

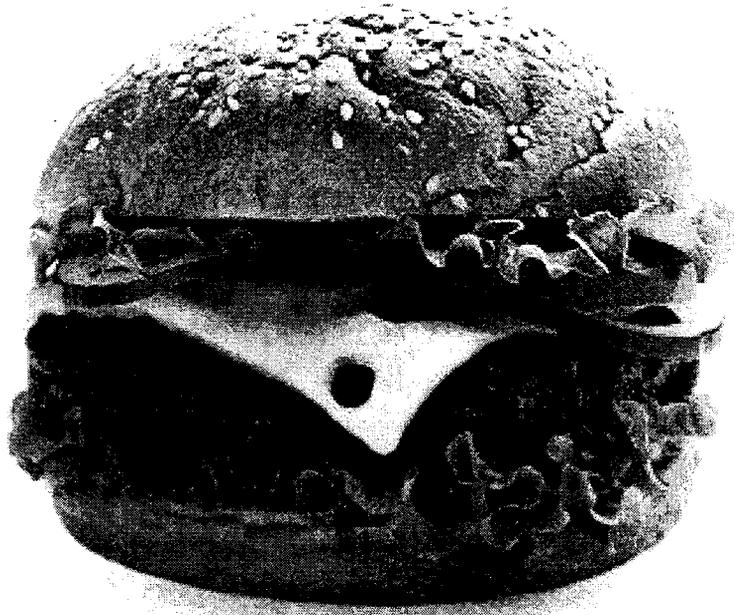


WOMEN'S CENTRE

D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In
August 2006 **Free**



DEWC ANNUAL BBQ AT CRAB PARK

Thursday August 17, 2006

12:00 – 4:00 (Centre closed for the day)

All Women and Children Welcome

UPCOMING EVENTS

Wednesdays, August 2, 16, 30, and September 13 2-4

Street Party Organizing Committee
Planning and Coordinating an event for 2,000 Guests

Wednesdays, August 2, 9, 16, 23, and 30 12 - 2

La Boussole Outreach Worker at the Centre
To provide support to French speaking members

Friday, August 11, 5pm

Elders Council Talking Circle
Residential School discussion and information session

Thursday, August 17 12 - 4

DEWC Summer BBQ at Crab Park
Games, Food, Entertainment and much more. Rides from the Centre.

Sunday, August 20 12 - 4

Outing to Trout Lake
Visit to the Latin Festival that will be at Trout Lake in East Van.

And much more...

For Your Information

For recipients of Income Assistance:

Effective July 19, 2006, MEIA Employment Assistance Worker (EAW) will provide liaison outreach services @ Health Contact Centre.

MEIA Employment Assistance Worker (EAW) will now be at the Health Contact Centre: Every 1st and 3rd Wednesday of the month @ 12:30 pm to 4:30 pm. Clients should sign up for appointment at 12:30 pm sharp as space is limited.

July 19th
Aug 2nd and 16th
Sept 6th and 20th

Health Contact Centre, 166 East Hastings Street

MEIA will provide Vancouver Coastal Health Contact Centre with the following services:

- Outreach Service: twice per month - four hours per visit, every 1st and 3rd Wednesday
- Case Consultation: EAW's available as required via telephone, email or while on site
- Emergency Needs Assessments (ENA's) and expedited applications for clients
- Liaison for clients who have open files in other MEIA offices



**For more
info. speak to
DEWC
Advocates:**

Barb or Liza



SEXUAL ASSAULT

Assault is the intentional use of force against another person without that person's consent. A sexual assault may include someone kissing, touching, or having sexual intercourse with you without your consent. It can be a stranger or it can be your lover, husband, date, friend, acquaintance, family member. This is a crime acted out in a sexual way. Power and control are the motives of this crime. Sexual assault is not a crime of passion or love. Any person, regardless of the relationship to the victim, can be charged for sexual assault. A sexual offense committed by a husband, boyfriend, girlfriend, brother, or father is a crime.

