

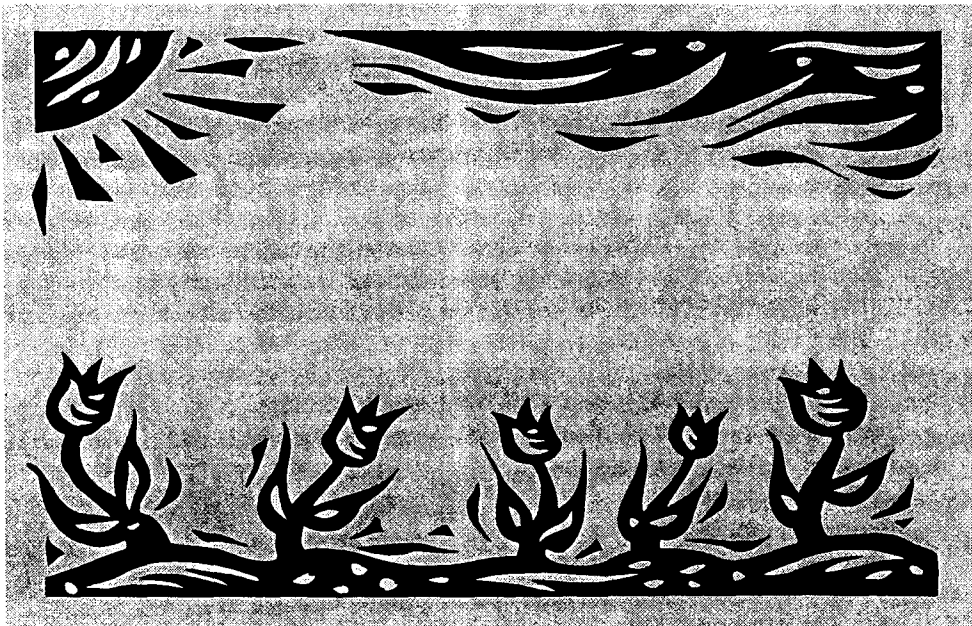
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

July 2003

Free



INSIDE:

- A Letter from Breaking the Silence (BTS)
- 24 Hour Phone Line Support— What to Expect
- Prisoner's Justice Day— August 10th
- Job Shop— Could it be useful for you?
- Poetry and Prose— Voices from the DES Poetry Group
- Children's Summer Crafts

June 13, 2003

**Open letter to the DTES Community from the Breaking the Silence Against Violence
Coordinating Committee members,**


Dear Women and Community members,

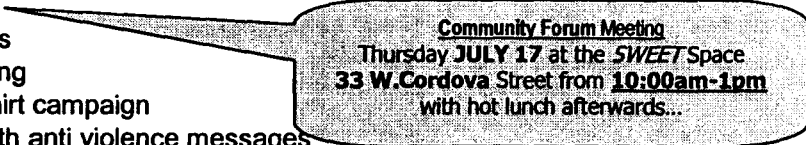
The BTS campaign has been running in the Downtown Eastside for the past eight years. Over this time women have had active participation and have found their voices in speaking out against violence against women where and when it occurs. As many of you know, our 6-month federally funded initiative has ended and BTS is looking for the community's support in order to strengthen our board, volunteer base, unity, direction and focus. Until this happens, we will find it difficult to access any new funding. So with this in mind it is with much heartache and sadness that we bear the following message, Breaking the Silence Against Violence (BTS) will be closing it's doors at 501 East Hastings Street as of June 13, 2003.

We women at BTS have over the course of these years organized, rallied, participated and committed energy and effort to 'challenging the many forms of violence women experience daily in their lives including: poverty, addictions, racism, homelessness, transphobia, homophobia, and other systemic oppressions by empowering women to empower themselves by speaking out and acting out" in this community.

Like similar other groups in this community, BTS is experiencing the challenges of addressing our internal capacity issues while trying to secure on-going funding during a time when our governments announce cuts to programs and services. It is in these endeavours that we will continue to seek your help, advice, and support.

