



# D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

## Downtown Eastside Women Do Drop In

WOMEN'S CENTRE

March 2006

Free



### INSIDE:

- Calendar of events
- International Women's Day
- Poetry and thoughts from DEWC
- New Staff at DEWC
- A patient's rights
- Community events

**Up Coming events:**

Friday March 3, 2006

2:00- 400

**Beading**

Join Leona every Friday to do some art beading

Wednesday March 8 , 2006

5:00- 8:00

**International Women's Day**

**Canadian Laws - Who do they serve? Who do they protect?**

Tuesday March 21, 2006

12:00

**Book Club**

This time we will be reading *Open House* by Elizabeth Berg

See Sara for a copy of the book.

Monday March 27, 06

1:30

**Outing to Vancouver Art Gallery**

Sign up at front desk

Monday March 27, 06

5:00-7:30

**DEWC Community Kitchen**

This time we will be cooking fish cakes

## News from Management Team

Over the past few months we have had success with our fund development efforts. We met our goals for the Christmas mail out, money donated over this period goes towards services through out the year. We also received funding for a number of very special projects including the Power of Women to Women (POW2W) Project that will see new programs here at the Centre that is focused on peer support and organizing for change. Some of you may remember the highly popular Organizers Training Group. That was a group that met once a week, they organized a national postcard campaign, they met with MLA's in Victoria to talk about women's issues and they also met with local MP's to address women's issues. These were women of the Centre who did this. POW2W will build on the tenacity and ambition of women in the community to address inequality and injustice. There is also another project – WEAVE that has been funded by the Canada Council. We will host art workshops, artist speaks and outings related to contemporary art. The goal is to host an exhibition of women's art in November or December. This month we have planned an outing to the Vancouver Art Gallery, join the adventure.

Many people including volunteers have commented that they miss the old staff, especially Marlene and Alice. It is difficult to have new workers in the Centre especially since the jobs have also changed. Everyone knows Marlene and Alice and are familiar with them, it makes it a challenge to get to know the peer support workers. There are a number of First Nations and Metis women on staff who can help our members this includes; Carol, Reta, Barb, Myrna and Mary. In the hiring process, staff, volunteers and elders made the best decision for the Centre. We were looking for women with the experience, commitment and skills needed to encourage women to make changes in their lives. It is important to be comfortable with the staff but we also demand that staff work towards positive change for themselves and for women in the community – physically, spiritually, emotionally and intellectually. Marlene did not apply for the job as peer support worker. Alice did apply however she was not selected by the hiring committee. Currently, Alice is unable to work because of a broken ankle. We regret that some members are unhappy with the decision and we hope that you will give the new staff an opportunity bring their energy and enthusiasm to the centre.

Sincerely,

Alice Kendall & Cynthia Low

# DEWC New Staff

## Kitchen Trainers:



Ruth Inglis, born in Prince Rupert and raised in the Fraser Valley. Ruth stated a life long love of gardening. She has lived in Vancouver for about 8 years. Her interest in food grown locally and gardening/farming solidified about 15 years ago when she began working in the food service industry. Ruth has worked in all types

o kitchen environments and also had her own catering business. She has a cat, Madeline.

**Stephanie Manning**, born in Vancouver and raised in the Eastside. Stephanie has lived in the neighbourhood all her life and loves the vibrant community. She has a Diploma in food Services, and offers nutritional I knowledge to DEWC and has been a Kitchen Trainer for many years. A single mother, Stephanie enjoys time outside of the city with family.



She is also a board member for Ray Camp Community Centre.

# Self Help/ Peer Support Workers:



**Caren Matticks:** Born in Montreal Karen is bi-lingual. She has lived in the DTES for about two years and began working as a volunteer at DEWC in August 2004. She began working full-time at DEWC in March 2005. Karen began her new role as a Peer Support Worker in February 06. She is looking forward for her new role and welcomes any new ideas, or improvements for the centre.

**Davi Pang:** Davi is a women of color who is raising two children and attends school at the same time. This energetic women was raised in the DTES and currently sits on a few committees (LICC, SWAN and Justice for Girls). Davi loves working with communities and women to effect policy change and has been working on policies around housing, youth, and sex trade issues.



