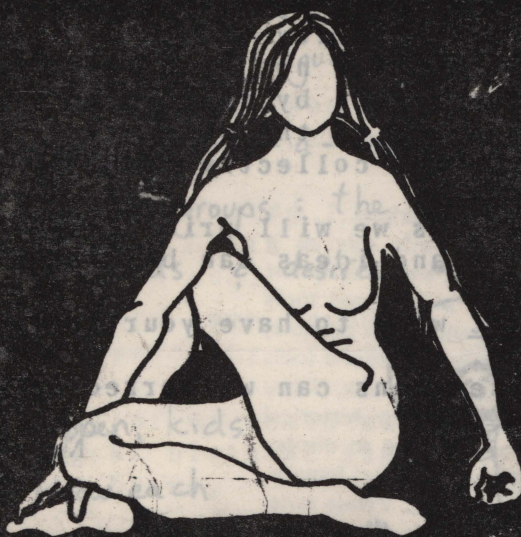


Vol. 1  
No 2.

october

HQ1460  
V5L9  
'74

women's centre and transition house  
523 Crutch St. Victoria B.C. 385-3388  
hours 10-4



newsletter



# editorial

We have received feedback to the article entitled "Combat Liberalism" which appeared in our last newsletter. To most of the responders and readers we feel we owe an explanation.

We are a new collective and are going through a period of growth in both ideas and policy. Some things have been overlooked due to lack of experience. One of these has been policy on separation of personal opinion from collective opinion.

The article "Combat Liberalism" was connected with the editorial and should have been signed by its contributor and its source printed. As it appeared it seemed to represent the policy and ideas of the collective which it did not. It was one woman's opinion.

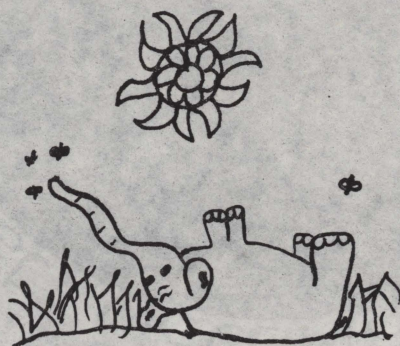
Because of this oversight on our part we have formulated a firm new policy on how articles appear in the newsletter. They will not be printed unless they are signed. Those signed by the person are the opinion of that person and not of the collective. Only those articles signed by the collective represent the collective.

As space permits we will print signed letters so that your feedback and ideas can be shared with all other readers.

If you do not wish to have your letters printed, it must be stated.

Only by these means can we correctly represent and state ideas.

Newsletter Collective



Elephant turned upside down  
by a fly...

We must be wise  
to the elephant's lies...

- Judy Grahn  
2



The simplest form of a playgroup is a group of five parents - with - children who meet in one another's homes five times a week. One parent cares for all the children on Monday, a second on Tuesday, and so forth through the week.

Children of full-time working parents can also be in playgroups. The parent can either have a babysitter take the children each week or could take the group on the weekend. A group with several non-working parents could also invite a child of working parents to join without the parent taking a regular day.

Weekends - only playgroups, once - a - week playgroups, all-day or part-day playgroups: the variations are limited only by the needs & desires of the participants .....

Before this can happen, kids & parents need to know each other. There is a need for a headquarters which will: - develop a file of parents & kids who would like to form playgroups (including type of group, kid's ages, neighborhood, etc.)  
- Keep a list of groups that are seeking new members.



- Organize playgroup workshops so that parents & others can share ideas for playgroups.
- Provide services such as toy re-cycling, a lending library of books about play activities, a directory of where to find materials, a list of places to visit. a list of volunteer "resource persons", etc.

**NEW WOMANS SURVIVAL CATALOG**





arde craft cooperative

510 fort st.  
victoria bc canada  
v8w 1e6 3835216

## WOMEN IN CRAFTS

October 19 - 27, 1974.

Opening Celebration Sat. eve. Oct. 19.

