

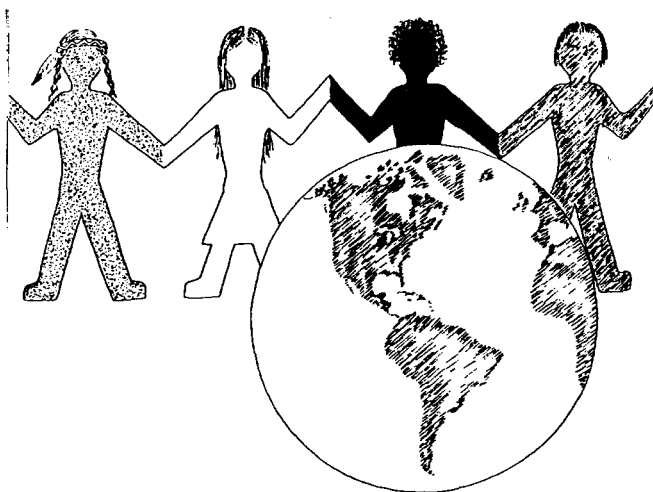
# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

June 2003

Free

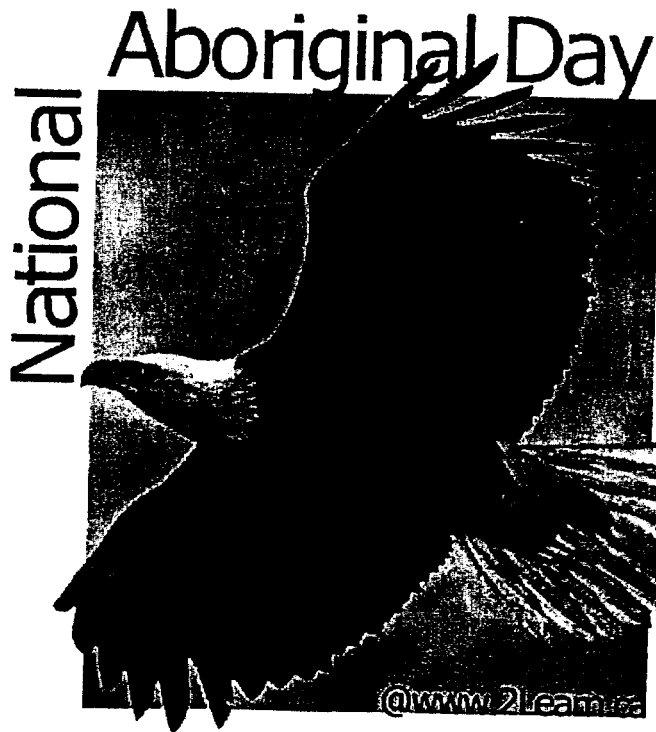


Earth Mother  
~ Tsa Waa

*No matter where we are, our Mother Earth is there.  
We, her children,  
are brothers and sisters to one another.  
We all have different ways,  
but through our spirit, we are the same.*

### INSIDE:

- National Aboriginal Day— June 21
- Updates on Centre Activity
- Advocacy Information for 'Repayment Agreements'
- What's Happening in Iraq
- Job Shop— Could it be useful for you?
- Poetry and Prose— Voices from the DES Poetry Group



"...I am Indian and my aim, my joy and my pride is to sing the glories of my own people."

Pauline Johnson (Canadian poet and author)

I am First Nations...  
no longer burdened with weakness,  
from grief and pain of humiliation.  
I now stand with dignity and strength  
Within my Native spirit for I am free.

Shirley Kijukawi, "I Am First Nations"

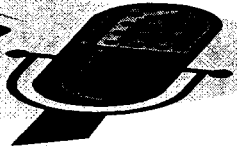
What are Aboriginal rights? Aboriginal rights are the rights Indians have because they are the original inhabitants of the land. They have a prior interest because they were here first, long before the French and English arrived.

from Mi'kmaq aqq 'tplulagan - Mi'kmaq and the Law

**June 21...**

is National Aboriginal Day, a time for all to recognize the diverse cultures and outstanding contributions of First Nations, Inuit, and Métis peoples. Look out for posters here at the Centre for local celebrations... Carnegie, in partnership with other community organizations, will be hosting an all day celebration, make sure you're a part of it!

# UPDATE!



## **Women's Walking Group has started**

Join women of the Centre in an afternoon stroll on Fridays at 2:00pm. Meet some new people, enjoy a sunny day, and get some exercise. There is also a craft at the end of each walk. Meet here at the Centre after lunch. **All women welcome.**

## **Resume and Cover Letter Writing**

Drop-in class for Resumes and job search skills every Tuesday afternoon at 2:30pm in the main area. Create a resume or work on one you already have. Eemina is here to help as much or as little as you'd like!

