

# D.E.W. DROP IN

## Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

July 2005

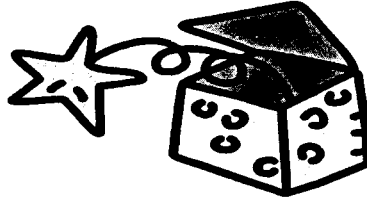
Free



### INSIDE:

- Calendar of Events
- Art and thoughts from DEWC
- What to do when men come to the Centre
- Women's Centre Guidelines
- News from Management

**DEWC**  
**Up-Coming Events**



Friday, July 15, 05  
5:30 pm – 7:30 pm

**DEWC Taiko Drumming Group**

Nanaimo Street Taiko would like to train women to play taiko drums (Big Japanese Drums) so that the group can perform at the DEWC Street Party in September. There will be bus tickets and an honorarium for the performance.

Wednesday, July 20, 05  
5:30pm – 7:30pm

**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

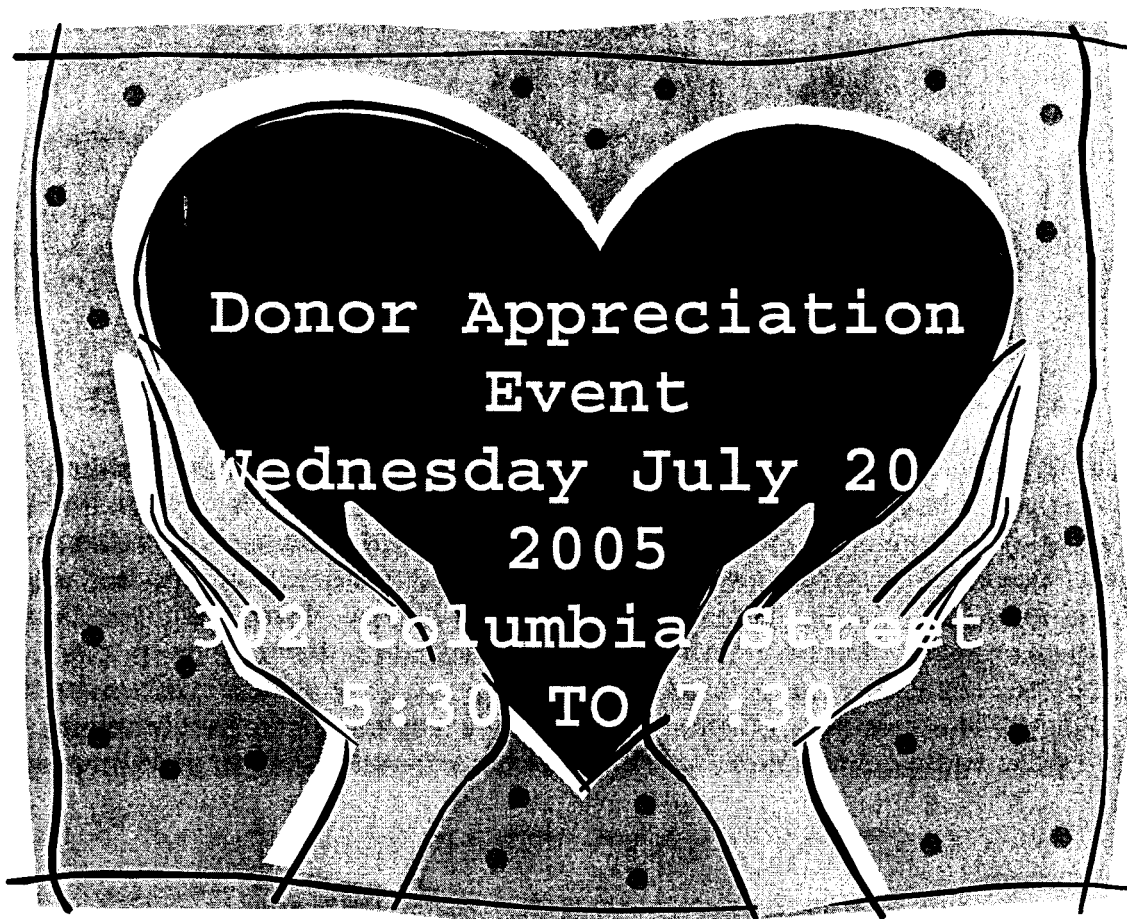
Women of the Centre are invited to attend.

