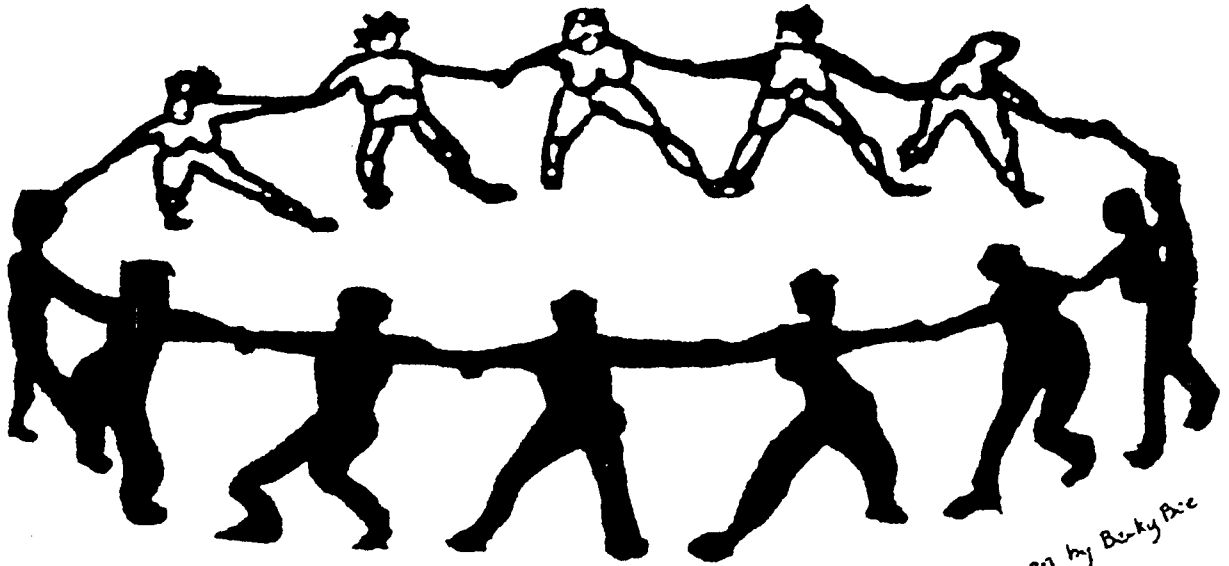


D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

THE NEWSLETTER FOR THE DOWNTOWN EASTSIDE WOMEN'S CENTRE
MAY 1998 FREE



Design by Becky Bice

8TH ANNUAL SINGLE MOTHER'S DAY

SUNDAY MAY 10TH

Women's Outreach Worker's Hours

I will now be working revised hours in order to match my schedule With that of my partner Leslie from DAMS'. I will usually be working out of the Centre. When you need to contact me with a question, or for any help or accompaniments, etc, **please call me** on the cellular phone at **728-7353**. I will be happy to come to the Centre, meet with you, and spend some time talking, answering questions, etc. My new hours are as follows:

Tues:	9a - 11a	Staff meeting
	11a - 3p	In the Centre
	3p - 6p	Paperwork
Weds:	1p - 6p	Street outreach
	6p - 10p	<u>WISH drop-in</u>
Thurs:	1p - 10p	<u>Street outreach</u>
Fri:	9a - 6p	Street outreach

Please notice that when I am doing street outreach, you can phone me at any time to arrange a medical accompaniment, or to meet with me to talk or have your questions answered. Also, on cheque week, my Wednesday hours will be worked during the day, rather than in the evening.
I hope to see you soon!

Christine Hutchinson



CEDAR COTTAGE

**TROUT LAKE
POW-WOW**

May 8,9,10

DEWC Craft Table
Sign up to sell your crafts at the table! Info on the activities board.

Trout Lake Community Centre
3350 Victoria Dr

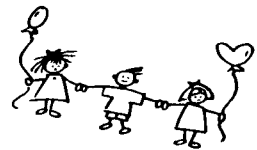


8th ANNUAL SINGLE MOTHER'S DAY

*co-sponsored by Vancouver Status of Women
and
the Downtown Eastside Women's Centre*



Sunday, May 10, 1998



1:00pm to 5:00pm

FREE



FREE

Where?

