

# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

April 2004

Free



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- Plastic and Your Health
- Change of Address for Mail
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- Imagine a Woman

## **VOLUNTEERS GROW COMMUNITY**

*Thank-you Women Centre Volunteers!*



### **National Volunteer Week: April 18-24, 2004**

National Volunteer Week is a special time set aside in April to honor the women who give their time and energy to the women of the centre. The Week also raises awareness of the vital contribution volunteers make to our broader community.

#### **What is volunteering?**

It is offering time, energy and skills of one's own free will. It is a gift to the community.

By caring and contributing to change, volunteers decrease suffering and disparity, while they gain skills, self-esteem, and change their lives. People work to improve the lives of their neighbours and, in return, enhance their own.

Volunteers grow community.

#### **Why do people volunteer?**

Many women say they want to volunteer to give back to the Women's Centre. Many women say they want to volunteer to get away from things that go on outside the Centre like drugs and drinking. Some volunteers also want to take part in educational workshops to learn more skills and increase opportunities for finding paid work. People make contacts, learn skills, gain work experience, build self-esteem, improve their health, sometimes find paying jobs and sometimes turn their lives around through volunteer work.

### **What is the importance of voluntary activity in the Centre?**

Volunteers are the wheels that make this Centre run. Volunteers work on the floor, in the clothing room and kitchen, on the front desk, at the Bingo. They provide practical assistance to women and often provide an ear to listen and sometimes a shoulder to cry on. They bring warmth and humor to our Centre. And, while volunteerism provides volunteers themselves with a great feeling of satisfaction, it can also articulate unmet needs in the community and the organization of services to meet them.

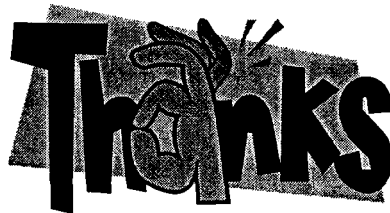
### **What are some tips to getting started as a volunteer?**

If you are interested in volunteering, but aren't sure where to begin, think about where you'd like to volunteer or who you'd like to volunteer with. To become a volunteer at the Women's Centre come out to a Volunteer Orientation (first Sunday of every month) at 3:00pm. It's a chance to learn and ask questions and see if we might be the right fit for you.

### **Is volunteering a two-way street?**

Volunteering is a two-way street. Not only do the recipients of voluntary action benefit, but so, too, do the volunteers. Volunteering provides a satisfying outlet for people's talents, ambitions, and concerns in ways that are different from their regular daily responsibilities.

The importance of volunteers to nonprofit agencies is obvious. Volunteers can often make the difference in whether an agency survives, since the hours that volunteers contribute are often as valuable if not more as donations of money.



*Thank-you to all volunteers, with sincere appreciation for all that you contribute to the Women's Centre and the larger downtown eastside community.*

*Invitations at front desk for Volunteer Appreciation Events!*

Something to think about...

Dioxins

Carcinogens cause cancer. Especially breast cancer.



Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic. Dr. Edward Fujimoto from Castle Hospital was on a TV program explaining this health hazard. He is the manager of the Wellness Program at the hospital. He was talking about dioxins and how bad they are for us.

He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body.

Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins.

So such things as TV dinners, weight watchers dinners, lean cuisine dinners, instant ramen cup of noodles, and soups, etc., should be removed from the container and heated in something else.

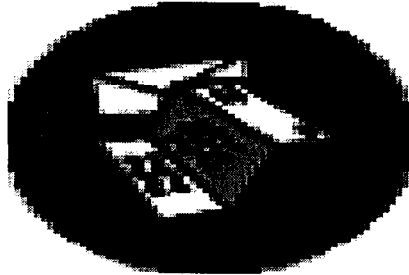
Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass, Corning Ware, etc.

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, so use paper towels instead.

Pass this on to your friends...