Another in our series of exhibition/markets... this time with the emphasis on women's role as a craftsperson, in the past and present and in different cultures. Women produced crafts and related tools from the past will be exhibited, and when possible, demonstrated, along with present day crafts and tools of both a traditional and contemporary nature. If you have or know someone who has such historical and/or ethnic craft items we would love to display them for all to see; preferably with a short history, i.e., made by whom, when, where, etc. Please note, this does not include quilts, as we are planning a show in the spring exclusively for this popular craft!...also, discussion groups and talks by and with craftswomen on practical and phylisophical aspects of being a craftsperson; how about a craftswomen's consciousness-raising meeting?...Send me your suggestions and ideas now; we're experiencing a Crafts Renaissance, let's put in and get the most out of it as we can!!...and last but hardly least are sales...the usual information for Craftspeople registering for fairs applies...

Mary Cook

Co-ordinating Women in Crafts



## FIE ON RELIGION

(for females anyway)!

### Read these "spiritual" quotes

"In childhood, a woman must be subject to her father; in youth to her husband; when her husband is dead to her sons. A woman must never be free of subjugation."

—The Hindu Code of Manu, V

"Among all savage beasts none is found so harmful as woman."

—St. John Chrysostom

"Blessed are Thou, O Lord our God, King of the Universe, Who hast not made me a woman."

—Morning prayer of Orthodox Jews

"Woman is deceptive and misbegotten..."

—Thomas Aquinas

"If a woman grows weary and at last dies from childbearing, it matters not. Let her die from bearing, she is there to do it."

—Martin Luther

"Men are superior to women on account of the qualities in which God has given them preeminence..."

—The Koran

"Such is the stupidity of woman's character that it is incumbent upon her, in every particular, to distrust herself and to obey her husband."

—Confucian Marriage Manual

Now, wouldn't you rather *fight* than turn the other cheek?



and laugh, cry or get mad.

The Transition House is in desperate need of a stroller. If you have one lying around gathering dust why not pass it on to us?



The first annual meeting of the Womans Centre Society happened on October 9, 1974. Elected board of directors are Sharon May, Lis Hall, Dryme Doll, Gloria Deming-Wrigley and Brenda Zarry. A good time was had by all.

### I WAS BORN TO BE ME

I was born to be me, not a copy of you - be you parent or teacher or friend.

Be you husband or wife I was given this life & its mine to create till the end.

Too many people have tried to diminish my pride by claiming all pride is a sin.

But the fact of my worth was established at birth at the time I was born to be me.

I was born to be me, but I've learned in a lifetime I never can make it alone.

Too much of myself needs the giving of others, the parts I can't see till I'm shown.

So come touch me inside, take this measure of pride, set me free from whatever's unreal.

There's a life to be won & I've barely begun to believe I was born to be me.



from tricia —

I would like to share with you the following letter I received from my mother recently. This was the first time she had really shared these kind of feelings with me, and I felt so good about it that I want to let everyone read the letter.

I would like to just add a note about her use of the word vulnerable. From the context of her letter she uses vulnerable to mean "at the mercy of her environment." I like to think of vulnerability as openness - a willingness to explore new and different ideas and feelings.

Tricia

"I would like to talk about a few things, give a few personal findings and share some experienced learnings.

I am a woman. I have been an infant female, a childish girl, a vulnerable menstrual female - and thank God - am now a woman! At (age) 53 this has come awfully late. I am no longer vulnerable! I love life. I love women. Vive la Womankind!

Being vulnerable is something I understand. I have suffered the tortured emotions: the shame, the guilt, the depressions and deviations. Vulnerability is the one weakness of womankind that is her worst enemy in her struggle to attain self esteem, equality and respect from those who put her down the most - MEN. We haven't time to be vulnerable. We can't afford to be vulnerable. The success in our lives, for happiness and fulfillment depends totally on Not being vulnerable. This is the enemy we must fight.

