

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Monday 10:30-5 Tues. 11:30-5 Weds. 10:30-5 Thurs. 10:30-5 Fri. 10:30-5 Sun. 12:00-5	1 1:30 Meeting - How to meet Women's Detox needs 1:30 AIDS Vancouver 2:00 Yoga 3:30 ESL Classes 5:00 Learning Group	2 2:00 Bowling at Commodore Lanes 1:30 Work on Garden Plot	3 11:00 Résumés 1:00 Kathy the Nurse 1:30 Beading	4 12:30 SPRING DINNER 4:00 Cantonese Helper 5:00 Women Surviving Together <i>cancelled</i>	5 1:30 RAFFLE 2:00 Video 2:00 Chocolate workshop 5:00 Vol. Nite	6
7 NATIVE CULTURAL WEEK OPENING 12:00 Smudge and Prayer 1:30 Work on Garden Plot 2:00 Lakweswa - A video about coastal life.	8 10:30 Smudge 11:30 Margaret Harris and native dancers 1:30 AIDS Vancouver 2:00 Herbal workshop 3:30 ESL Classes 5:00 Learning Group	9 11:30 Smudge 2:00 Medicine Walk in Stanley Park 2:30 Sharing Circle	10 10:30 Smudge 11:00 Help with Résumés 11:00 Video - Blockade Land and who controls it. 1:00 Kathy the Nurse 1:30 Beading 1:30 Law Student	11 10:30 Smudge 11:00 Native artist at work 1:30 Women's Voice 2:00 Woodcarving 4:00 Cantonese Helper 5:00 Women Surviving Together	12 10:30 Smudge and Drumming 1:30 RAFFLE 2:00 Wellness workshop 4:30 Closing circle and prayer 5:00 Vol. Nite	13
14 1:30 BINGO	15 1:30 Bridge Housing Info. Session 1:30 AIDS Vancouver 2:00 Yoga 3:30 ESL Classes 5:00 Learning Group	16 1:30 Garden Plot 2:00 Swimming at the Aquatic Centre	17 11:00 No Place to Go - The downsizing of services 11:00 Help with Résumés 1:00 Kathy the Nurse 1:30 Beading	18 1:30 Women's Voice 2:00 Ceramics 4:00 Cantonese Helper 5:00 Women Surviving Together	19 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	20
21 1:30 Work on Garden Plot 2:00 Video	22 1:30 AIDS Vancouver 2:00 Music Group 3:30 ESL Classes 5:00 Learning Group	23 2:00 Health Workshop - Cancer	24 CHEQUE DAY 11:00 Help with Résumés 1:30 Law Student 1:30 Theater Outing	25 1:30 Women's Voice 2:00 F's Knitting Circle 4:00 Cantonese Helper 5:00 Women Surviving Together	26 1:30 RAFFLE 2:00 Video 5:00 Vol. Nite	27
28 1:30 BINGO	29 1:30 AIDS Vancouver 2:00 Music Group 3:30 ESL Classes 5:00 Learning Group	30 1:30 Garden Plot 1:30 Nature walk - Pacific Spirit Park		LUNCH SERVED DAILY AT 12:30		

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

WE WILL BE CELEBRATING NATIVE CULTURES THIS MONTH FROM APRIL 7 - 12. THERE WILL BE ALL KINDS OF ACTIVITIES, CRAFTS, EDUCATIONAL WORKSHOPS AND MUCH, MUCH MORE. CHECK THE PROGRAM FOR MORE DETAILS

THERE WILL BE TWO IMPORTANT INFO. MEETINGS THAT CONCERN WOMEN IN THE NEIGHBORHOOD

APRIL 1 AT 1:30 - Joy Thomson will be at the Centre to discuss the possibility of a Sobering Centre and/or a Detox for women in the area. Come out and share your ideas, concerns and needs.

APRIL 15 AT 1:30 - Find out about Bridge Housing, what it means to the women and how it will work.

EDUCATIONAL WORKSHOPS , VIDEOS AND DISCUSSIONS

April 7 at 2:00 - **Laxweswa** - A video about life on the Coast and the importance of salmon in Coastal communities.

April 8 at 2:00 - **Herbal workshop** - Prepare for the medicine walk through Stanley Park. Learn to identify and harvest the different medicinal flora in the largest city park in the Northwest.

