

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

February 2003

Free



INSIDE:

- Forget Me Not Walk—February 1
- Chinese New Year—February 1
- Black History Month—Honouring Black Women's Herstory
- Valentine's Day Memorial March—February 14th
- Voices from the Downtown Eastside Poetry Group
- DEWC new Activities—Join us Women!

**Missing Women's Legacy Society
Invites you to our annual
"Forget Me Not Walk"**

Noon, Saturday, February 1st, 2003

February 1st will mark the anniversary of our women being found at the Pickton farm in Port Coquitlam. We invite you to honour their memory by walking down Dominion Avenue to the Pitt River Dike. (Behind the Burns site). There we will offer prayers, songs and words of comfort for the women found and for the women who are still missing.

Flowers and candles are suggested. Bring an umbrella just in case of rain. We will walk in silence until we reach the dike.

We will let the world know that people will come, even in the cold and rain, to honour the women who have been victims of violence. The rain and cold will emphasize our resolve to end violence as well as mirror our grief for the women taken before their time.

Donations will be accepted by Missing Women's Legacy Society. All proceeds from the walk will go to Legacy House—an addiction support recovery home for women.

We look forward to seeing you and your friends at Noon on Saturday the 1st of February in Port Coquitlam. We will meet in the parking lot at Home Depot. For more information please call Val at 604.318.9611 or Maggy at 604.514.1657.

The Media and Police are invited to our first annual "Forget Me Not Walk" to remember the women.

Thank-you for your support and we will see you there.

Sincerely,
Missing Women's Legacy Society.

The 12th Annual Women's Memorial March

Noon, Friday, February 14th, 2003



This event is organized by women and led by women because women, especially Aboriginal women, face physical, mental, emotional, and spiritual violence on a daily basis. We ask that all the community join us in the spirit of the march.

We also ask that men share their grief and show solidarity by helping out at the event and walking at the back of the march.

Assemble at Carnegie Community Centre

Opening and Speakers at 12:00 Noon

Circle at Main and Hastings at 1:00 pm

Feast at the Japanese Language School

475 Alexander Street at 3:00 pm

Drumming, singing and dancing



**REMEMBERING WOMEN WHO HAVE BEEN
MURDERED AND MISSING
IN THE DOWNTOWN EASTSIDE**



CHINESE NEW YEAR



The Chinese Lunar New Year is the longest chronological record in history, dating from 2600BC, when the Emperor Huang Ti introduced the first cycle of the zodiac. Like the Western calendar, The Chinese Lunar Calendar is a yearly one, with the start of the lunar year being based on the cycles of the moon. Therefore, because of this cyclical dating, the beginning of the year can fall anywhere between late January and the middle of February. This year it falls on the first of February. A complete cycle takes 60 years and is made up of five cycles of 12 years each.

The Chinese Lunar Calendar names each of the twelve years after an animal. Legend has it that the Lord Buddha summoned all the animals to come to him before he departed from earth. Only twelve came to bid him farewell and as a reward he named a year after each one in the order they arrived. The Chinese believe the animal ruling the year in which a person is born has a profound influence on personality, saying: "This is the animal that hides in your heart."

Rat	1924	1936	1948	1960	1972	1984	1996
Ox	1925	1937	1949	1961	1973	1985	1997
Tiger	1926	1938	1950	1962	1974	1986	1998
Rabbit	1927	1939	1951	1963	1975	1987	1999
Dragon	1928	1940	1952	1964	1976	1988	2000
Snake	1929	1941	1953	1965	1977	1989	2001
Horse	1930	1942	1954	1966	1978	1990	2002
Sheep	1931	1943	1955	1967	1979	1991	2003
Monkey	1932	1944	1956	1968	1980	1992	2004
Rooster	1933	1945	1957	1969	1981	1993	2005
Dog	1934	1946	1958	1970	1982	1994	2006
Boar	1935	1947	1959	1971	1983	1995	2007

RAT

You are imaginative. You are generous. You can be quick tempered. You will be happy as a writer, critic or publicist.

