

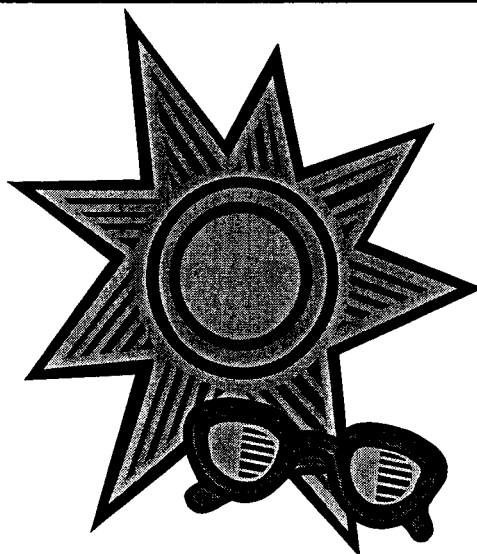
D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

August 2005

Free



INSIDE:

- Summer BBQ
- Upcoming Events
- Welcome to New Volunteers
- Eva's delicious recipes
- Poetry from the DTES
- Facts about Hepatitis



Summer BBQ

August 5, 2005

12 -2:30 - Free Food

Crab Park

Waterfront Road & Main

Bingo, Games & Entertainment

Until 4:00

WOMEN AND CHILDREN ONLY PLEASE

Rides from the Centre for elders, women with young children and women with disabilities.

Meet at the Centre at 11:45 am.

Thanks to our sponsor:


Business Objects™

DEWC Welcomes the Following new Volunteers This Month

Arlene

Annie Alice
Elizabeth (Ora)

Darlene B.
Jo-Ann

Debra L.
Linda E.

Dora



Welkom

Madeline

Martine

Melanie

Patty

Suzanne

-Victoria

WOMEN'S WORDS

POETRY AND PROSE FROM THE DTES

Why

**Why can't we just admit?
And say it's time to quit
Why do we disobey
And force to go our way
Why can't we just think
And dump that drink
Why is it so hard to change our way
We should try our best for our kids
Today
To me, alcohol's just a mask
A mask that will never last
It hides our fears
Maybe eased our tears
I believe it's just a cover
For myself, my four children and
Community I'll try.....and recover!!!**

**My name is Angela. I am an alcoholic and these
are my personal thoughts and feelings.**

**All my relations,
Angela. M. Curley
Tla-o-qui-aht First Nations.
Tofino, BC**

For Those

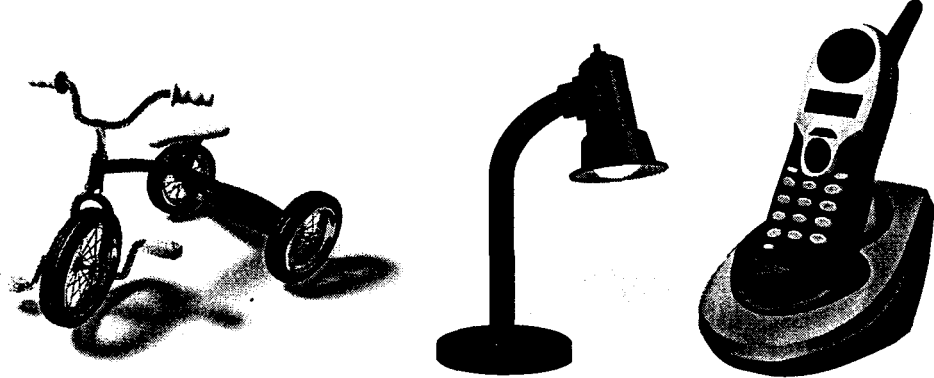
***For those I've hurt please
forgive me
For those I've grew up with up
Lets grow back together
For those that I do not know
Lets get to know one another
For those that are coming behind
Us I welcome you to this
World
And for those who feel lost
You are not alone.***

***Sandra. Jim
June 13/05***



Last month Barb who works on the front desk handed me an envelope, she told me that Victoria would like to make a donation to the Centre. Barb knew that this was probably the last bit of Victoria's money and tried to encourage her to spend the money on herself. Victoria insisted that she wanted to donate to the Centre.

Every month we get donations from strangers, long time supporters, companies, unions, individuals and groups. To me this donation that Victoria gave to the Centre is so special, it means so much to the Centre when people who can afford it the least, show faith and trust in the organization. Thank you.



DONATIONS COMMITTEE UPDATE

Last month there was a meeting and training day set up to plan to reinstate a system to accept and distribute donations at the Centre. Only 2 people were committed to the project so we have to regroup and see what should happen.

