

# D.E.W. DROP IN

## DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE

SEPTEMBER 1997

FREE

### CRUNCHING THE LEAVES

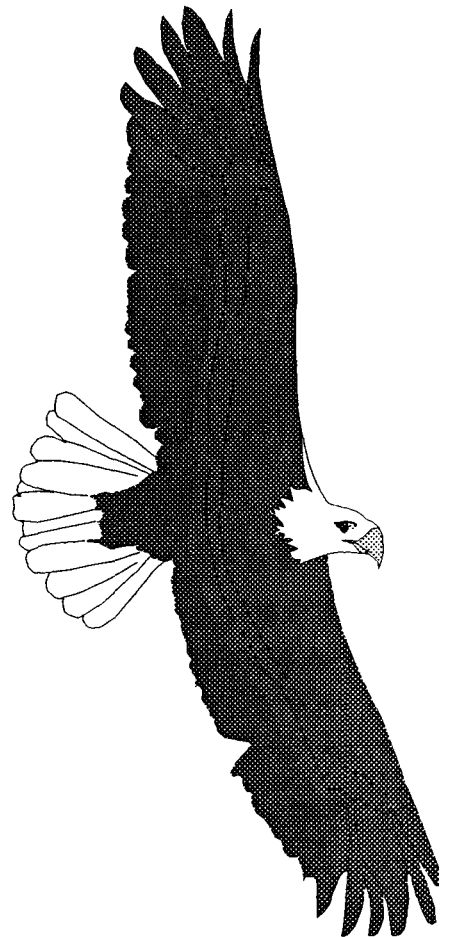
By Moonyne Andrews

In the autumn it is fun to crunch the leaves;  
All golden brown and red on the ground,  
As nature gives us a beautiful carpet;  
with each step there is a crackling sound.

I remember our trip to horseshoe bay;  
It was a hot summer with fun and fishing.  
The mountains were emerald  
and snow capped;  
the sea was blue and clear that day.

I'm wondering now if the trees of green;  
Have changed color where the eagles fly.  
Imagine if the great bears of the woods;  
begin to lumber down to where I've been.

I think the bears like crunching leaves;  
With all four paws, bounding around.  
And the eagle with his far sighted eye;  
can watch them play, while homeward bound





## **NEWS FROM THE LEGAL ADVOCATE**

### **Renting a Hotel in the Downtown Eastside**

#### **(Some Common Problems)**

1.) **Guests:** A "no guest" policy or charging a fee for daytime visitors is illegal!

2.) **Landlord Right to Enter:** If your landlord is constantly going into your room when you don't want him (her) to, you can go to arbitration and get an order to change the locks, leaving you with the only set of keys.

3.) **Harassment:** If you are harassed, bullied or threatened write down the date, time and place and whether there were any witnesses. If you are feeling sexually harassed, and worried about your physical safety, report it directly to the police, drop into the

Neighborhood Safety Office at 12 E. Hastings, or call 687-1772.

4.) **Rent Increases:** Your landlord can raise your rent only once a year. The rent increase notice must be on the proper form from the Residential Tenancy Branch.

5.) **Moving Out:** When you move out you have to give at least one calendar month's notice in writing to your landlord. (Make sure you keep a copy!)

6.) When you move out make sure your place is clean, and any damages caused by yourself are repaired. You have to do this even if your place was filthy when you moved in.

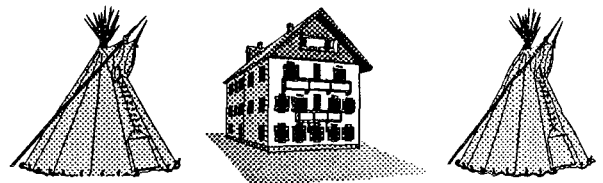
7.) **Moving In:** It is a good idea to keep a record of the condition of each room when you move in. You can

do this in writing (give a copy to the landlord), and you can also take pictures. Take pictures when you move out as well, as this will protect you if your landlord says you've caused damage that you haven't caused.

