



Providing Programs, Education,
Leadership, Social and
Recreational Opportunities to
Residents of Vancouver's
Downtown Eastside



573 East Hastings St.
Vancouver, BC
604-215-2030
<http://dtesnhouse.ca>

**The
2015 Annual General
Meeting
of the**

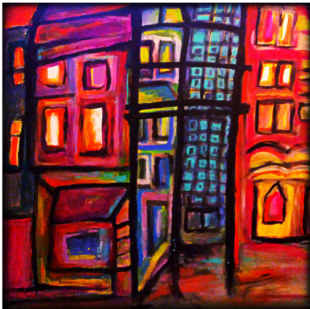
**Downtown Eastside
Neighbourhood House Society**

June 24 2015, 6:00 pm

573 East Hastings St.



Providing Programs, Education,
Leadership, Social and
Recreational Opportunities to
Residents of Vancouver's
Downtown Eastside



573 East Hastings St.
Vancouver, BC
604-215-2030
<http://dteshouse.ca>

Contents:

Opening Message	3
Program – Community Drop In	4
Board of Directors	4
Staff Team	4
Program – Family Drop In	5
Urban Agriculture	5
Program – Banana Beat	7
Program – Mobile Smoothies	7
Tuesday Night Prep group	6
Zine	7
Fathers For Thought	7
Seniors Community Kitchen	8
Aboriginal Community Kitchen	8
Food Connect	8
Kids Kitchen	8
Group IAP	8
From Hi to Lay Ho	8
Sponsors	9

Message to our Members

We wish to extend a warm welcome to everyone attending this year's AGM of the Downtown Eastside Neighbourhood House Society and acknowledge in respect that we are on Coast Salish Territory.

Another busy year has passed at the House. As we celebrate our accomplishments we honor those who have made our success possible; our team of dedicated, creative and talented volunteers and staff. At the risk of sounding clichéd, we could not have done this without everyone's help. As a very small Neighbourhood House we are positioned in a unique environment, one that is not expressed in other neighbourhoods and indeed in other parts of Canada.

We highlight a number of significant and positive changes at the house and look forward to the new year. Over the past 12 months we have undertaken a number of initiatives to provide meaningful services and engagements in our community. We have many to thank for their hard work, support and diligence in facing our day to day challenges. Everyone's job matters and this is indeed true for the jobs our volunteers do. At every level the NH operates because of our volunteers. To highlight this output it is of note that our volunteer team averages close to 600 hours a month. Given our size this is extraordinary. We have had two sets of Vancouver Community College students this year, *Social work and Nursing practicum students have assisted greatly in the research and implementation of our Seniors initiative funded through the United Way. Also two additional nursing students helped us complete a mapping project that will help seniors navigate affordable, accessible shopping.*

Board volunteers have been diligently working on strategic planning and committees such as fundraising and board development. We have had some new members come on board and we look forward to much excitement and continued hard work. *We are currently engaged with the City of Vancouver to explore the gaps in services in our neighbourhood to see if the Neighbourhood House can respond to these in accordance with our mission and vision.*

We received a generous donation from our first fund raiser this year from RaveAid. The turnout for the event was fabulous and we give much thanks for this kind contribution.

The Society continues to respond enthusiastically to community input and offers itself up for community development initiatives. We are excited for a new initiative and welcome newly hired Simin Sun, through the UBC Learning Exchange to start the layout of a new seniors project called "Hi to Lay Ho?" funded by New Horizons. She will be leading cultural and language tours to bring awareness to this rich history in this neighbourhood. The DTES Neighbourhood House has also been actively engaged with two community garden initiatives, one of which is with Village Vancouver at Cottonwood garden. These programs, along with a welcoming space for community kitchens, training, educational workshops and meeting spaces round out our core program offerings.

We have many partner groups to thank for working diligently with us. This year we have added a new initiative in partnership with the Potluck Café society and a second opportunity to sponsor Aboriginal healing groups. In the early years of the NH we co-developed the Kitchen Tables' project and worked jointly on the Right to Food philosophy the Potluck Cafe. This year we are working with them to inform best practices for food provides through the Table Talks inactive funded by the City. Under the leadership of Johnny Perry and Johanna Li the Neighbourhood House was able to ensure the further work of the TRC with the Group IAP, an independent healing initiative for Residential School Survivors.