Friday, July 22, 05

1:30pm- 5:00pm

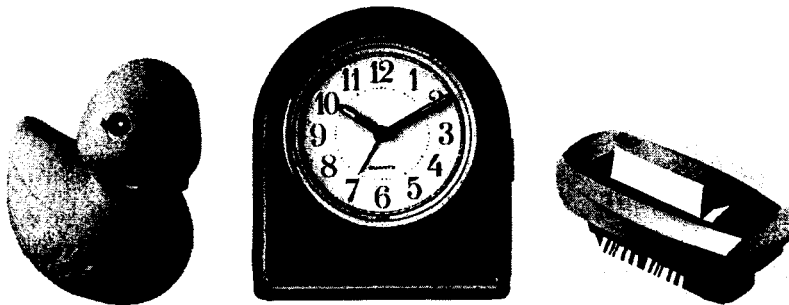
**Outing to Steveston**

Alice Kendall will take women for an afternoon on the village of Steveston



The Donor Appreciation Event has been postponed twice due to other pressing matters such as PAINTING, year end audits and general Centre business. This time we are not kidding! The invitations have been sent and Centre donors have been notified, since the guests of honor will be attending we better put on a good party. We are looking for women to share their gifts of music, story telling, singing, comedy, magic, dancing etc. Please talk to Cynthia if you are interested in helping with the event.

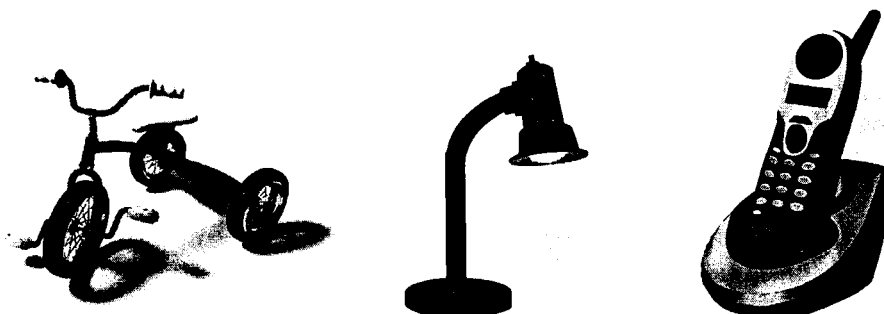
**All Centre members and staff are welcome.**



## DONATIONS COMMITTEE UPDATE

Over the past month members of the donations committee has been meeting to develop a donations receiving and distribution procedure for the Centre that is fair and efficient. They have been working very hard to involve other Centre members and to make sure the procedure will not disrupt the Centre but will contribute to a sense of community here at the Centre. If you are interested please speak to Ilona or Carol about the committee and attend the meeting where we will discuss the policies and procedures as well as train volunteers to oversee the donations. There has to be sufficient interest in the donations committee and a commitment from the members to make this program happen.

**MEETING AND TRAINING DAY**  
**SUNDAY JULY 17, 2005**  
**10:00 am to 3:00 pm**



## **ZERO-TOLERANCE:**

THE DOWNTOWN EASTSIDE WOMEN'S CENTRE HAS ZERO-TOLERANCE FOR DRUG USE IN THE WASHROOMS.

THERE ARE NO LONGER ANY NEEDLE/SYRINGE DISPOSAL CONTAINERS IN THE WASHROOMS –BECAUSE OF THE INCREASE IN DRUG USE.

THERE HAVE BEEN TWO OR THREE INCIDENTS OF STAFF BEING PRICKED WITH USED SYRINGES/NEEDLES, AND TAKEN TO THE EMERGENCY WARD OF THE HOSPITAL.

