

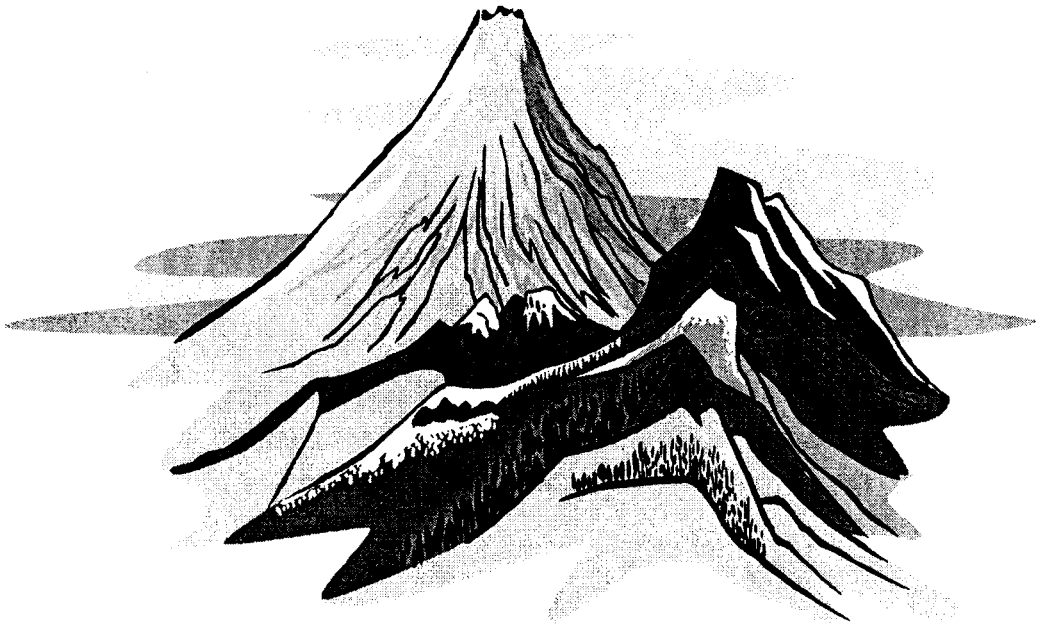
# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

December 2003

Free



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- December 6— National Day of Remembrance  
and Action on Violence Against Women
- February 14— 13<sup>th</sup> Annual Women's Memorial March
- Job Shop— Holiday Blues
- Aunt Dee's Column
-

**DECEMBER 6<sup>th</sup>**

**NATIONAL DAY OF REMEMBRANCE AND  
ACTION ON VIOLENCE AGAINST WOMEN**

A time...

To reflect on violence against women here  
in the downtown eastside and around the world

To hold a moment of silence for the women who have  
been murdered and are still unaccounted for

To think about all the women and girls who live daily  
with the threat of violence

To take action to STOP it

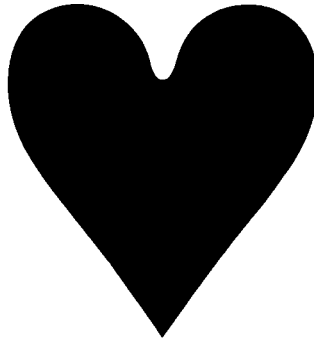
Please join us in a candle light vigil and march  
through Vancouver's downtown eastside  
on the evening of Saturday December 6, 2003

We will be gathering at the corner of Carrall & Hastings Street at 5pm  
and marching to the Memorial Pole in Oppenheimer Park

Please bring your drum & dress appropriately for the weather

If you would like more information, please contact Marlene at 604.665.3005 or Carol at 604.681.8480 ext 223.

*“THEIR SPIRITS LIVE WITHIN US”*



The 13<sup>th</sup> ANNUAL WOMEN'S MEMORIAL MARCH  
SATURDAY FEBRUARY 14, 2004

The first meeting of the organizing committee will be held on  
Thursday December 18<sup>th</sup> at 10:00 AM in the Carnegie Theatre at 401 Main Street,  
Vancouver, BC

This event is organized by women and led by women because women especially, Aboriginal women face physical, mental, emotional, and spiritual violence on a daily basis.

