

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

January 2004

Free

HAPPY NEW YEAR!



INSIDE:

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**The Downtown Eastside Women's Centre
Is Proud to Honour**

*Elaine and Debra for their jokes and laughter,
Cauleen for her committed and dependable work,
Annie and Eve for decorating the Centre with holiday cheer,
Diane for looking out for others,
Linda for her sarcasm and for sharing her videos,
Carol for writing us beautiful notes,
Erin for standing on chairs and singing,
Gail for preparing so many of our lunches,
Mabel for making gifts for others,
Freedra for collecting pine cones for holiday crafts,
Eemina for working on resumes every week,
Christianne for sharing her art with others,
The Writer's Group for sharing their poetry,
DJ for bringing us laughter,
Bernice for sharing her thoughts and ideas, and
Muriel for sharing her warmth and humour.*

**WITH SINCERE APPRECIATION FOR ALL WOMEN OF THE CENTRE, FOR
THEIR ONGOING CONTRIBUTIONS TO THE CENTRE AND THE LARGER
DOWNTOWN EASTSIDE COMMUNITY.**

*Share with others just how appreciative you are for their involvement at the
Centre. Drop a line in the Newsletter Folder to have a friend acknowledged
for the unique gifts they contribute. We all know this list is endless...and
will therefore continue as part of the DEWC Newsletter.*

*Wishing you all a Happy New Year. May it be full of friends and family,
love and laughter, and health and happiness.*

*We look forward to seeing more women recognized in next month's
Newsletter!*

What tenants should know before January 1, 2004:
The new Residential Tenancy Act will come into effect January 1, 2004. These are some of the up-coming changes.

- The new Residential Tenancy Act makes it easier for landlords to withdraw services and facilities included in a tenant's rent. Therefore, it is very important that the tenant has a written tenancy agreement which states that things such as cablevision or parking are material terms of the tenancy agreement.
- The new Residential Tenancy Act requires tenants to do mandatory move-in and move-out condition inspection reports with their landlords or risk losing their security deposits. Tenants have to participate, but **do not** have to agree with the landlord's assessment and the condition inspection form should have a space to allow the tenant to disagree.
- Landlords can only ask for one half month's rent as a security deposit. Landlord's can also ask for a pet damage deposit. The pet damage deposit can only be a half month's rent even if a tenant has more than one pet.
- If a landlord illegally keeps a tenant's security deposit for longer than 15 days after the tenant moves out, the landlord owes the tenant double the amount of the security deposit.
- A landlord does not have to return a security deposit to a tenant until receiving a forwarding address for the tenant.
- Rents can now be raised by 4.6%, but the tenant still needs three full month's notice and can only be given one increase a year and not in the first year of tenancy. Beware that if the tenant signs their consent, the landlord may be able to raise the rent higher than 4.6%.
- Tenants should not sign leases that say they must move out or sign a new lease at the end of the fixed term.
- Tenants can no longer apply at the Residential Tenancy Office for an extension of time to pay rent.
- It is now easier for a landlord to evict a tenant for illegal activity.
- Landlords can now charge an extra deposit for access cards and garage door openers but not if they are the sole means of entry to the building.
- It is now illegal for a landlord to ask a prospective tenant to pay an application fee.



In the December DEWC Newsletter, Carol, the Stopping the Violence Counsellor here at the Downtown Eastside Women's Centre, spoke to us about abuse. What abuse is and how we might recognize signs of abuse. In this Newsletter, Carol has some more information to share with us.

Background of the Problem

Until recently, many people thought men had a right to batter their women. Wife-beating was even protected by law. Then, in some countries, the laws began to change. In the United States, wife-beating became illegal early in this century. But battering still went on, even though it wasn't legal. Most people thought it was a private matter. They didn't think society ought to meddle in it. It wasn't discussed in public. Nobody wrote about it in the newspaper. It was kept hidden—Does your partner often make you feel bad even without hitting you? Do you wonder whether it's your fault that he doesn't treat you better? The questions below will help you know what is being done to you. Check each one with the answer that fits: either "often," "sometimes," or "never."

