charge at the voting place. All Election staff must take an oath to preserve the secrecy of the ballot, so they can help voters with a physical disability or who have difficulty reading or writing. Or, you can bring someone you know to the voting place to help you. This person will have to take an oath of secrecy that will be given by the PEO.

Many voting places have people with fluency in languages other than English who can help you. Ask at the voting place. You may also bring your own translator, who would be required to take an oath of secrecy given by the PEO.

If you are unable to go to a voting place because you are sick or disabled, you may ask to vote by mail. If you wish to vote by mail, you must contact the Vancouver Election Office to have your name put on the list to get a mail ballot.

The Downtown Eastside is a "hot ticket item" in this year's election and all candidates are talking about the issues this community faces. Get informed by listening to the candidates' position on harm reduction, social services, economic development, parks, education and your community and city. The community needs to speak for itself. Get your voice heard on these matters and exercise your right to vote.

For more information, call the election office (604-873-7681) or see an advocate. An advocate and FAWs can also help if you need to get proper ID.

"Instead of pushing out residents of the Downtown Eastside 'block by block' as Jennifer Clarke's NPA propose, we need to provide economic solutions that work for the community. The people in the Downtown Eastside have a wealth of talent and skills, and we need to give them the opportunities to succeed. We need to help lift people up, not push them out."

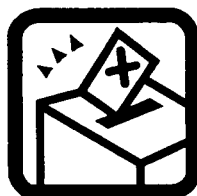
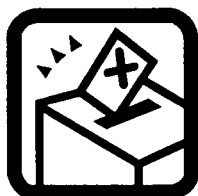
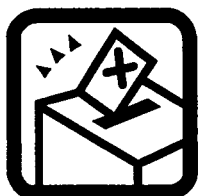
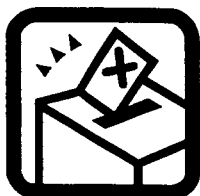
Ellen Woodsworth, COPE City Council Candidate

Coalition of Progressive Electors -- <http://www.cope.bc.ca/>

The City -- <http://www.city.vancouver.bc.ca/ctyclerk/election2002/electindex.htm>

(the party in power) - Non Partisan Association <http://www.npa.bc.ca/npahomepage.html>

Vancouver civic action team-- <http://www.vcateam.ca/>



Women Take Back the Night

Women Take Back the Night is an international tradition with marches and rallies taking place around the world since 1973. The first Take Back the Night originated in Germany in response to a series of sexual assaults, rapes, and murders that occurred that year. Today, marches are held in numerous cities in Canada, the US, Latin America, India, Europe, and Australia. Take Back the Night is organized in local communities all over the world, with the purpose of unifying women, men, and children in an awareness of violence against women, children, and families.

As part of the worldwide movement to "take back the night," women will walk without fear through the night. While different organizations and agencies may sponsor this event, the message is always the same: we march to demand that perpetrators of this violence -- the batterers, the rapists, the murderers -- be held responsible for their actions and be made to change.

The purpose of Take Back the Night is to create an atmosphere of zero tolerance of violence against women by:

- **Increasing community awareness** of issues of violence against women, and its interrelationship with all other forms of discrimination;
- **Educating ourselves** and others about the extent and nature of the violence that is systematically used against women to keep us from becoming powerful, autonomous individuals; Honoring the memory of the victims of violence against women and celebrating its survivors;
- **Serving as a collective voice** for women to demand a world in which women's bodies, minds, and souls are not targets of violence;
- **Empowering individual men and women** to take direct action against violence, whether it be through speaking out, lobbying, voting or other form of activism;
- **Proving the leadership** to challenge organizations and institutions to implement policies and initiatives which are effective in addressing issues of violence against women.

The Coalition of Concerned Women is organizing Take Back the Night in Vancouver this year. The event will take place November 8, 2002. The march will start at 6pm from Library Square. The official route will be announced soon. For more details, check out WAVAW's (Women Against Violence Against Women) website for more details at www.wawaw.ca.