THERE ARE PRELIMINARY BLOODTESTS. DEPENDING ON THE EXTENT OF THE NEEDLE PRICK THERE ARE HEPATITIS B VACCINE BOOSTER SHOTS AND HEPATITIS B IMMUNE GLOBULINS SHOTS, THEN TWENTY EIGHT DAYS OF ANTIRETROVIRAL MEDICATIONS. AND ONGOING BLOOD TESTS FOR HEP B, HEP C OR HIV. THIS IS NOT FUN.

THE SAFE INJECTION SITE AROUND THE CORNER AT 139 EAST HASTINGS OFFERS A CLEAN ENVIRONMENT AND SPACE WHERE ADDICTS/USERS MAY INJECT THEIR DRUGS UNDER THE SUPERVISION OF THE SIS STAFF.

THERE ARE 12-SEAT INJECTION SPACES, SO WOMEN DO NOT HAVE TO WAIT UNTIL THE BATHROOM IS FREE. ANOTHER PLUS IS THAT THERE WILL BE NO ANNOYING KNOCKING ON THE DOOR DISTURBING THE PROCESS.

AND A WOMAN MAY RETURN AS MANY TIMES AS SHE WANTS, AND HAVE NO FEAR OF BEING BARRED. IT IS QUITE LEGAL.

AFTER FIXING THEIR DRUG OF CHOICE THERE IS A ROOM TO PUT MAKE-UP ON, OR TO JUST SIT AND ENJOY.

THEN, THE WOMAN MAY COME TO THE CENTRE AND SHOWER, DYE THEIR HAIR, GO TO THE CLOTHING ROOM, EAT LUNCH OR JUST HANG OUT.

**ZERO TOLERANCE CONT...**

**THE DOWNTOWN EASTSIDE WOMEN'S CENTRE DOES NOT HAVE A LEGAL INJECTION SITE IN THEIR BATHROOMS, SO THERE ARE CONSEQUENCES, BOTH INTERNALLY AND EXTERNALLY.**

**THE NEIGHBOURHOOD HAS MANY NEEDLE EXCHANGE/DISPOSABLE PLACES.**

**THE NEEDLE EXCHANGE IS AT 5 EAST HASTINGS, AND DEYAS IS AT 49 WEST CORDOVA.**

**MANY WOMEN COME TO THE CENTRE FOR RESPITE FROM THE STREET, FROM THE OUTSIDE AND THE STAFF WILL GO TO ANY LENGTHS TO ASSURE SAFETY FOR ALL WOMEN, HERE.**

**ON A LIGHTER NOTE, IF YOU AS A WOMAN, WOULD LIKE TO BE INTRODUCED TO THE SAFE INJECTION SITE, THE OUTREACH WORKER, MYRNA CRANMER, WILL ACCOMPANY YOU.**



**June 22, 2005**

**To: The Downtown Eastside Women's Centre  
Staff, Volunteers and Women.**

**I sincerely apologize for any inconvenience that I have caused last week.  
I have donated a little gift as a way of saying I am sorry.**

**All my relations:**

**Nathan Gray**

## REMEMBERING



There is a time and a place for every thing. I must go to the cemetery as soon as the weather gets better. And take Che-Che with me. I will take some food for the gods; treats for my puppy and goodies and sweets for Quinn and me. I will take some wine and a little stool to sit upon and make a picnic of it

We will romp and play on the grass, and take flowers and candles; one for Quinn and one for his Grandmother who lies beside him.

She is closer to the tree, and then there is Quinn and then his Father. I don't much acknowledge him anymore. There is no need to.

I would always celebrate his birthday, which was near the end of August, not his death day. I would take flowers and candles and set them up at the gravesites, and then I would smoke a cigarette and think.

I've been there at two-thirty in the morning, on my hands and knees screaming; who would I disturb at that time?

On a New Years morning I've tromped around his snow-covered grave, still dark, the streetlight shinning through the trees. That time I took with me two glasses and a bottle of wine. I placed a glass on my son's grave and poured the wine for both of us. And as I walked around, tears flowing gently this time, I spoke to him saying 'I know I must stop crying soon, but I miss you and I'm so sorry you are not with us anymore. I love you my son.'

Before I leave, I place candles on the gravesites and light them. As I walk up the path I look back and see the flames still there. Just as I am about to exit the grounds, I will look once more and always, the other candles have gone out, but the one on my son's grave is still flickering, even in the wind.

