



# D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

WOMEN'S CENTRE

## Downtown Eastside Women Do Drop In

November 2005

Free

### DEWC STAFF AND VOLUNTEERS AT HARVEST DINNER



#### INSIDE:

- DEWC Events for November
- Women's Poetry and Thoughts
- Women's Health
- BCID Cards
- Volunteer's corner

## **DEWC Volunteer's Corner**

### **What is the Skills Development Project?**

The Skills Development Project of the Downtown Eastside Women's Centre provides opportunities for women living or working in the Downtown Eastside to acquire skills, improve self-esteem and to garner hands-on experience in a variety of positions.

### **Who joins the Project?**

This project is for women who live or work in the Downtown Eastside and want to make positive change in their lives.

### **What do the Project participants do in the Centre?**

The positions in the Centre include desk reception, kitchen prep cook, kitchen server, floor worker assistant, janitor, clothing room assistant, workshop facilitators, translators. Volunteers are also essential components of all of the Centre's special events. The participants are placed in positions that best match their interests and abilities.

### **How do you get started as a Volunteer?**

The way to start is by attending a Volunteer Orientation, which are the first Sunday of every month at 3:30pm. You may also see Sara between Sunday and Wednesday to get started. We start by talking about the program and what your expectations are and from there we build a plan that suits each individual. Please feel free to come by and chat.

**THANK YOU ALL VOLUNTEERS  
FOR YOUR HARD WORK AND DEDICATION !!!**



**Thanks**

## News from Management Team

The big news of course is the **Annual General Meeting**, we have been waiting on the accountant, Margaret Newton to complete the financial audits to have our AGM. It looks like the audits will not be completed until the end of November which means that we will not have our AGM until December. It is a terrible time to have an AGM but it has to be done. If there are any concerns please speak to Cynthia or Alice. On the positive side we will have more time to recruit a sharp group of board members that can guide the Centre into a bright future. In particular we are looking for members with specific skills that can provide expertise which includes:

- Business and Finance
- Law and Public Advocacy
- Ethical Research and Education
- Public Relations and Communications

In November the management team is focused on hearing from you about how to improve the Centre and what we should be focusing on. There will be a survey and a **Community Consultation Dinner** on Wednesday November 16th so that we can hear from you about what needs to be done.

We will also be working very hard on **Christmas** activities, it is coming up very soon! As usual we are planning for the Christmas dinner – meals, entertainment and gifts for over 600 women and children. We do a majority of our fund raising at Christmas and money that is donated over this period support the Drop In through out the year. Our campaign is:

Excuse me....Can you spare some *social* change?

We have gotten some help from two students from Emily Carr who have generously volunteered their time, creativity and skills.

Please remember that if you have any comments or concerns you can speak to Alice or Cynthia, we are generally in the Centre or can be reached at the front desk.

# SUICIDE BY THE SPOONFUL...SUGAR!

Here is a real life story I found about Sugar.

Manuela Santana, known as 'Neca', is a brave woman. Sitting in the front of her house, she looks out over the small reservoir nearby and tells how she stood up to the *pistoleiro* (hired gun) sent by the boss to stop the estate workers fishing. 'With our miserable wages, we have to fish to get enough to eat. So when the *pistoleiro* came and tried to confiscate the fishing rod from one of my kids, I really gave him a piece of my mind. I told him that the boss had no right to stop us, that it wasn't him who made the reservoir, it was here before he ever arrived.'

Insisting on the right to fish may not sound like revolutionary subversion, but people have been killed for less on the sugar estates of Pernambuco in north-east Brazil. In the streets of the nearby town, Vitória, and in the clusters of tied cottages on the estates, the faces are prematurely aged and the bodies permanently stooped under the weight of hunger and overwork. They bear witness to the power of an unjust system to create misery out of natural plenty – and all in the cause of satisfying the world's craving for sweetness.

The sugar-cane area is known as the *Zona da Mata* after the great tropical forest, the *Mata Atlântica*, which once covered it. In the seventeenth century the first sugar barons started to clear the forest with the slave labour of the Tupi Indians whose hunting-ground it had been. Deforestation continues today. The job is nearly complete; the cane fields now cover almost everything.

'When I was a little girl there was still a lot of forest,' Neca remembers. She has lived and worked at Campo Alegre ('Happy Field') for 33 of her 45 years. 'Now they've wiped it all out, covered it with cane, but in the forest there used to be a lot of game.' She reels off names of animals that once boosted workers' protein intake, and her eyes mist over as she remembers how delicious *tatu* (armadillo) used to taste. 'Nowadays there aren't even any fish in the rivers, but my father told me that when he was a young man he could catch enough fish in two weeks to pay off all his debts at the *barracão*' (the estate store which sells basic goods at extortionate prices).

