

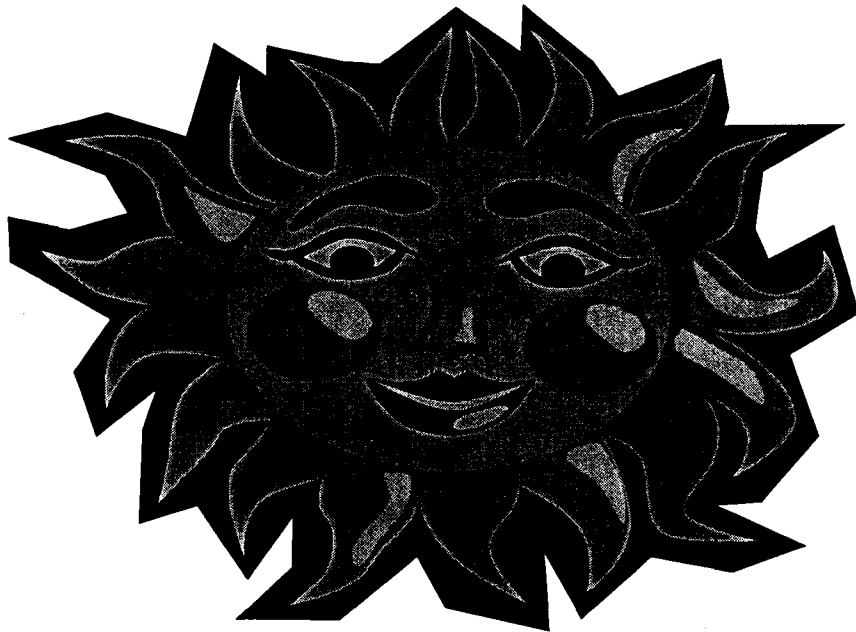
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

August 2003

Free



INSIDE:

- Pap Smears and Your Health
- Job Shop—References on Request
- Aunt Leah's Kitchen for Youth
- Poetry and Prose—Voices from the DES Poetry Group
- Tell Your Story on Co-op Radio
- Prisoner's Justice Day
- Annual General Meeting— August 6th

Important information from the Health Desk

Facts You Need to Know About THE PAP TEST

What is it?

The 'Pap test' or 'Pap Smear' is a simple part of the gynaecological examination done in your doctor's office. If you are over 18 years of age or sexually active your doctor will discuss this test with you and how often you should have it. The test lets your doctor and you know if there are any changes in your cervix which might be cancerous or lead to cancer if left untreated. The cervix is the neck of your womb (or uterus).

What do you do during the test?

Nothing. Just relax. The test is quick and more or less painless. The nurse will ask you to prepare for the gynaecological examination by emptying your bladder and removing your clothes before you see the doctor.

What does the doctor do?

The doctor will ask you to lie on the examination table, put your feet in the stirrups and tell you to relax. A metal or plastic instrument called a speculum is inserted into the vagina to see the cervix. The doctor will then use a disposable wooden spatula to take cells gently from your cervix. The cells are placed on a glass slide and then sent to a laboratory.

What happens to the cells?

The cells are examined under the microscope to determine if there are any changes in your cervix. In most women, the cells are normal. If there are changes and the cells do not look normal, the test is repeated for confirmation. If necessary, further examinations, such as a biopsy and closer examination of the cervix, will be recommended by your doctor.

How often do you have to be tested?

Most doctors feel the test is necessary once a year. With a history of herpes or venereal warts, a Pap test is done more often. Your doctor will advise you how often you need to have the Pap test done.

Has the Pap test helped?

The Pap test was introduced in Canada in the early 1950's when cervical cancer was on the increase. Since then, there has been significant decrease in deaths from cervical cancer due to earlier detection and therefore, treatment.

Studies have shown that women who begin their sex lives early (before the age of 17), those with many partners, those who smoke, or have an early pregnancy are more susceptible to cervical cancer. More women today in their twenties and thirties are being treated for cervical cancer than ten years ago when the disease was rarely found in a woman under thirty. The key to early detection and prevention is the Pap test. Take responsibility for your body and your good health.

WE WILL BE HAVING A PAPPALUZA (Pap Smears available to all women) IN OCTOBER—WE WILL BE POSTING THE DATE IN THE CENTRE...SO KEEP A LOOK OUT. FOR WOMEN WHO HAD A PAP SMEAR AT THE MAY PAPPALUZA THIS IS A GOOD OPPORTUNITY TO FOLLOW UP FOR RESULTS. JASMINE AND CHRISTINA THE STREET NURSES WILL BE HELPING US OUT AGAIN!