	Often	Sometimes	Never
Keeping you Away from Other People			
1. Does your partner get angry when you talk on the phone?	_____	_____	_____
2. Does he open your mail?	_____	_____	_____
3. Does he keep you from seeing friends?	_____	_____	_____
4. Is he angry when you are just a little late getting home?	_____	_____	_____
5. Does he want you home when he is home?	_____	_____	_____
Always on Your Mind			
6. Do you worry about what he will think of your make-up?	_____	_____	_____
7. Do you ask him who you can see or where you can go?	_____	_____	_____
8. Are you careful of what you say, so that he won't get upset?	_____	_____	_____
9. Do you feel that you're "walking on eggshells"?	_____	_____	_____
Putting You Down; Humiliation			
10. Does he call you names, like "stupid," "bitch," "cunt"?	_____	_____	_____
11. Does he tell you what is "wrong" with you in front of other people?	_____	_____	_____
12. Has he made you do things that make you feel ashamed?	_____	_____	_____
13. Does he say no one else would want you ?	_____	_____	_____
Threats			
14. Does he threaten to leave you?	_____	_____	_____
15. Has he said he will go crazy or kill himself if you leave?	_____	_____	_____
16. Has he refused to "let" you go out unless you do as he says?	_____	_____	_____
17. Does he say he will hit you or beat you if you don't obey?	_____	_____	_____
Feeling Sick and Tired			
18. Does he keep you up late, asking about men in your past?	_____	_____	_____
19. Do you work so hard to please him that you feel worn out?	_____	_____	_____

21. Are you unable to do things you used to do easily? _____

Small Demands

22. Does he demand that dinner be served right on the minute? _____

23. Does he insist that the house look just so? _____

24. Do you have to report how you spend every dollar? _____

Sweet - Talk and Treats

25. After he has been mean, does he act sweet and loving? _____

26. After he has hit you, does he give you a present or take you out? _____

27. When you decide to leave, does he give you hope for change? _____

There is no "right" or "wrong" score. But see how many checks you put under "sometimes" or "often." If you checked many, there is a pattern of control. Everyone tries to control another person once in a while. But a pattern of controlling a person through feelings is emotional abuse. The pattern will show up in many ways.

Notice the headings for the method of control. They are the beginning of each set of questions, above. Prison guards use methods like these to make prisoners of war obey. These methods are called "brainwashing." Why is brainwashing used against prisoners? Because you can't completely control people even when they are in prison. Fences and guards are not enough to control them. The best way to control people is through their minds. There are many ways to control people's minds. One way is to scare them into thinking they have no power. Another is to make people believe they are worthless. When they feel scared, helpless, and worthless, they won't try to make changes. If that is how you feel, your partner might be causing it. He may be brainwashing you. Many women are shocked to learn that men do this. You might be wondering if your partner is doing it on purpose. He might not want to admit that he is brainwashing you. He might say he is only doing it because he loves you. There are two more kinds of emotional abuse that are common.

1. "Crazy-making." Is your partner telling you one thing today and another the next day? Lying about things that are not at all important? Saying you are crazy, or you imagine things? If he does these things often, you might begin to feel confused. You might even think you are going crazy.

2. Ignoring you and neglecting you. Is your partner not paying attention when you talk to him? Not caring about your feelings? Not telling you how he feels? Refusing to give you money you need for food? Or for the children? Acting that way is also emotional abuse. If he doesn't hear you and doesn't see you, you might feel invisible. That makes it hard to feel that you are worth much. Maybe you emotionally abuse your partner. If so, that is a serious problem, too. But it doesn't change what he is doing to you.

Many women say that emotional abuse is worse than physical. But physical abuse can kill you or do permanent damage. Physical violence also causes a lot of fear. Together, emotional and physical abuse have a powerful effect. Violence does escalate in frequency and intensity. Physical, emotional, sexual and social violence support and perpetuate each other simultaneously to dominate, control and maintain the powerlessness of the victim.

My name is Carol, I work as a Stopping the Violence Counsellor here at the Downtown Eastside Women's Centre. I work Wednesdays, Thursdays, Fridays and Saturdays. 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.



AUNT DEE'S GARDEN OF YOUR DAILY LIVING

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. Last month I mentioned all the appreciations women passed along to me about one another and I decided to share them with you. Well, the love and respect continues to be passed on, so now the Newsletter will have a page devoted to our appreciations as long as they keep coming in! Please keep on letting me know of women you'd like to be recognized or anything else that positively influences your life. I wish you all the best for the New Year and look forward to your comments. Happy New Year to you and yours, wishing you good health and much happiness!

What do we do when men ring the doorbell or come to the door?