## **Project Coordinator:**

**Mary Clifford,** a prairie born Metis women who grew up in northern BC, mother of three nearly adult children who has worked in the field for over 23 years. Working at the Prince George Native Friendship Centre for 14 years Mary was

involved with addictions, needle exchanges, women's services, children's services and bi-cultural mental health. She loves new experiences, mother nature and laughing. As the coordinator of the new project Mary is interested in any ideas from members.

## **St. Paul's to receive a 15 bed ward to treat meth users :**

VANCOUVER/CKNW (AM 980)- In a matter of weeks there will be a new 15 bed ward in St. Paul's hospital dedicated to treatment of methamphetamine users.

The 2.5 million dollars facility is psychiatric care wing that will modernize the way meth induced narcosis and other mental disorders are treated.

Dr. Bill McEwan calls the facility one of the nicest wards he's ever seen.

The new ward will also help alleviate growing wait times for patients in need of mental-health care.

Meth is currently the most prevalent of the drugs seen with as many as 73 percent of street youth using the drug at least once.

## **DEWC Members' thoughts:**

This is not a complaint but we need our first nations women back. They are more helpful and they know all the women.

The women's need are met by our First Nations women we need Marlene Sampson back. They are greatly missed by all.

We are more comfortable with Alice and Marlene.

February, 06



## Photos from the February 14th Memorial March





**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 <b>Memorial March</b>  <b>Centre Opens from</b> <b>10:00 -12:00</b>	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  <b>CENTRE CLOSED</b>	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.

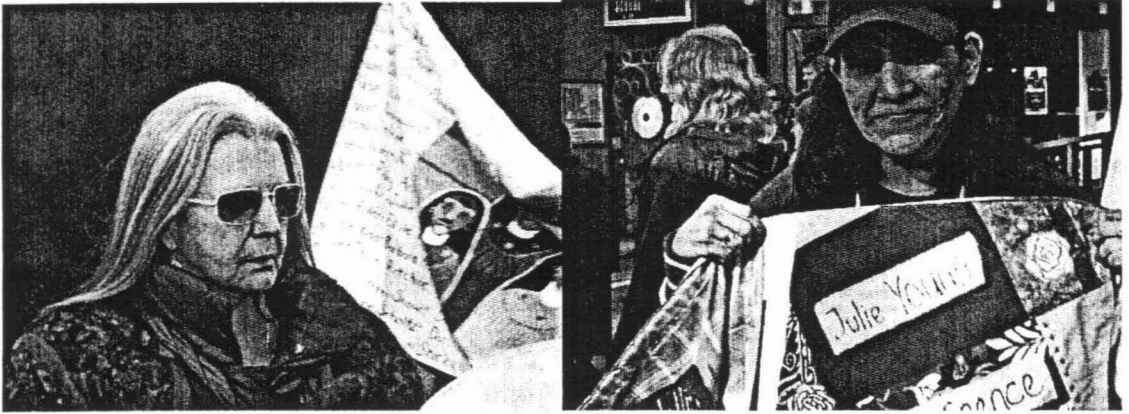
**Women's Health Clinic**-on going 59 West Pender