OX

You are a born leader. You inspire confidence. You are demanding. You are methodical and good with your hands. You will make a good surgeon, general or hairdresser.

TIGER

You are sensitive, emotional and capable of great love. You are stubborn about what you think is right. You will make a good boss, explorer or race car driver.

RABBIT

You are affectionate, cooperative, and pleasant. People like to be around you. You are sentimental. You will make a successful business person, lawyer, diplomat or actor.

DRAGON

You are full of life and enthusiasm. You are popular and "fun-loving". You will make a good artist, priest or politician.

SNAKE

You are wise and charming. You are a good thinker. You can procrastinate. You save money. You will make a good teacher, writer or psychiatrist.

HORSE

You are a hard worker. You are independent, intelligent and friendly. You can be a bit selfish. You will find success as an adventurer, scientist or poet.

SHEEP

You are charming, elegant and artistic. You like to be comfortable. You can complain and worry too much. You will make a good actor, gardener or beachcomber.

MONKEY

You are very intelligent, clever, and well-liked by everyone. You will have success in any field.

ROOSTER

You are a hard-worker. You speak your mind. You can be boastful. You will make a good restaurant owner, publicist or world traveler.

DOG

You are honest and faithful. You can worry too much. You will make an excellent business person, teacher or secret agent.

PIG

You are a good friend. You are sincere, tolerant and honest. You are sometimes disappointed. You will thrive in the arts as an entertainer or you will be a great lawyer.

"We are born at a given moment, in a given place, and like vintage years of wine, we have the qualities of the year and of the season in which we are born."

Carl Gustav Jung

FEBRUARY/2003

ARIES: During this period you may overextend yourself to loved ones with generosity, care, and nurturing. This is a good time to gain insight and understanding into your own personal needs as well as those of the people closest to you. You can begin to become more of a contributing factor in the education or spiritual upbringing of your children. You can explore ways to instill positive family values and principles into your domestic life at this time. There are also possibilities that you will take on a greater role in caretaking responsibilities, possibly through the concerns of a distant relative or someone else who openly requests your aid and direction.

Taurus: At this time, you may express your love for your romantic partner in original and interesting ways. There is a need to show your mate that you have that "special touch", which gives you the advantage over everyone else. You refine your attitude so that you work more harmoniously with others and you make concessions if you know it will bring peace and unity to your life. You may discover that more love and understanding is needed to help heal any wound or grievance which you or your partner may be experiencing. Therefore, if someone you love is undergoing a difficult period, you administer tender loving care in a most unique and pleasing manner. You can use the wisdom you have learned from previous relationships to benefit you now. Similarly, you look at romantic situations from a different angle and come up with new solutions instead of repeating past mistakes.

Gemini: Misunderstanding, irritability, and tension in domestic or love relationships is highlighted now. You might feel drained or ineffective in handling the needs and demands of your mate, children, or other family members at this time. It might become a struggle for you to provide your loved ones with adequate measures of caring, physical nourishment, and emotional nurturing during this period. With regard to your finances and personal possessions, this period can indicate change or loss in this area. You might need to modify or analyze how you can spend your money and take care of your valuables more effectively.

Cancer: You could find that your well ordered plans are upset by others who do not respect what you are doing. On the other hand, it could be you that pushes against the system, the rules and the old limits. It's great to be inventive as long as you try to balance your need for freedom with the responsibilities that you have. You are likely to feel vexed, vaguely dissatisfied, or out of touch with yourself, as if you don't know what you want but are fairly certain you don't have it. Unusual food cravings, desires and moods which are distracting or at least tangential to what you would prefer to be focused upon, and/or a strong pull toward your past which interferes with your present, all are quite likely now. You have to strike a balance between your emotional needs and yearnings and your daily life.

