



WOMEN'S CENTRE

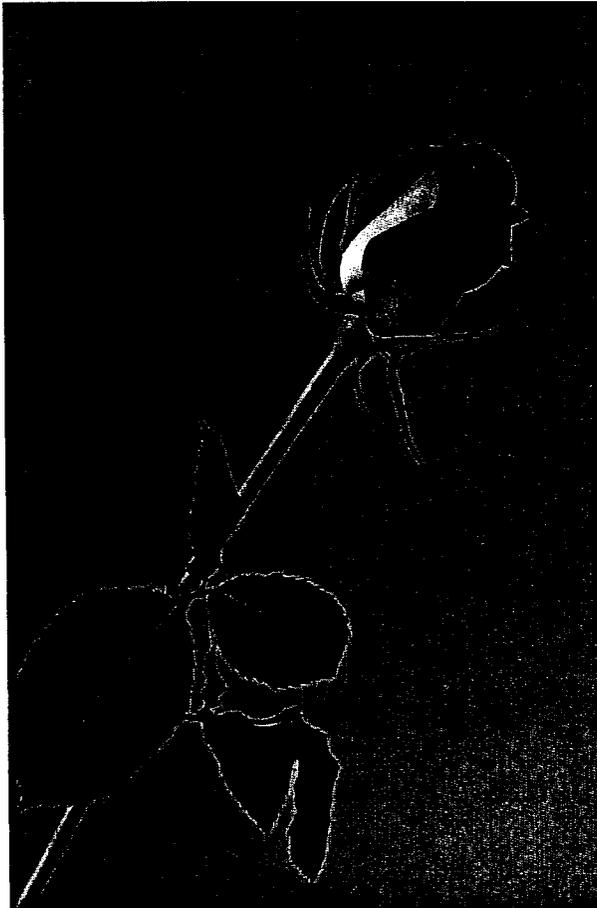
D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In

February 2006

Free



FEBRUARY 14, 2005
WOMEN'S MEMORIAL MARCH

INSIDE:

- Women's Memorial March
- Calendar of events
- Poetry and thoughts from the DTES
- Marlene's Good bye Letter
- About Brown Rice
- Access Referral for Addiction Housing
- About Police Encounters

Up Coming events:

February 4 & 5, 2006

12:00-5:00

Shopping Spree at DEWC

Come and select a pair of new shoes and an outfit from the DEWC 'store'

No tickets - Sign up at the front desk on the day.

In groups of 10, Women will be given 20 minutes to select their items.

Monday February 6 & 13, 2006

10:00-12:00

Memorial Quilt Making at DEWC

Tuesday February 14, 2006

12:00

Women's Memorial March

Meet here at the centre and we will walk together to Carnegie

Centre will be closed at noon.

Monday February 20, 06

5:00-7:30

DEWC Community Kitchen

This time it will be a surprise what we are cooking

Wednesday February 22, 2006

2:00

Book Club at DEWC

More women are invited to join, books are available see Sara if you want a copy

News from Management Team

The year of the DOG, a year of upheaval and change. Change is not always easy but change is necessary and often it is good. In nature, creatures, plants, the ocean, the sky and people adapt to their environment. At the Centre we have made some positive moves towards creating a more healing and safe environment. The management team has been working closely with Elders, staff, community members, volunteers and centre members to envision the kind of community we want to create, and what we are willing to do to make it happen. We want a place where ALL women are treated equally, fairly and compassionately. We expect each and every one to contribute, we cannot expect equality and compassion when we are not willing to ourselves live in a good way. To that end there are new positions in the Centre that will be focused on supporting women to reach their potential. These positions will focus on self help and peer support, which means that they will encourage women to 'do for themselves and each other'.

Some people are very angry about the conclusions that were achieved. Some long time staff are no longer with us because of these changes, these were very difficult decisions that were made in collaboration with a hiring committee. Each hiring committee was made up of 6 people that included a board representative, a staff representative, a management representative, as Elder representative, a volunteer representative and community observer. Their job was to find the best women for the Centre, this means women who are committed to our purpose and mission, women who are positive role models, women who are willing to learn and grow and women who acknowledge and address their challenges.

We believe that we are doing the right thing, honesty and justice will rule the day. It may not be popular but it is the true path to walk. We wish the best to the staff that are leaving us and we hope that they will move forward in their lives with integrity and honor.

It is time to be the change we want and expect.