DEWC is a space for women only. However, men often come to the Centre because they are looking for a woman, they are a donor, they are here to deliver something or provide some other type of service for the Centre. When a man comes to the door, or rings the doorbell, please let a staff person know if they are not already on their way to greet the man. The staff will assist the man outside the Centre and determine how they can be of help.

For example, if a man is looking for a woman, the staff will call out her name and if that woman responds the staff will let her know she has a visitor outside the door. If the woman does not respond the staff will let the man know that no one is responding. We need to respect that some women do not want others to know they are here.

Another example, would be if the man is a donor, delivery person, or service provider of some sort. If the man is here for one of these reasons, the staff may or may not need to invite the man in and will escort him at this time. While we do try to schedule appointments with men who are donors, delivery persons and service providers, during times when the Centre is closed, this is not always possible or appropriate.

If you have concerns about men coming to the door or ringing the doorbell please talk to a staff person at that time. While many women do address staff when this happens, others are addressing the men. To help ensure the comfort and safety of Centre members while in the drop-in space, it is most appropriate for staff to deal with this issue. Thank you for your cooperation.

Why did we have hamburger in our lunch twelve days in a row last month?

The kitchen relies on food donations to serve our seven day a week lunch. Last month we served 6500 meals. These meals would not have been made possible without donations from a number of different places we work hard to partner with. We know that the number of lunches we serve has continued to rise while the money to make these lunches has not. So, sometimes we do receive large amounts of one item and we use it all which means it may be a big part of your lunch for days in a row. We are grateful for all food donations, and I'd like to compliment the kitchen for being so creative with what they working with. Thank you for your understanding, even if it means having hamburger for lunch several days in a row.

How do I get my certificate for taking Food Safe at DEWC?

All the certificates from the Food Safe Level One that was offered in February of 2003 at DEWC were distributed by Michelle. If you have not yet received yours, please check in with her (Sundays to Wednesdays). If you have taken a Food Safe at DEWC in previous years and do not have your certificate it may also be with Michelle so please check. We will also be having a Food Safe Level One, for those that have not participated yet, on January 11th and 18th. Women must go to both classes to get a certificate. Priority will be given to Centre volunteers as it is part of the Volunteer Program, however all left over seats will be open for all other women to attend. These seats will be on a first come first serve basis the day of the 11th. Hope to see you there.

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 Open 12-5 Today.	2	3 2:00 Video
4 2:00 Video	5 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	6 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	7 1:30 French Group 2:00 Crochet & Raffle	8	9	10 2:00 Video
11 1:00 Food Safe Level One— See Michelle or Vol Board for more info 3:00 Volunteer Orientation	12 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	13 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5-8:30 Women's Health Clinic 5:00 BWSS	14 1:30 French Group 2:00 Crochet & Raffle 5:00 DAMS	15 1:30 Women's Voice	16	17 2:00 Video
18 1:00 Food Safe Level One— See Michelle or Vol Board for more info	19 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	20 10 Sewing & Massage 11-1 Nurse 2:00 Resumes 5:00 BWSS	21 2:00 Crochet & Raffle	22 CENTRE CLOSED	23	24 2:00 Video
25 1:30 Library Literacy 2:00 Video	26 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	27 10 Sewing & Massage 2:00 Resumes 5:00 BWSS	28 2:00 Crochet & Raffle 5:00 DAMS	29	30	31

REGULAR PROGRAMMING

Chinese Women's Group (CWS) -Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

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.



FORECASTS FOR JANUARY/2004! HAPPY NEW YEAR TO ALL!!!



ARIES: This is an excellent time to eliminate whatever is unnecessary and outworn in your life from clutter and disorder in your environment to an unhealthy relationship or even a long-held attitude or belief which keeps you from going after what you really want in life. You are also more perceptive than usual. You see other people's true colors more clearly and you may discover a secret or the hidden aspect of some situation. Something lost, hidden, or forgotten may come to light. You want to see beautiful things and exchange pleasantries with others. In fact, matters of the heart are on your mind and you may want to play match-maker now.

Taurus: Your vitality and courage are strong now and you are eager to meet challenges. You can accomplish a great deal of work, especially if it involves physical effort. If you are active in sports, you will be especially competitive and vigorous now. Self-confidence is high. This is a time when you express yourself very clearly, and conversations, negotiations, and communications of all kinds are cordial and successful. Expect a rapid pace with numerous transactions, letters, phone calls, or errands requiring mental clarity. You are eager to discuss your thoughts and plans with others at this time and you may have a very fruitful brainstorming session, a spirited debate, or a very active meeting with others in which things really get accomplished. You are verbally assertive and can present your own plan or idea quite convincingly.

