

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 1:30 BINGO	2 CENTRE OPEN 12:00 - 4:30 2:00 Ceramics Painting	3 2:00 Bowling at Commodore Lanes	4 10:30 First Nations Drumming 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	5 11:00 Video and Discussion on HEP. C 1:30 Women's Voice 2:00 Dreamcatchers with Julie 5:00 Women Surviving Together	6 <b>2:00 RAFFLE</b> 2:30 Video 2:30 45 plus 5:00 Vol. Nite	7
8 1:30 Work on Garden Plot 2:00 Video	9 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Women and Tech.	10 2:00 Canoeing in Deep Cove	11 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	12 11:00 Video 'My Body's My Business' 1:30 Women's Voice 2:00 Julie's Craft Corner 5:00 Women Surviving Together	13 <b>2:00 RAFFLE</b> 2:30 Video 2:30 45 PLUS 5:00 Vol. Nite	14
15 1:30 BINGO	16 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Women and Tech.	17 2:00 SUMMER SEND-OFF BBQ	18 10:30 First Nations Drumming 1:00 Kathy the Nurse 1:30 Beading 5:00 Alcohol and Drug Support Group	19 1:30 Women's Voice 2:00 Dreamcatchers with Julie 5:00 Women Surviving Together	20 <b>2:00 RAFFLE</b> 2:30 Video 2:30 45 PLUS 5:00 Vol. Nite <i>Take Back the Night Dinner and March</i>	21
22 1:30 Work on Garden Plot 2:00 Video	23 10:30 Leave for Camp 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Women and Tech.	24 CAMP ALL DAY 1:00 Leave for a day at Camp 2:00 Julie's Craft Corner 7:00 Back from Camp	25 CHEQUE DAY 3:00 Return from camp 5:00 Alcohol and Drug Support Group	26 1:30 Women's Voice 5:00 Women Surviving Together	27 <b>2:00 RAFFLE</b> 2:30 Video 2:30 45 PLUS 5:00 Vol. Nite	28
29 1:30 Work on Garden Plot 2:00 Video	30 2:00 AIDS Vancouver 2:00 Ceramics Painting 3:00 Grief Support Grp 5:00 Learning Group - Women and Tech.			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 day make sure to check  
"Update sheet" on the front chalk board and Activities Board\*\*\*

## THE DEWC ANNUAL CAMPING TRIP TO CAMP CAPILANO

WE WILL BE LEAVING ON MONDAY, SEPT. 23 AT 10:30. WE WILL RETURN TO THE CENTRE ON WEDNESDAY, SEPT. 25 AT 3:00 THERE WILL BE AN OPPORTUNITY FOR WOMEN TO COME UP FOR THE DAY!! JOIN IN THE FUN THERE IS A HEATED OUTDOOR POOL, FISH HATCHERIES, HIKING TRAILS ETC. THERE WILL ALSO BE ACTIVITIES LIKE A TREASURE HUNT, CRAFTS AND GAMES. THERE WILL ALSO BE A CAMPFIRE.

### VIDEOS

Thurs. Sept. 5th at 11:00 - Video and Discussion on **Hepatitis C** - Hep. C is more prevalent than you know and is very easy to contract. Find out about what it is, how it is passed, the symptoms, prevention and treatment.

Thurs. Sept. 12th at 11:00 - Video on the Sex Trade - **My Body's My Business**. Issues around Prostitution and a women's right to do what she wants with her body.

### REGULAR PROGRAMMING

**AIDS** - Margareth from AIDS Vancouver will be here every Mon. At 2:00. To answer your questions or for support.

**Grief Support Group** - on Mon. 3:00 - 5:00, dealing with issues facing women living in the Downtown Eastside. Share experiences and find creative ways to solve problems. Different topics each week. See Kathleen.

**Learning Group** - On Monday from 5:00 - 8:00 meal is served, to help with the different issues associated with learning. The focus this month is on Video production and Women and Technology.

