



# PRIME TIME

A Project for Women in their Middle Years

304-620 View Street, Victoria, B.C.  
 V8W 1J6 telephone 388-6101

NEWSLETTER # 5

SEPTEMBER 1978

## PRIME TIME WELCOMES SUSAN STEIN AS OUR NEW CO-ORDINATOR!

Susan brings a variety of useful life and work experiences to her job. Fifteen years ago she married a widower who had three small children. Two more have since been added to the family. In 1971 Susan finished her B.A. degree which she worked on over a period of ten years. She also received her R.S. W. (registered social worker) She has had extensive volunteer experience which headed her toward social work, her special interests being gerontology and women's issues. For the last three years Susan has been Social Services Co-ordinator at Glengarry Extended Care Hospital.

## QUESTIONNAIRE RESEARCH

The mail-out survey is now complete and the information gathered has been added to that previously obtained. We now have heard from a total of 158 women, and their comments are included in the report which is on file in the Prime Time office. All of your comments and suggestions have been noted by Prime Time staff. Action has been taken already on some of them.

If the person who noted on her questionnaire, that she would like to know how to present a brief to local government will get in touch with Norrie Preston at Prime Time, there is a marvellously useful kit available (free!).

## EMPLOYMENT

Having trouble with the Unemployment Insurance Commission? Prime Time has available for reference, a publication from the National Anti-Poverty Organization that will help guide you through the system. People Versus the System will help you to understand and know your rights.

Looking for a job? You will find information on how to look for a job, and the services open to you for counselling, training and financial assistance in an Employment Handbook for Women produced by A.W.A.R.E. (Assisting Women's Awareness Regarding Employment). Available at Prime Time, for reference.

Thinking of re-entering the work force? The Job Hunt-Putting Your Best Foot Forward, from the Women's Division, Saskatchewan Dept. of Labour, outlines the steps necessary to successful job hunting.

## MY HUSBAND RETIRED EARLY, AND.....

For women who would like to share their interests and concerns with other women in a similar situation, Prime Time and the James Bay Community Centre, will be co-sponsoring a discussion group beginning early in October. Please call Prime Time, 388-6101, and leave your name and phone number.



Barbara Shelley

## WOMEN AND SURGERY

Prime Time and the 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 had hysterectomies or are about to undergo a hysterectomy.

Instructors: Zakia Hussain and Kathleen Cyr

Starting Date: Sept. 21 and each thursday, including Nov. 8th.

Time: 1:30-3:30

Fee: \$8.00 upon registration

Pre-register: At the Prime Time office. First come, first served! Group limit is 12.



## CALLING ALL NEW-TO-PRIME TIME WOMEN!

A three session program intended to orient women to Prime Time, middle years and the community, is being offered this fall by Prime Time. The first session is September 19th from 9:30-11:30 at the Prime Time office. This program is for women who have not had previous contact with Prime Time. Call 388-6101 to register.

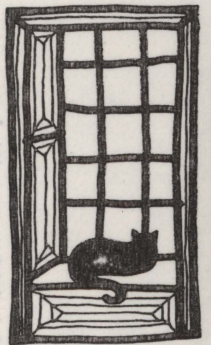
## HOW TO USE YOUR PUBLIC LIBRARY

Prime Time is co-sponsoring a program with the Greater Victoria Public Library - How To Use Your Public Library - An Introduction to Library Skills for Women and Men. A general introduction and orientation tour will be given in the first evening, followed in the second and third sessions by instruction in the use of the card catalog and the book, periodical and pamphlet collections. Training will also be provided in the use of encyclopedias, bibliographies, indexes and other reference materials. Participants will have an opportunity to select topics and search out information on their own and in group situations.

Date: September 13, 20 and 27

Time: 8-10 pm.

Pre-register: By telephone as soon as possible - 382-7241



## THE DIRECTORY

This fall for the first time, households in the Victoria area will be receiving a directory of adult education programs available in the community. Watch for a small yellow booklet called The Directory to be delivered to your home. It should be a help when you are deciding about continuing education courses this fall.

There are a number of courses being offered in the community this fall that are of interest to women. Camosun is offering Health Studies for Women, Gordon Head Rec. Centre and the Panorama Leisure Centre are each offering Shifting Gears. The "Y" is presenting Financial Planning and Communication Skills. U. Vic. Continuing Education is offering a Self-Exploration Seminar for Women. Use your directory for more information. The Prime Time office has all the latest catalogues. Find the courses that are right for you and register now!!!!

It was our pleasure to interview May, a woman who has been involved with Prime Time for the past year. This is her story.

