

# D.E.W. DROP IN

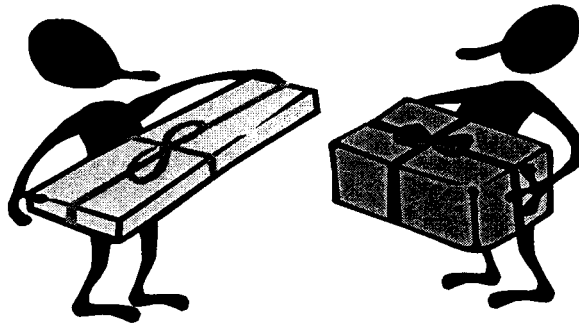
## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

May 2003

Free

### Definition of a Friend



A friend should be radical. They love you when you're unlovable. Hug you when you're unhuggable. And bear you when you're unbearable. A friend should be fanatical. They should cheer when the whole world boos. Dance when you get good news and cry when you cry too. But most of all a friend should be mathematical. They should multiply the joy, divide the sorrows, subtract the past and add to tomorrow. Calculate the need deep in your heart and always be bigger than the sum of their parts.

#### INSIDE:

- Severe Acute Respiratory Syndrome (SARS) FAQs
- Syphilis FAQs
- Changes to Welfare— Some Information
- War in Iraq— Privatization in Disguise
- Volunteer Week— The Value of One, The Power of Many
- Job Shop— Could it be useful for you?
- Poetry & Prose— Voices from the Downtown Eastside Poetry Group

## Important information from the Health Desk

### Facts You Need to Know About Severe Acute Respiratory Syndrome (SARS)

#### **What are the Symptoms of SARS?**

The primary symptoms for the virus known as severe acute respiratory syndrome (SARS) are high fever (greater than 38 C or 11.4 F), in addition to a dry cough, shortness of breath, or difficulties breathing. Other possible symptoms include headache, muscular stiffness, loss of appetite, malaise, confusion, rash and diarrhea.

#### **Is SARS contagious?**

Yes SARS is contagious by close contact. Close contact means having cared for, having lived with, or having had direct contact with respiratory secretions and body fluids of a person with SARS. The length of time between exposure and symptoms showing are estimated to range from two to seven days.

#### **How is it treated?**

The best treatment is still not clear. Standard antiviral drugs and antibiotics do not appear to be effective.

#### **What can be done to prevent SARS?**

The illness can be severe but apart from close contact with an infected patient it is not thought to be highly contagious when simple protective precautions are taken. Health experts say it is important to ***maintain good personal hygiene*** and ***good ventilation*** in home and working environments. ***Washing hands with liquid soap*** and ***using disposable towels*** is recommended. ***Keeping windows open*** and putting on ***facemasks*** ***can also help*** prevent transmission of the infection.

#### **Is it safe to travel?**

Canadian health officials also say travelers should consider postponing non-essential trips to areas at risk such as Hanoi, Vietnam; Hong Kong or Guangdong province in southern China; and Singapore.

#### **How many cases have been reported worldwide?**

More than 2 500 cases of SARS have been reported so far.

The above information should be used for guidance only and should not be considered a substitute for professional medical advice. Talk to the street Nurses, clinics, or your doctor if you have any concerns.

## Important information from the Health Desk

**There has been an alarming increase in reported cases of Syphilis in the community.**

**What causes Syphilis?** Syphilis is a sexually transmitted disease caused by bacteria called *Treponema pallidum*.

**How do you get it?** Syphilis is transmitted by:

- passed from person to person directly touching syphilis sores. Sores mainly occur on the external genitals, vagina, and anus. They also occur on the lips and in the mouth.
- Sexual intercourse
- Kissing
- Anal sex
- Sharing needles with an infected intravenous drug user

**What happens to me if I get this?**

There are 3 stages that the infection goes through:

**1. Primary stage** (which occurs 10days-6 weeks after exposure)

- One painless sore usually appears at the area of the original infection (usually around the groin area).
- Later, other similar sores may appear on cervix, penis, rectum, tongue, mouth, lips, fingers, and eyelids.
- This stage is highly contagious and often goes unnoticed.