Please bring your enthusiasm and ideas, all women welcomed.

Honouring and remembering the lives of the murdered women and women still unaccounted for in downtown eastside.

# December 6<sup>th</sup>

“NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN”

As women in the downtown eastside are we safer now that the police are walking through our neighbourhood?  
These women were not safe in this neighbourhood.

Lovingly Remembered are:

Sereena Abotsway	Marnie Frey	Mona Wilson	Cindy Feliks
Jacqueline McDonnell	Dianne Rock	Heather Bottomley	Brenda Wolfe
Jennifer Furminger	Helen Hallmark	Patricia Johnson	Georgina Papin
Heather Chinnock	Tanya Holyk	Sherry Irving	Inga Hall
Andrea Joesbury	Tiffany Drew	Sarah DeVries	Angela Jardine
Diane Melnick	Unidentified woman known as 'Jane Doe'		

Poem written by Shelly Hallmark for her sister Helen Hallmark

You will never be forgotten  
Or erased from my mind  
You didn't have the best of life  
But to me you were one of a kind

Your picture reminds me everyday  
With memories of the good times we had  
The love you felt for our family  
Even though your life was so very sad

The happy way about you  
The kindness that you would share  
To all that were around you  
Even when you were in despair

Your eyes showed the sadness  
Of the many years of pain  
You stayed away from your family  
So they wouldn't feel the strain

Your lifestyle was not sought after  
And most looked down upon you  
But you made do with what you had  
Where most would not continue

All of a sudden you went missing  
We desperately looked around  
We knew something was terribly wrong  
We wouldn't stop until you were found

The most important thing to us  
Was that you were alive  
When you stopped calling us  
Something didn't jive

Hopefully people realize their acts of judgement  
Were so carelessly misplaced  
And now they will see the daily horror  
With which you were faced

Although we couldn't protect you  
You were always in our heart  
And that is all we are left with  
For now we are apart

The saddest thing to have fathom  
Is the brutality of your demise  
How someone could just take your life  
And watch as your soul dies

Instead of saying goodbye  
I will have to say so long  
Till we meet again my beautiful sister  
This will be your song

The **Missing Women's Legacy Society** is entering a critical phase in its goal to build a recovery home in Maple Ridge for women suffering from addiction. The target is to be open by the summer 2004. To reach that goal, the society is gearing up for a campaign to attract corporate donations to turn this dream into reality.

The society was founded by family members and supporters of the missing women who were taken from the Downtown Eastside of Vancouver and murdered.

According to the Society, awareness of the needs of this population (women suffering with addiction and forced by addiction into prostitution) grew steadily from 1998 to present. According to the society's website, "independent research – talking with men and women suffering with addiction on the streets of the downtown eastside, combined with several months of AA and NA meetings as well as a review of psychological and medical research on addiction – led us to acknowledge the lack of adequate detox and rehabilitation programs available for women."

To make a donation or if you require more information on ways you can help, contact Missing Women's Legacy Society, donations 604.462.1322 or visit their website <http://www.missingwomenslegacy.ca>.

**Here is one way to HELP END THE VIOLENCE, TAKE ACTION.  
With this in mind we can make a difference!**

**ON DECEMBER 6<sup>th</sup>  
NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN**

- ❖ We are designing a banner for the February 14<sup>th</sup> Women's Memorial March
- ❖ We are remembering our sisters who have died through violence
- ❖ We are making placards and posters for the Dec 6<sup>th</sup> National Day of Remembrance and Action on Violence Against Women
- ❖ We are having a march in the Downtown Eastside at 5pm
- ❖ We are having a Candle Light Vigil at the Memorial Pole
- ❖ We are sharing a meal, refreshments and snacks

WHERE: Downtown Eastside Women's Centre—302 Columbia Street

WHEN: 1 pm with the March starting at 5pm

All women are welcome to join us, if you are participating in the banner/placard making, please sign up so we know how much food to order, sign up with Marlene or Carol at the #'s listed below.