If you do feel strongly about bringing the raffle back to the Centre, lets get together and come up with a solution. For more information speak to Cynthia

CLOTHING ROOM COMMITTEE UPDATE

Over the past 2 months the clothing room committee has been meeting to come up with better ways to run the clothing room. The objective is to ensure, maximum access to clothing for members, safety and security for volunteers, efficient and fair management of clothing donations. There were some great recommendations from the committee. The recommendations have to be approved by the board before they can implemented. Unfortunately, due to the bed bug issue the clothing room has been closed until further notice. Appreciations to Dallanah, who has been coordinating these activities.

Hepatitis C FAQ (Frequently Asked Questions)

WHAT IS HEPATITIS?

Hepatitis is an inflammation of the liver. "Hepato" is Greek for "liver," and "itis" means "inflammation." The different types of hepatitis are caused by different things, but they all produce inflammation of the liver. Viral hepatitis refers to several common contagious diseases caused by viruses that attack the liver. The most important types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Newly discovered forms of viral hepatitis also include hepatitis D, E, and G. Non-viral forms of hepatitis can be caused by toxic agents (drugs or chemicals), alcohol, or autoimmune processes. Another form of hepatitis is toxic hepatitis. Toxic hepatitis can be caused by viruses or by liver damage due to toxic substances. Toxic hepatitis is a deterioration of the liver cells caused by chemicals, alcohol, drugs, and industrial compounds. Alcohol abuse is a common cause of toxic liver damage.

HOW DOES HEPATITIS C USUALLY BEGIN?

For a slight majority of patients, the illness begins suddenly as though one had come down with the flu. Except that this "flu" doesn't seem to completely go away. For many other patients, the onset appears gradually over a long period of time. Infants and young children often have no symptoms at all.

Many other symptoms may also be present, however they will typically be different among different patients. These include: fatigue, low-grade fever, headaches; slight sore throat, loss of appetite, nausea, vomiting, sensitivity to light, and stiff or aching joints. Many people develop a pain in the right side, over the liver area. The urine may become dark brown, and the feces may be pale. In severe acute infections, some people may develop jaundice in which the skin and whites of the eyes become yellowish. The degree of severity can differ widely among patients, and will also vary over time for the same patient.

HEPATITIS C VIRUS (HCV)

Hepatitis C is a form of hepatitis caused by an RNA virus of the Flaviviridae family that targets the liver. HCV accounts for the majority of the hepatitis cases previously referred to as non-A, non-B hepatitis.

The virus, which typically has a six to nine-month incubation period, if left untreated can lead to liver failure, liver cancer and death. HCV is also a trigger for a host of autoimmune disorders and various other diseases, such as diabetes, non-Hodgkin's lymphoma, retinal complications and thyroiditis.

HOW IS IT TRANSMITTED?

Most people with hepatitis C contracted it either through a blood transfusion or receiving a blood product (plasma, gammaglobulin, etc.) that was contaminated with hepatitis C, or by sharing needles with intravenous drug users that were infected with hepatitis C. Thanks to HCV testing with modern sensitive methods, the risk of acquiring hepatitis C from blood transfusion is now less than 1%. Others who acquire hepatitis C may get stuck with an infected needle or instrument, people receiving medical/dental procedures, people undergoing hemodialysis, body piercing, sharing razors, toothbrushes, nail clippers or people who have had tattoos or manicures that were performed with poorly sterilized equipment. Infected mothers can pass the virus to the fetus in utero; statistics for vertical transmission are between 5 and 10%. It may occur more readily if the mother is also infected with the human immunodeficiency virus (HIV) that causes AIDS--30% transmission rate. Cases of hepatitis C with no evidence of exposure through blood transfusions, needle sticks or needle sharing are called "sporadic." How these individuals became infected is unknown. Forty percent of all cases of hepatitis C were contracted through unknown

DOWNTOWN EASTSIDE WOMEN'S CENTRE
 302 Columbia Street, Vancouver
 604.681.8480

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.

Massage—on break - (back September)

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.

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 from 5-8:00

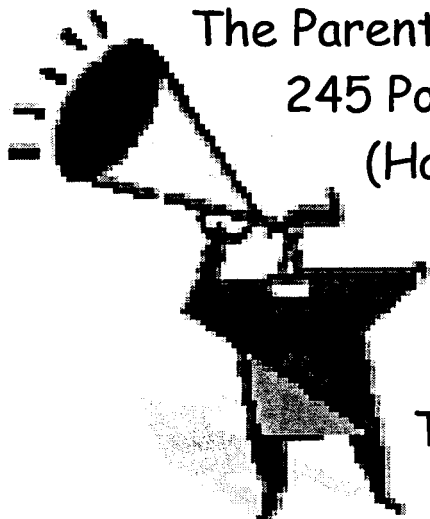
Women's Health Clinic-on going 59 West Pender

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

Taiko Drumming-Learn to play big drums and train to perform.