## **BWSS is starting again**

BWSS will begin again the second week of June. **All women welcome.**

## **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 are ongoing at the Centre, please look out for posters for the next time. **All Women are welcome.**

## **Birthday Tuesday**

The last Tuesday of every month has been chosen to celebrate women's birthdays. Please join us for a piece of cake in the afternoon. **All women welcome.**

## **Free Hairstyling**

Free hairstyling available on Sunday and Wednesday afternoons here at the Centre from 2:00 to 4:00pm. **All women and children welcome.**

#### Information from the Advocacy Desk

#### MHR Overpayments & Undeclared Income – Repayment Agreements

There are stories emerging of MHR being particularly keen to dig up old files and accuse people who are or have been on EA (Employment Assistance) of not declaring income or else receiving overpayments.

They are going after people who have left EA and trying to chase them for everything from security deposits to alleged overpayments. If a client is no longer on EA, MHR's only real remedy is to sue in Small Claims Court of the Supreme Court.

For ongoing EA clients, there are separate issues -- alleged past overpayment AND the possibility that future benefits will also be affected by the nature of the allegation. This is very frightening for any person facing these accusations from their FAW. The FAW will often tell their client that they have proof of the overpayments or undeclared income and say that the only way they can stay on welfare is to admit the "fraud" and sign a repayment agreement.

If you are given a repayment agreement to sign, take it, but tell your worker that you will talk it over with an advocate before you sign it. Do not delay – see an advocate right away.

If you are told that you will be cut off welfare if you do not sign the repayment agreement: pick up the agreement, tell your worker that you will discuss it with an advocate before you sign it, and ask your FAW to provide you with an appeal kit immediately if s/he intends to cut off your benefits. Ask her/him to fill out her/his portion of the appeal kit. Take the unsigned repayment agreement and the appeal kit to an advocate right away.

If you are not given a repayment agreement to sign, but you are told that you are being cut off welfare for overpayments or for undeclared income, request an appeal kit immediately – ask your FAW to fill in her/his portion and take the kit to an advocate right away.

**Basic advice to people – DO NOT sign a repayment agreement without legal advice, and get legal advice if you are being sued.**

The law students have begun their free legal advice clinics for the summer, May 14th to August 14th, 2003 in the Lower Mainland. They will be able to provide legal representation to qualified individuals in front of arbitrators under the Residential Tenancy Act, Employment and Assistance Appeal Tribunals and similar tribunals. The law students are able to provide legal representation to qualified individuals in front of the Small Claims Court. General legal advice is also available.

Please phone the Law Students' Legal Advice Program (LSLAP) at 604-822-5791 to make an appointment.

**PLEASE NOTE:** All clinics, except for the one at Carnegie Centre, are by appointment only.

- Britannia Community Services Centre, 1661 Napier St., Vancouver, BC, Monday, Wednesday, Thursday, Friday 10-3:30, Tuesday 2-7:30
- Carnegie Centre, 3rd Floor, 401 Main St. & Hastings St. Monday, Tuesday, Wednesday Thursday, Friday 10-3:30  
DROP-IN; WHEELCHAIR ACCESSIBLE
- Chinatown, Chinese Cultural Centre, 50 E. Pender St., Vancouver Tuesday - Friday 10-3:30; WHEELCHAIR ACCESSIBLE

## U.S. Struggle in Quagmire of Iraq

By Alissa J. Rubin  
Los Angeles Times  
Monday 5 May 2003

Continuing disorder is fuelling scepticism and allowing competing political forces to fill the void.

BAGHDAD — Nearly a month after Baghdad fell to U.S. forces, the reconstruction effort is struggling to gain visibility and credibility, crime is a continuing problem, Iraqis desperate for jobs and security are becoming angry and the transition to democracy promised by President Bush seems rife with risk.

The continuing disorder in a country accustomed to the repressive but absolute stability provided by Saddam Hussein is fuelling at least a deep scepticism about U.S. intentions and at worst a dangerous anti-Americanism. As competing religious, tribal and territorial political forces move to fill the void, they threaten to divide the country rather than unite it.

Interviews with political analysts, exile figures and ordinary Iraqis throughout the country, coupled with developments on the ground, indicate that the United States' power to control Iraq and shape its future is increasingly threatened by the pervasive uncertainty.

On many fronts, U.S. officials appear to have been unprepared for what awaited them in Iraq, from mundane concerns such as how to cope with the lack of telephones to philosophical questions such as how to respond to the desire of many Iraqis for an Islamic state.