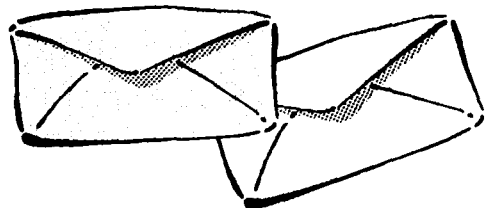
**Solheim Housing
255 Union St. near Main**

*Activities for Mothers
and Children*
Volunteers Needed!

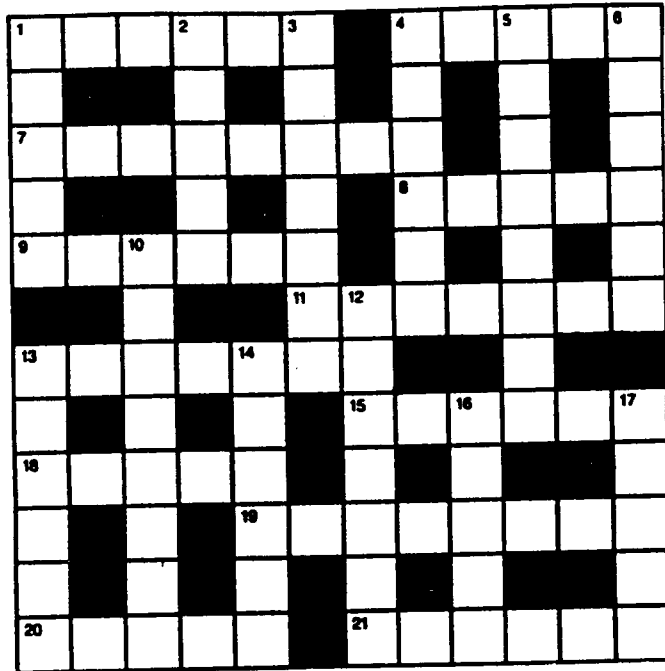
UP-DATE FROM THE FINANCIAL MANAGERS:

We'd like to send a big THANK YOU! out to Candace, Carla, Cathy, Diane, Doris, Gwen, Kathy, Leona, Love, Mary, Megan and Nafisa for helping with our Spring Direct Mail. On Saturday, April 4th we stuffed, sealed & delivered 1,200 letters! The letters that we sent out are a request to those who donate to the Centre to support us with our new extended hours of

service. Already, we have received a number of donations in response to that letter. Thanks again to all of you that volunteered. We enjoyed your company and appreciated your wonderful contribution to the campaign!



PUZZLE PAGE



ACROSS

- 1. Gems
- 4. Disposition of ornament
- 7. Art of boxing
- 8. Conscious
- 9. Surpass
- 11. Softening
- 13. Embraced
- 15. Part of foot
- 18. Less fierce
- 19. Primitive
- 20. Bird
- 21. Wanders

DOWN

- 1. Fruit
- 2. Twist
- 3. Pivot
- 4. Realm
- 5. Least expensive
- 6. Regret
- 10. Fascinating
- 12. Builds
- 13. Oxen
- 14. Colour
- 16. Smudge
- 17. Becomes tedious

*no matter how much I loved you
now matter how much time I've given
you
no matter how much I smiled to you
no matter how much times I gave you
my last pennies
no matter of how many times I wash
your laundry
no matter how many times I ignore my
best friend
no matter how kind and beautiful I am
you will always be you
you will always care for you
maybe not
no matter what I had to do to keep us
together
I was swimming against the river
and you just enjoyed
with your non common sense*

Friends for a Lifetime

**A lifetime of love
In a hug and a smile
A reason to visit and stay a while
The strength of a bond that's
destined to last
The joys of a present
The warmth of the past
These are treasures a fortunate few
Are lucky to cherish
All their lives through
These are the blessings
On which we depend
For these are the gifts
Of a very best friend.**

G.P.