**2. Secondary stage** (1 week-6 months after the primary stage)

- Skin rash on any area of the body, especially on the hands and soles of the feet.
- Mouth sores
- Fever and headache
- Soreness and aching of the bones and joints

**3. Tertiary Stage** (3-25 years after the infection)

Some of the long-term effects are:

- Infection has spread through the entire body and is often very serious.
- Huge eruptions cover the entire body from face to feet
- Hair loss
- Gradual blindness
- And eventually death

If you notice any of these symptoms or think you might be at risk, ask the street Nurses, clinics or your doctor for a syphilis test. **Although serious, if detected early syphilis can be completely cured.**

## **Welfare's new Two Year Independence Test (and how it may affect you)**

The Liberal Government has changed the welfare laws. Now when people apply for welfare (even if they have been on welfare before) they must meet the new "Two Year Independence Test" to be eligible for **any** benefits (including hardship).

If you are already on welfare you aren't affected, but if you go off assistance and your file is closed you will have to re-qualify according to the new rules. This means that you will have to show either:

- that you have had enough paid work as outlined in the Regulation; OR
- that you are in one of the categories of exempted people.

If you are refused by welfare there are a number of ways you could still meet the test.

### **The requirement**

To have, for any two consecutive years (literally, within your lifetime):

1. been employed "for pay" at least 840 hours for each of those years (about 40% employment based on a 40 hour week); or
2. earned at least \$7000 in each of those two years; or
3. within the two years have a combination of time being employed and/or collecting Employment Insurance and/or some equivalent "income replacement."

This means you need to produce records to show you have worked the total hours necessary or that you worked and were on EI (or something like it - NOT welfare) for two years in a row. Training allowances Do Not Count as income.

### **Exemptions**

People are exempted from the Two Year Employment Test according to the standards listed in Employment Assistance Regulation Section 18(3).

Basically, the regulations say that you can bypass the test if:

- You are under 19 (and meet the other requirements for underage welfare); or
- You are pregnant; or
- You have dependent children; or
- You have a "child in the home of a relative" (meaning you are housing a relative's child); or
- You have a foster child; or

- You were supported by an “employed spouse” for at least two years; or had a combination of being supported and meeting the test itself within a two year period; or
- You were in jail for 6 months of the two years right before you applied for welfare; or
- You were in the care of the Ministry of Child and Family Development or had a relevant agreement with MCFD until your 19th birthday; or
- You have left an abusive partner or had to move to flee an abusive relative within the last six months and MHR believes your ability to work is impaired; or
- You have obtained a 2 year diploma, a bachelor’s degree, or a post-secondary degree; or
- You fit the category of Persons with Persistent and Multiple Barriers; or
- You live with and care for a spouse who has a physical or mental condition and the Minister agrees you can’t leave home to work; or
- You have a medical condition (confirmed by a doctor) that:
  - a) prevents you from being able to work for at least the next 30 days; and/or
  - b) has made you unable to work for a six month period within two years immediately preceding your welfare application.

If you have never been able to work enough to get the hours of work you need to qualify, or the amount of earned income money you need to qualify, you probably have some “barriers to employment.” If the exemption categories listed above don’t include you, you should talk to an advocate about the last category in the list. Even if you don’t like dealing with MHR or doctors, this could make the difference on whether you can get welfare or not.

### **What kind of documents will MHR require?**

MHR will ask for formal documents but the law allows room for negotiation about the type of documentation needed so don’t be limited by MHR policy. Examples of documentation listed in the policy include:

- For employment: T4s, income tax returns and Records of Employment.
- For people who have been supported by a spouse: income tax returns, tenancy documents, shared mortgage/rental agreements.

If you don’t have those kinds of things give other forms of proof to your worker.

This new law is meant to keep people from getting welfare, so there is no overall discretionary exemption that will allow you to qualify “just because” undue hardship will result (you have no food or shelter). Unless you have worked for two years, or earned the required income, or qualify under an exemption, the workers simply cannot give you welfare. If you have questions, please see an advocate or consult a helping agency.

