

# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

January 2005

Free



*Wishing you and yours a  
HAPPY NEW YEAR*

### INSIDE:

- Taiko Drumming— in the Centre
- Horoscopes for the New Year
- Getting a DEWC Book Club Started
- Note from the Volunteer Coordinator
- Want to write for the Newsletter?
- Want to nominate a DEWC volunteer?

START THE NEW YEAR WITH SOME  
NOISE...JOIN THE

# Nanaimo Street Taiko

at the DEWC on Friday January 21

Women are invited to bring their drums, First Nations drums,  
hand drums, bongos etc.

Please wear comfortable clothing,  
there will be stretching and warm up exercises before  
drumming.

There will not be childcare or bus tickets.

All Women Welcome.

Please sign up at front desk, limited to 16 women.

Have a great time folks!

## COMPUTER CLASSES IN THE DEWC COMPUTER ROOM



Dionne from the Learning Exchange  
will be at DEWC on  
**Tuesdays from 10:30 am to 12:00 noon on Tuesdays...**  
starting on the 11<sup>th</sup> of January.

Dionne is here to help you learn more,  
this class is for beginner and for those with more experience.

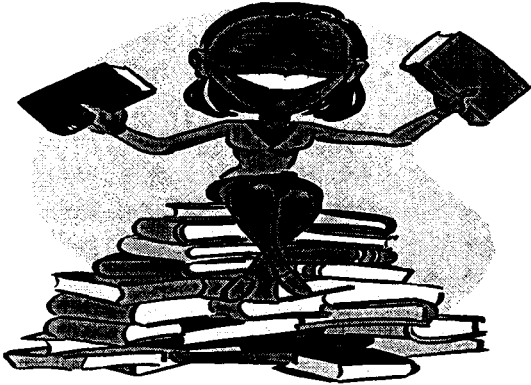
Learn how to....

- ❖ Set up an email account
- ❖ Do internet searches
- ❖ Use different programs
- ❖ Create documents
- ❖ Type...faster and better

**All Women Welcome!!!**

## STUFF HAPPENING AT DEWC...

### DEWC Book Club



**let's get it started...**

Marianne, the Librarian at the Carnegie Centre, is working with the IIG Math & English Access Program at DEWC and the membership in the drop-in to begin a Book Club at the Centre. Marianne's suggestion for the first book 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...???

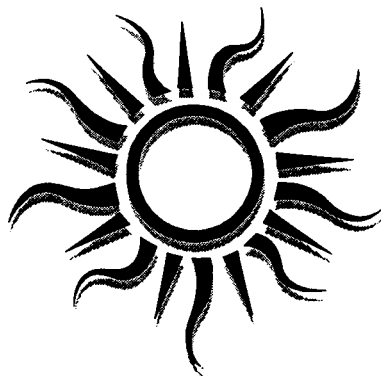
Look for Marianne in the Centre or find her at the Carnegie.

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

### Alcohol and Drug Counseling Outreach in the Drop-In

DEYAS	At DEWC Tuesday afternoons
Alcohol & Drug	1:30-3:30pm.
Counselling	1-1 counselling, support, referrals

## **A Note from the Volunteer Coordinator...**



**Hello DEWC Members and Volunteers!**

**It's with mixed emotions that I'll be leaving the Centre as the Volunteer Coordinator in early January. I'm leaving to do some travelling before going back to school. While I'm very excited to start some new projects, I will without doubt miss spending time with you all here at DEWC.**

**I want to thank you all for allowing me the opportunity to spend time here and work alongside such a wonderfully diverse group of women. I also want to thank the volunteers, for allowing me the opportunity to work with such an inspiring group that not only keeps Centre activity going but brings to it such warmth and sincerity. Thank you for your hard work, your daily support, and your inspiring dedication.**

**I wish you all the best in this new year and always.**

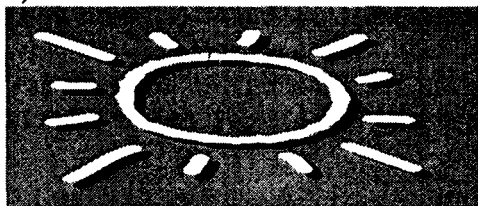
**A see you later for now...with respect and gratitude, Michelle.**

### **WANT TO VOLUNTEER???**

**A new Volunteer Coordinator will be here soon...**

**Look out for posters for Volunteer Orientations in the beginning of February.**

**Drop by to meet her, the Volunteer Coordinator Office and Number will stay the same...**



**RATE INCREASES FOR PERSONS WITH DISABILITIES**  
Effective December 2004

<b>Case Type</b>	<b>Current Maximum</b>	<b>New Maximum</b>
Single	\$786	<b>\$856</b>
Couples (with one PWD)	\$1151	<b>\$1221</b>
Couples (both PWD)	\$1329	<b>\$1469</b>
Two parent families (one PWD, two children)	\$1281	<b>\$1351</b>
Two parent families (two PWDs, two children)	\$1459	<b>\$1599</b>
One parent families (two children)	\$1165	<b>\$1235</b>

Families in B.C. receiving income assistance also receive income from a number of other sources including B.C. Sales Tax Credit, Basic Child Tax Benefit, B.C. Family Bonus and G.S.T. Credit.