Matthew Johnson

Matthew loves the Church

Elizabeth loves the Church

Mat is known in the Church

Matthew smells of benedictions

Three times Matthew said "Love"

Jesus know Matthew has a short life

Two hundred years is short in Millinum

Good English is more than a voice

Mat Johnson prays for the English Church

Matthew knows Margaret loves Charles

Margaret Small

Horoscope November 2002

ARIES

A talent that you have kept hidden is now coming out into the open; you manage a brilliant balancing act between knowing when to go for it and when to hang fire as you realise that timing is everything and choosing when to make you move in the right way is the difference between succeeding or not. An unusual person comes into your life offering all sorts, but can you trust them? Up to a point, although they could have a totally different agenda to you. Lay out the ground rules first before you commit

TAURUS

The Sun spends time in your House of Partnerships, bringing success to all business deals as well as giving your love life a boost. Your ruler, Venus, is going to be in this part of your chart for a while yet and you can use the energy by consciously working as a team and learning the lesson of compromise. Share the load and bring in friends and family to any exciting projects you have. Financial assistance comes just when you need it. The Full Moon in your sign is on the 20th, and this marks a special new beginning, as well as the ending of something that needs to move out of your life in any case

GEMINI

Saturn in your sign has been a great teacher for you. When have you had to be so patient, so discerning, so careful and so realistic? And you know, if you care to admit it, that Gemini's natural need to have a slice of the cake and eat it, has been curtailed somewhat, but there is a lot to be said for life being simpler with less to be responsible for. Your ruler, Mercury, spends much of its time in Scorpio, your chart area of work and health. Give these matters the importance they deserve, and have a fresh look at your lifestyle and make necessary changes. Bad habits will be much easier to let go of at this time

CANCER

An emphasis this month is on the fun part of your chart. You are positively encouraged to free yourself of inhibitions and restrictions, negativity and the ridiculous belief that you can't do something because you are too old, too young, too short, too fat or whatever your thing is. Embrace the fun and dance with life. Love affairs are powerful and if you're not in the market then drag your partner out of his/her apathy to appreciate and understand that the best things in life are free. Start a new hobby, too, particularly if it has a creative edge to it, but if watching the stock market gives you a thrill then why not do this too! Whatever floats your boat

LEO

You may not feel like shifting a mountain, Leo, but you could have the energy too! Nothing is going to happen by halves as brilliant links from Jupiter (planet of abundance) in your sign, and Pluto (planet of transformation) in Sagittarius assures you of having the time of your life, from the depths to the heights. Confidence is all and this is not the time to doubt yourself or feel that you are not good enough. Events around the 20th give clear indications for you regarding a career move, and you could find yourself in the spotlight. The turning point is not too far away now.

VIRGO

You don't have to travel too far to get your kicks, Virgo, and in fact your own backyard seems to be a hive of activity. You are going to be busier than usual with invitations, meetings, connections with other people and this is certainly not the time to take yourself off to a small hole in the ground and wrap yourself in a woolly blanket. No way! You are flavour of the month so don't be too snappy if your work load is interrupted by somebody who just wants a good gossip. Learning is high on the agenda and it comes through some funny methods.

LIBRA

Mars is in your sign, Libra, and it works both ways both in what you do and who you attract. For girls, this is great as, particularly if you are single you could attract some very interesting attention and for guys, you tend to have more than your fair share of charisma this month. People just love your cheekiness and how do you get away with it? Generally speaking it's a go getting time, and if you miss out on something then you only have yourself to blame. Sport plays a significant role for you at this time, either as a spectator or a participant

SCORPIO

The month begins with the Sun and Venus neck and neck, so to speak in your sign. Imagine a huge dose of creativity and love alongside your confidence to send it out into the world and you have quite a heady mix. Financially, too, times are interesting and some of you may be involved with some pretty major deals. This is not the time to act scared or jittery but any involvement financially with foreign connections could be good right now. Expect changes too, as something that was set in motion a while back is now beginning to gather some momentum.

SAGITTARIUS

This is a very special month for you, Sagittarius. What you have to understand is that an idea or a dream or ambition that you have been secretly nurturing for long enough is really about to manifest in your life. If you haven't got any ambition then don't expect a lot, but if there is something you have been putting a good deal of thought and energy into then you are going to get results. Obviously, it would be good if your thoughts and ideas were beneficial ones and it's not so great to put a hex on the neighbours at this time, as it could work better than you thought!