Sincerely,
Alice Kendall & Cynthia Low

WOMEN'S MEMORIAL QUILT

Join Diane Wood to add names to the Women's Memorial Quilt women made last year for the Valentine's Day March

**When : Monday February 6, 13, 2006
10:00 am – 12:00 pm**

Where: DEWC

For some of us it was a response to Canada's monuments and memorials to remember the Montreal Massacre, while ignoring our own Vancouver women. It is more loving than a stone monument that some one is paid to come in and design, in that we all made it, and it represents our women and our community as we see it. In the way that our grandmothers made quilts and baskets that we pass down from one generation to another, we know when we create something like this, it will outline us. We gave a voice to a community traumatized by grief. We turned that crossword puzzle grid of the faces of our Missing Women into real people, with lives and lovers, kids and families. I envisioned a big, soft quilt to wrap the women in, wherever they are now, on a big fluffy downy heavenly bed. I believe they will know this is what we've done. There were moments when we shared the knowledge of how right and big this project is Big in all senses of the word; if we carried it shoulder to shoulder we would take up 6 lanes of a city street; we had to snake it down the street like the dragon in a Chinese New Year's parade. I have no idea how many people actually worked on it, but it was lots. So much love and so many tears went into creating it.

Every year on Valentine's Day we gather to ask why their deaths were ignored, written off and insufficiently investigated by the VPD and Canadians outside of the DTES. It took a sensationalizing American TV crew of "America's Most Wanted" to bring everyone's attention to bring attention to the Vancouver Massacre, and embarrass officials into finally posting a cash reward for information. Many of us believe they have had that information, friends and families of the women were not heard, no matter how often they went to the VPD. Why didn't the VPD go to them, instead of turning their backs on the information and photographs that could have been used to stop the insane murder (s)? This year Willy Picton will be facing trial for many of the murders. Yet we know that the body of a murdered DTES woman is written off again and again as "natural cause" or a drug overdose. The violence hasn't stopped with the arrest of one man. This quilt is a memorial for all the women we've lost, not just the names the police officially recognize as "missing".

As many of you may have noticed we have now switched our white rice to brown rice.

Here is a brief study about what the difference is between brown rice and white rice:

Brown rice is simply white rice that has not had the bran covering from the rice grains removed. Removing the bran is done so that the rice is fluffier and cooks faster. Since brown rice still has the bran intact, it is a much better source of fibre and nutrients. In fact a cup of brown rice has 3.5 grams of fibre while white rice has less than one gram of fibre.

We all need from 15 to 25 grams of fiber in our diet every day.

Another benefit from eating brown rice is caused by the fiber slowing down the absorption of carbohydrates. This will help tame the blood-sugar roller coaster that can happen from a high sugar-low fiber meal. Fiber also has a healthy effect on our cholesterol levels and may help to reduce this risk of cardiovascular disease.

Besides the fiber found in the brown rice, the bran contains nutrients like magnesium, manganese, and zinc. White rice has reduced levels of these nutrients, but is often fortified with iron, and some B vitamins.

Cooking Brown Rice

White rice is still the usual rice found in restaurants, so for now you will probably have to get most of your brown rice at home. Brown rice takes longer than white rice to cook, so increase the amount of water slightly. Brown rice doesn't have the fluffy texture of white rice, but the marvellous nutty flavour and chewy texture makes brown rice a tasty way to get fiber into your diet.

[http://nutrition.about.com/od/healthysopping/f/brown white ric.htm](http://nutrition.about.com/od/healthysopping/f/brown_white_ric.htm)

You can go this link and read more about brown rice and find delicious recipes.

I do encourage everybody to give it a try and eat the brown rice that is now part of the weekly menu.

Eva Kovacs (kitchen)





Passing as Sane: Coming out Crazy

Every day I pass as sane;

Pretending control and serenity;

Appearing reasonable, average, "normal."

I confess to taking pills that alter my state:

That brings optimism, steadiness.

A less subjective reality.

Also church in very small doses, meditation, getting plenty
of rest,
staying away from the market.

Temptation to "come out" eats at my sense of honesty -

But I did that before, remember?

The time I gave away all the books and records.

Suddenly, I was "crazy" in your eyes;

Overnight, I was changed into

One whose word could not be trusted-

Whose touch could contaminate.