Leo: Rebelliousness, recklessness, impatience, a sudden burst of anger or your need to break free from rules and restrictions may create a lot of disruption in your life right now. Also, you can't seem to settle down or focus on one task for any length of time. Though you are unusually energetic, it is hard for you to get anything done. You tend to fly off the handle and to scatter your forces. You are happiest now when you do something creative and daring, and that doesn't require cooperating or conforming to others' wishes and needs. No one is going to tell you what to do today. You are ready to do your own thing, and a brilliant thing it is. Give yourself time for some creativity, some free expression, and time out from your ordinary routine.

Virgo: Improvements in your personal and romantic life is likely at this time. A sense of mutual harmony and support makes for more peaceful and secure surroundings. You care deeply and passionately for the people in your care. Children are especially adored now and flourish through your offers of love and guidance. You may feel helpful and contented when you mother and comfort your spouse, loved ones, and children. You enjoy happy times when socializing with your family, which may involve creative activities or just simple pleasures at this time. You may be extremely sensitive with respect to other people talking about you. Strong feelings can be triggered easily. But this is also a period in which you may be able to do some deep examination of your past, your family patterns and your emotions.

Libra: Minor adjustments or changes may be necessary in work-related, business, or creative matters in order for you to make good progress. Perfecting or fine-tuning your skills and mental capabilities is a must at this time. Try not to waste your energies on non-productive or inefficient work practices and avoid a tendency to bottle up your creativity. To accomplish your goals, you may need to rebuild your confidence and regain a sense of organization in your daily affairs and work patterns. Nervous tension, impatience, uneven or erratic rhythms, and/or a disruption of your usual pace can make this time very challenging. You are apt to deal with some recalcitrant people or become that way yourself. Beware of burning bridges behind you in your heightened impatience or restless intolerance of anything that thwarts you now.

Scorpio: Your thoughts and ideas may be out of sync with loved ones at this time. The expression of your deepest desires about the level of caring and concern you need from others somehow gets misinterpreted by other people. You can't seem to get your point across or you become angry when others misunderstand your intentions and fail to respond to your wishes. Or you may have to adapt to inadequate amounts of nurturing and support from others and this causes your self-image to suffer. People may view your expectations of them as over-demanding and challenge you, forcing you to find new ways to relate. If you have children, they might have difficulty in expressing their needs, and you will have to adjust your schedule to administer sufficient love, caring, and discipline in their lives.

Sagittarius: A minor social disgrace or embarrassment is likely now, especially if you are in the public eye. You may be upstaged or challenged in a particularly disconcerting way. However, how you handle any humiliation or adverse situation which occurs at this time may well be crucial to future success. Influential men in your life are implicated. Social, home activities, and work duties may all seem to collide head on. Family issues are questioned and reviewed, as certain loved ones require either more or less of your support and involvement. Trying to find time for your own personal pleasures is difficult now, as there is much to consume yourself with in your domestic or romantic life. Heavy expenditures involve children, family affairs, or creative projects at this time. You may also have to alter the way you "hand out money" for everyone else's needs.

Capricorn: You have the capacity to act with great sensitivity and delicacy at this time. This can be a time when you also act with great compassion and imagination. On the other hand, you can also find that you are easily misled or that you have difficulty being efficient and, therefore, need to be careful that you don't wear yourself out. You can use this opportunity to discuss serious issues in a relaxed way. You may be able to examine your fears and limitations with detachment which can lessen the pressure and help you to find answers to very meaningful questions.

Aquarius: Small changes in your job routine are likely now. Although you may wish to stick with what has worked in the past, you may have to adhere to a different set of conditions. Try not to allow your ego get the best of you if a co-worker or superior upstages you in some manner or puts a cramp in your style. Keep an eye on someone who may be jealous of your successes or position. Carefully go over plans or work endeavors as they may backfire if you try too hard to make an impression on others. It is best not to force issues or create unnecessary conflict. Don't let such an exclusive focus on work cause other important areas of your life to suffer. Let a loved one or mate help lift your spirits.

