



D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In

~~January~~ 2007

Free

February



By Annie

WEAVE Exhibition at Business Objects

February 22, 2007 5:00

INSIDE:

- Calendar of events/ workshops and outings
- Centre Contest!
- Photoalbum
- News from the Night Shift

Sunday, February 4, 5:00

BIG Art workshops with Cynthia Low - bring found objects.
Create collaborative art for exhibition!

Saturday, February 10 & 17, 5:00

BIG Art workshops
Create collaborative art for exhibition!

Wednesday, February 14, 12:00

16th Annual Memorial March

10AM Breakfast at the Centre. Feast at the Japanese Hall at 3PM

Sunday & Monday, Feb. 18 12-5 & Feb. 19 10-5

SHOPPING EVENT AT THE CENTRE

Get a pair of new shoes and new clothing items.
Sign up for a designated shopping time on the day of the event.

Sunday, February 18, 5:00

Community Kitchen

Share skills and tips for cooking and nutrition.
Cook together for take out and eating in!

News from the Management Team

The Centre is now open 14 to 16 hours a day, it has been relatively smooth compared to the incredible stress and hardship women from the community are experiencing. There are 6 new staff in the Centre who mostly work in the evenings. They have been doing an amazing job considering they received very little training and had to start almost immediately with minimal support! Thank you to all the staff who have helped in so many ways – cleaning toilets, mopping floors, hauling garbage – it is not in any job description but everyone has the best interest of the Centre in mind.

There have been some confusion regarding the policies and procedures of the Centre because of the emergency shelter. We would like to clarify that the function at night, the Emergency Shelter is radically different from Centre operations during the day when we are a Drop In Centre.

The barring guidelines are different for the night time Emergency Shelter, women are rarely barred for more than a night. If a woman is particularly difficult and causing a risk to others, she will be asked to leave. She can usually access the DEWC ES again the following night.

Barring either from the Drop In or the Shelter are separate matters, if someone is barred from the Drop In it does not mean that they cannot access the shelter. The DEWC Emergency Shelter is primarily for women who are homeless and/or at risk for homelessness and violence. This is not a social gathering place for women to hang out. The role of the Emergency Shelter is to maintain a safe refuge for homeless women. To this end the ES is open 11pm until 8am. At 4am the doors are closed to ensure that women sleeping in the shelter are not disturbed and women are not coming in after 4am to sleep. When this happens it is extremely difficult to get women up at 7am because they have not had adequate rest.

The ES is for women who cannot find housing anywhere else or need refuge from violence immediately. Where possible shelter staff will find alternate emergency shelter – that have real beds and shower facilities! Most of the women using the Centre as a Shelter have very complex challenges this includes difficult behaviours, mental health and addictions. These are also women who have been extremely traumatized and exploited, they have acquired skills and attitudes to survive that may not be 'nice' or in line with Centre guidelines. Our main priority is to keep them safe through the night, but not if they are a risk to others and staff.

We will continue to work collaboratively with staff and members to ensure that the services are relevant and consistent with the Centre mission remembering that rules are there to help people for the community good NOT used against us.

HEAR OUR SPIRITS CALL

(Dedicated to the 16th annual women's Memorial March)

We were
Mothers Daughters Sisters Lovers
We were

Hear Our spirits call
Hear Our prayers

We pass the torch to you
You are Our voice You raise the flag
Against ignorance and apathy
Against cruelty and greed
Against systemic racism and gender bias
In this city In this country and all around the world

We are with you
We walk beside you in spirit
We hear your cries
We know your fears We see your tears

For We are in the morning light
We are in your joy and in your pain
And as you gather to fight the fight
We are in the sunlit rain

You know Our story
We ask that you walk in glory

Walk for Our children
They are Our future
They will be
Mothers Daughters Sisters Lovers
Hear their prayers

Walk for peace Walk for Justice
Walk for Equality Walk for Opportunity
Walk for and in Our memory

Someday soon Voices will rise
We have Our freedom
We have victory

Dalannah Gail Bowen



Moonlight Report

From Caren Matticks

I was happy to hear that DEWC had received funding to keep the emergency shelter open till March 31st. I had faith in our management team, staff, elders and everyone else involved to keep the shelter open. What an amazing group of women, now that I have acknowledged how truly amazing you all are, can you do it again. Extend the closure indefinitely.