FACTS:

- Most offenders appear normal, and are known to the victim (89% of victims in B.C. knew their assailants)
- Women of every size, race, disability and age have been sexually assaulted. Studies of offenders show that most assaults are planned: the victim's dress or lifestyle have nothing to do with the offenders' actions. Women who are assaulted don't ask for it, either by the way they dress or by their lifestyle.
- A significant number occur in a home; many occur during the daylight hours.

There is no easy way to avoid being sexually assaulted. Depending on where you are or whom you are with, your options will be different. Your prime objective is always to get out of an offender's control.

In some situations, assertive behavior may prevent the assault. Many offenders look for women they can overpower to build their sense of power and control. If a self-assured, confident image is presented using a firm voice and direct eye contact, the offender may be dissuaded from the assault. In other situations, your best protection may be either to run, or scream to draw attention. The adrenaline created through your fear may give you strength to run faster or scream louder than you would normally expect.

Because of the often violent and unpredictable nature of a sexual assault, following all the suggested techniques does not guarantee the prevention of an assault. It is important to remember that assaults are neither provoked nor deserved.

You are not to blame if you are unable to stop an attack.

If someone you know has been Sexually Assaulted

About 40% of victims tell no one about their assault. They suffer in silence and humiliation.

Be a Friend!

If a friend has been sexually assaulted and turns to you for your support, the most important thing you can do is listen. Don't worry about what to say. Your friend trusts you, that's what is important. During the assault, all sense of power and control were violently taken away from them. Support them in reclaiming control.

1. Believe them. They need you to legitimize their pain and experience.
2. Tell them it was not their fault. No matter where they were, what they were wearing, if they were working the streets, or how much they were drinking or using drugs, no one deserves or asks to be raped. They are not responsible for someone's criminal behavior.
3. Refer them to a Victim Services Worker to help them figure out their options. They do not have to press charges to get help or receive confidential service.
4. If the attack has recently occurred, attend to their immediate medical needs. Caution them not to shower or douche if they have not yet done so. Remind them to save the clothes they were wearing. Get help yourself. You may need to talk to someone about your feelings.
5. Contact the downtown eastside women's centre for information!

Services Include:

- Crisis Intervention and Emotional Support
- Assistance with Police reports, referrals to appropriate agencies.
- Accompaniment to Hospitals, Police, Crown Interviews and court.
- Liaising with Criminal Justice System Personnel.
- Assistance with Crime Victim Assistance Applications and Victim Impact Statement.

If you are Assaulted

1. Get to a safe place.
2. Get medical help.
3. Call a friend, family member or the police and have them accompany you to be checked out for physical injuries, pregnancy, and sexually transmitted diseases.
4. Do not douche or shower.
5. Save the clothes you were wearing.
6. You are not required to go for HIV testing right after you are assaulted, and it is advisable to wait to be tested until after your examination.
7. Emergency medical assistance is available at Vancouver Hospital Emergency. A team of female physicians from a Sexual Assault roster provides on-call examinations, medico legal assessment and crisis intervention on a 24-hour basis. Call 604-875-2881.
8. Call the WAVAW 24-hour Crisis Line for support and information at 604-255-6344 or 1-877-392-7583.
9. Call the Police. For emergency help, call 911.
10. Non - emergency help is also available from the Community Safety Office at 501 E. Hastings or call 604-687-1772.
11. Report the assault to the police.
12. Come to see the Victim Services Worker at the D.E.W.C for support and assistance.



Victim Service Worker: Carol

Believe in yourself.

What happened to you was wrong. No matter what you were doing or wearing or where you were when the assault took place, you are not to blame.

Give yourself time to heal.

Recovery from sexual assault is different for everyone.

