

# D.E.W. DROP IN

## Downtown Eastside Women Do Drop

The Newsletter for the Downtown Eastside Women's Centre

October 2005

Free



### INSIDE:

- DEWC Events for October
- Women's Poetry and Thoughts
- DTES Lasting Memorial Community Meeting
- PIVOT at the Centre
- Bedbugs update

250

Tuesday, October 4<sup>th</sup>, 05

1: pm

## TB Skin Test

The DTES TB Outreach worker is coming to the Centre to do skin testing for TB. All women are welcome to receive this testing and ask any questions about TB.

Saturday, October 8<sup>th</sup> and 22<sup>nd</sup>

10:00 am

## Basic Computer Classes

POVNET is coming to the Centre to teach women basic computer



Wednesday, October 18, 2005

12:00 noon - to 2pm

## Harvest Dinner

Please join us for a Harvest Dinner. The Centre will host a home cooked meal, hope to see you there.

Friday October 21, 2005

1:00pm-4:30 pm

## **Outing to the Pumpkin Patch**

All women invited, Please bring water proof shoes to this event.

Monday October 31, 2005

2:00 pm- 4:00pm

## **Hollowing Party**

Here at the Centre, all women are invited, please come in costume.

Treats for the children

## **A HUMONGOUS THANK YOU**

for the hard work and dedication volunteers put on the  
Street Party on Sunday September 19<sup>th</sup>  
and always !!!!!!!

## **DTES LASTING MEMORIAL COMMUNITY MEETING**

**Wednesday October 12, 2005**

**4 – 5:30 PM**

**Carnegie Theatre**

Who is invited? Anyone in the community who is interested in seeing a permanent lasting memorial for women in the dtes who have been murdered or who have died through violence. The committee would like to hear from Community members who are interested in seeing this memorial project through and are welcoming your thoughts and ideas.

**Lasting Memorial for women needs your help...**

For a number of years now the downtown eastside community has been talking about a "Lasting Memorial" dedicated to all the women who have died from this community. Our dream may be coming to fruition with your help. The Lasting Memorial dedicated to all of the women who have died through violence will be honoured and remembered with this memorial.

The horrific tragedy of the disappearances and murders of 68 women from this community at the Pickton Farm continues to affect every member of this community and has a wide reaching impact on our society as a whole. Pickton has been charged with the murder of twenty seven of these women. The Lasting Memorial, built by people from the DTES, will offer a forum to remember women who have died, acknowledge the impact of these losses to our community, and act as a reminder to all of us that every life is equally important, and of our responsibility to protect and care for each other.

We envision a symbolic, artistic, permanent monument, commemorating these women's lives, embedded in a living memorial garden filled with native healing plants (i.e. Lavender, Juniper and others) in a central location on the DTES (vacant lot beside the Radio Station Café) We see this it as a sacred space for people to remember and grieve those they lost, where they could leave a candle, a stuffed toy, a rose, or a poem and continue healing from their losses.

These women were destitute, addicted and vulnerable. Women not only die from physical violence but from the violence of homelessness, poverty other addictions, alcoholism, prescribed drug overdoses, diabetes, heart disease, HIV/AIDS, cancer, and lack of proper medical attention.

The memorial is slated to be unveiled in the summer of 2007 and fundraising efforts will be in place until the completion of the project which is estimated to cost \$100,000. We have almost \$7,000 towards this effort.

Currently there are a number of women from the community who are on the Lasting Memorial committee. It is our job to see that this happens.

To make a donation or for further information, please contact Marlene Trick at Carnegie (604) 665-3005 or email me at [marlene.trick@vancouver.ca](mailto:marlene.trick@vancouver.ca)

All donations are welcomed and appreciated. Tax deductible receipts will be issued.

As member I must uphold the constitution and by-laws of the society which will be made available to me at my request.