Whether it is poverty, insecurity, heartbreak, disappointments, losses or what - we must not allow ourselves to be vulnerable. If we are poor we must make ourselves wealthy in spirit by giving warmth and kindness to others not so spiritually well off as we are. If we are insecure we must trust God to co-ordinate our lives and we must learn to put things in their proper perspective - build our own daily routines and security - learn how to depend on ourselves - find and trust some good friends.

If we have losses (this happens to all of us) we are bound to have losses, some we can prevent - some not. Sometimes losses can be compensated. Sometimes they are blessings in disguise. Sometimes a beautiful memory.

Losses must be used to advantage. For example: Someone living a hum drum life may lose an arm only to find an unknown art gift and become a happy painter - living a full rich life at last with a real identity - a real security - a real purpose. Another example: Someone loses a child or cannot have a child. Having one's own flesh and blood child is not necessarily a physical joy and in my opinion has no bearing on how much love you give or receive from a child (unless you suffer from self love and self pity - then

(continued on page 11)



## Older Women's Discussion Group

### Menopause:

Many women have difficulty coping with this period of their lives-the stereotyped menopausal woman is

"exhausted, haggard, irritable, bitchy, unsexy, impossible to live with, driving her husband to seek other women's company, irrationally depressed...Menopause is presented as an affliction to us that makes us an affliction to our friends and families."

To some women the adjustment is easy and not bothersome at all-if anyone cares to share any of their experiences perhaps a discussion group for women to talk about menopause and other problems of later life would interest you. Contact Edna Lapp at 383-0610, in the evenings.

### Black berry Leaves

A brew of the leaves sweetened with honey is a cure for blood and skin disorders; the same liquid, minus the honey is a cure for eczema.

2 cups blackberry leaves; simmer in enough water to cover; strain; rub lukewarm liquid into hair that is freshly shampooed, rinsed and dried. This extends the time between shampoos and leaves hair glossy.

Prevention Magazine  
August/74

### Women's Art

It's worth the drive to Keating X-Road and W. Saanich Rd. if you want to see some good women's art. The gallery is "The Maples" run by sculptor Birt DaVink. Some of the treats in store for the connoisseur are oil and water paintings by Susan Baumgarten, pottery by Carol Southward and Chris Tomm, graphics by Star Wyatt and Gwen Curry.

Birt tells me that the current upsurge in feminist art will also bring an upswing in prices, so now's the time to patronize the arts.

Judy

I am working on a book of plant and herbal folk remedies used by the Indians and early settlers of the Southwest. If you have recipes for, or information on herbal remedies of any kind, I would appreciate your sending them to me. In return I shall be happy to send you two recipes for each that you send me.

Cathie Bower  
1611 Durango St.  
Silver City  
New Mexico 88061



# IUDs May Be Fatal

Are you wearing an IUD? If so, you may be in serious danger. Following is some of the recent information about the Dalkon Shield and on Copper IUDs recently marketed by G.D. Searle and Co. If you are affected in any way - PLEASE call us for legal and medical referrals. We MUST sue companies and doctors who are willing to use women's bodies as carelessly as is evidenced by the following information:

Below are quotes from Associated Press release from Washington.

"The Food and Drug Administration announced yesterday that up to 200,000 recently approved copper intra-uterin devices - IUDs - are being withdrawn from the market, because of a risk of infections.

The FDA said the recall does not apply to another 100,000 of the devices which the manufacturer, G.D. Searle and Co. says may have already been inserted in females across the nation.

The agency said the Skokie, Illinois firm reported that it was recalling all of its new CU-7 devices after complaints from physicians that packages appeared to have defective seals and lacked assurance of sterility.

It was the first IUD product approved as a drug rather than a medical device, because it contains a small amount of copper which slowly leaches into a woman's uterus and provides additional protection against pregnancy in a manner not yet fully understood by scientists."

HAD ENOUGH?? There's MORE ...

