



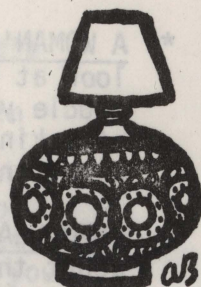
PRIME TIME

A Project for Women in their Middle Years

NEWSLETTER #10

August 1979

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Co-ordinator's Report - August, 1979

It has been a productive summer for Prime Time, and while the pace has been occasionally hectic, we are feeling a sense of accomplishment. The CBC ACCESS program filming was an energizing process. We wish to thank everyone who participated in its production. Our summer research students have been a tremendous asset to our team; much work has been done in the research area, thanks to Sue Mouat and Thelma Raymond, and our Information Kit will be ready for distribution in September, thanks to Dawn Morrow.

Another August has come, a time of sunshine, flowers, snatches of rest and relaxation. I sat for hours recently on the Botanical Beach restoring myself with the sound of seagulls and surf, the sight of sea urchins in crystal clear tidal pools. I had brought along for fun Anne Morrow Lindberg's Gift from the Sea to reread, and was delighted to re-discover how relevant this book seemed to me. She speaks of one's need for renewal: "The desire to be accepted whole, the desire to give oneself completely and purposefully has pursued us always, and has its part in pushing us into more and more distractions, illusory love affairs, or the haven of hospitals and doctors offices". She warns us against the temptation of filling the void with the feverish pursuit of purposeless occupations, more possessions, more diversions. Instead "Quiet time alone, contemplation, prayer, music, a centering line of thought or reading, of study or work. It can be physical or intellectual or artistic, any creative life proceeding from oneself. It need not be an enormous project or a great work. But it should be something of one's own....What matters is that one be for a time inwardly attentive". In this time of supposed rest and recovery, when our own holiday plans often revolve around family needs and visitors ad infinitum, there appears wisdom in her words: "Only when one is connected to one's own core is one connected to others, I am beginning to discover. And, for me, the core, the inner spring can best be refound through solitude."

EDUCATIONAL OPPORTUNITIES THIS FALL

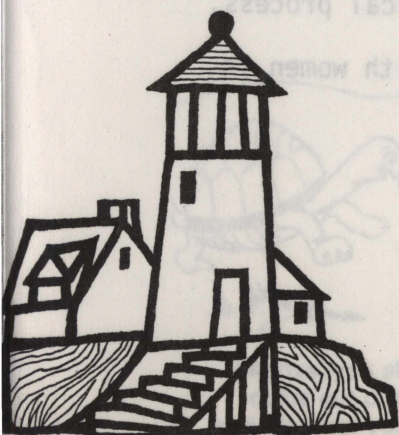
For the first time this September a wide range of educational programs is available for women in the Victoria community.

Programs at the YM-YWCA, the University of Victoria and at Camosun College provide an exciting opportunity for all of us to reach out to learn new skills, to gain information and to plan and make changes in our lives.

These programs have been designed for women and with the help of women. Because it is important to keep on learning at every stage of our lives we hope that many Prime Time women will take advantage of this special programming by signing up for courses that are relevant to their lives and needs.

Brochures with details of starting times and cost will be available by the end of August. We will keep a supply of them in the Prime Time office so be sure to look over the program offerings and include some in your own fall schedule.

Bursaries are also available in the form of financial assistance for some programs to women who would like to take a course but feel they cannot afford it. Courses with bursaries available are marked with an asterick - phone Beryl Young at Prime Time for more information about them or for information about any of the courses.



SELF-ASSERTION

SELF-GROWTH

MIND POWER



SEPTEMBER PROGRAMS FOR WOMEN

Detailed course descriptions are provided for courses that have been especially designed by Prime Time for women in their middle years.

YM - YWCA, LEISURE ARTS PROGRAM:

Phone: 386-7511.



- * A WOMAN'S MIDDLE YEARS - This is an opportunity for women to meet together to look at some of the problems and possibilities that are unique to a woman's middle years. New roles, challenges and priorities will be explored with a goal of making our lives enriched and satisfying. For more information phone Ruth Wightman at 477-0027.

INFO HEALTH SERIES - In response to the large number of enquiries we have had about the need for health information, we have worked with the Y to present a series of evening monthly lectures on contemporary health care. See the Y brochure for topics.

THE CHALLENGE OF WIDOWHOOD - This course originally developed by Prime Time and the Widow's Association is now a regular part of the Y programming. It provides an opportunity for widows of any age to meet together to discuss their needs and challenges.

- * SPEAKING WITH CONFIDENCE IN EVERYDAY LIFE - Many of us wish we could say what we want to say in a clear and unembarrassed way. These group sessions will include relaxation, delivery and lots of practice with an experienced teacher.

COMMUNICATION SKILLS - a course to help you listen and express yourself with confidence.

POSITIVE PARENTING OF TEEN-AGERS - a support group for parents of teenagers covering authority, social pressures and communication.

- * OPTIONS FOR WOMEN - a course to help women identify strengths and set goals, learn to deal with stress and develop self-assertion.

TAX AND INVESTMENT PLANNING - a course with information about money: taxes, banking practises and investments.

