



# D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

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



## Street Party Highlights!

**Elders Speak Wisdom from the Aboriginal Friendship Centre**

### INSIDE:

- Calendar of events/ workshops and outings
- What to do if stopped by the police
- Letter from a member
- News from Management Team

# UPCOMING EVENTS

**Sunday, October 1 5-7**

**Recycling Committee**  
Planning and Coordinating for a GREEN Centre

**Sunday, October 15 5-8**

**Community Kitchen**

**Monday, October 16 5-8 Rose Spahan**

**Monday, October 23 5-8 Tania Willard**

**BIG Art Workshop**  
Collaborative art for exhibition. Meal and bus tickets provided

**Wednesday, October 18**

**DEWC ANNUAL HARVEST DINNER**

The Centre will be closed until 12:00 when we will open for the Harvest Dinner.

**Sunday, October 22 4-6**

**DEWC Financial Statements Review**  
Presentation and Discussion of the DEWC 2005-2006 Audited Financial Statements  
in preparation for the Annual General Meeting

# Letter from a member

## Support Groups

The ins and outs of the Native Organizations are as to me is. When I was in great need of help there was none to be found when you were employed...your own Employer for example fired me even when I had a Doctor's letter. Try to demolish in society by saying I wasn't fit to be in the work force. Try to make it hard for me to collect E.I. but sorry folks; I had proof from the Doctor, that I had a problem with drugs & alcohol. Instead of sitting me down and talking to me, they said you're fired. This is an organization that is helping women that have drug & alcohol problems when they are pregnant. The dismissal made me feel like I was worthless. It just made me give up on myself. I went down and out with my drugs and alcohol. I believe that any organization should look in their staff issues too. The staff go through a lot of things working with all the women and end up getting caught up in their problems They end up taking it home. Why not try a glass of beer or drug of choice; it will take away my pain, anger, loss or anything. I ended up doing this all, realize it, confronted it, but ended up with a slap across the face. Come all you Native & Non-native organizations open your EYES, it is probably happening as we speak.

So instead of dismissing your staff, look at all issues first before judging the person. Today I want to thank the YWCA for having support groups. I wouldn't be on this path, I'm proud of being apart of the FASD Peer Support Group, it has helped me out. Now I want to know what is happening with our correctional system. Are they looking into why our children are in and out of the system. Where did the problem start? Did it start at home or at school? Did the professionals look into their problems? Did they take the time to see why there is a vicious cycle here? Maybe there is a learning disability and not realizing what is right or wrong. It is about time all professionals native and non native open their EYES. We as a community should all start to work together instead of ignoring the problems we are having. Teach our children early about the dangers of drugs and alcohol if they are planning to have children of their own. As a grandmother of 8 or more, I'm learning how to love myself because it has been a long journey. Fighting all the way to be drug and alcohol free. The Creator is my MENTOR.

All my relations,

Bonnie Stevens

# Living the Sweet Life

Preventing Diabetes requires taking care of ourselves in all ways – spiritually, mentally, emotionally and physically. Learn how we can support each other avoid the Diabetes Epidemic through healthy eating.

Monday October 30, 2006

2:00 – 4:00

Healthy snacks provided!

## D' FACTS

1. In BC, there are more than 210000 people living with diabetes
2. This does not count the 1 in 3 people who have diabetes but don't know it.
3. Symptoms include increased thirst, increased urination, weight loss in spite of increased appetite, fatigue, nausea, vomiting, frequent infections, blurred vision, bad breath and feelings of skin tightness.
4. Diabetes is completely manageable through diet and life style.
5. Expenses related to diabetes such as medicine and testing are covered under your medical.

Brought to you by ADAPT Program from Vancouver Native Health and the DEWC kitchen staff.



# News from the Management Team

It is time for our Annual General Meeting which is held every year.

*An Annual General Meeting (commonly abbreviated as AGM, also known as the annual meeting) is a meeting that official bodies, and associations involving the public (including companies with shareholders), are often required by law (or the constitution, charter etc. governing the body) to hold. An AGM is generally held every year to inform their members of previous and future activities. In organizations run by volunteers (as in the DEWC), the AGM is generally the forum for the election of officers or representatives for the organization.*

At this meeting the DEWC Board of Directors, Management and Staff team provide information about the various programs and activities that have occurred over the past year. It is also a time to share what are goals and plans are for the future. The Centre members will also have an opportunity to review the audited financial statements of the Centre. These statements reflect the financial transactions that have occurred in the Centre. An external accounting firm, Margaret Newton and Company, have reviewed all our financial activities to ensure that we are conducting our business in a legal and appropriate manner, as is required under the law. Members concerned about this aspect of Centre activities are invited to attend a forum prior to the AGM on Sunday October 22, 2006 from 4-6.