YOU CAN CONTACT THE STREET NURSES FOR FOLLOW UP INFORMATION AT 604.660.9695 OR CORI FOR MORE INFORMATION AT 604.728.7353.

Important information from the Health Desk

Facts You Need to Know About CERVICITIS

What is cervicitis?

Cervicitis is any infection in the cervix (the opening of the womb).

What are the causes?

Cervicitis can be caused by germs that are spread by having sex. The most common germs are chlamydia, gonorrhea and herpes.

What are the symptoms?

You may not have any symptoms at all.

A woman may notice an increase in the fluid from the vagina, a burning feeling while passing water, bleeding or blood spotting from the vagina, pain during sex, or the need to pass water more often.

How do you find out you have it?

You need to have a medical exam and tests by a doctor or nurse.

What are the complications?

If this infection is not treated, it can spread and damage organs in your body, especially your reproductive organs. Woman may have difficulty getting pregnant.

Pregnant women may pass the infection to their baby's eyes during childbirth. Some types of infection may lead to blindness if the baby is not treated.

What is the treatment?

Antibiotic pills. People you have sex with must also be treated, regardless of their test results. Do not have sexual contact until both you and your partner(s) have finished all the pills.

Should you be tested for other sexually transmitted diseases (STDs)?

If you have different sexual partners, or if your partner has different partners, you should be tested for gonorrhea, Chlamydia, and HIV (the virus linked to AIDS). You may also need a test for syphilis and shots to prevent hepatitis B.

Facts You Need to Know About PELVIC INFLAMMATORY DISEASE

What is PID?

PID is an infection spread in the organs of the lower part of the belly. It is most often spread by having sex with someone who has a sexually transmitted disease, usually Chlamydia or gonorrhea. PID happens when these bacteria spread from the cervix up into the uterus and fallopian tubes.

What are the symptoms?

The most common symptoms are pain in the lower belly or painful sex. Other symptoms include fever, abnormal vaginal bleeding, chills, nausea, and vomiting. Sometimes it is only noticed during a pelvic exam. Or, it can be so bad that you have to be admitted to hospital. *You can have this disease and not know you have it!*

How do you know if you have it?

You need to be examined by a doctor or nurse. Lab tests will be done to help identify the specific bacteria that have caused the infection. If you have different sexual partners, or if your partner has different partners, you should be tested for gonorrhea, Chlamydia, and HIV (the virus linked to AIDS). You may also need a test for syphilis and shots to prevent hepatitis B.

Who can get it?

Any woman can. Women who have PID infection before are more at risk, as are younger women. Using an IUD (intrauterine device) can also increase the risk. On the other hand, using a condom or diaphragm can reduce the risk of PID.

What will happen if I have PID and don't get it treated?

The main complications from PID are:

- chronic (permanent, long lasting) pelvic pain;
- infertility; and
- an increased chance of tubal pregnancy.

The risk of these complications increases with each bout of pelvic infection.

How is PID treated?

PID is treated with antibiotics. The sooner you get treated, the less likely you are to get complications.

Important directions for treatment:

- 1) You must take all your medication as directed.
- 2) You should rest in bed for one to three days, or until the pain has significantly improved.
- 3) It is recommended you return to your doctor or clinic for re-evaluation in two to four days, and again about six to eight weeks after completing treatment. This is really important to make sure the treatment is working. Even if you feel well, you should not miss these appointments. You will be re-examined and some culture tests will be repeated at these follow-up visits to make sure the treatment has completely stopped the infection.
- 4) No sexual intercourse until you have finished taking all your medication.
- 5) Your sexual partner(s) must be treated as well.

Facts You Need to Know About CHLAMYDIA

What is Chlamydia?

Chlamydia is an infection spread by having sex with an infected partner.

How do you know if you have it?

In many cases there are no noticeable signs. You can have this infection and not know it.

For women symptoms can include:

- change in periods, or more painful periods;
- bleeding or blood spotting from the vagina;
- pain during sex;
- pain in the lower stomach area;
- the need to urinate more often;
- or slight fever.

For men, symptoms can include:

- abnormal fluid from penis;
- pain while passing water;
- an itching feeling inside the penis; or
- need to pass water more often,

What are the complications?