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

SUNDAY 12:00-4:45	MONDAY 10:00-4:45	TUESDAY 10:00-4:45	WEDNESDAY 11:00-4:45	THURSDAY 10:00-4:45	FRIDAY 10:00-4:45	SATURDAY 10:00-4:45
	1 2:00 Video	2 10:00 Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	3 11:30 Sweat Lodge 2:00 Crochet	4 2:00 Painting 5:00 Healing Circle	5 1:00 Legal Workshops CENTRE CLOSED For BBQ 5:00 Taiko Drumming	6 2:00 Video
7 1:30: Resumes 2:00 Video	8 10:00 Crafts 10:00 CWS 11:30 Mural Discussion 3-4:30 Carnegie Crafts	9 10:00 Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	10 11:30 Sweat Lodge 2:00 Crochet	11 2:00 Painting 5:00 Healing Circle	12 1:00 Legal Workshops 1:30 Outing to Steveston	13 2:00 Video
14 1:30: Resumes 2:00 Video	15 10:00 Crafts 10:00 CWS 3-4:30 Carnegie Crafts 5:00 Taiko Drumming	16 10:00 Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo	17 11:30 Sweat Lodge 2:00 Crochet Centre closes at 4:pm for Volunteer's Appreciation Dinner	18 2:00 Painting 5:00 Healing Circle	19 1:00 Legal Workshops Music Jam	20 2:00 Video
21 1:30: Resumes 2:00 Video	22 10:00 Crafts 10:00 CWS 3-4:30 Carnegie Crafts	23 10 :00 Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo	24 11:30 Sweat Lodge 2:00 Crochet	25 CENTRE CLOSED	26 1:00 Legal Workshops 5:00 Taiko Drumming	27 2:00Video
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The Parent-Tot Drop In has moved to
245 Powell Street

(Half a block west of Sunrise Market
look for our balloons and sidewalk
Sandwich board)

Tuesdays and Wednesdays
10 a.m. - Noon

EVERY WEDNESDAY
IS NAIL WEDNESDAY
At DEWC



Jo - Ann will be here for you
Every Wednesday to do your nails!!

From 10:00 am till 2:00 pm

News from Management.

Thank you to the staff, volunteers, and especially to the Centre members who attended the Donor Appreciation event last month. The donors who attended were very impressed by the work that the Centre does in the neighbourhood and they were especially touched by the women who spoke. We hope to a donor event at least once a year so that our donors are not strangers and they can actually see the work that we are doing.

One of most exciting pieces of news is that we received \$820 from the Hydrecs Fund, BC Hydro Employees fund, to go towards the repair of the DEWC van. We are going to try and get it fixed as soon as possible so that we can resume outings for women in the Centre. Although this has been something that women have been asking for we have not had the funds to do this. Our priority has been to improve food services and the Drop In. Altogether repairs and insurance will cost \$4,000 and we have been saving up each month. Each month we have a \$400 budget for repairs and maintenance and so far some of that money has been spent on repairing kitchen equipment, toilets and plumbing and on the make over! There is a strong commitment from the management team to get our van on the road by the end of the year and we are applying for different kinds of grants to make it possible.

I would like to welcome Linda to the Management Team, she started last month as the Financial Coordinator and I really look forward to working with her. The Centre is new to her so welcome her and show her around!

CHICKEN TUESDAY HAS BEEN MOVED TO FRIDAY

Kitchen staff has asked that chicken day be changed to Friday, this has been approved so starting August this is the weekly menu.

Monday – Beef stir fry, salad and rice or potato

Tuesday – Soup, salad and sandwich

Wednesday – Chili, salad and rice

Thursday – Stew, salad and rice or potato

Friday – Chicken, salad and potato or rice

Saturday – Pasta and meat sauce with salad

Sunday - Soup, salad and sandwich

Mural, mural mural

There have been some suggestions that we create a mural in the Centre, there was also a suggestion to have a mural on the exterior windows of the Centre to make the neighbourhood a little more attractive. L. who has been using the Centre for a number of years would like to work with some young women to create a mural that reflects the character of the Centre. She really appreciates what the Centre represents to her and wants to share that with everyone. Bernie Williams is also super enthusiastic about this – she wants to work with a group of women to paint a mural in the Centre. She envisions an incredible image of strong, beautiful women on the back wall, where the clock is. Bernie is an huge part of the Centre and a force in the community demanding rights for women and aboriginal peoples.