Please bring your drums and noisemakers.

If you have any extra hats and gloves to donate to other women please do so.

**Bring your spirit of song and voices against violence.**

For more information please contact Marlene at 604.665.3005 or Carol at 604.681.8480 ext 223.

## **What is Abuse?**

When you are hurt by a person you love, you feel alone. You think, "Other women don't have this problem." But many women are hurt by their partners. The partner might be a boyfriend the woman lives with. OR it could be her husband or her lover.

Between 20 to 50 percent of women are hit by partners at least once. Many more women suffer from emotional abuse. Maybe you're still not sure this describes your problem. "emotional abuse, battering, wife-beating" You've heard all those terms before. But what do they mean, exactly? Do they mean the same things? Are they all different?

## **Abuse**

Abuse means mistreating another person. Abuse may be physical, emotional, or sexual. The word "abuse" can be used to mean each of these things. Or it can be used to mean all three of them.

## **Battering (physical Abuse)**

Battering is physical abuse. "Wife-beating" is another name people sometimes use for battering. But many women who are battered are not wives. Battering is not just one hit. It's a pattern of physical assaults, threats, or restraints. It is violence used to control another person. Men who batter scare women into doing what they want them to do.

Has your partner done any of these things:

- slapped, pushed, shoved, bit? hit with a fist?
- blocked you from leaving a room or a house?
- thrown things or destroyed property?
- hit walls or pounded his fist when angry?
- kicked, burned, choked, beaten, or raped you?
- used a gun, knife, or other weapon against you , or threatened to use one?

Have any of these things happened:

- Have you had to stay in bed or been too weak to work, after being hit?
- Have you had bruises from being hit, held, or squeezed?
- Have you had a black eye, cut lip, or broken tooth from being attacked?
- Have you ever seen a doctor as a result of injuries from your partner?
- Has your partner ever kept you from seeing a doctor when you needed to?
- Have you ever been hospitalized as a result of your partner's violence?

## **Emotional Abuse**

Emotional abuse is mistreating and controlling another person through her feelings. It includes insulting, giving orders, and saying things to confuse the partner. The emotional abuser makes the partner feel afraid, helpless, or worthless. Has your partner done these things:

- ignored you , called you names, made fun of you?
- controlled the money, car, decisions?
- threatened to leave you regularly?
- told you about his affairs with other women?
- punished the children when he was angry at you ?
- abused pets to hurt you ?

If so , you are emotionally abused. There are many, many ways that a person can be abused emotionally.

## **Sexual Abuse**

Sexual abuse is mistreatment by means of sexual acts, demands, or insults. It can be partly physical, and partly emotional. Or it can be just one or the other. Has your partner done these things:

- called you sexual names, like "frigid," "whore"?
- scared you so much you had sex when you didn't want to ?
- made you have sex when it was painful or you were sick?
- not told you he had V.D.?
- not let you use birth control?
- refused to use a condom to protect you from V.D. or AIDs?

If these things have been done to you , you are sexually abused.

**My name is Carol, I work as a stopping the violence counsellor here at the Downtown Eastside Women Centre. I work Wednesdays, Thursdays, Friday and Saturday. Please feel free to drop - in and chat or you can book an appointment with me, either in the centre or out of the centre**

