



WOMEN'S CENTRE

# D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In

June 2006

Free



DEWC  
Elders  
Advisory  
Committee  
And  
Elders  
Helpers

## INSIDE:

- Calendar of events/ National Aboriginal Day Celebrations
- Upcoming workshops, new and changing events
- Review on "The Positives performances of People Like You"
- Wise Women's Words (contributions from members)
- News from Management Team
- DEWC Elder's Advisory Council

## Up Coming Events:

Tuesday June 13th , 2006

### **Book Club**

We are starting *There is a Season* by Patrick Lane

This is the last meeting until the Fall.

June 26<sup>th</sup> and 27<sup>th</sup>, 2006

10:00 until 4:00 pm

### **Mammogram Testing and Services Onsite**

Mammogram Testing will be available to all members downstairs along with support services, please try and register before the clinic here, but walk-ins will also be seen.

**June 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup>, World Peace Forum**

DEWC will be hosting workshops during the WPF with guests expected from around the World concentrating on creating a peaceful world by building caring communities and working to change oppression.

Mondays starting June 5th

### **Conversation Café with Ilona and Theresa.**

This is a new group, facilitated by members will be a place to discuss issues and share ideas.

Wednesday June 21st , 2006

### **National Aboriginal Day**

We will be joining in the events at Oppenheimer Park along with others in the neighbourhood, look for event details later in the month.

June 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>, 2006 (2 -4 pm)

### **Feminism Video and Discussion Group**

Beginning on the 11<sup>th</sup> we will host a discussion group and video series on Feminism and today's realities.







**Mother's  
Day Picnic at  
Trout Lake  
May 14,  
2006**

# CONVERSATION CAFÉ

## Every Monday 2-4

Pull up a chair and join us for snacks and refreshments and a chance to meet other women who;

- Will listen to what you have to say
- Will laugh, question and exchange ideas
- Will help you see your own next steps more clearly
- Will care about you, each other and the world

## THE 'F' WORD DISCUSSION GROUP Sunday 2-4, starting June 11

We often say that the Centre operates using a feminist, anti-oppression and social justice philosophy.

**What does that really mean?**

We know that as women we are treated differently by society, women still make less money than their male counterparts regardless of their education, skills and experience. Women are still battered, violated and exploited. Poor women in particular are discriminated against, blamed and shunned. Manuela a student from UBC will be hosting a video and discussion group on Sundays to talk about some of these issues. She has worked with women from South America and brings a global perspective and connection to poverty and exploitation. Come by and see what's it all about – YOU ARE A FEMINIST!

# WORLD PEACE FORUM

At the Centre

Friday June 23, 2006 9:30am

Indigenous Healing

Elders from the North (our First Nations Elders) and elders from the South (Indigenous peoples from Mexico, Guatemala, Chile and Argentina) will gather at the Centre to host purification and cleansing rituals to bring hope, change and strength.

Friday June 23, 2006 2:00pm

Women, Militarization and Poverty

Charm Tong of the Shan people of Burma will be our guest, she is a young woman who was born in Burma. She was raised under a brutal military regime that used sexual exploitation, rape and poverty as a means to control people. She will join us in solidarity among women fighting for human rights everywhere.

Friday June 23, 2006 5:00pm

Dinner and Gathering

Saturday June 24, 2006 9:00am

PEACE March Breakfast Gathering

Sunday June 25, 2006 7:00pm

Stanley Park Celebration of PEACE

# DOWNTOWN EASTSIDE WOMEN'S CENTRE

302 Columbia Street, Vancouver

604.681.8480 **ALL SPECIAL/NEW EVENTS ARE IN BOLD**

**LUNCH SERVED  
DAILY AT 12:30-1:45**

## REGULAR PROGRAMMING

**Chinese Women's Group (CWS)** -Open to women whose first language is Chinese with a focus on cultural awareness, advocacy, and social events.

**Massage**—pamper yourself courtesy of Anita and Rosemary.

**Conversation Cafe** - new group starting on June 5<sup>th</sup> from 2-4

**Street Nurses, Christina or Liz**, every Wednesday from 12noon-2pm health information and services

**NOTE: THIS IS A NEW DAY FOR THE NURSES.**

**Sweat Lodge** - Every second Wednesday, Elder Reta will take women to the Lodge, meet at the Centre at 11:30.

## ARTS & CRAFTS WORKSHOPS

**Painting**-Join Tara and the WEAVE project for all types of Art- materials supplied- every Thursday - 2:00 pm. DEWC will host a Fall Art show of works so contribute your gifts.