So I will continue my careful way : passing as sane:

Faking it... not till I make it,

Because I will never make it- I am crazy for good,

But because the prizes go to the winners-

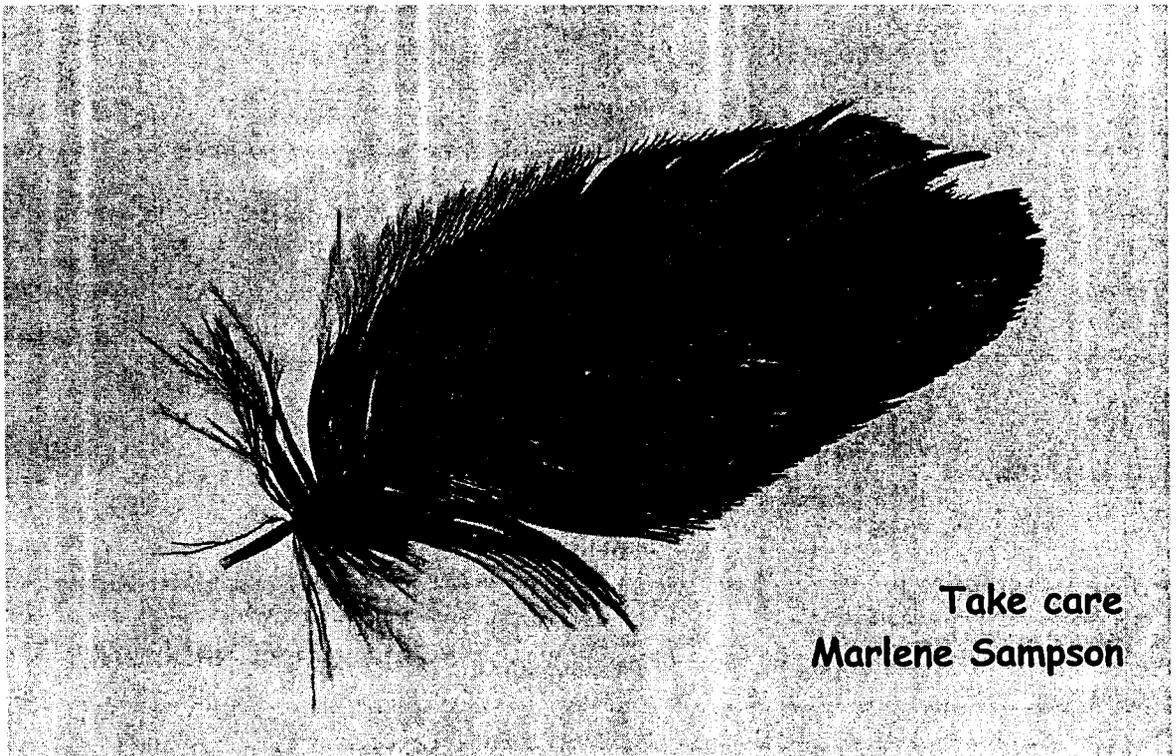
The whole- The sane- the happy.

And sure, I want to win- I'm not that crazy.

Wmmiles

To all women and Staff at DEWC

I am sad to say that February 2nd, 2006 will be my last day with all of you, it is time for me to move on to other things. I want to thank you all for letting me into your lives. All the memories I have from working with you all, I will cherish them with all my heart. I have learned a lot working with you, each and everyone of you has taught me something about life and I thank you for that. You all will be greatly missed, but I will stop in to say "hi" once in a while. I wish each and every one of you all the very best in the new year and in the years to come .



Take care
Marlene Sampson

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

LUNCH SERVED
DAILY AT 12:30-1:45

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 2:00 Crochet 5:30- Taiko	2 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	3 5:30 Taiko	4 10:00 Art Therapy 12:00-5:00 Shopping Spree 1:30 Sweat Lodge 2:00 Video
5 12:00-5:00 Shopping Spree 1:30: Resumes 2:00 Video 3:30 Intake Orientation for New volunteers	6 10:00 Memorial Quilt 10:00 Crafts 10:00 CWS 11:00 Yoga	7 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	8 2:00 Crochet 5:30- Taiko	9 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	10 5:30 Taiko	11 10:00 Art Therapy 1:30 Sweat Lodge 2:00 Video
12 1:30: Resumes 2:00 Video 5:30- Taiko	13 10:00 Memorial Quilt 10:00 Crafts 10:00 CWS 11:00 Yoga	14 Memorial March Centre Opens from 10:00 -12:00	15 2:00 Crochet	16 10:30 -4:00 IIG Math & English University Access Program 2:00 Painting 5:00 Healing Circle	17 5:00 Music Jam	18 10:00 Art Therapy 1:30 Sweat Lodge 2:00 Video
19 1:30: Resumes 2:00 Video 5:00 Volunteer Meeting	20 10:00 Crafts 10:00 CWS 11:00 Yoga 5:00 Community Kitchen	21 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas Alcohol and Drug Counseling 2:00: Bingo 5:00 BWSS	22 11:00 tobacco 2:00 Crochet 2:00 Book Club	23 CENTRE CLOSED	24 5:30 Taiko	25 10:00 Art Therapy 1:30 Sweat Lodge 2:00Video
26 1:30: Resumes 2:00 Video 5:30- Taiko	27 10:00 Crafts 10:00 CWS 11:00 Yoga	28 10 :00 Massage 10:00 Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 5:00 BWSS				

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

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 Saturday, please meet at the Centre at 1:00

ARTS & CRAFTS WORKSHOP

Art Therapy with CARES - An 8 week program
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.
Women's Memorial Quilt - Contribute the quilt that will commemorate the lives of women.

