

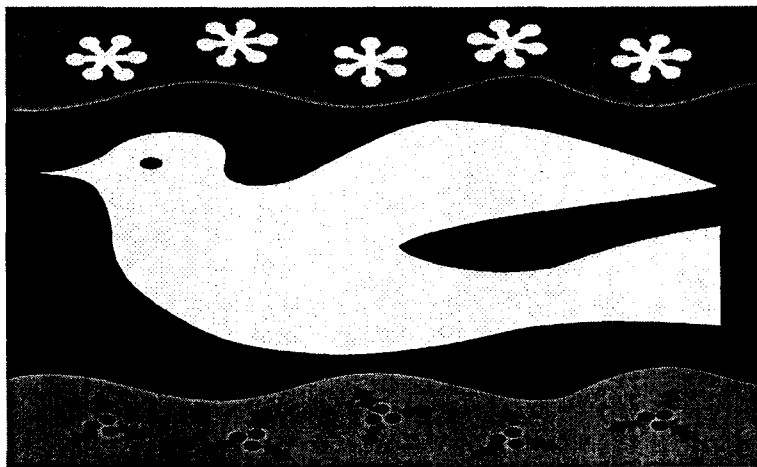
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

December 2004

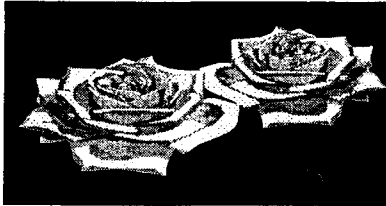
Free



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- Pappaluzza— December 2
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- Poetry from the DTES

*We lost a very valuable member
and well loved woman of the Centre,
Betty Williams,
on November 27, 2004.*



*In Loving Memory of
Our friend Betty Boop.
Betty will be dearly missed.*

Different Lives

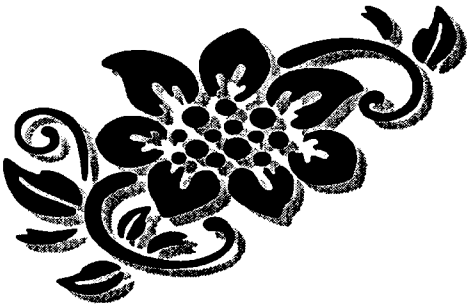
Women that have survived in time gone by
Without the blinking of an eye.
Taking care of everyone else, but themselves.
Wanting to put everything on the shelf.
Giving what little she has left to
Help out others that wouldn't
Give her the minute of
The day.
Now she needs a helping hand.
There is no one to walk her
Out of the quicksand.
Being a survivor means making
It on our own.
The strength, determination
And natural instincts.
Carrying on from inside out.
Paying attention to our own little
World, forgetting of
All the other girls.
Self preservation shall prevail
Even in the almighties
Natural hail.

Selina Kathleen Barton

YOUR LEGACY WILL
LIVE ON IN OUR HEARTS
FOREVER.
SHE

Colour the universe
Benita woman

In Memory of Betty Williams



*The positive energy you created
In your daily walk.
As you certainly loved to talk.
Your laughter could be heard
throughout the Centre.
Life will not be the same without you not being there.
In spirit there shall be a
Dancing in the clouds.
For your strength will be
A welcome virtue.
May your journey to the
Happy camping grounds
Be a celebration of
Your life, as it was.*

Love from your friends, relatives and coworkers at DEWC

Selina Kathleen Barton

A Powerful Partnership... Battered Women's Support Services Program at DEWC

Starting in December BWSS program staff will be on site at DEWC to bring support to women who access the women's centre. This service is an extension of the BWSS Support Group that is held on Tuesday evenings at the Centre.

Women who come to the centre will have access to BWSS Support Worker, Legal Advocate, First Nation's Women's Support Worker, and Long Term Counsellor. Stay tuned for the schedule.