Following quotes from a form letter from Frederick M. Clark, Jr., M.D., Vice President and Medical Director, A.H. Robins Co. in Richmond, Virginia, to doctors. It is headed:

"Subject: Second Trimester Septic Abortion - Dalkon Shield

"Septic spontaneous abortion in the second trimester of pregnancy has been assumed to occur at a relatively low incidence rate, either with or without the presence of an IUD. Septicemia with septic shock is a serious and possibly fatal complication of an infected abortion.

Since marketing the Dalkon Shield late in 1970, the A.H. Robins Company has become aware of thirty-six cases of septic abortion, many mid-trimester timing, in patients purportedly wearing this IUD (an estimated 2,200,000 Dalkon Shields have been in use). Late in 1973, we were able to confirm that four of these cases resulted in maternal fatality; an additional similar fatal case, originally reported to have a shield, actually involved a bow-type intrauterine device. In the five fatal cases, abortions were alleged to have been spontaneous, occurred in the mid-trimester, and



were not associated with uterine perforation. In three of these fatal cases, early symptoms were sore throat, 'flu, earache, and diarrhea, occurring about 24 to 48 hours prior to any sign of abortion. By the time abortion was threatened, the patients were critically ill. Of the other two cases, one presented with premature rupture of the membranes and one with slight vaginal bleeding.'"

We ask, sisters, how you would have known this, if we had not become aware of this letter that was addressed only to doctors. No where in the letter is their mention of telling the patient herself of such findings.

LET US REFER YOU TO FEMINIST LAWYERS AND DOCTORS!

(reprinted from the San Jose State Univ. Women's Centre)

\*\*\*\*\*

### Birth Control: The Dalkon Shield

"Firm Warns Its IUD May Kill Mother, Child"

"IUD Maker Plans Warning To Canadian MD's"

These were the headings of 2 Globe and Mail articles, on May 30th and 31st, dealing with the Dalkon Shield intra-uterine device. The American manufacturer and distributor, A.H. Robins, has reported that there have been 36 cases of septic abortions (death of the fetus due to poisoning, which occurs as a result of infection of the uterus lining) in women who became pregnant while fitted with the Dalkon Shield. Four of these resulted in the women and the infants' deaths. Most have occurred within the 4th, 5th and 6th months of pregnancy.

Since this information has been released, Planned Parenthood's U.S. national medical committee has instructed its clinics to stop prescribing the Dalkon Shield and to inform all patients to report for pregnancy tests if their menstrual periods are late.

- The company is sending letters to U.S. doctors advising that women who become pregnant should have the device removed, or 'if the pregnancy has proceeded beyond that point, then the woman should be offered the opportunity for a therapeutic abortion.'

- The company and the Canadian government are working on a letter to Canadian doctors, but changing the recommendations of the company to fit Canada's conservative abortion laws. They are NOT stopping the sale of the shield.

- Dr. Morrison, the assistant deputy minister of Health claims that the government is not going to take specific action against the company, or about doctors prescribing the shield, since there is no evidence of complications in Canadian women. This points out that:

1. Medical devices are not experimented with to prove safety before they are sold.

2. The government will agree to accept proof only after fatalities have occurred in Canada; somehow the government must assume that Canadians are genetically different from their American sisters, if the cases in the U.S. are not

(continued on page 11)



## ARE YOU COMPLACENT?

The Continuing Energy Committee of Calgary Voice of Women is concerned about the escalating nuclear arms race and dangers of atomic sabotage, the possible pollution of the environment by nuclear power plants, and the need for more emphasis on research into non-polluting sources of energy.

In line with these concerns, we have formulated a petition form which we are asking individuals and/or groups to send to Prime Minister Trudeau to reach him on, or shortly before, United Nations Day, October 24, 1974.

Women for World Disarmament, Women Strike for Peace and other women's organizations throughout the world are also presenting petitions to their governments on UN Day.

The petition may be sent in by individuals, or be rewritten to be signed by a group.

If you want copies of the individual petition forms, contact the Women's Centre.