**CHANGE OF ADDRESS FOR WOMEN'S MAIL  
DELIVERED TO THE CENTRE**



**WE ARE CHANGING OUR MAILBOX  
ADDRESS FOR WOMEN'S MAIL.**

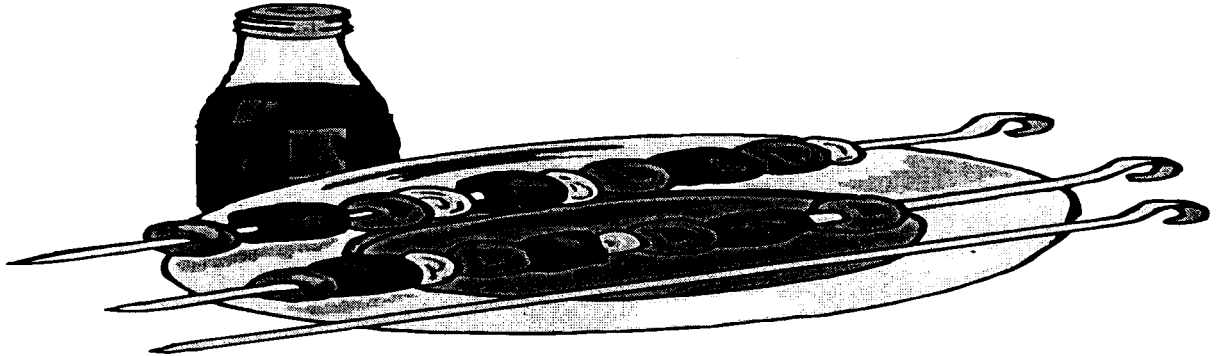
**IF YOUR MAIL IS ADDRESSED TO THE CENTRE, PLEASE  
CHANGE THE ADDRESS FROM 302 COLUMBIA TO**

**150-100 EAST CORDOVA  
VANCOUVER, BC  
V6A 1K9**

**TO NOTIFY SENDERS FILL OUT ADDRESS CHANGE CARDS AT  
FRONT DESK AND STAFF WILL PROVIDE STAMPS TO MAIL IN.**

# DIABETES friendly RECIPE

## Ham & Pineapple Kabobs



**Makes 6 servings**

1	can (14oz) Pineapple chunks, juice packed
3 tbsp	Orange juice
1 tbsp	Parsley, dried
1/2 tsp	Garlic powder
1/2 tsp	Tabasco sauce
1 tbsp	Olive oil
1 1/4lb	Cooked ham, cut in 1 1/2" cubes
2	Green peppers, cut in 1 1/2" cubes
6	Green onions, cut in 1" pcs

1. Drain pineapple and save the juice. Combine 2 Tbsp pineapple juice, orange juice, parsley, garlic powder, tabasco sauce, & olive oil in a small bowl.
2. Thread cubes of ham, pineapple, peppers, & green onions alternately onto 6 long metal skewers. Brush all sides with juice mixture.
3. Place skewers on preheated barbeque. Grill, turning once and basting with juice mixture. Cook until vegetables are softened, about 10 minutes.

**Time for a change?:** Make these versatile kabobs with chicken or pork tenderloin, or with prawns & scallops. Adjust cooking time to ensure the meat is cooked through. Prawns & scallops are quickest; just cook until prawns turn pink. They also can be broiled instead of barbecued.

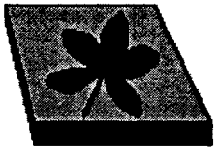
# MAGIC LEAF DRAWING



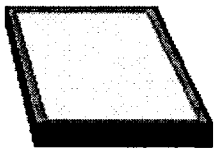
This is an easy way to make an image of a leaf, using a real leaf, a piece of paper and a crayon (or crayons).



Find a nice leaf.



Put it on a flat surface, like a desk or counter-top.



Cover the leaf with a piece of paper.



Crayon on the paper over the leaf.



Magically, a leaf image will appear.