## Privatization in Disguise by Naomi Klein, April 11, 2003

On April 6, Deputy U.S. Defence Secretary Paul Wolfowitz spelled it out: There will be no role for the United Nations in setting up an interim government in Iraq. The U.S.-run regime will last at least six months, "probably ... longer than that."

By the time the Iraqi people have a say in choosing a government, the key economic decisions about their country's future will have been made by their occupiers. "There has got to be an effective administration from day one," Wolfowitz said. "People need water and food and medicine, and the sewers have to work, the electricity has to work. And that's a coalition responsibility."

The process of getting all this infrastructure to work is usually called "reconstruction." But American plans for Iraq's future economy go well beyond that. Rather, the country is being treated as a blank slate on which the most ideological Washington neo-liberals can design their dream economy: fully privatized, foreign-owned and open for business.

Some highlights: The \$4.8-million management contract for the port in Umm Qasr has already gone to a U.S. company, Stevedoring Services of America. The airports are on the auction block. The U.S. Agency for International Development has invited US multinationals to bid on everything from rebuilding roads and bridges to printing textbooks. Most of these contracts are for about a year, but some have options that extend up to four. How long before they meld into long-term contracts for privatized water services, transit systems, roads, schools and phones? When does reconstruction turn into privatization in disguise?

California Republican Congressman Darrel Issa has introduced a bill that would require the Defence Department to build a CDMA cell-phone system in postwar Iraq in order to benefit "U.S. patent holders." As Farhad Manjoo noted in Salon, CDMA is the system used in the United States, not Europe, and it was developed by Qualcomm, one of Issa's most generous donors.

And then there's oil. The Bush Administration knows it can't talk openly about selling off Iraq's oil resources to ExxonMobil and Shell. It leaves that to Fadhil Chalabi, a former Iraq petroleum ministry official. "We need to have a huge amount of money coming into the country," Chalabi says. "The only way is to partially privatize the industry."

He is part of a group of Iraqi exiles who have been advising the State Department on how to implement that privatization in such a way that it isn't seen to be coming from the United States. Helpfully, the group held a conference on April 4-5 in London, where it called on Iraq to open itself up to oil multinationals after the war. The Administration has shown its gratitude by promising there will be plenty of posts for Iraqi exiles in the interim government.

Some argue that it's too simplistic to say this war is about oil. They're right. It's about oil, water, roads, trains, phones, ports and drugs. And if this process isn't halted, "free Iraq" will be the most sold country on earth.

It's no surprise that so many multinationals are lunging for Iraq's untapped market. It's not just that the reconstruction will be worth as much as \$100-billion. It's also that "free trade" by less violent means hasn't been going that well lately. More and more developing countries are rejecting privatization. The Free Trade Area of the Americas, Bush's top trade priority, is wildly unpopular across Latin America. World Trade

Organization talks on intellectual property, agriculture and services have all bogged down amid accusations that America and Europe have yet to make good on past promises.

So what is a recessionary, growth-addicted superpower to do? How about upgrading Free Trade Lite, which wrestles market access through backroom bullying, to Free Trade Supercharged, which seizes new markets on the battlefields of pre-emptive wars? After all, negotiations with sovereign nations can be hard. Far easier to just tear up the country, occupy it, then rebuild it the way you want. Bush hasn't abandoned free trade, as some have claimed. He just has a new doctrine: "Bomb before you buy." It goes further than one unlucky country. Investors are openly predicting that once privatization of Iraq takes root, Iran, Saudi Arabia and Kuwait will be forced to compete by privatizing their oil. "In Iran, it would just catch like wildfire," S. Rob Sobhani, an energy consultant, told the Wall Street Journal. Soon, America may have bombed its way into a whole new free-trade zone.

So far, the press debate over the reconstruction of Iraq has focused on fair play. It is "exceptionally maladroit," in the words of Chris Patten, the External Affairs Commissioner for the European Commission, for the United States to keep all the juicy contracts for itself. It has to learn to share: ExxonMobil should invite France's TotalFinaElf to the most lucrative oilfields; Bechtel should give Britain's Thames Water a shot at the sewer contracts.