BWSS staff are trained and specialized in supporting women who are dealing with the effects of violence and oppression with the overall goal of empowerment and assisting women in transforming the struggle for survival to heal, thrive and flourish!!! Women are powerful and at BWSS we are committed to assisting women to land in their personal power to make life affirming changes.

DEWC Book Club



let's get it started...

Marianne, the Librarian at the Carnegie Centre, will be visiting the Centre on December 9 at 11am (the Math & English Access Program) and December 13 at 10:30am (in the drop-in) to talk to women about what you want to read. Marianne's suggestion is Melody Ermachild Chavis' 'Meena: Heroine of Afghanistan,' let her know what you think...what book? what day & time? what other activities should happen with the book reading....speakers, snacks, videos...???

The group will happen at the Centre, books will be supplies, all women welcome to the club.

DEYAS

At DEWC Tuesday afternoons

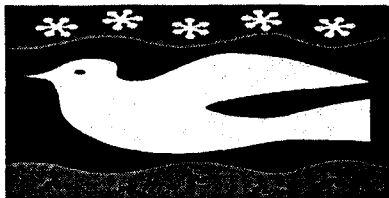
Alcohol & Drug

1:30-3:30pm.

Counselling

1-1 counselling, support, referrals

Christmas Festivities at DEWC



Christmas Card Writing

December 6, 7, 8, 9 all day long

Cards for your loved ones, the Centre will supply cards and post all mail.

Sew Stockings with Freeda

December 7, Tuesday all day long

Make a stocking for yourself or as a gift for someone else.

Wreath Making with Freeda

December 9, Thursday all day long

Spread the holiday cheer with a wreath for yourself or someone else.

Christmas Dinner Tickets Given Out

December 13, Monday all through the day

DEWC Christmas Dinner

December 15, Wednesday

Join us for a holiday celebration full of food and entertainment with one gift per woman. Children welcome. Pick up your ticket on the 13th any time during the day.

Pancake Breakfast

December 25 & January 1, 11am to 3pm join us for a special day long breakfast.

* * * * *

YOGA at DEWC

Every Friday

10:30 am to 11:30 am

with Janet from Yoga Outreach

Special Events for Christmas 2004

寫聖誕賀卡 - 12月1, 2, 3以及5, 6, 7, 8

在下午2至4點請參加寫節日賀卡，自制一點東西給家人和朋友，本中心提供賀卡及印章。

聖誕午餐 - 12月15日

邀請婦女及兒童參加我們的聖誕午餐，每人一份禮物，歡迎所有的婦女和兒童。請在12月13日上午10點至中午12點在本中心領取聖誕餐券。

班戟早餐 - 12月25日和1月1日

歡迎所有婦女從上午11點至下午4點來參加班戟早餐。希望到時見到你們，婦女不需要餐券，請來參加，同賀節日。

Outreach at DEWC

My name is Myrna Cranmer, and I am the new HIV/AIDS Outreach Worker for the Downtown Eastside Women's Centre. Ten years ago I lived in the downtown core and accessed the services at the centre on Cordova Street. Today I return to give back, hopefully, for what I accessed there.

I have been clean and sober for almost ten years and in that time I have received a pardon, two university degrees, and finally felt comfortable enough to return in a different capacity. I applied for this job, and began on November 15. I am not replacing Cori but filling in while she is on maternity leave.

My job will be to access outside services and network with them. Another component of my job will be to visit the hospitals, do outreach with Gerry of DAMS on Thursday night in the van, and eventually begin sharing groups about harm reduction, safe sex and the many resources available in the Downtown Eastside.

Although my official job title is HIV/AIDS Outreach Worker, I am simply the Outreach Worker so feel free to come and talk to me.

PAPALOOZA

Papalooza @ DEWC, Thursday, December 2 from 12 – 4 PM



Some of us are overdue for our Pap test and the Street Nurses would like to not only make it more convenient for women to have the Pap test, but also to give a small reward for women for taking good care of their health. Show up at the Center on Thursday, December 2 from 12 noon to 4pm to sign up for your Pap test. All women welcome.

