

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver Tel: 681-8480
January 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1:30 AIDS Van. 2:00 Karaoke Sing-a-long - Centre will rent a machine	2 1:30 Women's Voice 2:00 Ice Skating and City Lights Tour	3 1:00 Law Student 1:30 Beading	4 2:00 Wood working - make a bird feeder 5:00 Women Surviving Together	5 1:30 RAFFLE 2:00 Video 5:00 - 9:00 Volunteer Night at the Centre	6 5:30 Hockey Outing
7 1:30 BINGO	8 1:30 AIDS Van 2:00 Video-Against Violence Women in a Violent Society 5:00 Learn. Group	9 1:30 Women's Voice 2:00 Planetarium Outing 5:00 Women's Centre Film Festival	10 1:00 Kathy the Nurse 1:30 Beading	11 2:00 Dreamcatchers and medecine Wheels 5:00 Women Surviving Together	12 1:30 RAFFLE 2:00 Video 5:00 Volunteer Dinner	13
14 1:30 Video 1:30 English Classes 2:00 Work on the Garden Plot	15 1:30 AIDS Van. 2:00 Freeda's Knitting Circle 5:00 Learn. Group	16 1:30 Women's Voice 2:00 We're going swimming!! 5:00 Women's Centre Film Festival	17 1:00 Law Student 1:00 Kathy the nurse 1:30 Beading 5:00 BWSS Support Group	18 2:00 Basic First Aid Workshop 5:00 Women Surviving Together	19 1:30 RAFFLE 2:00 Video 5:00 Volunteer Workshop - 'The Photocopier'	20
21 1:30 BINGO 1:30 English Classes	22 1:30 KW'ACHMNEK' Workshop 1:30 AIDS Van. 5:00 Learn. Group	23 1:30 Women's Voice 2:30 Happy Birthday! 2:30 Nature Walk - Women's Choice 5:00 Women's Centre Film Festival	24 CHEQUE DAY CENTRE OPEN 5:00 BWSS Support Group	25 2:00 Ceramics 5:00 Women Surviving Together	26 1:30 RAFFLE 2:00 Video 5:00 - 9:00 Volunteer Night at the Centre	27
28 1:30 Video 1:30 English Classes 2:00 Work on the garden plot in Strathcona	29 1:30 AIDS Van. 2:00 Woodworking 5:00 Learn. Group	30 1:30 Women's Voice 5:00 Women's Centre Film Festival	31 1:00 Law Student 1:00 Kathy the Nurse 1:30 Beading 1:30 Theatre Outing 5:00 BWSS Support Group	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 to

A BRAND NEW YEAR FILLED WITH ALL KINDS OF PROMISES FOR THE CENTRE!! WITH LUCK AND A TON OF HARD WORK WE WILL HAVE A NEW CENTRE BY THE END OF THE YEAR. WE HOPE FOR A YEAR OF PEACE AND BALANCE FOR EVERYONE.

NEW'S YEAR CELEBRATION - JAN 1 2:00 - We will be renting a Karaoke machine to sing in the brand new, better YEAR!! There will be snacks and refreshments. Come out and have a holler.

WOMEN'S CENTRE FILM FESTIVAL JAN. 9,16,23 AND 30 AT 5:00 - Maybe a yearly event, we will be showing films made by women that are relevant to us. There will be lots of First Nations films and maybe even a film maker or two!! There will be a meal.

There is a new support group starting this month. The **Battered Women Support Services** will be starting a Wed. Night open group at 5:00 for women who have experienced a battering situation. This will include a meal.

WORKSHOPS

Basic First Aid - Learn how to care for sores, cuts, burns and other minor injuries. What to do in an emergency situation. How to deal with common injuries, sprains, muscle pulls etc.

KW'ACHMNEK' a non-profit First Nations organization offering courses in job searches, resume writing etc. Find out more about the organization and how they can help you.

OUTINGS - There will be snacks provided for the outings.

Tues. Jan 2, 2pm - **Ice Skating and City Lights Tour** - We will be going Ice Skating at the Community Centre and then to Van Dusen Gardens to see their light display. You don't have to be a skater to go.