**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 CWS 1:30 Piano & Voice 2:30 Literacy 5:00 Organizer's Training	2 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5-8:30 Women's	3 10-12 Flu Shots 1:30 French Group 2:00 Crochet & Raffle 5:00 Harm Reduction	4	5	6 2:00 Video
7 1:30 Library Literacy 2:00 Video 3:00 Volunteer Orientation	8 10:00 CWS 1:30 Piano & Voice 2:30 Literacy 5:00 Organizer's Training	9 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	10 1:30 French Group 2:00 Crochet & Raffle	11 <b>1:30 Women's Voice</b>	12	13 2:00 Video
14 DEWC Winter Holiday Dinner	15 10:00 CWS 1:30 Piano & Voice 2:30 Literacy 5:00 Organizer's Training	16 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	17 1:30 French Group 2:00 Crochet, & Raffle  (Closing at 4 today)	18 CENTRE CLOSED	19	20 2:00 Video
21 1:30 Library Literacy 2:00 Video	22 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	23 10 Sewing & Massage 11-1 Nurse 2:00 Resumes	24 2:00 Crochet & Raffle	25 STAT HOLIDAY OPEN 12-5  Christmas Breakfast	26 STAT HOLIDAY OPEN 12-5	27 2:00 Video
28 1:30 Library Literacy 2:00 Video	29 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	30 10 Sewing & Massage 2:00 Resumes	31 2:00 Crochet & Raffle			

**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.

**Hairstyling**—Get a haircut or learn some new styling!

**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.

**Piano & Voice**—Come on out to learn something new or practice what you know with music instructors!

**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—59 West Pender.



**Aries**—Others are certain that you're up to something in the beginning of December, but they aren't sure exactly what. Keep them guessing on the 2nd, 3rd and 4th and then reveal your master plan for all to see on the 5th or 6th. You're very talkative on the 7th, 8th and 9th, but that doesn't necessarily mean that you have a lot to say. You don't have to keep quiet, but you might want to make sure your comments are at least relevant to the rest of the conversation before you let them escape your lips! Your generosity is likely to overwhelm the people you bestow gifts upon during the 14th, 15th and 16th and your willingness to spend time helping a friend figure out how to solve a personal dilemma yields you just as much gratitude. The 19th and 20th are good days to follow your passion wherever it leads, but you'll want to have more of a set course on the 23rd and 24th. Those are good days to work toward a specific goal rather than let your spontaneity guide you. Viewing art and listening to music occupy the majority of your free time on the 27th, 28th and 29th and your own artistic pursuits could actually be lucrative on these days as well, so don't be afraid to let your talents shine.

**Taurus**—Your intuition guides you in the right direction on December 1st, but you can be a bit too impulsive for your own good on the 2nd through 4th. Slow down and try to analyze what you're about to do before you actually do it on these days, Taurus. You don't start anything without the intention of finishing it on the 5th and 6th, but things are bound to come up on the 10th and 11th that could ruin your well-laid plans; the most important thing to remember is not to take things too personally. If people cancel at the last minute, it has more to do with prior obligations than it does a lack of interest in your event. The 15th and 16th are good days to tackle small-scale projects, but your ambition on the 19th and 20th could cause you to bite off more than you can chew. Keep things as simple as possible on the 23rd and 24th in order to avoid potential misunderstandings between you and family members, friends or coworkers, but don't be afraid to be more inventive in your methods of communication and interaction from the 25th to the 29th -- your creativity is your best trait at month's end, so use it to your advantage whenever you get the chance.

**Gemini**—There's a bit of a discrepancy between how you use your time and how others would like to you use it in the beginning of the month, but you're a total free spirit from the 1st through 4th and again on the 7th through 9th -- it's doubtful that anyone will be able to convince you to do anything you don't want to do on these days. The excitement of getting to do something you've never done before on the 12th, 13th or 14th leaves you giddy with happiness and enthusiasm. If you're lucky, you'll be able to carry your good mood through the 17th and 18th, when having a positive, optimistic attitude will help you deal better with any personal challenges that may crop up along the way. Learning a new skill or hobby is a good way to keep your mind occupied on the 21st and 22nd, but your time is more likely to be dominated by a work-related problem on the 23rd and 24th, so enjoy your free time while you can. Getting a humanitarian effort off the ground is hard work on the 25th and 26th, but you have more energy on the 30th and 31st, which should help you end the month with the project one step closer to success.

