

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE

FEBRUARY 1998

FREE



**FEBRUARY 14th
MEMORIAL MARCH
10:30 @ CARNEGIE
CENTRE**

The memorial march is a march through the Downtown Eastside to honor the women who have died in this area as a result of the violence we all encounter in our lives down here.

These women were our grandmothers, mothers, aunts, sisters, daughters, nieces granddaughters and friends. We have this march so that these women who have died are not forgotten. The lives of these women were important to us, their family and friends. We have all lost someone down here, so let's go out together and march through the streets to pay respect and honor the women we have lost.

Women's Voice

Notes from January

EVERY THURSDAY AT 1:30.

Women come together to discuss the Centre and offer constructive suggestions and comments.

Responses from staff and Steering are in italics.

Jan 8

Comments regarding the Christmas dinner: Women had to stand outside waiting to get in. This is not OK. We should have tickets for regular Centre members so they do not have to stand outside.

Staff discussed the different problems that came up from the dinner. Next year we will be doing things a little differently. There will be two or three seatings, no one will have to leave but we think some people will leave anyways. If we have different seatings at 12:00, 1:00 and 2:00 people will come at different times and that will help us out with the rush.

Seat singles second.

Hopefully the ticket situation will solve this.

Preferential treatment was given to Chinese Seniors. Why? Did they in fact receive 'special gifts'?

Most of the Chinese Seniors were not regulars. They were given gifts that were smaller than those given to the regular Centre members. Their gifts contained stocking stuffers, some soaps, toiletries and gloves and a hat. They did not get a blanket or large gifts that other women got. They were given their gifts first to avoid a rush to the stage by elderly nannies. This was to prevent injury and chaos. Cynthia apologizes for this, it was done in good faith but seen as favouritism.

Next year everyone will line up together.

Loved the dinner, hall and entertainment.

It would be a good idea to get women other than staff to help organize the event next year.

We will try to get a Christmas Organizing Committee ready in October to start planning.

Where's the bad date sheet? There is no update. Where's the barred list?

Both sheets have been posted on the front door and on the Volunteer information board.

Food Safe Certificates have not been received, framed and put in the Centre.

Cynthia promised this a year ago.

Sorry but it has not been a priority for me. I did finally get frames and Mable and Denise hung them in the Centre. - Cynthia.

We have points for the Volunteer Store but no tobacco. Why do we have to wait a week?

You do not have to wait a week for your paycheck.

This is actually a Volunteer Issue and should be discussed at the Volunteer meeting.

Volunteer Points are not pay checks. It is difficult to figure out how much tobacco or other supplies to get. Some volunteers accumulate their points and get a whole carton of smokes. I cannot always tell when people are going to do this. The bookkeeper comes in once a week and I need to wait a week to get a cheque to purchase more items.

More women are shooting up, etc. and using the washroom for drug use. The Centre should not be used for these practises. Staff will try to be more conscious of this and act on it immediately. If women see this, inform staff in a discrete manner. Thanks.

Saturdays open is a great idea. Staff and Steering are working on it, we need to evaluate our financial situation keeping in mind that we would also like to move to a bigger space which will cost more money.

There will be a housing meeting with the City of Vancouver. There are some women interested in attending.

It is a great idea for a volunteer to be responsible for the showers and laundry.

Volunteers will be trained. Please be patient during the transition.

No salt.

The kitchen is giving out packaged salt.

This is a Centre for the members and everyone should be helping in the clean up. Candace and Pat are interested in attending the TRAC meetings with Maureen. Volunteers in the Clothing room sometimes do not sign women's names because they feel that those women are not going to show up anyways.

It is not up to the volunteers to make those kinds of judgements. This issue will be brought to the Volunteer meeting.

Jan 15th

There is \$5,000 available from Vancouver Richmond Health Board to spend on Mental Health needs. Lorenda suggested that women write proposals or bring their ideas to Women's Voice.

We want to know what women think we should spend the money on.

Volunteers should wear gloves when packaging sanitary napkins.

This will be brought to the Volunteer meeting.