**Examples:**

- A single parent with a disability with two children would receive approximately \$1791 monthly.
- A couple with disabilities with two children would receive about \$2125 each month.

**Provincial Comparisons**

<b>Province</b>	<b>Rate</b>	<b>Rank</b>
Ontario	\$958	1
<b>British Columbia</b>	<b>\$856</b>	<b>2</b>
Alberta	\$850	3
Quebec	\$804	4
Nova Scotia	\$715	5
Manitoba	\$696	6
Saskatchewan	\$690	7
Prince Edward Island	\$654	8
Newfoundland	\$595	9
New Brunswick	\$558	10
<b>Average of Other Provinces</b>	<b>\$724</b>	

October 05, 2004

[Online version of this CBC story is here](#)

OTTAWA - Canadian officials and police are failing to protect aboriginal women from violent attacks and ignoring the acts when they occur, according to a report from Amnesty International.

Released on Monday, the report harshly condemns Canada's "indifference and apathy" toward native women, particularly those who end up in the margins of society, such as sex trade workers.

Aboriginal women aged 25-44 are five times more likely than other Canadian women of the same age to die of violence, said the report. More than 500 aboriginal women have gone missing or been murdered over the last 30 years.

"Indigenous women and girls deserve the protection of Canadian authorities and Canadian society," says the report.

"The failure to provide that protection is a personal tragedy for their families who have lost sisters, daughters and mothers to racist and sexist violence. It is also a human rights tragedy."

The report suggests the following factors play a role in violence against indigenous women in urban Canada:

- Police in Canada fail to provide indigenous women with "an adequate standard of protection."
- Social and economic marginalization of indigenous women, including some government policies, have pushed indigenous women into "extreme poverty, homelessness and prostitution." This places women in positions of vulnerability and they are exploited, sometimes violently, by both indigenous and non-indigenous men.
- The people who carry out the violent acts believe that societal indifference to aboriginal women will allow them to escape justice.

"How many more indigenous women will be murdered, how many more will go missing before the Canadian and provincial governments are moved to action?" Amnesty secretary general Irene Khan told an Ottawa news conference.

Kukdookah Terri Brown, president of the Native Women's Association of Canada, says she's optimistic that the federal government will take the report seriously.

"Today is a big day for us. We have a very credible group saying today that this violence has to stop," said Brown.

Aboriginals and police have traditionally had a bad relationship, she said.

"We're calling them to account today to say you must provide adequate protection and services for aboriginal women in this country as you do for other folks," said Brown.

# 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 11-3 New Year's Day Pancake Breakfast
2 1:30 Dreamcatchers 2:00 Video	3 10:00 Arts & Crafts 10:00 CWS 1:30 Beading 3-4:30 Carnegie Crafts	4 10 Massage & Sewing 10:30-12 Computer Class 12-2 Street Nurse 1:30 deyas 2:00 Bingo	5 2:00 Crochet & Raffle	6 10:00-4:00 IIG Math & English- University Access Program	7 10:30 Yoga	8  2:00 Video
9 1:30 Dreamcatchers 2:00 Video	10 10:00 Crafts 10:00 CWS 1:30 Beading 3-4:30 Carnegie Crafts	11 10 Massage & Sewing 10:30-12 Computer Class 12-2 Street Nurse 1:30 deyas 2:00 Bingo	12 2:00 Crochet & Raffle	13 10:00-4:00 IIG Math & English- University Access Program	14 10:30 Yoga  <b>MUSIC JAM</b>	15  2:00 Video
16 1:30 Dreamcatchers 2:00 Video	17 10:00 Crafts 10:00 CWS 1:30 Beading 3-4:30 Carnegie Crafts	18 10 Massage & Sewing 10:30-12 Computer Class 12-2 Street Nurse	19 2:00 Crochet & Bingo	20 <b>CENTRE CLOSED</b>	21 10:30 Yoga  <b>TAIKO NIGHT</b>	22  2:00 Video
23/30 1:30 Dreamcatchers 2:00 Video	24/31 10:00 Crafts 10:00 CWS 1:30 Beading 3-4:30 Carnegie Crafts	25 10 Massage & 10:30-12 Computer Class Sewing 12-2 Street Nurse	26 2:00 Crochet & Raffle	27 10:00-4:00 IIG Math & English- University Access Program	28 10:30 Yoga	29  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.