**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 <b>5:00 DAMS</b> Alcohol & Drug Support Group	2	3  2:00 Video
4 1:30 Library Literacy 1:30 Dreamcatchers 2:00 Video 2-4 Hairstyling <b>3:30 Volunteer Orientation</b>	5  10:00 CWS 1:30 Piano & Voice 2:30 Literacy	6 10 Sewing & Massage & ACCESS (Math, English, Study Skills) 11-1 Nurse 2 Resumes & Bingo	7 1:30 French Group 2:00 Crochet & Raffle  <b>Outing: 'Buzz Gems' Play</b>	8	9	10  2:00 Video
11 1:30 Library Literacy 1:30 Dreamcatchers 2:00 Video 2-4 Hairstyling	12  10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	13 10 Sewing & Massage & ACCESS 11-1 Nurse 2 Resumes & Bingo	14 1:30 French Group 2:00 Crochet & Raffle	15  <b>5:00 DAMS</b> Alcohol & Drug Support Group	16  <b>5:00 Music Jam</b>	17  2:00 Video
18 1:30 Library Literacy 1:30 Dreamcatchers 2:00 Video 2-4 Hairstyling	19 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	20 10 Sew & Massage & ACCESS 11-1 Nurse 2 Resumes & Bingo	21  1:30 French Group 2:00 Crochet & Raffle	22  <b>1:30 Women's Voice</b>	23	24  2:00 Video
25 1:30 Library Lit 1:30 Dreamcatchers 2:00 Video 2-4 Hairstyling	26 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	27 10 Sew & Massage & ACCESS 11-1 Nurse 2 Resumes & Bingo	28 1:30 French Group 2:00 Crochet & Raffle	29  <b>CENTRE CLOSED</b>	30	

**REGULAR PROGRAMMING**

**ACCESS**—Math, English & Study Skills taught by Institute of Indigenous Government, all women welcome.  
**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.  
**Massage**—Pamper yourself courtesy of Anita and Rosemary!  
**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. The **Street Nurse, Christina**, comes by every Tuesday between 11am-1pm 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 Tuesday morning, 10:00am.  
**Dreamcatchers with Denny** -Every Sunday at 1:30pm.  
**EVENING PROGRAMMING**  
**Battered Women Support Services**- Support for women experiencing violence. Tuesdays on rotating schedule from 5-8:30pm.  
**Alcohol and Drug Support Group** –A harm reduction focus. Takes place every second Wednesday from 5-8:30pm. Everyone welcome.  
**Music Jam**- Sing and play instruments with special guests.  
**Women's Health Clinic**-Ongoing—59 West Pender.





#### **ARIES MAR 21-APR 19**

The first two days of April put a smile on your face. Keep it there as long as you can, even while the events of the 3rd through 8th try to wipe it away. Need might compromise honor if you let it. By the 9th you can go over the top with impunity. You have the energy and support to be so much more. But this kind of rebirth can be painful, too. On the 11th or 12th you don't know if you're coming or going. You spin helplessly, losing things. Trouble drains away on the 13th, leaving only relief and inspiration. The 18th and especially the 19th show just how much power you have over your environment. You have until the 24th to meet your goals and satisfy your desires as part of the bargain, too. Old mistakes surge back into your life on the 25th. Push them away by the 27th, or you'll have to host them for another few weeks. Heroes rush in on the 28th and 29th. Start using your head on the 30th, just in case good looks alone prove to be inadequate.

#### **TAURUS APR 20-MAY 20**

You know what you know on the 1st and 2nd, and you wish that maybe you didn't. You feel pressured to act before you're ready. The stars feed your starving spirit on the 3rd, and things are better after that. Reconnect with your potential between the 5th and 10th. It's okay if you want to be alone when there's a lot to absorb. You're strong and complete on the 11th and 12th, standing up for those who aren't. But enemies would rather see you crawl on the 13th and 14th. Between the 15th and 27th you'll reap cosmic rewards for your heroism. Look ahead, not backward. Starting on the 19th you even amaze yourself. Put your personal stamp on this historical epoch by the 22nd. After this you get silly with exhaustion or overly generous with your promises. Nobody minds at first, but there's danger in letting all the applause go to your head. The 28th and 29th throw you back into the same battle that you fought at the beginning of the month. At least now you know what to do.