Towel day and Personal Care products. A day when women can receive these items. We should set up a Committee. Women from Women's Voice are willing to be on this committee.

Will try to have a Towel day in March.

Vancouver Status of Women have free training sessions starting on Feb. 9th. This is training in personal development, feminist education, consciousness raising and sharing experineces. If women are interested speak to Chris Wood.

There are women with lice in the Centre.

Please refer cases to the Health Nurse, inform a staff member and she will approach the woman discretely.

Showers: Kitchen staff are having problems with the showers during lunch times. we need a list and an OCCUPIED sign on the door.

Great Idea.

Women's Bathroom: we should remove the table and make sure there are paper towels and soap at all times.

If we run out of soap or paper towels in the washroom please let the floor worker know and she will replenish the supplies. The table is there for moms to change diapers etc.

There is a hole in the bathroom that needs to be fixed.

Marlene will be informed.



Jan. 22

Suggestions for the \$5,000; more educational stuff for women

Such as?

Enhance transportation for evening programs
More information about the Vancouver Status of Women programs. Women signed up.

The meals are excellent, they have really improved. It would be great if we could get more than one package of salt and pepper. Also we need extra sugar, some of us use 4 packages.

This will be passed on to the kitchen.

Sometimes when staff are washing the cups we notice that there is tons of sugar at the bottom of the cups, women don't stir the sugar into the coffee. Perhaps women should be stirring their coffees better to use the sugar rather than washing it down the sink.

Chris Wood talked a bit about the Legal Advocacy programming and asked women to provide feed back as to what they would like to see in the programming. Carole and Chris will be doing a survey to get ideas.

We need more chairs, some are unsafe.

Staff was talking about spending some of the \$5,000 on better tables and chairs.

Bridge Housing is having a site dedication ceremony on Friday Feb. 14, 1998. We need a Native woman to speak at the ceremony.

Need to clean under and behind the piano. It is extremely difficult to move. Maybe we will just clean around it!

STOP THE VIOLENCE



Hey, this is Deepa, the "Stopping the Violence" counsellor at D.E.W.C. For those of you who were wondering, my job here is to provide support and counselling for women who are experiencing or have survived violence— such as battering, sexual assault, or child sexual abuse. I'm writing this column to keep folks informed about stuff that's going on around violence in this community, plus to share some ideas and ask for some suggestions about anti-violence programming at D.E.W.C.

RAPE DRUG ALERT--BEWARE!!

Recently, D.E.W.C. received a bulletin from the Ministry of Women's Equality about a drug you may already of heard or read about-- Rohypnol. This is the so-called "date-rape drug," which can be slipped into a person's drink, causing sleepiness and short term memory loss. There is increasing "anecdotal evidence" that women are being given this drug and

then sexually assaulted. A woman may have no awareness of the assault until much later, when she is trying to piece events together.

Rohypnol is in the benzodiazepine family of drugs, and is odorless, tasteless, and colorless when mixed in a drink. It can be used in water, juice, pop, or alcohol. It is illegal in the U.S. and Canada and has the following street names: Rochies, Roofies, R2, Rope, Rib, Roban, Mind Eraser, and Party Poppers. It is a small, round, white pill with the name "Roch" inscribed on one side. In about 20 to 30 minutes, the drug creates a drunk-like effect that can last from 8 to 24 hours. **When mixed with alcohol or other drugs, Rohypnol can lead to difficult breathing, choking and even death.**

We can protect ourselves from drug-induced rape by not taking drinks from folks we don't trust and by keeping drinks within view at all times. If you are given a drink from someone you don't know well, try to make sure you see its container being opened or insist on opening it yourself. We can also share information with each other about drug rape, and watch out for each other's safety. If you want more information about Rohypnol or think it was used against you, please feel free to talk to me or another staff about it.

ANTI-VIOLENCE DISCUSSION GROUP

I will be organizing a discussion/ support group every other Friday night beginning in the month of February, from 5:00 - 8:00. There will be a meal provided. Hopefully, it will be an open and flexible group that will respond to women's input and ideas about what they'd like to see happen. Some possibilities include:

- Support for women who have experienced violence.
- General discussions or work around specific issues such as anger, grief, flashbacks, etc.