BTS organizing work in the DTES included but was not limited to:

- 
- Participation in Power of Women Ever Ready to Activate Love and Knowledge
 - (POWERTALK)
 - Protests and rallies
 - Community lobbying
 - Anti-violence T-Shirt campaign
 - Banner-making with anti violence messages
 - Anti-violence workshops
 - Providing a safe space for street women to drop in
 - Offering up a safe place for "Place of Grace" for three evenings per month
 - Annual February 14th Women's Memorial March for women murdered and missing



Community Forum Meeting
Thursday **JULY 17** at the *SWEET* Space
33 W.Cordova Street from 10:00am-1pm
with hot lunch afterwards...

It is our hope that with your help, commitment, participation, dedication, experience and caring that BTS will once again, like the Phoenix, rise from the ashes stronger, bigger, better than ever. We will be organizing monthly community meetings to start the revitalization process of Breaking the Silence.

If you would like to be on that committee or help with this process please contact committee members, *Marlene Trick* at 604-665-3005, *Raven Bowen* 604-872-7651, *Carol Martin* 604-681-8480 loc. 233



Breaking The ...Silence

Profile

Breaking the Silence began in 1995 when women from different agencies began to meet and discuss women's issues. Then, it was known as the Women's Issues Group. From this, the women involved realized in order for any of the affected issues to be addressed, an *engaged political voice* was needed. Hence, the Breaking the Silence Campaign was born and since then, has grown in scope over the years. Recently stats indicated well over 100 women a month accessing our place with only 2 staff community Organizers and many helpful dedicated volunteers – time was well invested into the operation of our Safe Space. **BTS brings together individual women and DTES organizations - in both paid and unpaid positions –**

- to meet,
- plan,
- carry out,
- and follow up on initiatives

that address the many issues facing a diversity of women such as

- poverty,
- homophobia,
- racism,
- ageism,
- ableism,
- and other forms of systemic oppressions.

Because so much of the work in the DTES is responding to crisis, the way women organize in the DTES runs parallel to what is happening in their lives.

Therefore, BTS means many different things to many different women.

The BTS is:

- a organizing space
- known as the dropin
- which is neutral,
- informal,
- non-hierarchical,
- safe place

for women living in the DTES where every woman is

- welcomed,
- supported,
- encouraged to develop and share
- share their talents, strengths, wisdom
- challenging the diverse issues they face on a daily basis.

BTS is also a safe, neutral community organizing space for women working in agencies

- to meet with residents in order to address the self-identified needs of women in the community
- to be able to provide each other support
- to discuss cross-agency issues and concerns.

In this manner, BTS is committed to

- eliminating violence,
- achieving equality,
- educational opportunities,
- social justice for women.
- Creating safety for DTES women

We want to send thanks to all previous funding allocated to assist in the operations of BTS: Vancity Community Partnership, PEACH, Status of Women Canada, Margaret Mitchell Fund, and others.

Vancouver Rape Relief

We're here to answer any questions you may have, no matter what kind of abuse you've experienced. We're here to listen and help.

Crisis Line: 604- 872-8212

TTY: 604- 877-0958 (9AM to 9PM)

About Us

Vancouver Rape Relief was opened in 1973 by two women. Over the past 30 years, we have grown into a volunteer feminist collective joined together in the fight to end violence against women.

In the fall of 1981, we opened a transition house because we wanted a place to offer more of what women actually need to resist - more safety, more time to organize their lives, a place to dream and scheme together. If you don't have safe shelter, free from attack or fear of attack, our transition house is available for you to come to.

Call us anytime. We take emergency calls all day and through the night, 24 hours a day, seven days a week.

We operate a shelter for women and their kids. If you need a safe place to stay in order to escape or prevent an attack, our transition house is available to you.

Try not to be isolated from other women who could understand your situation. Our support groups, including an ex-residents' group, meet once a week. Sharing emotional support and knowledge helps us all join together to act for change.

You'll need information if you're dealing with the Ministry of Social Services, the police, court and/or hospital. **Phone for an appointment** to come in and find out what we know.

We will accompany women to the hospital, to the police, through court proceedings, appointments with lawyers, Financial Aid Workers, and Social Workers, providing emotional support and advocacy.

We have articles, films, and speakers on male violence against women and we are interested in sharing our resources with other groups.