POETRY

Star

you give us hope
you give us the way
you give me your light
to my right direction in my daily life
without-a-pain
without-a-lie
without having to escape
you are our guide
star you are high
up in the wonderful clean blue skies
when I look straight at you
I do feel your strength
right deep into my own spine
you share your strength
star you give us love
star you give us (woman)power
that if never fail
like a lady
you give bird - when you flow across
the skies and turn yourself into tiny
pieces, I think
those are your babies
just like us women
give love with no return you give us
light
starts enlighten my life

Tannis

DOWNTOWN EASTSIDE WOMEN'S CENTRE

44 East Cordova St., Vancouver

681 - 8480

MAY 1998

**LUNCH SERVED
DAILY AT 12:30**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	CENTRE HOURS				1 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 3:30 Stretch and walk	2 CENTRE OPEN 10:00
	Mon. 10:00-5 Tues. 11:00-5 Wed. 10:00-5 Thrs. 10:00-5		Fri. 10:00 - 5:00 Sat 10:00 - 5:00 Sun 10:00 - 5:00			
3 1:00 Video	4 1:30 Beading 5:00 Learning Group	5 1:30 Walls of Change 2:30 Volunteers only meeting 5:00 Wenlido	6 10:30 Stretch and walk 1:30 Nurse -Living with Hep C 5:00 A + D Group	7 1:30 Women's Voice 2:00 Painting a picture frame 5:00 WST	8 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 3:30 Stretch/walk 5:00 Stopping the Violence	9 CENTRE OPEN 10:00 TROUT LAKE POWWOW - DEWC CRAFT TABLE
10 1:00 Video 1:00 Single Mother's Day (at Solheim)	11 1:30 Beading 5:00 Learning Group	12 10:30 New Volunteer Orientation 5:00 Wenlido	13 10:00 Street Nurse - Blood testing 10:30 Stretch and walk 1:30 Nurse - Diabetes Information 1:30 Stanley Park Pitch and Putt 5:00 A + D Group	14 1:30 Women's Voice 2:00 Making stuff out of clay 5:00 WST	15 10:30 Sewing and Alterations 1:30 Raffle 2:00 Video 3:30 Stretch/walk	16 CENTRE OPEN 10:00
17 2:00 Video 5:00 Volunteer Night - Cleaning the Centre!	18 VICTORIA DAY CENTRE OPEN 12:00 - 4:30 (coffee & muffins)	19 5:00 Wenlido	20 10:00 Street Nurse- Blood Testing 10:30 Stretch and walk 1:00 Trip to Steveston 1:30 Nurse - TBA 5:00 A + D Group	21 9:00 FOOD SAFE 6:00 LEVEL 2 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	22 10:30 Sewing 1:30 Raffle 2:00 Video 3:30 Stretch and walk 5:00 Stopping the Violence	23 CENTRE OPEN 10:00
24 2:00 Video ----- 31 5:00 Volunteer Picnic!	25 1:30 Beading 5:00 Learning Group	26 1:00 Trip to Children's Festival 5:00 Wenlido	27 CHEQUE DAY 5:00 A + D Group	28 1:30 Women's Voice 2:00 Tile Painting 5:00 WST	29 10:30 Sewing 1:30 Raffle 2:00 Video 3:30 Stretch and walk	30 CENTRE OPEN 10:00

REGULAR PROGRAMMING

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

Battered Women Support Services on Tuesday nights from 5 - 8:30, support for women affected by violence in their lives.

The Street Nurse will be in every Wed morning at 10:00 am to provide info on STD's, hepatitis and HIV/Aids and will do blood testing on site.

The Community Nurse - is in every Wednesday from 1:00. Watch out for health tips and information.

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.

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.

Raffles - Usually on Fridays at 1:30 or 2:00. Items which are not clothing items that have been donated to the Centre are raffled. Please note changes this month.

Stopping the Violence Discussion - Every other Friday night. Gathering to share stories and strategies to keep ourselves safe. **Wenlido** begins again in May on Tuesdays at 5:00pm. Come and learn self-defense with Jennifer!

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, 2:00. Make something that you can use everyday or give to a friend.

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

OUTINGS - Watch the Outing Board for RUSH tickets.