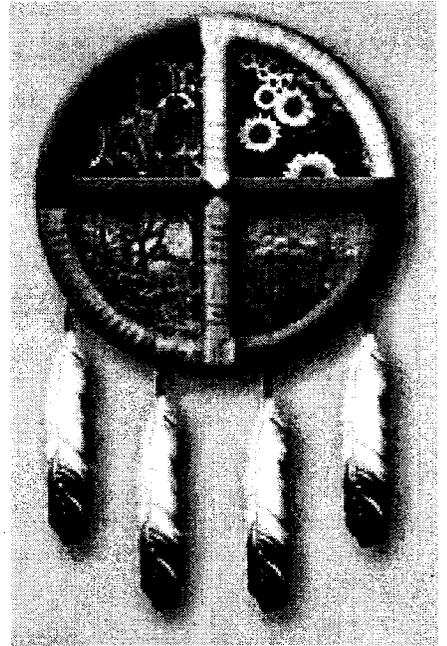
Consider counselling. Sometimes talking can be the most important step to healing.

Carol and Reta are at the Downtown Eastside Women's Centre. Tuesday, Wednesday, Thursday, Friday and all day Saturday.

Book an appointment or just drop in.

ELDERS COUNCIL TALKING CIRCLE

As early as 1874 the Government of Canada was developing and implementing a government system to eliminate ALL First Nations culture and language. Of course this was already happening since first contact. Residential schools were funded by Ottawa and run by the Roman Catholic, Anglican, United and Presbyterian Churches from the 1930s to the 1970s. It is estimated that there are over 80,000 living survivors. Many others have passed on prematurely because of the trauma and legacy of the Residential School. In November 2005 the government, in negotiations with the Assembly of First Nations reached an agreement to compensate survivors of residential school. The process for compensation is complicated and extremely difficult, emotionally and bureaucratically. No amount of money can make up for the incredible damage the government has done to individuals and communities.



The DEWC Elders Council would like to host a talking circle for survivors of residential school. If you are an Aboriginal, First Nations and/or Metis woman and you would like to find out about the compensation process, this is also a chance to talk about your experiences in a good way.



FRIDAY AUGUST 11
Dinner at 5:00

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—NOT THIS MONTH

Conversation Cafe - new group starting on June 5th from 2-4
Street Nurses, Christina or Liz, scheduled to be announced
Sweat Lodge - Every second Wednesday, Elder Reta will take women to the Lodge, meet at the Centre at 11:30.

ARTS & CRAFTS WORKSHOPS

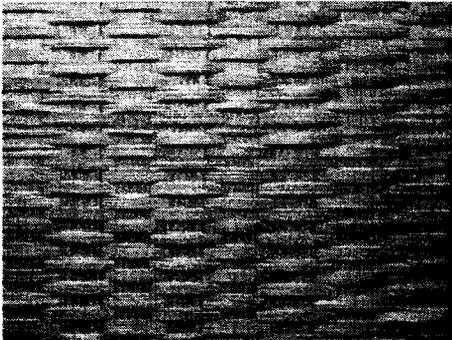
Painting-Join Tara and the WEAVE project for all types of Art- materials supplied- every Thursday - 2:00 pm. DEWC will host a Fall Art show of works so contribute your gifts.
Crochet with Anna & Freeda-Every Wednesday, 2:00pm.
Sewing Circle with Freeda- Every Tuesday morning, 10:00am.
Beading with Leona- Cancelled until further notice.
Ceramics- Every Monday from 2-4 OR 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.
Wednesdays-Power of women2women-social justice group and other activities from 5-8:00
Thursdays-Healing Circle- except the day after Welfare.
Fridays-Taiko Drumming-For anyone who has been to previous workshops - **GROUP CLOSED UNTIL SEPTEMBER**
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 out to make a meal together and pack some for home. All ingredients provided.