**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.

**Taiko Night**-Drum with Cynthia and the Taiko Group.

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



### **Aquarius Jan 20-Feb 18**

The 1st, everything might be a little hazy. That is, things aren't quite what they seem. But what can you expect after that wild masked New Year's ball? If you went with a cat mask and somehow ended up coming home as a peacock, don't worry -- by the 3rd, everything will have righted itself (and admit it -- you had a great time, didn't you?). The 4th, you'll be making some intellectual connections with a new (and very unusual) acquaintance. Maybe that masked party opened a few new brain channels! The 5th, it's career time -- as in, how do you want yours to progress this year? Don't forget, now is a really, really good time to make long-term plans (they don't call them 'New Year's resolutions' for nothing, you know). The 11th, you shine like the proverbial light bulb -- you're full of good ideas, and you present them with a 1,000-watt smile. Keep it up from the 14th through the 19th, when a little external pressure threatens to dim your bulb a little bit. Persevere, and you'll get through this by the 23rd. On the 26th, 27th and 28th, you're back in the saddle and ready to roll again. Get ready, world -- you've got some big plans for the future!

### **Pisces Feb 19-Mar 20**

Did you spend New Year's Eve holed up in a corner on a love seat with an old friend/ex-lover/distant relative discussing the deep history of your relationship? You did, didn't you? There's nothing wrong with that -- especially if you needed to resolve some old issues. But did you remember to cheer and toast and kiss at midnight? Because the present is important too, you know. The 3rd and 4th, New Year's -- and an 'in with the new, out with the old' kind of energy -- is arriving just for you. So, what's old? What's new? Think about it on the 6th, 7th and 8th. Watch out the 12th, when some shady characters -- or some of your very own not-so-much-on-your-side emotional reactions -- could trip you up! Stay sharp and keep cool! By the 14th, some friends in high places could get you out of a jam (or two), and the 17th, the New Year starts feeling smooth as a baby's bottom. Use this turn of events to consolidate your position as a powerhouse from the 20th through the 24th. Remember that there's nothing wrong with calling in an ally or two, either, especially on the 27th. By the 28th, you're more than ready to pack up your troubles in your old kit bag and dance the night away. Is that a brand-new you in the mirror?

### **Aries Mar 21-Apr 19**

If your New Year feels like it's getting off to a ho-hum start, don't worry. Sometimes humdrum is just the thing you need to get ready for a lot of fun! (Not to mention, you can use a little time to recover from your New Year's celebrating!). The 3rd and 4th, those resolutions -- and yes, that does include being nicer to your coworkers -- will kick into gear. Oil the gears a little with a trip to the gym and some positive thinking. If you're moody the 6th, don't forget that the 7th is a Friday -- and the first weekend of your brand-new year is going to be action-packed. Watch out the 13th and 14th -- there's some funny business on the horizon that you might not see coming. Don't sign anything -- it could turn out to be no laughing matter. The 15th and 16th, you're back on the Super Fun highway -- and you're cruising the fast lane! The 26th, keep your eyes on the road and your hands on the wheel -- there could be something special (maybe romance?) up ahead.

### **Taurus Apr 20-May 20**

Hey, did that midnight smooch turn into a long, drawn-out, passionate snog (as the Brits say)? A pucker that's still going strong two days into the New Year? It kind of looks like it might have. Aren't you a lucky New Year's baby, baby! When you come up for air on the 3rd, take a little time to go for a swim or a run or a kick boxing session to clear your head. The 5th and 6th could be rough going -- has that little chartreuse jealous monster you resolved to get rid of once and for all when the clock struck twelve reappeared? Be firm! By the 10th, your jealous twinges will be under control and you'll be feeling grounded again. The 14th, get together with your friends and tell them what's been going on with you. You'll have gotten it all off your chest by the 17th, when you're going to start a three-day happiness bonanza! However, you can't live on love alone, you know. The 22nd through the 25th, call your friends to catch up, and maybe start planning an end-of-the-month celebration. Make sure you invite your New Year's co-celebrant along.