Gemini: You are prone to act erratically in your relationships. A sudden infatuation or an impulse to break free or make radical changes in a current relationship is likely. Also, a taste for the unusual and unconventional emerges. You may find yourself enjoying things you never thought you would like. Love, relationships, beauty, and pleasure are emphasized now. You feel especially attractive or friendly, and the warmth you radiate is noticed and appreciated. A new romance or friendship may ensue. Artistic efforts are also fruitful. Inspiration, eccentricity, and imagination are also key issues for this time period. You are likely to feel the urge to do something completely out of character now. Don't fight the urge. Let yourself be a little "crazy"; this is a good time to break out of your accustomed ways of acting and be more humorous or eccentric.

Cancer: This time period is a positive one of broadening horizons and expansion. This expansion can take many forms. You are likely to travel more now, and have more exposure to other cultures, life styles, and ethnic groups than usual. You also are more adventurous, more restless and less security-minded. You are much less cautious and self-controlled than usual, and are not able to resist indulging in the things you want, even if you really can't afford them. You spend money freely, visit places you have never been to before, and become exposed to lots of new ideas. The only negative possibility is that growth is too fast or uncontrolled, leading to a lot of waste and inefficiency. You are also more conscious of social and political issues now. You can better see how your life fits into the overall social order, and this enables you to approach your affairs with a broader, more comprehensive outlook. You may also become involved in trying to improve and reorganize social or political activities.

Leo: Your ability to concentrate and focus on your work is very good now. This is a time to attend to details, take care of practical business, and to make your life more stable and secure. It would be beneficial to consult advisors on investments and long-range plans and to put your affairs in order. Eliminating waste and inefficiency is important to you now. You need to do something innovative, daring, unusual, liberating, exciting, and challenging. You are inclined to act on some of the wilder impulses and desires you feel from time to time. You crave stimulation. If you have an inventive streak, you could make a startling discovery or breakthrough now. Emotional well-being and contentment characterize this time period. You feel quite relaxed and carefree, and this would be a splendid time for a vacation.

Virgo: What occurs now makes you more aware of what you need, feel, and want in your relationships. If you are unhappy in your personal life, this is brought out now, and you'll need to face what is causing your dissatisfaction. Differences in personal style, tastes, and ways of expressing affection may emerge. You also feel amorous and loving and, if your personal life is going well, this is a time to really enjoy and appreciate it. You are optimistic and possibly extravagant now. You are less cautious than usual, feeling that nothing can possibly go wrong. If you are inclined to overindulge, overspend, or go to excesses in any manner, this tendency is exaggerated at this time.

Libra: Friendships and cooperative endeavors flourish now. You achieve a harmonious balance of giving and receiving and of talking and listening, and any social or joint activity will benefit. You feel a bit wild or impulsive and may act in an impulsive manner which could embarrass you later. Emotional outbursts are also possible, especially if you've been feeling especially constrained or stressed. You are likely to push yourself much too hard. Social relationships, friendships, and supportive alliances are strengthened now. Your energy and confidence are high and you can accomplish much in a harmonious, flowing manner right now.

Scorpio: You know just what you want right now and woe to anyone or anything that gets in your way! You are much more likely to become domineering, pushy, or inconsiderate of others now, so it is a good time for you to do what you need to do by yourself rather than with others. Accidents, mistakes made in haste, or ego conflicts may occur due to your impatience and willfulness. Positively, physical energy is high and you could accomplish a great deal. This is a time when you express yourself very clearly, and conversations, negotiations, and communications of all kinds are cordial and successful. Expect a rapid pace with numerous transactions, letters, phone calls, or errands requiring mental clarity.

Sagittarius: Your imagination runs wild during this time period! You are attracted to any kind of fantasy, mysticism, or imaginative work. Of course, the extent to which this affects you and the precise ways it manifests depends largely on your own personal tastes and inclinations in these matters. But regardless of your temperament, your imagination will soar at this time. Spread your wings and let your imagination soar. One negative possibility is that you can become negligent, absent-minded, and unreliable. If you have customers, clients, family members, employees, or employers who depend on you, make sure that you do not leave them empty-handed and wondering where you are while you fly off into the sunset!