I understand that once accepted I will hold membership until:

- 1) I resign my membership in writing to the Board of Directors or
- 2) my membership is withdrawn by a special resolution where at least 75% of the membership vote in favour of the withdrawal or
- 3) I pass away

\* if my membership application is declined by the Board of Directors I have the option of bringing my request to the Membership of the Society at a General Meeting for a review of the decision

Downtown Eastside Womens' Centre' membership comes with responsibilities. Members are expected to uphold the principles and values of the DEWC.

A reminder that the Annual General Meeting will be held in November. At that time the membership will be voting for a Board of Directors and contribute to discussion around the operation of the Centre. As well the audited financial statements from 2003-2004 and 2004-2005 will be available.

In order to vote at the AGM you need to be a member. This is a requirement of the Society's Act and By-Laws. As some may remember there were problems last year where women were being prevented from voting on the basis that they were not on the membership list. We have created an updated membership list using all past applications and sign-in sheets from past AGM's. To ensure you have not been left off, please complete the attached application or get one from the front desk – even if you have completed one in the past. This prevents you from being denied the opportunity to vote at any future AGM.

**Watch out for membership applications.  
Fill it out and Get Counted.**



## DEWC MEMBERSHIP APPLICATION

Date: \_\_\_\_\_

WOMEN'S CENTRE

Attention: Board of Directors

I, \_\_\_\_\_  
Print Name

am applying for membership at the Downtown Eastside Women's Centre\*.

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Ph: \_\_\_\_\_

Email: \_\_\_\_\_

Signed: \_\_\_\_\_

Accepted by: \_\_\_\_\_  
For Board of Directors

\_\_\_\_\_ Date

**Please detach and return to the front desk at 302 Columbia Street**

## News from Management Team

In the past few months the management team has been focused on stabilizing the Drop In and introducing programming back into the Centre. Our objectives have been to minimize the impact of crisis in the Centre. To do this we have tried to reduce absenteeism among staff, increased staff accountability, better communication throughout the Centre, effective use of staff, and resources , introduce rules and policies and offer better support and supervision of staff. It has also meant that we have had to prioritize the kinds of services that we offer in the Centre. In the last Centre evaluation the three most important services were Food, Clothing Room and Safety (a comfortable and safe place to be with friends). We have focused on those areas by increasing the quality and quantity of food at the Centre, developing a more consistent, efficient and fair system for operating the Clothing Room and by addressing conflicts and disruptions in the Centre. Of course there are consequences for example, more women are barred for disrespectful behavior and activities like the Raffle have been discontinued. Programming and activities at the Centre are focused providing opportunities for wellness and self actualization such as; the Healing Circle, Drumming, outings, computer training and special events. It has been difficult to meet the needs of everyone in a manner that is convenient or meaningful for all. We continue to try our best and we hope that our efforts reflect the will of the women in the Community.

One of the ways that members can be involved in decision making at the Centre is by electing a representative on to the Board of Directors. This will happen in November at our Annual General Meeting. The Board of Directors oversee ALL the activities of the Centre and are responsible to the public. If you are interested in running for the Board please speak to Cynthia.

**Become a member NOW!**

# **SUICIDE BY THE SPOONFUL..SUGAR!**

Sugar is often called 'suicide with a spoon' and is found in foods such as candy, fruit, salt, peanut butter, canned vegetables, bouillon cubes, medicines, toothpaste, vitamins and almost all processed 'fat-free' products. Simple sugars have been known to affect asthma, mental illness, personality changes, nervous disorders, heart disease, gallstones, hypertension and arthritis. Did you know that ketchup has more sugar than ice cream!

Dietary sugar; Glucose, Fructose, Sucrose, Galactose, Maltose and lactose, will usually turn directly into fat because they are digested and absorbed with such speed that the body has no choice but to convert them into saturated fats. These saturated fats are sticky by nature and may clog arteries. Each time you eat sugar, you become fatter. These new fat deposits tend to remain as fat deposits. Constant high levels of simple dietary sugar over stimulate and may burn out a normal pancreas and adrenal functions. The subnormal performance of these two very important endocrine glands can lead to adult-onset diabetes, cardiovascular complications, hypoglycemia and chronic fatigue.

