



D.E.W. DROP IN

The Newsletter for the Downtown Eastside Women's Centre

Downtown Eastside Women Do Drop In

May 2006

Free



INSIDE:

- Calendar of events
- Upcoming workshops
- "Now We're Cookin'!", Kitchen Training Program
- Wise Women's Words (contributions from members)
- News from Management Team
- Report on the Elder's trip on the "Highway of Tears"

Up Coming events:

Tuesday May , 2006

Book Club

This time we will be reading *A Million Little Pieces* by James Frey

See Sara for a copy of the book.

Wednesdays in May 2006

5:00-7:30

Power of Women to Women (POW2W)

Come and bring your ideas to this group, which is still forming its agenda

Fabric Arts with Diane

This new group, offered on Saturdays from 2 til 4 is part of the WEAVE project at DEWC. The first group is on Saturday May 6th.

Saturday May 14th, 2006

Trout Lake Park Picnic to Celebrate Mother's Day.

Transportation provided and the annual POW WOW happens at the same time and place!

Monday May 20 , 2006

5:00-7:30

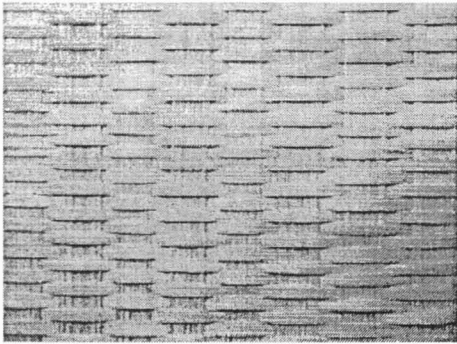
DEWC Community Kitchen

Join in the group to create a healthy meal, all supplies included.

May , 2006

Health Workshops

Workshops to prepare anyone who will take in the Mammogram Van services in June, these will be announced later in May so look for the notices.



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.

STARTING THIS MONTH!

Fabric Arts on Saturday with Diane

For 2 years Diane has been leading a Thursday morning group at the Carnegie Centre which was called the Hen Party "nobody here but us chicks" a weekly sewing bee. The group no longer meets at the Carnegie; we've "flown the coop" and landed at the Women's Centre, with a new time, Saturday afternoons from 2 - 4, for the rest of this year, starting May 6.

Everyone is welcome, you don't even need to know how to sew.

This series of on-going lessons and workshops has produced incredible, unique fabric art. The imagination of each artist is given full expression. We often use images found on calendars, shopping bags, newspapers, greeting cards or library books. We ended up having 2 exhibitions, as part of the Heart Of The Community Festival in 2004 & 2005, and have sold many pieces. In January and February of the last 2 years we have also held community workshops so everyone could participate in creating the Valentines' Day March Memorial Quilt for our missing and murdered women.

Printing with Tara

Tara is here on Thursdays 2-4, usually to do painting and drawing but this month she will teach women how print. Printing is not only functional as a means to reproduce images and text but it is a means to express creativity. Join her to discover the many ways you can replicate images and create.

Weekly activities:

Monday – Ceramics
Tuesday - Sewing
Wednesday - Crochet
Thursday - Printing
Friday – Beading
Saturday – Fabric Arts

COMING TO THE CENTRE

Centre members have been providing feedback on what is needed at the Centre and we have been working on brining new programs here. These are some of the events that are coming to the Centre.

Weekly Conversation Café

A place for women to have snacks, refreshments and good company.

Girrrrrls Night

An evening for young women and girls under 25. The Centre is not always a welcoming place for young women and girls, they will have an event to have activities, music and food. No naggin' no complaining, no bad looks, no judgements. We all remember what is was like when we were young and struggling.



Health workshops and services

Health services are difficult to access to this end, the street nurse comes once a week. We are working to have a doctor visit once a week and other special events. For 2 days in June (26&27) we will have a mammogram machine here! Women can get screened for breast cancer.

