

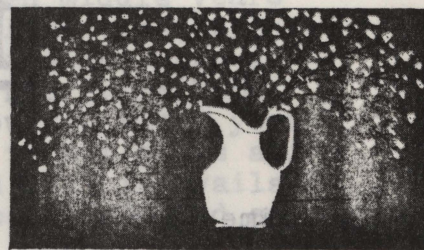


PRIME TIME

A Project for Women in their Middle Years

304-620 View Street, Victoria, B.C.
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NEWSLETTER #7
FEBRUARY 1979



CO-ORDINATOR'S REPORT

Prime Time has just completed its second Annual Report for our funders, National Health and Welfare in Ottawa. The process of putting the Report together has involved reviewing our past year, and in many ways it has been exhilarating to see the high level of activity that has taken place. This view has been confirmed by Suzanne Veit and Associates who just completed an External Evaluation of our second year. The evaluation process has been a most positive, stimulating and useful exercise for us all. It has provided insights for possible improvements and strategies for our last year, and a set of measurements by which we can begin to evaluate our long-term impact in the community.

Prime Time has been able to offer a number of services to Victoria women in middle years this past year and will continue to do so until termination in March 1980. Several hundreds of women have dropped in over the last year to our office frequently, to look at the bulletin boards, browse among the library books, and possibly have an interview with staff member Eunice Parton -- to share where they are and hope to go, seeking information and support. They have availed themselves variously of such Prime Time programs as our weekly Support Group, bi-monthly Orientation Sessions, our Volunteer Program, our Counselling Service and our newsletter.

The majority of our original Prime Time courses have been transferred successfully to the existing community adult education centres such as the "Y", Camosun, Univ. of Victoria, and community centres. However, Prime Time has sponsored its own Menopause Workshops and Leadership Training Courses, and this fall and winter designed several new courses that were co-sponsored and/or held in the community: Early Retirement, Effective Communication for Women in Mid-Life, Women and Surgery, Library Skills, and Info Health Series. Bursaries have been available from Prime Time for those courses.

Our programmers have been very active and involved in the health, adult education and employment areas, working with community groups and various professionals to establish Prime Time goals within the community. In the research area, our original questionnaires yielded over 200 responses which has given us much important information about women from women. We wish to thank again, all those who contributed to our information collection by taking the time to fill in our various questionnaires, evaluation forms and most recently, our counselling survey. Volunteers have completed excellent annotated bibliographies, and a part-time researcher is in the process of compiling a Prime Time Information Kit which is to contain the above data, as well as Prime Time pamphlets on menopause, hysterectomy, women and pensions, plus Prime Time course outlines. This kit will continually be added to over the next year, and be available to all those individuals and groups interested.



---Susan Stein

An important notice to our readers.

The first Prime Time newsletter was distributed in December 1977 to about 125 women. This newsletter will be distributed to approximately 600 people. It's the old story....due to rising paper and printing costs, and another postal hike this year, we can no longer distribute this newsletter free of charge.

Prime Time has one more year of operation and we are asking those of you who are interested in continuing to receive this newsletter in the mail to please fill out the coupon in this issue and send one dollar to cover costs. We will only send future issues of this newsletter to those people who send us a dollar. However, we will have copies available free of charge in the Prime Time office, so you can come down and get one. We regret having to do this but we have not been able to find any alternative.

If you're interested in health...

Many Prime Time women have expressed an interest in knowing more about hysterectomies. Prime Time and Victoria Mental Health Centre are co-sponsoring a WOMEN AND SURGERY course. This will be a self-help program, with informed leaders, to discuss, share and explore areas of concern with women who have recently had hysterectomies or are about to undergo a hysterectomy.

Date: February 26 and each Monday including April 2

Time: 1:30-3:30

Fee: \$8.00 upon registration

Pre-register: At the Prime Time office, 304-620 View St.

WATCH FOR INFO HEALTH..... In all the surveys that Prime Time has conducted with women in middle years, women ask for more information about health matters. In co-operation with the Victoria Medical Society and the YM-YWCA, Prime Time has planned an exciting new series on contemporary health care. If this series is a success, INFO HEALTH will continue in the fall. Be sure to mark the dates of the remaining two lectures on your calendar:

Wednesday, March 7: THE HEART OF THE MATTER

A cardiovascular surgeon and a cardiologist will present an illustrated discussion and answer questions about coronary surgery in Victoria.

Wednesday, April 4: HOW A HOSPITAL WORKS

Administrators, nursing directors and hospital board members will talk about how large hospitals are organized to provide good medical care.

All lectures are free and begin at 8 p.m. at the Victoria YM-YWCA, 880 Courtney Street

Of interest to all women is the upcoming WOMEN'S HEALTH SYMPOSIUM sponsored by the Status of Women Action Group and U. Vic. Women's Action Group. Films, music, display tables and workshops are being offered. Workshop topics include: sexuality, stress, anger and coping, feminist therapy, nutrition, and lifestyling for your health.

Date: Friday March 2 8pm

Saturday March 3 9am-4pm

Place: McLaurin Building at the University of Victoria

Fee: \$3.00

Bring your own lunch. There is free day care available. If you need day care it is essential that you register in advance. You may pick up forms at Prime Time or by writing to SWAG Health Comm., 1645 Broadmead, Victoria.