Following the reports, the current Board of Directors will step down and the membership will vote on a new slate of Board members. The DEWC Board of Directors makes decisions about the overall future and direction of the Centre. The Board works with the Management Team (responsible for day-to-day operations and decision making) to ensure that we:

1. Make decisions which guide the overall work and directions of the organization as a women center in the Downtown Eastside.
2. Are responsible for the financial fitness of the DEWC.
3. Are legally responsible for the DEWC.

Centre members have a responsibility to elect people who will work in the **best interest** of the Centre in collaborative, collective and positive ways. This means that Directors are expected to attend regular meetings, participate in committees and assist in activities where appropriate. Please attend the AGM and take your place as a shareholder in the Downtown Eastside Womens' Centre.

# 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** - Every Tuesday from 10 - 12

**Conversation Cafe** - new group starting on June 5<sup>th</sup> 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 - 10:00 am. 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**- We're Back! Every Friday at 2:00pm.

**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 would like to learn taiko.

**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 2:00 Video <b>5:00 Recycling Committee</b>	2 10:00 Chinese Women's Group 10:00 Ceramics	3 10:00 Sewing & Massage 12:00 Street Nurse 2:00: Bingo 5:00 BWSS	4 2:00 Crochet 2:00 Karaoke 5:00 POW2W	5 10:00 Painting with Tara 5:00 Healing Circle	6 2:00 Beading 5:00 Taiko OPEN	7 2:00 Video 2:00 Fabric Arts
8 2:00 Video	9 10:00 CWG 10:00 Ceramics	10 10:00 S & M 12:00 Street Nurse 2:00: Bingo 5:00 BWSS	11 2:00 Crochet 2:00 Karaoke 5:00 POW2W	12 10:00 Painting with Tara 5:00 Healing Circle	13 2:00 Beading 5:00 Taiko OPEN	14 2:00 Video 2:00 Fabric Arts
15 2:00 Video <b>5:00 Community Kitchen</b>	16 10:00 CWS 10:00 Ceramics Painting <b>5:00 BIG Art Workshop with Rose Spahan</b>	17 10:00 S & M 12:00 Street Nurse 2:00: Bingo 5:00 BWSS	18 <b>HARVEST DINNER Centre Open Seating at 12:00, 1:00 &amp; 2:00</b> 5:00 POW2W	19 10:00 Painting with Tara 5:00 Healing Circle	20 2:00 Beading 5:00 Taiko OPEN	21 2:00 Video 2:00 Fabric Arts
22 2:00 Video <b>4:00 DEWC Audit Finance Review</b>	23 10:00 CWG 10:00 Ceramic Painting <b>5:00 BIG Art Workshop with Tania Willard</b>	24 10:00 S & M 12:00 Street Nurse 2:00: Bingo <b>5:00 Annual General Meeting</b>	25 2:00 Crochet 2:00 Karaoke	26 <b>CENTRE CLOSED</b> 5:00 Healing Circle	27 2:00 Beading	28 2:00 Video 2:00 Fabric Arts
29 2:00 Video 5:00 POW2W	30 10:00 CWG 10:00 Ceramic Painting <b>2:00 Diabetes Workshop</b>	31 10:00 S & M 12:00 Street Nurse 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

# Call out to Women Artist

## DESCRIPTION:

Gallery Gachet, the Downtown Eastside Women's Centre and WEAVE are pleased to announce a call for artists for an exhibition of artwork by women from the downtown eastside in conjunction with the Heart of The City Festival. This exhibition will be held at the Gallery Gachet from November 4th to the 24th 2006. This competition is open to all women artist who live or work in the downtown eastside of Vancouver. The title of the show is 'Messages of Hope and Dignity' voices and visions from women of the Downtown Eastside.

Artists are asked to submit their artwork to the selection committee on **Tuesday October 17, 2006 between 10am and 4pm**. Please make sure that you include your name and contact information with the submission. Artist who are chosen by a selection committee will be paid an artist fee (amount to be decided) for exhibiting their work.

## HOW TO APPLY:

1. Label all the artwork that you will be submitting.
2. Bring your artwork to the DEWC (302 Columbia) on Tuesday October 17th between 10am and 3pm.
3. Leave your artwork and the necessary forms with either Rose Spahan or Cynthia Low

*The selection committee is made up of artist and community members, their role is to select art for the exhibition that is consistent with the theme of the exhibition and with Centre values.*

## NEXT STEPS:

1. All submitted artwork will be reviewed by the selection committee.
2. Exhibition selections will be announced by Tuesday October 24, 2006. Please check the message board next to the reception desk at the DEWC.
3. If your work has not been selected you may pick up your work on Monday October 30th between 10am and 4pm, please see either Rose Spahan or Cynthia Low.
4. If you have been selected you will be invited to a meeting on Monday October 30 at 4pm at the DEWC to discuss artist fees and exhibition details.

For any further information please speak to Rose Spahan who is at the Centre on Monday and Tuesday.