CAPRICORN

Okay, so you may find that you are going over old ground, but that's no bad thing as you have learnt so much from your previous errors of judgment. Now you get a chance to put right some important matters and make them even better. As long as you are prepared to be straight, honest and totally clear then you will be exactly in the right position to do what you need to do. A new opportunity is around for you at the start of the month, and it's also a great time to move into a new direction too. Communications are vital so keep your ears open for some important news. The Full Moon on the 20th is excellent for your love life.

AQUARIUS

There's no reason why you can't have it all. Just now, the world is full of airy energy and if you are involved with virtual reality you will do just fine. It's dealing with the real stuff where you have difficulty! Not, not really, you have the right words to say to the important people and you come out shining from head to toe. Travel is especially well starred, particularly over longer distances, and you find connections with someone who can really open your eyes to a bigger picture. Listen and learn.

PISCES

The spotlight this month brings up legal matters, travel and learning for you, not necessarily in that order. However, you may find that a little bit of these will infiltrate your day to day life. You could choose to go overseas, spend an inheritance and sign up for a course in philosophy or take that teaching job, or you could do it all differently. You do have free will after all! However, the Scorpio Sun indicates that you will be digging deeper, asking some searching questions and trying to get to the bottom of a mystery. You don't have to find all the answers; it's enough to ask the questions.

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**

REGULAR PROGRAMMING

Library Group – This group will now meet weekly during the day to prepare for the opening of the Library

NOVEMBER 2002

Organizers Training (ELP) takes place on Monday nights at 5-8pm. Learn to facilitate and organize anti-poverty rallies and develop political strategies around various poverty issues. Begins May 6th with co-facilitators, June and Erin.

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. (on hold until the fall)

Creative Writing Group – Change of time! Group will take place in the afternoons (stay tuned for time and place)
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! Takes place Wednesdays from 5-8pm. All are welcome.

The Chinese Women's Group – open to women whose first language is Chinese, cultural awareness, advocacy and social events. facilitated by Julia (Tuesdays from 10-12:15)
Women's Voice – Every Thursday, 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed!

Music Jam- Every third Friday of the month. Sing and play instruments with special guests!



ARTS & CRAFTS WORKSHOPS: Materials provided.

Beading– Every Monday, 1:30 pm.

Yoga- Monday 10:45am with Roma. Blankets provided.

Wear comfy clothing! Will start again in the fall

Crochet with Anna- Every Wednesday, 2:00pm

Collage Arts) – have fun with the supreme art of cut and past! Make book marks, cards, gift boxes, illustrate stories and poems....everyone is welcome, fun for the kids too (stay tuned for time and place)

Fabric Arts with Freeda - Every Friday morning, 10:00am.

Dreamcatchers every Saturday with Denny at 1:30pm.

Expand your skills and share stories with other women.

SUNDAY 12-5pm	MONDAY 10-5pm	TUESDAY 10-5pm	WEDNESDAY 11-5pm	THURSDAY 10-5pm	FRIDAY 10-5pm	SATURDAY 12-5pm
* Note: Group Times are subject to change- keep an eye out for Centre updates					1 10:00 sewing etc	2 1:30 dreamcatchers 2:00 video
3 1:30 library literacy 2:00 Video	4 1:30 Beading 5:00 Organizers Training	5 10-12:15 Chinese Women's Group 2-4pm Movement Group 5-8:30 Wom. Health Clinic	6 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 5:00 Harm Reduction	7 1:30 Women's Voice	8 10:00 sewing etc	9 1:30 dreamcatchers 2:00 video
10 1:30 library literacy 2:00 Video	11 1:30 Beading 5:00 Organizers Training	12 10-12:15 Chinese Women's Group 2-4pm Movement Group 5-8:30 Wom. Health Clinic	13 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 5:00 Harm Reduction	14 1:30 Women's Voice	15 10:00 sewing etc 5:00 Music Jam with Marg	16 1:30 dreamcatchers 2:00 video ELECTION DAY
17 1:30 library literacy 2:00 Video	18 1:30 Beading 5:00 Organizers Training	19 10-12:15 Chinese Women's Group 2-4pm Movement Group 5-8:30 Wom. Health Clinic	20 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 5:00 Harm Reduction	21 1:30 Women's Voice	22 10:00 sewing etc	23 1:30 dreamcatchers 2:00 video
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We Need An Anti-War Movement