**First Nations Drumming** - Monica will be at the Centre on Wednesday Sept 4 and 18 at 10:30 am for drumming and singing. Come out and participate feel the amazing energy. Join in or just listen.

**Kathy the Nurse** - is in every Wednesday from 1:00 - 2:00.

**Law Student** - Check the schedule. 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.

**Alcohol and Drug Support Group** - On Wednesday from 5:00 - 8:00, do you have or had a drug and/or alcohol problem? Are you trying to clean up? This may be the place to get some support, no preaching on guilt trips just sharing.

**Women's Voice** - Thurs. 1:30. Let us know what you think about the Centre. Your opinions and ideas are needed to make the Centre better.

**Women Surviving Together** - Thurs. 5:00 - 8:00 Healing Circle and support group for women.

**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.

**45 PLUS** - A gathering for women 45 years and on to deal with issues specific to us. Anything under the stars from finances, security to sexuality and housing.

**Volunteer Nights** - Every Friday from 5:00 - 9:00 just for volunteers to hang out and do activities.

**Bingo** - There is Bingo every other Sunday, this month it is on Sept. 1 and 15 at 1:30.

### CRAFTY WORKSHOPS

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

**JULIE'S CRAFT CORNER** - Thurs. Sept. 5 and 19 at 2:00. Something new every week.

**DREAMCATCHERS** - Thurs. Sept. 12 and 26 at 2:00. Make a dreamcatcher to trap those bad dreams.

**CERAMICS PAINTING** - Every Monday 2:00, paint your own plates and cups for your friends and family.

**OUTINGS** - Usually on Tuesdays.

Sept. 3 at 2:00 - **Bowling at The Commodore Lanes Bowling Alley** on Granville Street. Bowling is exercise and also lots of fun. Come out and chuck a few.

Sept. 10 at 2:00 - **Canoeing and a Picnic in Deep Cove**. You do not have to canoe to go, how about a nice walk in sleepy Deep Cove.

Sept. 17 at 2:00 - **The SUMMER SEND OFF BBQ**. That's it folks if you miss this, it's over for the year. There will be Burgers, doggies, snacks and games. Cake even. Say good bye summer and see you soon.

Sept. 23 - 25 - **Annual camping trip to Camp Capilano**. We will be leaving the Centre at 10:30 for the wilds of the North Shore. All food and transportation will be provided. You will have to bring your own blankets, clothing, cigarettes and bedding!! There is transportation off the hill if necessary. Also there will be a shuttle to and from the Centre for day trippers on Tuesday, Sept. 24th. Pay attention for more information, check the activities board.

# **NOTES ON SUNDAYS AT THE CENTRE**

THERE ARE NO SERVICES ON SUNDAYS;  
NO COUNSELING  
NO ADVOCACY  
NO SHOWERS  
NO LAUNDRY

## **ABOUT BINGO;**

BINGO IS ORGANIZED AS A FUN ACTIVITY  
PRIZES ARE LIMITED WE KNOW THAT  
IF COMPLAINTS ABOUT PRIZES CONTINUE WE  
WILL DISCONTINUE THE PROGRAM.  
IF YOU DO NOT ENJOY PLAYING BINGO HERE YOU  
HAVE A CHOICE TO GO ELSEWHERE

# **OCTOBER IS WOMEN'S HISTORY MONTH**

**THE THEME THIS YEAR IS;  
WOMEN AND THE ARTS: A  
CULTURAL LEGACY  
ARE WOMEN INTERESTED IS  
STARTING A GROUP TO ORGANIZE  
EVENTS AT THE CENTRE?**

**SOME IDEAS;**

- **AN ART SHOW TO DISPLAY ART PRODUCED BY WOMEN FROM THE CENTRE**
- **FILMS AND VIDEOS BY WOMEN ARTIST**
- **STORIES AND IMAGES / PERSONAL HISTORIES OF WOMEN FROM THE CENTRE**

**THE FIRST MEETING WILL HAPPEN AT 1:30  
WOMEN'S VOICE ON THURS. SEPT. 12TH**

# **“NO NAME” 45 + GROUP**

THE FOCUS OF THIS GROUP IS FOR WOMEN 45 YEARS AND ON  
A SUPPORT GROUP WE ARE NOT.