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

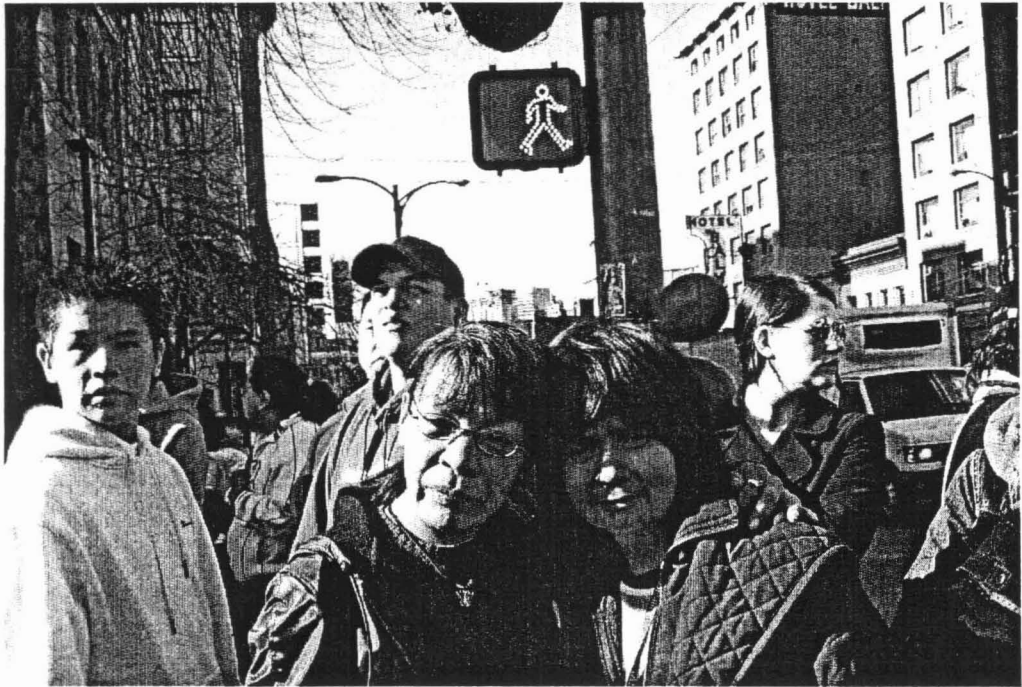
**Taiko Drumming**—Learn to play big drums and train to perform.

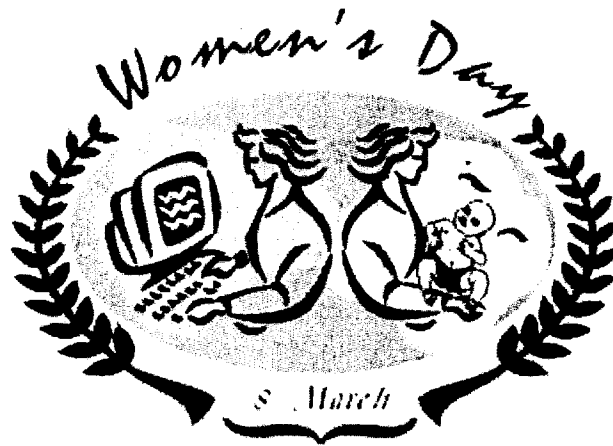
**Healing Circle**-Every Thursday except welfare week.





Photos from the February 14th  
Memorial March





## International Women's Day

International Women's Day (8 March) is an occasion marked by women's groups around the world. This date is also commemorated at the United Nations and is designated in many countries as a national holiday. When women on all continents, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day, they can look back to a tradition that represents at least nine decades of struggle for equality, justice, peace and development.

International Women's Day is the story of ordinary women as makers of history; it is rooted in the centuries-old struggle of women to participate in society on an equal footing with men. In ancient Greece, Lysistrata initiated a sexual strike against men in order to end war; during the French Revolution, Parisian women calling for "liberty, equality, fraternity" marched on Versailles to demand women's suffrage.

The idea of an International Women's Day first arose at the turn of the century, which in the industrialized world was a period of expansion and turbulence, booming population growth and radical ideologies. Following is a brief chronology of the most important events:

## **International Women's Day Events:**

### **IWD Conference**

Sunday, March 5, from  
10:00 am to 4 pm

&

### **IWD Rally**

Wednesday, March 8 at  
5:30 pm.

Contact Grassroots Women for

More information at:

604- 682-4451 or [Grassrootswomen@telus.net](mailto:Grassrootswomen@telus.net)

### **IWD March & Rally**

Saturday, March 4

Gather at Commercial &

Broadway at 11:00 am

Rally at Grandview Park at noon.