Pisces: Positive influences allow you to work through certain difficulties in a love relationship or personal matter. Healing and resolution of particular issues can begin by opening your heart to giving and receiving more love and acceptance in a relationship now. A current partner or someone special who comes into your life at this time can bring you new awareness and understanding of your innermost feelings and values. You tend to draw to yourself the aid and guidance needed to remove blocks in your mental, emotional, or spiritual life. The more logical and scientific side of your brain should be working now. This is a time when precision, patience and seriousness are required. If you can do this, you may be able to successfully deal with any complex problems that come up.



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 Dreamcatchers 2:00 Video FORGET ME NOT WALK
2 1:30 Library Litearcy 2:00 Video	3 10-12:15 Chinese Women's Group 10-4:30 Computers 1:30 Beading 2:00 Literacy Workshop	4 5-8:30 Women's Health Clinic 5:00 BWSS	5 1-4 Street Nurse 1:30 Computers 2:00 Crochet & Raffle 2:00 Food & Health 2-4 Writing Group 5:00 Harm Reduction	6 1:30 Women's Voice	7 10:00 Sewing etc. 10-4:30 Computers	8 1:30 Dreamcatchers 2:00 Video
9 1:30 Library Litearcy 2:00 Video	10 10-12:15 CWS 10-4:30 Computers 1:30 Beading 2:00 Literacy Workshop 5-8 Organizer's Training	11 5-8:30 Women's Health Clinic 5:00 BWSS	12 1-4 Street Nurse 1:30 Computers 2:00 Crochet & Raffle 2:00 Food & Health 2-4 Writing Group	13 1:30 Women's Voice 2:00 Storytelling	14 10:00 Sewing etc. 10-4:30 Computers WOMEN'S MEMORIAL MARCH	15 1:30 Dreamcatchers 2:00 Video
16 1:30 Library Litearcy 2:00 Video	17 10-12:15 CWS 10-4:30 Computers 1:30 Beading 2:00 Literacy Workshop 5-8 Organizer's	18 5-8:30 Women's Health Clinic 5:00 BWSS	19 1-4 Street Nurse 1:30 Computers 2:00 Crochet & Raffle 2:00 Food & Health 2-4 Writing Group 5:00 Harm Reduction	20 1:30 Women's Voice 2:00 Storytelling	21 10:00 Sewing etc. 10-4:30 Computers 5:00 Music Jam with Marg	22 1:30 Dreamcatchers 2:00 Video
23 1:30 Library Litearcy 2:00 Video	24 10-12:15 CWS 10-4:30 Computers 1:30 Beading 2:00 Literacy Workshop 5-8 Organizer's	25 5-8:30 Women's Health Clinic 5:00 BWSS WOMEN'S BIRTHDAYS DAY!	26 1-4 Street Nurse 1:30 Computers 2:00 Crochet & Raffle 2:00 Food & Health 2-4 Writing Group CHEQUE DAY	27 CENTRE CLOSED	28 10:00 Sewing etc. 10-4:30 Computers	

REGULAR PROGRAMMING

Library Literacy – Readings, crafts, literacy activities, and preparing the new library.
Creative Writing Group—Read and write poems and prose.
NEW! NEW! NEW! Literacy Workshop – Working with books, themes and word puzzles. Learn while having fun!
NEW! NEW! NEW! Storytelling with Erin – Learn more about theatre and storytelling. Listen to other women's stories and if you'd like tell one of your own!
NEW! NEW! NEW! Food & Health – Eileen, Community Nutritionist, will be here to answer any and all questions regarding your health and nutrition. Come out and ask about your concerns or curiosities.
Chinese Women's Group—Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.
Computers – Enhance your computer skills with assistance from Gwen.
Women's Voice – Meets to give feedback about the Centre. Your opinions and ideas are needed!
 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 Denny or 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
Organizer's Training (ELP) –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.
Women's Health Clinic-Ongoing—595 Powell Street.