As you know the shelter is open from 11:00pm to 8:00am, doors are locked at 4:00am. If you are not in the Centre by that time you will not be able to access the Centre. This is so that women are able to sleep undisturbed.

I would like to thank all of the women who volunteer at night, you are what keeps the Centre going. In appreciation for all your hard work there will be a pizza and pop night on the Tuesday before cheque issue day at 9pm. Please see me if you plan to attend.

Lately, there have so many random acts of kindness in the Centre. Just to mention a few;

- A woman came into the Centre soaking wet, her pants were wet and there were no pants in the clothing room. Another woman gave her an extra pair she had, probably one of very few pieces of clothing she herself owned.**
- Women often give up their blankets for others who have none.**
- One of our members bakes cakes and cookies and donates them to the Centre every night for the women.**
- Thank you to FN who gave the Centre \$100.00 after she spent 3 nights here when she really needed it. She came into some money and wanted to give back to the Centre!**

There are so many women who are caring, helping each other, it is nice to see – Here's to Random Acts of Kindness!

Caren

EMERGENCY SHELTER HOURS

EVERY NIGHT

11:00PM – 8:00AM

**SOUP SERVICE
WATER AND TEA**

**NO CLOTHING ROOM
NO SHOWERS
NO TELEPHONES OR
COMPUTERS**

Diabetes Workshop Update

In October the DEWC hosted a diabetes workshop with ADAPT at Native Health. 7 – 10 women participated and many more dropped by for information and to check out the displays.

The discussions touched on many aspects of diabetes prevention and certain tools that can be helpful in managing diabetes. Some warning signs include;

Being thirsty a lot;	Blurred vision;
Having to pee often;	Infections that do not heal;
Gaining or losing weight;	Cuts and bruises that heal slowly;
Getting tired;	Tingling and numbness in the fingers and toes

Reducing sugar intake is the easiest way to manage diabetes, we looked at how much sugar is in the common drinks that we have each day;

	Sugar	Calories	Best Choice
Timmy Double Double	5 tsp	150	Use milk and sweetner (0 sugar, 7cal)
Apple Juice box	6 tsp	90	Fresh apple (5tsp, 70 cal)
1 can Pop	9 tsp	150	Diet pop (0 tsp, 0 cal)
Snapple Ice tea	12 tsp	190	Diet ice tea (0 tsp, 0 cal)
Powerade	12 tsp	250	Water (0 tsp, 0 cal)
WATER WINS!	0 tsp	0	

The facilitators also told us of the various neighbourhood resources that help people who are living with diabetes and all the challenges that come with the disease. Did you know that Buckshon Pharmacy has a walking program twice a week for people with diabetes. A healthy diet and regular exercise are important parts of managing diabetes – and highly recommended for everyone! ADAPT also hosts a community kitchen twice a month to assist people who have diabetes.

Debbie V attended the workshops and this is what she had to say;

Ruth: Why did you go to the workshop?

Debbie: To know more about my diabetes...what it's all about.

R: What did you learn?

D: About the potential complications and health risks that come with having diabetes. It was good to know so you can be ready and good to know so that you can recognize early warning signs of you own complications and know what to do. For example to go to the doctor and follow her instructions and advice.

R: What did you enjoy most about the workshops?

D: The display about the sugar content in drinks. The information was good. When it was your turn to talk they gave good support; they listened to what we said; they took notes. Each woman was allowed to talk about her own situation; share her own story about diabetes.

R: What was the most useful information?

D: Everything!... And I wish they could come here and have an evening meeting like they do other groups!

We will be arranging other afternoon workshops like this one. In the meantime check out Buckshons Pharmacy's walking group and the ADAPT community kitchen. If you want to start a diabetes exercise group at the Centre please speak to Sara.

POWER OF WOMEN TO WOMEN PROJECT AND EVENING GROUP

Dear women,

I am excited to be starting the Power of Women to Women Project here with you this month.

