



# Thunderbird Conference A Success

Victoria Women's Centre sponsored a conference for all B.C. women's centres the weekend of September 28-30 at Camp Thunderbird in Sooke. Women from centres all over the province attended, from as far away as Prince George and Fraser Lakes. Transportation as well as other expenses were covered through a grant from Gene Errington's office - Advisor to the Caucus on the Status of Women in B.C.

"Much effort went into the planning and organizing of the conference, said a spokeswoman. "We had to arrange transportation, billeting, food, resource people for workshops and questionnaires from attending centres."

Small groups of women discussed counselling skills, transition houses, ombudswoman services, health collectives, rape relief centres and the Berger Commission and its recommendations for changes in B.C.'s matrimonial property laws.

Women from "Everywoman's Books", Victoria feminist bookstore, were also on hand with a book display. "Books sold very well, especially to rural women who don't usually have access to women's literature or non-sexist children's books," said the spokeswoman.

Discussions about funding - a problem for wom-

en's centres all over the province - were led by Marilyn Callaghan and Lynne Pearson, and small groups later brainstormed about possible sources of funds.

The women also spent time sharing 'personal fears and visions', said a conference participant. "We got to know each other better, not just as women organizers but as women going through a lot of personal changes, often finding ourselves with little or no support in our communities for those changes."

Entertainment for the weekend was provided by women musicians, Pam Myers from Victoria and Fern from Vancouver.

All the information received at the conference, notes from workshops, ideas shared and names of resource people will be printed and distributed to each centre in the province.



Discussing a problem in one of the workshops held at the Women's Conference in Thunderbird Park. Good weather permitted the workshops to be held outdoors. Photo By Mariette Duhamel.

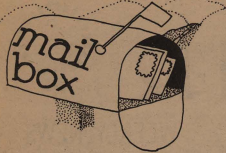


The Status of Women - what is it?



Women's Conference - Thunderbird Park.

## LETTERS TO THE EDITOR



Dear Island Woman:

Hil! I've just finished reading "Island Woman" cover to cover, and I loved it! I work in a gas station, and have showed it to everyone that has come in to buy gas. I certainly hope you can keep it up, as I think it's something that is a real

breakthrough for Victoria, and the women in this town will love it. It has something for everyone, so it really can't miss. And everyone I talked to, in just one day at work, has been really enthusiastic and glad to see something a little more women oriented, and a little less "jock" oriented. Keep up the good

work, please, for all our sakes.  
Karen Stevenson  
2658 Avebury Ave.

Editor's Note: We would like to thank the writer of the following letter for the trouble she took going through the first issue of Island Woman and making notations of changes she felt should be made. We appreciate all constructive suggestions for change. Here are excerpts from her letter.

Dear Island Woman:

Herewith are comments, as you seem to want (need?) feedback.

"...This woman can see no reason for a 'women's newspaper'. A newspaper is a newspaper and news is asexual (one might suppose)..." What female

population is it aimed at? What sort of items might be included in Island Woman if someone produced one? Do you really feel that a sexist approach is needed? It would seem that Island Woman might foster rather than break down sexism.

I'd rather have "Island People" perhaps - as a woman who believes in human rights rather than specific women's, men's, Indian or whatever rights, I am interested in people.

H.M. McLelland  
829 Transit Rd.

Dear Island Woman:

Island Woman Weekly News is a valiant effort in the direction of catering to women's interests in a consolidated way. Hopefully women's activities across Canada will be mentioned from time to time to prevent parochialism. Otherwise your headings are of significant importance, especially to me, Women and Law. A Doctor Answers, Women in Art, Women in B.C. History. I wish you well in your endeavours.

Why must women always be described? Eve in the Garden of Eden although shown in photograph is redundantly described as "the attractive blond 26 year old". What has her age got to do with the subject? Do you intend to perpetuate this masculine fetish? If so more imaginative descriptions for that particular

article could have been used to emphasize her femininity. Let us have a fresh approach in this new publication.

Yours truly,

Avia Rasmussen

Dear Island Woman:

The fashion page in your otherwise excellent first edition filled me with foreboding. Heather Summers is doing a great disservice to the young folk of today by her "advice". To tell us to throw away all the rules in the field of elegance and good taste might be fine for an individual for a short while, but she will soon begin to wonder why her less liberated friends seem to be doing so much better in the social scene.

There may be a few genuine creative artists as regards dress, makeup and style but the vast majority of us have to abide by the advice of previous generations who have found many things don't work after often cause bitter disappointment.

Agreed, don't go chasing after the whims of the fashion sharks. They make a lovely living out of the gullible public desperately trying to keep up with the latest gimmicks. Agreed, don't chop off five painstaking years of hair growth just because of a sudden whim, but that is more common sense. However, there are many pieces of advice which cannot be

discarded in the cavalier way suggested by your fashion editor just to get onto the liberation bandwagon.