#### **GEMINI MAY 21-JUNE 21**

Your April Fool's Day prank is certainly a classic this year, but by the 3rd, in spite or because of what you did, new problems challenge your idea of what's real. The 5th catapults you into a power position, but starting on the 6th you spend the rest of the month operating without the guidance that you often take for granted. The effects are immediately clear between the 7th and 12th. Big plans backfire at awkward moments. Silly trends dominate what you hoped would be a serious exchange. Your big imagination leads to genuine wish fulfillment on the 13th and 14th, although you're still far from spreading it to all who could benefit. By the 19th, you're comfortably positioned to take it from the top, and ready to take it seriously this time. Learn why others believe what they do. Appeal to them on a level that makes sense. You're still a team player on the 23rd and 24th, but you're also a star in your own right. Fixed ideas get an extra kick of passion around the 27th. Any shock on the 30th is a pleasant one, because you suddenly know that you're alive again.

#### **CANCER JUNE 22-JULY 22**

You're increasingly lucky from the 1st through 4th, and that makes you increasingly bold. Get personal without taking the results personally. Expanding boundaries contract on the 5th or 6th, leaving you stuck beyond your comfort zone. A burst of heroic creativity breaks you out of your trap, but where you land, bounce or ricochet between the 9th and 14th is anybody's guess. Irritating others certainly won't help your cause. Play dumb even as you think for yourself. You're too close to an unlikely success to let go of a certain fragile thread that you follow. On the 15th you're home free, although rest and relaxation are only temporary as the game switches gears. Check in with someone you love, but don't be greedy, or you'll spend the 18th and 19th regretting it. April takes a turn for the better on the 20th. Discover or reconnect with your real tribe. Take responsibility and grow a little. From the 25th to 27th you lay vicious rumors to rest by proving once and for all that you never lie about your good intentions. Your determination shines on the 30th.

#### **LEO JULY 23-AUG 22**

Nothing touches you on the 1st and 2nd, unless you want to be touched. Meanwhile, the good stuff remains at your fingertips. You're public and unafraid until the 6th, ready for the give and take between equals, eager to answer questions about yourself. After this, however, you have a few questions of your own. Generosity pulls back on the 7th and 8th when stone walls replace open gates. The 9th begins a challenging transformation that lasts through the 17th. You start with a swagger, pleasing yourself at every opportunity, but by the 12th you're thinking about responsibility and maturity. Ideals meet heavy scrutiny. By the 18th you stop growling, and by the 19th your human touch is an enthusiastic embrace. But the stars aren't finished with you yet. Nothing that you hold dear is truly sacred between the 20th and 22nd. Life goes on anyway, and it's still a party. You're smiling again by the 23rd and shining your light undimmed between the 27th and 29th. Good news chases out the bad on the 30th. This is what you call living.

**VIRGO AUG 23-SEPT 22**The first eight days of April are superb for you. Art and community are central to your happy life. Events unfold perfectly along your guidelines on the 3rd and 4th. Freedom is about reasonable control. So what will you do on the 9th when people who aren't with your program begin to undermine it? It's not their fault. If anything, it's a stealthy gift. The 11th and 12th find you reborn in a different form and ready for a new approach. And from the 13th through 19th that's just what you get, with varying degrees of comprehension and failure. Deploy a sense of humor in unfamiliar territory. Pleasure, satisfaction and benign creativity pay a visit from the 20th to 22nd. The main reason for all the fun is that you're not alone. Then strangers crash the party on the 23rd and 24th. The world is too busy and borders are too porous. Start getting used to these culture clashes. Lost items find their way home on the last day of April, and once again you're complete.

**LIBRA SEPT 23-OCT 22**

April 1st through 10th mark the boundaries of your personal wonderland. You're popular, reasonable and committed without being trapped. The 5th and 6th fold your best possible past and future into the ideal now. Karmic or monetary debts come due on the 11th and 12th. If you're true pay-to-play material, the 13th and 14th can be a glittering showcase for your skills. If you're still struggling with blame and unfulfilled entitlement, get ready for a strenuous transition between the 15th and 22nd. Well-intentioned and well-behaved people have an edge during suspicious and expensive times. The 19th represents a paradigm shift for those who call themselves powerful. It's enough to be yourself without forcing others into roles that don't fit. Lighten up and let go on the 23rd and 24th, and then put your back into something virtuous between the 25th and 27th. You're a good person in all the ways that count, and you really are doing your best. The 28th kicks you back into the high-rolling cycle that began your month. Get ready to exit as a winner.