Capricorn: Relationships go awry or at least take an unexpected turn. The need for more freedom, independence, or novelty on your part, or on the part of someone close to you, may disrupt the status quo in an important relationship. You may also come into contact with someone who is very different from yourself and who challenges, surprises, or upsets you. Expect the unexpected in your relationships! This is a busy time; communicating and getting in touch with others is very likely. Relaxation, enjoyment, and pleasure are emphasized now. This is not a time to push yourself or to be involved in activities that require intense competition or a great expenditure of energy. Cooperative, harmonious personal and professional relationships are more important to you at this time. You feel like socializing and being friendly.

Aquarius: Beware of a tendency to overreact, to go to extremes, or to try to force your intentions on others regardless of the appropriateness of your actions. A minor crisis in the domestic sphere or an emotional confrontation is possible. You are impulsively affectionate and flirtatious at this time, and you feel quite restless if you are in a stable, predictable relationship that offers little excitement. You may be highly attracted to someone new, simply because of the novelty and possibilities for adventure. Also, your friends or love partner may behave in unexpected ways. Flexibility and open-mindedness in your relationships is called for now.

Pisces: Getting what you really want and moving toward achieving the things which are important to you may involve surrendering something or eliminating something from your life at this time. Perhaps an attitude, a situation, or an attachment that has been impeding you is now released. You feel free to concentrate on the things that are most important to you now. Major, long-term changes can be successfully begun now - a lifestyle change or a regimen of self-improvement, for instance. Intense, irrationally strong or compelling feelings emerge now and intimate relationships are deeply emotional. You're apt to overreact.

The Job Shop

New Years' Resolutions: How to Make Them Happen

On January 1st, many of us will set goals for ourselves for the New Year. These 'resolutions' are usually related to things that we want to accomplish in our lives, or they may be things that we want to do differently. Maybe we want to stop smoking, exercise more, or return to work. We have good intentions when we set these goals. However, it is not uncommon for resolutions to be abandoned within a few days. This can result in feelings of discouragement, frustration, and disappointment in ourselves. Fortunately, there are some simple steps that you can take to make your New Years' resolutions work for you instead of against you!


One: Make sure that your goal is something that you really want to do. You may think that you SHOULD exercise more or quit smoking. Or other people may tell you that you should do this or that. But, if your goal is not something that is important to you, it will probably not happen. So the first step is to make sure that the goal you set is something that you really want. It might be helpful to make a list of reasons why you want to reach that goal. You could also ask yourself, "On a scale of 1 to 10 (with 10 being extremely important) "How important is this goal to me at this time? What number would I give it?"

Two: Be realistic in setting your goal. Make your goal something that you know you can do. Most times we are not able to achieve our goals because we have set them too high, or made them too difficult. Failing to accomplish our goals saps our confidence and motivation. It makes it hard to try again. You are more likely to have success in achieving your goals if you break them down into small, manageable steps or pieces. For example, you could start with a small goal ("I will go for a 10 minute walk tomorrow"). Once you do this, and prove to yourself that you ARE able to achieve what you set out to do, you can make the next goal a little bit more challenging ("I will walk for 12 minutes"). The best way to move towards your ultimate goal is to allow yourself to start slowly. It is also important to make sure that you congratulate yourself when you succeed. Recognizing and celebrating any achievement, no matter how small, is a very important part of being successful!


Three: Make your goal as specific as possible. It is hard to reach your destination if you don't know where you want to go. Making a goal specific means setting out exactly what you want to happen, when and where you will do it, for how long, and who, if anyone, will help you. For example, saying, "I will walk one time around the block tomorrow morning at 10 am" is much clearer than saying "I will exercise more". Knowing exactly what we want to do makes the goal easier to accomplish.

Finally: If you are not able to reach a goal that you set, don't be too hard on yourself. Failing to reach your goal does not mean that you can't do it, or that you are hopeless, or a bad person. Failing to reach your goal simply means that you have set the goal too high to start, or that it needs to be more specific, or that maybe it is not as important to you as you thought. Not achieving your goal means that it is time to take another look. Make your goal something that you CAN do and then you will be well on your way to a successful 'resolution'!

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).


