

D.E.W. DROP IN

DOWNTOWN EASTSIDE WOMEN DO DROP IN

The Newsletter for the Downtown Eastside Women's Centre
AUGUST 1999

Free



Return to ourselves

21 Women and children from the Downtown Eastside Women's Centre attended the Healing Gathering at Pasulko Lake with Cynthia and her two helper elves. It was an amazing event. The community had a warm welcome for our members. The trip started out somewhat disorganized, but we managed to get there before night, and in time for a salmon dinner – YUM. For the first time in 4 years we had to turn women and children away. It was heartbreaking, we are so sorry that Marie and her children could not join us. Next year there will be a reservation in the First Class Coach, driven by Ms. Helen Gordon, for Marie and her children.

At the Gathering there were horses and canoes. On Wednesday all the women went for horse back rides and canoe trips across the lake - Getting back was another tall tale. There were some tense moments, especially when Carol fell off the biggest horse and Sharon took a stumble. Some kids who were riding an All Terrain Vehicle startled their horses by riding in their paths - But like true troopers they got back on again.
(Continued on the back page)

Volunteer Program HOT NEWS

The month of July has been busy and hectic at the Women's Centre. Our volunteers contributed over 600 hours last month. Can you imagine what the Women's Centre would be like without their hard work? These are the highlights of our Volunteer Program:

- We had an outing to the Folk Music Festival, an information table at Lilith Fair, a few meetings here and there and TWO TRAINING SESSIONS!

- The training sessions are for all volunteers who want to learn more about the job responsibilities of the Front Desk Receptionist, the Floorworker and the Clothing Room Volunteer. They were instant hits and participants at the sessions want to have ongoing "rap" sessions on issues that come up with different volunteer positions.

**WHAT'S UP FOR
VOLUNTEERS**

August 8, Sunday

at 5:30 pm

Volunteer Orientation

August 10, Tuesday at 2 pm

**Volunteers Only Meeting at Central Residence
(a meeting without the Volunteer Coordinator)**

August 17, Tuesday

at 1 – 5 pm

**Communication/People Skills Workshop
(Location to be announced)**

August 22, Sunday at 5 pm

Volunteer Meeting

August 29, Sunday at 1 pm

PNE outing

• A few volunteers participated in short interviews with Karen Martin, who is doing a brief evaluation of our Volunteer Program.

• The Volunteer Store is now being moved to the room downstairs at Central Residence. You can see Tomorrow or Candace working hard and counting up your points.

So, is there anything else that is exciting in the Volunteer Program?

• We are going to create a pamphlet on the Volunteer Program. We can send out this pamphlet to other organizations and show them what we really do as volunteers in the Women's Centre. A Pamphlet Committee will be set up to work with Denise and Isabel, the graphic designer.

• Tammy Desjardins, a facilitator who has worked with VANDU and PWN is going to facilitate a workshop on Communication/People Skills on August 17 (Tuesday), 1 – 5 pm.



NOTES FROM CAMP

Thank you to all the volunteers who went on the Camping trip especially Helen, Freeda and Jennifer. There was one staff member and two helpers with a handful of excellent volunteers. The trip would not have been a success without you. I hope you had an enjoyable time and if you have any suggestions as to how to make the trip more fulfilling please speak to Cynthia.

Here is some of the feedback so far:
GET A BUS - so no one gets left behind.
Make sure that everyone who attends is aware that they need to participate in making camp successful.

No more whining.

Try to have a balance between letting people do their own thing, and making sure that everyone takes some responsibility for our little camp community.

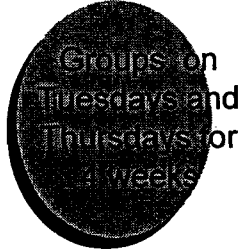
Have some organized group activities.

Keep suggestions coming and hopefully we can improve for next year.