We respect every woman's right to confidentiality. It is important for women to share our stories because making our experiences known to each other corrects myths and distortions about our lives.

WAVAW

Women Against Violence Against Women Rape Crisis Centre

24 Hour Crisis Line: 604 255 6344

Toll Free 1 877 392 7583

The Women Against Violence Against Women Rape Crisis Centre provides services to women who have been victimized through sexual violence.

We offer:

- a 24-hr crisis line—anonymous and confidential
- one to one counselling (guaranteed confidentiality)
- information and referrals
- advocacy
- accompaniment for medical, police and court procedures
- Sexual Assault Survivors Support (SASS) group several times per year
- volunteer training
- public education to increase awareness
- assistance for women with Criminal Victims Assistance Program(CVAP) applications.

Women Against Violence Against Women Rape Crisis Centre is a feminist organization that works to end violence in the lives of women and children. Founded in 1982, we are a group of women who have joined together to support women who have been sexually assaulted.

Differences of opinion and debate are welcome and keep an organization like ours on her toes. We strive to be more dynamic and committed to being accessible to different communities and aware of different concerns.

Every woman has a safe space at WAVAW. All of our services are free of charge. We aim to provide access to all women, including transgendered women. We deliver our services in seven languages.

What is Sexual Assault? Sexual assault is any form of unwanted sexual contact. It can include kissing, touching, grabbing, or forced sexual intercourse. Sexual assaults are acts of violence usually committed by men against women.

Women are Never to Blame for Sexual Assault. If a woman has been sexually assaulted, she is the victim of a violent crime. It has nothing to do with what she wore, where she was, who she was with, or whether she was under the influence of drugs or alcohol at the time of the assault. No woman can escape the threat of being sexually assaulted. Women of all ages, classes, races, sexual orientations and ethnic backgrounds are sexually assaulted. Some groups of women are particularly vulnerable to being sexually assaulted.

What Will Help. You are the best judge of what is helpful for you. However, you may find it useful to talk about your feelings with people you trust or with a woman from WAVAW. A WAVAW worker can give you information about your options as well as listen to how you are feeling. It is important that you get the support you need.

What to Expect from the WAVAW Crisis Line. All women experiencing violence in their lives are welcome to call the WAVAW phone line. Violence against women happens in many different ways. WAVAW workers are here to offer support on the phone line regardless of what type of violence you may be experiencing.

PRISONERS JUSTICE DAY 2003 VANCOUVER EVENTS

About Prisoners' Justice Day -- August 10th, 2003.

August 10th is a day set aside each year when prisoners and supporters gather to honour the memory of the men and women who have died unnatural deaths inside of Canadian prisons. On August 10th, 1974, Eddie Nalon bled to death in a solitary confinement unit at Milhaven Maximum Security Prison near Kingston, Ontario, when the emergency call button in his cell failed to work.

An inquest into his death found that the call buttons in that unit had been deactivated by the guards. In the year to follow, there was another death in this same unit. The call buttons had not been repaired. Prisoners at Milhaven mark the anniversary of these deaths by fasting and refusing to work.

What started as a one time event behind the walls of one prison has become an international day of solidarity. On this day, prisoners around the world fast, refuse to work, and remain in their cells, while supporters organize community events to draw attention to the conditions inside of prisons. Prisoner deaths from murder, suicide, and neglect, can and must be prevented.

27th annual Prisoners' Justice Day Memorial Rally

Sunday August 10th

11 am to 12:30 PM

Claire Culhane Memorial Bench

SE Corner of Trout Lake, East Vancouver

Speakers will include ex-prisoners, prisoners rights and community activists, plus local performers. This is a day to remember all the men and women who have died unnatural deaths inside of Canadian Prisons. Bring family, friends and flowers. Kids' activities on site. Rain or Shine.

Rock Against Prisons Benefit Concert

Friday August 8th

8 PM sharp @ The Wise Hall

1882 Adanac Street at Victoria, East Vancouver

Donations at the door.

With performances by: LOUD, Kathleen Yearwood, Stuart Stonechild, ShelleyLennox, Sunday Skool Dropoutz. Includes an Art Auction, of prisoner and activist artwork. Proceeds go to local prisoner support groups. This is an all-ages event.