"The Americans and the British became obsessed with getting rid of Saddam; they thought he was responsible for all the catastrophes in Iraq," said Wamid Nadmi, a political science professor at Baghdad University. "But they have opened a Pandora's box."

U.S. officials say they are aware that time is of the essence. "We're moving as fast as we can," said Lewis Lucke, reconstruction chief for retired U.S. Army Lt. Gen. Jay Garner, the interim administrator. "I don't ever think it's fast enough."

U.S. officials point out that electricity is on again in much of the country; oil is being pumped in the southern fields; and many police, fire and emergency workers have been given a \$20 stipend and are returning to their jobs. There have been numerous local success stories as well, with individual U.S. military commanders helping to reopen schools and protecting public facilities from looters.

But often, U.S. officials seem stymied by the competing imperatives to get the country running while not appearing to be a dictatorial occupying force. Efforts to restore security, revive services, begin reconstruction and set up a new government are encountering difficulty.

As the U.S. tries to help set up a new Iraqi government, the exile groups that many U.S. officials hoped Iraqis would rally around have won little popular support. Meanwhile, the organizations that are showing political strength — including some Shiite Muslim groups backed by Iran — are potentially hostile to U.S. aims.

Although the reconstruction effort is only weeks old, the Bush administration is already stressing that it would like to shift to an Iraqi-led government as soon as possible. At the same time, the lack of a visible American presence has sown doubts about U.S. intentions and frustrated ordinary Iraqis.

...for the remainder of this story see: [http://truthout.org/docs\\_03/050603B.shtml](http://truthout.org/docs_03/050603B.shtml)



## Garden of Your Daily Living



### PLANT THREE ROWS OF PEAS:

- ❖ Peace of Mind
- ❖ Peace of Heart
- ❖ Peace of Soul

### PLANT FOUR ROWS OF SQUASH

- ❖ Squash Gossip
- ❖ Squash Indifference
- ❖ Squash Grumbling
- ❖ Squash Selfishness

### PLANT FOUR ROWS OF LETTUCE

- ❖ Lettuce be Faithful
- ❖ Lettuce be Kind
- ❖ Lettuce be Patient
- ❖ Lettuce Really Love One Another

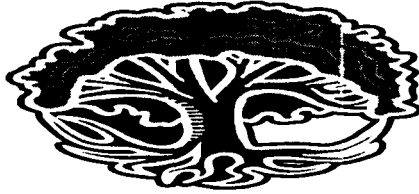
### NO GARDEN IS WITHOUT TURNIPS

- ❖ Turnip for Meetings
- ❖ Turnip for Service
- ❖ Turnip to Help One Another

### TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

- ❖ Thyme for Each Other
- ❖ Thyme for Family
- ❖ Thyme for Friends





Life isn't about keeping score.  
It's not about how many friends you have.  
Or how accepted you are.  
Not about if you have plans this weekend or if you are alone.  
It isn't about who you're dating, who you used to date,  
or how many people you've dated, or if you haven't been with anyone at all.  
It isn't about who you have kissed. It's not about sex.  
It isn't about who your family is or how much money they have,  
or what kind of car you drive, or where you are sent to school.  
It's not about how beautiful or ugly you are, or what clothes you wear,

what shoes you have on, or what kind of music you listen to.  
It's not about if your hair is blonde, red, black, or brown.  
Or if your skin is too light or too dark.  
Not about what grades you get, how smart you are,  
how smart everybody else thinks you are,  
or how smart standardized tests say you are.  
It's not about what clubs you're in or how good you are at "your" sport.  
It's not about representing your whole being on a piece of paper  
and seeing you will "accept the written you."

But, life is about who you love and who you hurt.  
It's about who you make happy or unhappy purposefully.  
It's about keeping or betraying trust.  
It's about friendship, used as a sanctity or a weapon.  
It's about what you say and mean, maybe hurtful, maybe heartening.  
About starting rumours and contributing to petty gossip.  
It's about what judgments you pass and why.  
And who your judgments are spread to.  
It's about who you've ignored with full control and intention.  
It's about jealousy, fear, ignorance, and revenge.  
It's about carrying inner hate and love, letting it grow, and spreading it.  
But most of all, it's about using your life to touch or poison  
other people's hearts in such a way that could have never occurred alone.  
Only you choose the way those hearts are affected,  
and those choices are what life's all about.

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

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

## 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.

**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.

**Self-Care Drop-In** – Focus on your own care and happiness for 30 minutes each week. Check out what Julie has to offer each week!

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

**Walking Group** – Take a walk with a group of women through local areas, to socialize and do some exercise. Craft at the end of walk. Meet here!