WE SUPPORT ONE ANOTHER YES.

THIS GROUP RELIES ON THE POWERS OF OUR EXPERIENCES,  
OUR SKILLS, OUR ENERGIES TO EMPOWER OTHERS THROUGH  
PROJECTS WE WILL BE WORKING ON TOGETHER.

WE ARE JUST IN THE PLANNING STAGES OF WHAT WE SEE AS  
IMPORTANT FOR US AND HOW TO IMPART OUR COLLECTIVE  
WISDOM TO ENHANCE THE LARGER COMMUNITY OF WOMEN.

**SOME OF THE SUGGESTIONS SO FAR ARE;**

- BEING SUPPORTIVE TO YOUNGER WOMEN
- TAI CHI FOR US FOR THE FIRST 20 MINS.
- FUND-RAISING THROUGH CRAFT SALES
- ATTENDING SPECIAL OUTINGS OF INTEREST
- MAKING OURSELVES KNOWN TO THE WOMEN OF THE  
COMMUNITY THROUGH OUR LEADERSHIP
- PRODUCING A VIDEO OF WOMEN FROM THE COMMUNITY  
TELLING THEIR STORIES AND HERSTORIES

WE'RE STILL SMALL BUT GROWING; WE'VE SHARED OUR HERSTORIES AND  
WHAT WE'RE ABOUT AND ANY WOMEN WHO WISHES TO JOIN IS WELCOME.  
COME AND CHECK IT OUT, BRING YOUR IDEAS AND SUGGESTIONS. WE'RE  
STILL THINKING OF A NAME FOR THIS GROUP THAT REALLY REFLECTS WHO  
WE ARE AND WHAT WE ARE ABOUT.

WE MEET EVERY FRIDAY AFTERNOON,  
APPROXIMATELY 2:30 PM AFTER THE RAFFLE. WE  
MEET DOWNSTAIRS (COOL AND QUIET) IN THE  
LOUNGE, NEXT DOOR TO THE WOMEN'S CENTRE

# HOW ABOUT HAVING OUR OWN RADIO SHOW

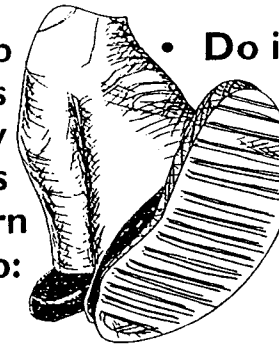
## *THE WOMEN'S CENTRE GOES ON AIR*

SOME SUGGESTIONS:  
LIVE!! FROM DEWC  
STORIES ABOUT OUR LIVES  
BEEFS AND STUFF THAT WE WANT  
ACKNOWLEDGED  
SKITS AND COMEDIES  
ETC. ETC.

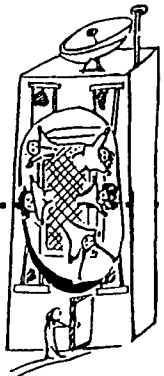
COOP RADIO WILL PROVIDE THE TECHNICAL  
HELP AND TRAINING FOR THOSE  
INTERESTED IN LEARNING!!

We will meet and discuss to possibilities  
and to see if there is any interest; At  
Women's Voice, Thurs. Sept 12 1:30  
**BE THERE**

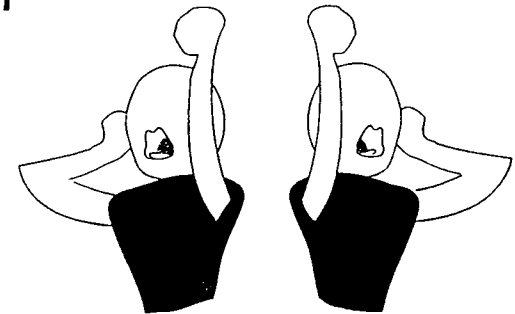
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## NEWS FROM THE LEGAL ADVOCATE