To classify the rule about wearing clean underwear in case you get knocked down and what would the nurse think with keeping your knees together when sitting down is ridiculous. The reason for the clean clothing might be hilarious but don't, think you have to wear dirty clothes just to spite the stupid old clergies. Has the liberated woman to go against all rules of decency and elegance just to prove she's as good as the nearest male?

Wearing dark pantyhose or stockings when your legs are heavy is good sense as it has been proved that dark colours diminish size. The colour of a redhead is not enhanced by pink.

Tombroys who wear pants! True, but very large people should avoid wearing slacks. Slightly heavy people can get away with it if the cut is good and a suitable overblouse or sweater is worn. In the same way horizontal lines accentuate width so if a stout person wants to advertise her size, she can do it very efficiently this way. Vertical stripes however would give her a much thinner appearance. People with short necks do better with V necklines rather than polo-necks which make their heads disappear even further into their shoulders. Black can be worn by young people especially if the complexion is fair.

Unfortunately black tends to be worn by older people whose complexion has changed along with greying hair. This is very aging and they would be better advised to wear softer shades with soft hair-styles. Avoid wearing more than three colours at a time as it tends to be "bitty".

It is most important to know what suits you, the individual, to camouflage the less desirable points and to accentuate the good ones. By all means do your own thing but first know what your own thing is and be elegant and feminine and a person everyone enjoys being with.

The trouble with this "liberation" fervour is that it can be overdone. By all means let us be free to be ourselves but we can still be attractive while we're doing it by following the rules handed on to us by our far from downtrodden predecessors. After all, a free society does not mean a society without law and order.

Yours with clean underwear!

Ann Osborne (Mrs.)  
1347 Craigdarroch Rd.

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Welcome to issue number 3 of **Island Woman**.

We are presenting some new regular features in this issue - a bi-weekly column on Victoria schools by Mavis DeGirolamo, **Green Thumb** by Norma Fitzsimmons and a department called **Family**, with an interview on childbirth at home.

Other regular departments continue. **Women and Medicine/Women and Law** invite reader questions which will be answered by local women doctors and lawyers. **Bulletin Board** will soon grow to a full page in order to get news to you of the many women's activities in Victoria. (If your women's group is engaged in a project you want publicized or is planning an event for the public, contact Sandra Slind, Bulletin Board, c/o Island Woman.)

The first of a two-part series on rape in Victoria starts in this issue. **Part I** deals with the incidence of rape in this town, what police are doing to help women defend themselves and profiles of the rapist and victim. "Aftermath (Part II) will describe what happens to the rape victim at the police station, hospital and court trial. It will describe what groups like Victoria's Rape Relief are doing to help the rape victim assimilate her experience.

Coming soon is an issue on the occult; the supernatural is alive and well in Victoria. Other features appearing soon deal with teaching infants to swim, breast cancer in Victoria and families living on houseboats in the Victoria area.

Stay tuned for more of Island Woman



## FAMILY

## Child birth at home

by Donna Danylchuk

Paul and Lucy Nelson live with their three children in a two-storey house on a pleasantly shaded street in older Victoria.

In the garage where I found him working, Paul was surrounded by his own children and one or two from the neighbourhood—playing, scaffolding, swinging on rubber tires hanging by ropes from the ceiling or climbing up and coming down the wooden slide which dived his passengers onto an old mattress placed strategically on the garage floor.

I was there to interview Lucy who two years ago, by choice, gave birth to her third child at home instead of going to hospital.

Paul, a friendly bearded man with glasses, made tea while we waited for Lucy to return from a trip to the food co-op. A newsletter from Sundance alternative school was stuck to the fridge door and evidence of children everywhere came to a focus in the pile of pink modelling clay on a board, ready for shaping, in the middle of the kitchen floor.

"It's play dough," said Paul cheerily while scrubbing up some dishes in the sink. "You can make it yourself and it's a lot cheaper than the stuff in stores."

The hospital in Hamilton, Ontario, where they had their first child eight years ago was a "very together place" he said. It had rooming in for mothers and babies and Lucy's obstetrician there taught the Lamaze natural childbirth method.

Lucy arrived and slid into a chair at the table to join the discussion. Soft-spoken and articulate, she is a full-time mother and also the president of Parentcraft, a local volunteer group devoted to family-centered health care and education for parenthood.

## First Baby Breach

Her first birth was a breech baby and there was a very definite reason for being in hospital, she said. She was accompanied in the Hamilton delivery room by Paul and practised natural childbirth with no anaesthetics.