If this infection is not treated, it can spread and damage organs in the body. It can also cause pelvic inflammatory disease (PID) in women.

Pregnant women may pass the infection to their baby's eyes during childbirth. This can cause irritation in the baby's eyes, and may need to be treated.

How do you know if you've got chlamydia?

You have to see a doctor or nurse for testing.

How is it treated?

With antibiotic pills. The person(s) you have sex with within the previous 2 months must also be treated. Important: do not have sex until you and your sex partner(s) have finished taking the prescribed pills. Take all of the pills exactly as instructed.

Birth Control Pills

Birth control pills may not work very well when you are taking some antibiotic pills. Keep taking your birth control pills while taking your medicine but use a second form of birth control (like a condom) until your next period.

Should you be tested for other sexually transmitted diseases (STDs)?

If you have different sexual partners, or if your partner has different partners, you should also be tested for gonorrhea and HIV (the virus linked to AIDS). You may also need a test for syphilis and shots to prevent hepatitis B.

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Beginning the journey back to work can sometimes seem pretty overwhelming. One worry that many women have is that they will not be able to find a job because they do not have good work related references. If you have not worked in a number of years, or if you no longer have contact with former employers, you will want to find someone else who can tell a potential employer about your character and abilities. It is important not to let this challenge stop you from moving forward in your path towards employment. Finding references can be easier than you might think!

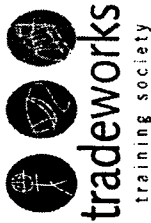
The purpose of a reference is to allow a potential employer to get a sense of what you will be like as an employee. While in some cases employers are interested in hearing about specific work skills, more often their main concern is finding out about your general character. They want to know how you will fit into the work place. For example, how reliable and dependable you are? How well do you get along with other people? What are some of your strengths? Fortunately, there are many people in your life other than former employers who can speak about these qualities.

Begin by thinking about people who can give concrete examples of times when you have exhibited these traits. For example, a supervisor from a volunteer position that you've held could talk about your reliability in always being there for your shifts. A landlord or building manager could tell about your punctuality in paying the rent each month. Someone who provides childcare for your children could talk about your strengths as a mom and your friendly attitude towards other parents and staff.

Many women find it helpful to be proactive when it comes to getting good references by becoming involved in a program or course specifically so that staff can get to know them and see first-hand the skills and characteristics that employers want to know about. The staff of The Job Shop are often able to provide great references for our participants because through their participation in our program they have shown us that they have the skills needed to be good employees.

Expand your idea of who can provide you with a reference! The realization that there ARE people in your life already who believe in you enough to recommend you for a job can go a long way in increasing your confidence. Increased confidence equals increased chances of being successful in your return to work. Getting good references is a great first step in that direction.

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. 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

Aunt Leah's Restaurant Training Program

Aunt Leah's
8872 Hudson Street
Vancouver, BC

About the Program

The Restaurant Training Program is a 19 week program available to all youth (ages 15-18). Students must commit to eight hours per week (two evenings per week). This program incorporates both classroom and experiential learning.

What kind of training do you receive?

Graduates from the program receive training and experience in all areas of food service. Skills include: customer and table service, bussing, dishwashing and kitchen skills. Students also receive certification in Superhost, Foodsafe, "ILFY (Independent Living For Youth), and the LL Brown Independent Thinking Skills Program. All workshops are provided by professionally trained instructors with Certificates awarded to those students who have successfully completed each course.

How much does the program cost?

It's free!!!

Success stories

Graduates from our program have found jobs at the Cactus Club, Walmart, McDonald's, Safeway, Superstore, Orange Julius and many more.

Whom should I ask for?

Ask for Sarah Stewart the Training Director.

Next session starts September 16, 2003.

Phone: 604.263.3115

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

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.

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.

Horoscopes for August 2003

ARIES (Mar. 21- April 20)

Tackle as many tough tasks as you possibly can in the beginning of August. You have efficient ideas on the 1st and plenty of help from friends and family on the 2nd and 3rd, allowing you to get almost anything on your 'to-do' list accomplished in record time. Using your intuition pays off when making decisions on the 7th and 8th, but you have a tendency to second-guess yourself on the 13th and 14th, so you may want to share your plans with a trusted friend before making any major life changes midmonth – their feedback will be invaluable. Your patience is required when dealing with small children or older adults on the 18th and 19th, and your tendency to rush through things on the 20th through 22nd could get you into trouble as well. Take your time when dealing with others toward the end of the month, because going through the motions won't get the job done. Attending parties and other social events on the 25th and 26th is fun but also time-consuming, making the time you finally get to spend with your friends and/or family on the 30th and 31st all the more precious and meaningful.