**SCORPIO OCT 23-NOV 21**

Skip this year's April Fool's pranks. Starting on the 3rd, though, you redeem yourself with anyone you upset. They'll go with your rules on the 7th and 8th, or at least tolerate your harmless whims. Until the 12th you fight the good fight, spend the wages of sin or offer creative regrets and excuses. The 13th finds you adrift in broken promises and antiquated systems. And while you're a candidate for daring breakthroughs and fantastic luck on the 15th, 16th and 17th, the stars expect you to roll up your sleeves and take care of business between the 18th and 22nd. Be ready for scrutiny, criticism and redirection by your betters. Certain efforts backfire on the 23rd and 24th. If you eat the cost, it's a kind of nourishment. Starting on the 25th, a kind of cosmic deus ex machina takes you in hand. You're still responsible for any bad behavior on the 28th and 29th, but it's a positive experience in a forgiving climate.

**CAPRICORN DEC 22-JAN 19**

You're at the wrong end of an unfair exchange on the 1st or 2nd. You know it's an unfair world, but injustice is worse when it happens to you. Show intelligence and commitment on the 3rd and 4th. And don't give up, no matter what others read in the powerful events of the 5th and 6th. Starting on the 7th, you get what you deserve, which is good. By the 9th you quietly take control, and as of the 11th it's no longer a secret. Leverage a done deal into something bigger, or simply ride this one to glory until the 18th. That's the day when fairness issues return, this time casting you as villain instead of victim. Although you're good at talking your way out of corners between the 20th and 22nd, a temporary escape isn't a real solution. From the 23rd to 29th, as much as you might wonder what kind of world this is, you have to live in it. Around the 27th promising seeds sprout from fertile ground, giving you a bigger stake than ever. People start listening again on the 30th.

**AQUARIUS JAN 20-FEB 18**

Ambiguity clouds your big picture between the 1st and 4th. Luck alone may not see you through. Cast off the chains of place and possession on the 5th and 6th, and learn on the 7th and 8th whether rebuilding from the ground up is all that you expected. The 9th provides a welcome shortcut and a winning streak that lasts the next ten days. Heed the cosmic warning you receive on the 12th, and bathe luxuriously in the well-deserved wisdom that you access on the 13th and 14th. Whether you share this is entirely your business, especially once the 15th beckons you into a private universe. The game ends with a quick, decisive victory on the 19th. After this, any that have trouble letting go might fall out of favor. Powerful people ask uncomfortable questions through the 22nd. The 23rd and 24th are your last days in April for truly getting away with magic. Once that window of clarity passes, you're looking for answers with everyone else. Use that sharp mind of yours to fake a credible explanation on the 28th or 29th. Who knows? You could even be right.

**PISCES FEB 19-MAR 20**

You're trying to do too much in too little time. If you lose yourself in that trap, it could take all month to think your way out. Brightness and subversive hunger make life fun again on the 7th and 8th. Invite your friends to play. This attitude makes trouble on the 9th, but by the 11th you spin it back in your favor to buy twelve trouble-free days. There are no crises. You're at home in front of crowds or behind the scenes. Discover what you need. The 19th and 20th shift you into a more community-oriented mode. When you're in love with what you do, no one tells you that it's wrong. Something unexpected breaks your stride on the 23rd. Now you must explain, pay or otherwise operate inside the law. Turning over a new leaf is easiest among forgiving people between the 25th and 27th. Missing pieces snap into place on the 30th even if you can't use them yet.

## **YWCA In FOCUS Pre-employment Program**

**"This program is one of the best things that happened to me. The path I now follow is positive and will guide me to goal I have chosen - that goal is success. I have transformed into a strong, assertive, powerful woman and am still, and always will be, in the process of change." Sarah, Graduate of the In FOCUS program.**

**YWCA In FOCUS** assists parenting women to prepare for, and access, further education and vocational training, or to obtain suitable employment. The next two groups starts are April 19, 2004 and May 31, 2004.