Prison Justice Radio

Mon Aug 4th, 7-8 pm on Stark Raven on Co-op Radio, 102.7 FM

Wed Aug 6th, 4-5 pm on Radio PIRG, on CJSF, 90.1 FM

Thurs Aug 7th, 5-6pm Kila How Ya FM, Co-op Radio, 102.7 FM

Sat Aug 9th, 1:30 - 6pm, on Co-op Radio, 102.7 FM

*** PRISONERS' JUSTICE DAY COMMITTEE *** phone: 604-682-3269 ext 3019

*** web: www.vcn.bc.ca/august10 *** email: august10@vcn.bc.ca ***



Christina, the Street Nurse from the BC Centre for Disease Control, will be visiting the Centre on Mondays from 1-4pm. You may have already met her as she's come by with Jasmine who she'll be replacing. We are all very appreciative of the Street Nurse Program here at the Centre and are grateful for Christina's and the BC Centre's willingness to offer services.

Welcome and Thank-You!

Potters Place Mission

21 E Hastings

Free Lunch Everyday

11am - 12noon

Check out the website www.afterfostercare.com if you are interested in contacting others who have been part of the foster care system. This site is equipped with a news centre, a message board to connect with others, a section for poetry and much more.

Starting on Monday July 7th

there will be 2 women specific programs running at Lifeskills

1pm - Shiatsu for beginners

2:30pm - holistic Self care for Women (accupressure etc.)

every Monday for 12 weeks

Women can enter through the back way
to access the class. There will be refreshments.

ALL WOMEN WELCOME

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 CANADA DAY OPEN 12-5	2 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	3 1:30 Women's Voice	4 10:00 Sewing etc. 2:00 Walking Group	5 1:30 Dreamcatchers 2:00 Video
6 2:00 Video	7 10:00 CWS 1-4 Street Nurse 1:30 Beading 2:30 Literacy 5-8 Organizer's Training	8 2:00 Self-Care 2:30 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	9 1:30 French Group 2:00 Crochet & Raffle	10 1:30 Women's Voice	11 10:00 Sewing etc. 2:00 Walking Group	12 1:30 Dreamcatchers 2:00 Video
13 1:30 Library Literacy 2:00 Video	14 10:00 CWS 1-4 Street Nurse 1:30 Beading 2:30 Literacy 5-8 Organizer's Training	15 2:00 Self-Care 2:30 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	16 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	17 1:30 Women's Voice	18 10:00 Sewing etc. 2:00 Walking Group 5:00 Music Jam with Marg	19 1:30 Dreamcatchers 2:00 Video
20 1:30 Library Literacy 2:00 Video	21 10:00 CWS 1-4 Street Nurse 1:30 Beading 2:30 Literacy 5-8 Organizer's	22 2:00 Self-Care 2:30 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	23 1:30 French Group 2:00 Crochet & Raffle CHEQUE DAY	24 CENTRE CLOSED	25 10:00 Sewing etc. 2:00 Walking Group	26 1:30 Dreamcatchers 2:00 Video
27 1:30 Library Literacy 2:00 Video	28 10:00 CWS 1-4 Street Nurse 1:30 Beading 2:30 Literacy 5-8 Organizer's	29 2:00 Self-Care 2:30 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	30 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	31 1:30 Women's Voice		

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.

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, Christina**, comes by every Monday 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 July 2003

ARIES

(Mar. 21- April 20)

Take the whole family and make it an enjoyable outing. You will find the perfect outfit if you shop this month. You need to control your temper and deal with the situation rationally. Investments may be misrepresented this month.

Your luckiest events this month will occur on a Tuesday.

TAURUS

(Apr. 21- may 21)

Travel and entertainment will be pleasurable. Enlist coworkers in order to get the job done on time. Make changes in your domestic scene. Don't be too eager to spend what's left over; more unexpected expenses are evident.

Your luckiest events this month will occur on a Saturday.

GEMINI

(May 22-June 21)

Don't hesitate to go ahead with any plans for entertainment. Be very careful while in transit or while traveling in foreign countries. Don't let children hold you back from doing things you enjoy. You will be quite excitable this month.