But while Patten may find U.S. unilateralism galling, and Tony Blair may be calling for UN oversight, on this matter it's beside the point. Who cares which multinationals get the best deals in Iraq's post-Saddam pre-democracy liquidation sale? What does it matter if the privatizing is done unilaterally by Washington or multilaterally by the United States, Europe, Russia and China?

Entirely absent from this debate are the Iraqi people, who might — who knows? — want to hold onto a few of their assets. Iraq will be owed massive reparations after the bombing stops. But without any real democratic process, what is being planned is not reparations, reconstruction or rehabilitation. It is robbery: mass theft disguised as charity; privatization without representation.

A people, starved and sickened by sanctions, then pulverized by war, is going to emerge from this trauma to find that their country has been sold out from under them. They will also discover that their newfound "freedom" — for which so many of their loved ones perished — comes pre-shackled with irreversible economic decisions that were made in boardrooms while the bombs were still falling.

They will then be told to vote for their new leaders, and welcomed to the wonderful world of democracy.

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Dear Friend:

The Canadian Government has opened a toll-free number for all Canadians to call. Call the Canadian Foreign Affairs Department - Iraq Desk and tell our democratically elected Government what you think Canada's stand should be regarding the military intervention in Iraq. The toll-free number is: **1-866-880-4378**.

Eventually, you get to speak to an officer who will record your name and message and send them daily to Bill Graham. It does take a couple of minutes, but well worth while! Please pass this number on to everyone.

Thank you.

# 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 10-2 Computers 1:30 Women's Voice	2 10:00 Sewing etc. 10-2 Computers	3 1:30 Dreamcatchers 2:00 Video
4 1:30 Library Literacy 2:00 Video	5 10:00 CWS 1:30 Beading 2:30 Literacy 5-8 Organizer's Training	6 10-2 Computers 2:30 Resumes 5-8:30 Women's Health Clinic	7 10-2 Computers 1-4 Street Nurse 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	8 10-2 Computers 1:30 Women's Voice	9 10:00 Sewing etc. 10-2 Computers	10 1:30 Dreamcatchers 2:00 Video
11 1:30 Library Literacy 2:00 Video Mother's Day	12 10:00 CWS 1:30 Beading 2:30 Literacy 5-8 Organizer's Training	13 10-2 Computers 2:30 Resumes 5-8:30 Women's Health Clinic	14 10-2 Computers 1-4 Street Nurse 1:30 French Group 2:00 Crochet & Raffle	15 10-2 Computers 1:30 Women's Voice	16 10:00 Sewing etc. 10-2 Computers 5:00 Music Jam with Marg	17 1:30 Dreamcatchers 2:00 Video
18 1:30 Library Literacy 2:00 Video	19 10:00 CWS 1:30 Beading Open 12noon-5pm	20 10-2 Computers 2:30 Resumes 5-8:30 Women's Health Clinic	21 10-2 Computers 1-4 Street Nurse 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	22 10-2 Computers 1:30 Women's Voice	23 10:00 Sewing etc. 10-2 Computers	24 1:30 Dreamcatchers 2:00 Video
25 1:30 Library 2:00 Video Carnegie's 100 <sup>th</sup>	26 10:00 CWS 1:30 Beading 2:30 Literacy 5-8 Organizer's Training	27 10-2 Computers 2:30 Resumes 5-8:30 Women's Health Clinic	28 10-2 Computers 1-4 Street Nurse 1:30 French Group 2:00 Crochet CHEQUE DAY	29 CENTRE CLOSED	30	31

## REGULAR PROGRAMMING

**Chinese Women's Group (CWS)** -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.

**Creative Writing Group**-Read and write poems and prose.

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

**Literacy Workshop** – Working with books, themes and word puzzles. Learn while having fun!

**French Speaking Group** – Open to women whose first language is French. The group will focus on advocacy and social activities.

**Newsletter Group** –Contribute to the creation of the DEWC Newsletter! Keep your eyes out for posters!

**Nutrition and Health** – Eileen, the Dietician, is back to answer all your questions. Look to the daily board for days and times.

