

D.E.W. DROP IN

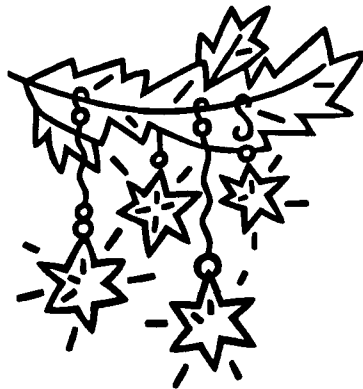
Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

December 2002

Free

Seasonal Festivities...



... what's happening at the Downtown Eastside Women's Centre and in the Larger Downtown Eastside Community during the month of December...

INSIDE:

- World Aids Day
- December Events at the Centre and in the Community
- Voices from the Eastside Poetry Group
- Holiday Crafts
- December 6—Action Against Violence Against Women



World Aids Day—December 1

December 1 is internationally recognized as World Aids Day. It is a day to bring messages of hope, solidarity, and understanding about AIDS to the world. This day originated to encourage open communication and a stronger exchange of information and experience among people.

The Red Ribbon has come to be an international symbol of AIDS awareness. It's worn to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment. The red ribbon started as a grassroots effort. There is no "official" red ribbon. Many people make their own.

What is AIDS?

AIDS stands for
**Acquired
Immune
Deficiency
Syndrome**

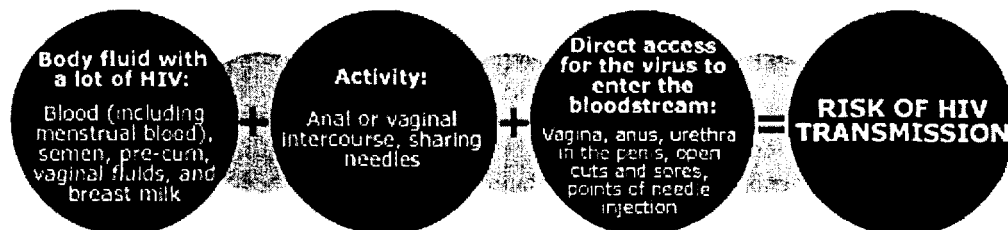
What is HIV?

HIV stands for
**Human
Immuno-deficiency
Virus**

AIDS is believed to be caused by prolonged infection with HIV.

HIV slowly breaks down the body's immune system, making it easier for you to get a variety of illnesses, known as "opportunistic infections."

How do you become infected?



Women and HIV/AIDS

...one of the myths about HIV/AIDS is that women, at least in Canada are at low risk for infection.

The truth is that not only have women always been at risk but that statistically the number of women infected in Canada has risen dramatically in the last five year. Women often don't consider themselves at risk and are less likely to be tested. Even though risk factors for women are on the rise the issues connected to Women and HIV are often invisible to the public and to media.

How can you prevent infection?

Practice Safer Sex

HIV and Hepatitis C are sexually transmitted diseases. Get the basic facts about practicing safer sex.

Safer Injection Drug Use

HIV and Hepatitis C are becoming more common among injection Drug Users. Get the basic facts you should know about safer injection drug use.

Where can you get the basic facts?

Check out Carnegie Community Centre on...

Sunday, December 1, 2002
Carnegie Community Centre
10am – 5pm
for **World Aids Day**

Each year 2500 people go to this event each year! There will be snacks, drinks, info booths, an AIDS Candlelight Vigil & Memorial, a Native Smudge Ceremony, Health & Political Speakers and much, much more.

You can also speak with Cori here at the Downtown Eastside Women's Centre.

EVERYONE WELCOME!!!

...a quick hello from the Skills Development Project Coordinator

Greetings Women!

I'd like to take a minute to say a quick hello to you all. As many of you are aware, I am the new Skills Development Project Coordinator. While I've had the chance to spend time with many of you, there are still many of you I have not yet met. I look forward to this opportunity in the coming days.

Having been at the Centre for just over a month I've come to appreciate so much we have to offer. Prior to working here I was involved with the Elizabeth Fry Society and Women Against Violence Against Women. While there are some very strong similarities between each of these organizations, I find the Centre to have a unique spirit unlike any other of I've been a part of.

As I'm coming into this position, I've noticed a lot of interest in the goings on of the Volunteer Program both from current volunteers and women who would like to get started. There will be a series of upcoming volunteer orientations and workshops for those interested. Please stay tuned for posters indicating dates and times. I thank you all for your enthusiasm!