- Self-defense strategies and information sharing about what's going down in the 'hood.
- Workshops on peer counselling support so that women can gain skills in supporting themselves and other women who experience battering, sexual assault, sexism and the continuum of violence, etc.
- Healing, relaxation, and bodywork techniques so that we can deal with the heavy stuff better.

Drop on by! **And remember the February 14 Memorial March!**
That's all for now...

Abusive Relationships

Whenever I'm feeling pretty lousy, I go for a walk.

Most of the time I have no idea where I'm going.

I'm usually pretty upset and blinded by self-pity.

I end up here.

I sit with my sad eyes and long face.

I let this place 'care' for me.

There are so many beautiful women here.

They really do care even if they don't say anything.

A smile is really worth a lot.

A hello is an invitation to some casual conversation and a good warm feeling.

I truly enjoy the Women's Centre.

And yes I always feel better leaving here.

All my relations. - Corrine C.

We all understand that everyone needs someone in our lives.

Sometimes things don't go right as we planned it so we get very disappointed by it. Awhile ago I had to deal with a situation like that, I did go out with someone I thought would be

understanding because I knew him I thought I could trust him. I have realized that it was a real bad mistake, hey we all learn by mistakes. My heart might have been broken but I have endured and made stronger because of this experience, not to fall into this situation again.

We all need someone and the right person will eventually cross our paths, sooner or later. So wait for the real one.

NEW TO THE CENTRE

Updates on workshops, policy and procedures.

LAUNDRY AND SHOWER CHANGES

There are some changes in the laundry and shower procedures. There will be a volunteer responsible for letting women into the showers and helping women in the laundry room. You will have to see the shower/laundry attendant for assistance. You will still need to sign up for laundry, there will be specific times when you can put your laundry in. You are still responsible for your own stuff and for cleaning the showers after yourself.

POSITIVE WOMEN'S
NETWORK
EVERY WEDNESDAY

From 1:00 - 4:00

Starting Feb. 11th there will be an outreach worker coming into the Centre to provide support and resources for women affected by and living with HIV and AIDS.

FOOD SAFE WORKSHOP

For Centre Members

SATURDAY, FEB. 7TH

10:00 - 4:00

This is a certificate course. You will be trained to industry standards for food service. Please register with Cynthia, there is limited space. There will be a meal provided.

NEWS FROM THE LEGAL ADVOCATE

This month I thought I'd try a different format for the Newsletter. In the past I have provided information which I thought would be beneficial to the women that attend the Centre. But I must admit the content has been somewhat dry and maybe even hard to keep one's attention unless it applies specifically to certain issues and situations. I would like to hear from the women of the kind of information they would like to see. For instance, would you like to have a question and answer section that deals with legal questions/situations? Would you like me to provide you with a synopsis of the work I do as the legal advocate? I am open to your suggestions.

Over the next couple weeks I will be canvassing (with the assistance of Carol Romanow, Steering Committee Co-Chair) women on the types of legal programming they would like to have offered to them at the Centre.

Presently, Carol and I are developing a Survey/Questionnaire to gather information on the legal topics which are important to the women of the area. This would also include education seminars or conferences which women would like sponsorship to attend. Also, are there certain reading materials and videos we should purchase and have available for the women? Essentially, this is the

type of information we will be seeking out from those that provide us with this feedback. In the past, it has been difficult (due to the workload) to give a lot of attention to Centre Programming. I think it is important that women have access to education and information on legal issues which affect them. Carol and I will work together to coordinate this programming for you. We look forward to hearing your suggestions.

Other News

The Vancouver Status of Women is running a free Program called: 'Gaining My Voice... Taking Our Strength.' This is a free program with 8 sessions held on Mondays 6:30 - 9:30 p.m. commencing on February 9, 1998. The initial program is directed for the aboriginal women, then it will run for non-aboriginal women. At the end of the 8 - session program, interested participants can learn how to facilitate this program with women in their communities.