Before we can go ahead we would like to know how Centre users feel about this. There will be a Centre meeting to discuss this issues like, should we have a mural, if we do what would be the objective, what kinds of images would we like to see etc.

Of course it would also depend on finding supporters who would like to sponsor this activity by providing paint, supplies and of course money.

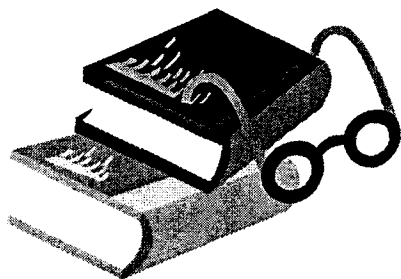
MURAL DISCUSSION

Monday August 8, 2005
11:30 – 12:30

Come with your ideas and opinions

WHAT'S GOING ON???

DEWC Book Club is Back

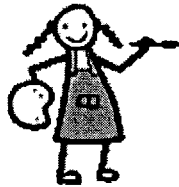


Let's get it started before September

Claudia, the Librarian at the Carnegie Centre, is back with the Book Club at the Centre. Claudia's suggestion for this book club is Joy Kogawan 'Obasan": This powerful, passionate and highly acclaimed novel tells, through the eyes of a child, the moving story of Japanese Canadians during the Second World War. Please see Sara if you want a copy of the book and join us September 7th from 2:00- 4:00 and Let her know what you think...what book other book we can read for next month what other activities should happen with the book reading club.

means by people who are in no current risk category. What this means is that we are all at risk for contracting hepatitis C.

2005 SINGLE MOTHER'S RESOURCE GUIDE ARTWORK CONTEST.



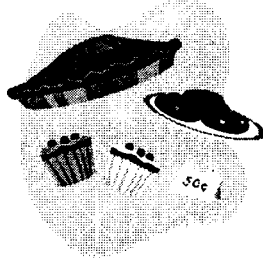
Vancouver Status of Women is seeking creative women with the ability to artistically express the bond between Mother & child. If interested submit your artwork via mail, or in person with your contact info on the back.

VSW is offering \$250 for the creation of the front cover design
15 assorted gift baskets for artwork selections to appear inside the guide.

Contest deadline for artwork submissions is
Friday August 19, 2005 by 5:00 pm.

Please mail or drop-off submissions to Vancouver Status of Women,
Attention: Artwork Contest,
2652 East Hastings Street Vancouver , BC V5k 1Z6

If you have any questions please contact Melanie, Single Mother's Resource



Eva's Delicious Rice Pudding

Serves 8

2 eggs

½ cup sugar

½ cup raisins

2 cups milk

½ vanilla

¼ tsp salt

2 cups hot cooked rice

pinch of nutmeg/cinnamon

Hot cooked rice

1 cup of long grain rice

2 cups of water

¼ tsp salt

bring water rice and salt to a boil in a medium saucepan stirring once or twice. Reduce heat to simmer. Cover and simmer for about 15m. Fluff lightly with fork. Cover again and let steam for about 5-10 minutes.

Heat the oven to 325 F. Beat eggs in 1 ½ casserole. Steer in sugar, raisings, milk, vanilla, salt, and hot rice. Sprinkle with cinnamon and nutmeg. Bake uncovered 50 to 60 minutes, stirring occasionally, until knife inserted halfway between center and edge comes out clean.

Serve warm or cold, you can add cream is you like.

Share with your friends, if you have any left keep in a cool place.

HOW TO BECOME A HAPPIER PERSON

Happiness is an inside job. No one can make you happy

Depend on no one for your happiness

Act as if you are happy

Believe you are here to be happy

Celebrate whatever there is

Establish a strong spiritual link

Do something daily to enrich your soul

Dispel negative thoughts

Dwell on happy thoughts and memories

Bring a sense of wonder to your life

Do the ordinary thing with a touch of class

Sing

Accentuate the positive

Enjoy nature

Be with happy people

Birds of a feather flock together

Boost the self-esteem of others

Develop your inner self

Exercise daily. Eat a low fat, high fibre diet

Deep, slow, relaxed breathing

Smile the clouds away

Laugh constantly

Read books about happiness

Treat everyone as if you care

In everything, give thanks

*"Happiness is the art of creating a bouquet
From the flowers that are within your reach"*