**Crochet with Anna & Freeda**-Every Wednesday, 2:00pm.

**Sewing Circle with Freeda**- Every Tuesday morning, 10:00am.

**Beading with Leona**- Every Friday at 2:00pm.

**Ceramics**- Every Monday from 10-12

**Fabric Arts with Diane** - every Saturday from 2-4 p.m.

## EVENING PROGRAMMING

**Tuesdays-Battered Women Support Services**- Support for women experiencing violence. (LAST DAY JUNE 13<sup>th</sup>)

**Wednesdays-Power(women2women)**-social justice group and other activities from 5-8:00

**Thursdays-Healing Circle**- except the day after Welfare.

**Fridays-Taiko Drumming**-Learn to play big drums and train to perform **GROUP NOW CLOSED UNTIL FALL**

**Karaoke** - Sing a tune from all the ages with Reta and Jem.

Every second Wednesday from 2-4:30

**Community Kitchen**- Once a month, come and learn new recipes 'share your cooking expertise with everything supplied.

Bus Tickets and childcare 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 2:00 Painting 5:00 Healing Circle	2 2:00 Beading 5:00 Taiko	3 2:00 Video 2:00 Computer 2:00 Fabric Arts
4 1:30: Resumes 2:00 Video 2:00 MOSAIC project	5 10:00 CWS 10:00 Ceramics 11:00 Yoga 2-4 Conversation Café (new group) *	6 10:00 Massage & Sewing 2:00: Bingo 2:00 Health Info Prep for Mammograms 5:00 BWSS	7 12-2 Street Nurse 2:00 Crochet 2:00 Karaoke 5:00 POW2W	8 2:00 Painting 5:00 Healing Circle	9 2:00 Beading 2:00 Health Info for Mammogram 5:00 Taiko	10 2:00 Video 2:00 computer 2:00 Fabric Arts
11 1:30: Resumes 2:00 Video and Discussion	12 10:00 CWS 10:00 Ceramics 2-4 Conversation Cafe	13 10:00 Massage & Sewing 2:00: Bingo 2:00 Health Info. 3:30 Book Club (last one until Fall) 5:00 BWSS (last group until July)	14 12-2 Street Nurse 2:00 Crochet 2:00 Karaoke 5:00 POW2W	15 2:00 Painting 5:00 Healing Circle	16 2:00 Health Info. 2:00 Beading 5:00 Taiko	17 2:00 Video 2:00 computer 2:00 Fabric Arts
18 1:30: Resumes 2:00 Video and Discussion Group 5:00 Community Kitchen	19 10:00 CWS 10:00 Ceramics 11:00 Yoga 2-4 Conversation Café	20 10:00 Massage & Sewing 2:00: Bingo 2:00 Health Info.	21 NATIONAL ABORIGINAL DAY 12-2 Street Nurse 1:30 Sweat Lodge 2:00 Crochet 5:00 POW2W	22 2:00 Painting 5:00 Healing Circle	23 9:30 Indigenous Women (WPF) 2:00 Beading 2:00 Women and Militarism. (WPF) 5:00 WPF Dinner and Gathering	24 9:30 WPF Breakfast 2:00Video 2:00 computer (last one until Fall) 2:00 Fabric Arts
25 1:30: Resumes 2:00 Video and Discussion Group 3:30 Volunteer Meeting 7:00 Outing to Stanley Park (WPF)	26 10:00 Ceramics <b>MAMMOGRAM SERVICES ON SITE</b>	27 10:30 TOBACCO DAY 10:00 Massage & Sewing 2:00 Bingo <b>MAMMOGRAM SERVICES ON SITE</b>	28 12-2 Street Nurse 2:00 Crochet 2:00 Karaoke	29 <b>CENTRE CLOSED</b>	30 2:00 Beading 5:00 Taiko	



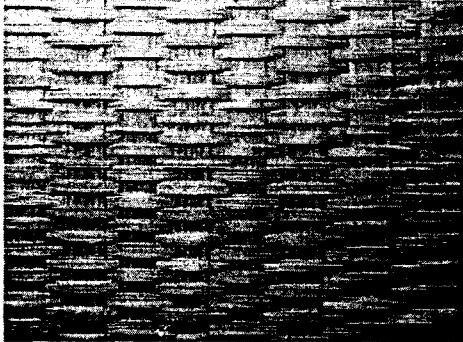
# News from Management Team

We keep hearing that women would like the Centre to open longer hours, this is one of our immediate goals. We need to find sufficient funding to ensure that for any changes we make we will be able to keep it going for at least a year. We are trying to raise \$100,000 to be able to open at least 850 extra hours a year. This will be a long process but very necessary because every day and every night women are in danger because there is no safe place for them.

There have been many new programs and activities at the Centre over the past few months. We would like to know what you think about them and what other needs you think the Centre should provide. This month we will be conducting another survey to find out how we are doing. We would also like to find out what women have experienced accessing Health Services and Addiction Services. This is so we can better advocate for appropriate and relevant care for women in the community. We have recruited the help of a student volunteer, Yael, who will be in the Centre to support women to fill in the survey, your comments and ideas are very important to us.

