

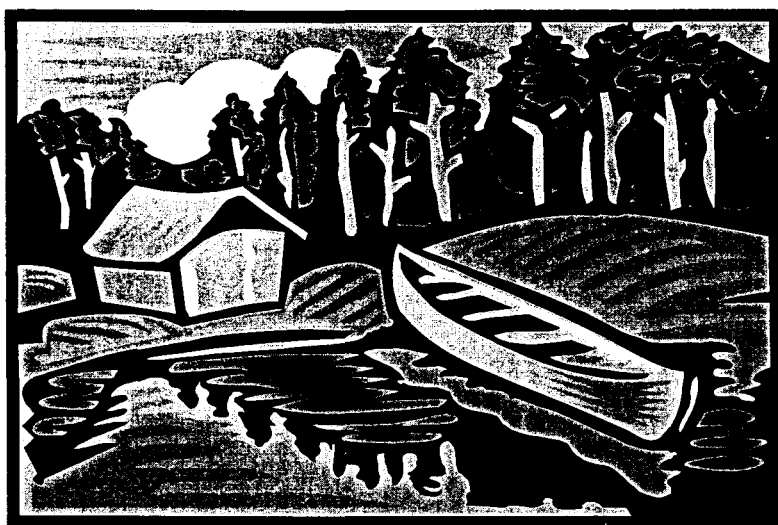
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

July 2004

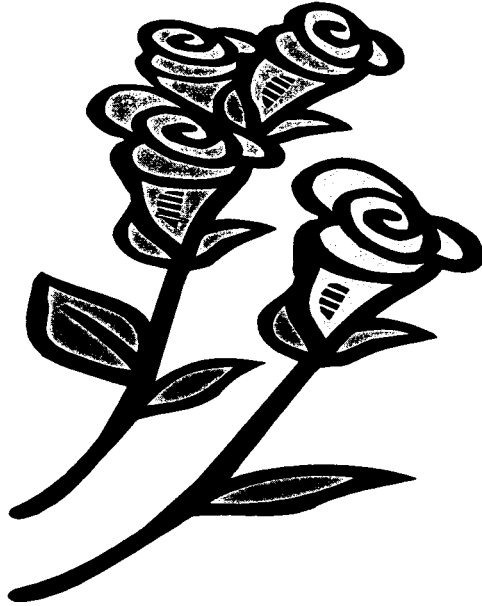
Free



INSIDE:

- Honouring A Valued Member and Woman of the Centre
- Women's Quilting Project
- Update from the Executive Director
- Changes to the Volunteer Program
- Centre News—Upcoming Events
- Tradeworks—Looking for Job Training?
- Post Federal Election
- Diabetes Friendly Pizza Recipe
- Kid Stop Colouring Page
- Poetry from the DTES

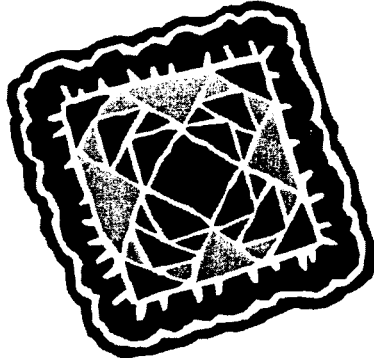
*We lost a very valuable member
and well loved woman of the Centre,
Lorna Rita Anderson,
on June 26, 2004.*



*In Loving Memory of
Our Daughter, Sister, Mother,
Auntie, Friend and Volunteer
Lorna Rita Anderson*

Lorna will be dearly missed.

**Women's Quilting Project
In the Theme of Women's Activism**

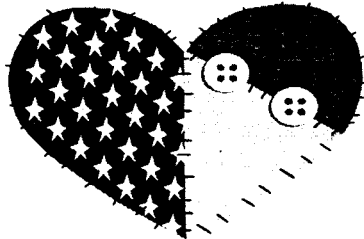


Join Freeda in a quilting project to reflect women's activism in the downtown eastside for the upcoming Arts Festival in October, 2004. Women's fabric art will be displayed throughout various sites in the community during the week of October 10 to 17.

**Get started making your own quilt
or by joining a partner or a group!**

**Every Tuesday morning between 10 am and 12 noon
at the Centre in the drop-in area**

All Women Welcome, especially beginners!



Updates.....

The Downtown Eastside Women's Centre is open for business as usual. All regular programming and meals are available each day.