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 Sewing 2:00: Bingo 5:00 BWSS	2 2:00 Street Party Organizing Committee 2:00 Karaoke	3 11:00 UBC Writing 101 Info. Session 2:00 Painting 5:00 Healing Circle	4 5:00 Taiko Closed Group	5 2:00 Video 2:00 Fabric Arts at Powell Street Festival - Oppenheimer
6 2:00 Video	7 CENTRE OPEN 12-5 2:00 Conversation Café 2:00 CWS 5:00 Recycling Committee	8 10:00 Sewing 2:00: Bingo 5:00 BWSS	9 2:00 Crochet 2:00 Karaoke 5:00 POW2W	10 5:00 Healing Circle	11 5:00 Taiko. Closed Group 1-4 Outing Lighthouse Park 5:00 Elders Talking Circle	12 2:00 Video 2:00 Fabric Arts
13 2:00 Video 5:00 Community Kitchen	14 2:00 Conversation Café 2:00 CWG	15 10:00 Sewing 2:00: Bingo 5:00 BWSS	16 1:00 Journalism 101 2:00 Crochet 2:00 Karaoke 2:00 Street Party Organizing Committee 5:00 POW2W	17 CENTRE CLOSED DEWC Summer BBQ AT Crab Park 5:00 Healing Circle	18 5:00 Taiko Closed Group	19 2:00 Video 2:00 Fabric Arts
20 2:00 Video 3:30 Volunteer Meeting	21 2:00 Conversation Café 2:00 CWG 2:00 Ceramics Centre Closes at 4:00pm 4:30 Volunteer BBQ at Stanley Park	22 10:00 Sewing 2:00: Bingo 5:00 BWSS	23 2:00 Karaoke 2:00 Crochet 2:00 Self Care	24 CENTRE CLOSED	25 5:00 Taiko Closed Group	26 2:00Video 2:00 Fabric Arts 5:00 POW2W
27 2:00 Video	28 2:00 Conversation Cafe 2:00 CWG 2:00 Ceramics	29 10:00 Massage 2:00 Bingo 5:00 BWSS	30 12-2 Street Nurse 2:00 Crochet 2:00 Karaoke 2:00 Street Party Organizing Committee 5:00 POW2W	31 5:00 Healing Circle		

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



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

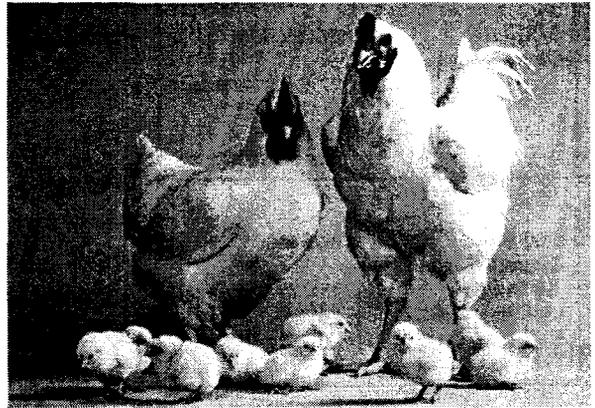
WEAVE

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

THE HEN PARTY

“Nobody here but us chicks!”

Hen parties were the name for women gathering to quilt, sew, gossip, laugh and keep each other safe and sane. When women did not have the right to vote, they could join Sewing Circles to engage in collective action, from peer support to fund-raising for the community. One of their most remarkable achievements was their work to abolish slavery in the USA and operate the Underground Railroad for runaway black slaves. When men write the history books, our herstory often gets left out. In mainstream society, women's art and women's work have often been confined to archeological and traditional categories, and given lesser value than paintings in picture frames by white men.



The centuries-old tradition of women creating art together is being kept alive by the WEAVE project, at the Downtown Eastside Women's Centre, Saturday afternoons from 2 - 4. Workshops are free, and run on a drop-in basis, and materials are provided. Just bring yourself and your ideas! I encourage individuality and imagination; I'll show you the basic stitches and techniques, but what you do is up to you. We do hand-stitching, which enables us to sit and talk with each other.