Barbara Gray

For my youngest son,

Aug.25<sup>th</sup>, 1966-June 18<sup>th</sup>, 1984

**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 11:30 Sweat Lodge 2:00 Crochet	2 10:30-4:00 IIG University Access Program 2:00 Painting  5:00 Healing Circle	3 1:00 Legal Workshops	4  2:00 Video
5 1:30: Resumes 2:00 Video	6 10:00 Crafts 10:00 CWS 10:30 YOGA 3-4:30 Carnegie Crafts	7 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	8 11:30 Sweat Lodge 2:00 Crochet	9 10:30-4:00 IIG IIG University Access Program 2:00 Painting  5:00 Healing Circle	10  1:00 Legal Workshops	11  2:00 Video
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19 1:30: Resumes 2:00 Video	20  10:00 Crafts 10:00 CWS 10:30 YOGA 3-4:30 Carnegie Crafts	21 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	22  11:30 Sweat Lodge 2:00 Crochet	23 <b>CENTRE CLOSED For Painting</b>	24  1:00 Legal Workshops	25 Video
26 1:30: Resumes 2:00 Video	27 10:00 Crafts 10:00 CWS 10:30 YOGA 3-4:30 Carnegie Crafts	28 10 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	29 11:30 Sweat Lodge  2:00 Crochet	30 10:30-4:00 IIG University Access Program 2:00 Painting 5:00 Healing Circle		

#### 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.

**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.

**Yoga— with Janet** All 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 WORKSHOP

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

Crafts every Monday- 10am.

Painting- with materials supplied- every Thursday - 2:00 pm.

**Crochet with Anna & Freeda**-Every Wednesday, 2:00pm.

**Fabric Arts with Freeda**- Every Tuesday morning, 10:00am.

#### EVENING PROGRAMMING

**Music Jam**- Sing and play instruments with Reta and Leona.

Always a week before welfare day

**Women's Health Clinic**-on going 59 West Pender

**Batter Women Support Services**- Support for women experiencing violence. Tuesdays on rotating schedule from 5-8:30

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



## **JUNE 21<sup>ST</sup> NATIONAL ABORIGINAL DAY**

**THE DAY BEGAN WITH BREAKFAST AT THE VANCOUVER ABORIGINAL FRIENDSHIP CENTRE AT 1607 HASTINGS STREET. PANCAKES AND SYRUP WERE ENJOYED BY BIG, TALL, SHORT, SKINNY AND NOT SO SKINNY, LIGHT, DARK AND IN-BETWEEN PEOPLE. EVERYONE WAS AN ABORIGINAL FOR A DAY.**

**THE DOWNTOWN EASTSIDE WOMEN'S CENTRE PROVIDED RIDES TO TROUT LAKE AT 1:00, AND BUS TICKETS TO GET BACK. ALICE KENDALL DROVE THE BIG WHITE VAN AND TRANSPORTED MANY WOMEN TO THE EVENT.**

**THERE WERE MANY INFORMATION BOOTHS SET UP ABOUT SERVICES AVAILABLE TO THE ABORIGINAL//NATIVE POPULATION IN VANCOUVER.**

**A BANDSTAND WAS SET UP CENTRALLY AND MANY TYPES OF MUSICAL ENTERTAINMENT ECHOED WITH ABORIGINAL/NATIVE ORIGINS. JOHNNY CASH SONGS WERE ALSO PLAYED AND THERE WERE CHILDREN DANCING IN THE SPACE IN FRONT OF THE STAGE.**

**FOOD STANDS WERE SET UP AROUND WITH BANNOCK, ICE-CREAM VENDORS, AND HOTDOGS AVAILABE TO THE MILLING CROWDS. SALMON WAS SERVED AT 3:00.**