W O M E N ' S O W N H O M E
I M P R O V E M E N T Z O N E

Learn How to:

*Fix leaky taps
Do drywall repairs
Paint like a pro
Refurnish Furniture
And much much more*



For more information speak to
Gwen at Tradeworks

876 Cordova 253-9355



Natural Fault

I was granted this gift to write
For I cannot say it face to face
Unless it had to be put in a play

For life is not simple anymore,
as it is complicated, like going
door to door

I did not care for material things,
for all that mattered was
the way my heart sings

I was living this life, where
I had a wish where I could
have been at least: kissed

We are ridiculed, ostracised
and womanized
By men, when they should
belong in the State Pen

I would like to believe that we had
faith, if only we can say
we had something to save

Friendship

Together we laugh,
Apart we cry
For our friendship is
No lie

With our hearts full of joy,
Thoughts full of happiness.
Is what we can't afford
To miss

Our lives may be different.
But the way we feel
Inside, that counts
Is most benevolent.

Human Rights Video and Worksho

With Karen from the B.C. Human Rights Commission
(some of you will remember her as our Advocate from a few years ago)

What is discrimination?

What if a landlord will not rent to you because
you are on welfare?

What if a landlord will not rent to you because
you are Native?

What if your wheelchair cannot fit into a
business that you are going to?

What if you are looking for a job and they tell
you that you are too old?

What can you do about these things?

Find out about the Human Rights Code

Wed. August 11, dinner at 5:00 Workshop after.

Special Someone

I loved you with all my heart.
I have loved you from the start.
Nothing can change the way I feel,
Unless we day that it is unreal.

Having you at my side
Is what I would never hide.

Especially when all I can do is sigh,
For it makes me feel so bubbly inside.

Your attention is all I need
In order to be pleased.



DOWNTOWN EASTSIDE WOMEN'S CENTRE
44 East Cordova St., Vancouver
681 - 8480
AUGUST 1999

**LUNCH SERVED
DAILY AT 12:30**

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 1:00 Video	2 B.C. Day Holiday – Centre Open 12:00-4:30 1:30 Beading	3 5:00 Battered Women Support Services	4 10:30 Street Nurse 2:00 Wiener cookout at Boundary Bay	5 1:30 Women's Voice 2:00 Ceramics 5:00 Women Surviving Together	6 10:30 Sewing and Alterations 2:00 Video 5:00 Anti-violence Discussion Group	7 1:30 Dream catchers
8 1:00 Video 5:30 Volunteer Orientation	9 1:30 Beading 5:00 Workshop To be announced	10 2:00 Bowling 5:00 BWSS	11 10:30 Street Nurse 5:00 Human Rights and Discrimination Workshop	12 1:30 Women's Voice 2:00 Ceramics 5:00 WST	13 10:30 S + A 1:30 Raffle 2:00 Video 5:00 A-V Group	14 1:30 Dream catchers
15 1:00 Video	16 1:30 Beading 5:00 Workshop TBA	17 1:00 Volunteer Workshop – People Skills + Communications 5:00 BWSS	18 10:30 Street Nurse 5:00 Workshop TBA	19 1:30 Women's Voice 2:00 Ceramic Painting 5:00 WST	20 10:30 S + A 2:00 Video 5:00 A-V Group	21 12:00 Mission Medicine Wheel 1:30 Dreamcatchers
22 1:00 Video 5:00 Volunteer Meeting	23 1:30 Beading 5:00 Workshop TBA	24 2:00 PNE 5:00 BWSS	25 Cheque Day Centre Closed	26 1:30 Women's Voice 2:00 PNE 2:00 Ceramic Painting 5:00 WST	27 10:30 S + A 1:30 Raffle 2:00 Video 5:00 A-V Group	28 1:30 Dream Catchers 2:00 PNE
29 1:00 Video 2:00 Volunteers to the PNE	30 1:30 Beading	31 2:00 PNE	CENTRE HOURS			
			Sun. 12 - 5 Mon. 10 - 5 Tues. 11 - 5	Weds. 10 - 5 Thurs. 10 - 5	Fri. 10 - 5 Sat. 12 - 5	

REGULAR PROGRAMMING

Learning Group – Cancelled until further notice. Check board for other workshops scheduled for Monday night.
Battered Women Support Services on Tuesday nights from 5 - 8:30, support for women affected by violence in their lives.
Wednesday night groups are taking a break until September when the A + D group and the Popular Education Groups will start up again. Check scheduled for TBA workshops.
The **Street Nurse** is here every Wednesday from 10:30 – 12:00 to give you information on all kinds of health issues.
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 –Every other Fridays at 1:30 or 2:00 depending on availability, items that have been donated to the Centre are raffled.
Anti-Violence Discussion Group - Every Friday night. Gathering to share stories and strategies to keep ourselves safe.