### WHAT TO DO IF YOUR WALLET IS STOLEN:

- 1.) Immediately cancel your credit, department-store and ATM cards. You should have a list or photo-copy of all your cards with account numbers, expiration dates and telephone numbers to call for each.
- 2.) Don't just issue stop payments on stolen cheques. Instead, cancel the account. With today's computer programs, thieves can replicate your cheques and change their numbers.
- 3.) File a police report. Banks, credit-card and insurance companies may require such a report to verify the crime.
- 4.) Don't disclose your PIN to anyone. No one involved in the aftermath of your card theft needs it.
- 5.) Monitor your credit reports regularly even after your file appears to be clean. Sometimes thieves go dormant for a while, then reappear.

### CONSUMER AWARENESS:

Your new dress has a ripped seam, a defect you failed to notice at the store or your T.V. won't work, even though you followed instructions to the letter. "Do these incidents have a familiar ring?" asks Valerie MacLean of the Better Business Bureau of Mainland, B.C. If so, welcome to the support group for unhappy consumers. "Consumers should realize that most companies are eager to keep their customers happy" MacLean says. "They won't know about your dissatisfaction unless you tell them."

### HERE ARE SOME OF MACLEAN'S SUGGESTIONS FOR COMPLAINING EFFECTIVELY:

- 1.) Talk to the right person: If you don't receive satisfaction from the person who sold you the item, take the matter to customer service, then to the manager or owner of the business.
- 2.) If that fails, call or write the product manufacturer.
- 3.) Maintain a good attitude: Be assertive, not aggressive. You get faster, more satisfying results if you maintain your composure.
- 4.) Cooperate for an equitable settlement: It's unfair to demand a full refund when repairs can be made to your satisfaction.

The Better Business Bureau (682-2711) will inform the company of you of your complaint and will attempt to aid you in reaching a solution.

As a final recourse, you could take the matter to small-claims court if your dispute is under \$10,000.00.

(excerpted from the Reader's Digest and The Vancouver Sun)

## ATTENTION

FAPG, the Federated Anti-Poverty Groups of B.C., will have its 25<sup>th</sup> conference this year in October.

This is the precise opportunity to represent our situation. Thus, I would like to request that every woman bring her cares, opinions and solutions about poverty and its effects on ourselves, our family and community, to please contact me. I can usually be reached after lunch time, 1:30 PM, if not please leave a message with your name, the date and time, and where & when to contact you. Women's voice may also want to send me there with specific mandates. Your direction is much appreciated and it is important. Thanks.

Pat Bidder.



# ***VOLUNTEER NEWS***

**SEPTEMBER 1996**

**vol. 2 no. 9**

Well summer is winding down, finally!! Boy has it been a summer. Hot enough. In my double time job as Programmer and Volunteer Coordinator I have not been at the Centre as much as I would like. I have had to go to many of the outings, camping trips and other stuff that is happening. Apologies to the Volunteers for being absent. If you really need to speak to me and I do not seem to have the time. Make an appointment and we can have some time together. I really appreciate your understanding to the situation. I promise volunteers will have my undivided attention this Fall, after the Camping Trip!! If it's not one thing it is another.

I will also be away on holidays from September 3 to September 10. With all the activity I think I am getting a little burnt out. I will be going camping at Long Beach. Volunteers who have not picked up their time sheets may see Elaine or wait until I come back. For emergencies please speak to Reta if not I would appreciate it if you wait for me to return. Thank you.

It is important that volunteers provide feedback on all aspects of the Centre to the Volunteer Coordinator and/or other staff members. This also means working together to create solutions. Please do not hesitate to offer suggestions and comments, positive and negative, I will try my best to hear them.