I look forward to the upcoming days and months as I become more familiar with you all and move through the different components that make up the Downtown Eastside Women's Centre. Thank-you all for such a warm welcome.
See You Here, Michelle.





Holiday Word Scramble

Z K A C T I O N A Q S
X S Y S H A R I N G D
A W A R E N E S S W S
W J O E O F C M E U I
Y L T N E V T L E C Y
J I F Q L M M U S I C
P E A C E G I V I N G
F Y M J C R A F T S A
S Q C E N T R E L H W
R U F R I E N S H I P
J H O L I D A Y S U C

centre
holidays
awareness
crafts
giving

sharing
peace
action
music
friendship





Upcoming Holiday Festivities at the Women's Centre !!!

Card Making with Freeda

December 3, Tuesday 2 -4 pm

Christmas Dinner Tickets Given Out

December 9, Monday all day

Wreath Making with Freeda

December 10, Tuesday 2 - 4 pm

Tree Trimming Party

December 11, Wednesday 2 - 4 pm

Christmas Dinner

December 17, Tuesday see ticket for time

Pancake Breakfast

December 25, Wednesday 11 am - 3 pm

Pancake Breakfast

January 1, Wednesday 11 am - 3 pm





**Upcoming Events
in the Downtown Eastside !!!
meals at...**

Union Gospel

December 15, Sunday 11 am - 5:30 pm

Franciscan Sisters of Atonement* register all week after 1:30 pm for hampers

December 15, Sunday noon - 2 pm

The United Church *must be registered

December 16, Monday 11 am - 2 pm

Ray-Cam Co-op Centre 920 E. Hastings* with Santa—for parents and children

December 24, Tuesday 10 am - 1 pm

Quest

December 25, Wednesday 12:30 pm, 1:30 pm & 2:30 pm

Dugout

December 24, 25, 26 7 - 9 pm Turkey Dinner

Harbour Light

December 25, Wednesday 10 am - 2:30 pm

Carnegie Community Centre

December 25, Wednesday 5 am Breakfast



DOWNTOWN EASTSIDE WOMEN'S CENTRE

302 Columbia Street, Vancouver

604.681.8480

**LUNCH SERVED
DAILY AT 12:30-1:45**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:30 Library Literacy 2:00 Video WORLD AIDS DAY	2 10-12:15 Chinese Women's Group 1:30 Beading 5:00 Organizer's	3 5-8:30 Women's Health Clinic CARD MAKING	4 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 2-4 Writing Group 5:00 Harm Reduction	5 10:30 Yoga 1:30 Women's Voice	6 10:00 Sewing etc.	7 1:30 Dreamcatchers 2:00 Video
8 1:30 Library Literacy 2:00 Video	9 10-12:15 Chinese Women's Group 1:30 Beading 5:00 Organizer's Training DINNER TICKETS	10 5-8:30 Women's Health Clinic WREATH MAKING	11 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 2-4 Writing Group 5:00 Harm Reduction TREE TRIMMING	12 10:30 Yoga 1:30 Women's Voice	13 10:00 Sewing etc.	14 1:30 Dreamcatchers 2:00 Video
15 1:30 Library Literacy 2:00 Video	16 10-12:15 Chinese Women's Group 1:30 Beading 5:00 Organizer's Training	17 Christmas Dinner at the Centre ☺	18 1-4 Street Nurse 1:30 Raffle 2:00 Crochet 2-4 Writing Group CHEQUE DAY	19 Centre Closed for All Day Staff Meeting.	20 10:00 Sewing etc. 5:00 Music Jam with Marg	21 1:30 Dreamcatchers 2:00 Video
22 1:30 Library Literacy 2:00 Video	23 10-12:15 Chinese Women's Group 1:30 Beading	24 5-8:30 Women's Health Clinic	25 11-3 Pancake Breakfast CHRISTMAS DAY	26 10:30 Yoga 1:30 Women's Voice	27 10:00 Sewing etc.	28 1:30 Dreamcatchers 2:00 Video
29 1:30 Library Literacy 2:00 Video	30 10-12:15 Chinese Women's Group 1:30 Beading	31 NEW YEAR'S EVE				

REGULAR PROGRAMMING

Library Literacy – Readings, crafts, literacy activities, and preparing the new library.

Creative Writing Group–Read and write poems and prose.