Note: Childcare and transportation subsidies are available. VSW will try to make as many efforts as possible to ensure women can participate in and complete the program. Please call them if there are any arrangements needed. Their phone number is: 255-6554 and ask for Emma.

You should register in advance and you can do this with Chris Wood, here at the Women's Centre.

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

FEBRUARY 1998

**LUNCH SERVED
DAILY AT 12:30**

REGULAR PROGRAMMING

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

Internet - Every Tuesday at 1:00. Instruction available or if you can just surf the Net.

Battered Women Support Services and Wenlido will be alternating on Tuesday nights from 5 - 8:30

The Community Nurse - in every Wednesday from 1:00.

Positive Women's Network - An outreach worker will be in the Centre to provide resources and support.

Alcohol and Drug Support Group - Wednesdays from 5:00 - 8:00, Do you have or have you 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.

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

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

Women Surviving Together - Thurs. 5:00 - 8:00 Healing Circle and support group for women. Reta's back, YAH!

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

Anti Violence Discussion Group - Meets every other Friday for women to share stories and strategies.

CRAFTY WORKSHOPS - Materials provided

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

Ceramic and Tile Painting - Every Thursday. Make something that you can use everyday or give to a friend.

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.

Sun. Feb. 8 at 7:00 - We're going to **The Orpheum Theatre** to watch a piano recital of Bach, Beethoven, Shumann and Debussy.

Wed. Feb. 11 at 1:00 - We're going to **Mount Seymour** to ride the big sled down the slopes - Be prepared for fun!

Wed. Feb 18 at 2:00 - Another swim trip to the **Eileen Dally Pool** in Burnaby. There is a wonderful water park there.

Wed. Feb. 25 at 2:00 - It is bowling time again. We're going to the **Commodore Lanes** on Granille St. There are pool tables there too.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 2:00 Video	2 1:30 Beading 5:00 Learning Group	3 1:00 Internet 5:00 Wenlido (Self Defense)	4 1:00 Community Nurse 5:00 Alcohol and Drug Support Group	5 1:30 Women's Voice 2:00 Tile Painting 2:00 AIDS Van. 5:00 Women Surviving Together	6 10:30 Sewing and alterations 1:30 Raffle 2:00 Video 2:30 Volunteers Only meeting	7 10:00 Food Safe Workshop for Centre members
8 2:00 Video 7:00 Piano Recital	9 1:30 Beading 5:00 Learning Group	10 1:00 Internet 5:00 Battered Women Support Services	11 1:00 PWN 1:00 Heart and Blood Pressure Clinic - Nurse 1:00 Toboganning 5:00 A + D Group	12 1:30 Women's Voice 2:00 Make Valentine cards 2:00 AIDS Van. 5:00 WST	13 10:30 Sewing and alterations 1:30 Raffle 2:00 Video 5:00 Anti violence Discussion Group	14 FEB. 14 MARCH AND RALLY Meet at Carnegie at 10:30
15 2:00 Video	16 1:30 Beading 5:00 Learning Group	17 1:00 Internet 2:30 Volunteers Meeting 5:00 BWSS	18 CHEQUE DAY 1:00 Positive Women's Network 1:00 Nurse 2:00 Swimming 5:00 A + D Group	19 1:30 Women's Voice 2:00 AIDS Van. 2:00 Ceramic Painting 5:00 WST	20 10:30 Sewing and alterations 1:30 Raffle 2:00 Video	21
22 2:00 Video	23 1:30 Beading 5:00 Learning Group	24 1:00 Internet 5:00 BWSS	25 1:00 Positive Women's Network 1:00 Food Safe for hotel living - Nurse 2:00 Bowling 5:00 A + D Group	26 1:30 Women's Voice 2:00 AIDS Van. 2:00 Frame Painting 5:00 WST	27 10:30 Sewing and alterations 1:30 Raffle 2:00 Video 5:00 Anti violence Discussion Group	28 10:00 New Volunteer Orientation 1:00 Volunteer meeting and meal
		CENTRE HOURS		Mon. 10:30-5 Tues. 11:30-5 Weds. 10:30-5	Thrs. 10:30-5 Fri. 10:30-5 Sun. 12:00-5	

VOLUNTEER NEWS

There have been an increase of complaints about volunteers being rude to Centre members and incidents of swearing and inappropriate behavior.