**CANOES WERE FLOATING ON THE LAKE FOR PEOPLE TO PADDLE. THERE WAS FACE PAINTING FOR CHILDREN OR THE YOUNG AT HEART.**

**AT THE DOWNTOWN EASTSIDE WOMEN'S CENTRE, A TRADITIONAL MEAL OF FISH (SALMON) STEW WAS PREPARED BY DEBBIE THE KITCHEN CHEF. THERE WAS SALAD ACCOMPANIED WITH FRIED BANNOCK MADE BY SHARON GREY EYES AND VERA BERNARD. VEGETARIANS ATE A VEGETARIAN SOUP AND ATE SALAD AND MUNCHEDED ON BANNOCK.**

**IT WAS A DAY CHOSEN TO ALIGN WITH THE SUMMER SOLTICE. THAT EVENING AT THE VOGUE THEATRE, TINA KEEPER, THE ACTRESS FROM NORTH OF 60, STATED THAT IT SHOULD BE CALLED ABORIGINAL SOLIDARITY DAY.**

**SO WELCOME SUMMER AND SUNSHINE AND CONGRATULATIONS TO ALL ABORIGINALS/NATIVES FOR HAVING SURVIVED ANOTHER YEAR. ACTUALLY CONGRATULATIONS TO ALL WOMEN WHO HAVE COME TO FACE THE SUNSHINE ON THIS SIDE OF THE YEAR.**

**I WOULD LIKE TO THANK MY MOTHER, CAROLINE CRANMER, PUBLICALLY FOR SUPPLYING THE JARS OF SALMON. THANKS MOM!**



Hi,

MY NAME IS BARBARA LASCELLES AND I AM ORIGINALLY FROM THE KOOTENAY REGION. I AM A NEW ADDITION TO THE DEWC STAFF. SO YOU WILL BE SEEING A LOT OF ME. AT THE MOMENT, I AM WORKING WITH KRISTA AND I WILL BE STEPPING INTO HER ROLE IN SEPTEMBER AS A MENTAL HEALTH ADVOCATE. I AM LOOKING FORWARD TO MEETING ALL WHO COME TO US AT THE CENTRE.

ALL MY RELATIONS,

BARBARA

Yoga Update:

Our yoga teacher Janet is taking a break.

She will be back in September.

We will miss you Janet.

Enjoy your summer!



## **What do we do when men ring the doorbell or come to the door?**

DEWC is a space for women only. However, men often come to the Centre because they are looking for a woman, they are a donor, they are here to deliver something or provide some other type of service for the Centre. When a man comes to the door, or rings the doorbell, please let a staff person know if they are not already on their way to greet the man. The staff will assist the man outside the Centre and determine how they can be of help.

For example, if a man is looking for a woman, the staff will call out her name and if that woman responds the staff will let her know she has a visitor outside the door. If the woman does not respond the staff will let the man know that no one is responding. We need to respect that some women do not want others to know they are here.

Another example, would be if the man is a donor, delivery person, or service provider of some sort. If the man is here for one of these reasons, the staff may or may not need to invite the man in and will escort him at this time. While we do try to schedule appointments with men who are donors, delivery persons and service providers, during times when the Centre is closed, this is not always possible or appropriate.

If you have concerns about men coming to the door or ringing the doorbell please talk to a staff person at that time. While many women do address staff when this happens, others are addressing the men. To help ensure the comfort and safety of Centre members while in the drop-in space, it is most appropriate for staff to deal with this issue. Thank you for your cooperation.

## News from Management.

Summer is here and even though last month was busy it is nothing compared to the summer months coming up. We continue to focus on the needs and expectations of women in the community through the core work of the Centre, this is done by;

- ✓ By providing better food services
- ✓ Ensuring stability in the Drop In by using effective crisis management
- ✓ Adequate staff training and support
- ✓ Effective and efficient use of Centre resources
- ✓ Advocating for the Centre and issues related to our members

In addition to these activities our goals are to;

- ✓ Complete the annual audits, by August for the years 2003-2004 and 2004-2005
- ✓ Prepare for the Annual General Meeting in September
- ✓ Focus on the priorities from the members (Community Survey) – longer hours & programming

### **DEWC Staff Updates**

There are high expectations of DEWC staff, on the job and off the job we are expected to uphold the principles of the DEWC this is not always possible and the management team is committed to support the staff through training and effective coordination of the Centre. Staff have to meet these basic principles;

- Anti-discrimination – respecting EVERYONE who uses the Centre, First Nations, Chinese, Elder, child, drug user, transgender, women with disabilities or mental health issues – EVERYONE.;
- Taking care of centre property by not stealing from the Centre;
- Fulfilling the expectations of her job through effective communication and addressing conflicts in the Centre as required.