Last month we hosted a meeting to discuss the celebration of the Centre's 30th anniversary in 2008. Everyone wants a party! We want to celebrate the spirit of the Centre – strength, unity, dignity and hope. There were suggestions of a street party with all kinds of activities including a fashion show! In addition everyone felt we should commemorate the lives and successes of women of the Downtown Eastside by a book, film and/or a calendar. We will be working with a group of volunteers from the History Group to plan and organize these projects. Members are expected to be involved, not only with their ideas and opinions but they are expected to gather stories, take pictures, design the book, etc. The next meeting will be in September.

Last month we also hosted a meeting to discuss the finances of the Centre, there were 4 women who were very interested who attended. They were charged with sharing the information with others. Statements and budgets are available from Cynthia. The goals of the management team and the board are to ensure that we are accountable and responsible to our membership, to this end we will try to be as transparent as possible and provide information to you on all Centre matters.



Opportunities for creative expression.  
Opportunities for public exhibition of women's work.  
Opportunities for making some money.

## WEAVE

Women Engaged in the Arts – Vision and Empowerment  
Get involved and let's come together and make something of this project.

## *ART EXHIBITIONS!*

One of the goals of WEAVE is to create opportunities for public exhibition of women's work. We are organizing a number of exhibitions that will be held in the fall of 2006 and spring of 2007. Art by women will be chosen by jury – this means that an individual or group of community members and arts professionals will decide which are the best representations to be put in the show. Artist who are chosen will not only be paid to have their art in the shows but they will have an opportunity to sell their art work.

If you are making art at the Centre please remember to put your name on the art work. We will store the art work here at the Centre and submit the work to the jury. As we get closer to the exhibition we will provide some dates for women to submit their art work for consideration.

We are also exploring different ways for women to make money from their art such as making calendars, cards, etc.

### **MOSAIC WORKSHOP SUNDAY JUNE 4 2PM**

Hosted by the Firehall, learn different techniques and make your own art to keep.

### **Weekly activities:**

Monday – Ceramics

Tuesday - Sewing

Wednesday - Crochet

Thursday - Printing

Friday – Beading

Saturday – Fabric Arts

## **Kitchen Update**

**Hello from the kitchen! We – Stephanie and Ruth – have had a busy month this May. We reached our three month milestone here at the Women's Centre; we have finally started in on the nitty-gritty of creating the kitchen training program; we have served 5,581 plates and we have been repeatedly reassured that feeling overwhelmed and/or confused just means we are fitting in!**



**Volunteers in the kitchen**

**It has been a good feeling to put pen to paper to start working out the details of the training program. With help from Sara and Alice we have worked out a timeline for the next few months. By the end of June we plan to have our first draft of the program. In it we hope to include our goals and aspirations for the program – both big and little – the key learning components; how we hope to achieve those; what the program 'positions' will look like;**

**the length of the program and etc. etc.! Throughout July and August, with Sara's help, we will 'officially' kick off the program.**

**This means there is lots of time still for you to let us know of your interest and to pass along any suggestions you might have. If you are interested in gaining some – or possibly some more – kitchen/cooking experience – What would that look like? What would you like to learn? What would you like to learn more about?**



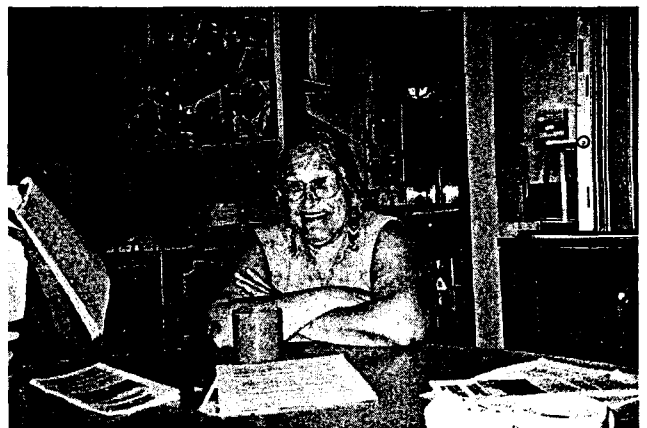
**DEWC Elders Advisory Council and Helpers**



**The DEWC Elders are an important aspect of the Centre which helps us be accountable and responsive to our membership. They make sure we do things in a good way. They also represent the Centre in a number of ways, at the Highway of Tears, World Peace Forum, Our Stolen Sisters etc.**

**Although this is a First Nations model of community building everyone benefits.**

**Our Elders can also be seen on the streets in the evenings and early mornings taking care of people in the community. They take the time to listen and comfort those who are most vulnerable and hurt on the streets. If you have any problems or concerns do not hesitate to approach any of the Elders for some support and help.**



# ***PEOPLE LIKE YOU!***

PEOPLE LIKE YOU was a performance project sponsored by Simon Fraser University and the Canadian AIDS Network and Action (CANFAR).