Your luckiest events this month will occur on a Thursday.

CANCER

(June 22-July 22)

You will benefit through hidden assets and property investments. Unforeseen changes in your location are apparent. You will learn a great deal about yourself if you go somewhere secluded. Try to include the one you love in your plans this month.

Your luckiest events this month will occur on a Thursday.

LEO

(July 23-Aug 22)

Your home environment may be volatile if precautions aren't taken. Finish those changes you've been talking about making to your residence. Avoid conflicts with in-laws or other family members. Do not get into uncertain financial deals.

Your luckiest events this month will occur on a Saturday.

VIRGO

(Aug. 23 -Sept. 23)

Accomplishment is yours if you direct yourself accordingly. You have to believe in yourself and your talents. You can have quite the romantic adventure if you take time to get to know your mate all over again. Those who have been too demanding should be put in their place or out to pasture.

Your luckiest events this month will occur on a Wednesday.

LIBRA

(Sept. 24 -Oct. 23)

Compromise will be necessary. You will have several productive days if you organize yourself well at work. Be aware of any emotional deception. Do not sign legal contracts or documents this month. Visit someone who hasn't been feeling well lately.

Your luckiest events this month will occur on a Monday.

SCORPIO

(Oct. 24 - Nov. 22)

Do not expect others to do your work. Your involvement in groups will be favorable for meeting new and exciting individuals. You'll find love and you'll get into tiptop shape at the same time. You will be too quick to point your finger at your mate.

Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS

(Nov. 23 -Dec. 21)

Exercise discipline when it comes to controlling bad habits. You must be careful not to ignore the needs of the youngsters in your family. Stay mellow. Unexpected events may be upsetting.

Your luckiest events this month will occur on a Saturday.

CAPRICORN

(Dec 22.- Jan. 20)

Your need to use emotional blackmail will only cause more conflict. Things may not be as they sound. Situations could easily get blown out of proportion if you have made unreasonable promises. Don't get upset.

Your luckiest events this month will occur on a Saturday.

AQUARIUS

(Jan. 21 -Feb. 19)

You will have the stamina and the know how to raise your earning power. You may get some opposition. Personal changes will be to your benefit. You could meet potential new mates if you go out with friends or take pleasure trips. Don't let children hold you back from doing things you enjoy.

Your luckiest events this month will occur on a Thursday.

PISCES

(Feb. 20-Mar. 20)

Your outgoing nature will win hearts. The answers can only come from within. You will have to be careful not to let infatuations with colleagues get out of hand. Your fickle nature may cause jealousy.

Your luckiest events this month will occur on a Friday.



The Job Shop

Women And Employment A Group Learning Experience

Learning is a constant in our lives. It is something that we do everyday. Often we learn things on our own, while at other times, we learn things with other people in some type of a group learning environment. This may happen in a classroom, in a community group, or during a meeting or group gathering. Any time that a group of people gets together, there is a unique opportunity for learning something new about the world, other people, and ourselves.

One of the biggest benefits of group learning is that it gives us the opportunity to compare our experience with other people. It is common to sometimes feel as though we are the only ones who have a particular doubt or concern. We wonder if we are the only ones who think or feel a certain way about something. When we are able to share our experience in a group, more often than not, we learn that others have the same thoughts and feelings, that we are not alone! This validation of our experience allows us to feel less isolated. This is particularly helpful in times of inner struggle and/or change. Group learning also allows us to benefit from other people's experience. By learning what worked or didn't work for another in a similar situation, we get ideas about what we could do next. Likewise, our sharing helps others learn from our wisdom and experience as well.

At The Job Shop, we recognize the benefits of group learning. We set up our program in a way that allows many opportunities for our participants to learn from and teach each other. Our past experience has shown us that there are unique challenges and issues for women around returning to work. This makes it particularly important for women to have the opportunity to come together and share their ideas, opinions, and concerns with other women. In this way, they can give voice to their unique experiences, and have an opportunity to understand and support each other.