TAURUS (Apr. 21- may 21)

Taking a practical approach is the best way to accomplish small tasks on August 1st, but if you need assistance with bigger chores on the 2nd and 3rd, you won't need to look any further than your nearest neighbor or closest friend – everyone is willing to lend you a hand on these days, especially if you ask nicely. You seek to make deep connections with people rather than trade witty banter on the 4th, 5th and 6th, but superficial folks seem to be the only kind you meet through the 10th. Attending a charity event on the 11th or 12th could put you in touch with people who are your emotional and intellectual equals, but try not to move too quickly with new relationships – it's best to be cautious when forming new bonds from the 11th to the 19th. Your versatility allows you to fit into almost any crowd on the 20th through 22nd, but your vulnerability on the 23rd and 24th makes you a bit more sensitive to sarcastic comments than you normally would be, making you feel a bit out of your element when with strangers. Spending some time with your best friend on the 27th, 28th or 29th renews your faith in one-on-one relationships, helping the month to end on a high note.

GEMINI (May 22-June 21)

Relationship issues demand a lot of your attention as August begins, but being the first to apologize can work wonders toward mending a broken friendship quickly on the 2nd and 3rd. Using your assertiveness can work to your advantage on the 4th, 5th and 6th, but tact is more important than any kind of force or coercion on the 11th and 12th – these are the days when you'll attract a lot more flies with honey than you will with vinegar, and choosing your words very carefully is the key to getting what you want. If you have changes in mind, the 15th, 16th and 17th are great days to begin implementing a plan, but be prepared to run into a road block if you can't find a way to properly articulate your game plan to the people who want to help you on the 23rd and 24th. Your generosity earns you a lot of praise on the 25th and 26th, but watch out for people who may try to take advantage of you on the 27th, 28th or 29th – you have a very giving, helpful way about you on these days, making you a target for those who think they deserve more than their fair share.

CANCER (June 22-July 22)

Setting and obtaining short-term goals is easy for you in the beginning of August, so if you've been procrastinating, the 1st through the 6th is a good time to finally dive in and get the job done. Sticking to any kind of schedule isn't really your strong suit on the 7th and 8th, as you prefer to be somewhat of a free spirit on these days, but your desire to help someone who really needs your assistance pushes you to be more disciplined and accountable to others on the 11th through 14th. Your temper has a tendency to emerge if you don't get your way on the 15th, 16th and 17th, but it's probably due to frustration more than actual anger with the other people involved. Luckily, you have a way of saying just the right thing on the 20th through 22nd, which should help you. Delving into creative projects is your favorite way to unwind from the stress of your everyday life on the 25th and 26th, and if you're willing to let someone else give their input on the 30th or 31st, you may be able to perfect your masterpiece.

LEO (July 23-Aug 22)

Organization is key to completing tasks and assignments on time in the beginning of the month, and if keeping things in their place isn't your forte, you may want to ask someone to help you keep track of important items from the 1st through the 3rd. Standing out from the rest of the crowd isn't advised on the 4th, 5th or 6th, but feel free to be your charming, vivacious self on the 7th and 8th – doing so will probably land you in the spotlight, and you'll be much better prepared to deal with fame and fortune on these days than earlier in the month. Acting on impulse could get you into trouble on the 15th, 16th or 17th, but talking your way out of a bind is no problem for you on the 20th, 21st or 22nd – wait until then to defend yourself, or you may get into hot water! The 23rd and 24th are your most emotional days of the month, so try to keep your interactions with people you know will try to upset you to a minimum if possible. Go ahead and tackle large-scale projects on the 27th, 28th and 29th, since you'll be feeling rather industrious, but don't rule out accepting help from a friend who has all the right connections on the 30th and 31st.