### **Gemini May 21-June 21**

The first few days of the New Year, you might feel a bit squeezed. Like you're pressed for time. Like you're hard-pressed to keep your day-old resolutions. Like you can't find any of your pressed slacks. (Did you forget to pick up your dry cleaning before the big bash maybe?). Don't worry -- by the 3rd, you'll be loosey-goosey again. The 7th, make like a Madonna song -- don't preach, and make sure you take a holiday! Your energy will be all the stronger for your relaxed attitude, especially on the 11th, 12th and 13th. The 16th, you'd do well to take the advice of a friend -- it could keep you out of another tight situation. (And by the way, don't forget to pay the old dry cleaning bill!). The 20th, get set for an 'everything's going your way' kind of day. You'll be looking so darn pressed and polished, you could get a promotion. Make sure to remind the boss of your worth on the 24th and 25th just in case that promotion doesn't manifest itself, though. If by the end of the month -- especially the 27th to the 29th -- things are a tad rough going, don't worry. A little extra clarity in the communication department will pull you through on the 31st.

### **Cancer June 22-July 22**

It's a New Year -- and in a whole lot of ways, it's time for a new you. An even better, happier, healthier, more communicative you. The 1st and 2nd, take a little extra time to implement your New Year's resolutions -- after all, there's no time like the present! Wherever you turn right now, all signs point to yes! From the 5th through the 12th, you can work out regularly, eat better and tell the folks around you how you feel with spectacular results. On the 16th, keep the self-improvement ball rolling, and the bumps in the road (indecision and a teeny patch of emotional upheaval to be exact) that appear the 18th might slow you down, but won't bring your progress to a halt. Onward! The 20th, take time -- maybe a whole day -- to do something for yourself. The 22nd to the 24th, you'll start seeing the pretty darned impressive results of all this hard work you've been doing. And by the 26th, you can bet your bottom dollar somebody else is going to be noticing, too!

### **Leo July 23-Aug 22**

So, while your lips were locking with someone as the clock struck midnight on the 1st, your mind was elsewhere. Namely, on your finances. If you didn't quite get around to making a get-thrifty resolution or two in all the midnight magic, the morning (or afternoon) of the 1st, 2nd or 3rd is the time to rectify that. Reassess your budget and make a few cuts. Then celebrate -- with a mimosa or some fresh-squeezed grapefruit juice! This is just the ticket for you. The 5th and 6th, there could be some tricky business at work -- keep your eyes peeled and go with your gut. By the 7th, things will be clearer, and you'll be ready for a little brand-new year, brand-new romance! Single, committed or otherwise, you'll be seeing some sparks fly. The 12th, watch out for a different kind of spark -- namely, the kind that clashing egos generate. Hang in there, especially on the 16th, 17th and 19th. By the end of the month -- the 30th and 31st, namely -- things are right on track again.

### **Virgo Aug 22-Sept 22**

It's a brand-spanking New Year! And you, you bouncy bundle of New Year's joy, are having a grand old time, especially on the 1st through the 4th. You're toasting, you're teasing, you're cheering, you're pleasing everyone including yourself, and that goes double on the 7th. You might even be able to squeeze a resolution or two into all this jolly-old-fellow celebrating. The fun and games wind down to a graceful conclusion by the 9th, and on the 12th, 13th and 14th, the high times turn a little more serious -- and could get a lot more interesting. Think you're done? No way! The 17th, get ready for an intellectual plunge or two -- you're like a deep sea diver of the mind, analyzing depths that have never been plumbed (by you) before. These new insights revolutionize you and your way of doing something on the 20th. Expect even more deep-seated habits to breakaway and leave you feeling freer and happier than ever on the 23rd, 24th and 25th. The end of the month looks just like the beginning did -- terrific!

### **Libra Sept 23-Oct 22**

Maybe that New Year's bash left you feeling a little overwhelmed. Did the whole thing -- what to wear, where to go, who to smooch, how to get the whole group back home -- just take too much planning? Give yourself the 1st off. And the 2nd. Rest up and chill out. You're going to need to regenerate to get the real New Year -- that is, the one that's all about you -- off to a great start. The 3rd, that great start is right there at the gate, ready to go. Bam! The 4th, it's off and running. By the 7th, 8th and 9th, your New Year looks a lot like a thoroughbred -- sleek, strong, and beautiful, with terrific odds to win. Enjoy it, especially on the 12th as this winning streak continues! On the 16th, 17th and 18th, don't forget to place your bets -- on yourself! It'll pay off, don't worry. You might even see a spectacularly big win on the 20th. By the 22nd, things slow down but at this rate, you might be grateful for the break. The 23rd through the 27th, you hit such a lull that you wonder if you've lost it. Not to worry: The month ends on the same winning streak that got started the 3rd. Don't bother polishing that lucky horseshoe -- you're all the luck you need.