**Cancer**—A sense of nostalgia overtakes you when you find something from the past on the 1st, but you're far too busy on the 2nd through 4th to get weighed down with sentimentality, which may actually be a good thing. You aren't very cooperative on the 5th and 6th, but by the 10th and 11th you're much more willing to look at the overall picture the way others see it rather than just looking at it from your own singular perspective. You are able to spot things that no one else can see on the 15th and 16th, making midmonth a good time to clean your house or inspect someone else's work for mistakes, but you may be a bit too critical of people's efforts on the 19th and 20th. Rather than barking orders and dispensing harsh reprimands, try to be as supportive as possible of people who are trying their best on these days. You can't help but see the glass as half empty rather than half full on the 23rd and 24th, but you trade pessimism for flat-out idealism on the 27th, 28th and 29th. You'd prefer to live in a fantasy world at the end of the month, so you may need to get a third party's advice on the 30th or 31st to help you decipher what's real and what's not.

**Leo**—Throw out all of your old excuses in the beginning of the month, Leo, because you have an abundance of energy on the 2nd, 3rd and 4th and there's absolutely nothing that you cannot accomplish if you set your mind to it! You're very self-indulgent on the 5th and 6th, but as long as you get back on a more even track by the 7th, there's nothing wrong with pampering yourself for a day or two. You're the nurturer in a personal relationship on the 10th and 11th, but make sure you're performing good deeds for the right reasons. If you're expecting thanks and praise for your helpful actions, you may be bitterly disappointed. Your social life hits its peak on the 12th, 13th and 14th and because you fancy yourself as the life of the party on these days, there's very little you won't do for a laugh. You're able to achieve balance between your work and personal life on the 17th and 18th, but your job is so demanding on the 23rd and 24th that you'll probably have time for little else. Before you fly off the handle on the 30th or 31st, make sure you've got your story straight, because accusing a friend of something they didn't do would be a bad way to end the month.

**Virgo**—If there's anything about your life that you want to change, the 2nd, 3rd and 4th of December are excellent days to get started, Virgo. It's true, you are slower than usual on the 5th and 6th, but your motto of 'slow and steady wins the race' is actually a good one to follow, especially considering that everyone else is making countless mistakes in their haste. Your moods fluctuate from one extreme to the other on the 10th and 11th, making these bad days to make major decisions, but you're able to view the world from a much more logical perspective on the 15th and 16th. You strive to keep the peace rather than stir up any unpleasantness on the 17th and 18th, but you may not be able to avoid the truth of the matter on the 23rd and 24th -- you get a ringside seat to real life on these days and although you may not like what you see, there's no questioning the validity of it all. Your friendly demeanor makes it easy for you to meet new people on the 25th and 26th, but your sudden shyness makes it more difficult to strike up conversations with strangers on the 27th, 28th and 29th.

**Libra**—Like the song says, you can't always get what you want, but if you try some time, you get what you need. This is especially true on the 2nd through 4th. Your usual routine doesn't seem humdrum at all on the 5th and 6th and making an effort to get to know people or visit new places on the 7th through 9th expands your horizons and gives you a new perspective on what the world has to offer. Expressing your feelings to someone for the first time can be a scary proposition, but on the 12th, 13th and 14th you feel at ease with yourself, which makes saying 'I love you' a lot less frightening than it might normally be. Finding time to smell the roses is a priority for you on the 17th and 18th, because even though you have a busy schedule, you can still appreciate the beauty in the small things in life. Your insightful nature on the 19th and 20th allows you to unearth top-secret information about a friend or acquaintance, but you're too wrapped up in yourself and your own causes to pay much attention to what other people are up to on the 25th and 26th. The 30th and 31st are good days to initiate new projects, but if they're complicated, it could be some time before you actually complete them.

**Scorpio**—Although you don't make a habit of throwing a fit every time you don't get your way, you can't help but be upset when you don't get exactly what you want in the beginning of December. You'll have to find a way to mask your anger and disappointment on the 2nd through 6th, though, because acting out won't be tolerated by the people you're spending time with on these days. Creating art or performing music allows you to express deep thoughts and feelings in a unique way on the 10th and 11th and although you're immersed in technical or boring tasks for the majority of the day on the 15th and 16th, you still find time to enjoy one of your favorite artistic hobbies during what little spare time you have. You draw people to you as if you were magnetized on the 19th and 20th, but be careful about their motivations -- if you sense that anyone has ulterior motives for getting to know you, separate yourself from them as soon as possible. You have an easy time standing out in the crowd on the 25th and 26th, but you'd just as soon be anonymous on the 27th, 28th and 29th, so try not to do anything to purposely draw attention to yourself.