April 10 at 11:00 - **Blockade; The land and who controls it** - The politics of the blockade that occurred in the interior.

April 11 at 11:00 - A native artist will come in and talk about her **business and Art**.

April 12 at 2:00 - A **wellness workshop** - Topic to be announced

April 17 at 11:00 - **No Place to Go** - The downsizing of Mental Health services

April 23 at 2:00 - **Health Workshop on Cancer** - What exactly is it? Identify, prevent and treatment.

REGULAR PROGRAMMING

AIDS - Margareth from AIDS Vancouver will be here every Mon. At 1:30. To answer your questions or for support.

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.

Help with your Resume - Jacqueline will be in every Wednesday from 11:00 - 12:00 to help you with your resume.

Women's Voice - Thursdays at 1:30 come out and make your opinions heard. This is where Centre users can have their say in what they want from the Centre. We can make changes only if we know what the problems are. Canceled April 4

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, MSS, 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 April 14 and 28 at 1:30.

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

April 5 at 2:30 - **Chocolate making Workshop** - learn to make truffles, just in time for Easter.

April 11 at 2:00 - **First Nations wood carving workshop** with Diane Green! Learn to carve using red and yellow cedar.

April 25 at 2:00 - **Knitting with Freeda**, learn or start new trick. Some materials provided.

April 18 at 2:00 - **Ceramics**. We will be making stuff in the first session and the decorating the following month.

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

April 2 at 2:00 - We are going **bowling at the Commodore Lanes** on Granville St. There is a pool table too!!

April 9 at 2:00 - **Medicine walk in Stanley Park** find out about the grocery store of goodies in the Urban Park.

April 16 at 2:00 - **Swimming at the Aquatic Centre** - Clean suits, towels, soap and shampoo provided. There is an exercise area, sauna and whirlpool!!

Wed. April 24 at 1:30 - 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 April 2, 7, 6, 21 and 30. The planting has started and some of the plants are beginning to sprout. We need to do some landscaping and of course weeding and general decorating.

There are so many different things happening at the Centre and we would like your input as to how the different programs are working out. If there is something you would like to do please speak to Cynthia about programming. If you had a bad experience at a Centre event we would like to hear about it to avoid the same situation in the future. Try some of the programming you may like it.

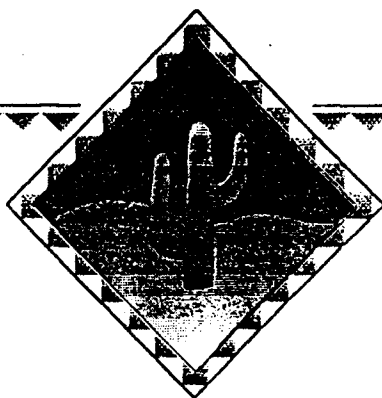
NATIVE CULTURAL WEEK

APRIL 7 - 12

PROGRAM

SUNDAY, APR. 7	12:00	Opening Ceremony with a smudge and Prayer
	2:00	Iaxweswa: A video produced and made by a First Nations Woman about the importance of Salmon to Coastal Communities
MONDAY, APR. 8	10:30	Smudge
	11:30	Margaret Harris from Indian Homemakers will be here with a group of young women dancers for a performance and discussion after, about their work and art.
	2:00	Herbal workshop to prepare us for the Medicine walk in Stanley Park, learn how to identify the different flora that we will encounter.
TUESDAY, APR. 9	11:30	Smudge
	2:00	Medicine Walk in Stanley Park, discover all the wonderful plants for eating and healing right under our noses and for free, all natural good for you.
	2:30	Sharing Circle - open to everyone to share the different ways in which we celebrate our cultures. Everyone practises differently, depending on region, religion, family and circumstances.
WEDNESDAY, APR. 10	10:30	Smudge
	11:00	Blockade - A video about the political action to block roads through Native lands. This is about the Land and who controls it.
	1:30	Beading, Leona Reid will be leading the beading workshop. This will be a special workshop to honor Native Beading.
THURSDAY, APR. 11	10:30	Smudge
	11:00	Native Artist Corrinne Hunt, a jewelry maker, will come in to talk about Art as a business and the Images in her work.
	2:00	Woodworking with Diane Green. This is a hands on workshop where women will be carving in Yellow cedar.
FRIDAY, APR. 12	10:30	Smudge
	10:30	Drumming and singing
	2:00	Wellness workshop - Healing through the Medicinewheel.
	4:00	Closing Circle and Prayer