Wed. May 13 - Stanley Park Pitch & Putt

Wed. May 20- Trip to the village of Steveston located on the Fraser River near Richmond.

Tues. at 1:00 - An afternoon at the Children's Festival in Vanier Park with a picnic lunch.

SPECIAL

Thurs. May 21 - **FOOD SAFE LEVEL 2** - All of you that completed your Level 1 can participate in this one day workshop.

Sign up sheets are put up at the beginning of the month, chances are there will be space available on the day of the outing.

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.

Volunteer Meeting Minutes

April 12, 1998

1. Volunteer Laundry Days

Since the Centre is now open seven days a week, do the volunteers need another day for laundry? No one is having difficulty getting one load done, so no need to add days.

2. Adding Another Volunteer to do the Laundry Area

Volunteers had a big discussion about this topic. Different suggestions came up including having a volunteer that would do not just the laundry but also the bathrooms and the shower. The way it is now, the floor job is too big for one person. Women asked for clarification about the kitchen's role in the laundry and bathroom areas. There is confusion. Lucy and Cynthia will clarify at the next staff meeting. Cynthia is also worried that we do not always fill the schedule now. If we add another job, where will we get the volunteers?

Decision: Volunteers decided to add a fourth position to the schedule. This position will be responsible for the shower, laundry and bathroom areas (S,B,L).

Women voted on which positions will be filled first:

1. Front desk

2. Shower, Bathroom, Laundry
3. Floor
4. Clothing Room

Lucy and Cynthia will remind staff floorworkers that they must replace themselves if they go off the floor to deal with other issues.

The new position will be added to the schedule for May.

3. Crowding at the Raffle

There is a lot of crowding around on Fridays when the raffle volunteers are bringing items out of the cupboard and setting up the table. It is very frustrating. Women discussed the possibility of changing the time, the location in the centre, and not serving coffee and tea. Some volunteers did not know that coffee and tea were no longer served until the raffle was over.

Decision: Make an announcement at 1:00pm every Friday that coffee and tea is no longer being served. Also announce that until everyone is sitting down or standing back, the raffle will not begin. Lucy and Cynthia will remind the floor staff to help the raffle volunteer by making the announcements and getting everyone to clear the space.

4. Volunteers in the Kitchen

If kitchen volunteers have concerns, they must take them to kitchen staff.

5. Keys

There is a key to the front desk and it lives with the Volunteer Coordinator.

Where did the second key go to?

Staff have keys to the donation room and the clothing room.

6. Volunteer and Staff Pictures

Where are the volunteer pictures so they can be put up at the front?

Cynthia has them in her office.

Action: Denise and Mable will put the pictures together.

7. Food Donations

Donated bread that was stored in the chest freezer has gone missing. A lock will be put on it.

8. Clothing Donations

Volunteers need help from the floor staff when clothing donations come in. Sometimes when women are asked to help bring things in, they leave with some of the bags.

Conclusion: Both staff and volunteer floorworkers need to help when the front desk volunteer calls them re: clothing donations. Also, don't ask

women to help again if they leave with the stuff.

9. Complaints

What is happening about them?

Women are encouraged to write up complaints but then they wait and wait for an answer. Complaints go to the steering committee..

Conclusion: There should be a report back to women directly from steering.

10. Food on Stat Holidays

There was no food on Good Friday, not even coffee or tea. Why can't there be relief staff for the kitchen?

Action: Cynthia will check in to see if there can be food and coffee and tea for next time.

11. Volunteer Appreciation Week

What about doing something for volunteer appreciation week? Lucy is concerned that it is coming up next week. We could definitely plan something for next year. Also we could plan our own volunteer day or week in May or June. Someone suggested a picnic would be fun. Several women volunteered to have an idea session about the women's centre volunteer appreciation event.

Decisions: Lucy will make a sign to acknowledge volunteer appreciation week and we will put it up with Denise and Mable's presentation of the volunteer pictures.

Sheila, Denise, Megan, Helen, Vera, Claudia and Lucy will have an idea session about the May/June event. Lucy will post a sign on the volunteer's bulletin board with the time.