Today, even plump and tasty *pilapes* fish from the reservoir in front of Neca's house are getting hard to come by; some time ago they began to turn up dead on the shore. The fact that a stream flowing into the reservoir was used to wash out barrels of herbicide may have something to do with it.

In the absence of fish, the family's diet is simple and repetitious: *farinha* (the ubiquitous manioc or cassava flour) and *charque*, dried strips of meat of dubious origin – usually horsemeat. Many people here suffer from intestinal desiccation and haemorrhoids as a result of eating almost nothing but *farinha*. But the most common 'disease' of all among the plantation workers, responsible for 95 per cent of hospital admissions, is the one that should be easiest to cure in this fertile land – hunger.

The Cultural and Political affects of Sugar has caused environmental loss, slavery and poverty as well as huge cost to our health and health care, locally, nationally and internationally.

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

**Friday November 4, 2005**

**1:00pm-4:30 pm**

## **Outing**

**Destination to be arranged.**

**Monday, November 7<sup>th</sup> and 14<sup>th</sup> , 05**

**5:00-9:00 pm**

## **Food Safe Level I**

**We have 25 spots, volunteers of the centre have first choice, and women of the Centre are welcome to attend pending on space available.**

**Wednesday, November 9<sup>th</sup> , 05**



**1:00-2:30 pm**

## **Flu Shots**

**All women are welcome to receive these shots and  
ask any questions you may have.**

Monday, November 21<sup>st</sup>

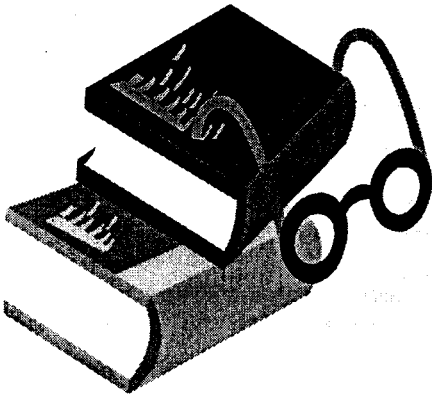
5:00-7:00



## Community Kitchen

**This time we will be baking Apple Pies!!**

All women are invited to attend, make sure you sign up the day of the workshop since space is limited.



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

The book club is on its third book already. After reading *The God of Small Things*, the club has decided to read *Where The Heart Is* by Billie Letts and we will also watch the movie together.

The club is inviting more women to join.

Books are available see Sara if you want a copy; coffee and snacks and popcorn will be served.

**When?** November 9<sup>th</sup> at 2: pm  
November 30<sup>th</sup> 2 pm, when we will watch the Movie

**Where?** Here at the Centre

## Women" Centre Guidelines

Clean up after yourself - put dishes in bins, put garbage in garbage can, tidy up your things.

Donations - notify floor worker and help carry donations to the storage room when they come in

**LOOK AFTER YOUR OWN THINGS AND DON'T TAKE OTHER WOMEN'S BELONGINGS.**

Drugs - the use or sale of drugs or alcohol in the centre is strictly prohibited. Smoking - Only allowed outside.

Phones - you can use the women's phone for 5 MINUTES. Don't use the desk phone, reception needs it.

Bus tickets - we can only give them out for volunteers who have done work that day.

This is a women and children space only - men should ring the doorbell to make their inquiries. Sometimes men are here to do WORK - or GIVE donations. Please be firm, but RESPECTFUL when asking them to wait outside the front door.

Bathrooms - 5 minutes limit for bathrooms, unless taking a shower in the appropriate shower room - 15 minutes limit - one women at a time in bathroom: (showers) If there is a women in the washroom longer than 5 minutes, please see a staff person immediately to deal with this.

Treat each other with respect - we want to make this a safe space for women and children - that means: No abuse, verbal or physical, No discrimination because of race, ethnicity, age, physical or mental disability, body size, sexual orientation, religion or class.

There will be:

**ABSOLUTELY NO OUTSIDE STUFF BROUGHT INTO THE CENTRE AGAINST ANY MEMBERS.**

**NO VERBAL FIGHTING** - This includes swearing or shouting at other women, volunteers, or staff.

**No DISCRIMINATION:** If you make a negative comments or put women down based upon their race, ethnicity, sexual orientation, spiritual beliefs, physical or mental ability you will be asked to leave the Centre.

**No Assaults.....**This includes hitting or punching, pushing someone when she is in your way, spitting at someone, throwing something at someone.