The neighbourhood house always benefits from a strong staff team. We have been very fortunate to have had the staff's cooperation and support in restructuring our efforts to address shortfalls. *We welcomed Shannon Quinn last year as our new Community Drop In Program Lead and she has done exceptional work in organization to make this program and many other things run smoothly for the House. We are very sad to see her go at the end of this month but wish her well in her new endeavours. We were also sad to see Rachel our previous Family Drop In program lead leave but wished her much luck in her continued schooling pursuits. We were very happy to bring Molly McNeilly on board to take over the Family drop in role, but now we have to say goodbye as she is relocating to the island. We are very fortunate to have Rory Sutherland who has in the past, been a long standing volunteer and more recently staff of the Neighbourhood House to fill in the position of Community Drop in Program Lead. Our part time staff Deyna we sadly said good bye to, was invaluable for our Bannana beat program. We welcome Greg who has taken this role. Of course we thank Sarah, Stephen and Kate who continue to be steadfast in their part-time contribution. We welcome Rachel Chan as our new Childrens' Community Kitchen Coordinator along with Lyn Tooley who is her assistant. All the staff work in sometimes trying circumstances but with their commitment provide remarkable results. Thank you, we all value your hard work.*

Looking ahead to 2015 we have some of the same challenges from the past with our capacity and facility. We also have a new direction to be expressed as we formalize and carry out the goals of our strategic plans. We honour our funders and sponsors as their faith in us is both appreciated and esteemed. We take our commitment to deliver on programs seriously. Our board and staff honour the trust and faith expressed by those who support us.

Benita Ho, President

Carol White, Executive Director

Board of Directors

Elizabeth Ballanyne –Director
Susie Chang- Treasurer
Claudia Freire- Director
Lisa Hung - Director
Benita Ho - President
Eileen Keenan – Vice Chair
Opal Levis - Secretary

Staff Team

Sarah Brittain
Rachel Chan
Molly McNeilly
Simin Sun
Rory Sutherland
Lyn Tooley
Shannon Quinn
Carol White
Cate Wikelund
Stephen Wilcock

Community Drop In Program

The Community Drop In is pleased to continue to be able to provide nutritious, vegetarian meals two days per week in a safe, respectful space that is welcoming to all. Our Monday program continues to include breakfast, which consists of hearty apple cinnamon, fig, date, raisin and banana porridge as well as any fresh organic fruit we have to offer. We are in the process of developing a regular community forum, which provides us with an opportunity to consult with our neighbours and develop programs of interest to all. Some of the activities that have spawned as a result of our collaboration have been a community kitchen, art workshops, music, and guided neighbourhood walks. Our plan as we move forward is to continue with our community forum once per month as we nurture and strengthen our connection to community.

The Tuesday Night Prep Group continues to be almost entirely volunteer driven and the amount of volunteers continues to grow. The Prep Group makes food that comes entirely from donations and the creativity and thoughtfulness is noticed and appreciated by the participants of the Wednesday Community Drop In.

Our staff consists of Shannon Quinn, Manager of Operations, two Community Drop-In Assistants, two Nutritional Outreach workers and several volunteers whom we rely on during all programs. We have been fortunate to connect with a variety of volunteers including Capilano University students, Vancouver Community College Practicum students and UBC, BSW practicum students as well as local residents and individuals that we have successfully recruited from on-line postings as well as word of mouth. We are grateful to have support from all of our dedicated and reliable volunteers who regularly demonstrate community spirit and commitment to the Neighbourhood House by assuring we all work together to create the friendly, safe, inclusive environment, we pride ourselves in.



Family Drop In

The Family Drop-in program (FDI) continues to serve the needs of the population of families who exit the YWCA's Crabtree Corner (a few doors west of us) at 3 pm, as well as school-age children who return to the DTES from the Strathcona and Britannia Public Schools soon after and new parents throughout the community.

On Tuesday and Thursday there is a nutritious snacks provided, followed by child-friendly activities. These consist of art projects, music, stories, games and free play, while parents are free to enjoy coffee or tea. There is a community kitchen meal prepared during each family drop in with a focus on healthy nutritious kid friendly food. The children are able to participate in the prepping and cooking process and everyone helps clean up after. Usually there is enough food for families to take some home. This summer the FDI will participate in a number of urban gardening projects and exciting out trips under the leadership of our family drop in lead, Molly

Urban Agriculture: In 2015 we are offering a series of urban aquiculture workshops with the help of the Servants, Cotton Wood Gardens and Village Vancouver. This program blends closely with the Farmer's Market Coupon Program increasing both knowledge and access to healthy food for families and seniors in the DTES.



Banana Beat

Banana Beat operates on “Welfare Wednesdays” (or cheque day). The first Banana Beat was held in August 2006, and continues to operate to this day, bringing nutritional wealth (in the form of potassium and other nutrients) as well as dignity and the reminder of inherent deservedness to hundreds of our neighbours who line up in the pre-dawn hours, awaiting the opening of offices to access their Social Assistance payments. Created by the DTES NH, the Banana Beat remains one of our most cherished vehicles for grassroots community consultation and development. Thanks to our staff’s continued hard work again this past year, the Neighbourhood House distributed 2 tons on Bananas! We distribute bananas to local housing projects to accommodate some of our more isolated neighbours. Our food survey has developed into a food access map which we hope to launch in the summer.