**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** - 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.



## *For the Month of June 2003*

### **ARIES**

(March. 21-April 20)

You are best to deal with those outside your family. Limitations will set in if you haven't followed the rules. You will be a real chatterbox this month. Your suggestions for fund raising events will be well received.

Your luckiest events this month will occur on a Friday.

### **TAURUS**

(Apr. 21- may 21)

You need more space for the whole family. Be prepared to take advantage of your good fortune. Sudden changes concerning coworkers may surprise you. Don't gamble unless you can afford to lose.

Your luckiest events this month will occur on a Saturday.

### **GEMINI**

(May 22-June 21)

Don't let children or elders put demands on your time. Keep your mind on your work and stay away from situations that could ruin your reputation. Your versatile mind and common sense will allow you to come up with various solutions. New partnerships will develop if you join investment groups.

Your luckiest events this month will occur on a Sunday.

### **CANCER**

(June 22-July 22)

You may have to explain your actions to your family. Take a second look; difficulties with appliances, water, or electricity in your home may be evident. Things may not be as harmonious as you would like with colleagues or employers this month. Remember; talk to your family, not at them.

Your luckiest events this month will occur on a Thursday.

### **LEO**

(July 23-Aug 22)

Do not borrow or lend money or belongings to friends or relatives if you wish to avoid any hassles. Lend an ear to children; it can make a difference. You need to do something energetic and different. You will be attracted to unusual forms of entertainment and foreign cultures.

Your luckiest events this month will occur on a Sunday.

### **VIRGO**

(Aug. 23 -Sept. 23)

You can ferret out secret information if you just listen to what others have to say. Uncertainties about your living arrangements may be unnerving. You can bet officials will be waiting for you if you decide to speed in the car. Someone you live with is ready to play emotional games.

Your luckiest events this month will occur on a Friday.

## **LIBRA**

(Sept. 24 -Oct. 23)

Satisfaction you get is enough for you. You may be emotional if you allow your lover to take advantage of your good nature. Someone may be trying to pull the wool over your eyes. You can make moves, but they won't be settling.

Your luckiest events this month will occur on a Sunday.

## **SCORPIO**

(Oct. 24 - Nov. 22)

You will have to put those you live with in their place if they try to interfere with your work. However, you should be concerned about what they want in return. Hard work will bring rewards. Your mind is on moneymaking ventures.

Your luckiest events this month will occur on a Saturday.

## **SAGITTARIUS**

(Nov. 23 -Dec. 21)

Take precautions while traveling; you don't have to get anywhere that fast. You will both have to bend if you want this union to work. You can dazzle your friends with your quick wit and aggressive charm. Find a way to consolidate.

Your luckiest events this month will occur on a Friday.

## **CAPRICORN**

(Dec 22.- Jan. 20)

Don't be angry, but be on your guard. You must try to help. Your personal life will be disrupted if you have been too busy with business. Overindulgence will be a problem if you are out in a social setting.

Your luckiest events this month will occur on a Thursday.

## **AQUARIUS**

(Jan. 21 -Feb. 19)

Don't bend to the pressure. Socialize with friends, but don't overspend on lavish entertainment. Pursue outdoor activities or any physical exertion. Mingle with those who can further your goals.

Your luckiest events this month will occur on a Thursday.

## **PISCES**

(Feb. 20-Mar. 20)

Be careful not to reveal private information. Opportunities to meet new lovers will evolve through your interaction with groups or fundraising functions. Be discreet about any information you uncover. You need to start planning that vacation.

Your luckiest events this month will occur on a Friday.

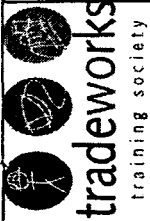
Change is a word that can bring up many emotions. Change can present opportunities and create excitement. Change can also produce feelings of stress, anxiety, loss, and uncertainty. No matter how change may affect us, we know that change is constant. At any given time in our lives, there is always some sort of change happening. We may decide to act or think differently. We may change the way we feel about something. Without the possibility of change, we would be unable to live hopeful and joyful lives. Therefore, it is important to be able to make the most of our change experiences, and to face the challenge of change with confidence. To do this, we need to have a better understanding of change and its process. Research has identified five stages that people work through during any change they undertake. Knowing these stages can help make change manageable.