Sat. Jan 6, 5:30 - **Hockey** - There was a draw for the 9 hockey tickets we will be going as a group the names of the winners are on the Activities board. Meet here at 5:30 for pizza. If you really want to go try your luck, come by at least there will be pizza.

Tues. Jan 9, 2:00 - **Planetarium Outing** - There will be a laser show of the stars and planets. We can go for a walk to Vanier Park and even visit the Maritime Museum. Lizzy will be there too!!

Tues. Jan 16, 2:00 - **SWIMMING** - We will be going to the Vancouver Aquatic Centre where we will have the training pool all to ourselves from 2:30-3:00 and have a go at the BIG pool after, there is also a co-ed whirlpool and sauna. We will be back at the Centre in time for pizza and films!!

Tues. Jan 23, 2:30 - **Nature Walk** - The women who are going for the walk can decide where they would like to go. The beach, the endowment lands, mountain etc. If it's nice we will have a BBQ.

Wed. Jan 31, 1:30 - **DRACULA** - A Gothic, horror comedy!?! At the Arts Club Theatre on Granville Island. The show starts at 2pm and there will be a tea reception to meet the actors after. Back by 5pm.

CRAFTS - At least twice a week including Beading every Wed. At 1:30

Thurs. Jan 4, 2:00 - **Woodworking** - Make a lovely bird feeder with a scroll saw and hammer and nails etc. Learn how to use the power tool safely and have fun.

Thurs. Jan 11, 2:00 - **Dreamcatchers and Medicine Wheels** - Learn about them and how to make them or learn new and sophisticated techniques.

Mon. Jan 15, 2:00 - **Knitting Circle** - Join Freeda in the Knitting Circle to work on individual projects, to learn knitting or just for the company. Also crocheting.

Thurs. Jan 25, 2:00 - **Ceramics** - Again come out and have some fun and make something useful.

Mon. Jan 29, 2:00 - **Woodworking** - Project to be announced, maybe those whirly jigs that move with the wind or a clock or picture frame the ideas are limitless!

REGULAR PROGRAMMING

AIDS - Margareth from AIDS Vancouver will be here every Mon. At 1:30.

Learning Group - The Group meets every Monday night at 5:00, a meal is served, to help with the different issues associated with learning. This is where you can improve your memory, math and writing skills and other learning areas.

Women's Voice - Tuesdays at 1:30 come out and make you opinions heard. This is where Centre users can have their say in what they want from the Centre. If you are unhappy about something about the Centre or if you are really pleased that something is happening let us know. We can make changes only if we know what the problems are.

Law Student - Dates to be announced. They are here to help with all your legal needs if they can't help you they will know who can. This includes help with Welfare, MSP, Handicapped etc.

Women Surviving Together - This is a support group for women in the Downtown Eastside that meets every Thursday night at 5:00. We have a meal and a circle. This is where women can come for support on all kinds of issues, and talk about the problems they are experiencing or have overcome. It's a place to share and get stronger.

Raffles - We have a raffle every Friday at 1:30. Through the week we get donations that are not clothes that women may 'win' on Fridays. You need to enter your name during lunch before the raffle.

Bingo - There is Bingo every other Sunday, this month it is on Jan. 7 and 21 at 1:30.

VOLUNTEER NEWS

JANUARY 1996

vol. 2 no.1

I have a feeling about this year it's going to be great for the Centre as well as all those that are involved in the Centre! Sometime this year we will be locking the doors here forever and moving to a new building and in a whole new direction. The Centre **IS** the volunteers, volunteers are involved in all aspect of the Centre from cleaning to planning, cooking and note taking! I want to thank all the volunteers present and past for their amazing contributions and for making my job/s so smooth and rewarding. Thank you, thank you, thank you.

My goals for the year is to increase the responsibilities of volunteers, get training in place for volunteers who want it. Most importantly to get more volunteers on Incentive Programs. 60% the volunteers are not on any program and should be entitled. It will take some time and perseverance.

