

D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In
March 2007 **Free**



INSIDE

- Calendar of events/ workshops and outings
- International Women's Day
- Women's Thoughts
- New Welfare Rates
- Basics about Diabetes

Tuesdays 10:00- 1:00

Fast Tracked Welfare Applications or questions
Facilitated by the Ministry of Employment and Income Assistance
Worker will be here at DEWC

Saturday , March 3, 11:00-12:00

International Women's Day Breakfast and March
The March will be leaving the Centre at 12:00

Saturday , March 10, 8:00

Universal Gospel Choir and the Oakland Interfaith Youth Gospel Choir
3456 Fraser Street, Meet at the Centre at 7:00

Sunday March 11, 5:00 - 8:00

DEWC Community Kitchen
This time we will be making BBQ chicken wings, rice pilaf, spinach salad and desert

Monday 12, 5:00

Big Art Workshop
Create collaborative art for exhibition!

Monday March 19, 10:30 -1:00

Curling- Think Ice not Heat
Outing to Queen Elizabeth and The Vancouver Curling Club
We will be back to the Centre for lunch



Guess Who!

She has been working at the Centre for over 10 years and is the rock that holds us together. Her wisdom knowledge and insight inspires and leads us into difficult but rewarding paths.

Did you know the impact you would have when this photo was taken?

International Women's Day

March 3rd – March and Rally

The DEWC is hosting a breakfast on Saturday March 3 at 11:00 to celebrate International Women's Day. The rally will begin right outside the door here at the centre and go to the Vancouver Public Library for Rally and Activities.

Please join us:

STOP POVERTY

STOP WAR

MARCH OUTINGS

SWEEP! SWEEP HARD!

No we are not asking you to clean the Centre although that would be nice!

Sweeping is a term used in curling – the greatest Canadian sport.

This month the Vancouver Curling Club has made a generous donation to the Centre and have offered to teach us to curl. We will have a visit to Queen Elizabeth park in the morning, curl for about an hour and be back at the Centre by 1:30 for lunch. Dust of your brooms.

Outing to Vancouver Curling Club and Queen Elizabeth Park

Monday March 19th at 10:30am

Meet at the Centre, rides and refreshments provided!

Universal Gospel Choir and the

Oakland Interfaith Youth Gospel Choir

A fundraiser for the Downtown Eastside Womens' Centre, SHRA and REACH

Saturday March 10, 2007

3456 Fraser Street

**If you would like to attend
please meet at the Centre at 7:00pm**

POETRY AND PROSE FROM THE DTES

Sisters

by: Selina K Barton

Are like flowers that have to bloom

Opening up to make some room.
Conversation of our daily tasks, is something
That will last
When it comes to caring she will be there
No matter what goes down
She will be around
She gives from the heart
That is where love starts
From the day we were born we had a bond
Tis sad when I feel it is gone.

Memorial March 2007



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

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 - Grief and Loss Group - Support for women going through changes and loss of all kinds, relationships, community, family, children, etc.

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.

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 Painting 5:00 Healing Circle	2 2:00 Beading	3 11:00 International Women's Day Breakfast 2:00 Video & Fabric 2:30 Exercise & MO
4 1:30 CWG 2:00 Video	5 10:00 Ceramics	6 10:00 S&M 10:00 Welfare Applications 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss Group 5:00 BWSS	7 2:00 Crochet 2:00 Karaoke 5:00 POW2W	8 10:00 Painting 5:00 Healing Circle	9 2:00 Beading	10 2:00 Video 2:00 Fabric Arts 2:30 Exercise & Movement 7:00 Universal Gospel Choir
11 1:30 CWG 2:00 Video 5:00 Community Kitchen	12 10:00 Ceramics 5:00 'BIG' Art Workshop	13 10:00 Sewing 10:00 Welfare Applications 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss Group 5:00 BWSS	14 2:00 Crochet 2:00 Karaoke 5:00 POW2W	15 10:00 Painting 5:00 Healing Circle	16 2:00 Beading	17 2:00 Video 2:00 Fabric Arts 2:30 Exercise and Movement
18 1:30 CWG 2:00 Video	19 10:00 Ceramic Painting 10:30 Curling	20 10:00 Sewing 10:00 Welfare Applications 12:00 Street Nurse 2:00: Bingo 3:15 Grief and Loss Group 5:00 BWSS	21 2:00 Crochet 2:00 Karaoke 5:00 POW2W	22 10:00 Painting 5:00 Healing Circle	23 2:00 Beading	24 2:00 Video 2:00 Fabric Arts 2:30 Exercise and Movement
25 1:30 CWG 3:30 Volunteer Meeting 2:00 Video	26 10:00 Ceramic Painting	27 10:00 Sewing 10:00 Welfare Applications 12:00 street Nurses 2:00 Bingo 3:15 Grief and Loss Group 5:00 BWSS	28 Centre Closed	29 10:00 Painting 5:00 Healing Circle	30 2:00 Beading	31 2:00 Video 2:00 Fabric Arts 2:30 Exercise and Movement

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

POWER OF WOMEN TO WOMEN PROJECT AND EVENING GROUP

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

For example, did you know that:

- One in five Canadian women lives in poverty, totalling 2.8 million women.
- In 1999, women earned \$0.64 to men's \$1.00.
- With the June 2002 changes to social assistance laws, approximately 16,000 women have been removed from the social assistance rolls in BC.
- 1/3 of BC welfare recipients are single-parent families, 88% headed by women.
- 73% of Aboriginal single-mothers lived below the Low Income Cutoff in 1996.
- Approximately 62% of immigrant women live below the poverty line.
- The number of homeless people has doubled to approximately 2,174 people in 2005.
- Shelters, safe houses, and transition houses turn away approximately 200 people a night.
- With gentrification leading to 2010, an estimated 1600 units of housing will be lost.
- On any given day, there are approximately 40 families with children that are homeless.
- 30% of those who are homeless are indigenous people.
- The DTES has been declared a medical health disaster with the highest reported HIV/HEPC infection rates in the Western world.
- 65% of all child apprehensions are from single parents on welfare. In BC, Aboriginal children are 6.3 times more likely to be removed than non-Aboriginal children.
- Women work 2/3 of the world's working hours, produce ½ of the world's food, but earn only 10% of the world's income and own less than 1% of the world's property.