Volunteers are expected to be non judgemental, helpful and supportive of all women in the Centre. There are situations when Centre members are rude to volunteers, but that is not an excuse to behave in a similar manner. If a volunteer is having trouble controlling her temper, she needs to take a break, ask for relief and speak to the coordinator or another staff members.

Volunteers should not be treating their friends any differently than anyone else in the Centre. There was an incident where a volunteer offered extra items from the clothing room to her friends and refused other women. In another situation a woman was treated very rudely because she has a history of being a booster and a user - this is not acceptable. We are all equal here and volunteers are expected to be professional. This kind of behavior, apart from being unfair, makes people feel really bad. Women have been hurt by the behaviors of volunteers. Please try to remember that we are here to help. Volunteers

are not expected to like everyone but they are expected to respect everyone in the Centre.

If a volunteer does not follow the Centre Guidelines, there will be a verbal warning issued. If the behavior continues she will be asked to leave the volunteer team.

Most volunteers really have their hearts in the right places. Volunteers DO have to put up with lots of grief. If you cannot handle this in a professional manner speak to a staff member. Make a commitment to yourself and the Centre by developing skills that will help you deal with situations that make you react. Let's support each other in our difficult times.

ANOTHER REMINDER TO ALL VOLUNTEERS THAT THERE ARE RESOURCES FOR VOLUNTEERS TO TAKE COURSES AND TRAINING. USE THEM

There is a new procedure for logging your hours as a volunteer. The sign up sheet still needs to be signed by the floorworker or Volunteer coordinator. In addition to this you will have to fill in a 'Record of hours' and have it signed by the floorworker or coordinator. These sheets are available at the front desk. Keep a copy for yourselves. This way you do

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not have to worry if your hours were registered by a staff member or not. You are responsible for ensuring that the sheets are filled and submitted to the coordinator *on the day that you worked*. If you have any questions please see Cynthia.

REMINDER THAT POINTS WILL BE TALLIED ON THE 15TH AND LAST DAY OF THE MONTH.

**STORE IS OPEN
MON. AND THURS. 2 - 5**

Volunteer Meeting Jan 9/98

Mable, Denise, Ilona, Freeda, Anne Marie, Dawn, Leona, Megan, Nancy, Wendy, Sheila, Candance.

Open extended hours for Saturday and Sunday: We will need more volunteers to participate. Talk to Cynthia.

Showers and Laundry: concerns about the key. Marlene should have a sign in and out sheet for the keys when volunteers use the key. Volunteers seem to agree that it would be a good idea and are willing to try.

Workshops: First Aid/CPR, second level of Food Safe, exercise class for volunteers.

Women passing away: We would like a separate board for notices of services and memorians and recognition of all our friends and family members. Freeda has started a quilt for the Centre in memory of all the friends and family we have lost.

Hospital visits for the women: DEWC should send information to the hospitas to ask them to contact the Women Centre if a woman from DE gets admitted. We are unsure of the legalities around this. Please find out info. It means a lot to the women. We also need to pay attention to women that we haven't seen for awhile and get information around.

Need a proof reading volunteer for the calender, we are tired of all the mistakes and typos. Michelle has volunteered to do this. Signing in: for volunteers. Volunteers are responsible for getting the floor staff person or the volunteer coordinator to initial for hours worked.

Volunteers urgently need staff pictures - full time, relief, kitchen, etc. We have not been introduced. Let's get a current staff board. Please. This is underway.

Staff should sign in/out for the day and inform the voluntreers at the desk if they are going out for meetings, etc.

Store: Dawn is responsible. If she is not here, Cynthia will take care of the store. The Store is open on Monday and Thursday from 2 - 5. Norma asked if she can get a locker up front and volunteers have agreed to designate a locker for her. She will supply the lock.

More meetings with the Volunteer Coordinator: two hours, anytime. (In addition to the meal/meetings.)