December 6th in the Centre

The Centre welcomes women to join and share with each other on this anniversary date that acknowledges the violence that women live. Selina Barton has prepared a poem for us all. A Centre Elder will be in the Centre to welcome women to share and to heal together.

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 2:00 Crochet & Raffle 2:30 Writing Group 2-4 Hairstyling	2 10:00-4:00 IIG Math & English- University Access Program PAPPALUZZA	3 10:30 Yoga	4 2:00 Video
5 1:30 Dreamcatchers 2:00 Video	6 10:00 Arts & Crafts 10:00 CWS 1:30 Beading 3-4:30 Carnegie Crafts CHRISTMAS	7 10 Massage & Sewing Stockings 12-2 Street Nurse 1:30 deyas 2:00 Bingo CARD WRITING 5:00 bwss	8 2:00 Crochet & Raffle 2:30 Writing Group 2-4 Hairstyling	9 10:00-4:00 IIG Math & English- University Access Program Xmas wreaths with Freeda	10 10:30 Yoga	11 2:00 Video
12 1:30 Dreamcatchers 2:00 Video	13 Christmas Dinner Tickets Available 10:00 Crafts 10:00 CWS 1:30 Beading 3-4:30 Crafts 5:00 BWSS	14 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00 Bingo 5:00 BWSS	15 DEWC Christmas Dinner	16 10:00-4:00 IIG Math & English- University Access Program	17 10:30 Yoga MUSIC JAM	18 2:00 Video
19 1:30 Dreamcatchers 2:00 Video	20 10:00 Crafts 10:00 CWS 1:30 Beading 3-4:30 Carn Crafts 5:00 BWSS	21 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00 Raffle	22 2:00 Crochet & Bingo 2:30 Writing Group 2-4 Hairstyling	23 CENTRE CLOSED	24 10:30 Yoga	25 Christmas Day Open 11-4 Pancake Breakfast
26 Boxing Day Open 12-5 1:30 Dreamcatchers 2:00 Video	27 10:00 Arts & Crafts 10:00 CWS 1:30 Beading	28 10 Massage/Sewing 12-2 Street Nurse 1:30 deyas 5:00 BWSS	29 2:00 Crochet & Raffle 2:30 Writing Group 2-4 Hairstyling	30 10:00-4:00 IIG Math & English- University Access Program	31 10:30 Yoga	

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.

Carnegie Crafts—Arts and crafts each week with new themes all the time, all women welcome, everything supplied.

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!

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!

Yoga—All women welcome, wear comfortable clothing, practice breathing and stretching exercises, good for the body and mind.

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.

Music Jam- Sing and play instruments with special guests.

Women's Health Clinic-Ongoing—59 West Pender.

DECEMBER 2004 MONTHLY HOROSCOPES

Aries March 21-April 19

The 4th to the 6th, why not think of some better ways to handle excess seasonal tension? Exercise, meditation, massage -- there are lots of options that are better than bonbons. Watch out the 9th -- especially if you've been sluggish in implementing your new stress management plans. You could be a little touchy, and something small could set you off. Try to resist getting too annoyed. The 11th and 12th, get ready for a weekend of wow! You're going to meet an interesting newcomer or two. (And maybe those endorphins from your brand-new beat-the-winter-blues badminton routine are kicking in.) The 19th through the 21st, you'll be looking at a social life that is really (really, really!) cooking. By month's end -- think the 30th and 31st -- your party plans sizzle!

Taurus April 20-May 20

Watch out on the 3rd -- a mild case of the bad attitude blues could put you out if you don't watch out. Be magnanimous toward others -- even those who annoy you -- and everything will work out fine. Keep an eye peeled on the 10th, when some pretty stormy emotions might pop up. Somebody somehow is going to make you mighty jealous about something. By the 14th, you'll have figured out who, how and what it was all about, thank goodness! Jealousy is such a boring state of being! The 22nd and 23rd, you are in your groove. You're wrapping presents, you're presenting wraps. You're feeling good and you're in control. Was that really you who had the bad attitude blues a few weeks ago? Hard to believe!