### **Scorpio Oct 23-Nov 21**

Ooooh! Did somebody whisper a little New Year's secret in your ear on the 1st or 2nd? Was it a spicy little secret? Something, maybe, that had to do with you? Well, you are a charmer, and when you turn it on, there are very, very few people who can resist, and that goes double the 4th and 5th. The question as the month gets underway is -- what are you going to do about it? Could be a very interesting month, especially on the 7th and 8th. The 10th is a good time to reassess -- and address some old problems. You'll be glad you did the 15th, when your special brand of va-va-va-voom lights up every room you enter. Could it be time to follow up on that little secret? Be careful the 19th, a conflict could turn ugly unless you take care. Do a little detective work for the root of the problem from the 23rd through the 25th. And by the 27th, you can toss out your stethoscope, because every time you think about your New Year's Eve whisperer, you'll be able to hear your heart beat ....

### **Sagittarius Nov 22-Dec 21**

If you're feeling out of sorts the 1st and 2nd, don't worry. It's perfectly normal to feel a little so-so after all that holiday celebration! Hang in there until the 3rd, when you'll find yourself inundated with love and goodwill from friends scattered across the globe. They'll be calling. They'll be writing. They'll be showing up on your doorstep. And they'll all be telling you just how great they think you are, especially on the 7th and 8th! This is going to set the tone for a New Year full of good buds and good times. The 10th, all this conviviality is going to gel -- maybe in the shape of a post-holiday party where you can celebrate the New Year your way -- without all the pressure. The 13th, you could feel a little low -- recharge with some exercise. That feeling may turn into the need for a little rest from the 16th through the 18th. Listen to your body and your spirits and heed what they have to say, especially on the 20th. The 25th, you could very well get an invitation from one of your nearest and dearest -- who just happens to live across the ocean. Interesting! The month ends on your New Year's theme -- friends, friends, friends.

### **Capricorn Dec 22-Jan 19**

Leave it to you to get a lot done while the rest of the world is still in bed dreaming of aspirin and hash browns. And that's exactly what you do on the 1st! Whether you're moving mountains at the office or putting the finishing touches on your kitchen's new paint job, you are one mighty accomplished New Year's baby! This high-energy, high-achievement phase is a great harbinger for your year, and what you get accomplished from the 3rd through the 8th in your home and personal life really makes you proud. Don't forget to take a breather now and then, but do enjoy it. The 12th, you'll bring this can-do you to your career life, and the changes you make will reap rewards for a long time. The 16th through the 19th, you'll be touching base with your friends, who will be more than a little wowed by you. The 25th, 26th and 27th, it's idea time. You're moving like lightening through a remarkable series of brighter-than-a-lightbulb thoughts. Keep up the good work!



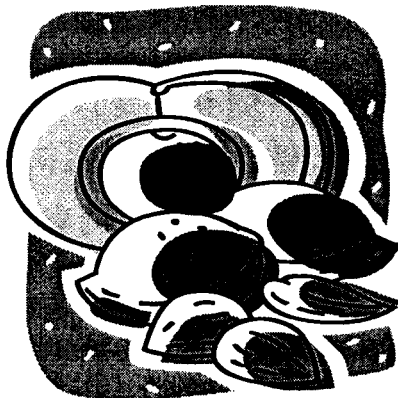
1. Preheat oven to 350°F. Wrap tortillas in foil, place in oven for 15 minutes.
2. Combine spices in a plastic bag. Add pork strips; shake to coat with spices.
3. Spray a large non-stick frypan with cooking spray and heat over medium- high heat. When the pan is hot, add the pork and saute for 2 minutes.
4. Add the onion and pepper. Continue to saute for 3-4 minutes, until pork is no longer pink and vegetables are tender crisp.
5. Stir in barbecue sauce, salsa & tabasco. Heat through for 3 minutes.
6. Spoon 1/4 of the mixture in the center of each tortilla, roll up and serve.

**Exchanges for each serving of 1 fajita:**

1 Starch  
1/2 Fruit  
3 Very lean meat  
1/2 Fat

**23g Carbohydrate, 24g Protein, 7g Fat, 244 cal  
(23g available Carbohydrates)**

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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 the Volunteer Coordinator. While it helps to have things on disc 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 TO THE  
VOLUNTEER COORDINATOR.

**A HUMONGOUS THANK YOU  
FOR THE HARD WORK AND DEDICATION  
VOLUNTEERS OFFER THE CENTRE.**