I was 20 when I got married and I was married for 18 years. I had 3 children and led a typical married life. As my husband was progressing in his career, I devoted myself to the house and the children. A month after my 18th wedding anniversary, our marriage ended. It wasn't my idea either and it is much harder to accept when you have not made that decision yourself. My first thoughts were: what am I going to do and what can I do? I called on lots of friends and I was encouraged to register for the menopause course at Prime Time - that was the first outside group I became involved with. The thought of becoming self-supporting really frightened me. My husband made a lot of money and I was used to a certain life style that I wasn't anxious to give up.

Things were happening very quickly. My marriage ended in April and by August I had sold my house and moved. As well, over the summer a medical problem had flared up and I had surgery. I had done office work for 2 years prior to my marriage. I knew I had to retrain in order to get a job. I took the Returning to Learning course at Camosun and a business and office training course there as well. I was in school for 7 months and it was good. It was really enjoyable meeting other women. I was very uptight about some of my courses but my final grades were all A's and B's. I finished school about a year after I was separated. I had 3 weeks in which to find a job and those weeks were filled with doubts, but I did find a job that I really enjoy.

Now it's over a year since this all started and I am just sort of learning who I am. I am an individual not part of a duo any more. I realise that I had an inferiority complex and now I accept that I am capable of doing a lot more than I thought I could. I like making my own decisions. I also like dating again. It's a whole new ballgame for me. I've seen and done more in Victoria this last year than in the previous 5 years I've lived here.

You ask me for some advice to give to other women in my situation. Well I think it is very important to accept what has happened and know you can't change it. I also think people should have no qualms about seeking help. I saw my family physician and a counsellor and it was very helpful to me. It is very important to have someone to talk to. I realise that I didn't feel very useful before this happened. Sometimes I think that if my husband still supported me, I would probably be at home watching daytime t.v. I don't think women should depend so much on their spouses. You have to learn to depend on yourself. It made me a better person. I'm not against marriage. I would like to get married again. But I wouldn't leave my job. I wouldn't want to lose the feeling of individuality and the sense of independence I now have.



Judith Shahn



"She wants the head of the house!"

#### BASTION THEATRE

Prime Time people wishing to attend plays with a group, may phone the PrimeTime office and enquire about a special discount.

We may yet live to see the day when women will be no longer news. And it cannot come too soon. I want to be a peaceful, happy, normal human being, pursuing my unimpeded way through life, never having to explain, defend, or apologise for my sex.

--Nellie McClung

It was my pleasure to interview May, a woman who has been involved with Prime Time for the past year. This is her story.

I was 20 when I got married and I was married for 18 years. I had 3 children and had a typical married life. As my husband was progressing in his career, I devoted myself to the house and the children. 18 months after my 18th wedding anniversary, our marriage ended. I wanted my idea either and it is much harder to accept when you have not made that decision yourself. My 18th wedding anniversary was what I am going to do and what can I do? I called on lots of friends and I was encouraged to register for the menopause course at Prime Time. That was the first outside group I became involved with. The thought of becoming self-supporting really frightened me. My husband made a lot of money and I was used to a certain lifestyle. I wasn't anxious to give up. I still don't know how things were happening very quickly. My marriage ended in April and by August I had sold my house and moved. As well as over the summer a medical problem kept me up and I had surgery. I had done office work prior to my marriage. I knew I had to return to get a job. I took the returning to learning course with Camosun and a business and office training course there as well. I was in school for 7 months and it was good. I was really enjoying meeting other women. I was very uplifted about some of my courses. My final grades were all A's and I finished a school about a year after I was registered. I had a few weeks which to find a job and these weeks were filled with a lot of but. I didn't find a job until I really enjoyed it. Now its over a year since this all started and I am an individual who I am. I realize that I had an inferiority complex and now I accept that I am capable of doing a lot more than I thought I could. I like making my own decisions. I also like dating again. Its a whole new ballgame for me. I've seen and done more in Victoria this last year than in the previous 5 years I've lived here.

You ask me for some advice to give to other women in my situation. Well I think it is very important to accept what has happened and know you can't change it. I also think people should have no qualms about asking help. I saw my family physician and a counsellor and it was very helpful. An important part of my recovery was to have someone to talk to. I didn't realize that I didn't feel free to talk to my husband. Sometimes I think that if my husband, with my support, would probably be at home watching daytime TV. I don't think women should depend so much on their husbands. You have to learn to depend on yourself. It means a better person. I'm not against marriage. I would like to see more women who wouldn't leave by job. I would like to see more of individuality and the sense of independence. I now have a sense of independence and the sense of independence.

Date: September 13, 20 1982  
 Time: 8-10 pm.

Pre-registered by telephone as indicated on form.

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