The weekend of August 5 & 6 we will have a display and sale of the work we've done at the Powell Street Festival in Oppenheimer Park, which starts at 11:30 and goes 'til 6 or 7. So our sewing circle will be happening there instead of in the Centre. I will be teaching everyone the Log Cabin quilt pattern Saturday from 2 - 4. Diane W.



Recycling

An update from Caren, Ruth and the Green Committee

So the 'Green Team'... or the 'Greenies'... or the 'Greening the Centre Committee', whatever our name is, has seen some good

things happen in July. We held our second meeting on July 2 and affirmed that our primary focus would be to get more recycling happening in the Centre. Our long term focus would be to work on a community garden action plan.



Caren, Peer Support

Ruth, Kitchen Trainer

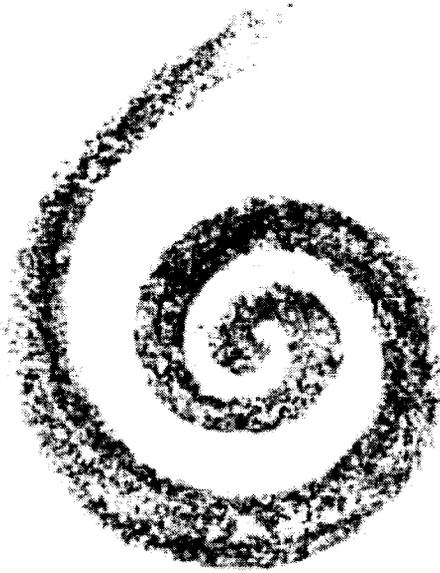
In addition, Caren contacted Bridge Housing and found out that we could get 'Blue Bins' through them! We still have to work out some details but it looks like things may happen sooner than we first thought. On July 24 Darla Simpson met with us and talked about what can be recycled and what it gets recycled into and what sort of things we need to pay special attention to when we start up the recycling program. Did you know that it takes only 10 small plastic water bottles to make the polar fill for 1 ski jacket? Weird. We also talked about how to get the greatest number of people interested and involved. Darla is the Executive Director of the Pacific Resources Conservation Society. She has done a lot of work helping schools to set up recycling programs and is very excited to be involved in a community organization like the DEWC. She brings a lot of useful resources, contacts and ideas to share.

Our next meeting is Monday August 7 at 5:00. Look out for posters and sign-up sheets and join us for dinner, good company, discussions, poster making and plant re-potting! Take home a plant of your own.

Monday August 7, 5PM
Recycling Meeting
AND

POTTED PLANT EXTRAVANGAZA





SELF CARE with Davi Wednesday August 23 at 2pm

This is chance for women to come together to talk about self care and share ideas on make up, Yoga, Hair Cuts, relaxation and much more. Our bodies have experienced so much trauma, some of us feel completely betrayed by our bodies because of poor health, abuse, undesired attention, weakness and much more. Despite what our bodies have gone through we resist and we survive. Give your body the attention it deserves – in a good way.



Chit chat with others and receive positive affirmation.
Discover your inner beauty and build self esteem.

La Boussole est un centre communautaire qui soutient la communauté francophone dans le besoin.

Services disponibles :

- Accueil, information et référence
- Intervention d'urgence
- Encadrement social
- Banque de nourriture
- Recherche d'emploi
- Lieu de rencontres et d'échanges
- Réception de messages et du courrier
- Banque de ressources
- Interprétation et traduction
- Recrutement et formation de bénévoles
- Cuisine communautaire

Heures d'ouverture :

Du lundi au jeudi 9h à 16h, sauf le mardi soir où les services sont offerts jusqu'à 18h. La Boussole fait aussi une place aux femmes en leur réservant la journée du vendredi de 9h à 16h, pour discuter entre femmes, prendre un café ou bien participer à des activités qui les intéressent.

Annabelle Leclerc est la travailleuse sociale de La Boussole. Elle se déplacera au Downtown Eastside Women's Centre pour discuter avec les femmes francophones, chaque Mercredi midi entre 12h et 2h pm.

