

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver Tel: 681-8480
October 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BINGO	2 1:30 Aids Van. 2:00 Changes at Legal Services 5:00 Learn. group	3 12:00 TB Skin Test 1:30 Women's Voice 2:00 Video and Discussion on AIDs	4 1:00 Kathy the Nurse 1:30 Beading 2:00 Panel on AIDS 5:00 Volunteer Dinner	5 12:00 TB Results 1:00 Law Student 2:00 AIDS Quilt Outing 5:00 Women Surviving Together	6 CLOSED	7
8 1:30 Video	9 12:30 HARVEST DINNER 5:00 Learn. Group	10 1:30 Women's Voice 1:00 Canoeing	11 1:00 Kathy the nurse 1:30 Beading	12 1:00 Law Student 1:30 Dreamcatchers 5:00 Women Surviving Together	13 1:30 RAFFLE 2:00 Video 2:00 Free Haircuts	14
15 BINGO	16 1:30 Aids Van. 2:00 Changes to Crisis Grants wksh 5:00 Learn. Group	17 1:30 Women's Voice 1:30 Ceramics 5:00 Employment and Assertiveness Training	18 12:00 Kathy the nurse 1:30 Beading 5:00 Movie outing	19 1:00 Law Student 1:30 Origami 5:00 Women Surviving Together	20 1:30 RAFFLE 2:00 Video 5:00 PAINTING BEGINS	21 10:00 IT CONTINUES
22 12:00 PAINTING ENDS 1:30 Video	23 1:30 Aids Van. 2:00 Women's Health workshop 5:00 Learn. Group	24 1:30 Women's Voice 2:00 Museum Outing 2:30 Happy Birthday!	25 CHEQUE DAY CENTRE OPEN Videos	26 1:00 Law Student 2:00 Pumpkin Carving 5:00 Women Surviving Together	27 1:30 RAFFLE 2:00 Video 2:00 Free Haircuts 5:00 Volunteer Halloween Party	28
29 BINGO	30 1:30 Aids Van. 5:00 Learn. group	31 1:30 Women's Voice 2:00 Seymour Demo. Forest			Monday 10:30 - 5 Tues. 11:30 - 5 Weds. 10:30 - 5 Thurs. 10:30 - 5 Fri. 10:30 - 5 Sun. 12:00 - 5	LUNCH SERVED DAILY AT 12:30

note*** - sometimes things get canceled or set up on another date - make sure to check "Update sheet" on the front chalk board***
 check activities and sign up board for more information on up coming centre programs also other free events around town

GOODBYE! SUMMER WELCOME! FALL

October 2nd to 9th is **AIDS Awareness Week**. We will be having AIDS awareness events on Oct 3rd, 4th and 5th. On Tuesday, Oct 3rd, there will be a video made by a woman from the neighbourhood about the issues around AIDS that also deals with all kinds of other subjects that is relevant to our neighbourhood. This will be followed by a group discussion. There will be a panel of women living with AIDS in on Wednesday, Oct 4th to talk about their experiences and share their thoughts. This will be an interactive presentation.

The **Vancouver Aboriginal Friendship Centre** is the first Aboriginal Community to display the **Names Project AIDS Memorial Quilt**. This is a quilt made of panels designed by friends and loved ones for those who have passed on due to AIDS. We will be going to the Friendship Centre at 2:00 on Thurs. Oct 5th. Let's do our part and get informed. All of us have been touched in some way or other by this horrible disease.

OUTINGS

There will be an outing a week this month!! The **canoe trip** was so successful that we will be going again on Tues. Oct. 10th at 1:00, again we will go out to **Deep Cove** and have a mini BBQ after all that fresh air and exercise. Please come prepared for cool wet weather.

Wed. Oct. 18th is the **last movie outing** for the year, we are out of tickets Ooh! We will have pizza at the Centre and head up to **Capitol Six**.

On Tues. Oct. 24th we will be going to the **Museum of Anthropology** at 2:00. There will be a First Nations student who will give us a tour of the museum. They have an excellent "collection" of stolen artifacts!! We will be able to go for a walk on the grounds and have a picnic after.

We have another "Outdoor" adventure, a walk through the **Seymour Demonstration Forest** on Tues. Oct 31 at 2:00. On the walk we will collect goodies for the centre to make stuff and have a picnic after. Come dressed for cool wet weather.