**Sagittarius**—Keep those eyes wide open in the beginning of December or you might miss something important, especially on the 1st. Your dependability is something that your friends and family know they can rely on the 5th and 6th, so you'll probably find yourself doing things just so you don't disappoint them on these days. However, you tend to be more scattered on the 7th, 8th and 9th, so try to keep all of your calendar up-to-date. Keep it with you so that you won't arrive late or at the wrong place. Making a romantic gesture leads to a passionate adventure on the 12th, 13th and 14th and your willingness to try new things fills the 17th and 18th with wonderful surprises. Blazing new trails isn't your strong suit on the 19th and 20th, which means you'll follow almost anyone if it means you won't have to take the lead yourself. However, on the 23rd and 24th, you take command of the reins and lead your team to victory. Luck is on your side on the 27th, 28th and 29th, but you'll have to depend on hard work to get where you want to go on the 30th and 31st.

**Capricorn**—You can rely on the help of friends and the kindness of strangers to help you out on December 1st, but on the 2nd, 3rd and 4th, you're on your own -- luckily you have the drive and determination to fly solo and still prosper on these days. Your ability to read people and situations might not be as good as you think it is on the 7th, 8th and 9th, so be sure to get a second opinion before you spend a lot of money investing in something you don't know much about. Similarly, the signals you give out to others may be confusing to people who don't know you well on the 10th and 11th, so be sure to clear up any misunderstandings before you part company with someone you've just met for the first time. It might seem like a good idea to get in touch with someone from your past on the 17th or 18th, but dredging up old memories won't be as fun as you think it will be, so keep that in mind before you dial that number. You can look forward to a plan of yours finally coming to fruition on the 23rd or 24th, but getting projects off the ground is more your thing on the 30th and 31st, rather than finishing them.

**Aquarius**—You can actually turn your daydreams from the 1st into realities on the 2nd, 3rd and 4th, Aquarius, because in the beginning of the month, you have the ability to combine your ingenuity with determination -- and it will produce amazing results. Someone's strange behavior rubs you the wrong way on the 5th and 6th, but you don't mind spending time with people who others term 'weird' or 'odd' on the 12th, 13th and 14th. Life seems like one big party for you on these days and as far as you're concerned, everyone's invited. You find a cool new way to arrange furniture or to organize a room on the 15th and 16th, but don't be surprised if a family member or roommate asks you to change it back to the way it was on the 19th and 20th. Others don't adapt to change as well as you do on these days and it isn't likely that your new chosen style will be in sync with theirs. You communicate easily and effectively with people on the 21st, 22nd, 25th and 26th, but you may prefer a quiet, out-of-the-way place to read, study or make art to being in a crowd on the 27th through 29th.

**Pisces**—You deserve the royal treatment on the first day of December, so take some time off and do something nice for yourself. Your friends are there for you on the 5th and 6th, so don't hesitate to lean on them if you need to. Making new friends is pretty easy for you on the 7th, 8th and 9th, but it's the tried-and-true friendships that you appreciate the most in the beginning of the month. The 12th, 13th and 14th aren't good days to deal with major financial issues. If you can't avoid it, just make sure you have someone with you who is better at math than you are or be sure to have a calculator handy! You long to stick to a semi-normal daily routine on the 17th and 18th, but unfortunately, something's bound to come along and change your plans. Nothing unusual happens on the 23rd and 24th, but your busy schedule makes it difficult for you to stay connected to the people in your life; therefore, planning a dinner party or inviting friends and family to join you at your favorite restaurant on the 27th, 28th or 29th is a great way to celebrate an accomplishment or just to get together.