The POW2W is a social justice group aimed to empower us to create social change in our lives and communities. Some of the topics we discuss are homelessness, poverty, violence, media, colonialism, policing, government structures, the economy, and much more.

We try to understand how these different systems and structures affect our lives. We also discuss ways to strengthen ourselves collectively so we can act and be heard in transforming these structures.

The group includes outings, movies, discussion, theatre, guests, and much more.

This is currently an open group that meets on Wednesdays evenings and the Sunday after check-day from 5pm-8pm (Dinner from 5 pm-6 pm). Cecily and I will co-facilitate the evening groups.

All women are welcome and bring your ideas, thoughts, and stories!

For more information, questions, or your ideas for this project, come talk to me (Sundays-Wednesdays) or email me at project@dewc.ca or call 604-681-8480 x 234.

Create the change you wish to see in the world!

Harsha

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

Grief and Loss Group - Every Tuesday at 3:15

Street Nurses, Christina or Liz, scheduled to be announced

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

Every second Wednesday from 2-4:30

ARTS & CRAFTS WORKSHOPS

Art - Join Tara and the WEAVE project for all types of Art-materials supplied- every Monday and Thursday - 10:00 am.

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

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

Beading with Leona- We're Back! Every Friday at 2:00pm.

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.

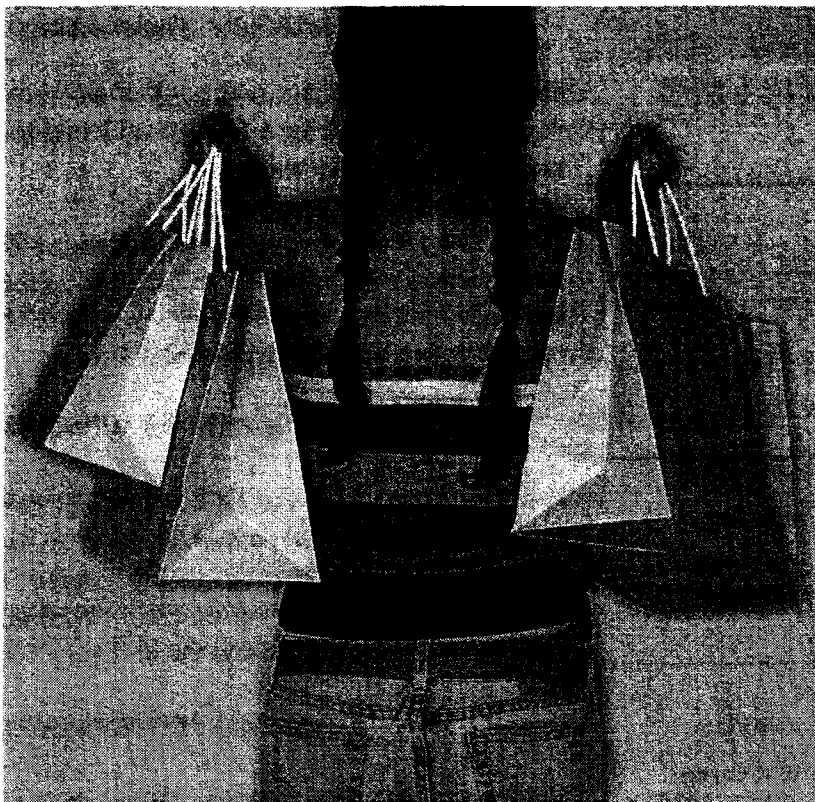
Fridays - Taiko Drumming - For anyone who would like to learn taiko and perform.

Community Kitchen - Once a month, come out to make a meal together and pack some for home. All ingredients provided

NOTE: CENTRE WILL START CLOSING ON CHEQUE DAY FOR STAFF MEETINGS, INSTEAD OF THE THURSDAY AFTER CHEQUE DAY. SORRY FOR ANY INCONVENIENCE.

