

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

June 2005

Free



INSIDE:

- Calendar of Events
- Aboriginal Day Celebration
- Facts about Homophobia
- Eye Exams and Eye Glasses
- Art and thoughts from DEWC
- Community Information

**DEWC
Up-Coming Events**

Tuesday June 21, 05

12:30- Lunch

1:00- Outing

Aboriginal Day Celebration

DEWC is celebrating Aboriginal Day with fish stew and bannock lunch and outing to Trout Lake for other activities.

Friday, June 24, 05

6pm – 8pm

Donor Appreciation

DEWC is hosting a evening of appreciation for those that contribute to the Centre. Join us for an evening of coffee/tea, food and entertainment

Women of the Centre are invited to attend.

On Saturday June 25, 05

6pm – 9pm

The Elder's Council invite all women to the

DEWC

Music-Jam

Join us for an evening of coffee/tea, snacks, and music
(sorry – no bus tickets or childcare)

National Aboriginal Day

In 1996, Governor General Romeo Leblanc proclaimed June 21, National Aboriginal Day to honour First Nations, Inuit, and Metis cultures, and to recognize the many contributions Aboriginal peoples have made to Canada.

History:

1982 - the National Indian Brotherhood (now the Assembly of First Nations) adopted a resolution calling for the "creation of June 21 as National Aboriginal Solidarity Day".

1990 - the Quebec legislature was the first in Canada to recognize June 21 as a day to celebrate Aboriginal Culture.

1995 - the Sacred Assembly, a national conference of Aboriginal and non-Aboriginal people, chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Aboriginal peoples.

June 13, 1996 - during a ceremony at Rideau Hall, the former Governor General declared June 21 as National Aboriginal Day after federal consultations with various Aboriginal groups.

- INAC (Indian and Northern Affairs Canada)

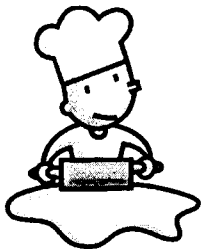
Aboriginal Celebrations/Ceremonies

Feast/Potlatch - The potlatch ceremony illustrates the importance of sharing and giving. This ceremony was the cultural backbone of the Northwest Coast Aboriginal Peoples. High-ranking chiefs, to celebrate important public events such as initiation, marriage, the investiture or death of a chief or the raising of a totem pole, hosted a potlatch. The ceremony lasted anywhere from a day to several weeks, and involved feasts, spirit dancing and theatrical performances. In 1884, the Canadian government banned potlatch ceremonies, questioning their moral basis. The ban was lifted in 1951.

- Colonialism on Trial & Aboriginal Workforce Participation Initiative

Pow-wow - An ancient tradition among some Aboriginal people to celebrate and socialize after religious ceremonies. It is now common for pow-wows to be held throughout BC, however, in some areas the pow-wow is a relatively new kind of celebration. In some cultures, the pow-wow itself was a religious event when families held naming and honouring ceremonies.

- Aboriginal Workforce Participation Initiative (Canada)



Basic Bannock Recipe (Fried or Stick-cooked)

- 1 cup flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3 tbsp margarine/butter
- 2 tbsp skim milk powder (optional)

Sift together the dry ingredients. Cut in the margarine until the mixture resembles a coarse meal (at this point it can be sealed in a ziplock bag for field use). Grease and heat a frying pan. Working quickly, add enough COLD water to the pre-packaged dry mix to make a firm dough. Once the water is thoroughly mixed into the dough, form the dough into cakes about 1/2 inch thick. Dust the cakes lightly with flour to make them easier to handle. Lay the bannock cakes in the warm frying pan. Hold them over the heat, rotating the pan a little. Once a bottom crust has formed and the dough has hardened enough to hold together, you can turn the bannock cakes. Cooking takes 12-15 minutes. If you are in the field and you don't have a frying pan, make a thicker dough by adding less water and roll the dough into a long ribbon (no wider than 1 inch). Wind this around a preheated green, hardwood stick and cook about 8 inches over a fire, turning occasionally, until the bannock is cooked.