WORKSHOPS

Find out about the changes in Legal Services on Mon. Oct 2nd at 2:00.

On Mon. Oct. 16th at 2:00 there will be a presentation on the changes that are happening in **Crisis Grants**, come out and learn what you are eligible for and how to go about getting it.

There will be a **Women's Health Workshop** on Mon. Oct. 23rd at 2:00. The medical community is slow to recognise women's needs, come out to get information and support for your health issues.

Cleo the community nurse will be in on Tues. Oct 3rd at 12:00 to conduct **TB Skin Tests**. The results will be available the following Thurs. Oct. 5th.

Employment and Assertiveness Training; learn to play the game and get the job!! Tue. Oct. 17 at 5:00. Meal served.

SPECIAL EVENTS

Something really special. **We are going to paint the Centre!!** Starting the evening of Fri. Oct. 20th to Sun. Oct. 22nd at 12:00 we will be brushing away. We are looking for reliable, dependable, paintable women to volunteer. We will be well fed and well worked! Sign up now.

Harvest Dinner will fall on Mon. Oct. 9th this year. Let's celebrate together with a Turkey dinner with all the fixin's.

CRAFTY WORKSHOPS

As usual crafty women can join the workshops, there is **beading** once a week on Wednesdays at 1:30 in addition we will have one other craft workshop each week except for AIDS awareness week. On Thurs. Oct. 12th at 1:30 there will be a **Dreamcatchers and Medicine Wheel** workshop.

Tues. Oct. 17th there is **Ceramics** and Thurs. Oct 19th at 1:30 is **Origami**, we are starting to make Christmas decorations, stars, booties, Santas, etc. It's never too early to start Christmas!!

Pumpkin Carving is on Thurs. Oct. 26th at 1:30

REGULAR PROGRAMMING

- MONDAY - 1:30, Margreth from AIDS Vancouver comes in to answer any questions and to offer support.
5:00, the Learning Group meets, there is a hot meal served. If you need help with your resume or other kinds of correspondence or writing, also general help.
- TUESDAY - 1:30, Women's Voice, this is where you can bring your complaints and ideas for the Centre
- WEDNESDAY - 1:00, Kathy the community Nurse comes in to meet any health needs that women may have, if you need a dressing changed, have health questions, this is the place
1:30, Leona does a beading workshop. Come out and learn or get new tricks and designs.
- THURSDAY - 1:00, the UBC Law student comes in to help with any legal questions or form or letters that you need to deal with.
5:00, Women Surviving Together, a support group meets at this new time.
- FRIDAY - 1:30, Raffle, lots of goodies to be won. You need to put in your name during lunch before the draw.
2:00, Video day. Any kind. NO, NO, NO, NO, PORN!
- SUNDAY - 1:30, Every other Sunday is Bingo day. Lots of good prizes.

IN ADDITION.....

Free Hair cuts are scheduled twice this month, Fri. Oct 13th and Fri. Oct. 27. Keep your eyes open there may be more sessions scheduled.

VOLUNTEER NEWS

premiere edition of the Volunteer News

Hello from Cynthia, I am still in the middle of sorting out my position here and juggling the Volunteer Coordinator Position and Programmer, so far so good. I continue to enjoy my job. YAH!!

There have been a number of changes, the biggest being the introduction of a Volunteer Floorworker to help with the desk duties and assist the Staff Floorworker. The first few weeks have been a bit rocky. Some Volunteers are unsure of the new responsibilities. This is for good reason there has been no real direction. I am preparing a brief Volunteer Guidelines sheet which should define the different positions, and outline the various duties related to the position. It will also cover how the various systems work, for example; donations, floorworker rotation etc. It should be out by Tuesday, October 17th which incidently is the same date of the Receptionist Workshop ooh, coincidence or conspiracy.

We need to have a Receptionist Workshop to train all the new volunteers and for the oldies but goodies who need a refresher. This is a workshop for referrals, how to get information to make the decision, who or which agency you should refer calls to when women ask for help. It is also on how the telephone works and on telephone etiquette. There have been complaints about rudeness, swearing, calls being cut off and messages not being taken. **Receptionist Workshop, Wednesday, Nov. 1 5PM hot meal served. Anyone, new or experienced, who wants to work on the desk has to go to this work shop.** If you can't make it please speak to Cynthia.