On July 17th 2004 from 12:00 Noon to 4:00Pm. voting will take place. There will be an on – site electoral officer and several scrutineers. Any member can vote during this time in a secure and private booth provided by us. If you are unsure of your membership status, please make enquires of the electoral officer.

Please note that this meeting will be run in accordance with current guidelines of the Centre, and attendance to the meeting is open to all women.

The Downtown Eastside Women's Centre is pleased to announce that Angie will be filling in as the Stopping the Violence Counsellor.

The number to reach Angie is 604.681.8480 ext.228
By mid July the office will be up and running and we welcome Angie to the team.

The responsibilities of the STV program include the following:

STV Individual and Group counselling
And on Saturdays Angie will be available for limited emergency intake

VOLUNTEER PROGRAM AT DEWC

The volunteers at the Downtown Eastside Women's Centre participated in two meetings to discuss changes to the point system they work with while fulfilling their various roles here at the Centre. One of the decisions made during the first meeting was to make public the minutes of these two meetings to any of our interested membership.

If you are interested in learning about these changes that are a part of your Centre or possibly as a future volunteer please ask the front desk for a copy of these minutes. You may also want to talk to one of the volunteers to learn more. Here are a couple of questions many women have asked about our volunteer program more formally called the Skills Development Project:

What is the Skills Development Project?

The Skills Development Project of the Downtown Eastside Women's Centre provides opportunities for women living or working in the Downtown Eastside to acquire skills, improve self-esteem and to garner hands-on experience in a variety of positions at the Centre.

Who joins the Project?

This project is for women who live or work in the Downtown Eastside and want to make positive change in their lives.

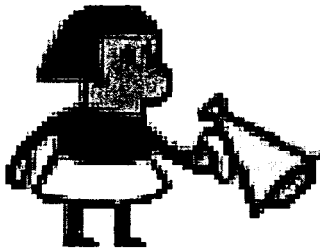
What do the Project participants do in the Centre?

The positions in the Centre include desk receptionists, kitchen prep cooks, kitchen servers, floor worker assistants, janitors, clothing room assistants, workshop facilitators, hair cutters, translators and peer advocates. Volunteers are also essential components of all of the Centre's special events. The participants are placed in positions that best match their interests and abilities.

How do you get started as a Volunteer?

The best way to start is by attending a Volunteer Orientation, which are the first Sunday of every month at 3:30pm. You may also see Michelle between Sunday and Wednesday to get started. We start by talking about the program and what your expectations are and from there we build a plan that suits each individual. Please feel free to come by and chat.

**THANK YOU ALL VOLUNTEERS
FOR YOUR HARD WORK AND DEDICATION!**



WHAT'S GOING ON????

- **REMINDER...DOWNTOWN EASTSIDE WOMEN'S CENTRE ANNUAL GENERAL MEETING IS SATURDAY, JULY 17, 2004 BETWEEN 12 NOON AND 4 PM.**
- **FOLK FESTIVAL TICKETS**—The Women's Centre has 10 tickets for the Folk Festival on Saturday, July 17, 2004. Sign up for tickets on Monday, July 12 at the Front Desk in the Centre. We will take ten women's names, and then a back up list as women signed up will have to pick up tickets at the Centre the day of the fest. If they do not pick up their tickets the women on the back up list may take them. A bagged lunch will be provided.
- **ELDER'S GATHERING**—The Elder's Gathering is July 27, 28 & 29 in Kamloops, and while the Centre is not yet sure if is able to provide transportation and accommodation for women, notices will be up in the Centre shortly with a decision. Please keep your eyes out for these if you'd like to go and have not yet made arrangements.
- **SUMMER BBQ**—For all women of the Centre, keep your eyes out for posters...the BBQ will be in August.
- **MONDAY MUSIC GROUP**—With Dawn and Alicen will be returning in the Fall to play piano and sing for beginners and those more experienced.

Knock, knock.

Are you 19 or older and looking for work? Opportunity awaits at The Job Shop.

If you're out of work, and need help finding a job, then here's your opportunity. The Job Shop is a free program that will support you in a quick return to work. With the support of one-on-one coaching, you'll get connected, gain confidence, and learn from others – all with a view to finding meaningful employment. It really does work. Call **604-253-9355** now to attend the next Job Shop info session. The Job Shop is brought to you by Tradeworks Training Society.