World Peace Forum & World Urban Forum

Poverty, violence and peace are interlinked. The government spends more money on law enforcement and the military to 'PROTECT' us or a tleast to protect some people's stuff.

The Centre will be hosting 2 events for the WPF in June where centre members can meet women from all over the world facing similar issues.

NOW WE'RE COOKIN'! (NoWCo)

KITCHEN TRAINING PROGRAM SET TO BEGIN.

Our goal is to provide some exciting opportunities in terms of hands-on training and work experience for the existing volunteers and for other women who are interested in developing kitchen and culinary work.

This program will be designed for DEWC by Stephanie and will include all types of training -prep. cooking, production kitchen and large group cooking and other training which will offer participants real and ongoing skill development which can be transferred, and used, into other food preparation environments.

Sara will be completing the application and intake process for any one interested. All are welcome, even if you've already worked in our kitchen. As we can offer training onsite for FOODSAFE, you do not need to have it before you start. NoWCo participants will also receive general training such as First Aide as part of their program.

The overall goal for participants will be to enter other training and employment programs like Cook's Studio to further their employment opportunities. So in the next while please share with us your hopes and thoughts about the kitchen training program. Introduce yourself if you haven't already and let us know if there are specific things you would like to see in the newsletter

So please see Sara to join this exciting program.

WISE WOMEN'S WORDS.....Contributions from DEWC members

LOOK OUT

The look out is a good place to live. It is also a transitional place. If you feel ready to move to your own place or apartment you speak with a counselor and they will guide you. Sometimes you may counsel with a friend about living together in a place called a bachelors or a one bedroom which would include your own sleeping room and toilet, and a small kitchen shared together between you and your roommate. Sometimes B.C. Housing has a long waiting list. The low income housings have long waiting lists and should a group of girls, usually 2 or 3 girls and/or boys be lucky enough to plan together to be roommates that is a lucky opportunity but it involves hard work. Perhaps obtaining a volunteer job and sticking to it and another good thing would be to go to school part time. The Downtown Eastside Education Centre on 101 Powell St., at the corner of Columbia and Powell has a variety of free courses available, geared towards finishing school.

Please be patient with me when I say this, finding a place in society is not easy. I am a part time student and volunteer worker at the DEWC. I am a musician and artist looking for work yet still receiving help from Social Services. I find I stand a chance to find nice bachelors within the city of Vancouver. I am hoping to be able to interview some of you girls as roommates for a 1 or 2 bedroom. If any of you girls should decide to choose a place with roommates rather than pick yourselves a bachelors alone, feel free to leave me a message on the bulletin Board to the Downtown Eastside Women's Centre.

Yours Truly,

Annie E

NEWSLETTER UPDATE:

The DEWC NEWSLETTER is going to be "under construction" over the next few months, with members of the Centre taking a bigger role in producing this monthly communication. If you have any ideas, input or want to take part, talk to Mary or join in with the POW2W group on Wednesday nights.

Anything new on the Calendar will now be bolded, and if it also has an asterisk (*), this means there more information within the pages of the newsletter about the event.

WORKSHOPS FOR MAY 2006

MAY 11TH - DIET ALLOWANCE AND MONTHLY NUTRITIONAL SUPPLEMENTS 2 - 4 p.m.

Liza will host an informational workshop on what benefits the Ministry of Employment and Income Security (MEIA) will allow under these programs, so please join her downstairs.

MAY 29th - "MENOPAUSE, WHAT IT IS, HOW IT AFFECTS AND OUR SELF CARE"

The Vancouver Women's Health Collective will be offering a 2 hour workshop, on May 29th on Menopause. This workshop will be offered in American Sign Language as well as spoken English.

May 14th and 21st "HEALTH INFORMATION WORKSHOPS"

We will offer information and support for those wanting more info on the mammogram process, and breast cancer in general from 2 pm – 4 pm on these days.