"If Michelangelo had been a girl, her mother might have said, 'You draw nicely dear. Now wash the shirts, give the baby his dinner, and sweep the kitchen for me. there's a good girl.'"

taken from the Women's Survival Catalog.



From Tricia (continued from page 6)

there may be a link). Having a happy home and sharing it with a child or children is one of woman's happy things. Starting from baby on there's no difference between one you gave birth to or one another gave birth to. Each mother and each baby start from point 1 - a family is created and love and attachment grow from there.

I had two children from my own womb but for years now I have been detached from any thinking connection between womb and love for my children. I really do not feel I had love for my babies till they were there before me. While in the womb it was merely a case of being pregnant - a condition of body and a promise of a baby. While waiting for an adopted baby I could have gone through less physical discomfort and still had the promise of a baby.

Mary Black  
(Tricia's mother)

Dalkon Shield (continued from page 9)

sufficient proof of the dangers of the shield.

3. There is no evidence that the devices don't work, because there is NO FOLLOW-UP requirement, no studies that HAVE to be done to show what the complications are, if they do exist.

4. 127,248 Dalkon Shields have been sold to Canadian women. The pregnancy rate is estimated at 4%. That means that at least 5,000 women will become pregnant while fitted with the IUD. What then? We have to face the decision of having an abortion or risking infection, spontaneous abortion, death of the fetus, of ourselves.

5. The Dalkon Shield sells for about \$6.75. That's \$859,000. if the cost is consistent across Canada. A.H. Robins has made lots of profits because of our desperate need for birth control, and because the government serves the owners and managers of the profit-making corporations, and not the consumers and workers.

If you have any experiences with the Dalkon Shield, PLEASE make them known to Dr. Morrison, by phoning him at 992-2441 or at 992-5567.