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 Painting 5:00 Healing Circle	2 2:00 Beading NO TAIKO	3 2:00 Video
4 1:30 CWG 2:00 Video 5:00 'BIG' Art Workshop - Cynthia	5 10:00 Art	6 10:00 Sewing 10:00 Massage 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss 5:00 BWSS	7 2:00 Crochet 2:00 Karaoke 4:00 POW2W Movie - Finding dawn at Carnagie	8 10:00 Painting 5:00 Healing Circle	9 2:00 Beading 5:00 Taiko Closed	10 2:00 Video 5:00 'BIG' Art Workshop
11 1:30 CWG 2:00 Video	12 10:00 Art	13 10:00 Sewing 10:00 Massage 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss 5:00 BWSS	14 10:0 Centre Breakfast CENTRE CLOSED AT 12:00 FEB. 14TH MEMORIAL MARCH	15 10:00 Painting 5:00 Healing Circle	16 2:00 Beading 5:00 Taiko - OPEN	17 2:00 Video 5:00 Young Women and Girls Night Out
18 LUNAR NEW YEAR 1:30 CWG 12:00 SHOPPING EVENT 2:00 Video 5:00 Community Kitchen	19 10:00 Art 10:00 SHOPPING EVENT 5:00 POW2W	20 10:00 Sewing 10:00 Massage 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss 5:00 BWSS	21 CENTRE CLOSED	22 10:00 Painting 5:00 Outing to WEAVE Exhibition	23 2:00 Beading 5:00 Taiko - OPEN	24 2:00 Video
25 1:30 CWG 2:00 Video 3:30 Volunteer Meeting	26 10:00 Art	27 10:00 S & M 12:00 street Nurses 2:00 Bingo 3:15 Grief and Loss 5:00 BWSS	28 2:00 Crochet 2:00 Karaoke 5:00 POW2W			

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



DEWC SHOPPING BAG EVENT

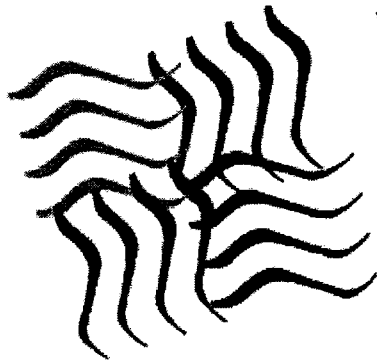
Sunday Feb. 18th 12 – 5

Monday Feb. 19th 10 – 5

Due to lack of space and volunteers the event has been rescheduled for this month. Sorry for the inconvenience and thank you for your patience! You will not be disappointed, we have saved lots of great new clothing.

All shoppers have to sign up for a time on the day of the event. Time slots will be on a first come first served system basis. You will be given a ticket with your time. If you miss your assigned time you will have to sign up again. Each woman will have 15 minutes to select 3 items of clothing.

Reminder: that you will be asked to leave all bags, carts and boxes at the coat check before entering the clothing areas. HAVE FUN!



WEAVE

**Women Engaged in the Arts
Vision and Empowerment**

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

'BIG' ART WORKSHOPS

Sunday Feb. 4 with Cynthia Low Find and Fix

Bring items that you have found on the streets, we will use them to create an collaborative art piece for the exhibition at Business Objects.

Saturday Feb. 10 with Rose Spahan Self Portraits

Create self portraits with paints and pastels.

SEE BEYOND: An Art Exhibition

FEBRUARY 22, 2007 AT 5:00

Rides from the Centre

DEWC Community Kitchen

The DEWC
Community Kitchen
is a group of women
who meet to cook
healthy, nutritious

meals. Everyone is expected to participate in the menu selection shopping, preparation, and cooking; the only requirement is an interest in food, and a good appetite.

Good nutrition plays a key role in our community kitchen. Women learn new recipes and are introduced to new foods which contribute to a more balanced diet. As well, food is usually taken home for later consumption. Women often share nutritional knowledge as they cook and everyone gains from each other's enthusiasm.