ALL OUR RELATIONS



Even the most brilliant of scientists, teachers, healers, politicians - you name it - are well aware that they have personality flaws. Life would be awfully dull and boring if we were all born perfect. There would exist very little reason to change and improve one's existence. It is easy to say, No, not me, I don't have that problem or that fault. Facing ourselves and looking our frailties straight in the eye takes courage. At times such honesty can be difficult. But if you lighten your attitude and add a bit of humour while you learn, you may even have a laugh or two along the way. It is our weaknesses that transform us into great human beings, not our strengths. Often our strengths make us lazy, because we can always fall back on them. But our weaknesses call for extra effort and hard work, and once they're overcome, the doors to success seem to open and the rewards of right living fall into our laps.



NO MORE BUS TICKETS

DON'T EVEN ASK WE'RE NOT KIDDING

Due to the high level of misappropriation of transportation vouchers the Steering Committee and Staff have decided that it would be fiscally more appropriate to terminate the program.

In other words we are catching on that most of the bus tickets that are given out by the Women's Centre are being sold or traded for cigarettes. The cost of these tickets are rising and the Steering Committee feels that those resources may be put to better use.

**THE WOMEN'S CENTRE WILL NO LONGER BE GIVING OUT
ANY BUS TICKETS EXCEPT FOR GROUPS AND
VOLUNTEERS WHO ARE OUT OF AREA**

**THIS IS NOT SOME APRILS FOOL JOKE
THIS IS REAL!**

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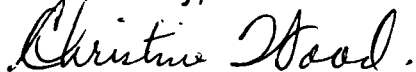
Hello. I am Christine Wood and I am the new Legal Advocate. I started at the Centre on March 11, 1996 and already find myself busy with advocacy and Centre duties.

I've lived in the lower Mainland for almost twelve years now. Originally, I came from Northwestern Ontario: a small town named Atikokan. The name means broken cariboo bones in Ojibway. My own heritage is Ojibway, Dakota, Scottish and Irish.

My work history involves working in human services for the past sixteen years with a diverse population. This includes work with young offenders, the developmentally disabled, families and paralegal work.

I enjoy working for and with people in general and strive to do my best in any supportive role where I have been involved.

Submitted by,

A handwritten signature in cursive script that reads "Christine Wood".

Christine Wood

VOLUNTEER NEWS

APRIL 1996

vol. 2 no. 4

WE NEED HELP AT STARSHIP BINGO

The women's Centre receives considerable funding from the proceeds of Bingo. We have to provide 4 volunteers per week, every Wednesday, from 9:45am - 1:00pm. These volunteers are responsible for verifying the cash, cleaning the tables and screens, helping the customers and being the PAYMASTER! In the past few months Starship Bingo has been going through some renovations and we only needed to provide 2 volunteers. Starting in April there will be 3 floors of Bingo at Starship; the main floor of smoking paper Bingo, 2nd floor for electronic, computer Bingo and the 3rd floor for non smoking paper and electronic Bingo. This is an important part of the Centre's revenues. Come out and join the team. There will be training provided, also each volunteer receives bus tickets for transportation and food vouchers for lunch. If you want to give it a try please see Cynthia to beam aboard.

**YOU HAVE TO BE: RESPONSIBLE
 PUNCTUAL
 FRIENDLY
 A BINGO LOVER**

MANY MANY THANKS TO:

ALL WHO HELPED CLEAN THE CENTRE LAST MONTH. THE EFFORTS WERE IMMEDIATELY NOTICED AND APPRECIATED BY ALL. HERE'S TO THE BUSY BEAVERS WHO WORKED HARD THROUGH THE NIGHT IN THE GRIME AND DUST!