Mobile Smoothies

In 2009, the DTES NH instituted our Mobile Smoothie Project, which was designed to foster community development and to attract those of our neighbours who might never attend our more traditional Community Kitchens. The Mobile Smoothie Project visits a number of partner organizations for approximately 30 minutes every Welfare Tuesday (the day before cheque day). As people mingle and socialize around this low tech activity, the humble blender delivers both a concise nutritional lesson and delicious smoothies to all.

We regularly stop at the Downtown Eastside Women’s Centre, The Vancouver Area Network of Drug Users (VANDU), the Chill Room of InSite, and Oppenheimer Park the Living Room, Second Mile Society, First United and Mclean Park Housing Complex. In 2014 we included mobile oatmeal to help keep the chill away over the winter months.

We were once again a feature of the Alley Health Fair, part of a cooperative effort with 40 service providers from the DTES. We produced over 750 smoothies on the smoothie bikes!



The Zine

Since late 2011 and affiliated with the DTES NH, the Right to Food Zine has published six issues and the seventh will be ready in early January. We have published as many as 600 copies an issue, but recently because of low funding that number has dropped to 300.

Our printing costs, which range from \$500.-\$800. per issue, have been supported by grants from the NH and from local agencies, specifically the Strathcona Neighbourhood Small Grants and the Chinatown branch of VanCity.

The Zine is written and produced independent of the Neighbourhood House by a group of volunteers ranging from six to sixteen. The various Zines include interviews with federal, provincial and civic politicians as well as articles about local activists and personal stories about subsisting on inadequate welfare rates. In January we will be meeting with people from Gordon Neighbourhood House in the West End to discuss collaboration.

Our mission, as stated inside the front covers, “is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity. Our articles, research, and recipes will speak to DTES residents, social justice groups, and beyond. Our readers will be kept informed, yet hungry to know more and to become more engaged. We are part of the local community and strive to act as a community-building tool.”

Fathers For Thought has been in operation for over one year now and has established itself as a strong resource for fathers living in the Downtown Eastside. Community interest got this program going and it draws heavily on fathers in the community lending their knowledge, skills and hard work to the group. In this program, group members come together to cook a meal and clean up afterwards, while giving dads a safe place to discuss their experiences and support one another. Fathers For Thought provides a space to gain self-awareness, share resources with one another and build social networks. An important part of Fathers For Thought is supporting the community and its members are excited to get involved with opportunities to do positive work in the neighbourhood. Recently the group has participated in a poverty reduction project and a community based theatre event. The group meets on Monday nights and welcomes any local dads.

Sunday Kid's Kitchen:

The Kids Kitchen which runs every Sunday from 3-6 pm. The recipes are decided a week ahead and are chosen by the kids.

The program runs for 12 weeks at the end of each 12 week session the children host a meal for their parents based on recipes they have already made. Each participant receives a recipe book of all the meals they have made over the 12 weeks. We wish to thank Rachel Horhozer for all of the work and dedication she has put into the program. She is leaving us to pursue her new career in Social Work on Vancouver Island.

Starting in June we welcome Rachel Chan our new KK lead staff.

A shout out to Our Partners

Throughout the year we partner with many sister organizations. We would like to thank Anita Lau from the **Women's Drop In Centre** for the Chinese Seniors Community Kitchen and Bill Beauregarde from the **Aboriginal Front Door's** Community Kitchen for all their hard work in promoting Community Kitchens.

We wish to thank Johnny Perry and Johanna Li for their heart felt work facilitating the Group IAP – **Aboriginal Healing initiative** in Vancouver and Kamloops. This project was well received.

Also we wish to express our gratitude for the leadership of Doris Chow from the Potluck Café for working with us on a variety of initiatives including our partnership with **Food Connect**. Starting in June we will co-host, with Potluck, a mini-market of fresh food on Monday afternoon.

We wish to thank the many volunteers and partners who are working with us on our Christmas Basket Fundraiser with the generous help from Face the World Foundation

From Hi to Lay Ho

Thanks to a New Horizon's grant from Service Canada our seniors are working together to offering Cantonese language and cultural tours and events this summer. This project is lead by a group of Seniors with assistance from Simin Sun our co-op student from the UBC Learning Exchange.

Thank you: Sponsors and Funders

City of Vancouver
Choices Market
Ethical Bean
Face the World Foundation
Greater Vancouver Food Bank
Pro-Organics Marketing
Province of British Columbia
Service Canada – New Horizons for Seniors
United Way
VanCity Foundation
Vancouver Foundation
Whole Foods
And our many donors