February is Black History Month!

Since 1926, February has been designated as Black History month in North America.

What is Black History Month?

Carter Woodson, who is credited with founding Black History Month was the premier Black historian to put forward the idea of African history as a form of Black cultural empowerment and emancipation. In his view, the knowledge and dissemination of African history would, "besides building self-esteem among blacks, help eliminate prejudice among whites." He aimed both "to inculcate in the mind of the youth of African blood an appreciation of what their race has thought and felt and done" and to publicize the facts of the Blacks among whites, so that "the Negro may enjoy a larger share of the privileges of democracy as a result of the recognition of his worth." Black History month gives us a chance to celebrate the African experience in America, Africa and throughout the world.

We celebrate Black history month...

- To examine the collective ingenuity, creativity, cultural and political experience of the masses of Africans and peoples of African descent;
- To contest the apparent ignorance and deliberate distortion of Black History;
- To recognize and honor the birthdays of great African American pioneers and institutions. These include the birthdays of Frederick Douglass, W.E.B. DuBois, Langston Hughes, Eubie Blake, NAACP and the first Pan African Congress;
- To change attitudes and heighten the understanding of the African experience;
- To give black people a sense of the positive achievements of their people, and provide self-confidence and self-pride which are essential to any program of assertiveness.

What is happening at the Centre for Black History Month?

Throughout the month of February, the Centre will be showing several videos on Black feminism and Black History in Canada. There will be posters and artwork on display to recognize Black women's historical contributions in the Americas. All women have something to gain from celebrating Black History month, so please join us in watching these inspiring videos and viewing the informative display!

Inspiring Quotes from Black Women

"That man over there says that women need to be helped into carriages, and lifted over ditches, and to have the best place everywhere. Nobody ever helps me into carriages, or over mud-puddles, or gives me any best place! And ain't I a woman? Look at me! Look at my arm! I have ploughed and planted, and gathered into barns, and no man could head me! And ain't I a woman? I could work as much and eat as much as a man - when I could get it - and bear the lash as well! And ain't I a woman? I have borne thirteen children, and seen most all sold off to slavery, and when I cried out with my mother's grief, none but Jesus heard me! And ain't I a woman?" - *Delivered by Sojourner Truth in 1851, Women's Convention, Akron, Ohio*

Bringing the gifts that my ancestors gave,

I am the dream and the hope of the slave.

I rise

I rise

I rise.

Maya Angelou (1928), "Still I rise," And Still I Rise (1978)

A Word Puzzle
in Celebration of Black History Month

Z	M	A	N	D	E	L	A
D	E	M	M	A	H	O	M
D	E	V	O	L	E	B	
H	A	L	L	E	F	L	O
P	O	X	E	W	K	B	P
D	A	O	R	M	I	A	R
Q	I	S	K	I	N	V	A
P	A	R	K	S	G	I	H

Hints:

1. Martin Luther ____, Jr. delivered a speech beginning with, "I have a dream..."
2. bell ____ is a writer and scholar who has devoted her life and work to ending racial and gender prejudice.
3. Many Black enslaved people escaped to Canada from the United States by using the Underground _____.
4. She was the first black woman to have her own national show. She is the first African-American and the third woman in history, behind Mary Pickford and Lucille Ball, to own her own studio. She is the world's highest paid entertainer. Her first name is _____.
5. In 1993, Toni Morrison won the Nobel Prize in literature for her novel _____.
6. He won the gold medal at the Rome Olympics in 1960. Famous boxer ____ Ali once proclaimed, "I am the Greatest!"
7. In 1955, a forty-two year old seamstress boarded a city bus and sat in the first row of seats in the black section of the bus. When some white men got on the bus, the driver, James F. Blake ordered Mrs. Parks to give up her seat and move back. She refused to move, and Blake called the police to have her arrested. She has been called the "Mother of the Civil Rights Movement." Her name is Rosa _____.
8. _____ Berry won an Oscar in 2001 for her role in Monster's Ball - the first time a black woman has won the award in the 74 years of the ceremony.
9. Nelson _____ is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country.