VIRGO (Aug. 23 -Sept. 23)

August 1st is an excellent day to celebrate your accomplishments from last month and look forward to the future – you have great potential, and your attention to detail makes you shine above your peers in the beginning of the month. Mind-expanding experiences show you a totally new perspective on the 7th and 8th, and keeping an open mind through the 12th will allow you to really succeed where you've failed before. If you're feeling a bit nostalgic on the 13th and 14th, look through old photo albums or call a childhood friend – it isn't healthy to live in the past, but there's no reason you can't think or reminisce about it once in a while. Your stubborn side gets you into arguments on the 18th and 19th, but by the 23rd and 24th, your friends, family or coworkers are willing to let bygones be bygones, which should be a relief to you if you said anything that you didn't mean earlier on those argumentative days. Causing a dramatic scene may not be your intention on the 25th and 26th, but you're naturally drawn to the spotlight on these days. Luckily, you're much more grounded on the 30th and 31st, allowing you to enjoy a laid-back, relaxing, balanced end of the month.

LIBRA (Sept. 24 -Oct. 23)

Keeping the peace is very important to you as August begins, and you're willing to do just about whatever it takes to ensure your closest relationships are happy and calm on the 2nd and 3rd. A loved one might not understand why your career is so important to you on the 9th and 10th, but the rewards you get on the 15th, 16th and 17th should make your motivation evident – it's nice when you see your hard work and efforts paying off, and you may see a lot of excellent job-related compensation in the middle of the month. You'll have to be the flexible one if other people can't change their plans to fit yours on the 20th through 22nd, but you should have an easier time getting your way on the 25th and 26th – your friends and family go out of their way to treat you like a king or queen on these days, and you like feeling special. The 30th and 31st also bring you your fair share of admiring fans, but this time the favorable attention could really get you somewhere. Could this finally be your big break?

SCORPIO (Oct. 24 - Nov. 22)

Scorpios have a keen eye for detail in the beginning of August, especially on the 1st, and by combining your analytical mindset with your tenacity on the 4th, 5th and 6th, there's very little you can't accomplish. You may find time for fun and games on the 7th and 8th, but a personal or work-related project demands most of your time on the 9th and 10th, causing you to be in a serious, contemplative mood. You help other people before you help yourself on the 11th through 14th, but you do so because you want to do some good for your fellow man, not because you want recognition for your efforts. The 15th through 18th is a good time to put one of your plans into action, but try to be as patient as possible as you wait to hear news of the results. If you get restless on the 20th, 21st or 22nd, try to get outside and participate in some kind of physical activity – keeping your body active will help keep your mind off how anxious you are. Compromise may be necessary in order to keep the peace in an important relationship on the 27th, 28th or 29th, but don't give up on everything you want – you should be able to reach a middle ground.

SAGITTARIUS (Nov. 23 -Dec. 21)

Taking your time is the only way to get anything accomplished in the beginning of August, and if you try to rush things on the 1st, you'll create more problems for yourself than you solve. Your willpower helps you become more patient on the 4th, 5th and 6th, and you finally realize that perhaps good things do come to those who wait. Your performance at work is directly tied to the kind of monetary compensation you think you'll receive for your efforts on the 9th and 10th, but on the 11th through 14th, you're perfectly willing to provide your services for the good of the team or a cause that's close to your heart, not necessarily for what you get out of it. Stability and security is extremely important to you on the 18th and 19th, but you're much more free-spirited and spontaneous on the 25th and 26th – these are good days to have last-minute get-togethers with friends or neighbors with whom you haven't had time to socialize lately. Finding a way to group your chores together can save you a lot of time on the 27th through 29th, which means you'll be able to spend quality moments with a mate or close family members on the 30th and 31st.

CAPRICORN (Dec 22.- Jan. 20)

All of the details of your plan come together on August 1st, but don't be surprised if things don't come quite so easily on the 2nd and 3rd – you have to really work at balancing out opposing elements on these days, which could create some problems for you in the short-term. You have a tendency to be somewhat pessimistic about your chances with a potential choice or career opportunity on the 9th and 10th, but your mood improves when you get invited to a function where you may be able to improve your odds in this situation on the 15th, 16th or 17th. You make an excellent mediator on the 23rd and 24th, thanks to your ability to see both sides of every story, but your own motivations may cause you to be much more biased on the 25th and 26th. Try to refrain from giving advice until the 27th, 28th or 29th, when you can prove that you don't have anything to gain by choosing one side over another. The 30th and 31st are good days to catch up with relatives or friends you haven't seen in a while, especially if you have good news you want to share with someone special.