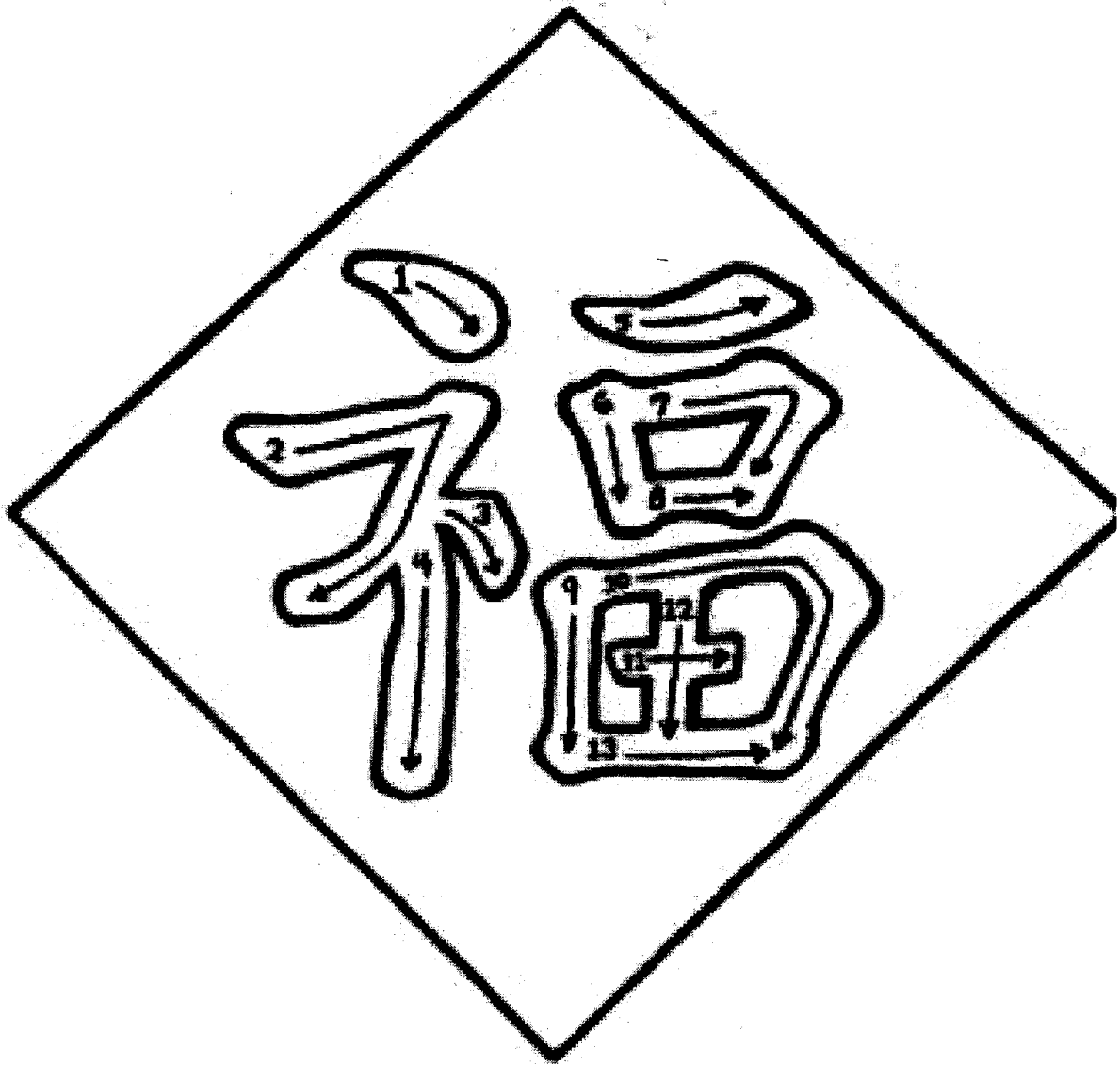
As Community Kitchens are creative, healthy alternatives to feed the stomach, they also feed the souls. As hands prepare the food, a social atmosphere is created. Community Kitchens are a place to make new friends, engage in conversation, and learn new skills. Meal creation becomes a social activity that benefits everyone's health and social well-being.