UNIVERSITY OF VICTORIA, EXTENSION DIVISION:

Phone: 477-6911

WOMEN AND POLITICAL PARTICIPATION - This is a two day conference planned to help women understand politics. It will be held the end of October and will be a wonderful opportunity to meet and hear many women politicians and party workers. There will be sessions on the political process and how to become an informed voter, as well as skills and strategies for becoming involved at whatever level interests you. Many women have told us they would like to learn more about how politics work and we hope you will tell your friends about this conference.

- * SELF EXPLORATION SEMINAR FOR WOMEN - small group sessions designed to help explore and assess interests, abilities and motivation to set realistic goals.

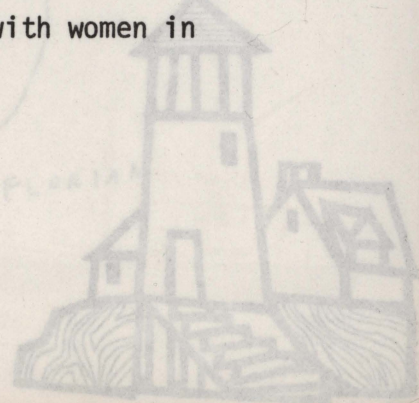
PRESENTING YOUR IDEAS: IMPROVING WRITING AND SPEAKING SKILLS - help with expressing and defending ideas, writing letters, memos and reports.

MAKING MEETINGS WORK - help in becoming a more effective leader and participant in meetings.

WOMEN IN MANAGEMENT: DECISION-MAKING - a program designed specifically for women interested in management growth and development.

PARTICIPATING IN THE POLITICAL PROCESS - a course designed to follow from the conference which will provide in-depth information on the political process.

WOMEN IN CANADA - a course for credit or non-credit that deals with women in terms of social and cultural perspectives.



CAMOSUN COLLEGE, OPTIONS FOR WOMEN:

This is a new program at Camosun with a wide range of low cost programs for women held in many community locations.

Phone: 592-1281

- ✓ register*
- * BREAD AND ROSES - This course in financial consciousness-raising will help women to gain a clear understanding by efficient planning of their own financial and legal affairs which will help them financially as well as in terms of self-esteem and personal autonomy.
 - * LEADERSHIP TRAINING - This course is designed for women who are ready to assume a leadership role. It will provide leadership skills in communication, group process and style as well as program planning and development. If you feel you are interested in this course, call for further information.
 - * SHIFTING GEARS - this very popular course for women in their middle years will be offered at community centres and is an excellent chance for women to re-discover strengths and set goals for their middle years in a small group setting.
 - * CHANGE BY CHOICE - This is a new course designed to help a woman plan the direction of her life. If you are a woman who has been raising children and are now considering your future outside the home, these small group sessions will be of practical help in deciding where you want to go and how to take the first steps toward getting there whether your plans include further education, employment or personal enrichment.

MAKING ENDS MEET - Prime Time has worked with Camosun College and a group of women to present a series of television programs designed especially for women who are living on a low income. Two successful programs were aired in June and beginning September 17th a series of six programs will be presented alternate Mondays as part of the Ida Clarkson show on Channel 6. Topics will include nutrition and food shopping, low cost insurance, credit-buying and debt counselling.

DOWNTOWN LECTURES - The community committee that planned the last series will again present lectures this fall in the noon-hour at a downtown location that are of particular interest to women who work in the downtown area.

- * ASSERTIVENESS TRAINING FOR WOMEN - a class in the techniques of verbal communication, expressing yourself and dealing with criticism and aggression.

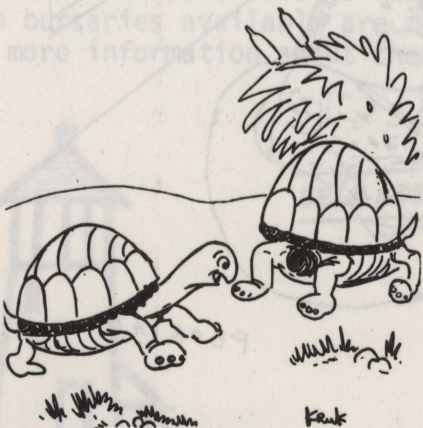
HEALTH STUDIES FOR WOMEN - a course for women of all ages to learn more about how their bodies work.

MANAGING TRANSITIONS - a workshop helping people cope with change in a variety of situations.

CAREER WOMEN'S SEMINAR - a one day seminar for women to discuss management and career issues.

NEW DIRECTIONS - a pre-entry workshop for women who are considering returning to school with employment or career opportunities in mind.

Courses are also offered for women in Plumbing, Carpentry, Electricity, Woodwork and Household Repairs.



"Agnes, you simply must come out of your shell and discover your true self!"



"Now Carstairs, getting this new account is going to take drive, persuasion and intelligence. So I want you to step aside and let Ms. Breyer handle it."

Munday student services Ewig Bldg. 8:30-4:30

BREAD AND ROSES - a course in financial consciousness raising...Legal and Financial Management of Your Own Life.

