



D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women-Drop In

Free

July 2007



INSIDE:

- POW2W group information
- Mammogram information
- Calendar of events/workshops
- Women's reflections

UPCOMING EVENTS

Wednesday July 4, 2007 1:00 - 2:00

Strathcona Mental Health Team at DEWC

Karen and Christine will be at the Centre to answer questions regarding accessing mental health resources.

Tuesday July 9, 2007 1:30 - 3:30

Quilting

Freda will be teaching us how to do quilts.

Sunday July 15, 2007 5:00 - 7:00

DEWC Community Kitchen

Join us for some delicious food

Monday July 16 and Tuesday July 17 9:00 - 4:00

Mammogram Program

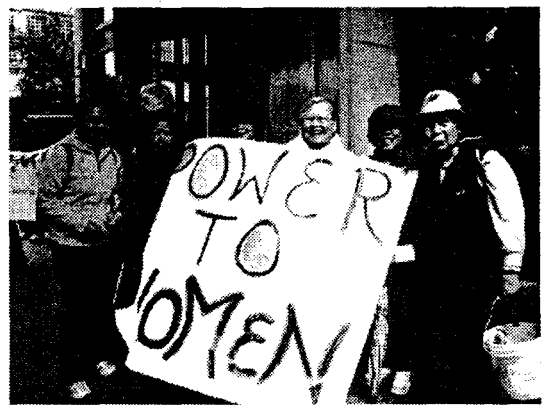
Early detection saves lives!

Sunday July 22, 2007 3:30

Volunteer Meeting

If weather permits, we are going for a picnic at the beach

Photos from the Rally for Women's Housing – Thanks to the Power of Women Group who organized the event and received unwavering support from organizations and individuals





Enterprising Women Make Art

101 East Cordova
Corner of Cordova and
Columbia

604-331-1407 ext.104
Sheila or Mary

Provided by Atira Womne's Resource Society

LEARN TO MAKE ARTS AND CRAFTS

You are invited to join us!

On Thursday afternoons from 1-3:30

Each workshop a specific project is taught

Supplies provided for free

You keep what you make

Drop-In style – Just show up

(Limited to 15 participants)

WOMEN ONLY

UNDER CONSTRUCTION

In June we will be renovating the basement multipurpose room to make it more useful to our members. As some of you are probably aware, we use the space for the grief and loss workshops as well as other activities. The new space will have room for new computers, a TV and a fireplace. It will be used as a waiting room for the nurse, advocate and other specialized services. The drop in is very busy and often members cannot even find a quiet spot to think, do some research, write a letter or talk to a friend. This will be a refuge and wellness space. We hope that members will start using this space as an oasis of calm.

A Women's Reflections...

No words can explain the cry in my heart.
No way you could ever tell how the pieces fell apart.
Unless you took a stroll in my body and soul,
there is secret that revealed my love you stole.
Emotions run through as if I was torn .
No way to fix a broken heart, a heartache was born.
trying to find answers in which i can deny that the
heartache was based on a relationship lie.
I loved you so much, yet the feeling seems lost.
You hold the key to my heart that is paying the cost.
To a love that defined as nothing more , nothing less
I figured out Gods heartache test.

Selina Kathleen Barton Copyright 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

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 CHODDAR 1:00 CWRG 2:00 Bingo 3:00 Resumes	2 10:00-12:00 Art Class	3 10:00 Sewing 10:00 Welfare App. 12:00 Street Nurse 3:15 Grief & Loss 5:00 BWSS	4 2:00 Crochet 2:00 Karaoke 5:00 POW2W	5 10:00-12:00 Art Class 5:00 Healing Circle	6 2:00 Beading	7 2:00 Video
8 10:00 CHODDAR 1:00 CWRG 2:00 Bingo 3:00 Resumes	9 10:00-12:00 Art Class	10 1:30 Quilting 10:00 Welfare App. 12:00 Street Nurse 3:15 Grief & Loss	11 2:00 Crochet 2:00 Karaoke 5:00 POW2W	12 10:00-12:00 Art Class 5:00 Healing Circle	13 2:00 Beading 5:00 Taiko	14 2:00 Video
15 10:00 CHODDAR 1:00 CWRG 2:00 Bingo 3:00 Resumes 5:00 Community Kitchen	16 9:00-400 Mammogram 10:00-12:00 Art Class	17 9:00-400 Mammogram 10:00 Sewing 10:00 Welfare App. 12:00 Street Nurse 3:15 Grief & Loss	18 2:00 Crochet 2:00 Karaoke 5:00 POW2W	19 10:00-12:00 Art Class 5:00 Healing Circle	20 2:00 Beading 5:00 Taiko	21 2:00 Video
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Massage: Every Tuesday from 10-12

Street Nurses: Christina or Liz
Sweat Lodge: Every 2nd Wednesday, Elder Reta will take women to the Lodge, meet at the Centre at 11:30

Resume Workshop: Create your own resume with the help of a practicum student

ARTS & CRAFTS WORKSHOPS

Art Class: Monday's and Thursday's -Lauren
Crochet with Anna & Freeda: Every Wednesday at 2:00