Call 604-254-0703

### **IWD Dinner**

Wednesday, March 8

Contact the VDLC Women's

Committee for more information

604-254-0703

### **International Women's Day**

#### **Carnegie Theatre**

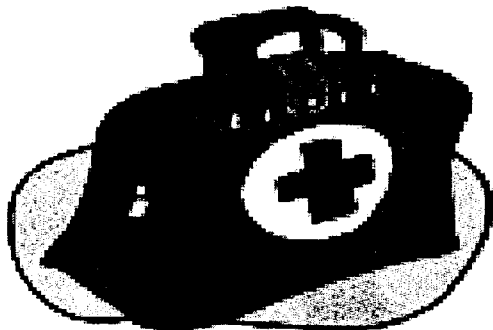
Wednesday, March 8, 2006

4pm to 8pm

Music, Activities, Entertainment, Open Mike,

Refreshments, Book Giveaway

Women only.



## **A Patient's Rights**

Many women do not know that they have rights within the health care system. As a patient, you have legal rights that are based on Canadian laws and court decisions.

### **As a patient you have the right to:**

- have a friend or family member with you during your appointment and examinations
- be treated with dignity and respect
- ask questions about your health
- receive good explanations that you can understand
- disagree with your health care provider
- get a second opinion
- say no to, or refuse, treatment
- have access to your medical records and read them
- enjoy confidentiality and privacy
- decide the future of your health care
- change doctors

### **Your Doctor Should:**

- listen to you
- pay attention to what is happening in your life
- touch you in a gentle and professional manner during a physical exam
- ask you if what they are doing is uncomfortable or hurts
- explain what they are doing
- ask if you'd like a female nurse present in the room, if the doctor is male
- accept your lifestyle
- not make assumptions about your life
- accept your use of complementary or traditional treatment
- keep what you tell them private and confidential
- return phone calls in a reasonable amount of time



Charter of Rights and Freedoms  
Provincial Child & Family Service Act  
Labour Laws

Who do they protect?

Who do they serve?

## ***WHAT ABOUT US?***

COMMEMORATE INTERNATIONAL WOMEN'S DAY  
VISIONS AND DIRECTIONS FOR WOMEN

WEDNESDAY MARCH 8, 2006  
Downtown Eastside Women's Centre

5:30 – 8:00 Dinner and Presentations

## Wise Women's Words

Now today I'll go dancing: now what a delight.  
Life's so much better, gone is the fight.  
Fight for survival on a dead end street  
Where there's mainly doom and yes there's defeat

I was defeated with a capital D!!  
But today I can share my victory  
"Victory, victory is mine" as my mother used to sing  
And I'll love her forever, but she's now with the 'king'.

Don't mind my hesitation to share the word  
As when I was using, this was quite absurd!!  
"Heavens no I don't need your prayers!"  
That was my attitude as I felt no one cares.

They're full of it they lie and all the rest of the crap  
As I assumed and assumed, didn't want the rap  
Whoa is me, now that's an awful way to live  
So one day at a time I'll learn to forgive

Forgive myself first and really focus on change.  
And try not to worry if some people may think I'm strange  
It's been my pattern to try to impress  
But just for today I shall take a rest

**Yvonne Mark**

### ***From my heart to all of yours***

*Thanks to*

*Rhoda M., Freda L, Elaine D, Deborah C, Bepsie W, Klisala H, Patty M and  
Helen Williams for sharing her special day with u. Happy belated B-Day  
Helen.*

*If I missed anyone, please forgive me. Thank you from  
Selina Barton*



*BECAUSE WOMAN'S WORK IS UNDERPAID OR UNPAID & what we  
LOOK like is more important than WHAT we do & IF WE GET RAPED  
IT IS OUR FAULT & IF WE LOVE WOMEN IT'S BECAUSE we can't get a  
real man & if we expect community care for our FAMILY we are  
selfish & if we stand up for our rights we are LOUD & if we don't we  
are typical weak females & IF We WANT TO GET married WE ARE  
OUT TO TRAP A MAN & IF WE DON'T WE ARE UNNATURAL & BECAUSE  
we aren't deemed responsible ENOUGH TO DECIDE if WHEN AND  
HOW WE WANT TO GIVE BIRTH  
WE ARE FEMENISTS*