This is the plan if you are interested in volunteering or have been volunteering and would like to get on a program, I will write a letter for you to take to your worker. Most of the programs are full ant your worker will put you on a waiting list, this doesn't mean that you just wait!! Many, many people ask to be put on a list and the worker will often forget!! The best thing to do is start volunteering and keep asking, I will write a letter for you each month to remind your worker. This letter will inform your worker that you are serious about volunteering and you have already secured a position. This will mean alot and probably get you moved up in the list!!! This should be done regularly.

Even if you are not on an incentive program there are so many benefits to being a volunteer. The greatest one being the sense of community that volunteering offers, we are like a HUGE family, that we have chosen. We have monthly dinners, an opportunity to develop some skills, activities and respect from those around us. I started at the Centre as a Volunteer, too!!! The volunteers are responsible for all aspects of the Centre's operation. Volunteers clean, repair, receive, cook, assist, paint, answer phones, serve, do crafts, organize, etc. etc.

We also get some perks. There is a monthly volunteer dinner, workshops to learn to use different office equipment, special outings and in the future there will be opportunities to learn about computer one on one. Volunteers can also take courses paid for by the Centre. Starting this month we will be having a Volunteers Night at the Centre every Friday Night from 5pm - 9pm. Volunteers can come by to hang out, play some Bingo, watch a video, play games, whatever. There will be a meal served, nothing fancy but something! There will also be a workshop monthly on how to work different office equipment. If you are interested in becoming a volunteer please speak to me, Cynthia.

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THANK YOU TO ALL THE VOLUNTEERS WHO HELPED MAKE CHRISTMAS A SUCCESS!! WE SERVED OVER 400 WOMEN AND CHILDREN. THE CHRISTMAS DINNER RAN SO SMOOTHLY BECAUSE OF ALL OUR VOLUNTEERS AND THE CHRISTMAS PANCAKE BREAKY WAS A WINNER BECAUSE OF THEIR EFFORTS.

VOLUNTEERS ALSO HELPED WITH ALL THE PREPARATIONS. WE SPENT AN EVENING CLEANING A FULL DAY WRAPPING PRESENTS AND GETTING THE MEAL READY. THERE WERE OVER 30 VOLUNTEERS WHO PUT IN LOTS OF HOURS TO MAKE CHRISTMAS HAPPEN.

WE HAD A DINNER FOR THE VOLUNTEERS, UNFORTUNATELY MANY COULD NOT MAKE IT. IF YOU ARE A VOLUNTEER BUT DID NOT GO TO THE DINNER PLEASE SEE CYNTHIA!

FROM THE BOTTOM OF MY HEART AND ON BEHALF OF THE WOMEN'S CENTRE. THANK YOU.

DATES TO REMEMBER

EVERY FRIDAY NIGHT 5PM - 9PM
VOLUNTEERS NIGHT TO HANG OUT AND DO STUFF!!

FRIDAY, JAN 12 5PM
VOLUNTEER DINNER

FRIDAY, JAN 19 5PM
WORKSHOP - THE PHOTOCOPIER!!!

STAFFING CHANGES

Angela has left the Centre after 3 years of dedicated service. She will be spending time relaxing and traveling then on to bigger and better things. Hopefully she will visit frequently.

Diane the fund-raiser will be working in the Centre doing some of the administration for the interim. The position will be evaluated by Staff and the Steering Committee in the next few months.

Anne is on sick leave for two months to recover from a persistent respiratory infection. Julie, Judy and Gail will be responsible for the kitchen while she is away.

Marita was hired recently as a relief worker and will be filling in where necessary.

Toni will be back at the Centre sometime in January. Yahoo!! Connie who has been filling in as the Legal Advocate will be going back to her regular life BUT she is interested in continuing at the Women Centre where possible!! Don't say your good-byes yet.

If you were wondering why it's been so peaceful, THE BRAT, Marion was away for a week following Christmas and got sick during her vacation!!

THERE HAVE BEEN QUITE A FEW CHANGES IN THE CENTRE , FORTUNATELY THAT WILL NOT EFFECT THE SERVICES WE OFFER. IF YOU HAVE ANY COMMENTS OR SUGGESTIONS PLEASE FEEL FREE TO SPEAK TO A STAFF MEMBER. THAT'S WHAT WE ARE HERE FOR.