

D.E.W. DROP IN

Downtown Eastside Women Do Drop In

The Newsletter for the Downtown Eastside Women's Centre

September 2005

Free



INSIDE:

- 'Celebrating Our Journeys,' Sunday, September 18
- Thoughts from DEWC
- Community Information
- Updates about Disability Benefits

Centre Summer BBQ



Thanks to Business Objects for supporting the return of the DEWC Summer BBQ at Crab Park. Business Objects covered the majority of the cost as well as volunteers for the day.

It was a beautiful summer day, the food was great (and plentiful), and of course every one enjoyed the outdoor Bingo. A special thanks to RayCam for turning on the waterpark for us – the kids had a great time.

Thanks to all the volunteers who made this day a success.



2nd Annual Street Party – Help Needed

Last year at the street party we served over 900 people!! This year we expect about 2,000 people to attend and **we want** to celebrate the strength of women to overcome violence, poverty, sickness and isolation. **We want** everyone to see the ability of women to resist and grow despite the so many challenges. **We need** your help – to cook, serve, organize, provide security, clean up and much more. If you are able to contribute please speak to Sara at the Centre.

If you are interested in being part of the organizing committee, we meet weekly on Wednesday at the Centre from 2 – 4.



Disability Benefits Automatic Reinstatement

There has been an important change to the Canada Pension Disability (CPPD) Benefits Program regarding the reinstatement of benefits.

Because of the change, if you leave CPPD for work and then find you need to go back on CPPD because your disability recurs, you can ask to have your benefits reinstated. Automatic reinstatement covers CPPD recipients who went back to work and began earning enough money for their benefits to be stopped January 31st 2005 or after.

How automatic reinstatement works:

- You have to complete a form stating you cannot continue working because your disability has recurred.
- Your doctor needs to complete a form stating your disability has recurred.
- You have one year from the month you stop working to tell Social Development Canada you need your benefits reinstated.
- Your benefits will be reinstated starting the month after you become unable to work.
- If your disability recurs after two years but before five, you may be eligible for a fast track reapplication process.

Other information about working, studying and CPPD

- You can volunteer or attend school.
- You can earn up to \$4,100 without having to report your earnings to CPP.
- You can continue to collect your CPPD for up to three months after you return to work.

For more information contact:

Social Development Canada:
Toll-Free: 1-800 277 9914
TTY: 1-800-255-4786
Advocacy Access:
Toll-Free: 1-800-663-1278
Ph: 604-872-1278

Are you interested in working in the DTES arts community?

This year's Heart of the City Festival in October will include a 2-day forum on how artists respond to gentrification. We are seeking six people to conduct and present research about successful art projects from around the world involving artists facing the pressures of gentrification. In particular, we want to showcase initiatives that can inspire efforts in our DTES community to protect marginalized artists.

This is a capacity-building and empowerment project, and you will be paired up with a professional artist/mentor from our community who will give you support in research strategies, presentation format, sharing analysis, etc. You will create a 10-20 minute presentation to be presented to about fifty people on October 20 between 1 and 5pm. Selection of the 6 researchers and guidelines for what you research will be done by the CAI Forum Sub-Committee by September 12.

The 2nd Annual Heart of the City Festival is a Community Arts Initiative (CAI) project.

Remuneration: \$250

How to apply: Deadline 12noon, Tuesday, September 6, 2005.

Submit a one page resume or letter of interest that shows your interest in the arts in the DTES.

Drop off or send to one of two locations:

(1) Dan Feeney, Carnegie Community Centre, daniel.feeney@vancouver.ca;

(2) Irwin Oostindie, Gallery Gachet, gallery@gachet.org, fax 604-687-1196.

Eligibility: you are a marginalized artist living in the DTES. By 'marginalized' we mean class, gender, ethnicity, ability, health issues, etc. 'Artist' can be anyone who is creative as a hobby, part-time or full-time, and it could be with writing, carving, dance, painting, photography, video, or something else.

Congratulations to
Linda Macmillan for her new baby!
Margarita Marie Mcmillan

Born August 11, 2005,

1:45 pm



The centre will miss you Linda
Enjoy your time with baby!!!

Dioxins

Carcinogens cause cancer. Especially breast cancer.



Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic. Dr. Edward Fujimoto from Castle Hospital was on a TV program explaining this health hazard. He is the manager of the Wellness Program at the hospital. He was talking about dioxins and how bad they are for us.

He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body.

Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins.