Please look for the postings on the Daily Board as not all dates are set

DOWNTOWN EASTSIDE WOMEN'S CENTRE
302 Columbia Street, Vancouver
604.681.8480 ALL SPECIAL EVENTS ARE IN BOLD

LUNCH SERVED
DAILY AT 12:30-1:45

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 CWS 10:00 Ceramics	2 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 5:00 BWSS	3 1:30 Sweat Lodge 2:00 Crochet 5:00 pow2w	4 2:00 Painting 5:00 Healing Circle	5 10:00 Art (CARES) 2:00 Beading 5:00 Taiko	2:00 Video 2:00 computer 2:00 Fabric Arts (new group!)*
7 1:30: Resumes 2:00 Video 3:30 Intake Orientation for New volunteers	8 10:00 CWS 10:00 Ceramics 11:00 Yoga	9 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 3:30 Book Club 5:00 BWSS	10 1:30 Sweat Lodge 2:00 Crochet 5:00 pow2w	11 2:00 Painting 5:00 Healing Circle	12 10:00 Art (CARES) 2:00 Beading 5:00 Taiko	13 2:00 Video 2:00 computer 2:00 Fabric Arts 4:00 DEWC 30 th Birthday planning*
14 TROUT LAKE MOTHER'S DAY BBQ AND POW WOW. 1:30: Resumes 2:00 Video 2:00 Health Information Workshop*	15 10:00 CWS 10:00 Ceramics	16 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 5:00 BWSS	17 1:30 Sweat Lodge 2:00 Crochet 5:00 pow2w	18 2:00 Painting 5:00 Healing Circle	19 10:00 Art (CARES) 2:00 Beading 5:00 Taiko	20 2:00 Video 2:00 computer 5:00 Finance Report to Members*
21 1:30: Resumes 2:00 Video 2:00 Health Information Workshop*	22 Victoria Day Holiday Centre opens 12:00 - 5:00 5:00 Community Kitchen	23 TOBACCO DAY 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00: Bingo 5:00 BWSS	24 1:30 Sweat Lodge 2:00 Crochet	25 CENTRE CLOSED	26 10:00 Art (CARES) 2:00 Beading 5:00 Taiko	27 2:00Video 2:00 computer 2:00 Fabric Art 5:00 pow2w
28 1:30: Resumes 2:00 Video 3:30 Volunteer Meeting	29 10:00 CWS 10:00 Ceramics 2-4 Menopause workshop*	30 10:00 Massage & Sewing 12-2 Street Nurse 1:30 deyas 2:00 Bingo 5:00 BWSS	31 1:30 Sweat Lodge 2:00 Crochet 5:00 pow2w			

REGULAR PROGRAMMING

Chinese Women's Group (CWS) -Open to women whose first language is Chinese. The group will focus on cultural awareness, advocacy, and social events.

Massage—pamper yourself courtesy of Anita and Rosemary.
Resume Workshop - Create your own Resume with the help of Eemina.

The Street Nurse, Christina, every Tuesday between 12noon-2pm to give you information on all kinds of health issues.

Sweat Lodge - Every Wednesday, Reta will take women to the Lodge, meet at the Centre at 11:30

ARTS & CRAFTS WORKSHOP

Art Therapy with CARES - an 8 week program.

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.

Fabric Arts with Freeda- Every Tuesday morning, 10:00am.

Beading with Leona- Every Friday at 2:00pm.

Ceramics- Every Monday from 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(women2women)-social justice group and other activities from 5-8:00

Thursdays-Healing Circle- except the day after Welfare.

Fridays-Taiko Drumming-Learn to play big drums and train to perform

Music Jam- Sing and play instruments with Reta and Leona.

Always a week before welfare day from 5-8:00

Community Kitchen- Once a month, come and learn new recipes 'share your cooking expertise with everything supplies.

Bus Tickets and childcare provided for groups.

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

In June we will have a visit from the Screening Mammogram Program of B.C., so to prepare we offer these

Breast Cancer facts and information

According to the Susan G Komen Breast Cancer Foundation the following information about the leading type of cancer for women is important for all women to know and understand.