by Judy Rebick
March 15, 2002

*Judy Rebick is the publisher of www.rabble.ca and the author of *Imagine Democracy*. This article was originally published in *The Globe and Mail*.*

To view this article in its entirety please go to www.zmag.org.

The shockwaves of Sept. 11 have made life more difficult for the left in Canada. Canada's increased militarization and the repression of civil rights have been disorienting. But our strategic problems remain the same. They're simply more intense.

For the first time in more than a generation, the public is showing strong public support for increased military spending and for Canada's participation in a shooting war under American leadership. For the left, which has generally supported more public financing for public and social services and less for military and security, this is a serious setback.

The left in Canada has been unable to question the political and media spin – the assumption, for example, that few civilian lives have been lost in the massive bombings of Afghanistan, or that most of that region's people support the U.S. intervention. Since Sept. 11, alternative media sources on the Internet have grown tremendously. But the message of worldwide opposition to the U.S. war on terrorism has yet to reach the North American mainstream.

Only a broad antiwar movement can change public opinion... Even before Sept. 11, the police, courts and government had been massively increasing security and state repression in the face of a growing antiglobalization movement. The criminalization of dissent so visible through the tear gas in Quebec City has now been codified in Canada's new security bills.

We've also seen more racism since Sept. 11: attacks on the streets against people who looked Middle Eastern; the hassling of brown-skinned men at border crossings; the savage media attack on University of British Columbia professor Sunera Thobani after she spoke out against the war. These bring a major challenge for the left into sharp relief: to reach out to this country's growing communities of colour.

The Canadian left has traditionally relied on a certain element of anti-Americanism; Canadian identity has been formed in the last few generations by declaring the many ways in which we're unlike Americans. Over these past months, our identification with our neighbours was stronger than our desire to differentiate ourselves from them. Relying on

these feelings, Ottawa moved to harmonize border security and immigration policies. But public reaction to our hockey gold revealed that such sympathy was temporary. "At least we can beat the Americans at something," said one delirious fan.

Before Sept. 11, a new generation of activists came out to challenge corporate control of practically everything. Contrary to the imagination of the chattering classes, the antiglobalization movement has not demobilized. But the attacks have had an impact. They certainly deepened divisions between the direct-action youth activists and the more traditional left, like those activists in the labour movement. Plans for a massive protest camp in Kananaskis for the G8 in June are receiving significant support from groups like the Council of Canadians and some unions -- but others are still sitting on their hands.

The debate about whether or not to accept violent tactics in demonstrations seems to have been settled, at least for the moment, by the danger of increased repression. As one protester said in New York City, "Just being on the streets is enough of a confrontation." Few of these youth activists have turned their attention to antiwar work.

On the international level, the aftermath of Sept. 11 has only strengthened the resolve of a growing global "movement of movements." Last February in Porto Alegre, Brazil, more than 60,000 people who met in the World Social Forum gave the lie to the notion that the global social-justice movement is in any way weakened.

In Canada, it is not so much Sept. 11 as the failures of the political left that dictate the need for new strategies. A new generation of activists is demanding a much more democratic, open and bottom-up organizing process, as well as more militant tactics. Globally, the politics of the new left are focusing on participatory democracy, environmental sustainability and global equity. And the major barriers to those goals are U.S. military and foreign policy, and U.S. economic policy as reflected in the World Bank and the International Monetary Fund. The reasons to fight are as strong as they've ever been.

Remembrance Day - November 11th
Lest We Forget

We are *always* looking for submissions for the D.E.W. DROP IN newsletter. Any interested artists, writers, satirist, cartoonists, photographers... should place submissions in the folder posted on the outings board, or see Michelle. While it helps to have things on disc (see Michelle if you would like to work on a computer), hand written/drawn submissions are just fine. The newsletter also provides an opportunity to post upcoming events, activities or workshops that you might be connected to. Readership is about 400+ so this is a good chance to pass along news to folks in the area.