Chinese Women's Group–Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

Women's Voice – Meets to give feedback about the Centre. Your opinions and ideas are needed!

Yoga–Now meeting every Thursday at 10:30am. Come out for some exercise and relaxation. Wear comfy clothes!

The **Street Nurse** comes by every Wednesday sometime between 1-4pm to give you information on all kinds of health issues.

ARTS & CRAFTS WORKSHOPS with materials supplied

Beading with Louise– Every Monday, 1:30 pm.

Crochet with Anna–Every Wednesday, 2:00pm.

Collage Arts–Every Friday, supreme art of cut and paste! Great for cards, gift boxes, poems & kids welcome!

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

Dreamcatchers–Every Saturday at 1:30pm.

Expand your skills and share stories with other women.

EVENING PROGRAMMING

See posters for any changes in December.

Organizer's Training (ELP) –Usually Monday from 5-8pm. Learn to facilitate and organize anti-poverty rallies and develop political strategies around various poverty issues.

Battered Women Support Services– Support for women experiencing violence. Usually Tuesdays from 5-8:30pm.

Alcohol and Drug Harm Reduction Group –Takes place every second Wednesday from 5-8pm. Everyone welcome.

Music Jam– Sing and play instruments with special guests.

Voices from the Downtown Eastside Poetry Group

When Night Comes ...by Ilona Ferenczi

take back the night
from the mountains
and the sea shadows
the wall

the moon is turning
it lightens the skyline
the leaves are leaving
the trees

eye shadows
break the silence
with song

the world is still
standing quietly
in the group

healing breaths
begin the world

when night comes
to the coloured hills
of indigo

...by M. Small

It was the month
of Christmas
and all through
the Centre
Michelle
went through her
list of wishes:

- 1) volunteers on demand
- 2) Mercedes Benz sports car
- 3) open Christmas Day
- 4) sunny all Xmas week
- 5) 24 hour food service for a week from the kitchen
(all is possible with the Mr. Clause co)
- 6) a gift from Cartier for Michelle

Merry Christmas and Good Night

...by Gail Samuels

OUR EYES ARE A MIRROR TO OUR SOULS.

◆ The **poetry group** will go **until December 18, 2002** on **Wednesday** from **2 - 4 pm** here at the Centre.



For those involved with the poetry group there will be a Christmas Party on December 20 with Linda King and many merry poets!



Your December 2002 Monthly Horoscope

by noted Astrologer Michael Thiessen

ARIES (Mar. 21- April 20)

Inharmonious situations at home may be extremely upsetting for you this month. Be an observer before getting involved. Too much talk might lead to hassles. Your high energy, original ideas, and excellent memory will aid your accomplishments.

Your luckiest events this month will occur on a Monday.

TAURUS (Apr. 21- may 21)

Relatives will be happy that you dropped by, so do it. You may enjoy doing something musical for entertainment. Your outgoing nature will surprise others this month. An older member of the family may need assistance.

Your luckiest events this month will occur on a Wednesday.

GEMINI (May 22-June 21)

Set a limit, or you'll wind up on a tight budget. Talk to someone with experience about budgets or consolidating debts. Friends of yours will be arguing. Don't take sides if you wish to remain on good terms with both parties. Don't let them blame you.

Your luckiest events this month will occur on a Wednesday.

CANCER (June 22-July 22)

Don't ignore any emotional issues that could be causing problems. If possible, rely on coworkers to back your objectives, and talk to superiors in order to get approval. Be careful not to divulge secret information this month. Don't let someone take the credit for a job you did.

Your luckiest events this month will occur on a Friday.

LEO (July 23-Aug 22)

Emotional partnerships may develop through projects you initiate. Make career changes that may increase your income if you can. Real estate investments will be profitable. Try to join groups of interest such as ballroom dance classes or perhaps an internet organization.

Your luckiest events this month will occur on a Sunday.

VIRGO (Aug. 23 -Sept. 23)

Sudden changes in your financial situation are likely. Your creative talent will prove to be lucrative if put to proper use. Travel will promote new romantic connections. Property investments will payoff.

Your luckiest events this month will occur on a Tuesday.

LIBRA (Sept. 24 -Oct. 23)

Be prepared to step into the limelight if you wish to promote your ambitions. Purchases will be well worth it and they will last a long time. You may have a problem with someone you live with if you don't include them in your gathering. Don't be afraid to pursue unfamiliar grounds. Your luckiest events this month will occur on a Monday.