Gemini May 21-June 21

The 7th and 8th, you'll be feeling a lot of relief. Maybe you came up with a good way to counteract stress, or maybe you just feel better. After all, the month's a third over! The 12th you and a partner -- whether in business or love -- are going to go deeper than you ever have together. It's about time you did, too. It'll put you in a better position to make a decision the 15th and 16th. The 19th through the 24th leave you feeling in a whirl from all the parties and merriment -- you may need some serious down time. Put your feet up, sip some hot chocolate and pick up a good book. By the 29th, you're ready to boogie again -- and just in time for the New Year!

Cancer June 22-July 22

You're radiating a whole lot of warmth and somebody special is very, very likely to notice -- maybe you should offer to clear the snow from their driveway! The 2nd and 3rd are more of the same -- you're on fire! You could clear the whole darn street faster than the snowplow with your positive vibes alone. The 4th through the 6th, you're communicating really well, with your friends, your family, your coworkers and that very special someone. Everybody has their off days, though, and yours could be the 13th and 14th. Rest up and drink chicken broth -- all that time outdoors shoveling sidewalks can tire you out, you know! The 30th and 31st, you are back in the spotlight. If there's a party (and there are several!), you're the life of it! Happy New Year!

Leo July 23-August 22

The 1st of the month, you might find yourself having some deep thoughts. That's totally appropriate -- after all, it's the first day of the last month of the year. It's a good time to reflect and that's just what you're doing. Cook up a little hot chocolate and sit in a cozy corner and turn on some classical music and then just think. The 2nd and 3rd, life gets busy again. You'll be ready after your day of reflection to jump on in. The 7th, everybody agrees with you, and the 10th, well, they might not. But that's okay -- differences of opinion are the spice of life. The 11th and 12th, get set for some slow-burning embers and some hot, burning romance. Smooching is one of the best ways to keep the cold at bay! The 21st you'll learn something new -- and you'll have a hard time believing you got through life until now without knowing it. The 30th and 31st -- watch out, world! It's a brand-new year and you're there on the frontline, making it happen!

Virgo August 23-September 22

The 1st, you're getting organized, and how! You're making lists, you're checking them twice, you already know who's been naughty and who's been nice. The 2nd and 3rd, you might start feeling overwhelmed by all your lists. And the solution isn't to make lists of the lists. It might be better to take a little break and have a little 'you' time. The 4th through the 6th are stellar days -- you'll want to be rested so you can really take advantage of them. You're glowing like a holiday decoration -- and you infuse the atmosphere with a soft rosy glow. No wonder you're getting so many holiday invitations! On the 17th, you could give in to some of those too-much-fruitcake bad moods and criticize somebody close to you. Tell them you're sorry, or you could really hurt their feelings. The New Year will ring in nicely if you don't worry too much about all the little things.

Libra September 23-October 22

The 1st might find you feeling just a little bit stuck. Don't worry -- you're in a little tiny rut that you'll have all but forgotten by the 2nd, when you are the life of several parties! Just don't wear any lampshades home and you'll have fond memories of the first days of the last month of the year. The 6th, it's time to get down to business. What do you need to do before everybody takes off for their vacation? The 7th and 8th are high energy -- and then some! -- days. You look sharp. You feel good. You're impeccably dressed. And you might even be ... caressed by a magnetic stranger. Wearing cranberry-colored socks? Well, 'tis the season. The 24th through the 26th, you've got some serious good energy flowing. Nice, isn't it? And the 31st, you're going to be celebrating with close friends. Is a magnetic stranger in special socks among them?