AQUARIUS (Jan. 21 -Feb. 19)

Finding new ways to arrange your work space, home office or desk could really help you organize the rest of your life on August 1st, but before you rearrange any major items like furniture or do any redecorating on the 4th, 5th or 6th, make sure you check with your coworkers, roommates or family members. Finances could be a bit tight on the 9th and 10th, despite your hard work, so try to shop for bargains and sale items as much as possible on these days. You'll probably find it hard to contain your excitement about an innovative new idea on the 11th or 12th, and if you have luck on your side, you may be able to turn an idea into a profitable venture on the 15th, 16th or 17th. Having the right people on your side could make a big difference, so make sure you take advantage of every opportunity to network that you get on the 20th, 21st and 22nd – once you convince one person, it shouldn't be difficult to get the rest of the group to follow their lead. Power struggles dampen the fun of a relationship on the 25th and 26th, but you're much more willing to compromise for the sake of keeping things balanced on the 30th and 31st.

PISCES

(Feb. 20-Mar. 20)

Detail-oriented tasks just aren't your thing on the 1st, 2nd and 3rd of July, but your mind begins to wander back into reality from the 4th through 9th, and you should be completely ready to tackle everything on your mental, emotional and physical 'to-do' list by the 10th. Using a creative approach to a problem gives you great results on the 12th and 13th, but you're better off going by the book on the 14th through 16th. (You could have money-related issues to deal with midmonth as well, Pisces, so try not to be late with any payments during this same timeframe.) The 17th and 18th are high-energy days, allowing you to get so much more done than you ever thought possible, but you may run into unexpected red tape while trying to finish a project on the 19th or 20th. Friends can be extremely helpful to you during those frustrating moments from the 19th to the 25th, but you have to be willing to ask for their help in order to receive it. The small picture is much more in focus than the big one is from the 26th through the 31st, so as long as you avoid looking too far into the future, you should be fine.

PRISONERS JUSTICE DAY 2003 VANCOUVER EVENTS

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

On International Women's Day two years ago, the Canadian Association of Elizabeth Fry Societies launched a human rights complaint against the Government of Canada and Corrections Services of Canada alleging discrimination of federally sentenced women based on sex, race and disability. In February and May of this year the Canadian Human Rights Commission heard the testimony of CAEFS, and twelve other women's groups that largely reminded the commission that the inquiries and reports and recommendations had been made long ago and federally sentenced women have seen no changes in their conditions of incarceration, in the accessibility of programs to lower their security status or to re-integrate into the community or for skills, healing or rehabilitation.

Aboriginal women, especially, are denied access to elders and are denied the legislated right to full participation in all Aboriginal spirituality. Aboriginal women make up between one and two percent of the Canadian population and make up about twenty-five to, in prairie provinces, fifty percent of the women's population in jail. As recommended by previous inquiries, more community involvement in the jail and upon the prisoner's re-entry into the community is necessary for a successful transition as well as to help negate the conditions that lead to crime. The only minimum security prison for women will be closed by the end of this year and both the inability to lower your security status and the inability to take part in programs and facilities and community access that are the benefits of a lower security classification is obvious discrimination. The Okimaw Ochi Healing Lodge opened with the closing of P4W in Kingston, Ontario and was to be run by elders of the community for women prisoners in a minimum security classification, that focused on aboriginal spirituality, healing, learning, and connections with women's communities and cultures that they might have been separated from for years or even whole lifetimes. Instead the facility has become a jail, with all correctional personnel and shutting out the community it was supposed to connect.

When women left P4W many maximum security women were sent to men's prison. Because of the risk/needs assessment tool of the institution and the blatant systemic discrimination of aboriginal women fifty percent of maximum security women prisoners are aboriginal. Women serving time involuntarily in men's prisons are denied equal access to programs and services. As well changes to the federal corrections legislation were intended to allow Aboriginal communities to take custody of their own offenders including women who are serving long-term sentences, however, this is not the case. "The oppression of Aboriginal female prisoners has to stop, or we will never get them home and successfully reintegrate them into Aboriginal and Canadian society," says Native Women's Association of Canada justice co-ordinator, Ellisa Johnson.

Women with mental and developmental disabilities are increasingly facing incarceration as cutbacks to health care and social programs erode community based mental health services. Once inside women face the problems of the system, and are also classified at higher security levels because of the risk/need assessment tool of the institutions that penalize women for needing medical, therapeutic, and more attentive help. Women who are suicidal or have mental or cognitive disabilities are often isolated, deprived of clothing, and placed in stripped/barren cells. Despite the increased security classification women with disabilities are neglected in jail and do not get the services and supports they need.