LOOKING FOR SOMETHING NEW? The YM-YWCA is offering a course entitled WOMEN'S ENRICHMENT. In 8 afternoon sessions women have an opportunity to identify their strengths, learn constructive self-assertion and set personal goals. Phone the Y at 386-7511. It starts in April and costs \$22.



GOINGS ON

SHIFTING GEARS FOR MIDDLE YEARS.....For most women middle years is a time when families become smaller and need less time, when homemaking chores can seem more tedious and routine and when we sometimes feel restless, lonely or not needed. This Prime Time program offers you the opportunity to look at how you spend your time, to re-discover strengths and to learn how to set goals and make decisions. Discover more about yourself and what is available in your community. This very popular course is being offered at THREE places this spring.

at Gordon Head Community Centre:

Wednesdays, April 4-May 23 1-3pm

Cost: \$15

Maximum: 15 women

To register: phone 477-1871

Instructors: Daphne Chazottes and Alex Zacharias

at Esquimalt Recreation Centre:

Fridays, April 20-June 8 9:30-11:30am

Cost: \$12

Maximum: 15 women

To register: phone 386-6128

Instructor: Barbara Narver

at The Saanich Peninsula Guidance Association, Sidney:

Wednesdays, April 25-June 13 12:30-2:30pm

Cost: \$10

Maximum: 12 women

To register: phone 656-7271

Instructor: Lorna McCullough



IS POLITICS FOR WOMEN?

" I read the newspapers but I still don't understand politics!"

" How do you become a candidate for school board?"

" I would like to do something about an issue in our neighborhood and I don't know how to begin."

" I wish I could be more informed about politics when I vote."

Women are often telling us that they would like to understand politics. To help them, the Extension Division of the University of Victoria is planning a conference called **WOMEN AND POLITICAL PARTICIPATION**.

This will be an exciting opportunity for women to hear and meet many women candidates and active politicians on the federal, provincial and local scenes. There will be sessions on the political process, getting information about parties and on voting as well as small group sessions on skills and strategies for becoming involved at whatever level interests you, being part of an effective committee, presenting your cause and getting information on issues.

Whether you already work for a political party and would like to take a more active role, or if you just want to learn more about politics, you will find this conference useful and exciting because politics effect the lives of all women.

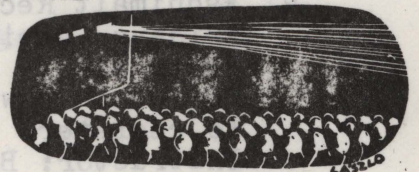
The conference will be held in early May and if you are interested or would like more information, phone now to the University of Victoria, Extension Division at 477-6911.

ATTENTION SINGLE WOMEN! The problems and concerns of women who have never married and who are now in their middle years are unique. To give them an opportunity to meet together in supportive group discussions, a course for single women is being offered at the YM-YWCA. If you are interested in this course or you know a woman who may be, contact the Y during February. The course costs \$10, begins in April and runs for six weeks. Topics to be covered include spinsterhood, assertiveness, financial matters and loneliness. The emphasis is on the potential for single women to live a full and creative life. Phone the Y now at 386-7511

USE THE PRIME TIME LIBRARY!!!! Our library has approximately 125 books, and over the past year over 90 women have utilized this resource. We would like to encourage more women to make use of our collection of books and pamphlets, bibliographies and resource materials on many subjects of interest to women: menopause, middle years, widowhood, career planning, sexuality, working mothers, separation and divorce, economic planning etc. Do drop in and take a look -- books may be checked out for two weeks. Ask at the desk to see bibliographies.



Prime Time has purchased a National Film Board film entitled Patricia's Moving Picture. This 25 minute film tells Prime Time's story in a way perhaps we never could. It is a photographic essay of a very real Patricia who shares herself and her family and her life on camera. The film engages emotionally and intellectually the issues and concerns relevant to many women in mid-life. During this next year, we plan to show this film in the community upon request, hoping to use it to stimulate discussion and thought around this complex issue.



In a nationwide survey, the percentage of people expressing reluctance at the prospect of a female supervisor declined from 82% in 1954 to 45% in 1974. Men who have been supervised by a woman are 40% less likely to prefer a male supervisor than men who have not.

(from Women in the CBC, the report of the CBC Task Force on the Status of Women)

"I owe my career to my husband who inspired me with these words: As long as I pay the bills around here, you will do what I say."

WHAT HAPPENS WHEN PRIME TIME CLOSES? is a question we are hearing often. Many women have expressed concern and sometimes anger that Prime Time intends to close its doors at the end of March 1980, as our three year grant will be up at that time. Because the issue of available community resources for women at mid-life is of such concern to us all, Prime Time would like to invite those interested to a General Meeting on Wednesday evening, March 14 1979 at 7:30 p.m. at the Prime Time office, 304-620 View St. Board and staff members will be there and we intend to explain our tentative plans for our last year and answer any questions. We welcome your input and concerns as we all look at "where do we go from here".

FILL OUT THIS COUPON NOW AND CONTINUE TO RECEIVE THE NEWSLETTER!!!

I want to continue getting the Prime Time newsletter. I enclose one dollar.

Name.....

Address.....

Phone.....

(please include postal code)