Scorpio October 23-November 21

The 1st of the month, you might find your mind wandering. In fact, your mind might take 'wandering' a step further -- with a full-blown case of wanderlust. Your mind is booking a cabin on a cross-Atlantic steam ship; it's taking the Chunnel; it's stopping at railway stations from Bologna to Budapest. Could it be the impending holiday crush that's driving your imaginary escape? Or is it just high time you had a vacation? You'll know more by the 9th, when you hit another kind of high time -- you've got high energy, high spirits and a very high holiday bonus. So, are you going to take the extra cash and put it in the bank? Or buy that steamer ticket? The 11th and 12th, you'll be tempted to buy. Be careful, but go with whatever it is your gut tells you to do. By the 28th, you'll have gotten a lot of whatever it was you wanted -- and you'll be well on your way to your next stop: a whole new year!

Sagittarius November 22-December 21

If you start the month feeling off, don't worry. It's a perfectly normal response to the holiday crowds at the mall, the holiday music in the elevators and the holiday elves wandering around the food court. Holidays are happy, sure -- but sometimes it can feel a little overwhelming. Wait it out -- by the 2nd, things are going much better. You're getting in the spirit, with the help of a little good news (are you taking an unexpected trip?) and a little extra luck (did a gamble at work pay off?). You might even start humming 'Jingle Bells.' The 11th and 12th are good days for some auld lang syne -- you'll be celebrating good times with old friends ... and maybe an intriguing new friend or two. Keep your eye out for a mysterious new spark. By the 29th, your New Year's plans are swinging. You'll be singing by the time the bells toll on New Year's Eve!

Capricorn December 22-January 19

Your place needs a good cleaning and you don't feel like getting out the cardboard candy cane decorations. Don't worry! All the party prep will get done in time, with a little help from your friends. And what are holidays for, if not for remembering that you've got great buddies and that they care about you enough to come over before the party and help you out? The 9th, you'll remember -- again! -- just why you love your friends so much. They're there in a pinch. The 11th and 12th, things that seemed impossible are going to start to feel totally doable! By the 21st, you're in take-care-of-the-family mode. They really appreciate it! The 28th, you'll breathe a sigh of relief as you realize that it's almost time to ring in the New Year -- and take a break from this month's responsibilities.

Aquarius January 20-February 18

Whether it's your pet or your neighbour's, spread the holiday cheer the 1st and take the poor thing for a walk. You'll get karmic payback (though you'd have done it anyway, right?) the 8th, when somebody you've been thinking about decides to ask you on a wintry walk. Say yes and see what it is they have to say. Sleigh bells ring the 11th, as you get into holiday mode in earnest. Yes, you do have to do something -- but don't forget, you could just bake fruitcakes -- for the folks in your life. And maybe that winter walker has a thing for those weird jellied candies that go in the recipe? By the 29th, your celebratory plans are in order. Or ... are they? If there's a last-minute hitch, stay cool. Holiday miracles are still in order.

Pisces February 19-March 20

The 2nd, check back in with your tummy to make sure that you haven't been enjoying those holiday treats a little too much. At least, not the ones that are exceptionally high in cholesterol and sugar. Then call your new lovely and nibble their ear. (It's a healthy no-cal alternative!) The 11th, a windfall (or two) is coming your way. And the 24th to the 26th, if you're feeling overwhelmed, well, that's perfectly understandable. There's a lot going on! Sit tight. The 27th you've got a relaxing little romance to cheer you up and settle you down. Spend a night watching old movies on television. By the 30th, you'll be back on track, which means that you'll welcome the New Year feeling fit and fab!