PROGRAM MADE POSSIBLE BY
 Government of Canada  Gouvernement du Canada

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 12-2 Street Nurse	2	3 2:00 Video
4 1:30 Dreamcatchers 2:00 Video 2-4 Hairstyling	5 10:00 CWS 1:30 Piano & Voice 2:30 Literacy	6 10 Sewing & Massage 2:00 Bingo	7 2:00 Crochet & Raffle 2:30 Writing Group	8 12-2 Street Nurse 5:00 DAMS Alcohol & Drug Support Group	9	10 2:00 Video
11 1:30 Dreamcatchers 1:30 Resumes 2:00 Video 2-4 Hairstyling 3 Volunteer Orientation	12 10:00 CWS & Beading 2:30 Literacy	13 10 Sewing & Massage 2:00 Bingo	14 2:00 Crochet & Raffle	15 12-2 Street Nurse	16	17 2:00 Video
18 1:30 Dreamcatchers 1:30 Resumes 2:00 Video 2-4 Hairstyling	19 10:00 CWS 1:30 Piano & Voice & Beading 2:30 Literacy	20 10 Sewing & Massage 2:00 Bingo 5:00 BWSS	21 2:00 Crochet & Bingo 2:30 Writing Group	22 1:30 WOMEN'S VOICE 12-2 Street Nurse 5:00 DAMS Alcohol & Drug Support Group	23	24 2:00 Video
25 1:30 Dreamcatchers 1:30 Resumes 2:00 Video 2-4 Hairstyling	26 10:00 CWS 1:30 Beading 2:30 Literacy	27 10 Sew & Massage 2:00 Raffle 5:00 BWSS	28 2:00 Crochet 2:30 Writing Group	29 CENTRE CLOSED	30	31 2:00 Video

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.

Literacy Workshop – Working with books, themes and word puzzles. Learn while having fun!

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 Thursday between 12noon-2pm 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 Anna & 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 (March 20-April 19)

I suggest you go to my old friend, a woodworker, and get a sign carved that says "You can say anything you want here." Then hang that on your front door. We do have some things to talk about, here beside the rising tide, and what separates your home from that of your parents is your choice to enforce the right of free speech rather than to suppress it. In one respect this is the generation gap. And if you are not going to up and leave your ancestral home, you can surely up and leave behind your ancestral ways.

Taurus (April 19-May 20)

By now you should know where you stand, and I mean this in the biggest sense: what your choices are, where your wealth is best invested, and what you feel your economic worth really is. I think you will discover that you are embarking on one of the most assertive times of your life over the next few years, and they can begin now. Getting clear with money is, as you may be perfectly aware, one of the most important steps to grounding on the planet. Luckily this is one of your most natural talents.

Gemini (May 20-June 21)

This is a good time to get ready for major renovations to your home, however you happen to define major. Depending on who you are, this ranges from mopping to adding a third floor to your house; from cleaning the toaster to putting in a new kitchen. Beware, as this may become an obsession. Consider whether you want to be elsewhere altogether. In any event, I see a time of probable big revisions of your living space, for which the next three or four weeks are a kind of preparation. A little planning or getting rid of junk goes a long way toward cleaning the sink.

Cancer (June 21-July 22)

The word "Cancer" is astrological shorthand for home. But as you have learned lately, the real enclosure or environment of experience is your mind. You are also enclosed by your community, particularly your friends and your children. At the moment you are the one with the plan to protect all of this; your guardian spirit is in true form, and your most important work of the seasons involves finding any possible security flaw and making it right.

Leo (July 22-Aug. 23)

You have maintained a privacy factor, even among your intimates, as you have worked out some deep emotional material; my guess is this dates back about a year. Lately though your charts suggest you're taking a more assertive position about who you are on those levels about which you don't normally speak. A turning point in this respect strengthens both your professional commitments and your quality of life. You discovered a long time ago the only person you could be is you; but it's nice to remember.

Virgo (Aug. 23-Sep. 22)

There may be very different events unfolding in the sanctity of your home and in your professional life. As ethically sensitive as you are, you may be inclined to obsess over what seems like a contradiction or personal flaw between your outer presentation and your inner or domestic life. I strongly suggest you set aside all such ideas and take genuine solace in the progress you are making. So few people bother to get their lives together. But I'm sure you will agree that it makes an excellent first priority.

Libra (Sep. 22-Oct. 23)

The world of possibilities that opened up so recently is still open, and it is still inviting you to explore. The most important message I believe you will take from this season is that the world is your home. This is an enlightened view, and it will lead you to an enlightened way of being. There remain certain matters of what I will call marital influence that seem to bind you to old ideas about what you can and cannot do in your own space, and what you can and cannot do in the world. Spend a lot of time outdoors and you will feel better.