- ❖ It's the most common type of cancer for women, with only one male victim in every 100 people diagnosed.
- ❖ It impacts women of all colours, with Caucasian women getting the disease at the highest percentage. Black, Asian, Spanish and Aboriginal women all have breast cancer as a reality, with black women the most likely to die from this cancer.
- ❖ While the exact causes are not known, 5-10% of the causes are attributed to genetics, with the other 90-95% of the causes attributed to lifestyle.
- ❖ Risk factors include: not breast feeding, not having children (or having them later in life), alcohol usage, being overweight, exposure to radiation/x-rays during youth, beginning your period prior to 12 entering into menopause after 55, and the incidence of breast cancer in immediate family members (whether they are male or female.)
- ❖ Protective Factors are: breast feeding for at least one year, having your children earlier in life, exercise and early detection

It is recommended that women.....

- ✓ Have a mammogram once a year, after 40 (test earlier if breast cancer is in the immediate family)
- ✓ Have a clinical Breast exam every 3 years starting at age 20, and one every year after 40
- ✓ Complete your own Breast Self Exam (BSE), monthly from age 20

Since the early 1990's, The Highway of Tears was named for the roadway (Highway 16 West) where many young women have been murdered, or last seen at. These women all had families, friends and communities who love and miss them and who are still healing while trying to deal with day to day issues around the cases with police. The multitude of women who are missing, stretching from Terrace to Prince George, have been under-stated and under-investigated by those that have this responsibility. These are very similar to the experience of the community where the Missing women of Vancouver lived in before they were taken.

Report on the Elder's Council trips to northern communities in support of "Highway of Tears", which runs from Prince Rupert to Prince George

Before I start my report on the two journeys to support the work of Northern communities, I would like to thank the Elder's Council, the Board of Directors and the staff for their support of this worthy cause.

This was an emotional journey for all of us, not only because it echoes the pain, loss and anger we have for the stolen sisters of the DTES, but also because we were walking with mothers, fathers, and children of these women, within territories that resound with natural beauty and personal histories of these women, their families and nations.

Walking the Walk.....Our First Journey

Vicki Peters, Arlene Sinclair and myself joined the courageous women outside of Prince Rupert, on the walk to Smithers. Our days always started together, sharing breakfast, praying and also deciding who would walk when. Each day we also ended the portion of the journey, together and offered prayers and thoughts to keep our energy and spirits up. We were walking with parents and young children of some of the women and everywhere we went communities, villages, Hereditary Chiefs and people were welcoming and supportive as well as part of our larger prayer circle which kept all our spirits going on this emotional journey. The pictures in this newsletter show all of us, in winter gear, walking through the snow, deep in the Gitksan territory. We placed three signs along the way, as a reminder to the public about the women and also about the struggle to have the killers found and the brutality stopped for other families and communities. We acknowledge and honour Florence Naziel, an aunt of Tamara, a missing girl, who was the lead walker, as well as Tamar's son, Jaden who walked as the youngest walker, and Tamara's parents Tom and Christine. Also along for the walk were Gladys Redek, Bergita, Betty, Priscilla and Willie Abraham who we shared the walk. After one week of the journey, we left the group in Smithers to return home and to also prepare for the second journey to P.G. for the Symposium in late March.

The Highway of Tears Symposium, P.G.

Our second journey included Reta Blind, Leona Reid, C.J. and her dad Fred who drove the van to PG. The Elders were amazing and contributed greatly to the process including raising money by raising their beautiful voices and spirits when offering "The Women's Warrior Song" to the proceedings.

Over 500 people gathered in Prince George to address the disturbing loss of the nine young women and also to look at the responses of the police and other parts of the judicial system. The Symposium was organized by the United Native Nations, and hosted by the Aboriginal community of P.G. It included families and friends of the missing women, RCMP officials, B.C.'s Solicitor General, social workers and First Nation Leaders.

The time that we spent in PG was an eye opener for many people as to our struggles down here, especially in regards to the missing and murdered women of the DTES, our friends and family. The main goal of the symposium was to find answers within the judicial system and to create awareness for the general public on these women, the issues of violence. There will be a follow up to this meeting and we are asked to return to this circle to provide our support, prayers, energy and wisdom.

