

DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova Street, Vancouver
MARCH 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Sun. 12:00-5 Monday 10:30-5 Tues. 11:30-5	Weds. 10:30-5 Thurs. 10:30-5 Fri. 10:30-5	LUNCH SERVED DAILY AT 12:30	Laundry Facilities Centre Users: Tues., Wed., and Fri. Volunteers: Monday and Thursday	1 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	2
3 1:30 BINGO	4 11:00 How to launch a self appeal with MSS et al 1:30 AIDS Vancouver 2:00 Yoga 5:00 Learning Group	5 2:00 CNIMAX - Yellowstone park 1:30 Work on Garden Plot 4:00 Chinese helper	6 1:00 Kathy the Nurse 1:30 Beading 5:00 Battered Women Support Group	7 11:00 WAWAW 1:30 Women's Voice 2:00 Knitting with Freeda 4:00 Chinese Helper 5:00 Women Surviving Together	8 INTERNAT. WOMEN'S DAY 12:30 Law student 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	9 9:00 Pancake Breakfast and IWD March at 11:00
10 1:30 Work on Garden Plot 2:00 Video	11 11:00 TAX RETURN WORKSHOP - How to do your own 2:00 Music group 5:00 Learning Group	12 2:00 Swimming or exercise at the Aquatic Centre 4:00 Chinese helper	13 1:00 Law Student 1:00 Kathy the Nurse 1:30 Beading 5:00 Battered Women Support Group	14 11:00 LEAF 1:30 Women's Voice 1:30 Law Student 2:00 Woodcarving 4:00 Chinese Helper 5:00 Women Surviving Together	15 1:30 RAFFLE 2:00 Woodcarving with Diane Greene 2:00 Video 5:00 Vol. Nite	16
17 1:30 BINGO	18 11:00 TAX RETURN WORKSHOP - How to do your own 1:30 AIDS Vancouver 2:00 Freeda's Knitting Circle 2:00 Yoga 5:00 Learning Group	19 1:30 Beachcombing at Whytecliff Park 1:30 Garden Plot 4:00 Chinese Helper	20 1:00 Kathy the Nurse 1:30 Beading 5:00 Battered Women Support Group	21 1:30 Women's Voice 2:00 Wood painting 4:00 Chinese Helper 5:00 Women Surviving Together	22 1:30 Law Student 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	23
24 1:30 Work on Garden Plot 2:00 Video 31 BINGO	25 11:00 TAX RETURN WORKSHOP - How to do your own 1:30 AIDS Vancouver 2:00 Music Group 5:00 Learning Group	26 2:00 HEALTH WORKSHOP - Nutrition 4:00 Chinese Helper	27 CHEQUE DAY 1:00 Law Student 1:30 Theater Outing 5:00 Battered Women Support Group	28 1:30 Women's Voice 1:30 Law Student 2:00 Ceramics 4:00 Chinese Helper 5:00 Women Surviving Together	29 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	30

note*** - sometimes things get canceled or set up on another day make sure to check "Update sheet" on the front board or the Activities board

INTERNATIONAL WOMEN'S DAY IS ON MARCH 8TH, A DAY IN 365 DAYS WHERE WOMEN ARE GIVEN THEIR DUE!! THERE WILL BE A MARCH ON SATURDAY THE 9TH. THE WOMEN'S CENTRE WILL BE HAVING A PANCAKE BREAKFAST AT 9:00. WE WILL HEAD UP TO MAIN LIBRARY TO JOIN THE MARCH WHICH WILL START AT 11:30. THE MARCH WILL BE ENDING AT FIRST UNITED ON HASTINGS AND FESTIVITIES WILL GO ON ALL DAY.

NEW, NEW, NEW, NEW - WE WILL BE HAVING MORNING WORKSHOPS BEGINNING THIS MONTH. THERE JUST AREN'T ENOUGH HOURS IN THE WEEK. MORNING WORKSHOPS WILL BE HAPPENING FROM 11:00 TO 12:00 ON A TRAIL BASIS. LET US KNOW IF IT WORKS - OR NOT.

Monday, March 4 - How to launch a self appeal through MSS - Facilitated by our own Kathleen Cummings. It is more and more important to appeal.

Thursday, March 7 - WAVAW Women Against Violence Against Women - Find about the organization and what they have to offer.

Monday, March 11, 18, 25 - Tax return Workshops - Get help filling in your tax return.

Thursday, March 14 - LEAF Legal Education Action Fund - They initiate test cases in the legal system. What to do with issues that affect our community.

REGULAR PROGRAMMING

AIDS - Margareth from AIDS Vancouver will be here every Mon. At 1:30. Except Mar. 11.

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 1:15 come out and make you opinions heard. This is where Centre users can have their say in what they want form the Centre. We can make changes only if we know what the problems are.

Battered Women Support Services - Wed. At 5:00. Support Group for women who have experienced violence. Meal provided.

Law Student - CHECK CALENDAR. 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 Feb. 4 and 18 at 1:30.

CRAFT WORKSHOPS - At least twice a week including Beading every Wed. At 1:30. All materials provided.

Thursday, Mar. 7 at 2:00 - Knitting with Freeda, learn or start new trick. Some materials provided.

Thursday, Mar 14 and Friday, Mar 15 - First Nations wood carving workshop with Diane Green! Learn to carve using red and yellow cedar. This is a two day workshop and you should be here both days. Max. 10 carvers.

Thursday, Mar. 21 at 2:00 - Woodworking - Paint the wood projects you have been making at wood working workshops there will be different paints and other stuff for decorating. If you do not have anything there will be precut pieces ready for your personal touch.