12. Cleaning the Centre

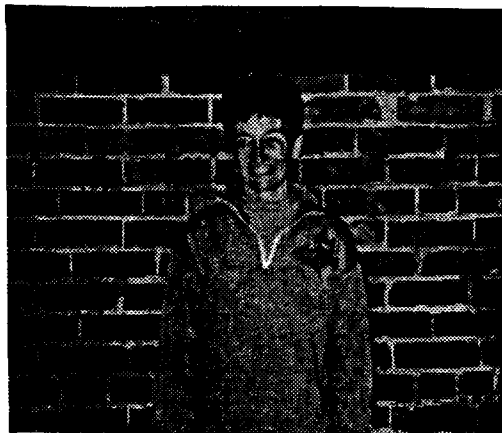
The centre needs cleaning!! Louise, Bunsy, Mable, Candace, Gwen, Vera, Megan, Peggy and Wendy are volunteering to come in on an evening to do it. It will involve cleaning the walls, dusting, wiping down the chairs, maybe even painting.

Decision: Come up with a date that does not conflict with other events.

13. Spring Dinner

Cynthia went over the details about the Spring Dinner. She will post a list of volunteers and their duties.

NEW VOLUNTEER COORDINATOR



Hello, everyone! My name is Lucy Alderson and I am taking Cynthia's place while she is on leave.

I am very happy to be working at the DEWC. I have worked in women's organizations for many years.

I know several of you from Carnegie and from my volunteer work at Bridge Housing For Women. When I'm not working I am planning kayak trips!

Thanks to all of you who have helped me in my first few weeks at the Centre.



**UPCOMING
VOLUNTEER DATES**

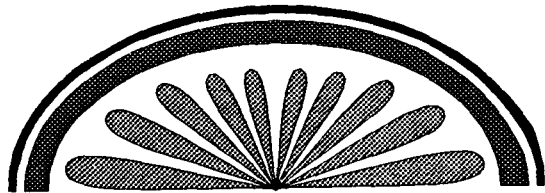
Tues May 5 - 2:30
Volunteers only meeting

Tues May 12 - 10:00
New volunteer orientation

Sunday May 17- 5:00
Volunteer Night Pizza &
Cleaning the Centre

Sunday May 31- 5:00

Volunteer Picnic and
Meeting



FASHION ON THE EASTSIDE

Hey Ladies! We have a pretty fabulous clothing boutique down here on the East Side, and the clothes aren't even expensive. Talk about being admired. We get clothes from all over Vancouver and the Lower Mainland as shown by our Donations Book! I say lets give a hand of thanks and appreciation to all those thoughtful and generous people in making the time and effort, not to mention the money in bringing down these clothes to us!

One Sunday afternoon we had this Fashion Show There was Leona, conducting and orchestrating the sequencing of events, not only for the Fashion Show, but for the music, singing and Talent Show that followed afterward,

Many of the women who did take part, and you know who you are, did so with ease, self-assurance and confidence. I personally think you all did a wonderful job, not shy at all in expressing what you each personally wore and walked with style and grace reflecting the Ladies that you truly are! I would also like to say Thank you to Michelle who opened up the Fashion Show with a brief commentary and to Wendy who assisted in the Music and Talent Show, she herself enveloping the audience in her ability to pitch a song, all the while strumming beautifully on her acoustic guitar! Thanks Again to all those who took part! Candace

NEW TO THE CENTRE

Updates on workshops, policy and procedures



Food Safe Level 2

Thursday, May 21

9:00 to 6:00

The Centre will provide lunch and snacks. Please register as soon as possible.

Attention All Smokers

As you know, new smoking bylaws are being put into effect all over the city. The Worker's Compensation Board has done an assessment of the Centre and instructed us to implement the city's health policies. Effective immediately, smoking in the Centre will be allowed only in the "couch" area by the front door. All sit-down tables and Staff offices are now "NO SMOKING" areas. Ultimately, this should help to cut down on staff and volunteer staff illnesses.

Beginning on the 15th of July, the entire Centre will be a NO SMOKING environment. We hope that it will be warm enough outside that we will all be able to adjust to this in comfort. Please extend your respect to everyone who uses the Centre by observing this new rule, and thank you all for helping us to make this change a smooth one.