"Anger, used, does not destroy. Hatred does."
Audre Lorde (1934-1992), "Eye to Eye," *Sister Outsider* (1984)

Another Year
By Carol Cardinal

Another Year is here.
Another Friend to make.
Another Blessing to Receive.
Another Love to Enjoy.
Another year to Enjoy My Life.

A Year to Love Again.
A Year to Change Me.
A Year to Grow too.
A Year to Enjoy, Everything.
A Year to Be Here.

Here to Learn New things.
Here to Love everyone.
Here to be Open.
Here to Be Honest.
Here to Discover me.
Here to Enjoy You.
Here to Write Profound Words.
Here to Just Be me,
With a Smile.
Here to Be a Friend to
Go that Extra Mile.

Sweet Abundance of Life
By Marie Keyespapmatao

Sweet abundance of life...
 Glance at me
Sweet abundance of life...
 Dance with me
Sweet abundance of life...
 Your romance is a fantasy
Sweet abundance of life...
 Take a chance with me
Sweet abundance of life...
 Enhance your beauty before me
Sweet abundance of life
 Glance at me
 And whisper softly;
 That you are ready...
 To set me free.

LIFE

By Marie Keyespapamatao

Life on the beat,
Stifling heat.
...bugs flying;
Someone's dying,
Shuffling feet.
Must retreat,
Hunger strikes,
...heard some fights.
Darkness falls,
Nature calls...
Sirens echo;
...Have to go
Motivation sets in.
Life's a mission
Searching for food
Begging for somethin'
...good
Devastating destitute
Must commute,
Got no change,
Nothings strange.
Life on the Street...
Hidden tears and,
friends to meet.
I've lost my soul...
down the road.
...got to be bold
to see the light
sometimes...
life's a fright.
So!!!
Life's a joke
...behind the ol' man's cloak.

Our Voice—Our Struggle
Anonymous, from "In Celebration of our Survival: The First Nations of BC"

We are struggling to find our voice,
The right tone, the right pitch
The right speed, the right code
The right thoughts, the right words

We are struggling to find the voice,
To say how long we've waited to speak
To say we're tired of waiting so long
To say we're tired – and frustrated

Struggling, we wax nostalgic
Struggling for a new reading of history,
Struggling for human status
Struggling just to be heard.

We are struggling against false accusations.

Within Us
Author: Unknown

Within our Reach lies every Path
We ever Dream of taking
Within our Power lies every step
We ever dream of making
Within our range lies every joy
We ever dream of seeing
Within ourselves lies everything
We every dream of being

Author: Unknown

I will not die an un-lived life.
I will not live in fear
Of falling or catching fire,
I choose to inhabit my days,
To allow my living to open me,
To make me less afraid,
More accessible,
To loosen my heart
Until it becomes a wing,
A torch, a promise.
I choose to risk my significance,
To live so that which came to me as a seed
Goes to the next as a blossom,
And that which came to me as blossom,
Goes on as fruit.

♥♥♥♥♥To some wonderful women I know

By the time the Lord made women, he was into his sixth day of working overtime. An Angel appeared and said, "Why are you spending so much time on this one?" And the Lord answered and said, "Have you seen the spec sheet on her? She has to be completely washable, but not plastic, have 200 movable parts, all replaceable, run on black coffee and leftovers, have a lap that can hold three children at one time, have a kiss that can cure anything from a scraped knee to a broken heart, and have six pairs of hands."