Remember

The great fear, of course,
is that these majestic peoples
with their soft knowing eyes
Knowledge of heritage & history
hidden in dark vaults
from residential schools & government plots

up

rise

will

and remember

DB




Staff who will be leaving us:

Marlene is going to be with her family for a few months .
After taking care of women at the centre it is time for her to be pampered .

Have a great time Marlene!!!!

You will be missed.



Just a little note to say that I will miss each and every one of you, A LOT! I'm leaving for a few months, and I'll be back in September. I will stop in and visit and say hello once in awhile. You all have a great summer!! Marlene

Angie will be leaving the centre
For a fulltime position closer to home.

Thanks so much for your care and smiles and all your brilliant ideas you always came up with!!!!.

*I would like to take this opportunity to thank
All the women of the centre and the staff for such an amazing experience. I can believe how fast time went by and I will surely miss all of you. Take care of yourselves and others.
Thanks again,
Angie*

LEGAL WORKSHOPS FOR ABORIGINAL WOMEN

A partnership between Battered Women Support Services and The Downtown Eastside Womens' Centre

Sponsored by United Way, National Crime Prevention Strategy, VanCity

1:00 – 3:30 every Friday until September 29, 2005

Presentations, Q&A, Sharing of experiences, Strategizing for change.

June 3, 2005

THE INDIAN ACT – Debunking Myths. Differences on and off reserve; taxes, wills, etc.

June 10, 2005

PROTECTION ORDERS – Peace bonds, on-contact orders, etc.

June 17, 2005

VICTIM RIGHTS – What I need to know if I am assaulted, forms, roles and rights, etc.

June 24, 2005

CRIMINAL LAW – What are my rights, what I need to know if the police approach me or come to my door, etc.

For more information on these workshops please speak to RETA at the Centre.

THE HEALING CIRCLE

Healing Circle evenings have resumed at the Centre and will be on Thursdays except on cheque week. All Nations welcome.

Thursday 5:00 – 7:00

For more information please speak to RETA at the Centre.

DOWNTOWN EASTSIDE WOMEN'S CENTRE

302 Columbia Street, Vancouver

604.681.8480 Hours: Mon, Tue, Thru, Fri-10-5

Wed: 11-5, Sat, Sun-12-5

**LUNCH SERVED
DAILY AT 12:30-1:45**

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.

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 Tuesday between 12noon-2pm to give you information on all kinds of health issues.

BWSS Legal Advocate, Olatz comes by every Wednesday from 11-3, if you need help with legal issues, child protection, custody &access or general legal information.

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

Sweat Lodge – Reta will be taking women every Wednesday meet at the Centre at 11:30

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. Tuesday on rotating schedule from 5-8:30

Music Jam- Sing and play instruments with special guests.

Taiko Night-Drum with Cynthia and the Taiko Group.