**Min** (Miranda) will be leaving the Management Team as of June 28, 2005. She has done an incredible job reorganizing and establishing our financial systems to make sure that we are a lean mean machine – THANKS and good luck.

Welcome to **Barb** who is joining us as the Mental Health Advocate, she will be working with Krista for the next 3 months to familiarize herself with the Centre environment and the DTES community. Take some time to say hello and give her some DEWC survival tips!

# EXTREME MAKEOVER



By now all of the Centre members would have noticed the new paint job at the Centre. Most of the comments have been very positive. The coat of paint makes the Centre brighter and certainly the smell is really different. **A BIG thank you to Home Depot** for donating all the supplies for the project. And of course to all the staff and volunteers who worked all day to make this happen.

Especially to volunteers Dallanah, Selina, Corrina, Tara, Rose and Michael and to staff like Sylvia who came in on her day off to help out. Climbing ladders, wow! our ceiling is high!, scrubbing, sanding walls, getting paint all over ourselves. This is not a part of our jobs but we do this for the women of the Centre. Like many staff I love my work here with the women, I believe in the Centre and want to do whatever I can so that people enjoy the space. Expenses such as painting, repairs to the washrooms, improvements to the drop in etc. are costs that the Centre cannot really afford. If we have extra money we prefer to spend it on better food for women of the community. Contributions from companies like Home Depot are important so that we make improvements to the Centre. In the next month we will try to make the Centre a little more comfortable by installing curtains, getting plants and of



course by making sure that everyone follows the Centre guidelines. If you have any suggestions please talk to Cynthia or Alice or put your comments in the NEW suggestion box. This Centre belongs to the women of the community who come here for meals, showers, support, services or just to hang out. We all have EQUAL responsibility to take care of and respect the space and people who share the space, cleaning up after yourself, leaving Centre property as you found it, supporting other centre members and treating everyone in the Centre as VIP's makes the Centre a wonderful place to be.

## **Women's Centre Guidelines**

This is a woman & children only space. A man can come in and ask for a woman, he will be asked to wait outside the Front Door. Please let your boyfriend, husband, brother and friends know about our policy. If you do not want your male partner to know that you're in the Centre, please let the Front Desk Volunteer know.

Sometimes there are men doing repairs in the Centre, we will try to let you know beforehand.

**Clean up after yourself** – put dishes in bins, put garbage in garbage can, tidy up where you're sitting.

**Clothing room** – keep it clean, put away clothes neatly if you don't need them. A bit of folding won't hurt. Only 10 items per woman. If you need a jacket or a pair of jeans, please only take ONE jacket and ONE pair of jeans. Save some for other women, maybe one time you'll be the woman who needs that jacket for the night.

**Donations** – please help carry donations back to the Clothing Room. We have a very small space in the Clothing room. Extra stuff will be put out on the table for taking.

**Look after your own belongings** and if you see anyone taking other women's belongings, let a staff or volunteer know right away.

**Smoking** – the Centre is a non-smoking environment. You can smoke outside at the front entrance.

**Phones** – you can use the Women's phone for 5 minutes. If you're put on hold by your worker for a long time, let the next woman in line know. Don't use the Front Desk phone, the Front Desk volunteer needs to answer incoming calls.

**No drugs & alcohol** – don't use or sell drugs or alcohol while you're here. Many woman come here to get away from that.

**Bathrooms** – 5 minute limit for the bathroom. 15 minutes for taking a shower. One woman at a time for the bathroom. Please do not use the bathroom for changing clothes.

*Women's Poetry:*

*Neanderthal  
Stands not that tall  
Treats me like a  
Blow up doll*

*Thinks he can stick  
In it  
Any time of day  
Does not respect me  
In any way  
Its not my job  
To teach him  
How  
Not to be a Neanderthal  
Erin*