So such things as TV dinners, weight watchers dinners, lean cuisine dinners, instant ramen cup of noodles, and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass, Corning Ware, etc.

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, so use paper towels instead.

Pass this on to your friends...

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

LUNCH SERVED
DAILY AT 12:30-1:45

SUNDAY 12:00-4:45	MONDAY 10:00-4:45	TUESDAY 10:00-4:45	WEDNESDAY	THURSDAY 10:00-4:45	FRIDAY 10:00-4:45	SATURDAY 12:00-4:45
				1 2:00 Painting 5:00 Healing Circle	2	3
4 1:00 Resumes 2:00 Video	5 Labour Day 12:00-4:45 5:00 Taiko	6 10:00 Massage & Sewing 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	7 11:30 Sweat Lodge 2:00 Crochet	8 2:00 Painting 5:00 Healing Circle	9	10 2:00 Video
11 1:00 Resumes 2:00 Video	12 10:00 Crafts 10:00 CWS 10:30 YOGA 3-4:30 Carnegie Crafts	13 10:00 Massage & Sewing 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	14 11:30 Sweat Lodge 2:00 Crochet	15 2:00 Painting 5:00 Healing Circle	16 5:00 Taiko	17 2:00 Video 5:00 Taiko
18 Street Party	19 10:00 Crafts 10:00 CWS 10:30 YOGA 3-4:30 Carnegie Crafts	20 10 Massage & Sewing 1:30 deyas Alcohol and Drug Counseling	21 11:30 Sweat Lodge 2:00 Crochet	22 2:00 Painting 5:00 Healing Circle	23	24 2:00 Video
25 1:00 Resumes 2:00 Video	26 1:30 3-4:30 Carnegie Crafts	27 10 Massage & Sewing 1:30 deyas Alcohol and Drug Counseling 2:00 Bingo	28 11:30 Sweat Lodge 2:00 Crochet	29 CENTRE CLOSED	30	

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.

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 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.

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.

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

To: The Downtown Eastside Womens' Centre
Monday August 15, 2005



It is just amazing when you go where ever you go. How many street people you meet help you out, give you advice. What you should do and not do. What works and doesn't work. It is just hard to believe that there is such a place for women and children to go, The Downtown Eastside Womens' Centre safe, good friends to make, good conversation, good place to be for all. You women and children welcome to the Women's Centre.

Madeline Arkley

Hastings Education Centre

Hastings Education Centre is taking registration for the 2005 fall term for those interested in completing their Grade 12 diploma.

School District No. 39

1661 Napier Street

Vancouver, BC V5L 4X4

Ph: 604-713-5735

Hours: Monday to Thursday 8:00 am- 9:30 pm

Fridays & Saturdays 8:00am-5:00 pm

Need Someone to Talk to?

We are here to listen.

Counselling for Women

101 East Cordova

Ph: 604-331-1407 ext. 2

Monday - Thursday & every other Friday

Atira Women's Resource Society . STV Counsellors

Choices

Pre-Employment Bridging Program

For Aboriginal Women

Ready to Make Changes?

Here you can

Start Date: Late October 2005-08-30

Please Call 604- 872-6649 for an appointment

**Women's Teddy Bears Project
In the Theme of Christmas Giving**

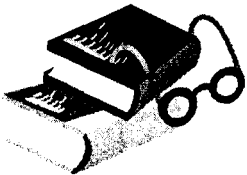


**Join Freeda in the Months of September through November and
Get started making your own teddy bear, make fun clothes for your
creation and have it ready for your Christmas Honey.**

**Every Tuesday morning between 10 am and 12 noon
at the Centre in the drop-in area**

All Women Welcome, especially beginners!

DEWC Book Club is Here!



September 7th

Beth , the Librarian at the Carnegie Centre, is back with the Book Club at the Centre. . 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

Good-bye Letter from Krista

To the Women of the Centre:

By the time you read this I will no longer be an advocate at the Women's Centre and I will be back at school where I am studying art. After years away from the Centre I came back for the summer to help Liza with advocacy and help the Centre hire and train a new advocate. That advocate is Barb.

I have really enjoyed working with Barb. This is a very small office to share with another person and it says a lot about her character that it was so easy to share space with her. I have learned that she is patient and adaptable, that she is a great listener and that has a wonderful sense of humour - all excellent qualities to have in an advocate and a friend.