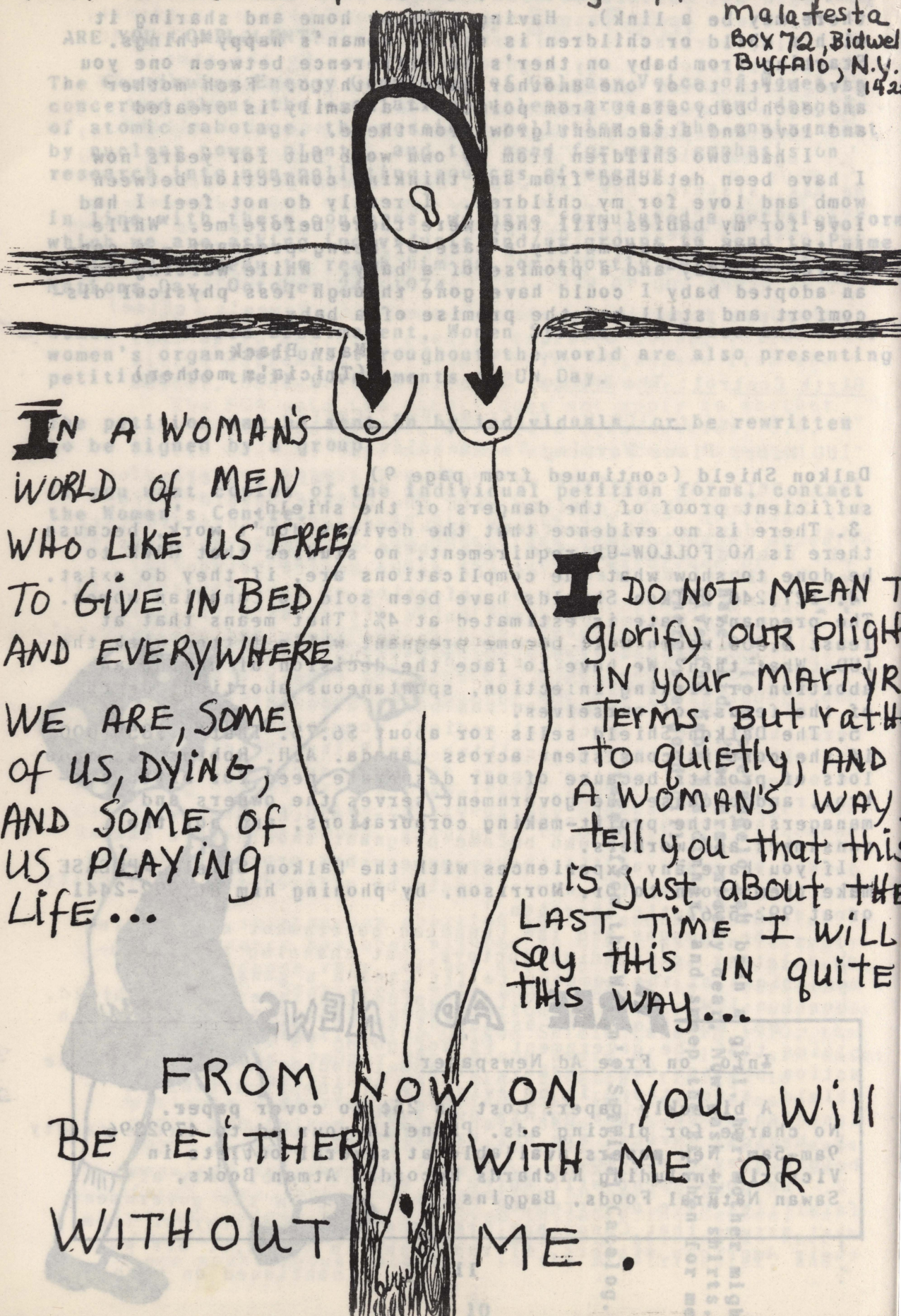
## **FREE AD NEWS**

Info. on Free Ad Newspaper

A biweekly paper. Cost is 25¢ to cover paper.  
No charge for placing ads. Phone in your ad to 4792396  
9am-5am. New papers available at several outlets in  
Victoria including Richards Records, Atman Books,  
Sawan Natural Foods, Baggins.



from "A Selection of Women's Poetry" by friends of  
malafesta  
Box 72, Bidwell  
Buffalo, N.Y.  
1422



**I** IN A WOMAN'S  
WORLD OF MEN  
WHO LIKE US FREE  
TO GIVE IN BED  
AND EVERYWHERE  
WE ARE, SOME  
OF US, DYING,  
AND SOME OF  
US PLAYING  
LIFE...

**I** DO NOT MEAN TO  
GLORIFY OUR PLIGHT  
IN YOUR MARTYR  
TERMS BUT RATHER  
TO QUIETLY, AND  
A WOMAN'S WAY,  
TELL YOU THAT THIS  
IS JUST ABOUT THE  
LAST TIME I WILL  
SAY THIS IN QUITE  
THIS WAY...

FROM NOW ON YOU WILL  
BE EITHER WITH ME OR  
WITHOUT ME.



## Who Cares

A doctor, a dentist and a lawyer borrowed \$900,000 in 1973 from Foncier du Canada to build the Victoria Garden Courts townhouses at 111-127 Croft St. By 1988 when the mortgage has been repaid Foncier will have realized more than \$700,000 profit.

Should they care whether the townhouses are rented to families with children? Mssrs. Doctor et al will have grossed twice that, not to mention that the value of the land from an investment viewpoint will have skyrocketed in 15 years. Should they care whether the children living there have adequate, safe play space? (Should I keep asking rhetorical questions?)

Who cares? One woman who lives there cares. She pays \$250 for the dubious pleasure of a small 2-bdrm. townhouse with thin walls and a management who dislikes children and threatens to evict her if "outside" children come to play with hers! Her children are all school aged and are occupied most of the day, but the parents of toddlers and pre-schoolers are supposed to keep them confined all day to the "approved" play area. This area consists of a filled in swimming pool with 2 rusty, broken swing sets on top of it, alongside a filthy sandbox and some loose bricks. As she puts it, "When the kids are all in there, they are packed like sardines and all they do is fight and throw sand." So, she keeps the children busy with paper routes, courses at the "Y", etc., but always there is the threat of possible eviction hanging over her head, as if being a single parent with lively children isn't enough!