Crochet with Anna & Freeda-Every Wednesday, 2:00pm.
Fabric Arts with Freeda- Every Tuesday morning, 10:00am.

EVENING PROGRAMMING

There are no bustickets or childcare provided
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
Battered 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.

Access Referral for Addictions Housing is Now Available

Expanded Access into Addiction Housing

For the past four years, Vancouver Coastal Health (VCH) has operated Access 1 – a centralized intake and assessment phone line for withdrawal management services. VCH is now expanding this service by including a centralized telephone intake and assessment line for people with addiction issues who need housing. In early 2006, the Access phone line will be further expanded to include intake and assessment for short-term residential treatment services, including supportive recovery.

Why do we need to expand Access services?

Currently, 7 supported addiction-housing programs provide 116 beds, with approximately 82 more beds in development. These beds are categorized as:

- **Housing First** – “low threshold” supported housing for those who may not be abstinent or actively engaged in addictions treatment
- **A & D Free Supported Housing** – for individuals engaged in abstinence & recovery (includes transitional & long term options)

In the past, each of the service providers had used their own intake process and wait list. People who needed housing call each of the service providers directly. As a result, they found themselves on numerous wait lists. Those who are unfamiliar with the range of services find it difficult to get the care they need.

How will Access for addiction housing benefit people?

It will reduce duplication and provide a single point of contact for people wanting to access addiction housing. By centralizing intake, VCH will also be able to collect client information to help identify needs and service gaps related to addiction housing, and later, residential services.

Centralizing access to addiction housing and residential services will:

- Provide easy, equitable access to housing for people with addiction issues
- Reduce duplication of effort among service providers and use standardized screening and assessment tools

Access Referral cont....

- Decrease waiting times for housing services
- Match people with the service most appropriate to their needs
- Connect people to a continuum of care

How was Access for addiction housing developed?

It was developed in partnership with housing service providers and their input helped refine the way the expanded service is now being offered. Ongoing consultation with community stakeholders, including clients, will also drive refinements to the program design during the first three to six months of service delivery.

Access Referral

604-658-1250

toll-free 1-866-599-1110

How does Access Work?

- Individual calls the Access line (Monday – Friday 8:30 – 4:30) if they are looking for addiction housing in Vancouver
- Access worker does a screening assessment with the person to determine their eligibility for the various addictions housing units
- Access worker informs the person if there is a waitlist for the housing identified
- Access worker makes a referral for assessment to the appropriate housing provider
- Housing provider performs a comprehensive assessment with the person as soon as possible, and once a decision is made, the individual is informed of their status

For more information contact: Linda Lane (Lead for Addiction Housing)
Vancouver Coastal Health
604.658.1227 Linda.Lane@vch.ca

**pov
net**



**ARE YOU FRUSTRATED BY
COMPUTER "GOBBLEDYGOOK"?**

DO YOU WANT TO:

- SURF THE NET WITHOUT DROWNING IN WAVES OF INFORMATION?**
- FIND OUT ABOUT YOUR RIGHTS?**
- SAY HELLO TO A FRIEND IN ONTARIO BY EMAIL?**
- MAKE A POSTER?**
- WRITE A JOB LETTER?**

The Downtown Eastside Women's Centre, together with PovNet, is offering computer classes starting **Saturday March 4 from 10 am til noon**. No previous experience necessary.

Sign up at the DEWC.

GUIDELINES FOR POLICE ENCOUNTERS

1. Keep Your Private Items Out of Sight
2. Be Courteous & Non-Confrontational
3. Say "No" to Warrantless Searches
4. Ask if You Can Leave
5. Do not Answer Questions without Your Lawyer Present
6. Do not Physically Resist

IF YOU HAVE COMPLAINTS ABOUT THE CONDUCT OF POLICE OFFICERS

Against Municipal Police:

The Office of the Police Complaint Commissioner

Tel: (604) 660-2385

Toll-free: 1-800-663-7867

Fax: (604) 660-1223

Against the R.C.M.P. :

The Commission for Public Complaints Against the RCMP

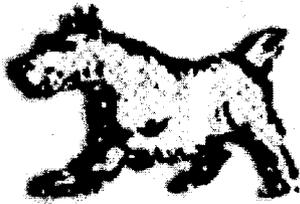
Tel: (604) 501-4080

Toll- Free for enquires and complaints:

Toll- Free: 1-800-665-6878

Fax: (604) 501-4095

If you need help to initiate a complaint please speak to Carol Martin, the Victim Service Worker at the DEWC.