Refined dietary sugar lacks vitamins and minerals and use up your nutrient stores in order to be metabolized into your system. This causing obesity due to higher fatty acid storage and higher cholesterol levels. Sugar also has a deteriorating effect on your endocrine system. Because of this, sugar is considered one of the three major causes of degenerative disease.

Fruit contains sugar, and when drinking fruit juice instead of pop you should realize that sugar behaves the same in your body, no matter how you get it. The fact is one drink is filled with natural sugar and pop has added white sugar. Both have the same effect on your nutritional status. Also the Vitamin C you may receive from fruit juice is so small that it really doesn't compensate for all the sugar you are receiving. So basically fruit juice is the dietary equivalent to soda pop.

Don't be fooled into thinking you're not eating sugar when you are eating or drinking fruit. There are some fruits that are better for you like berries and melons, followed by plums but apples and oranges contain more sugar then some breads, cookies and candy bars. The nutritional value from eating fruit comes from eating the fiber and pulp not the juice.

**Here at the DEWC we are trying to cut back on the sugar, every week we use 20 kilos of the stuff which is equivalent to one garbage can full – EACH WEEK! We are trying to change by;**

- Cooking with whole foods like dried beans and lentils and fresh vegetables and fruit;
- Reducing the amount of sweets and pastries we are distributing;
- Researching alternatives because our members use an incredible amount in their coffee and tea;

**We cannot make changes without your cooperation!  
Your health is important to us is it important to you?**



## WHAT'S GOING ON WITH THE DEWC BOOK CLUB ????



The book club is in their second book already , After reading *Obasan*, the club has decided to read *Where The Heart Is* by Billie Letts.

The club is inviting more women to join.

When? the first and third Wednesday of the month at 2: pm.

Where? Here at the Centre

Books are available see Sara if you want a copy; coffee and snacks



## Attention Bed Bug Survivors!!!

Late last week we heard that the Ministry of Employment and Income Assistance (MEIA) offices in the Downtown Eastside are handing out plastic mattress covers. The mattress covers are available to those individuals whose rooms have been treated for bed bugs.

If you would like a plastic mattress cover just go to your income assistance office.

We are not sure of the quantity that the ministry office's have.

**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**—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.

**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

**Community Kitchen**- come and learn new recipes 'share your cooking expertise with everything supplied- Always a Monday before welfare day.

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

**Batter Women Support Services**- Support for women experiencing violence.

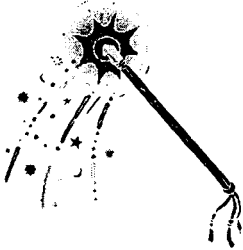
**Taiko Drumming**-Learn to play big drums and train to perform.

**Healing Circle**-Every Thursday except welfare week.

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 10:00- 2:00 Video 2:00 Video
2 1:30: Resumes 2:00 Video	3 10:00 Crafts 10:00 CWS	4 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	5 11:30 Sweat Lodge 2:00 Crochet 2:00 Book Club	6 2:00 Painting 5:00 Healing Circle	7	8 POVNET Computer Classes 10:00-12:00 2:00 Video
9 1:30: Resumes 2:00 Video	10 Thanks Giving Open 12:00-5 5:00 Taiko OPEN	11 10:00 Massage 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	12 11:30 Sweat Lodge 5:00 2nd Annual DTES Cultural Fest . Taiko Workshop	13 2:00 Painting 5:00 Healing Circle	14 5:00Music Jam	15 2:00 Video 1:30 Pivot
16 1:30: Resumes 2:00 Video	17 10:00 Crafts 10:00 CWS 5:00 Community Kitchen	18 10 :00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	19 HARVEST DINNER  <b>Seatings at 12 noon, 1 pm &amp; 2 pm.</b>	20 2:00 Painting 5:00 Healing Circle	21 1:00 Outing – Pumpkin Patch 5:00 Taiko Drumming	22 10:00 POVNET Computer Classes 1:30 PIVOT 2:00Video
23 1:30: Resumes 2:00 Video ----- 30 1:30: Resumes 2:00 Video	24 10:00 Crafts 10:00 CWS 5:00 Taiko OPEN ----- 31 10:00 Crafts & CWS 2-4- Hallowing Party	25 10 :00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 5-8 Finance Workshop 5:00 BWSS	26 11:30 Sweat Lodge 2:00 Crochet 2:00 Book Club	27 CENTRE CLOSED	28	29 2:00Video