I am very happy with Barb's work. She has learned a lot in a short period of time and I can tell she cares about all of you. She fits in well here and certainly no longer needs me to stick around and crowd her office. So as much as I will miss all of you I feel confident that in Liza and Barb you have two awesome advocates to turn to when you run into problems.

I have enjoyed my work here. I have met some fabulous women and reconnected with women I hadn't seen in many years - staff and members alike. Thank you for sharing your stories and trusting me to help you out. Thank you for showing me pictures of your children. Thank you for your inspiring perseverance and your ongoing willingness to resist injustice.

Peace,

Krista



CLOTHING ROOM COMMITTEE UPDATE

There are now written policies and procedures for the Clothing Room. Previous to this there were a lot of inconsistencies in how the clothing room was operating. The rules and the guidelines are still the same, that is;

All items are available for free to Centre members

Only clothing, shoes and bedding are to be distributed in the Clothing Room

1. Members are entitled access to the clothing room once a day
 2. No bags are allowed in the CR
 3. 10 items per member
 4. 10 minutes per member
 5. 1 pair of jeans
 6. 2 members at a time
 7. Members in the CR are asked not to try on any clothing while in the CR
 8. There are no exchanges allowed under any circumstances
- Members in the CR are expected to follow DEWC guidelines or the member will be asked to leave the CR.
 - Continued disruptions will result in barring from the Centre

The policy is intended to assure accountability and clarity in regards to the receiving, sorting and distribution of donated clothing in the Centre. A copy will be made available in the Centre for members. The Centre will conduct activities with a commitment to the following values;

- Effective and sustainable management
- Fair, consistent and honest dealings with staff, volunteers and members
- Integrity of the values of the DEWC
- Quality and efficient use of resources
- Respect for the generosity of donors

All staff, board members, volunteers and members of the Centre will commit themselves to abide by these procedures.

If there is any feedback in regards to the operation of the Clothing Room please speak to Cynthia

News from Board & Management

Benita Bunjun, a member of the Board of Directors is moving to Kelowna for one year to teach Women's Studies at UBC Okanagan. Benita has been a long time ally and supporter of the Women's Centre. She had been on the Board of Directors in previous years and came forward to run for the Board after seeing the "attacks" on the women who were fighting to take back the Centre. Benita has been the Treasurer for the last year working tirelessly with the Financial Coordinator to clean up the accounts and book keeping and to prepare for the missing audits.

Benita's absence will be a great loss to the Centre but we wish her the best in with her future. We know that she will be back. Thank you Benita for all your work.

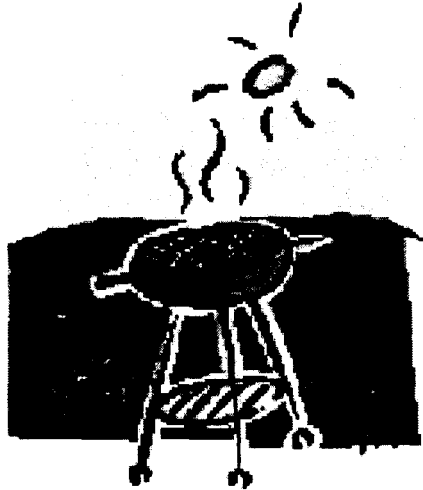
Krista James is leaving the Centre to return to school. She was hired temporarily over the summer to fill the Advocacy vacancy and to provide support and training to the new Advocate Barb. She has done a wonderful job supporting Barb in her new job. We will miss you at the Centre Krista, good luck at school.

Annual General Meeting Update

When the new Board took over the Centre in August 2004 it was discovered that there were 2 years of financial documents and matters that were not audited. It has taken us almost a full year to recover all the information and documents necessary to submit for an audit. An audit is an important aspect of accountability that is required under the Societies Act. It also provides information to our members and funders on how we are managing the Centre and the money that belongs to the Centre. We will not be able to complete the full audits until October 2005. The management team would like to recommend that the Annual General Meeting be set in November to ensure that the membership will have an opportunity to review and comment on the audited statements at the AGM.

If there are any concerns about delaying the AGM please speak to Alice Kendall or Cynthia Low.

*Please join us for the
'Celebrating Our Journeys' Street Party.*



*We're having our celebration on Sunday,
September 18, 2005, 12 noon and 4pm.*

*We're closing Columbia Street between
Hastings and Cordova and will be
hosting a PARTY.*

Hope to see you there.

In Unity,

*the members, volunteers, staff and Board of
the Downtown Eastside Women's Centre.*