The Job Shop, in collaboration with the Downtown Eastside Women's Centre, will be providing a unique opportunity for women to get together in an informal group to discuss experiences, challenges, and concerns that they face in entering the workforce. This will be a great chance to ask questions of each other, talk about issues, and share information with other women who, like you, may be beginning to think about returning to work. I will be at the DTES Women's Centre on Monday July 7, 14, and 21 at 2pm to help facilitate these discussions. Please come to share your ideas on this topic and to hear and learn from the ideas of others.

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).

Marla will be visiting the Centre to chat with women about the Job Shop.

WHEN?

Monday, July 7, 14 & 21 from 2:00 to 3:00 pm.

WHERE?


In the Drop-In space upstairs.

WHO?


Everyone who is interested in learning more about work preparation and/or everyone who is interested in sharing what they think women need for work preparation.

WHAT?

Marla will be sharing Job Shop information and listening to what women would like to be available. Just drop-in for as much time as you would like.


**tradeworks**
training society

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

Get the  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**

You Where Caught With A Mouthful Choking You Up

You where caught with a mouthful choking you up.
Repressive is the way they will make you.
You will lose sight so they can reject you some more.
The message is clear watch what you say they own everything.
You bit more than you can chew.
Society can do it to.
A mouthful will choke you up.

In this life full of explosive souls hungry for purity so they can devour the: poor, addicted, and prostituted.
Watch what you say they own everything.
The authorities can do this to you the government will so to.
A mouthful will choke you up.

Oppression is the hand that smacks you down so the rich can feel glorious.
High society will expose you for the world to spit on you and glare at you while you suffer like the victim that you are.
You bit more than you can chew.
A mouthful will choke you up.
The watchful eye will follow you down so they can be amused.
Watch what you say they own everything.

Poem by Jadea Chaotica Cooke.

"the poem of the century"
... by Jude

it's been many years now since we've been gone, I was hoping in a letter or two we'd be free— but i cry, and i cry, and i cry,
"come back again"— the news came to me as sad. we've got no one we can count on except for you. but still i cry and i try and
i cry "come back again" no one here left except you and me. i'm happy lack for my memory but girl there ain't no one like you.
you've got to 2b, be there in the morning and tell her that she's my girl— i've got 2b real so i know— it's you cuz when i look in
her eyes i realize. she's there in the morning of the dawn and no one can tell her "no" she's got 2b real so she knows— Jude

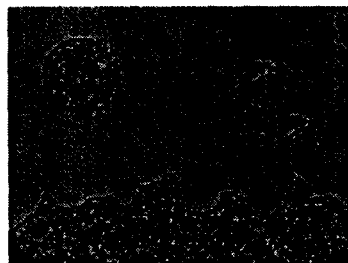
SUMMER BOREDOM BUSTERS

Natural Sand Art

An easy technique and inexpensive supplies give great results with this summer camp favorite.

What You Need

- ❖ Construction paper
- ❖ Glue
- ❖ Sand



How To Make It

- ❖ Give each child a piece of construction paper, and allow them to draw a picture or write words with the glue. *Make sure that they do not put globs of glue in any one spot.*
- ❖ Before the glue dries take the picture over to dry sand and with your hand pour sand onto the glue.
- ❖ Let it sit for a few minutes and then shake off the excess sand.
- ❖ Let it dry flat for about a half an hour depending on how much glue was used.

Paperweight Fun

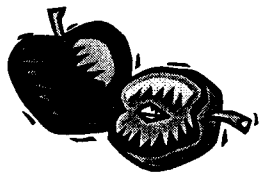
We have been doing something very fun recently. They make great paperweights or nice weights to hold down the napkins for those picnics outside.

What You Need

- ❖ Rock
- ❖ Pictures clipped from magazines
- ❖ White craft glue
- ❖ Paintbrush

How To Make It

- ❖ Have the children chose a rock from the garden.
- ❖ Clean it off.
- ❖ Pick a picture that fits the rock.
- ❖ Paint picture down with watered-down glue onto the rock.



DIABETES DROP-IN

WHEN?

Every Friday from 2:00 - 3:00 pm at Vancouver Native Health 449 East Hastings.

WHO?

*Everyone who is interested in learning more about diabetes and healthy living is welcome to attend.
For more info contact Eileen 604-254-9949.*

WHAT?

We will have sharing circles, healthy snacks, nutrition information.