Sewing Circle with Freeda: Every Tuesday at 10:00

Beading with Leona: Every Friday at 2:00pm

Karaoke: Sing a tune with Reta and Jem, every second Wednesday from 2:00-4:30

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

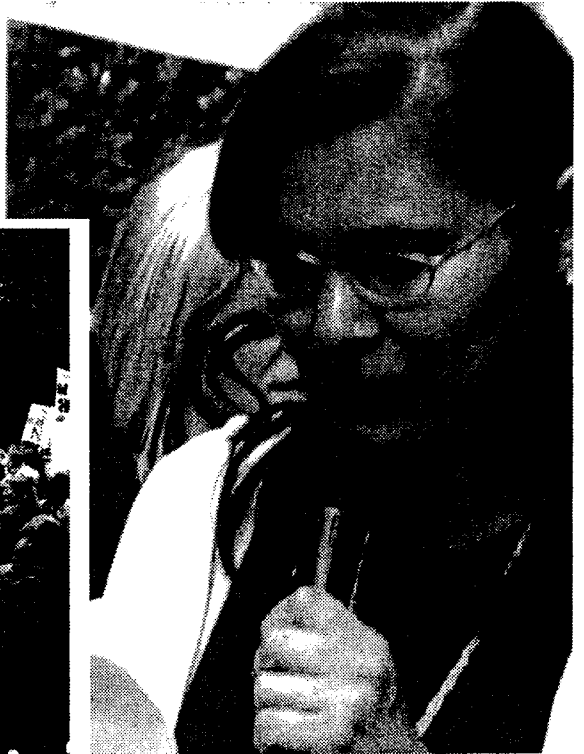
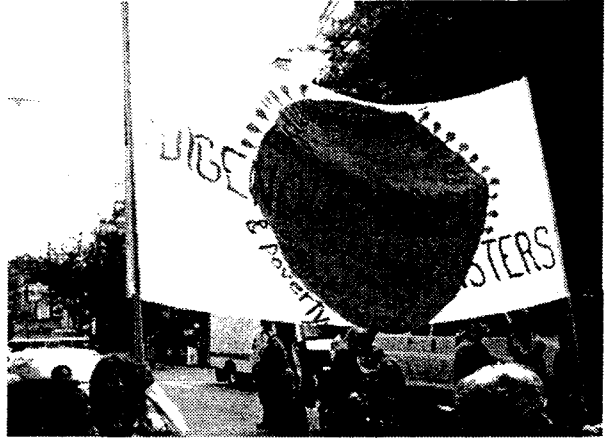
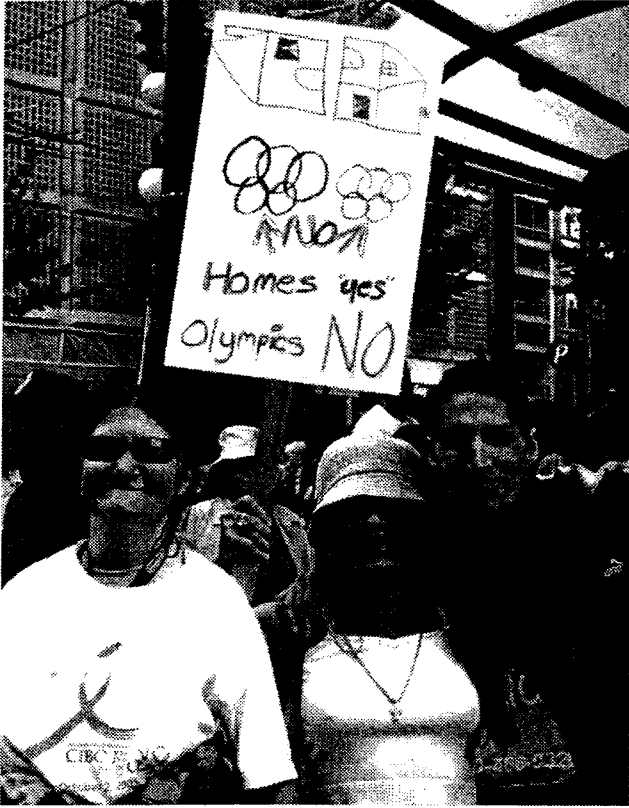
Support for women experiencing violence
Community Kitchen- Once a month, come out to make a meal together and pack some for home. All ingredients provided

Wednesdays: POW2W - Social justice group and other activities from 5-8

Fridays Taiko
Thursdays: Healing Circle - Except the day after Welfare

Fridays: Taiko Drumming

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



News from the Management Team

Summer is a season for renewal and recovery! For the management team this means catching up with all the office work that needs to be done and the things that we have not had a chance to complete or even start! Thanks to a grant from the BC Technology and Social Venture Partners we will be hiring a temporary administrative support person to help with a number of projects that have been far too long ignored these are:

- Updating all our various manuals – By-laws, Policies and Procedures, etc.
- Sorting through all our records to ensure that we can find what we need when we need it IF we need it!
- Creating a Human Resource management system to keep track of all staff records;
- Putting systems in place so that the Centre can run efficiently – we can better respond to needs of the community as long as we have a strong foundation!