Please remember to be kind and gentle to one another. Respect each other!

**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** - is on hold for a while until Reta comes back.

*CARES (Community Art Recovery Education Society)*  
**ARTS & CRAFTS WORKSHOP**

*Magdalene Recovery Society*  
**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 12:00-5:00*	MONDAY 10:00-5:00*	TUESDAY 10:00-5:00*	WEDNESDAY 11:00-5:00*	THURSDAY 10:00-5:00*	FRIDAY 10:00-5:00*	SATURDAY 12:00-5:00*
		1 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	2 2:00 Crochet	3 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	4 1:00 - 4:30 Outing	5 2:00 Video
6 1:30: Resumes 2:00 Video 5:00 Taiko	7 10:00 Crafts 10:00 CWS 11:00 Yoga 5:00 Food Safe I	8 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS.	9 1:00- Flu Shots 2:00 Crochet 2:00 Book Club	10 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	11 Remembrance Day Open from 12:00- 5:00	12 2:00 Video
13 1:30: Resumes 2:00 Video 5:00 Taiko	14 10:00 Crafts 10:00 CWS 11:00 Yoga 5:00 Food Safe I	15 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	16 2:00 Crochet 5:00 Finance Workshop II	17 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	18	19 2:00 Video
20 1:30: Resumes 2:00 Video 5:00 Taiko	21 10:00 Crafts 10:00 CWS 11:00 Yoga 5:00 Community Kitcf.en	22 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 Community Consultation Dinner	23 2:00 Crochet	24 CENTRE CLOSED	25	26 2:00Video
27 1:30: Resumes 2:00 Video 5:00 Taiko	28 10:00 Crafts 10:00 CWS 11:00 Yoga	10 :00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo	30 2:00 Crochet 2:00 Book Club (video)			

\* PLEASE NOTE THAT THE CENTRE IS OPEN UNTIL 5:00 PM BUT DOORS WILL BE LOCKED AT 4:45



# **Most women don't know ovarian cancer symptoms**

September 20, 2005

**A recent study released by the National Ovarian Cancer Association (NOCA) uncovers disturbing facts regarding Canadian women's knowledge of ovarian cancer — the most fatal of gynecologic cancers and a disease that kills over 60 percent of those diagnosed.**

**Of the women surveyed in the study conducted for NOCA by Decima Research, 96 percent could not identify a combination of the most common symptoms of ovarian cancer. This finding is particularly worrisome because there is no screening test for the early detection of ovarian cancer, and women and their physicians must rely on symptoms to bring the disease to their attention.**

The results were announced in the beginning of September as part of National Ovarian Cancer Month.

**Common symptoms of this deadly disease include abdominal pain, swelling of the abdomen or bloating, changes in urinary frequency, weight loss or gain and nausea.**

Other significant results from this benchmark study include:

- Twelve percent of women claim to have never heard of ovarian cancer.
- One in three women believe a Pap test screens for ovarian cancer, which is untrue.

Women at higher risk for ovarian cancer due to age (50+) are significantly less likely to be aware of ovarian cancer than younger women. The ovarian cancer awareness study was conducted earlier this year, with 1,373 women from across Canada participating.

'This study confirms what we've always believed,' said Elisabeth Ross, executive director of NOCA.

'Canadian women have little information about ovarian cancer and the information they do have often is incorrect.'

## Ovarian Cancer Symptoms cont.....

To increase women's knowledge of ovarian cancer and its symptoms, NOCA is launching a Canada-wide public awareness campaign. Entitled *Turn Up the Volume*, the campaign aims to reach women through high-energy radio, television and print public service announcements.

Conducted in partnership with the Ovarian Cancer National Alliance in the US, the campaign officially

launched in both countries in September as part of Ovarian Cancer Month. The campaign's *Listen Up and Get Loud* slogan encourages women and health professionals to pay closer attention to the subtle symptoms of ovarian cancer.

'It is absolutely crucial for women to be aware of these symptoms in part because the disease is so lethal,' said Dr. Barbara Vanderhyden, the Corinne Boyer chair in ovarian cancer research at the University of Ottawa, and a member of the NOCA board of directors.

'When women are diagnosed in the early stages, more than 90 percent can be treated effectively. Sadly, the majority of women are diagnosed later in the progression of the disease when the survival rate drops to 20 percent.'

Each year, over 2,400 Canadian women are diagnosed with ovarian cancer and 1,500 die of the disease annually, making it the most fatal gynecologic cancer.

NOCA recommends that women should see their doctors if they experience one or more of the symptoms of ovarian cancer that last longer than three weeks.

Often women ignore their symptoms, as they are subtle and can be mistaken for other conditions.