The first stage of any change is pre-contemplation. This is the time before we consider change. It occurs before we believe that there is a need for a change. For example, if a person smokes cigarettes but does not consider it to be a problem and does not want to quit, they are in the pre-contemplation stage. The second stage, contemplation, begins once we become aware that there is a difference between how we would like something to be, and how it actually is. This is a time when we start to weigh the arguments for and against change. In this stage, someone might begin to desire to quit smoking. They are beginning to consider how smoking is affecting her or his health. They compare the health consequences to the enjoyment that they get from it, and use that information to begin to make a decision in one direction or another. Once a decision to change has been made, we move into the third stage, preparation. At this point, we know that we want to make a change. We are committed and start planning. In the case of smoking, a person might begin to plan a strategy for quitting smoking. They'll decide when they will quit, how they will do it, and whether they will use any stop smoking aids, etc. These plans lead to the fourth stage - the action stage. In this stage, we begin to put our plans into action. For example, during this stage a smoker would stop smoking with the help of whatever method they had decided upon. The final stage of change is maintenance. This is usually the longest stage, during which we work to maintain and sustain the changes we make.

It is very human to want all positive changes to happen quickly. However, people will spend different amounts of time in each of the five stages of change. There is no 'right' way to make your way through this process. Sometimes, we will go back and forth between stages. For example, we may move from action back to contemplation and remain there until we are ready to move forward again. Honouring where you are in this process, knowing that you are at that place for a reason, and trusting that you will move forward to the next stage when you are ready, is one of the most valuable gifts that you can give yourself.

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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 **BYOOK!** 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



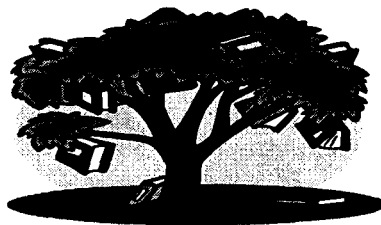
Human Resources  
Development Canada

Développement des  
ressources humaines Canada

Gathering Place Education Centre  
First Floor - 609 Helmcken Street  
604-257-3849 - phone for summer hours

#### Flexible Programs and Hours

- ❖ alternate high school education for youth and adults
  - ❖ flexible individual programs
    - ❖ day and evening hours
    - ❖ GED preparation
    - ❖ computer classes
    - ❖ and much, much more...



Open New Doors  
Get Education on Your Side

## Writing Workshop

Harley

... by Linda Boyle

can I count the ways I love you?

your little paw  
massaging my neck  
nipping  
kneading attention  
licking my hand  
to show affection

in your sleep  
you dream of cat games  
spring  
on an unsuspecting mouse

you grin your approval  
of a poem  
I wrote  
just for you

you jump  
to protect me  
when a stranger enters

then you leave  
to return  
to your other  
mother

## Poetry & Prose

Living With Fear

Written by Sandra Jim

I fear of living and dieing  
And the unknowing  
Sometimes. I don't know if  
I'm going anywhere and  
I fear of stopping there are so  
Many fears in me.  
I do fear of sharing with others  
But I know that I have to share it with  
Someone else because if I don't I will  
Fear all the time and without fear  
I would not be where I'm at today  
And I would not feel how  
I feel today.

Without you, i'm working in a rainy city  
Waiting on a sunny day  
Gods in the heavens  
Satins on my shoulder  
Theres dust on my shoes  
Theres weeds in my hair  
Could I be somewhere  
May your strength give me strength  
May your hope give me hope  
May your love give me love  
Can your breath put out the flames in my way  
Im in the darkness  
Im on the edge  
I don't want to be a soul searcher  
I want to be a love Provider  
Am I here  
Am I Aware  
Am I ready  
Theres busses running  
Theres planes flying  
Theres people walking by  
Somebody look  
Somebody stop  
Somebody see me  
Could it be you...

This poem was written and dedicated  
To R.H ... with love from your Indian  
Princess Suzanne Kilroy...

Writing With Grace  
Irene Schmidt

The wonderful Surviving Writing With Grace,  
Was a fantastic experience and put on a different face,  
Our instructor was one of the best,  
We learned much from her and she put us to the test,  
To be more creative and no matter how dark life is we must add humour,  
Everyone has a story to tell and not listen to any rumour,  
About how difficult it is to write a story,  
Just be persistent and you shall reap the glory,  
Of bringing pleasure to all you meet,  
There is a positive message for us to greet,  
For children in our society of all ages,  
Fantasy, Dreams and Beliefs are the main themes of writing,  
We must reach out to different cultures and be more inviting,  
Sorrow is a special commodity you only share with people you love,  
Take a lesson from the birds and be as peaceful as a dove.

# UNMUCK YOUR VOICE



Girls quickly learn  
that being good  
means keeping  
quiet. But if we are to  
be happy as women,  
we have to learn to  
speak up. . . .



is

## A Better Cup of Tea

From Marie K