By the end of the year we hope well oiled machine that will be able to adjust and react to the needs of our members.

Board Update

It has been a busy year for the Downtown Eastside Women's Centre Board of Directors. Aside from adding more administrative shuffling to Cynthia and Alice's already demanding roles at the Centre, we are working on a number of new initiatives that are important to help maintain - and hopefully grow - the amount and quality of service offered by DEWC. We are getting training in good management practices for non-profit societies and actively trying to attract new board members. We are targeting women from the fundraising, labour and financial arenas, which will help the Board provide better advice and management for the Centre and its users.

We are also hoping to create renewal, and more stability among the Board members as we have seen some significant change over the past year. A number of Board members resigned because of personal reasons or to pursue other work. There are currently 6 Board members (Josephine Watson, Mary Lynn Young, Laurie Pelletier, April Smith, Mebrat Beyene (on leave)) including our Chair, Marlene George. If you have any suggestions or interest in participating as a Board member, please contact Marlene or Cynthia through the Centre.

Being a Board Member requires a commitment not only to the Centre but to yourself, you must be open to the challenges and be conscious of your own shortcomings AND strengths, and be willing to work in a collaborative, supportive and effective manner.

MAMMOGRAM SCREENING

Test to detect the presence of breast cancer

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. Finding a breast cancer as early as possible allows for more treatment options and greatly improves the likelihood that treatment will be successful.

EARLY DETECTION SAVES LIVES!



**MONDAY, JULY 16
TUESDAY, JULY 17**

9:00 am – 4:00 pm

Appointments will be taken on
Monday, June 16 & Tuesday, June 17

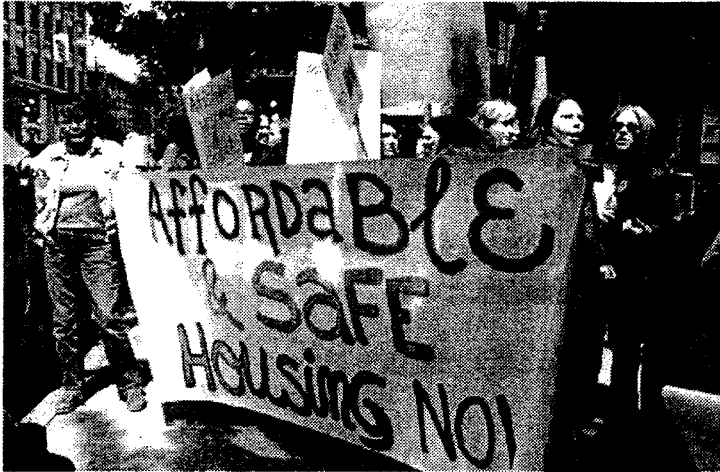
Treats for every woman who gets a mammogram!

Callbacks Are Not Uncommon

Out of 1,000 women, approximately 100 will be called back for additional exams. However, only eight to 10 of those women will need a biopsy, and 80 percent of those biopsies will not be cancerous. Which means that only 2 women out of 1,000 may have a problem. Early detection saves lives.

Mammography Tips

- Do not wear deodorant the day of your mammogram.
- Wear a two-piece outfit.



MARCH FOR WOMEN'S HOUSING: POWER OF WOMEN SOCIAL JUSTICE GROUP

On Friday June 8, the Power of Women Group at DEWC organized a march for women's housing. Over 250 women, Elders, men and

youth marched through Gastown and the DTES. Over 50 organizations, including trade unions, women's organizations, DTES agencies, and other social justice groups supported the rally.

Following are some pictures from the rally. Thank you to all the women, Elders, staff, and other supporters who made the rally a big success!

Please watch out for and/or join the Power of Women Group for upcoming events and activities as we demand for more housing for women.

The Power of Women to Women Project is a social justice project aimed at empowering 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.

This is currently an open group that meets on Wednesday evenings and the Sunday after check-day from 5pm-8pm (Dinner from 5pm-6pm).

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.

WE WANT YOUR STORIES!

The Power of Women to Women Project is creating a website as a way for women to have their voices heard beyond the DTES by people all over Vancouver, BC, Canada, and potentially even Internationally!

So write a couple of paragraphs, submit a poem, or tell your story to Harsha and she will write it out! We want to hear from you!

You can pick one or more of any of the following topics:

- How did you come to the DTES?
- Can you share some thoughts or stories about living in the DTES?
- What you would like to see change in this neighbourhood? What do you think the government should do?
- Are their experiences with your landlord, with the police, with your family, with the welfare office, with MCFD that you would like people to know about?
- Do you have an opinion on the housing situation and lack of affordable housing, on the Olympics, on addictions, on social assistance rates, on escalating levels of violence against women, on health issues?
- If there is something you could tell people in another country about life in the DTES, what would you tell them?

The Power of Women to Women Project and website is a way for women to empower themselves and share their stories, their struggles, and their own personal vision for social change.

There is a box at the front desk to leave your stories in (you don't have to put your name on it). Also you can talk to Harsha and she will write out your story if you want to tell it verbally.

Harsha: email project@dewc.ca or call 604-681-8480 x 234