Speak your mind

Skills Connection

Is this you?

Are you looking for work?

Training?

Upgrading?

Do you find it hard?

Do you think there is something that makes employers pass you over?

Are you a woman?

Do you have children?

Do you have a disability?

Have you ever felt you have been the target of discrimination?

Do you find it really difficult to go out and pound the pavement?

We offer...

- A person to help you work on items in your to-do list.
- Someone to help make a difficult phone call or go with you to appointments.
- Help with job search skills and aid with tasks that have to be done before you can start looking for work.

Interested?

Contact us at 604-713-4464 and ask for the Skills Team. We are located at Skills Connection, 601 Keefer street. You can also email us at soatxx@yahoo.ca

Yoga Class in the Downstairs Space Every Monday Starting at 11:15am

What is Yoga?

- 1) a great physical fitness program, involving stretching, strengthening, and elongating the spine for proper alignment of the vertebrae

- 2) breathing techniques and relaxation, lowering blood pressure, increasing cardio-vascular health, increasing lung capacity, releasing tension and stress, and learning to relax and enjoy life

- 3) Meditation - to calm the mind, bring emotional balance, mental clarity, focus and concentration

- 4) the learning of a philosophy, by experiencing emotional tension release from your own body, increasing awareness of what is happening in your own body and mind - an heightened awareness of what is going on in your body will mean an heightened awareness of what is going on with your mind. So yoga is experiential learning - you don't accept dogma as it is told to you - you question everything, until you feel beliefs yourself and understand what is right for you.

- 5) a philosophy of life - following several basic principles (non-harming, truthfulness, discipline -). It is to awaken the "witness consciousness" - the part of you that can step back and observe what your brain is doing, what is happening for you - dispassionately, so you can better understand yourself.

- 6) A Spiritual Practice - Spiritual fulfillment - as you learn to awaken the witness consciousness, meditate, and increase your awareness, at some point, you realize that you are MORE than this Body, this Mind, this shell - that you are a drop of beautiful energy in a spiritual ocean (to use the cliché, you are one with everything - Spirit/Life Energy/God/Power of the Universe is in you) and this is a truly fulfilling experience when you realize this for yourself. Someone can TELL you about this all they want, but you really need to feel it and experience it for yourself - awakening the divine energy in you.

Take what you need from Yoga. For some people, it is simply a class to take where they get a good stretch and a nice balanced work out. For others, it is a way of life - we talk about being on the Yogic Path, our own hearts leading us where we need to go. Yoga is about Union - the unity of you and the living world around you - you are part of the divine dance. It is about releasing tension in the body and the mind, relaxing, and bringing the mind to stillness so you can listen to your heart, so you can learn and grow.

For more Information:
<http://www.vancouveriyoga.com>

Learning to Live Independently in Canada

A group for Chinese Women

Tuesdays from 10-12:15

Starting November 5th

This DEWC group is open to all women whose first language is Chinese. Members of the group will learn skills and develop knowledge that will support their daily living experience in Canada. Group participants will also have an opportunity to enjoy social activities together.

Topics include:

- Resources in the Downtown Eastside
- Human Rights in Canada
- Comparison of Western and Chinese values
- Mah Jong competition
- Healthy living
- Computer skills

Facilitated by Julia Woo. For more information, come out to a session on Tuesday.



Christmas is coming...stay tuned for special events and if you wish to volunteer any time during the Christmas season, contact Michelle at 681-8480 ex 224

Kid's Corner: Play Dough Recipe

INGREDIENTS

- 1 cup flour
- 1/2 cup salt
- 1 pkg. unsweetened Kool-Aid
(Kool-Aid is for color)
- 1 tablespoon cream of tarter
- 1 cup water

INSTRUCTIONS

Mix ingredients in a pan. Cook over a low heat until the mixture pulls away from the sides of the pan and becomes doughy in consistency.

Knead until cool and have fun.