### **Program Design**

The 15 week program provides:

GED and academic upgrading

Personal management

Career decision making

Work experience

Computer orientation

Health and wellness activities

Support - parenting information, assistance in finding child care, access to community resources and peer support

### **Program Outcomes**

Upon completion of the program, participants will:

Have a defined career plan

Be registered in further education or a training program

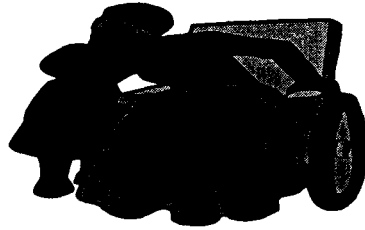
### **Applicant Profile**

The In FOCUS Pre-employment Program is designed for parenting women on Employment Assistance.

### **Application Process**

Applicants attend an information session held every Monday at 1:15 P.M. Phone 604 688 4666 to register for the next available session. Selection and Eligibility are determined through an intake interview and are subject to the approval of the Ministry of Human Resources.

In FOCUS is funded by the BC Ministry of Human Resources. Operated by the YWCA of Vancouver in partnership with the Vancouver School Board.



YWCA In FOCUS  
602 - 1281 West Georgia Street  
Vancouver, BC V6E 3J7  
604 688 4666  
[www.ywcavan.org](http://www.ywcavan.org)

**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, Ext.234**



Program funded by IRDC



Human Resources  
Development Canada

Développement des  
ressources humaines Canada

**WOMEN'S WORDS  
POETRY AND PROSE FROM THE DTES**

after I gave up drinking  
...by Ilona Ferenczi

once I went out  
really drinking  
really drink  
not feeling well  
walked into the street  
with my boyfriend  
fell into a window  
at some place  
the place was in the way  
the manager yelled at me  
'oh, you broke my window  
come here, I want to  
talk to you'

then he fixed the window  
and that  
was that  
and I went home  
and the next day  
I worked about the window  
but I had no money to fix it  
so I never went back there  
and never drank again  
because when I do  
I break windows

**AFTER THE FACT (OH WELL)**

**RED ROSE**

**BLACK ROSE**

**"I LOVE YOU!"**

**"YOU USED TO BRING A TEAR TO MY EYE NOW  
I NO LONGER CARE OR WONDER WHY."**

P.AIMEE ROWLEY, I RETIRE.

THE WIND IN MY HAIR

by Annie Eskenazy

To be free in the

wind

Is the most beau-

tiful

Feeling...feel that wind run through mom as mom walk on the beach...

See those waves

Crash.

Being the friend

Of God is like that.

Love Storm

by Nitza Annie Eskenazy

This is the storm of my love. That he died for me. Not only did he suffer alone—

## SOME CLEAN HUMOR

- When a clock is hungry, it goes back four seconds.
- The woman, who fell into an upholstery machine, is fully recovered.
- She often broke into song because she couldn't find the key.
  - Every calendar's days are numbered.
- A lot of money is tainted. It taint yours and it taint mine.
  - A boiled egg in the morning is hard to beat.
- She had a photographic memory that was never developed.



## Imagine a Woman

Imagine a woman who believes it is right and good she is a woman. A woman who honours her experiences and tells her stories. Who refuses to carry sins of others within her body and life.

Imagine a woman who believes she is good. A woman who trusts and respects herself. Who listens to her needs and desires, and meets them with tenderness and grace.

Imagine a woman who has acknowledged the past's influence on the present. A woman who has walked through her past. Who has healed into the present.

Imagine a woman who authors her own life. A woman who exerts, initiates, and moves on her own behalf. Who refuses to surrender except to her truest self. And to wisest voice.

Imagine a woman in love with her own body. A woman who believes her body is enough, just as it is. Who celebrates her body and its rhythms and cycles as an exquisite resource.

Imagine a woman who honours the face of the goddess in her changing face, a woman who celebrates the accumulation of her years and her wisdom. Who refuses to use precious energy disguising the changes in her body and life.

Imagine a woman who values the women in her life. A woman who sits in circles of women. Who is reminded of the truth about herself when she forgets.

Imagine yourself as this woman.