## **HERE ARE SOME CHANGES THAT HAVE MADE:**

- There will be a SIGN IN sheet at the front desk, this is different from the Sign Up sheet located in my office. Volunteers MUST sign the SIGN IN sheet on the day they are working, when they come in for their shifts. This lets staff know who is on shift. If you have been asked to work either as a floorworker or receptionist, you will have to sign the SIGN IN sheet. The Volunteer Schedule Sign Up sheet is the official list of who is working when. Volunteers sign up in advance for shifts on the Volunteer Schedule Sign Up sheet. Please read the instructions at the bottom of the sheets if you are not sure which is which. I know this is a bit confusing and redundant but this would make it easier for staff to identify volunteers.
- There will also be name tags for volunteers. Volunteers are asked to wear these name tags when they are on shift. You do not have to put your name if you do not want to, just let people know you are a volunteer. These tags are available on the board behind the front desk.

## MEETING REPORT

Some issues that were discussed;

Some women are giving volunteers a bad name by treating Centre users rudely. There are volunteers who think that because they are volunteers it gives them the right to be disrespectful to other women. It does not matter how long a woman has been volunteering if she is rude to Centre users or other volunteers, she will be reprimanded. How will it work? If the Volunteer Coordinator receives reports from other staff, volunteers or Centre users, she will have to take action. This does not mean that if a volunteer is having a bad day which resulted in rudeness to others, they will be 'punished'. The problem is women who are consistently rude and disrespectful over a period of time.

- Volunteer Coordinator will speak to the woman about her behavior.
- If the behavior persists the woman will be put on a 3 month probation. She will get written notification that she is on probation.
- If the behavior continues she will not be able to volunteer at the Centre. This does not limit her participation as a Centre user.
- The note will remain in her file for a period of six months.

If the woman does not agree to the probation she may contact the chair of the Steering Committee, Susanne Dinelle regarding an alternative way of dealing with the situation.

It is very important for Volunteers to understand that volunteers have a huge responsibility to follow the guidelines of the Centre. Volunteers are role models. Centre users will respect volunteers who respect them and treat them well. This is not always easy and the effort is very much appreciated. Women commented on helpful volunteers and how much it means to them and how great they feel about it, about themselves.

If it is difficult for some Volunteers to deal directly with Centre users, alternative jobs can accommodate their needs.

Also at the meeting Volunteers discussed the possibility of having a Friday Night Cafe at the Centre. This proposal was put forward by Barb Grey. The Volunteers would like to open the Centre on a Friday Night from 5:30 - 9:00 for all women. There would be snacks, coffee, tea, videos, open mike, and/or entertainment. Volunteers would like to host the event for Centre users. This is a way the volunteers can continue giving to the Centre in a fun way. This means that there needs to be at least 4 committed volunteers who are willing to help out on the Cafe night. Hopefully everyone will be interested in being involved. The event will probably happen in October and who knows what will happen after it.

The August Cleaning was canceled due to sickness. WE ARE SICK OF CLEANING!!!! There will be a September Cleaning on Saturday, Sept. 28th at 10:00. Thank you in advance to the brave souls who will be involved in the Cleaning. Ten die hards are desperately needed.

**Volunteer Night cancelled Sept. 6th due to holidays. The next Volunteer Dinner and Meeting is on Saturday, September 20th.**

# THIS IS MY STORY

My story is about the Women's Centre.  
It is just like a big family to me.

The women give me love and affection and  
friendship.

The staff are very nice people.

They make me happy.

I try to help the people.

We must try to help each other.

Reta is just like a mother to me.

The women and children come to have  
lunch and they come to have showers  
and free clothes.

When I come to the Centre.

I feel good about myself.

We must work together , and it will be a  
happy country.

Vancouver is a very nice city.

Yours truly,  
Dorothy Larose

**WE ARE OPEN ON  
LABOUR DAY  
MONDAY, SEPT. 2ND  
12:00 - 4:30**

**NO CLOTHING ROOM  
NO SHOWERS  
NO SERVICES  
NO SOUP**

**WHAT WILL WE HAVE??  
WE'LL HAVE CLEAN WASHROOMS  
WE'LL HAVE A PLACE TO BE  
WE'LL HAVE A TELEPHONE  
WE'LL HAVE COFFEE  
WE'LL HAVE TEA  
AND EACH OTHER!**