## How To Have A Good Day



Wake up early- don't rush  
Breathe slowly and deeply  
Exercise  
Take 5 minutes to reflect  
Dress well  
Eat like a king in the morning  
Set clear, realistic goals for the day

Great everyone with enthusiasm  
Smile a lot  
Compliment whenever appropriate  
Communicate on a feeling level  
Listen more-talk less  
Beware of giving advice  
View your work as a pleasure  
Express appreciation for every kind act  
Do your best -don't compete  
Welcome change  
Relax your neck muscles  
Plan time for relaxation  
Throw away all negative feelings  
Let go of anger and guilt

Begin your evening as a new experience  
Review your accomplishments nightly  
Plan pleasurable events and interactions  
Eat like a pauper at night  
Express appreciation for your blessings  
Lots of love  
**TAKE TIME TO BE HEALTHY OR YOU'LL  
HAVE TO TAKE TIME TO BE SICK**

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## **2nd Annual DTES Cultural Festival and the DEWC Presents:**

### **Women's Taiko Workshop**

**October 12 at 5:00 pm**

### **Women's Story Telling Workshop in Cantonese**

**October 8 at 10:00 am**

**October 15 at 10:00 am**

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The Downtown Eastside Cultural Festival, also known as Heart of the City Festival was launched last year as a response to the overwhelming BAD perception of the community by the media and 'outsiders'. Our neighbourhood is filled with artist, community organizers, families and people who generally are living a life in our neighbourhood. The objective is to make arts and culture an integral part of the community.

This festival will showcase music, theatre, poetry, visual arts and dance, as well as historical walks hosted by Downtown Eastside residents. Workshops, including theatre, costume making, set decorating and writing, and produced. All the events are free or by donation.

This year the DEWC will be hosting 2 workshop series one will be a taiko workshop for women facilitated by the Nanaimo Street Taiko. The other workshop will involve Cantonese speaking seniors in the DEWC, they will be invited to participate in 2 story telling workshops that will be recorded and translated. Their stories will be kept in our archives and some will be printed in the newsletter. Because of the language barrier we do not get much of an opportunity to hear their voices and understand the struggles and joys that they have lived.

**Don't forget to join in the celebrations and attend some events.**

# Finance Workshop

Financial planning and budgeting are important aspects at the Centre and for women who use the Centre. All women should be informed of the Centre's finances. We are presenting a finance workshop to discuss how the finances are managed in the Centre, where the money comes from, where it goes, how we are spending the money and how we SHOULD be spending the money. Included in the information sharing are topics like;

- Accountability and responsibility
- Annual budgeting;
- Expenses and revenues;
- Reading a financial statement, and;
- Understanding funding agreements.

These skills are also important in day to day activities as well as understanding how the government spends our money.

The Centre audited financial statements for 03-04 will be available for members to review and discuss, in addition the Board of Directors has invited a finance specialist to join us.

## TUESDAY OCTOBER 25, 2005

### Dinner at 5:00

### Discussion 6:00 – 8:00

For more information please speak to Cynthia, Administrative Coordinator.

# **DEWC Taiko**

Were you blown away by the performance by  
the 'Most Improved DEWC Taiko Group?  
Do you want to learn how to play too?

It is fun, vibrant and exhausting!  
Learn to taiko, meet new people, work in a  
group and get great exercise!

Dinner at 5:15  
Doors close at 5:30, maximum 15  
No late comers please.  
No bus tickets

**Monday October 10**  
**5:00 pm**

**Monday October 24**  
**5:00 pm**

# **ANOTHER SURVEY!**

In October we will be conducting another survey to evaluate how the DEWC is doing, what is working well, what needs attention and where to focus our energies and money. This is another way members can express themselves and contribute their ideas, experiences and thoughts on how we can improve. This survey is part of our annual evaluation plan to make sure that we are doing our job and meeting our Mission and Purpose

## **Mission**

- To provide for basic needs and to work toward positive change for women and children in the Downtown Eastside of Vancouver.