**Resume Workshop** – Create your own Resume with the help of Eemina.

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

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

**ARTS & CRAFTS WORKSHOPS** with materials supplied

**Beading with Denny or Louise**- Every Monday, 1:30 pm.

**Crochet with Freeda**-Every Wednesday, 2:00pm.

**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.



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**MAY/2003**

**ARIES:**

This is a good time to schedule social activities or even business meetings where tact and friendliness would be a plus. You act as a diplomat and harmonizer between people with differing viewpoints. Also, attending cultural events such as an art show or a play is favored. Thoughts of love, an appreciation for beauty, and an aesthetic enjoyment of your surroundings are brought to the fore. A short pleasure trip would also be beneficial now. This is a time of very original ideas and unique insights. Your mind is very quick right now which makes dealing with ordinary details very boring. You may be restless or nervous and can easily feel that you are not thinking as you normally do.

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**Taurus:**

This can be a philosophical time when you can get a good, long look at yourself and your life. You can have the wisdom to see yourself differently, to understand the big picture in which you exist. This is also a time to share ideas with others about life's big subjects. You may feel pushed or bullied by others, but you do have the energy to rise up and make powerful changes in your life. Power struggles are possible, but keep your attention on your goals and you can accomplish a great deal.

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**Gemini:**

You know just what you want right now and woe to anyone or anything that gets in your way! You are much more likely to become domineering, pushy, or inconsiderate of others now, so it is a good time for you to do what you need to do by yourself rather than with others. Accidents, mistakes made in haste, or ego conflicts may occur due to your impatience and willfulness. Positively, physical energy is high and you could accomplish a great deal. Relationships can be marked by indirect communications. If you or others are dissatisfied, it is better to be open than to use sarcasm or innuendo. Being straightforward about what you need can be refreshing and may empower you in your connections with others.

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**Cancer:**

You can be very mentally active now. You can package ideas and bits of information into a larger format and then present them successfully to other people. This can be a good time for all kinds of communications, spoken and written. You have the gift of gab, a sharper sense of humor, and the ability to hold the attention of your audience. Financial excesses and spending money you don't have on pleasure or luxury are indicated. Over-eating or partying to excess can also lead to trouble. You may actually get ill from too much rich food, sweets, or alcohol, so exercise caution. Beware, too, of anyone or anything which is presented to you now which looks too good to be true - no doubt it is.

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**Leo:**

This may be one of the more mentally stimulating times in your life, but it's also possible that it could feel like chaos. You may have new ideas but getting them across to others or organizing them for application will take time and a great deal of flexibility. Time for you to speak out about your thoughts or concerns regarding your work or professional matters. Communication with your superiors or with people in authority who are in a position to consider and act on your ideas comes to the fore now.

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**Virgo:**

This can be a time of social responsibilities so keep a stiff upper lip and do the best you can to be charming under less than ideal circumstances. Love and duty are not always strangers, but you can earn respect by being patient and polite. Relationships need to be taken seriously now. This may not be a time for fun and ease, but you can get clear about what you want from others and what you are willing to give for it. Maturity and patience in relationships can be rewarded by earning trust and building security.

**Libra:**

This is an excellent time to investigate a complex problem or mystery, look for something that has been lost or hidden, and also to learn more about your own inner depths. The poet, artist or musician may come alive in you now. You can talk the language of love, speak words of compassion, healing and imagination which can inspire others. This is not an indicator of the most practical turn of the mind, but it can sure allow you to create beautiful fantasies! Your life is very upbeat and progressive now. You enjoy jovial, spirited get-togethers and parties, and you feel optimistic and enthusiastic.

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**Scorpio:**

You can be feeling itchy and nervous, but with nowhere to go. It can be frustrating as you can feel like you want to jump out of your skin, but you can't. You may feel that others do not understand you or that you are different from everyone else. Your frustration can lead to accidents or explosions, so reduce the pressure on you by ensuring that you have some time to yourself to work on your own ideas or projects. 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.