8.) **Repairs:** Your landlord has a duty to keep up with repairs to your room, especially in the areas of health and safety. If your landlord refuses to carry out repairs and maintenance, you can contact:

- City Health Department: 736-2866
- Fire Department: 873-7595
- City Permits and Licenses: 873-7601
- Provincial Elevator Inspector: 660-6202
- DERA: 682-0931

As most of you are probably aware, many landlords will find one excuse or another to evict you if you try to assert your rights. If they can't get away with evicting you, they can step up their harassment and intimidation tactics, and make it so uncomfortable for you that you feel you have no choice but to move. If this is happening to you, please come in and talk to an advocate immediately. We will help you!! Even if you do decide to move, you may make it better for the next tenant. We have to show these unscrupulous landlords and building managers that we are not going to put up with this treatment any longer!!



**THERE IS A FOOD SAFE WORKSHOP FOR  
VOLUNTEERS, ANYONE WHO IS  
VOLUNTEERING OR WANTS TO VOLUNTEER IN  
THE KITCHEN HAS TO TAKE THIS COURSE,  
NO EXCEPTIONS.  
SATURDAY, SEPT. 13  
9:00 AM - 5:00 PM  
LUNCH AND REFRESHMENTS PROVIDED**

# DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

SEPTEMBER 1997

**LUNCH SERVED  
DAILY AT 12:30**

## REGULAR PROGRAMMING

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

**Learning Group** - Every Monday, doors close at 5:15. Exploring different ways of Learning.

**Writing and Reading** - Every other Wednesday morning, this is not a class this is a group of women getting together to learn about stuff.

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

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

**Law Student** - PLEASE CHECK THE SCHEDULE POSTED.

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

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

**Raffles** - Fridays at 1:30 or 2:00. Items which are not clothing items that have been donated to the Centre are raffled.

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

**CRAFTY WORKSHOPS** - Materials provided

**Dreamcatchers** - On Sundays where possible. Learn new styles.

**Beading with Leona** - Every Monday, 1:30 pm. Learn how to bead, expand your skills or just share ideas.

**Medicine Bags with Barb** - Every Tuesday at 1:30. Learn about the medicine bag and gather to share and heal.

**Ceramic and Tile Painting** - Every Thursday and cheque day. Make something that you can use everyday or paint a tile that will be installed in the 'New' Centre when we get one.

**Fabric Arts with Freeda** - Every Friday morning. Learn to do your own sewing and alterations and also to knit and crochet.

**OUTINGS** - Watch the Outing Board for RUSH tickets to events

**Wed. Aug. 3 at 3:00** - We will have our last BBQ for the summer at Crab Park. There will be burgers and hot dogs.

Food served at 3:00.

**Wed. Aug. 10 at 3:00** - Time for bowling it has been awhile, if you are not interested, there are also pool tables.

**Tues. Aug. 16 at 7:00** - Trip to the Arts Club to see a 50's Rock and Roll musical Red Rock Diner. Women who went last month were thrilled, it was a lively sock hopping good time.

**Weds. Aug. 24 at 2:00** - Going to Science World to explore the world around us, see amazing exhibition and hands on displays of science.-

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 LABOUR DAY CENTRE OPEN 12:00 - 4:30  1:30 Beading	2	3 10:30 Writing and Reading Group 3:00 BBQ at Crab Park 1:00 Kathy the Nurse 5:00 Alcohol and Drug Support Group	4 1:30 Women's Voice 2:00 Tile Painting	5 10:30 Sewing and alterations 1:30 Raffle 2:30 Video 5:00 Volunteer Nite	6
7 1:00 Video	8 1:30 Beading 2:00 AIDS Van. 5:00 Learning Group	9 1:30 Medicine Bag Workshop	10 1:00 Kathy the Nurse 3:00 Bowling 5:00 Alcohol and Drug Support Group	11 1:30 Women's Voice 2:00 Making stuff out of clay	12 10:30 Sewing and alterations 1:30 Raffle 2:30 Video	13 Food Safe for Vol.
14 1:00 Video 2:00 Dream catcher	15 1:30 Beading 5:00 Learning Group	16 1:30 Medicine Bag Workshop 7:00 Theatre Outing	17 10:30 Writing and Reading Group 1:00 Kathy the Nurse 5:00 Alcohol and Drug Support Group	18 10:00 New Volunteer Orientation 1:30 Women's Voice 2:00 AIDS Van. 2:00 Ceramic painting	19 10:30 Sewing and alterations 1:30 Raffle 5:00 Volunteer Nite MEETING	20
21 1:00 Video 2:00 Dream catcher	22 1:30 Beading 5:00 Learning Group	23 1:30 Medicine Bag Workshop	24 CHEQUE DAY 1:00 Kathy the Nurse 2:00 Science World 5:00 Alcohol and Drug Support Group	25 10:30 Writing and Reading Group 1:30 Women's Voice 2:00 AIDS Van. 2:00 Painting a picture frame.	26 10:30 Sewing and alterations 1:30 Raffle 2:30 Video 5:00 Volunteer Nite out	27 6:00 Take Back the Night
28 2:00 Video	29 1:30 Beading 2:00 AIDS Van. 5:00 Learning Group	30 1:30 Medicine Bag Workshop	<b>CENTRE HOURS</b>			
			Monday 10:30-5	Thurs. 10:30-5		
			Tues. 11:30-5	Fri. 10:30-5		
			Weds. 10:30-5	Sun. 12:00-5		