The Centre has many, many new volunteers. That is great, I hope that you will all be patient with me as I go through this adjustment period. Thank you to all the new women who have signed up as volunteers. I have gotten tons of comments on the great job that is done by volunteers, cleaning up, helping out in the kitchen, and with all kinds of other stuff. Big Cheers. Without volunteers this centre would have no heart.

Desperately needed - Women to help paint the Centre. We will be painting from Friday, Oct. 20th 5:00 till Sunday, Oct. 22nd 12:00. Reliable, dependable women are needed to paint, if you are experienced and available to help out that would be great. There will be meals and refreshments let's make it fun too!

There will be 4 shifts in total:

Friday, Oct. 20th 5:00 - 10:00	Gourmet Pizza
Saturday, Oct. 21th 10:00 - 3:00	KFC Lunch
Saturday, Oct. 21nd 3:00 - 8:00	Chinese Dinner
Sunday, Oct. 22nd 8:00 - 12:00	Dutch Panekoek

Did you know that as a Volunteer you may.....

- get up to \$200 to take a course or go to a workshop or conference.
- sign out a sewing machine to do sewing in the Centre.
- sign out a pass to go to any Community Centre or Parks Board Rec. Facility.

I am also trying to get other kinds of passes that Volunteers may use for recreation or entertainment. Please feel free to make suggestions.

NOW FOR SOMETHING COMPLETELY DIFFERENT

There are a couple of events planned for this month especially for Volunteers. There is the **regular Volunteer dinner on Wednesday, Oct. 4th at 5:00**. Debbie Pigeau Has promised a meal to remember, she's doing Greek with the help of Debbie Baker and Denny Prince. Can we hope for a night of Belly dancing from our honorable hostesses with the mostest!

Also planned is a night of pigging out on candy and pop. We will be having a **Halloween Party on Firday night, Oct 27th at 5:00**. Let's dress up and eat candy all night and watch horror movies. There will also be a Treasure Hunt!! Beware of unplesant surprises!! We can do all those things our moms told us not to do or if you are a mum all those things that you tell your kids not to do. Costume is optional

DATES TO REMEMBER

**VOLUNTEER DINNER
WEDNESDAY, OCT 4TH 5:00**

**HALLOWEEN PARTY
FRIDAY, OCT 27TH 5:00**

**RECEPTIONIST WORKSHOP
WEDNESDAY, NOV 1ST 5:00**

FREE LEGAL ADVICE FOR WOMEN

Co-Sponsored by

UBC LAW STUDENTS LEGAL ADVICE PROGRAM

and

BATTERED WOMEN'S SUPPORT SERVICES



GENERAL LEGAL ADVICE

DIVORCE

WELFARE DEBTS

LANDLORD/TENANT

WILLS

U.I.C.

I.C.B.C.

FAMILY

CRIMINAL

Free legal advice will be held
from 6:30 am - 8:30 pm on the
following dates:

- * September 19, 1995
- * October 3, 1995
- * October 17, 1995
- * October 31, 1995
- * November 14, 1995

Phone 822-5781 to book appointments

WHAT CAN YOU DO TO HELP

IF YOU THINK A WOMAN IS BEING ABUSED:

- Ask her if she has been abused. Believe a woman who tells you she is being abused. A woman rarely lies about matters and has most likely suffered through many abusive episodes which have been escalating in severity. Listen to her. Be supportive and understanding.
- Ask her if she and her children are safe at the present and if she needs any medical attention.
- If she wishes to go, accompany her to arrange transportation for her to the nearest shelter, medical facility, and or police.
- Respect her choices. All women want the abuse to stop but not all women want the relationship to end.
- Tell her that the abuse is not her fault, but her partner has the problem and needs some help. She is not alone; many women are abused by their partners. Help is available.
- If she plans to leave home, remind her to take legal identification such as social insurance cards, drivers license, credit cards medical documents and any personal mementos.
- DO NOT CONFRONT THE ABUSER. THIS MAY BE DANGEROUS FOR HER AS WELL AS FOR YOURSELF!!!!