## AUNT DEE'S GARDEN OF YOUR DAILY LIVING

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### ASK AUNT DEE

Our Aunt Dee is overflowing with good things much like a full garden...she is full of healthful ideas and information that nourish the heart, soul, body and mind. Aunt Dee has gardened for years. She believes in planting *peas* of mind, heart and soul, *squashing* gossip, indifference and grumbling, and in *thyme* for friends, family and each other. She also believes we should *turnip* for service and to help one another, and prays that each of us is able to *lettuce* be faithful, kind and patient and really there for one another.

At eighty-three years young she still leaps and bounds around the garden and can plant, weed, and water those rows with the best of them. But nowadays, she's also on another mission. She wants to offer all that she knows. Aunt Dee just shakes her head and complains, "It seems like nobody takes time to learn about the gardening of their daily life anymore."

We're delighted to share our Aunt Dee with you. She's agreed to answer any questions you might ask about the goings on of the Centre. Please submit any questions or comments you might have to the Newsletter file posted on the board near the front of the Centre. Aunt Dee is looking forward to it.

**Aunt Dee here, and I would like to share something with you all. I've received a bunch of compliments about different women of the Centre and about different things happening at the Centre. Each of these comments reminded me of how much there is to appreciate and I would like to share these comments with you...**

**Thank-you for the lunches. I really appreciate how much love goes into the cooking.**

**I think the couple of ladies who do the cream and sugars are doing a really great job. I really notice how kind they are and how they take the time to say hello or have a nice day.**

**I liked the notes Carol left us on the tables about kindness and respect and really listening to each other. The Centre should do this again.**

**Aunt Dee here, and I've noticed that some concerns about the Centre have been brought up several times over the last couple of months. I'm wondering what we can do about them. First off, I think I'll respond with all the information I have. Next, I'll suggest that women let me know if there is something about that issue they want to know more about by leaving a question or comment in the Newsletter submission folder. Also, I'll suggest attending Women's Voice on the 11<sup>th</sup> of this month so a larger discussion can be had with other women. So here goes...**

**"Christmas Dinner is coming up and there are a lot of Asian women who come. They've never used the Centre before. Why are they coming to our dinners?"**

Let us start by reminding ourselves that all women are welcome at the Centre. Let us also remind ourselves that we do not tolerate racism here at the Centre. In addition to that, let's talk about the population of Asian women who use the Centre. Many of these women are elderly women in their seventies, eighties and nineties who live in the downtown eastside. Many live on their own. They are elders in the Chinese community. I often wonder if we offer this group of women enough here at the Centre. We do not have language interpreters. We only have one morning a week for Chinese speaking women to get together and talk with each other while doing an activity. We always have enough food at dinners for the women who use the Centre. Maybe we can try harder to understand each other and have respect for all elders.

**"Why is the coffee only available in the morning and after lunch? There used to be coffee all day why did that stop?"**

Yes, we used to serve coffee all day. When we did, we were the only organization in the Downtown Eastside where coffee was unlimited. However, we found that 30% of our food budget was being spent on coffee. This means there is less money to spend on the lunches we serve seven days a week. You may have noticed lately that the taste and nutritional value of lunches has improved. This is because we have chosen to prioritize lunches over coffee. We will continue to offer these improved lunches and will continue to offer coffee only in the morning and after lunch. Please consider our limited amount of coffee and how our membership is doing with less now if you occasionally take coffee to male friends, family and/or partners. Thank-you for your consideration and for your respect for our membership.

**"How do you get childcare?"**

We are glad you are coming to our groups. We are able to offer you childcare to give you someone to look after your children while you are attending the groups. We need you to fill out a form for us to keep on file here at the Centre. Our policy includes the following:

- 1) The child(ren) must be in your custody (i.e. live with you)
- 2) Childcare is only provided for children under the age of 14 unless the child has special needs (this must be verified)
- 3) You can only receive childcare once per week
- 4) We need proof from you Employment Assistance Worker that you have custody of your children. If you do not receive social assistance, talk to an advocate.
- 5) You must give 24 hours notice that you require childcare. Please phone Ronnie at extension 226. You will not receive a return phone call. Rather, when the list of women receiving childcare is available the receptionist will have it and be able to tell you if you're included.
- 6) The money will be given out at the end of group.