- a burning feeling when passing water;

In B.C. and in the downtown eastside, we need to look at how these issues affect provincially sentenced women as well, those serving a sentence under two years, especially regarding the closure of the Burnaby Correctional Centre for Women, currently housing both federal and provincial women. The provincial women will be housed in lock-ups or men's prisons all over the province, with neither the space, the staff nor the resources for programs. Currently, provincial women are able to benefit from the programs and schooling that Corrections Services Canada is legally obliged to offer to federal women. There are no such standards for provincial corrections although there is no less need for programs for women to advance education and skills, to deal with addiction and abuse issues and to receive support from various communities. It is important we don't let ourselves be further isolated in the system.

Prisoner's Justice Day happens every August 10th, and is a day to remember the men and women who have died unnatural deaths in Canadian Prisons. Inside prisoners lock-down in their cells, don't work and don't eat in memory of those that have passed and to honour the advancements in rights for prisoners that have come from some of these struggles. On the outside, allies and ex-prisoners rally support, and remember as well. On Tuesday August 5th and 7 pm at the SFU Harbour Centre 515 West Hastings, by donation, is the film Sentenced to Life about Dianne Charron who is shuttled between prison and a psychiatric hospital. On Friday August 8th is Rock Against Prisons at the WISE Hall, 1882 Adanac at 8 pm. And for Prisoners' Justice Day the Memorial Rally will be held at Trout Lake at the Claire Culhane Memorial Bench, the southeast end of the lake, from 11 am to 12:30 pm. Please come out to commemorate and discuss action.

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

You Where Caught With A Mouthful Choking You Up

Poem by Jadea Chaotica Cooke.

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 exploitive 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.

Pain

Linda Peapeach

What is pain
Is it a relief mechanism?
Is it a Blessing in disguise?
No, it is HELL on earth.

Pain is like diarrhea of the mouth,
Running wild in your body,
It is like the consuming fire of HELL,
Disguised like the Devil himself.

Pain can come in waves, like the sea;
It can come like a lion, roaring out its anger at the world;
It comes in softly, then hits you like a mallet;
But pain is a Blessing in disguise, a Heavenly Warmth that cores your body in times of need.

For me Pain is an aphrodisiac,
A relief of the abuse I took at the hands of my husband,
It bought me friendships in the weirdest places,
It brought me harmony in my times of need.

Here at the Women's Centre it has given me life again,
Here the woman care when you're in pain,
The staff helps you to associate, your pain into a healthy program,
And I learn how to live with daily Pain, on a day to day basis.

Record your stories!

In association with The Carnegie Theatre
Workshop and Co-op Radio*

Let your voice be heard!

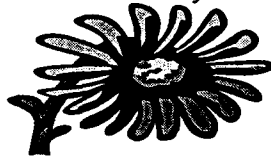
Let your voice be heard!

Tuesdays between 10:00-11:00am

Poem

Play

Short-Story



15-25 minutes in length

~May be aired on co-op radio~

Contact Erin or Katrina for further details

In celebration of the 100th anniversary of Carnegie Community Centre

*In association with Theatre In the Raw

At The Downtown Eastside Women's Centre: 604-681-8480

Don't Have a Phone???

TRY VOICE MAIL



What's Voice Mail

Voice Mail is an automated answering service for people who don't have phones. It's easy to use, private and inexpensive. You can access your messages 24 hours a day from any touch tone phone.

How much does Voice Mail cost?

- \$3 per month
- \$10 for four months
- \$25 for a year

How do I get Voice Mail?

Come to the DERA Office at 12 East Hastings.

Hours:

Monday 9am – 5pm
Tuesday 9am – 5pm
Wednesday 1pm – 5pm
(Open at 10am on Cheque Issue Day)
Thursday 9am – 5pm
Friday 9am – 4pm
Closed 12noon – 1pm for Lunch

Further info: 604-682-0931 during the above hours for more details

Downtown Eastside Women's Centre

*Annual General Meeting
Wednesday, August 6, 2003*

*5:30 pm Dinner
6:00 pm AGM Begins*



*302 Columbia Street
Vancouver, BC*

ALL WOMEN WELCOME

*604.681.8480
Call for more information.*