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

## WEAVE

Women Engaged in the Arts –  
Vision and Empowerment

Tania Willard has worked  
with the aboriginal youth

community in media arts for over 6 years. A practicing artist Tania works with story and the power of expression to give voice to marginalized communities. Using art to empower, to express and to cope with the struggles of aboriginal peoples. Tania graduated with an Honors degree from the University of Victoria in Fine Arts. She has been involved in community radio, curating and exhibiting emerging and young First Nations artists, advocacy and a national Aboriginal youth magazine Redwire. Tania currently runs a freelance business in design and illustration. Her work is inspired by Louis Riel's statement that, "Our People will sleep for a hundred years and when they awaken it will be the artists who give them back their spirit."



### BIG ART WORKSHOP TWO and THREE

October 16 & 23, 2006

5:00 – 8:00

Dinner at 5:00

All supplies, materials and one bus ticket provided.

WEAVE is working towards a Community Arts Exhibition for November and February. These collaborative art pieces will be submitted. Rose Spahan (October 16) and Tania Willard (October 23) wishes to invite women artists to voice their visions on paper.

TO SHOW TO THE WORLD.



## **IF YOU ARE STOPPED BY THE POLICE - STATEMENT FOR POLICE**

Officer, if i am under arrest or being detained, please tell me so.  
If i am free to go, please tell me so.

If i am under arrest, please tell me why.

I want to exercise my right to silence and my right to speak to a lawyer before i say anything to you.

I do not consent to be searched.

If you need me to do something, you must first command me and explain why.  
I will not willingly talk to you until i speak to a lawyer.

Thank you for respecting my rights.

**If you are stopped by police**, give them the top part information or read it out loud to them. If they say you broke the law, give your name, address, and birth date.

Then, **do not say anything** until you talk to a lawyer. If they command you to do something, politely ask why, and then do it silently. Call a lawyer as soon as you can.

### **POLICE ARREST: Silence is Golden.**

Each situation is different, and you must use your common sense. However, you can rely on the rights listed below. Stay calm, quiet, and try to remember everything that happens.

**To speak to a lawyer call: 1- 888 - 978 - 0050**

### **My Rights:**

- **I can refuse to talk to the police or answer their questions.**
- **I can insist on my right to speak with a lawyer as quickly as possible.**
- **I can ask a police officer to tell me his name or badge number.**
- **I can get help from a lawyer even if i can't afford to pay.**
- **Before the police search my house, my car, my belongings or my body, i can insist that they show me a search warrant, or explain clearly why they are searching me and what they are looking for.**
- **I can insist that a strip search be private and seen only by officers of the same sex.**
- **I can leave unless i am being arrested or detained.**

# News from the Peer Support Staff Team

Full time Staff Caren Matticks and Davi Pang, relief staff Darcey, Erin and Joyce (no pic).



By Caren Matticks

It has been about 7 months since we started our Peer Support Program in the Centre and I have noticed a change. More women are helping with the care of the Centre. For example; women are wiping up the tables, putting the garbage in the cans and dishes in the dish bin. They are also helping each other, especially those who are elderly or disabled. To those women a warm and heart felt thank you. It is the women's Centre and this Centre belongs to you.

Peer support and self help is about individuals and communities coming together to help each other and ourselves. Our peer support workers can also help you with toiletries, long distance calls, and referrals to shelters and other agencies. Ask one of us and we may be able to support you to help yourself.

Sometimes we have to take action that is very difficult, recently there was an incident in the drop in with a member, K (not her real name), Carol Martin and I. Some members found the action very disturbing and have complained about how K was treated. Some felt very bad witnessing this incident. I would like to apologize to anyone who found this offensive, it was an extremely difficult and potentially harmful situation. There was no choice but to physically lift K off the floor and guide her out of the Centre. She had been throwing cups and there were shards all over the floor. She was physically lifted so she would not cut herself and also so she would discontinue her behaviour which may have harmed other women. K and I have spoken since, we have both admitted our part in the incident and the mistakes that were made. As a result we have a deeper understanding of what is acceptable in the Centre and the needs of the individual member (K) are much clearer.

When someone is hungry, cold, fearful, vulnerable, lacking in sleep and tobacco they may not be open to being told to how to behave at the Centre. They need understanding and empathy. It is a balancing act for the peer support workers to maintain a space for so many with such diverse needs and expectations. Through good communication and some mistakes we can focus on creating goodness at the Centre.

*With sincere apologies, Caren Matticks*



WOMEN'S CENTRE

**ANNUAL GENERAL MEETING  
TUESDAY OCTOBER 24, 2006  
5:00 – 8:00**

Please join us for our AGM to review the year and to vote for a new slate of Board of Directors that will provide leadership and guidance for the next year.

**Pre AGM Finance Review**

**Sunday October 22, 2006 4:00 – 6:00**

Review the audited 2005-2006 DEWC financial statements. Discuss what money was received and how the Centre money was spent.