There are at least 50 families with children in the apartment complex, many of them single parent families. The system which keeps power in the hands of the few with money is changing too slowly for people like these. Who cares?—obviously not enough people. Yet there is some consolation—her children might become the doctor, dentist and lawyer of the future and they might not forget!

Judy h





quest

while searching in darkness  
a voice called out  
you must have  
right; not wrong  
to find peace  
happiness  
and most important  
you must have  
a man

i came to a path  
and followed to see  
the scarlet voice  
was following me

i came to a bridge  
but could not cross  
barred was my route  
by a reforming boss

the voice called out  
conform, to have  
right; not wrong  
and all things  
shall be added  
to you

i escaped the reach  
of the molding man  
and crossed the bridge  
of change

the other side  
was dawning light  
with people free

questioning

a woman came to me  
and said

you don't need  
right or wrong  
or a man  
to find peace  
happiness  
you need only  
look in a mirror

stephanie caine



# Contributors

dryme

ral

stephanie

judy h.

george ann

judy g.

tricia

annah

deb v.

debbie

transition  
house  
desperatly  
needs

a  
stroller!  
If you have  
one lying  
around in the  
dust - why  
not pass it on  
to US?

Well !!  
Did you know that  
1975 has been  
declared  
international woman's year!

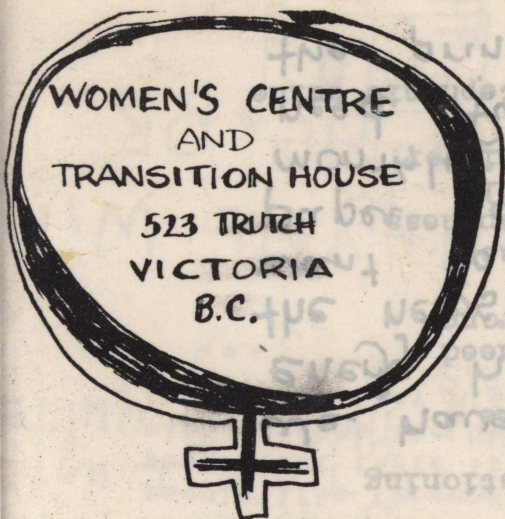
We have some new  
energy happening in  
the newsletter coll. &  
want to keep this  
paper coming at you  
monthly but desperately  
need funds to pay  
the printer & mail.

15 Thanx

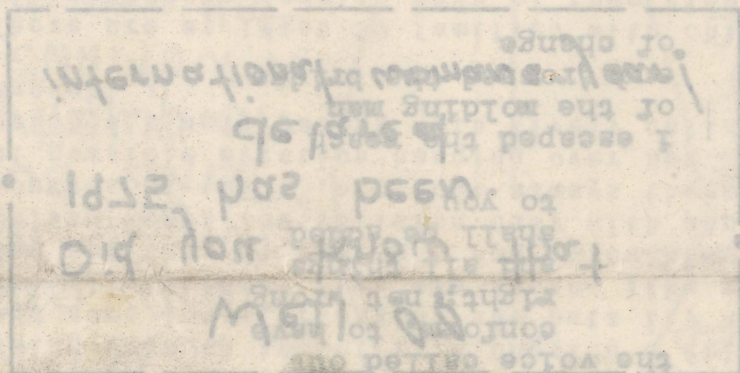
we need \$'s for printing, stamps etc.  
WOMEN'S CENTER AND TRANSITION HOUSE NEWSLETTER COLLECTIVE: 823 MITCHELL ST. VICTOR

name	address
phone	contribution \$
comments	





Dorothy Giblasan  
1243 Oscar  
Vic



contribution 2  
address  
for printing stamps etc.

to 25  
not base 17 on  
with - 246  
sit in house  
one thing in the  
It for now  
i will not  
240 1121