## **Purpose**

- To provide a comfortable, safe drop-in centre.
- To provide recreation and self-help programs.
- To act as a source of information by assisting women with referrals concerning their needs.
- To provide a social space and facilitate the opportunity for women of diverse backgrounds to interact and build community.
- To educate the public and all levels of government about issues concerning women in the area.

After the results of the survey will be shared at the AGM. We will also host a community consultation meeting to discuss the vision and direction of the Centre.

The Management Team would like to conduct 'performance' reviews every six months or so to make sure the activities of the Centre is consistent with what is expected and needed from women of the community. If you have any questions about the survey or the Centre's evaluation framework please speak to Cynthia.

Please take 15 minutes of your time to fill in a survey.

## CAROL'S MEXICAN CASSEROLE

1 pound (500gm) ground beef

½ cup (125ml) chopped onions

1tsp. chilli powder

1(341ml ) can whole kernel corn, drained

1 (398ml) can tomato sauce

2 cups (500ml) corn or tortilla chips, slightly crushed

1 cup ( 250) grated cheddar cheese

In a large frying pan, brown beef and onion, drain off fat.

Stir in chilli powder, corn and tomato sauce

Pour into greased casserole dish.

Bake at 350 F for 20 minutes .

Sprinkle with corn chips; top with cheese .

Return to oven and bake for five minutes or until cheese melts.

Makes four servings.





For Those Who Use

And Abuse

The Crack Pipe

Is Running your life

For that ; you have

No wife.

Until you straighten

Out what you want

In this world today.

There is not anything

I can say to make me stay

Anonymous

## **Pivot is Coming to the Women's Centre Legal volunteers want to talk to you about housing problems**

Pivot is a group of lawyers and community members who work in the DTES to help people who live here by teaching them about the law, and by doing strategic legal actions. Pivot has 3 campaigns right now. One campaign is about policing, one is about sex work, and one is about housing.

For the housing campaign, Pivot lawyers and volunteers are collecting "affidavits" or sworn statements from people who are homeless or are having other housing problems like:

- Living with bed bugs
- Landlords keeping deposits
- Poor hygiene in the building: mould, dirty bathrooms, dirty kitchens
- Poor maintenance: broken sinks, toilets, showers, kitchen equipment, lights
- Security: No locks, broken locks or doors
- Guest fees or guest restrictions
- On a waiting list for social housing for a long time

These affidavits, which take about 20 minutes to do with a volunteer, will be compiled and analyzed by lawyers and law students to find legal issues that Pivot can use in strategic legal action to change the law.

People who give affidavits also get a copy of the affidavit, and they can bring it to their hotel or building manager, or DERA or First United to go to tenant arbitration, which is like "suing" your landlord to make him or her do repairs or pay back illegal guest fees or deposits.

**Pivot will be at the Women's Centre taking affidavits on  
Saturday, October 15 and Saturday, October 22 from 1:30 p.m. to  
3:30 p.m.**

## Street Party – A Great Success - Again

This years Street Party was again a great success. Over 1,500 women, men, and children attended this year's event. It felt like a true neighbourhood party with the added bonus of the sunshine. All the entertainment was wonderful - a special note needs to be made about the DEWC Taiko Drum Group who where awesome. Thanks to Bernie Williams who worked so hard to organize the days entertainment (and sing a little herself) she did a great job.

Thanks to the community groups, and businesses who supported this event, including: Business Objects, Army & Navy, Pot Luck Café, PHS, Radio Station Café, Sunrise Market, PWN, DERA, DAMS, DTES Neighbourhood House, DTES Food Coop, Carnegie Centre, Cheam Fishers, Positive Women's Network, Powell Place.

Of course it would never have happened without the enormous support of the Volunteers from the Women's Centre and the Community.