Women's Health Clinic-on going 59 West Pender

Just a reminder- there is no bus tickets or child care provided for groups

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:30 Dreamcatchers 2:00 Video 1:30-Resumes	2 10-12 Arts & Crafts 10:00 CWS 10:30 YOGA 1:30 Beading 3-4:30 Carnegie Crafts	3 10:00 Massage & Sewing 1:30 deyas Alcohol and Drug Counseling 5:00 BWSS 2:00 Bingo	4 11:30 Sweat Lodge 11-3:00 BWSS LEGAL ADVOCACY 2:00 Crochet	5 10:30-4:00 IIG Math & English-University Access Program 11: 12 Book Club	6	7 Video
8 Mothers Day At Trout Lake Meet at the Centre at 11:am Or at the Park 12:30	9 10:12 Arts & Crafts 10:00 CWS 10:30 YOGA 1:30 Beading 3-4:30 Carnegie Crafts	10 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	11 11:30 Sweat Lodge 11-3:00 BWSS LEGAL ADVOCACY 2:00 Crochet	12 10:30-4:00 IIG Math & English-University 11-12 Book Club Healing Circle 5-8 Dinner Served Everybody Wealcome	13	14 2:00 Video
15 1:30 Dreamcatchers 2:00 Video 1:30 -Resumes	16 10:12 Arts & Crafts 10:00 CWS 10:30 YOGA 1:30 Beading 3-4:30 Carnegie Crafts	17 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	18 11:30 Sweat Lodge 11-3:00 BWSS LEGAL ADVOCACY 2:00 Crochet	19 10:30-4:00 IIG Math & English-University Access Program 11-12 Book Club	20 3:00- Donations Meeting 6:00 -Taiko	21 Centre opens from 11:00 – 12:00 For National Film Board (filming) 2:00 Video 6:00- 9:00 Java Jam
22 1:30 Dreamcatchers 2:00 Video 1:30Resumes	23 Stat Holidays Open from 12:00- 5:00	24 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	25 11:30 Sweat Lodge 11-3:00 BWSS LEGAL ADVOCACY 2:00 Crochet	26 CENTRE CLOSED	27 Donors' appreciation 6-8 pm	28 2:00 Video
29 1:30 Dreamcatchers 2:00 Video 1:30 Resumes	30 10:12 Arts & Crafts 10:00 CWS 10:30 YOGA 1:30 Beading 3-4:30 Carnegie Crafts	31 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo				

THANK YOU TO ILONA AND CAROL (B) FOR TAKING THE INITIATIVE TO ESTABLISH A DONATIONS COMMITTEE.

This is an excellent beginning towards restoring the raffle at the Centre. As mentioned in the last newsletter staff should not be spending their time moving, sorting or managing any donations and/or conflicts that are created because of the donations. This is not what funders expect. Those who have been involved in managing the donations, staff and volunteers have been unfairly targeted.

Women who use the Centre and depend on donations should be responsible for and directly involved in the fair and smooth distribution of items that are donated to the Centre. Women will get involved and make it work for everyone.

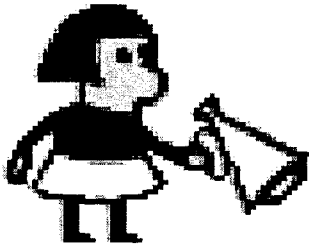
On other Centre matters I wanted to remind everyone of the **Donor Appreciation** event that was cancelled last month and rescheduled for **June 24th** of this month. This is an opportunity for the Centre members to recognize the contributions that donors make to the Centre. These donations go to;

- Keeping the Centre open 7 days a week;
- The Food Program, and;
- The Volunteer Program

There will be an open mike and we are looking for Centre members who would be interested in performing at the event. We know that there are many of you are highly talented. Please speak to Cynthia about this event. THANKS.

Regards,
Cynthia Low
Administrative Coordinator

The Neighbourhood Small Grants Project 2005



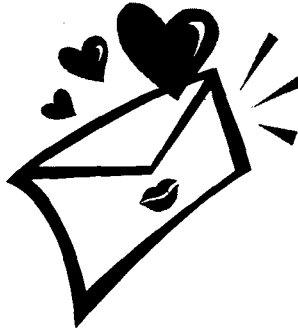
**Want to meet neighbours,
learn new skills and
Contribute to your
Neighbourhood?**

**The Neighbourhood Small Grants
Project is connecting residents to work
in the neighbourhoods near Carnegie,
Ray-Camp and Strathcona Community
Centres. This program offers \$500 to
Groups of neighbours who want to enhance
Their neighbourhood. Members are needed
For a Resident Committee to promote the
Program and decide which neighbourhood
Projects will receive small grants.**

**To learn more about the program, please
Contact the coordinator, Elizabeth Henry,**

**@
604- 713-1850**

Or Sara @ DEWC for more information



DEWC Words and Thoughts

Hi!

My name is Christeane,

I just want to write to the newsletter to express my happiness for bringing back the Healing Circle.

After almost four years without our circle, it was such a joy to be able, again, to sit with other women and share our spirits, with the knowledge that it will remain confidential.

I am the product of the orphanages and a survivor of the Catholic Church under Duplessis in Quebec.

I never had the horrendous experiences of the Residential schools, but mine were close to it. I can relate deeply.