Thank you. Please check with Michelle (Sunday to Wednesday) if you have any questions or need a Childcare form.

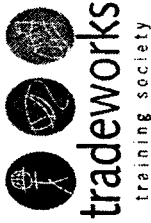
Over the past few months, we have been looking at small steps that you can take toward learning to 'handle' your emotions. This is a time of the year that can bring up lots of emotions. Many people dread the holiday season because it causes feelings of anxiety, loneliness, and sadness. Fortunately there are things that you can do that will help to beat these 'holiday blues'.

Once again, the first step you need to take toward handling these feelings is to recognize that they are there. Sometimes we don't connect the fact that we are feeling down with the holiday season. It can help to be aware of some of the ways that these feelings might affect our thinking and behaviour. For example, you might notice that you are eating and sleeping more or less than you normally do. You might have less energy and/or difficulty concentrating. You might feel a sense of sadness and hopelessness about your situation. These are all signs of the 'blues', and recognizing them is the first step towards taking some action that will help you feel better.

One important thing that you can do during this time is to nurture yourself. In other words, be as gentle and caring with yourself as you would with a friend or loved one who was feeling down. We are usually much harder on ourselves than we are on others. We often think 'I shouldn't feel this way' or 'I should pull myself together and get on with things'. This is not helpful. In fact, it only serves to make us feel worse. Instead, think of yourself as someone who needs all of your love and support right now. Then do things for yourself that reflect that caring. For example, you might try to do things that make you feel good. It doesn't have to cost anything. It could be as simple as a walk in the park on a sunny day. Listening to music that you love. Taking time to talk to someone who makes you laugh. The important thing is to think about what nurtures you and then to give that gift to yourself.

There are other simple things that you can do as well to help yourself feel better. It has been found that diet and exercise have a big effect on decreasing the 'blues'. You could experiment with changes in your diet (like cutting down on sugar and caffeine) and increasing your activity to see if it makes a difference. Another thing you can do is to try to stay busy. When we are feeling down, being around people is sometimes the last thing we want. However, not being alone, maybe even getting out and doing things that can help others, will help you to feel better. There are many places in Vancouver where you could volunteer some time over the holidays. And finally, if you feel as though the 'blues' are more than you can handle, you might want to seek out some additional support. A counsellor can help you work through some of these feelings, and develop some strategies to help deal with them. The DTES Women's Centre has information about counselling services in the area. Trying some or all of these things will hopefully help you beat the blues, and have a happier holiday season.

Marla Simlett is a counsellor at 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.

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Instructions for Life in the new millennium from the  
Dalai Lama:

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three Rs: Respect for self, respect for others and responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go some place you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

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## Things to think about...



1. It doesn't matter what you have done, in the end each person has to accept the responsibility for himself/ herself.
2. Show some respect and responsibility and other people will start to respect you also.
3. If you take a little, also give a little, in this way things will work out at the end.
4. If you hurt others, you will also get hurt in one way or another.
5. Always stop and think of the consequences before you talk or act.
6. Accept things as they are, because you can't always change everything.
7. Things are not always the same as you think they are, so you have to change with them.
8. Work hard at what you think is right and you may be rewarded at the end.
9. Learn from yours and others mistakes, so that you would not end up in the same situation again.
10. Learn to help others when help is needed.
11. Don't get in bad situations, before you can think about it.
12. Things don't just happen by themselves, you have to make them happen for you.
13. Don't jump to conclusions, before you thought it out or see the truth in it.
14. There is always an answer for each question you asked about, someplace.
15. Don't blame other people or things for what you are responsible for.
16. Thinking can help you stay out of many bad situations, you can get yourself into.
17. Nothing gets done unless you can help it along.
18. Life is good or bad depends on how you want to live it.
19. You can't live in this world without a helping hand from others.
20. You don't get respect, you earn it.

(written by peter charlie) submitted by carol martin