Shooting up and smoking in the bathrooms: beginning to be a problem. We need more signs and staff need to be more vigilant. Steering should get involved. Volunteers need support from staff members when Centre members are abusive towards volunteers. Often because Staff has not witnessed the abuse they do not deal with the situation.

BRIDGE HOUSING SITE DEDICATION

Finally the project is underway.
Come join us for the festivities.

FRI. FEB. 13TH AT NOON

*Lunch will be served at the Centre
at 1:00 instead of 12:30. Please
join us for food and refreshments.*

Name tags: we would like tags with clips not pins, more sturdy than the ones we have now. Its a done deal!

Boys at the dinner that were 16 years old plus: What is the policy aound special meals? We heard many women were upset about this because those boys looked like men.

Food safe certificates: are they in yet, have they been framed. Done deal.

Volunteers taking donations and selling at the bars: can go to Steering and can have consequences. Volunteers are role models and this is a very negative image, and sets a very bad example.

Clothing room rules, suggestions: sign first and last name. Women can go in once a week and pick up ten items. If we are really packed, clothing items can go on the tables. We live in the area and we see women taking stuff and selling it on the streets. People donate to the DEWC because we do not charge women for anything here; donors specifically do not want their donations to be sold for profit.

Volunteers need to do at least 10 hours per month to be kept on the Volunteer list. These are our current volunteers, if you have any questions please speak to Cynthia:

Jeanette A., Karen A., Bernice B., Sheila B., Vera B., Doris B., Wendy C., Anne Marie C., Dawn C., Cathy C., Mable C., Freeda E., Terri F., Ilona F., Helen G., Bunsy J., Nadine, Louise L., Mancy M., Lorenda M., Beverly N., Gloria N., Marcella O., Megan R, Shawneen R., Denise S., Candace S. and Penny W.

A note from Michelle:

I would like to thank the women who have signed up to do interviews with me for my English paper. I am at the Centre on Sundays from 12 - 5 and on Mondays from 3 - 5 to do the interviews. If you would like to meet me at a different time, please call me at 730-0545 or talk to me when I'm here. Many thanks to the women I've already interviewed.



VOLUNTEER DATES TO REMEMBER

Fri. Feb. 6	2:30
Meeting of volunteers - We will meet at the Centre at 2:30	
Sat. Feb. 21	12:00
Basic Computer workshop	
Tues. Feb. 17	1:00
Volunteer meeting with Coordinator	
Sat. Feb. 28	11:00
New Volunteer Orientation	
Sat. Feb. 28	1:00
Volunteer meeting with Coordinator and meal	



What is Front and Centre? An update from Drew and Alix

You may see this floating around the Centre and wonder? **Front and Centre** is a new mini-newsletter which is created for the people who help keep the centre running by giving us money or 'donations in kind'. A good example of a donation in kind is the van that the wonderful women of the Soroptomist Foundation are presenting to us on January 31th. **There are hundreds of people in our community who give to the Centre with cash from their own pocket, by organizing special events or by asking others to give.** As fundraisers, one of the most important jobs we have is to stay in touch with our donors. By sending out the Front and Centre newsletter twice a year - people will know where their money goes and perhaps think of us when extra money is available.

We want to thank the women who came out in December to help Drew and me with the direct mail by getting over 600 letters out in just a few hours. **The campaign was a great success and we absolutely could not have pulled this off without the help of volunteers.** A full report on the money from this campaign is available in the Steering Committee

minutes if you're interested. There will be another mail out in the spring.

Other money matters that have been taking up our time include: planning for the budget for the new fiscal year starting April 1/98, starting a corporate campaign (asking large corporations for equally large donations), keeping government funders informed by submitting reports and going to meetings and so on.

This announcement, brought to you by the letter "C" for constructive: The Ministry of Women's Equality provides the Centre with funding to do things like the February 14th March, December 6th events, Take Back the Night and support groups to name a few. **They have asked us to go through a self-evaluation process to determine what is working at the Centre and what needs improvement.** This process will include centre members, volunteers, staff and members of other community groups. Now, we've been around long enough to know that Centre members have lots to say on this subject....so.... there will be questionnaires and interviews coming soon. This is going to give all of us a chance to flex our constructive feedback muscles.