Sign up sheets are put up at the beginning of the month, even though there is a waiting list chances are there will be space available.

NOTE: Sometimes things get canceled or set up on another day make sure to check "Update sheet" on the front chalk board.

The Activities Board will also have information on other events in and out of the Centre.

It has come to our attention that some women attending the groups are not respecting the confidentiality of others in the groups. The support groups at the Centre are a safe place for women to talk about their problems. It is difficult enough for women to open up their hearts and share their problems. Do not violate the trust of women. Please try to understand that we all need patience and respect as we move through our issues. To be apart of the group is to make a commitment to ourselves and our sisters. If you cannot meet the Group Norms we suggest that you refrain from participating in the groups.

## **GROUP NORMS**

- We are committed to being present at this meeting.
- We are committed to being honest at this meeting.
- We will show respect to ourselves and to each other by being straight and sober at this meeting.
- We acknowledge that each of us comes to this group with her own experiences and we agree to respect each other's differences.
- We will show respect to each other and treat each other the way we would like to be treated.
- We will not use or tolerate racist comments during this meeting.
- We will not use or tolerate homophobic comments during this meeting.
- We will not use or tolerate put downs of any kind whether they refer to people who are present or absent from the group.
- We will show respect to each woman by allowing her to speak without being interrupted - we will not interrupt her or whisper, we will listen to her.
- We will use "I" when we speak, as we speak of our own experiences during this meeting.
- We acknowledge and will respect that our time limit for talking during rounds is five minutes at this meeting.
- We acknowledge that there are no limits on discussion during rounds, as long as what we say is said in the five minute time limit.

- When we go over our five minute time limit, the facilitator will raise her hand to signal us to finish up, and we will acknowledge her and finish.
- We share our pain and experiences during this group. We will respect each other's right to have what we say remain here and kept private.
- We are allowed to ask for feedback from each other during this meeting.
- We will respect each other by giving feedback only when it is asked for, and we will not give opinions about other women's feelings during this meeting.
- We will not give advice or make "should" statements to each other during this meeting.
- We will listen to each other attentively during this meeting.
- We will be supportive of each other during this meeting.
- We will not be judgmental of each other during this meeting.
- We will not swear at this meeting.
- We will not leave our circle until the break, and we will look after our coffee and bathroom needs before the meeting starts and during the break.
- We will not dine and dash at this meeting.
- We will not sleep when we attend this meeting.
- We will not use the telephone during this meeting.
- We will not open the front door during this meeting.

Please try to follow these guidelines.

Thank You

All my relations



Violence against women and children should never be a part of our society. They call us women the weaker sex, yet, if we pay attention really carefully of what women's roles and responsibilities are in this society and all over the world. In general, we women are as strong as men.

## VIOLENCE AGAINST WOMEN AND CHILDREN SHOULD STOP AS IT AFFECTS US ALL.

Emotionally, physically and in some cases economically. Men can cooperate to stop violence against women and children by respecting women's rights. Violence against women WILL stop.

E. Granados  
c/o 401 Main St.

## **KINDNESS**

your birthday  
cake's ready  
don't show up  
drugs are better  
to appreciate it  
for you don't need that  
oh my kindness  
I can't help it  
it's the person I am  
but no love, no trust, no fun  
just lies that nurtured  
yet I'm fine  
hearts open to new love  
new life  
birthday cake have fun

tannia