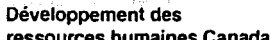


**NEED A CHANCE TO PROVE YOU'RE
READY, WILLING & ABLE TO WORK?**

Get the  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**

THE FIGHT FOR CRAB PARK

BY IRENE SCHMIDT

This is the story about the fight for Crab Park,
We camped out during the day and after dark.
It all started when a local group had a vision,
To obtain a waterfront park was their decision,
This happened during the summer of 1984
We received much publicity because it was federal election time.
The campers used the politicians just as they used us
They kept coming down to the campsite in droves

One of the highlights was when John Turner's wife and daughter
Appeared at the Carnegie Centre
I took them for a tour of the Downtown Eastside including the
Women's Centre on Dunlevy Street and CRAB Park,
John Turner's wife said, "I'm not in very friendly territory," because
Our tents had N.D.P. stickers on them.
John Turner's wife wrote a letter saying that Carnegie was a model for
All centres across North America.

There was loud cheering when a portable toilet appeared,
Before that we had to make a dash to Carnegie or the Dugout
Bob Williams donated a special evergreen tree which is still there
I have done a great deal of writing at CRAB Park because it is so
Peaceful

There were children and homeless people camping with us,
The homeless felt safe with us and they were a great help
Don Larson's mom came down with CARE parcels of goodies,
I felt a great loss when she passed away from bone cancer
But Mrs. Larson and others who have passed on still live within us,
Their spirits shall be with us forever.

Citizens who camp out need to be more organized,
We gained support before taking over the waterfront
Many people from the Port Authority said the land was too expensive,
And we would never see it as a park
But we were persistent and proved them wrong.
And in 1987 our dream for the park became a reality.

My son, Wayne has many childhood memories at the camping grounds,
Such as riding his bicycle from one end to the other with geese following him like dogs
Camping out taught him many values in life especially compassion for your fellow human beings.
Wayne still gets asked to play music at the CRAB Park festivals
Don Larson keeps the CRAB Society alive along with others.
This poem is dedicated to each and every one of them.

SHADOW RIVER
Muskoka

A stream of tender gladness,
Of filmy sun, and opal tinted skies;
Of warm midsummer air that lightly lies
In mystic rings,
Where softly swings
The music of a thousand wings
That almost tones to sadness.

Midway 'twixt earth and heaven,
A bubble in the pearly air, I seem
To float upon the sapphire floor, a dream
Of clouds of snow,
Above, below,
Drift with my drifting, dim and slow,
As twilight drifts to even.

The little fern-leaf, bending
Upon the brink, its green reflection greets,
And kisses soft the shadow that it meets
With touch so fine,
The border line
The keenest vision can't define;
So perfect is the blending.

The far, fir trees that cover
The brownish hills with needles green and gold,
The arching elms o'erhead, vinegrown and old,
Repictured are
Beneath me far,
Where not a ripple moves to mar
Shades underneath, or over.

Mine is the undertone;
The beauty, strength, and power of the land
Will never stir or bend at my command;
But all the shade
Is marred or made,
If I but dip my paddle blade;
And it is mine alone,

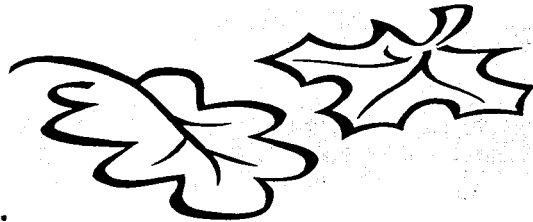
O! pathless world of seeming!
O! pathless life of mine whose deep ideal
Is more my own than ever was the real.
For others Fame
And Love's red flame,
And yellow gold; I only claim
The shadows and the dreaming.

**Institute of Indigenous Government
Canada's First Nations College
A Public Post-Secondary Institute of British Columbia**

**In Partnership With
The Downtown Eastside Women's Centre
University Access**

This program is for individuals who want to sharpen their Math and English skills in order to enhance employability or to access further education. Students are given the tools to recognize their own unique abilities and strengths. The program provides opportunities for personal and academic growth, as well as pride in cultural heritage.

A certificate will be awarded upon completion.
This pilot project will be offered ***tuition free***.



All Women Welcome.

Classes begin January 5th here at DEWC. Classes include Writing Skills, Introductory Math and Study Skills. Class will be from 10am to 4pm for 15 weeks. Lunch is served at the Centre everyday.

All women are welcome.

**Please see Michelle if you are interested
and would like to sign up.**

**You may also call Noel, Healing Counsellor and Recruiter, at the
Institute of Indigenous Government for more information:
604.602.9555.**