Thursday, Mar. 28 - Ceramics, will be a two parter to be continued the following week, Apr. 4. We will be making stuff in the first session and the decorating.

OUTINGS - Usually on Tuesdays except Theater Outings which are on Wednesdays.

Mar. 5 - CNIMAX - The 5 story movie screen, so real that you are there!! The feature presentation is a trip to Yellowstone National Park. Experience Nature? Go places you wouldn't be able to go if you were there!!

Mar. 12 - SWIMMING - You can go swimming or work out in the full gym at the Aquatic Centre on Beach Avenue. Fun, Frolic, Exercise.

Mar. 19 - BEACHCOMBING AT WHYTECLIFF PARK - Get some real fresh air and search for lost treasures by the sea. Whytecliff Park is near Horseshoe Bay You can even watch the ferries sail by.

Wed. Mar 27 - THEATER OUTING - Program to be announced we are going to the Arts Club on Granville Isl. There will be a tea with the actors after.

Garden work will also happen on Tues. Mar. 5, Sun. Mar. 10, Tues. Mar. 19 and Sun. Mar. 24 at 1:30.

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to excel
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I choose self-esteem
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I choose to listen
to the inner voice
not the random opinion
of others - *Anonymous*

MARCH IS INCOME TAX MONTH

THERE WILL BE SELF HELP WORKSHOPS ON

MONDAY MARCH 11 FROM 11:00 - 12:00

MONDAY MARCH 18 FROM 11:00 - 12:00

MONDAY MARCH 25 FROM 11:00 - 12:00

PLEASE BE PREPARED AND IF YOU CAN, BRING ALL THE NECESSARY DOCUMENTATIONS

ALSO

THE LAW STUDENTS WILL BE SPENDING THE FIRST HOUR OF EACH LAW STUDENT PERIOD FILLING OUT TAX RETURNS FOR WOMEN. IT IS A FIRST COME FIRST SERVE BASIS PLEASE SIGN UP ON THAT DAY,

FRIDAY MARCH 8 FROM 12:30 - 1:30

WEDNESDAY MARCH 13 FROM 1:00 - 2:00

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WEDNESDAY MARCH 27 FROM 1:00 - 2:00

THURSDAY MARCH 28 FROM 1:00 - 2:00

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VOLUNTEER NEWS

MARCH 1996

vol. 2 no. 3

There have been concerns regarding the lack of formal volunteer meetings since the beginning of the Friday Volunteer Nights. Generally speaking there have been informal discussions where necessary. It might be a good idea to schedule a monthly meeting to coincide with the BIG Volunteer dinner that will happen once a month, usually on the third Friday of the month. The Volunteer Meeting for March will be on Friday March 15th, we will meet and have the meal at 7:00. If there is any issue that volunteers would like to bring up please speak to Cynthia or attend the meeting if you are not a volunteer but have some comments or suggestions about the volunteer program please speak to Cynthia.

MANY THANKS TO DOROTHY LAROSE FOR A BEAUTIFUL, BOUNTIFUL AND DELICIOUS SHEPHERDS PIE!! Last month the word must have gotten around that Dorothy was cooking the Volunteer Dinner because 24 volunteers showed up for the festivities. Fortunately there was enough for everyone.

If you are interested in cooking one of the dinners please tell Cynthia. There are many women who enjoy cooking especially for such an appreciative crowd!!

The computer workshops are off and running, June the computer head comes in for 2 hours every Friday to introduce women to the computer. There will be 20 min. of one on one instruction for women interested. If you are already an old hack please be patient as most women are beginners. June usually starts from scratch. If you feel that you are ready to work on your own speak to June and she can arrange to set you up at a terminal so that you can get down to some WORK! The woman's computer is scheduled to come in April if the funding comes through. That means that women will be able to work independently through out the week and not only on Fridays.

This month is cleaning month. We forgot to clean the Centre last month so March 19th, Tuesday night from 5 - 9 has been designated as cleaning night. It will be appropriate because there will be renovations done on the bathrooms this month and we can do some reorganizing. At least 10 volunteers are needed to do a through job. We will be cleaning the vents, light fixtures, walls, wiping furniture etc. With luck we will be able to relax a bit after with a meal. Those interested please sign up with Cynthia, Thanks.

This month we will have another receptionist workshop. There have been a number of staff changes and also we have another line added to the phone and another office. This is a good time to train new receptionists and familiarize the oldies with the recent changes. The workshop is on Friday March 22nd. Workshop hours go towards your volunteer hours but other Friday nights are optional and are not counted towards your hours.

For activities there will be line dancing on the last Friday of the month which is March 29th, every one who was there the last time had a blast even those that did not dance. They threatened to participate next time!! SURE If line dancing isn't your bag maybe we should ask John Biddau, Pat's son to teach us break dancing!!

Keep in mind that all volunteers are welcome. If you are a steering board member you are still considered a volunteer and welcome to join us. If you work in the kitchen you are welcome to join us. You do not need to be on an incentive program to be one of the gang. There is a sewing machine if you want to do some sewing. If you have any questions please speak to Cynthia.

There isn't anything specific for the Fridays of the 1st and the 8th if there are any suggestions please speak to Cynthia for ideas. We can try anything at least once.

DATES TO REMEMBER

**FRI. MARCH 15
VOLUNTEER DINNER**

**TUES. MARCH 19 5pm - 9pm
CLEANING THE CENTRE**

PLEASE SIGN UP WITH CYNTHIA

**FRI. MARCH 22
RECEPTIONIST WORKSHOP**

**FRI. MARCH 29 5pm - 6pm
LINE DANCING**

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