Take care,
Drew Dennis and Alix Mathias –
Financial Wizards

DEWC STAFF UPDATES



HIV Outreach Worker, Christine Hutchinson

As you may know by now, I have switched from the Mental Health Advocate position, to the Women's Centre's new Women's HIV Outreach Worker position. I will be working in tandem with Leslie Remund, the new Women's HIV Outreach Worker from DAMS.

These positions are in place to enable us to help women **with, affected by, or at risk for HIV/AIDS** (and that means almost all of us, in one way or another). Come and see us to get information about HIV/AIDS; to make or get to doctor's appointments; and to get referrals to counseling and advocacy and HIV services. We will also visit women in their homes and/or in the hospital, so if you are bed-bound and need a visitor, please phone the Centre (681-4786) and let us know. If you have put off a visit to the doctor because you can't afford to pay childcare while you're at the appointment, we might be able to help you out.

Leslie and I have been setting up the positions since the beginning of January - creating and organizing files; introducing ourselves to other community agencies and their staff; making ourselves known to women in the community; and putting a work schedule into effect. Because the positions are completely new, we are creating them from the ground up, and so far are quite flexible in terms of "where and when" we can be available to women who need us.

At this point in time, my schedule in and out of the Centre will be as follows:

Monday morning: in Centre.

Monday afternoon: in Centre, available for accompaniments and home/hospital visits.

Tuesday morning: in Centre (Staff meeting).

Tuesday afternoon: in Centre, available for accompaniments and home/hospital visits.

Wednesday afternoon: 2pm-6pm, street outreach.

Wednesday evening: 6pm-10pm, WISH drop-in.

Thursday afternoon and evening: 1pm-9pm or 2pm-10pm, street outreach

Friday: daytime hours, in and out of Centre, available for accompaniments, home/hospital visits and outreach. Clean up help in the Centre.

I will be carrying a **cellular telephone (728-7353)** so that I can be accessed by staff and women during my working hours when I am out of the Centre. Feel free to contact me on the cell phone if you need to get in touch with me.

Remember, this schedule is very flexible at this point in time. If you need to talk to me and/or Leslie, or need a visitor or somebody to help you at the doctor's office at any time, we will do our best to meet your needs. As well, we welcome any input you might have into other needs that we can help with in these positions.

Hoping to talk to you soon,
Christine Hutchinson



Alice Kendall is back at the Centre. She will be replacing Christine Hutchinson as one of the full time Mental Health Advocates. Alice will be in from Sunday to Thursday. She has been working at DERA and is very excited to be a permanent fixture at the Centre. Please make her feel welcome, drop in to say hi. She is available for assistance in any of these areas:

- HIV/AIDS
- Hepatitis A, B and C
- Crisis Counseling
- Disability
- Alcohol and/or Drug
- Help find housing
- etc.



WELCOME BACK ANNE WILSON

Our kitchen supervisor Anne has been away from the Centre on Medical leave of Absence. She returned on Jan. 26th, in excellent health and full of vigor.

It's great to have you back, Anne.

Dawn Cook has been hired as a relief staff. Cathy Cooper and Vera Benard have been hired as relief kitchen workers. Let's make them feel welcome.

Maureen Bourke will be on a Medical Leave of Absence until further notice.

Sorry for the inconvenience.

There will be a temporary replacement hired to take over her files. Until then please see Alice or Deepa for any assistance. Thank you for your understanding and patience.

QUESTIONNAIRE ABOUT THE NEWSLETTER

We would like to improve the newsletter and we WANT your help. Please fill in this form and return to the front desk at the Centre. Thank You.



Are these features important to you?

YES

NO

Advocates News

Volunteer News

Women's Voice

Women's Submissions

Photos

Calender

Other

Do you read the whole Newsletter or just your favourite features?

I read the whole damn thing

Just the facts, Maam

What would you like to see in the Newsletter?

More information about women

Word games

Fiction

News about Women's Issues

Suggestions _____

Would you like to help with the Newsletter?

ABSOLUTELY

MMM...

NO WAY