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**Sagittarius:**

Romance and flirtations are likely now. You are feeling warm, expressive, and lively. Loving feelings flow between you and the people you meet, especially those of the opposite sex. Friendships are also strengthened at this time. Also, your creativity and desire to make something beautiful is stimulated now. Cooperation and successful collaboration in the business and professional world are highlighted now. Legal matters and governmental matters of all kinds run very smoothly now. If you are involved in any legal disputes or involvements with government agencies, this is a time when a successful resolution can be reached. This is a good time to bring about increased harmony and cooperation in any organization, club, or business of which you are a part.

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**Capricorn:**

This is a good time to clarify your beliefs, your philosophy and your long-range plans. You can change your overall view of things into something clear and concise that should be easily understood by others. This is a good time for writing and speaking. Thoughts of love and an appreciation of the beauty in your life comes to the fore. This is a favorable time to communicate your feelings to the ones you care about: write a love poem or send a love letter! Also your aesthetic sense is strong now; you may want to make changes in your environment to make it more harmonious and pleasurable for you.

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**Aquarius:**

The craving for sweetness and comfort in the form of loving affection or food is strong now. This is a good time to baby yourself and also to spend time with the people who love and appreciate you the most. Also, you are feeling rather tender and softhearted and may do something "maternal" on impulse (such as take home a stray kitten, offer to babysit, buy a gift for your family, etc.). This is not the time to talk about superficial matters. You really need to bring the secrets out and deal with some intense issues. You are very sensitive to power today and can overreact to what others have to say to you.

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**Pisces:**

This is a good time to talk about relationships. You may have a clarity and openness that can reduce tensions. You also may find this a good time to do creative work, to communicate with grace, and to enjoy the company of those whose intelligence you admire. You may feel appreciated for your wisdom, openness and honesty now. This is a good time to approach people because they are very likely to be receptive to you and your ideas. You can express your truth in a very pleasant manner.

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**The Job Shop  
Making Beliefs in Yourself Work for You  
By Marla Simlett**

For many women, the thought of going back to work, especially after a long absence from the traditional work force, can seem overwhelming. Many women in this situation feel that they lack the qualifications and skills that are needed to be competitive in today's job market. They may believe that they have nothing to offer as an employee; a belief that can often lead to feelings of discouragement and thoughts of "why bother?".

What many women don't realize however, is that while they may lack some of the 'hard skills' that are specific to certain jobs, such as skills for working on certain machines or with different computer programs, they do have many other valuable qualities and skills that employers not only look for, but consider to be essential in their employees.

A recent survey of employers found that what most employers want, first and foremost, is a reliable worker with a good attitude and good soft skills. These skills include things like the ability to work well with others by sharing ideas and resources, good time management and the ability to do several things at once, the ability to be flexible and adapt to changes in the environment, and to be able to communicate well with others by listening and asking questions in order to understand and appreciate another's point of view. For most women, these are areas of strength, since they have learned and perfected these skills and more throughout their lives, in managing families and children, in maintaining friendships and relationships with partners and family members, and in surviving in the world despite hardships and barriers. In other words, the skills that employers want the most are skills that most women already have!

One of the most important aspects of making the transition back to employment is truly believing that you have valuable qualities and skills to offer as an employee. All too often, we look at ourselves in terms of what we don't have rather than what we do have, and then allow this to keep us from trying to move forward. Belief in yourself and your ability to get back into the work force can start small, perhaps by beginning to think about all the things you do every day that would help you work well in a work environment. Recognizing and acknowledging these accomplishments, no matter how tiny, will allow this belief to begin to grow. From there, the possibilities are endless!

The only thing that stands between a [wo]man and what [s]he wants from life is often merely the will to try it and the faith to believe that it is possible.~ Richard M. DeVos ~

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Marla Simlett is the Counsellor of The Job Shop, at Tradeworks Training Society. The Job Shop supports residents of the DTES in their return to work. Participants develop and broaden the skills they will need to get and keep a job. Federally funded by HRDC, The Job Shop works with both women and men. Past female participants have said the program has been very useful in helping them achieve their employment goals. Call for more information (604-253-9355).