News from the Management Team

Last week I was rude to a woman at the Centre.

It made me feel terrible and frustrated, this is not the kind of person I want to be.

Last week I volunteered to support an evening group facilitator by serving the meal, setting up and cleaning up, the event was suppose to end at 7:00 in the evening. By ten after seven women were still in the Centre, one woman decided at that time that she wanted to pack some left over food. That food had been sitting on the table since 6:30. I had an appointment with my family at 7:30, in my rush to close the Centre to get home I was extremely abrupt and rude – I took the platter back to the kitchen indicating that she should have packed the food while she had the time.

I was frustrated because many women in the Centre do not take responsibility for themselves and for the Centre. As a paid staff at the Centre I have a role to keep the Centre operating smoothly. It does not mean that women from the Centre are entitled to treat me disrespectfully. Programming at the Centre is possible because staff are willing to stay after work, come in on their day off, do things that are not in their job description – cooking, cleaning, dishes, unclogging toilets, etc. We also depend on volunteers for the special events here. My time is valuable, my commitment to my family is important. At the time I felt as though this woman did not respect my commitments outside of the Centre, like she was the only one I should pay attention to! Most importantly she did not appreciate the effort I made to create something good at the Centre. As it turned out because of my mood I made a good thing crappy!

These feelings I had did not justify my rude and cold actions. For that I apologize.

All of the staff at the Centre, especially the Peer Support Staff are constantly faced with these kinds of situations and much worse – women swear at them, threaten them, throw things at them, etc. Our staff are women with amazing spirit and generous hearts but we also come with our histories, needs and responsibilities outside of the Centre. We make mistakes and we learn from them.

Women of the Centre please take responsibility to be the person you can and hope to be, this is your space, we all work together to create the kind of Centre that we are proud to call home. This means taking care of each other and challenging ourselves. Women in this community have so much pain and hurt, we cannot reproduce the pain and hurt here. We all deserve consideration kindness and attention, even the staff. In the future I will try harder to express myself in ways that get us all to a place of working together and sharing rather than getting all pissy, offended and hurt!

Cynthia



Poetry Corner
WISE WOMEN'S WORD

DREAMS

If you had a dream
You'd love to share it with your friends,
especially community dreams.
Where poverty is not longer an issue.
Where crime doesn't exist.
Where people can walk freely,
without being afraid
Where drugs and alcohol doesn't come into one's life.
Where the governments won't forget the poor.
Allowing for better living standards,
and education opportunities.

It is up to all the communities,
to work, share and care for our surroundings.
Our dreams can actually come true.
We can all strive hard,
working towards our achievements.
Thanks for all the support,
that's already happening.

All my Relations,

Bonnie E. Stevens

The Downtown Eastside Women's Centre, in collaboration with other DTES community groups, proudly presents its 3rd Annual Street Party:

Celebrating Our Journeys:

A Downtown Eastside Neighbourhood Street Party

Sunday, September 17th, 2006 – 12 to 6pm
300 Block Columbia Street

This event is a community event supported by numerous DTES community groups, businesses, and individuals. Over 2000 DTES residents and supporters attended last year. The street party includes a BBQ, a community information fair, an artisan market, and an exciting lineup of performances in the afternoon.

Celebrating Our Journeys, is a celebration of women in this community who – despite poverty, violence and racism – continue to laugh, sing, dance, and resist.

As always, we are in need of individual and organizational support – both before and during the event - in the following areas: Food and Refreshments, Performance and Entertainment, Donations, the Artisan Market, Media and Promotions, Logistical Support, the Children's Corner, Decorations, and Volunteers.

If you are interested in getting involved, please contact;
Cara Ng at 604-681-8480 x242 or email celebratingourjourneys@yahoo.com.

Women are encouraged to attend our Organizing meetings every other Wednesday at the Downtown Eastside Women's Centre (302 Columbia Street):

2:00 pm on August 2nd, 16th, 30th, and September 13th