Scorpio (Oct. 23-Nov. 22)

Confine certain matters of psychological healing that relate to sexual issues to your home, and your healing process will work a lot better. Not that you're the type to announce such matters on the bus, but creating the safe container will help you precisely to create the kinds of boundaries you will benefit from the most. And boundary is the word. Most of the issues along this theme involve what happens when minds exist in proximity. Keep clear; know who's material is who's, and who's socks.

Sagittarius (Nov. 22 - Dec. 22)

It is worth the work you are doing to have the life you want, and it will be worth the many seemingly erratic changes you are enduring to get to the place you need to be, and to find a space where you are really comfortable with your feelings and your environment. Recent seasons have brought along more chaos than even you can take for long, yet at the same time, you are learning to put first things first. Anyway, in practical terms, you need more light in your house or apartment.

Capricorn (Dec. 22-Jan. 20)

I suggest you be a lot less sentimental and a lot more plain old mental. Usually this seems easy for old Capricorn, but you and your astrologer know the truth. Inside, you are a mush ball, and you want other people to be a lot mushier. But the general flow of events is, presently, in the other direction: toward clarity, strategy and having a concrete understanding of feelings. I suggest you have any and all discussions of these matters with your intimates out of bed or the bedroom. Beds are for sleeping.

Aquarius (Jan. 20-Feb. 19)

I would propose that recent developments have taught you about the risks you are willing to take and those you are not willing to take. I would guess that you're capable of taking bigger chances than you reckoned previously, or than your psychological patterns once permitted. Taking any chance depends on your ability to have faith. Gambling is no fun if you're more worried about losing than you are about playing the game, and the name of the game is dare.

Pisces (Feb. 19-March 20)

Pisces is able to think in very large ideas and also rather slippery fantasies, but what has played out in your life has been something unexpectedly solid. It is as if the bricks, beams and windows have mysteriously all fit together. Home is where your heart is, and where you fix the leaks yourself. It's also where your feet feel like they connect with the ground.

WHAT WE SAID IS NOT WHAT WE GOT

Rabble News

>by Fair Vote Canada

June 30, 2004

“If Canada had been using some type of proportional representation, like most other major democracies, the election results would have been very different,” said Larry Gordon, executive director of Fair Vote Canada.

If seats had been awarded to parties on the basis of the votes they received, the Liberals, Bloc and Conservatives would have had fewer seats and the NDP and Green Party more seats. For example, rather than 135 seats, the Liberals would have received about 113. The NDP, rather than 19 seats would have had about 48. The Greens, rather than no seats, would have had about 12 seats.

However, Gordon emphasized that had a fair voting system been used, many people would have voted differently and voter turnout would likely have been higher.

The election results also demonstrated that voters and their votes are not treated equally. The Bloc gained one seat for about every 31,000 votes cast for their party; the Liberals gained one seat for every 37,000 votes, the Conservatives one seat for every 40,000 votes. Meanwhile, the NDP gained only one for every 111,000 votes. The Greens attracted more than 500,000 votes but gained no seats at all — compared to the Liberals who attracted fewer than 500,000 votes in Atlantic Canada alone, where they won 22 seats.

The results also exaggerated regional differences. The Bloc received a much higher proportion of seats than their proportion of the popular vote in Quebec, as did the Liberals in Ontario and Atlantic Canada, and the Conservatives in the west.

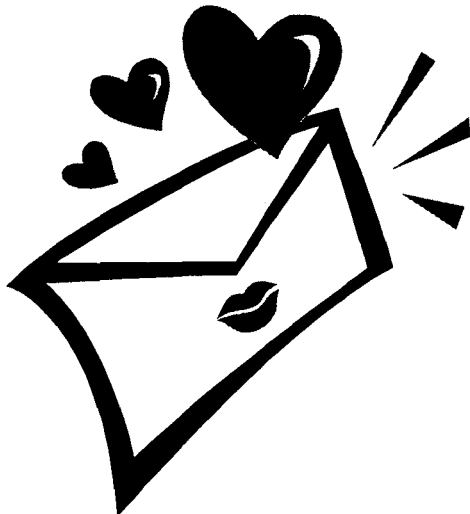
“In the 21st century, no democratic society should tolerate a voting system as bad as ours,” said Fair Vote Canada vice president Bruce Hallsor. “We call on the new government to begin a national process where Canadians can learn about proportional, or fair, voting systems and then choose the best system for Canada through a binding referendum.”