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 Wednesday evenings and the Sunday after check-day from 5pm-8pm (Dinner from 5pm-6pm). Cecily and Harsha 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 Harsha (Sundays-Wednesdays) or email project@dewc.ca or call 604-681-8480 x 234

Create the change you wish to see in the world!

Harsha

Tips For Healthy Eating, Diabetes Prevention and Management

Diabetes is a condition in which your body cannot properly store and use food for energy. The fuel that your body needs is called glucose, a form of sugar. Glucose comes from foods such as fruit, milk, some vegetables; starchy foods, and sugar.

To control your blood glucose you will need to eat healthy foods, be active and you may need to take pills and/or insulin.

- 1. Eat three meals per day at regular times and space meals no more than six hours apart. You may benefit from a healthy snack.**

Reason: Eating at regular times helps your body control blood glucose levels.

- 2. Limit sugars and sweets such as sugar, regular pop, desserts, candies, jam and honey.**

Reason: The more sugar you eat, the higher your blood glucose will be. Artificial sweeteners can be useful.

- 3. Limit the amount of high fat food you eat such as fried foods, chips and pastries.**

Reason: High fat foods may cause you to gain weight. A healthy weight helps with blood glucose control and is healthier for your heart.

- 4. Eat more high fibre foods (whole grain breads and cereals, lentils, dried beans and peas, brown rice, vegetables and fruits)**

Reason: Food high in fibre may help you feel full and may lower blood glucose and cholesterol levels.

- 5. If you are thirsty, drink water.**

Reason: Drinking regular pop and fruit juice will raise your blood glucose.

- 6. Add physical activity to your life.**

Reason: Regular physical activity will improve your blood glucose control.

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

CUI CHAN WONG

She wins a \$25 gift certificate to SAFEWAY

Here is some of what women had to say.

I love coming to the Centre as she is a volunteer and I am a volunteer and am looking for a job and this gives me good work skills and I don't have cooking facilities so I have good home cooked meal. It is a safe place to come to. I love all the staff, in their own little way they are very helpful.

Caring, sharing, compassionate women always helping each other who will never leave your side, lend you a shoulder to cry on and nurture you just like mother.

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 March the prize is a \$25 gift certificate to Future Shop.

Enter often but enter before March 22.

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

2007 Welfare Rate Increases

Rate increases will take effect in April 2007. People will see the increase in their March 28, 2007 cheques.

The first shelter rate increase since 1992 brings the shelter portion to \$375.00 for all receiving income assistance. **Remember that your landlord can raise your rent only once a year from the day that you move in and start paying the rent. The landlord must give you notice in writing at least three full months before the increase starts.**

- All people receiving "regular employable" benefits \$185.00 per month, will now receive \$ 235.00 per month an increase of \$50.00.
- Support and shelter rates for children will be standardized, ensuring all children receive the same amount of support regardless of the classification of their parents. **For example a single "Expected to work" mom with two children will receive \$1036. 00 per month up from \$ 881.00.**
- Changes have also been made to existing policy for a family unit where only one adult is classified as a Person with Multiple Barriers (PPMB) and the other was classified as Expected to work. Support rates will be increased to reflect a percentage of what a two person PPMB family would receive and both adults will be eligible for PPMB medical supplements and the earnings exemption which is \$ 500.00. **This is how it has been for PWD families.**
- The Diabetic Diet Supplement will increase to \$35.00 from a low \$15.00.
- A transportation allowance has been introduced to help people who are required to travel to drug and or alcohol treatment facilities.

If you have any questions regarding these changes please see Liza or Barb.

Historic Days in March (by Harsha)

MARCH 8: INTERNATIONAL WOMEN'S DAY. International Women's Day 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.

MARCH 15: INTERNATIONAL DAY AGAINST POLICE BRUTALITY. The International Day Against Police Brutality first began in 1997 as an initiative in Switzerland. The date was chosen because on March 15, two children were beaten by the Swiss police. This day brings to light police violence, directed mostly against indigenous people, people of colour, poor people, homeless people, and women.

MARCH 17: GLOBAL DAY OF ACTION TO END THE WAR IN IRAQ. 2007 marks the fourth anniversary of the US-led invasion of Iraq. The demands of the global antiwar movement include: Bring the Troops Home, Money for Social Programs not Military, End the Occupation of the Iraqi People, No Blood for Oil, and an End to Racism and Racial Profiling.

MARCH 21: INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION. On that day, in 1960, police opened fire and killed 69 people at a peaceful demonstration in Sharpeville, South Africa, against the apartheid "pass laws". In 1966, the UN called for international efforts to eliminate all forms of racial discrimination.

MARCH 22: WORLD WATER DAY. Since 1992, World Water Day highlights the struggle for water conservation and for equal access to clean water across the world. Waters are being polluted and depleted with chemicals, sewage, radioactive contamination, and mining. Water is being treated as a commodity that can be bought, sold and traded. These imposed and inhumane practices do not respect that that water is sacred.