We want to thank the United Native Nations (Provincial Office) for supporting this trip, in particular Dave Johnson (Executive Director), David Dennis (Vice President) and Lillian George (President)



DEWC TAIKO DRUMMING

This is the last month for new drummers to join, starting in June the group will be closed until August so that we can practice and rehearse for an upcoming performance!

All participants are expected to be on time and contribute to all aspects of the group including the making of meals, clean up, moving the drums, warm up and wrap up.

Friday May 5
Friday April 12
Friday April 19
Friday April 26

Doors close at 5:30

Drumming starts at 5:45
Drumming ends at 7:30

BIRTHDAY PLANNING!!

BOOK  CD 

PHOTOGRAPHY

 VIDEO 

STORYTELLING

In 2008 the Centre will be 30 years young. How should we be celebrating our birthday? We would like to get your opinions on commemorating the Centre and the all the women who have contributed – founding mothers, members, residents, volunteers, board and staff.

Saturday May 13, 2006

4:00 – 6:00

Dinner at 6:00

News from Management Team

We would like to express our appreciation for the staff at the Centre for doing such an excellent job. Their work is difficult and challenging, they are often asked to deal with situations that are not acceptable. About 250 women use the Centre EVERY day. Our space is small and when women come in they are often



extremely stressed and edgy. The Centre is a safe space for women to express their anger and frustrations – often this happens in really inappropriate ways. Although staff may not be liked by everyone they are certainly respected for their commitment to their jobs and their concern for women. The staff that work here are not machines they are sensitive and experienced professionals who have difficult jobs. THANK YOU.

All too often women of the Centre complain about staff, call them names, threaten them and throw things at them. It may not be evident to all our members but in the recent months the staff have contributed so much to make the Centre better. They keep the Centre open. Compared to 2 years ago, there are now more women using the Centre because we are better at meeting your needs. Of course that means there may be more fights and conflicts, we open our doors and hearts to those who have been most traumatized – these are also women who have survived using whatever skills and abilities they have. They are dependable, reliable and committed. Although we all have our bad days and we may not always get along all of us are completely devoted to making the Centre a better place for everyone.

Poetry Corner

This is dedicated to ALL the PHENOMENAL women at DEWC

PHENOMENAL WOMAN

By Maya Angelou

Pretty Women wonder where my
Secret lies.
I'm not cute or built to suit a
Model's fashion size
But when I start to tell them
They think I'm telling lies.
I say
It's in the reach of my arms
The span of my hips
The stride of my steps
The curl of my lips.
I'm a woman
Phenomenally
Phenomenal woman
That's me.

I walk into a room
Just as cool as you please
And to a man
The fellows stand or
Fall down to their knees
Then they swarm around me
A hive of honey bees.
I say
It's the fire in my eyes
And the flash in my teeth
The swing of my waist
And the Joy in my feet.
I'm a woman
Phenomenally
Phenomenal woman
That's me.

Men themselves have wondered
What they see in me
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see
I say
It's in the arch of my back
The sun of my smile
The ride of my breasts
The grace of my style.
I'm a woman
Phenomenally
Phenomenal woman
That's me

Now you understand
Just why my head's not bowed
I don't shout or jump about
Or have to talk real loud
When you see me passing
It ought to make you proud.
I say it's in the click of my heels
The bend of my hair
The palm of my hand
The need for my care
'Cause I'm a woman
Phenomenally
Phenomenal woman
That's me.



2006 IS A CENSUS YEAR IN

CANADA.....positions are now available for those wanting to help with the census in your neighbourhood. Phone to apply 604 666 2737, or visit the website www.census2006.ca

Qualifications are:

- ❖ 18 years or older
- ❖ able to take a written test
- ❖ ability to walk extensively
- ❖ working knowledge of English

JOIN the team who will collect data for Stats Can in this years Census!