SCORPIO (Oct. 24 - Nov. 22)

Some relatives will be extremely perplexing. Travel for business or pleasure will be enjoyable. Health problems may prevail if you don't take care of them immediately. You will communicate easily and should be able to accomplish all that you set out to do. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS (Nov. 23 -Dec. 21)

Your emotions may be hard to control if your mate is forcing you to undergo drastic alterations in your relationship. You will have the discipline and fortitude to accomplish what you want this month. You can make positive changes in your home. If you have to deal with large institutions, be careful not to make waves. Your luckiest events this month will occur on a Tuesday.

CAPRICORN (Dec 22.- Jan. 20)

You must try to lay your cards on the table. Talk to your mate and tell them how you feel. Talk about your intentions and confirm that you both feel the same way. You can accomplish a lot if you deal with other people's money or possessions this month. Your luckiest events this month will occur on a Tuesday.

AQUARIUS (Jan. 21 -Feb. 19)

You have so much to offer; open up and let your thoughts be known. The knowledge you have will enhance your reputation. Take a second look; difficulties with appliances, water, or electricity in your home may be evident. All your energy should be directed into moneymaking opportunities. Your luckiest events this month will occur on a Sunday.

PISCES (Feb. 20-Mar. 20)

Regardless of your first reaction, the outcome will be favourable. Someone you live with may cause drastic alterations in your usual routine. Outings with relatives or good friends will provide you with stimulating conversation. Home improvement projects will enhance your residence and bring the family closer together. Your luckiest events this month will occur on a Thursday.



Some Activities for the Holiday Season...

Children's Christmas Keepsake Craft

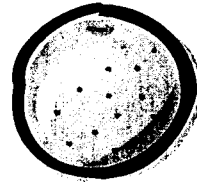


What you need:

- ❖ red or green or other colour construction paper
- ❖ paper clips
- ❖ clear shelving paper (paper with clear covering)
- ❖ crayons or glitter or markers or stickers

What to do:

- ❖ trace child's hand on paper and write their name and age on back
- ❖ cut out the hand shape and decorate however you'd like
- ❖ cut out a square of shelf paper larger than the hand shape
- ❖ separate square of sticky shelf paper
- ❖ place hand shape onto one of the sticky squares
- ❖ cover the first square of shelf paper with other square and press together to push out bubbles
- ❖ once you have a good seam, cut out hand shape again leaving a bit of a margin of clear plastic
- ❖ open a paper clip and poke through base of hand print and hang for decoration!



Wonderfully Fragrant Pomanders

Perfect as a gift or for yourself!

What you need:

- ❖ firm round oranges (each one makes a pomander)
- ❖ cloves
- ❖ ribbon—green would be great for Christmas and blue would be great for Hanukah

What to do:

- ❖ push cloves into orange in a line from top to bottom—make three more lines so orange is divided into quarters
- ❖ keep making lines of cloves till orange is covered or until you create a design you like
- ❖ place the orange in the oven at the lowest setting for half an hour so that it will dry out completely
- ❖ tie a ribbon around the orange and use to create a wonderful scent

New Vintage Egg Nog

What you need:

- ❖ 3 eggs
- ❖ 1/4 cup sugar
- ❖ 1/8 tsp salt
- ❖ 1 1/2 tbsps vanilla
- ❖ 3 cups chilled milk
- ❖ dash of nutmeg

What to do:

- ❖ beat eggs well, until light and fluffy
- ❖ gradually stir in salt and sugar, then slowly beat in vanilla
- ❖ stir in chilled milk and sprinkle each glass with nutmeg

 **December 6****Canada's National Day of Remembrance and Action
on Violence Against Women**

A time...

To reflect on violence against women
here in the downtown eastside and around the world

To hold a moment of silence for the women
who have been murdered and are still missing

To think about all the women and girls
who live daily with the threat of violence

To take action to stop it

March with Breaking the Silence Against Violence

**Please join us in a candle light vigil and march
through Vancouver's downtown eastside
on the evening of Friday, December 6, 2002**

We will be gathering at the corner of Carrall & Hastings Street at 7 pm
and marching to the Memorial Pole in Oppenheimer Park
Please bring your drum & dress appropriately for the weather

**All women are welcome to join at the Downtown Eastside Women's
Centre to create posters, banner, ribbons etc. for the march.
Dinner is to follow at 5 pm.**