NEED A CHANCE TO PROVE YOU'RE READY,  
WILLING & ABLE TO WORK?

Get the **BREAK** you deserve!

Find out what your next step needs to be.  
Call to attend the Job Shop Info session.

604-253-9355

Program funded by HRDC



Human Resources  
Development Canada

Développement des  
ressources humaines Canada

**UPDATE!**

#### **Pivot Legal Society**

The Pivot Legal Society is meeting regularly to discuss legal issues affecting sex trade workers. If this affects you, please come out and collaborate on strategies to advance the rights and interests of sex trade workers. Look out for posters for the next meeting time and location.

#### **The Downtown Eastside Community Play**

Join us in making a Community Play about the Downtown Eastside, from Gastown to Main & Hastings, from Chinatown to Strathcona. As part of Carnegie's 100<sup>th</sup> Anniversary Celebration, the Community Play seeks to express our concerns and love for the DTES, our respect for its people, and our pride in its' heritage and culture. If you want to share stories or come out to act, sing, dance, build sets, makes costumes, and be part of the play, please contact us: Rika 604.665.3003 or Savannah: 604.254.6911. Workshops and special events are ongoing. Rehearsals and building begin in September 2003. Performances will take place in November 2003. Happy Anniversary Carnegie!

All Women are welcome.

#### **Eileen, the Dietician will be returning to the DEWC**

Eileen will be visiting again to answer questions about your health and nutrition. Eileen has a lot to share, especially in regards to diabetes and how to work towards a healthier lifestyle. Check the daily activities board for the days and times she'll be here. All women welcome!

#### **UsMoms Community Projects - Free organic foods for single parent families!**

UsMoms Community Projects provides free boxes of nutritious food to single parent families every week. Single Parents in need can sign up by calling: 604.261.2282. UsMoms also provides free seminars and workshops on parenting and career prep!

Voices from the Eastside  
Writing Workshop

Slow Dance

...by Ellie Schooner

I do a slow dance  
in my rented room  
a cell  
five by ten

sad beat Mother Earth  
sad song rings true  
Sister Bear  
and all her Nations  
In Forest Sea

lost homes man made  
devastation  
on Reserves.

our parklands  
concentration camps  
for bears

killing is money  
for the government  
one hundred and eighty thousand  
will grant you license to kill  
majestic elk

I do a slow dance  
in prayer  
to freedom  
to peace

this warrior dance

Voices from the Eastside  
Writing Workshop

my life in political service  
... by Ilona Ferenczi

I started working for my local MP  
Liberal - downtown eastside

she interviewed me  
gave me a volunteer job

setting up tables  
for meetings

one night  
she locked me in

by mistake  
I'm sure

still,  
everyone else

went to the party  
at Save-On Foods

how was I supposed to know  
where the Save-On was?

I went out the back door  
with the garbage

then I went  
home

so much for my life  
in politics

# The Value of One. The Power of Many.



## National Volunteer Week April 27-May 3

This year, from April 27 to May 3, National Volunteer Week is celebrating the spirit and energy of Canada's volunteers with the theme: The Value of One. The Power of Many. The theme describes how one person's individual actions, informed by the heart and by a desire for change in the world, can make a significant difference. When this one person's actions are multiplied by those of 6.5 million people who volunteer in more than 180 000 non-profit and charitable organizations, the world is changed in very real and important ways.

National Volunteer Week is a time to recognize and thank the dedicated volunteers who help deliver programs and services and enrich the culture of our organizations and communities. Here at the Centre, volunteers are responsible for so much of the day to day functioning including preparing lunch, answering the phone and making referrals, assisting in the clothing and laundry room, helping in all sorts of different ways on the floor, offering arts and crafts workshops, and much, much, more. With sincere appreciation, we extend our thanks to the Centre volunteers who give so much of themselves all in an effort to give to the community. We also thank all the women who volunteer at Crabtree Corner, Wish, Place of Grace, Carnegie Centre and elsewhere. Thank-you to you all.

If you're thinking of becoming a volunteer here at the Centre look out for posters for our monthly Volunteer Orientation or speak with Michelle, the Volunteer Coordinator.