**PEGGY JANDREW
MABEL CERNIC
ROSA MATILPI
DEBBIE BAKER**

**TERRI FIRSTCHARGER
CHARLOTTE PRINCE
NANCY MACDONALD
LOUISE LAGIMODIERE**

**YIN HOU
DAWN COOK**

**ALSO GRAND THANKS TO DEBBIE
PIGEAU FOR THE EXCELLENT
HAWAIIAN BURGERS ON
VOLUNTEER DINNER NIGHT**

In case you haven't already heard, I am going on vacation from April 24 - May 14. Reta will be taking over most of my duties as Volunteer Coordinator/Programmer. If you have any questions please speak to Reta, she will also be filling out your Program forms. Volunteer nights will continue, Volunteers are going to have to take the initiative for any programming for the evening. If you guys need anything special please consult with Reta or Diane. It does not hurt to ask.

The volunteer nights have evolved into Bingo nights, this is because of a lack of inspiring programming. I apologize for being lax in creating programming, waiting for direction from the volunteers when it hasn't been clear what is available. Starting this month we will try to limit the Bingo playing and engage in more creative programming. On April 5th I will be bringing some wood working tools and we will build a shelf that a woman can take home. This will be a hands on workshop we will work together to design and build the shelf. If it is successful we will try to do it more often, we could all do with some decent furniture at home!!

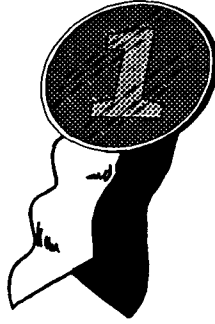
June will continue to come for computer workshops, TAKE ADVANTAGE OF THIS, this is one on one and an excellent opportunity to learn at your own speed!! You can learn enough to eventually use the Centre computer with minimal supervision. This month there will be a Who is Who on Staff at the Women's Centre!! A much needed refresher especially with the new Advocates. It is important to make proper referrals as the staff is trying not to duplicate services.

DATES TO REMEMBER

**FRI. MARCH 5
WOODWORKING**

**FRI. APRIL 12
WHO IS WHO ON STAFF**

**FRI. APRIL 19
VOLUNTEER DINNER**



To the Woman of the Center

Kathleen and Marion propose a Drug and Alcohol group to start the week of April 14. This group will be for women who are interested in staying clean and sober. It will be a closed group and anyone interested will be interviewed by either one of us. I ask that women who attend this group will be willing to abstain from all substances. This group will be a maximum of 10 women so that we can get in-depth and it will be for 10 weeks only. After 10 weeks time we will re-evaluate.

Kathleen and Marion propose another group also starting the week of April 14. It will also be closed and run for 10 weeks. This group will be aimed at women who can use some helpful life skills on living in the Downtown Eastside. It will also be a max. of 10 women who will be interviewed. Kathleen or Marion will answer all or any questions you may have. Please come talk to us if you have any suggestions or concerns. The idea of these groups is not to single people out but to balance out the nights so Thursday is a smaller more comfortable group. We hope you all will help in the changes and we are both excited to be starting this.

VOLUNTEERS GET TOO MUCH!!

Many women are complaining that volunteers get too much privilege. Yes it is true that volunteers get privileges, Too much I don't think so. Volunteers have to clean toilets, cook and serve your lunch (not at the same time of course), clean your mess, answer the phones, listen to rude people, find information for you, get funds for the Women's Centre by volunteering 4 hours every week, sweep, mop, put up shelves, carry heavy things AND MUCH, MUCH MORE for what!! Without the Volunteers, staff would not be able to do their jobs. The Volunteer Coordinator, Cynthia is actually very disciplined with the volunteers, like a drill sergeant. Volunteers are expected to perform and set an example for other women.

YES, there are situations where volunteers do not act in a professional manner. If that happens please speak to Cynthia, also if you have complaints about the volunteer program in general.

HERE ARE THE FACTS:

- Most of the volunteers DO NOT get any extra money from Social Services, actually only 3 out of 10 volunteers are on an incentive program. They volunteer because they believe in the Women's Centre.
- Volunteers DO NOT take things that should go to the women, actually the volunteer coordinator works to get specific donations for volunteers. That is her job.
- Volunteers DO NOT take Bingo Prizes, actually volunteers often bring in prizes to share or the volunteer coordinator solicits for the prizes.
- Only SPECIAL women are volunteers. TRUE, the volunteers are special but anyone can be a volunteer! Just speak to Cynthia - There is a month probation to see if you think the Centre is a place for you.

**YOU TOO CAN BE A VOLUNTEER - IT'S EASY AND FUN
BUT HARD WORK!**