January 29, 2006 was the beginning of the Lunar New Year this system was established over 4,500 years ago, it is much older than the Western calendar that we are accustomed to. This year is considered year 4703, the year of the

dog. This is a year for reflection and to assess ones values. There will be disturbances, revolts, but as the Dog is always on the lookout, honesty will always rule the day. This year will see great benevolent and idealistic deeds and various unusual changes; a time when broadmindedness and fairness will be supported. Although this year is one of great cynicism a sense of balance and tranquility will be upheld. So what can we expect from the upcoming year? The Dog is an ethical and idealistic sign, and the year that bears its name will also bring increased social awareness and interest in society's less powerful members. Any tendencies to take, take, take will be replaced by a widespread sentiment of generosity and selflessness. In general, we will all be imbued with the Dog's keen sense of right and wrong.

At the Centre we are evaluating how we have been doing our work and how we are meeting our mission and purpose. To this end we are creating more opportunities for women to take ownership of the Centre, to take care of the Centre and all our members, together.

If you were born in 1922, 1934, 1946, 1958, 1970, 1982, 1994, or 2006 - you were born under the sign of the dog. Like the dog, you are honest and faithful to those you love, although you also can be somewhat eccentric and very stubborn at times! For dogs in 2006, any recent setbacks or obstacles can be overcome so look forward to a year in which to really shine. The sign of the dog is known, not surprisingly, for loyalty and generosity. Need to spill a secret? Seek out one of these honest souls and bend that expert listening ear. While Dogs themselves may be reluctant to place their trust in just anyone, once they do, members of this sign can make the best partners and leaders. And while Dogs might enjoy life more by relaxing their exacting standards from time to time, you'd be hard-pressed to find a better or more faithful friend.

Herstory of the February 14th Women's Memorial March

In 1991 a woman was murdered on Powell Street in Vancouver. Because of the way the woman was murdered her family, people of the Coast Salish territory did a cleansing ceremony at each of the sites her remains were found to cleans her Spirit and allow it to travel to the Star Nations to rejoin her ancestors.

This woman's' murder in particular was the catalyst that moved women in the community into action. Out of a sense of hopelessness and frustration that no one was listening and feeling like they needed to show the larger community that violence against women in the downtown eastside had to stop, women organized a march through the streets of the downtown eastside carrying placards and banners with the names of women in the community who had died or were murdered.

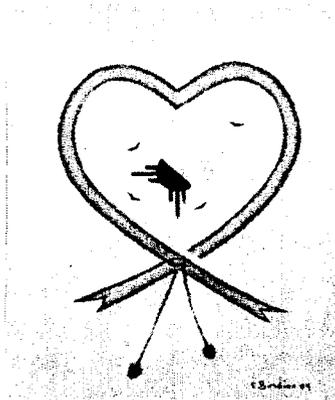
The march was held on February 14th, VALENTINES DAY, a day that signifies love. The colour purple was chosen because it is the colour of healing. Yellow was introduced as a symbol of hope when women in the community were "MISSING" in ever increasing numbers. Red roses and tobacco were left at each of the sites women were murdered. Yellow roses and tobacco were introduced to each of the sites women were last seen.

Today the march continues, the ever increasing names to the memorial brochure is kept as a marker and stark reminder that much work has yet to happen to prevent and end violence against women in this community. Seventy-two women are on the "Missing Women List", 29 have been positively identified and 3 are unidentified, 40 remain "Missing".

Women drummers lead the march. The Women's Warrior Song was introduced by the Lil' Wat Nation from Mount Currie in memoriam for the women. The song signifies that there is strength in women and that we are warriors in our own right.

We each have the strength to effect change.

THEIR SPIRITS LIVE WITHIN US@



**The 15th ANNUAL WOMENS MEMORIAL MARCH
TUESDAY FEBRUARY 14, 2006**

**Carnegie Theatre opens at 11:30
Families to speak at Noon
March begins from Main & Hastings at 1:00**

**This event is organized by women and led by women because women especially,
Aboriginal women face physical, mental, emotional, and spiritual violence on a
daily basis.**

**Please bring your drum, wear red or purple everyone welcomed
We only ask that men respect women leading the march
by marching behind the women and Elders**

**Honouring and remembering the lives of the 29 murdered women, 3 unidentified
women and the 40 women still unaccounted for in downtown eastside**