Designed for women who no longer want to be scared about money and want control of their financial lives.

The course leaders will take a woman's perspective; offering positive advice and information that will come to grips with money and your financial future.

Break away from the shadow of the grasping gold digger - the pervasive feeling that to be concerned about money is materialistic and unfeminine.

Overcome your handicap - believing that most money matters are beyond you.

A clear understanding and efficient planning of your financial and legal affairs may provide the key to individual success, not just financially but in terms of your own self-esteem and personal autonomy.

Beginning: Tuesday, October 2, 1979 7:30 - 9:30 p.m.

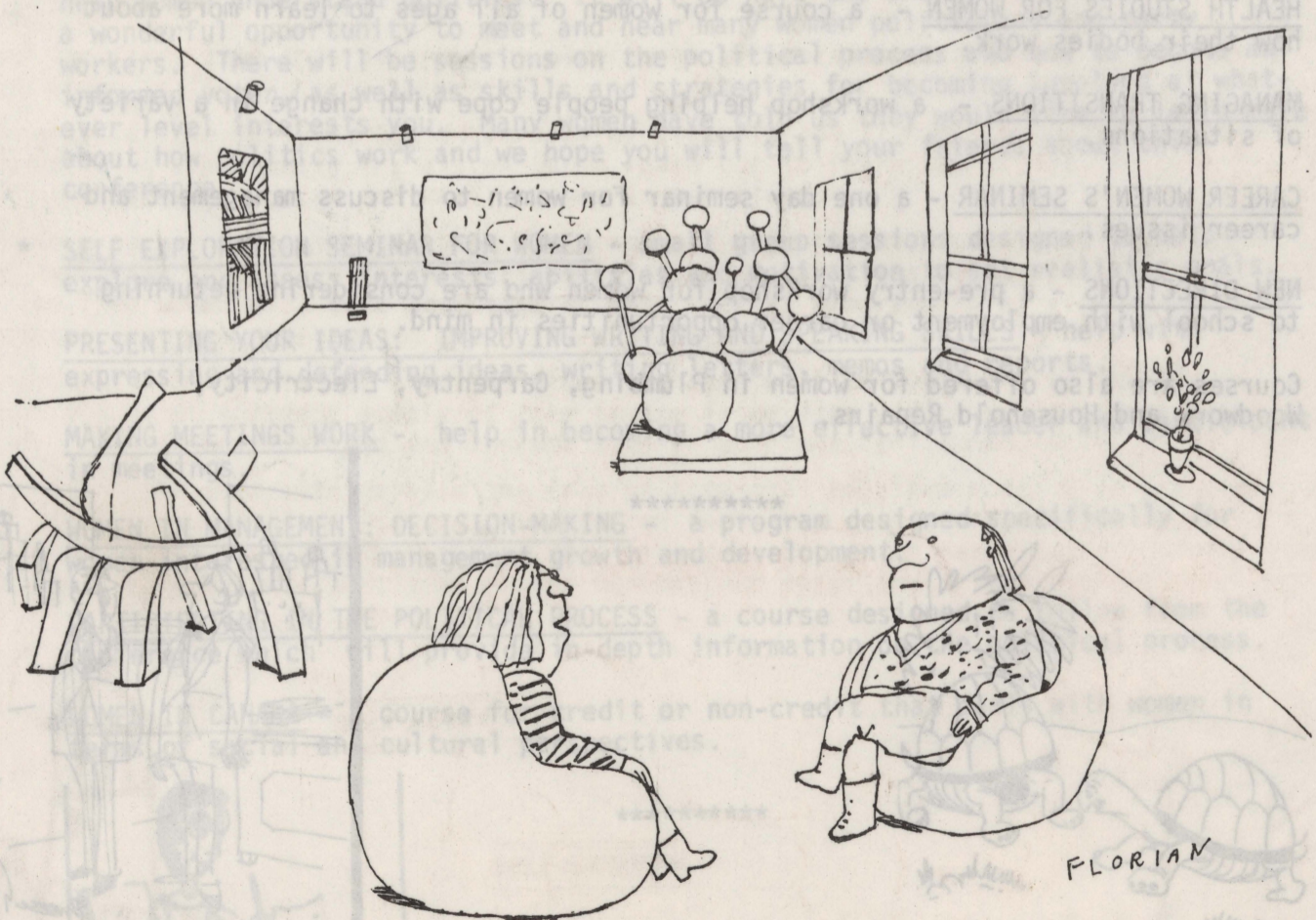
At: Oak Bay Secondary School.

Co-ordinated by National Association of Women in Law and Prime Time.

Register through Camosun College - fee: \$10.00 for six sessions, two hours each.

QUESTIONNAIRE - Sue Mouat

The Prime Time Impact Survey was mailed out in mid-July. Almost twenty-five percent of the questionnaires have been returned and they still keep coming. The summer is not a good time to do a mail out survey, but as it was a student project, Prime Time had little control over this factor. Because of summer vacations, we have closed off the survey on August 16. Thus the tabulation of results has only just begun. Full tabulation and results will be in the next issue of the Newsletter. Thanks to all of you who responded.



"Just give me some space, Milton."