From last September until this April a group of women with HIV and Hepatitis C met each week – first once a week and then twice a week – to share their experiences and to learn how to use theatre skills to support each other, and to educate the community about living with these diagnoses.

The result was a 1 hour show that 12 women performed at Kla-Hiw-Eya in Surrey on April 28, and at the Russian Hall in East Vancouver on April 30, 2006.

The women acted out skills, told stories, and read poems about themselves and their families and friends: some were funny, some were sad, some used spoken word, others did mime, a few were movement pieces. All were performed with love and sincerity. The women worked really hard, met many challenges, and supported each other through the process. The show made audiences laugh, and cry, learn new things, and realize they were not alone. That the women who created PEOPLE LIKE YOU achieved their goals was obvious when audiences cheered and clapped and gave the women performers standing ovations at the end of both shows. It was an exciting project! (Dara Culhane PHD. of Anthropology).

I would like to thank Shari, Laurie, Judy, Barb, Lyanna, Corinne, Linda, Mary Lou, Cindy, Suzy, Lora, and Marian for a great show. The sense of accomplishment generated by the amount of work, time and commitment by these women will keep the questions being asked and answered by their lives.

I would also like to thank Dara Culhane, Steve Noble, Marion Krawsky, and Danielle Elliot for allowing me a chance to honour the lives of the women.

Submitted by Myrna Cramner, Outreach

## Poetry Corner

### WISE WOMEN'S WORD

God give me the strength  
To fight this weakness.  
Give me some peace to overcome this war.  
For inside, there are these Demons that take my heart  
And come back for more.  
God lessen the pain  
I suffer inside,  
Take all these hardships and replace them  
With Pride  
For on this road there is a fear,  
That these demons inside you will re-appear.  
But with your blessings I'll know for sure,  
You'll cleanse my wounds and make me pure.  
For you love me even though,  
I blow my mind with this soft crystal blow.  
So when I am lonely or deep in the thought  
Of all the happiness this white powder brought,  
Remember this prayer from deep within me,  
So I have the power to set myself free.

By ROSIE

## LOVE

The leaves now start to bud  
The robin sings its song  
Why does it seem like Fall?  
Perhaps there's something wrong  
Could it be 'cause Love is lost?  
Or was it never found?  
Be cause within my heart,  
Indicates no sound.  
They say it is better to love and lose,  
Then never love at all  
But if I only had the right to choose,  
I'd rather trip than fall in love again.  
By Gypsy (Diane)

# Top Ten List of Things a Volunteer Should Know

1. List your dreams and talents. Where do you excel? What have you always dreamed of doing? What do you really enjoy or would like to try? Is there a way to prepare, learn or try it as a volunteer?
2. Pick your duration. One size doesn't fit all, just like volunteer opportunities. I've found that volunteer projects come in three sizes: one-time, short-term and "whad'ya doing for the rest of your life?"
3. Make a commitment. Sometimes a volunteer project is an acquired taste. Give yourself a chance to have good days, bad days and in-between days. If after three months you see no redeeming value, then at least you can feel you gave it a fair chance.
4. Watch and learn. Seasoned volunteers can teach you the "ropes" so to speak. Observe them and follow their lead. Have confidence in the knowledge that you are capable and trainable. Balance that confidence with a dose of humility, also.
5. Ability need and desire. You must have the ability to do the service, there must be a need for the service, and you must have the desire to be of service.
6. Unpaid doesn't mean unprofessional. "Anything worth doing is worth doing well." All that we do, we need to do with our most sincere effort. Anything less is a disservice to those we are helping and ultimately to ourselves.
7. Balance is key. Priorities add balance. Charity begins at home—keep the priorities straight. Balance out family, work and volunteering. If you become overwhelmed, stress will set in and you won't enjoy doing anything.
8. Stand back and admire. Sometimes people forget to say "thank-you," so you will need to reward yourself. Be proud of your accomplishments—take the time to smell the roses, hear the raindrops on the pane, feel the snow on your nose, taste the cool clear water.
9. Find a home or make a change. Are you stale or still fresh? Are you learning, enthusiastic or approaching burnout? Check yourself periodically and act upon your honest answers.
10. Have fun! Life has enough drudgery; volunteering shouldn't be one of them. Giving of yourself should be uplifting and joyful. We are at our best when we learn, grow, play and serve each other with love and respect.