For years, until I came to D.T.E.S. I wasted my time with psychiatrics without any results. When I came to my first circle in the old centre. I realized that finally I would be listened to. It is very hard for me to express thoughts and emotions verbally.

So, thank you again for bringing back our circle.

All My Relations,

Christiane Badier

The Donations Committee is Asking for Your Help

A couple of women from the DEWC would like the donations that come into the centre that have kindly been donated to continue so we can still have a raffle. We have decided to form a "DONATIONS COMMITTEE"

We need trustworthy women who would be in the centre all day and their job would be specifically to take charge of donations that come in that day and take them downstairs and place them in a safe place. One volunteer would be needed for each day of the week.

On Raffle Day the donations would be sorted and any unsuitable stuff would be discarded. Volunteers from the Donations Committee and/or women who are there for the raffle could help bring up the sorted items for the raffle.

A name could be picked out of a hat to determine who will call out the raffle numbers. After the raffle, left over items could be thrown out. This way different women from the centre could do the raffle every week and no one could complain.

The Donations Committee needs trustworthy women to help us to take responsibility for the donations that come to the centre daily. If you would like to be part of our team please speak to Ilona or Carol (B) or leave a message for us on the bulleting board c/o Donations Committee.

We need your help if donations and the raffle are to continue.

Thank you,

Ilona and Carol (B)
Donations Committee



Eye Glasses and Eye Exams

- Effective April 1, 2005, the Ministry of Human Resources provides prescription eyeglasses coverage between \$ 108 and \$ 179. based on the type of eyeglasses required (e.g. single vision vs. bifocal lenses)
- The increased coverage is available to all income assistance recipients (children and adults) and also children in low-income families through the Healthy Kids program.
- Adult income assistance recipients between the ages of 19 and 64 are also eligible for replacement eyeglasses every three years.
- Children under the age of 19 continue to be eligible for replacement eyeglasses every 12 months.

Eye Exams

- The Ministry of Human Resources covers the costs of routine eye examinations provided by optometrists and ophthalmologists for adult income assistance recipients between the ages of 19 and 64 under the Optical Program.
- Persons with Disabilities, Persons with Persistent Multiple Barriers, Medical Services Only recipients and Hardship Assistance recipients who are Canadian citizens also receive coverage under the program.
- Rates are as follows: \$44.83 to an optometrist and \$ 48.90 to an ophthalmologist and provide for one exam every two years.
- Eye care professionals are paid directly by the ministry for eye exams. This is not a reimbursement program requiring clients to pay up front and submit a claim.
- Pacific Blue Cross administers the program. Clients only need to present their CareCards and indicate they are on income assistance for Pacific Blue Cross to verify their eligibility for coverage with the eye exam provider.
- Adults over the age of 65 and children of parents receiving income assistance receive basic eye exam coverage through MSP.
- Medically necessary eye exams have always been covered through MSP as a basic health benefit for all clients on income assistance.

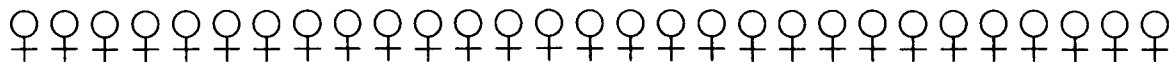
Please see an Advocate if you need any assistance.

The first Wednesday of June is the National Day Against Homophobia in Canada.

First organized by the Fondation Émergence in Quebec in 2004, this year events are being organized in communities across Canada to raise awareness about homophobia. The overarching theme for the Day this year is the 'family'.

(Please visit the official website www.homophobiadaay.com for more information)

Homophobia and transphobia continue to have devastating impacts on the lives of many lesbians, gay men, bisexual and transgender people, as well as their families, friends, colleagues, and communities. We also recognize that homophobia and transphobia do not exist in isolation and are connected to other forms of oppression – including sexism, racism, anti-Semitism, classism, ageism, ableism, and AIDS-phobia. To eliminate homophobia and transphobia successfully, we must work *together* to eliminate all oppressions. Otherwise our efforts will be limited and incomplete.



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 pasts 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.