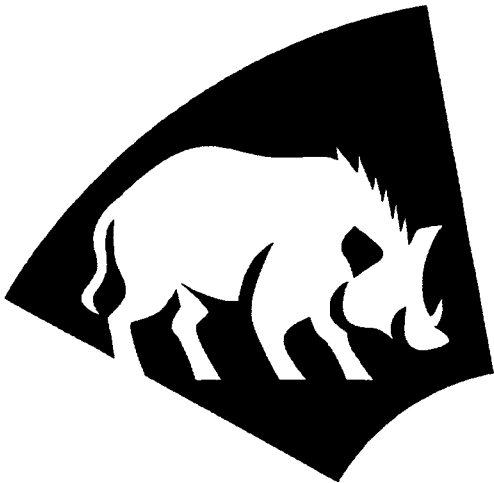
When: Sunday, February 18, 2007

Time: 5:00 TO 7:30

Facilitator: Linda Robertson



Make your own Chinese good luck sign, follow the numbers and colour the square red, a symbol of luck, success and prosperity.



YEAR OF THE BOAR

If you were born in 1923, 1935, 1947, 1959, 1971, 1983, 1995, or! 2007, you are Pure of Heart. Boar people are generous and kind. Full of inner strength and courage, they can take on any task. A friend who listens, the Boar is sincere and trustworthy. They are driven by their passion for life.

It will be a good year for all. People will be more free and easy on the whole and the complaisant attitude of the Boar will generate a feeling of abundance. But in spite of the favorable auspices here, like the Boar we will hesitate, waver and undermine our own abilities when opportunity calls.

The Boar's year is one of plenty. If life is worth living, it must be lived to the hilt. The Boar is as lavish, generous and affectionate. The fortunate Boar carries contentment and security. This is one year in which you could be happy without having or needing a lot of success or money to make it so. There will not seem to be many hurdles to overcome and the placid Boar radiates a sense of well-being. This year will find us entertaining a lot more than usual and getting ourselves involved in all sorts of activities. We find it a lot easier to make friends in the Boar's tolerant and expansive atmosphere.

At the Centre we will take the opportunities to create goodness and 'wealth'. We may not have wealth of money but we have wealth of character, heart and spirit. This year it only gets better, working together, building families and communities of our choice, having the courage to change and to fight for change.

Lunar New Year is not like Western New Year. At this time of the year when all actions should be pure and beautiful to foretell the coming year. It is a communal festival to honor our ancestors who continue to guide us. It is a time for an entire people to share a common idea of peace, harmony and mutual love.

MAY YOU ALL HAVE A WONDERFUL YEAR.

LOVIN' THE CENTRE PRIZE WINNER FOR JANUARY IS ...

EDNA EDGAR

*'This is where I met Catherine. People are nice.
Good place to hang out or just have a laugh.'*

She wins a \$20 gift certificate to HMV for music and movies.

Here is some of what women had to say.

*Centre is home to a lot of women who are in need plus
volunteering here you learn so much more.*

*I can walk in and get a hug and smile everyday. Meals are
always good and staff go out of their way to help you.*

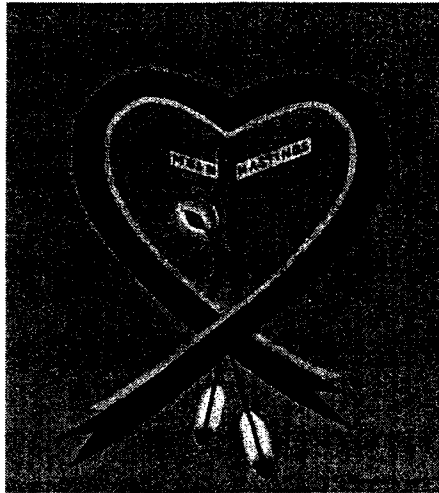
*A place to come and have a cup of coffee and also meet new
people and enlarge your horizon.*

Tell me what you love about the Centre. Write it down with your name and put it in the suggestion box located next to the elevator in the Centre. Each month a winner will be selected from all who wrote in. In February the prize is a \$25 gift certificate to Safeway.

Enter often but enter before February 22

The name of the winner will be posted on the suggestion box and featured in the newsletter.

THEIR SPIRITS LIVE WITHIN US



The 16th ANNUAL WOMEN'S MEMORIAL MARCH
WEDNESDAY FEBRUARY 14, 2007
Carnegie Community Centre 12:00

THE CENTRE WILL BE OPEN
10AM TO 12PM

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

Honouring and remembering the lives of the 29 murdered women and the
women still unaccounted for in downtown eastside