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 - Every Friday morning, 10:30. Learn to do your own sewing and alterations and also to knit and crochet.
Dreamcatchers with Beverly or Mable, every Saturday at 1:30. Expand your skills and share stories with other women.

OUTINGS - Watch the Outing Board for RUSH tickets.

Wednesday, August 4 at 2:00 A night trip to Boundary Bay for a **Bonfire and wiener roast** on the Beach. Bring your bathing suit.
Tuesday, August 10 at 2:00 **Bowling at Commodore Lanes** on Granville St., great exercise, you can play pool too.
Saturday, August 21 at 12:00 Day trip to the **Mission Medicine Wheel**, there will be sandwiches and refreshments.
PNE – tickets and drop off at the Fair, August 24, 26, 28 and 31.

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.

SERVING OF SENIORS AND ELDERS

The issue of serving seniors and Elders was discussed at a staff meeting, there is no Centre policy regarding this point. We believe that it is important that we respect our seniors and Elders and we will endeavor to serve them. However due to the lack of resources (volunteer store budget and staffing) and to the often hectic and chaotic pace during lunch it is not possible to guarantee that they will be served every meal time. Centre members are encouraged to serve our Elders and seniors. If our members feel strongly about this they should take on the honor of serving our Elders and seniors. Thanks for your support.

**MOMS WITH THEIR KIDS AND
STUDENTS WILL BE SERVED FIRST**

I love you not only for what you are,
But for what I am when I am with you.

I love you not only for what you have
made of yourself,
But for what you are making of me.

I love you because you have done more
than any creed could
Have done to make me good, and
Any more than any fate could have done
to make me happy.

You have done it without a touch,
Without a word, without a sign.

You have done it by being yourself.
Perhaps that is what a friend means
after all.

Anonymous



MISSION MEDICINE WHEEL

Saturday August 21 at 12.00

We will be leaving the Centre at noon to go to St. Mary's the location of the Medicine Wheel. There will be a bagged lunch and juice provided. Please be on time, and don't forget to bring a hat, if it is sunny.



ATTENTION

FROM THE ADMINISTRATOR

Dear Women of DEWC,

Hi, it's Marlene. I am just writing a quick note to ask you for your assistance with a couple of budget items that I am sure you will be able to help me. The first, is the frequency that the women's toilet has been getting plugged up. In one week in July, we had to call the plumber three times. **This cost to the Centre is \$360.65.**

When we must pay this high cost to outside agencies for unnecessary repairs, this takes away from programming, and money that would otherwise be spent on you, the members.

**PLEASE DO NOT FLUSH PADS OR PAPER TOWELS
DOWN THE TOILET, USE THE WASTE BASKET.**

The other item is the high cost of directory assistance on the Women's phone. The cost is \$.95 everytime someone calls for a phone number.

Please use the phone books provided, or ask for assistance in finding a number from the front desk volunteer or a staff member.

**PLEASE USE THE PHONE BOOK, FRONT DESK INFO.
OR STAFF MEMBER FOR TELEPHONE NUMBERS.
DO NOT USE 411.**

The towels for our showers have also been walking out of the Centre. We do not have the resources to replace them. Please leave the towels here to be laundered for the next time you need a shower. There may not be any towels, the next time you need one.

**PLEASE LEAVE THE TOWELS IN THE LAUNDRY
BASKET AFTER YOU HAVE USED THEM. DO NOT
TAKE THEM OUT OF THE CENTRE.**

Your cooperation is greatly appreciated and *with your help we can reduce overhead costs and funnel this money into more programming for members.*

Thank you

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NEWS FROM THE FINANCIAL MANAGERS

Getting Organized!

There's lots of stuff going on at the Centre right now that can be described as Organizational Development.

On-going Management Improvement – Friday, August 13th

Ruby and Jan from Crow's Eye Consulting will be meeting one-on-one with staff, Steering and representatives from Volunteers and Women's Voice to gather information and ideas about how the D.E.W.C. should operate. After the interviews are completed they will present a plan that outlines things like: How decisions get made, how we communicate with each other, who is responsible for what, and much more. This is the work we need to do before we can update and complete all our Centre policies in the fall.