The Angel was astounded at the requirements for this one. "Six pairs of hands! No Way...and that's just on the standard model?" the Angel asked. The Angel tried to stop the Lord. "This is too much work for one day. Wait until tomorrow to finish." "But I can't!" the Lord protested, "I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick AND can work 18-hour days." The Angel moved closer and touched the woman, "but you have made her so soft, Lord." "She is soft," the Lord agreed, "but I have also made her tough. You have no idea what she can endure or accomplish." "Will she be able to think?" asked the Angel. The Lord replied, "Not only will she be able to think, she will be able to reason and negotiate." The Angel then noticed something and reached out and touched the woman's cheek. "Oops, it looks like you have a leak with this model. I told you that you were trying to put too much into this one." "That's not a leak," the Lord objected, "that's a tear!" "What the tear for?" the Angel asked. The Lord said, "The tear is her way of expressing her joy, her sorrow, her pain, her disappointment, her loneliness, her grief, and her pride."

The Angel was impressed. "You are a genius, Lord. You thought of everything for women-you are truly amazing." Women have strengths that amaze men. They carry hardships, they carry burdens, but they hold happiness, love and joy. They smile when they want to scream. They sing when they want to cry. They carry when they are happy and laugh when they are nervous. They fight for what they believe in. They stand up for injustice. They don't take "no" for an answer when they believe there is a better solution. They go without so their family can have. They go to the doctor with a frightened friend. They love unconditionally. They cry when their children excel, and cheer when their friends get awards. They are happy when they hear about a birth or a new marriage. Their hearts break when a friend dies. They have sorrow at the loss of a family member, yet they are strong when they think there is no strength left. They know that a hug and a kiss can heal a broken heart.

Women come in all sizes, in all colors and shapes. They'll drive, fly, walk, run or email you to show how much they care about you. The heart of a woman is what makes the world spin! They bring joy and hope. They give compassion and ideals. They give moral support to their family and friends. Women have a lot to say and a lot to give.

Pass this along to your women friends to remind them how amazing they are.

With love, honour, strength, hope and courage, Carol.



NEW! NEW! NEW!

Storytelling and Theatre Group with Erin from the DEWC!

Everyone has stories to tell! Most people like hearing stories. The stories we will come up with will be from each woman's life, or family lore, or favorite tales from childhood. Take up your share of space in the world and tell your story. Maybe you'd like to tell your stories to other women in the group, maybe to your families or maybe to the whole centre at a public performance. Whenever a story is told both the teller, and the told-to, gain from the experience. That's what we're aiming for. Come on out to tell your story and enjoy your experience with the performing arts!

Here at the Centre, starting February 13 and then every Thursday at 2 pm.

All women welcome.



NEW! NEW! NEW!

Literacy Focused Workshop with Moira from Carnegie Street Outreach Program!

Everyone has something to gain! Work through some literacy focused activities while having a blast at the same time. Using books, themes and word puzzles you can have some fun and learn some new skills at the same time. This group will meet upstairs so you can stay for just as long as you'd like.

Here at the Centre, every Monday at 2 pm. All women welcome.



NEW! NEW! NEW!

Questions and Answers with Eileen the Community Nutritionist from Vancouver Native Health Society!

Come on out to find out more about your own health. Ask questions and get answers, or flip through some of the information offered, or get a tasty and healthy snack and say hello! Eileen is able to provide information regarding a whole range of health concerns from diet to illness to meal planning.

Here at the Centre, every Wednesday at 2 pm. All women welcome.



REMINDER! Gwen is able to assist you with computers.

On Mondays and Fridays Gwen is here from 10-4:30. On Wednesday Gwen is here from 1:30 to 4:30. Feel free to ask for assistance with resume writing, letter writing, or basic computer instruction.

ANNOUNCEMENT! Assistance for Part 3 of PWD Assessment Form

Occupational Therapist, Ian Handy working for the Vancouver Coastal Health Authority is an assessor who can help you complete Part 3 of the PWD assessment form for the review process. If you or anyone you know requires the completion of Part 3 please contact him at 604.708.5288. There is availability Monday, Wednesday and every other Friday (first being January 31st). Appointments can be made and/or 'clinics' can be set up—if necessary. Ian is able to travel and can set up clinics on Saturdays and evenings if need be.