Fair Vote Canada is a multi-partisan citizens’ campaign for voting system reform. FVC is supported by a 32-person national advisory committee of prominent Canadians from a variety of backgrounds and political views, and has endorsements from other national organizations as diverse as the Canadian Labour Congress and Canadian Taxpayers Federation.

**PLEASE, PLEASE, PLEASE
FILL OUT HOWEVER MANY CHANGE OF ADDRESS FORMS YOU
NEED IF YOUR MAIL IS BEING SENT TO THE CENTRE!!!**

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

**IF YOUR MAIL IS ADDRESSED TO THE CENTRE, PLEASE
CHANGE THE ADDRESS FROM 302 COLUMIBA 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 PIZZA, FRENCH BREAD STYLE

Makes 4 servings

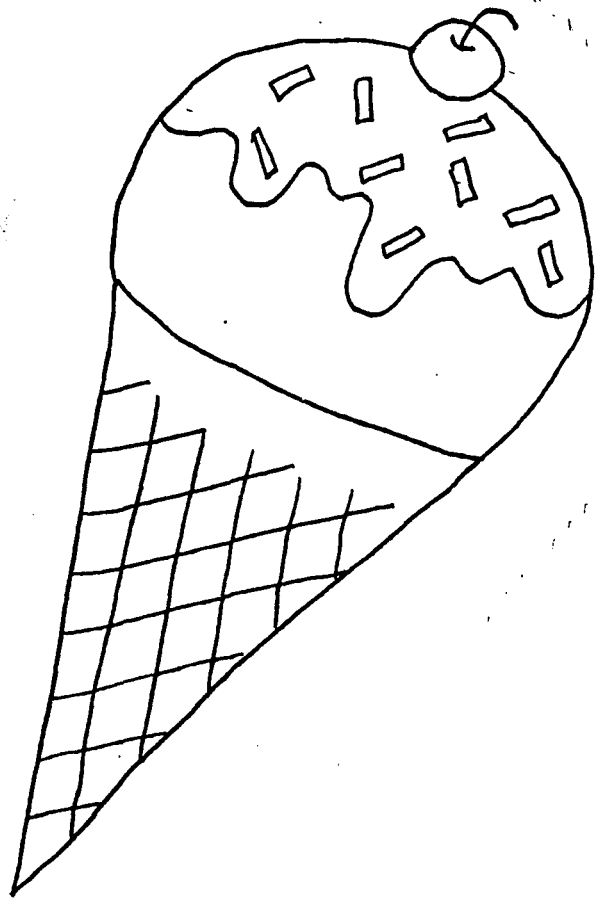


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|--|------------------------------------|
| 1 | Small (8 oz) loaf French bread |
| 1/2 cup | Pizza or spaghetti sauce |
| 2 cups | Grated part skim mozzarella cheese |
| 4 oz. | Chopped pepperoni |
| Topping Options (1/2 cup = a Free Food): | |
| 2 | Green onions, sliced |
| 2 cups | Sliced mushrooms |
| 1/2 cup | Chopped green pepper |
| 1 | Tomato, diced |

- Cut the French bread in half lengthways and toast lightly 4-6" under the broiler, cut side up.
- Prepare your selection of the toppings: slice the green onions, slice and micro-cook the mushrooms (for 2 minutes or until soft), dice the peppers and tomatoes.
- Mix the toppings in a medium-sized bowl. Add the pepperoni and cheese, toss lightly to mix.
- Spread the pizza sauce on the toasted bread; spoon on the topping.
- Cook under the broiler for 3-4 minutes, until the cheese is melted.
- Cut into 4 pieces to serve.

French Bread Pizza (Variations):

- **Chicken Fajita Pizza Bread**
Use salsa instead of pizza sauce, and cooked slivered chicken instead of pepperoni, omit mushrooms, add red peppers and use Monterey Jack cheese instead of mozzarella.
- **Greek Pizza Bread**
Omit pepperoni and mushrooms. Add sliced black olives, and 1/2 lb shrimp. Substitute 2/3 cup crumbled feta for 2/3 cup of the mozzarella.
- **Just for Fun . . .**
Make individual pizzas on submarine buns for a "make-your-own" pizza party.



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

WHEN PAPERWORK TAKES OVER

**I HAVE SCHEDULED
MY NERVOUS BREAKDOWN
FOR 3PM/1500 HRS, July
28, 2004.**

**PLEASE BOOK THIS ON
YOUR CALENDARS AND
CONFIRM YOUR AVAILABILITY
TO ACCOMMODATE ME.**

**SINCERELY,
PENELOPE K.
ROWLEY**