The volunteer representatives, Selina Barton, Betty Williams and Terri Firstcharger, will be meeting with Jan from 4:00 to 5:00 pm. Location to be announced. For more information, please speak to Denise Tang.

Steering Committee Workshop – Saturday, August 14th 9:00 am to 4:00 pm at Pendera

The Steering Committee will be getting together to get to know each other, and share their ideas about how to be the most effective Board of Directors they can be.

Executive Director Hiring

The staff and Steering are working to finalize job descriptions for the 3 staff positions that do management type work at the Centre: Executive Director, Administrator and Financial Managers. Once the job descriptions are finalized we will be advertising for a new Executive Director.

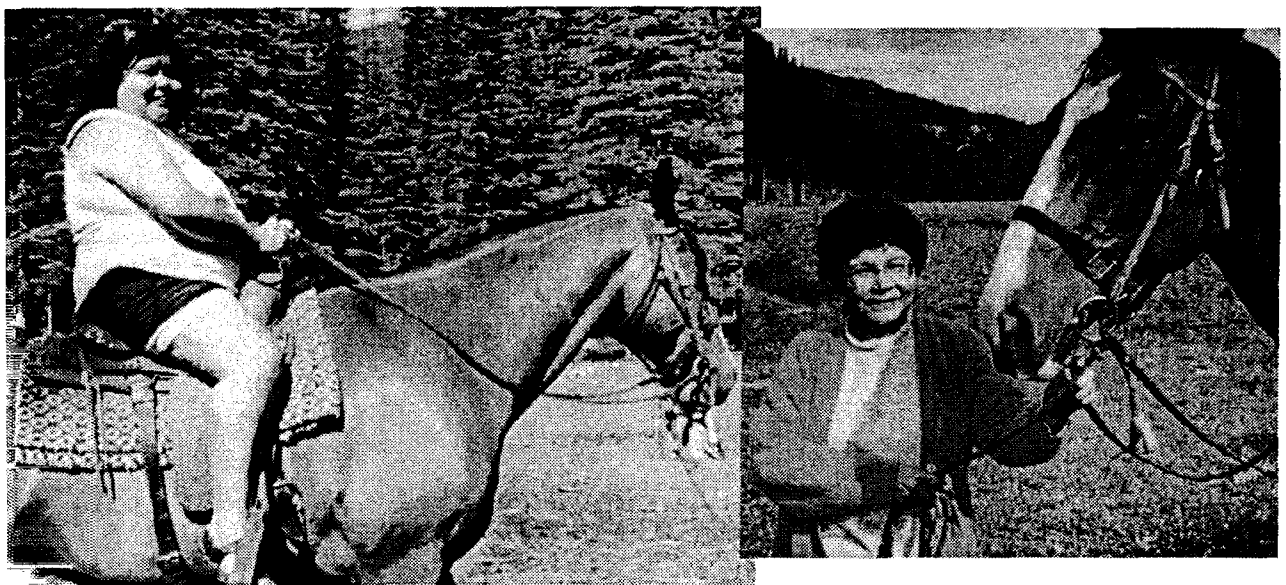


Throughout the Gathering people shared their stories of addictions and abuse. The community was filled with warmth and caring for all people. There were no judgements, people were all accepted for their experiences and histories. It was an example of how communities can live in harmony without envy and anger. Many of us have been made to feel bad, guilty or ashamed of our addictions and our histories. At the Gathering we were honored for the gifts we have and respected for the difficulties we face. It was very comforting and empowering.

In the evenings there was entertainment by local Theatre Groups, singers, dancers and storytellers. Deep into the night coyotes sang to us. The nights were quite cold and many choose to huddle around the fire to share stories, tell tales and sneak marshmallows. The days were slow, easy and hot, we spent most of our time eating or preparing to eat. Thank you to all the women who helped out. Carol made her world famous stew on Tuesday night and Helen made delicious chili on Thursday night. Almost everyone pitched in to make the trip a great success. YEAH!

On Friday afternoon we left Lytton, but, not before stopping to get ice cream and discovering that Cynthia lost her wheel! We all know she is flaky, but this is too much.

Thank you to the NLHA'7KAPMX Band for a very special time. We are already dreaming about our next trip up!



**Happy campers enjoying a horse back ride
Thank you to Alkalie Ranch for providing the horses**

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