WRITING A HUMAN ZOO SWELLING A HUMAN SHIELD
DIVING BEHIND AND HIDING
THE CHICKEN AND THE EGG -
CIGARETTE TYPING WEDNESDAY, SEPTEMBER 08, 2004
WITH A FEW FREE FINGERS.
IT'S TWO IN THE MORNING



Diane Letchuk

it's simple



it's simple
sit behind the rain
it's simple

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915

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it's
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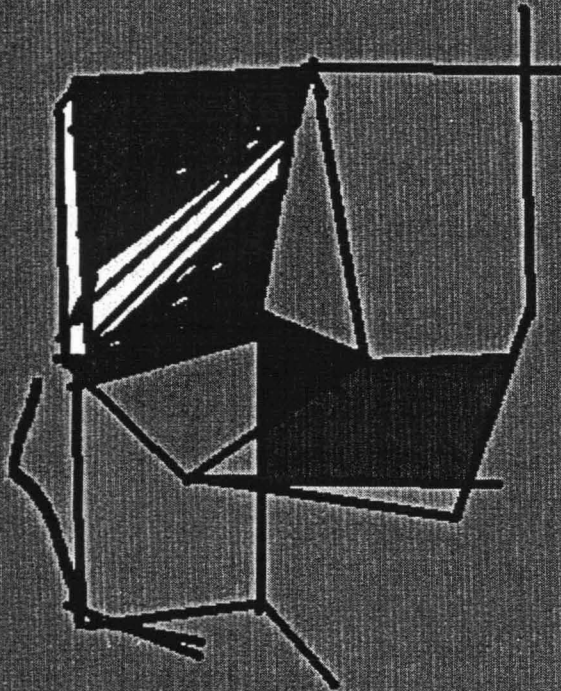
Diane Ketchuk

untitled

blow
down
the
flag,
got
to
cover
it
up

psychological kill
a
thumb
bung a new eye (era)
side

we
dont
believe
you



Diane Hetchunk

Christmas 2004

It has been 7 years when I lost my Mom, 2 days before Christmas.
The toughest time in my life, as
I was the last link to what
She wanted.
My family came to me for the answers
To there questions
I had to do her eulogy, that
Made my heart fall to pieces.
Going through the process of ceremony and tradition.
Gave me the eye opening truth
That no matter how much it hurts letting go is
Not so easy to do
In my heart I knew there is
No more pain in where she
Was taking her journey.
To this day, my Mom is still
#one in my eyes.

In loving memory of
My beloved mother.
All my relations.

Selina Kathleen Barton

In Remembrance of Our Women

The women of the downtown eastside whom had nothing to hide
They didn't get any attention till they went missing
Now all the cameras are glistening.
People whom cared the most, are the ones who were close.
As these women had family, friends and relatives grieving their loss.
Since it was at the utmost cost.
May we remember their lives with respect, honesty and integrity.
Each had their own special qualities like each and everyone of us.
Their spirits will forever be in the minds and hearts of us all.
Together we can all make a difference, even in the smallest
Kindness or helping hand.

Selina Kathleen Barton

Christmas is around the corner...check out the DEWC Newsletter Holiday Festivities Page & Calendar and posters inside the Centre for special events.

If you wish to volunteer any time during the Christmas season,
contact Michelle at 604.681.8480 ext 224 or
visit the Centre between Sunday and Wednesday.

We are always looking for submissions for the D.E.W. DROP IN newsletter. Any interested artists, writers, satirists, cartoonists, photographers, poets...should place submissions in the folder posted by the front desk, or see Michelle. While it helps to have things on disc (see Michelle if you would like to work on a computer), hand written/drawn submissions are just fine. The newsletter also provides an opportunity to post upcoming events, activities or workshops that you might be connected to. Readership is about 400+ so this is a good chance to pass along news to folks in the area.



Speak your mind

WANT TO NOMINATE A WOMEN'S' CENTRE VOLUNTEER
FOR VOLUNTEER OF THE MONTH????
NOMINATION FORMS AT FRONT DESK, ALSO FEEL FREE TO TALK MICHELLE.

A BIG THANK YOU DURING THE MONTH OF DECEMBER
AND EVERY OTHER MONTH OF THE YEAR
FOR THE HARD WORK AND DEDICATION VOLUNTEERS OFFER THE CENTRE.