The risk of ovarian cancer increases among women who have a family history of ovarian, breast or colon cancer; have never had children; are over 50; have never used oral contraceptives; or are of Ashkenazi Jewish descent.

Where I Am at

By Annie

Hi! I am Annie. Many of you know me by now. I have a lot to tell you.

Number one, I am going to start a new business. You have heard that I got a new guitar and a street musician permit. Now I am going to sell some of my art in print form, and disc form for computers. It will be about twenty five to thirty dollars for a disc of fifty paintings and the person who buys the disc can make prints and sell them from the computers. I am telling you this information because I have not worked for a long time and now I am sharing with you to prove to you and to myself that I can make it and you can make it .

I have been working hard at school and on the piano and guitar. I still play on Tuesday nights at Carnegie Centre from 7 to 10 pm. Last night I was up at 10:00 pm. I was the last musician

I have told my English 12 teacher that I want to join the Faculty of Arts at UBC, and she will write the Dean a letter.

This is what I have been doing lately,

Thank you women and DEWC staff and volunteers for lending your ear.

Thank you again.

Annie

# DEWC Taiko

We are looking for new members in preparation for 2 performances in December.

Members have to commit to attend a minimum of 6 practices.

Every Sunday at 5:00 pm.

Meal served, door close at 5:30 pm.

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## DEWC Fall 2005 Community Consultation

In November we are asking Centre members, partner organizations, neighbourhood groups and individuals to fill out surveys that will help us run the Centre better. Our goal is to gather information from community members to improve programs in the Centre. We would like to invite you to a meal and meeting to discuss the findings of the surveys.

Tuesday November 22, 2005

5:00 Dinner

5:45 Presentation and Discussions

For more information please speak to Cynthia.

# Finance Workshop II

Last month we held our first Financial Workshop to talk about the financial situation in the Centre. Thank you to Mebrat for facilitating the workshop and for responding to the questions from women. Some issues that we discussed were:

- BC Society Act;
- Purpose of a financial statement;
- Understanding a financial statement, and
- Accountability and responsibility to funder and contracts.

This information can be used in everyone's day to day activities. Many Centre members have an interest in the affairs of the Centre, if you have any concerns about how the DEWC is operating this may answer some of your questions and provide opportunities for you to contribute to solutions. The objective is to share information on:

- Running a non-profit organization;
- Financial details of the organization;
- Limitations on expenses, and;
- Much more.

**WEDNESDAY NOVEMBER 16, 2005**

**5:00 Dinner**

**5:45 Presentation & Discussion**

At the workshop our accountant did not have the Centre's audited financial statements for the 2003 – 2004 year. Not to worry - we are planning a second workshop this month to continue the discussions and to review DEWC financial documents. The goal is to prepare the membership for the Annual General Meeting that will be held in December.

## Sexual Oppression

Sexual oppression

Creates in me a depression

I don't need more of your words

I can't take any more of your jive

I need your passion

For I no longer want to feel dead

I need to be alive.

Erin

## Average Day in My Hell Hole

No coat, No shoes

is there much else to lose?

so mad; "not much to have"

not much sleep, nothing to eat.

No appetite, not much energy

to write

I'm running around on empty.

Not much to tempt me.

I want to disappear,

So I can see what is clear

SKB

### **Women Did you know!!!**

That if you have an expired BCID card you can take it to the Driver Services Office closest to where you live, with your cheque stub and renew it free of charge. These offices are always busy so it is best to go as soon as you can in the morning. If you have already handed in your cheque stub you can ask your worker for a letter written on Ministry of Employment and Income Assistance letterhead that states you are in receipt of income assistance

Driver Services Offices:

2750 Commercial Drive

254-800 Hornby Street

4126 MacDonald Street

## *Gender*

*To Rebekka with love: As you measure out your life in cigarettes and condoms used.*

*Sometimes I'm ashamed to be a woman  
When I see my friend so eager to be used-so eager to be treated  
like shit  
And loving the bastards to boot.  
Giving them all her money, her body, her soul  
For What?  
A quickie in the park  
In exchange for some fairy story of Barons and noble blood.  
Damm their eyes-the bastards!*

*We shall avenge her humiliation, her anxieties,, her disappointments.  
Last night my blood pressure sky rocketed  
While I tried to contain my anger.  
While I tried to be a "lady, and not beat the face of the bastard  
Who one more time he pushed his face into the shit;  
Who lied who stole, who pretend  
To understand her travail  
To assist her in her problems  
Social worker be dammed  
Especially Baron Van Shieves.*

*Wilhelmina H. Miles*