"It hadn't occurred to us to think about a home birth at that point. We were both very dependent on the doctor and sort of expected him to tell us what to do and do everything for us."

During Lucy's second pregnancy, which came after their move to the west coast, she and Paul debated home birth but decided to go to hospital. In the end the baby was born in an ambulance after an unexpectedly fast final labour.

Paul helped with the Lamaze method while the ambulance attendant just sort of smiled a lot, Lucy laughingly recalled.

After that experience, Paul "felt ready" for a home birth. They are common occurrences in several European countries but not in Canada where there are no organized medical "flying squads" to rush to the home in case of emergency, he explained.

Lucy said she had no negative feelings about the hospitals in Victoria. "They just end over backwards here to try to do what the mothers want."

She respected and trusted her doctor who made it clear from the start that he would not attend a home birth.

## Strong Opposition

She found that hospital personnel were "very strongly opposed to anything which promotes home birth in any way, shape or form. They feel that everybody ought to be born in hospital in order to be close to x-ray and lab in case it's needed."

Yet, the Nelsons were not deterred.

As Lucy explained it, she and Paul outgrew their dependency on doctors to the point of realizing that birth is something people can do for themselves, given healthy circumstances and proper preparation.

"I think it has a terrible effect on mothers, to think you have to be close to x-ray and lab. When 90 per cent of births don't need these things, this is a strange attitude to show."

"If you're able to have a doctor come to your home, it's quite a different situation from when you go to the doctor's workshop, which is the hospital. The doctor is a guest in your home, whereas in the hospital he runs the show."

At home, you're in charge."

## Birth "Special Time"

Birth, for Lucy, is a very private, very special, and very close time. It is something we could experience in home in privacy. In the hospital, with even one other person around, we would act differently. We wouldn't be able to influence and catch emotions from other people. In my efforts to find a doctor I became exhausted."

When I saw them, I caught a lot of their fear. Doctors have a lot of fear about childbirth. Several

of them listed a catalogue of the terrible things that would happen to me if I had my baby at home."

At one point Lucy thought she had found a doctor who would attend at home. But, one week before the baby was due he decided against it.

Going ahead, in the face of such discouragement, was a serious decision.

## Risks Involved

"I would not anybody to think there aren't risks. But, there are risks in the hospital too. You have to understand and know what risks there are and what things you can do something about and what things you can't."

Nobody, stressed Lucy, should blithely prepare for home birth without going through a serious process of self-examination, in order to decide if they would be able to accept and live with the worst that could happen, if it did.

"But, when you realize that the overwhelming majority of babies are born without any problems at all, and the risks that do happen are usually small things that could be taken care of by a visit to a doctor later, the remainder are such a small percent-

age of births that you have all the odds in your favor."

They were ready the day that labour began with the basic knowledge they had gained from reading a few borrowed books and the essential equipment pre-sterilized and wrapped up ready for use.

"There wasn't that much, recollected Paul. "A pair of scissors, a little bulb, a syringe, sterile gloves, a couple of tapes in case we wanted to tie the cord."

A visit to Lucy's doctor during early labour indicated that everything was fine. A friend helped to clean the house, fold laundry and prepare meals in advance.

Paul backed the car into the driveway close to the front door, in case they had to go to hospital. And the birth was successful.

As far as Lucy knows, there still is not a doctor in Victoria who will attend at home.

"Doctors are under overwhelming strong pressure from their colleagues." If a doctor were to attend a home birth and something were to go wrong, that doctor would be ostracized, she said.

Nonetheless, "If I were in the position again of

having a baby, I would like to find a doctor who would be willing to come because I feel that a doctor has the skills and the judgement and the ability to do anything that needs to be done."

## Mid-Wife Program

She would like to see a program under which midwives would be recognized as professionals and licensed by the province to work both in hospitals with a team and in homes providing back-up service.

She predicts that it will be at least ten years before such a program begins here because "to create a new paramedical profession in British Columbia is very difficult."

Toward the end of our interview Lucy produced a Parentcraft newsletter citing a special report by the International Childbirth Education Association, 1972:

"...there is ample evidence in the Netherlands and in Chicago (Chicago Maternity Center) to demonstrate that normal women who have received

adequate prenatal care can safely give birth at home if a proper system is developed for home deliveries. Over half of the mothers in the Netherlands give birth at home with the assistance of a professional midwife and a maternity aide."

The newsletter also cited information from the United Nations statistical office indicating that in 1969 the Netherlands had 13.2 infant deaths per 1,000 live births, in the first year of life, whereas Canada had 19.3, in the same year.

"One of the aims of Parentcraft is to make institutions as good as they possibly can be. Most people are going to be institutional care," said Lucy.

"But, that still won't take care of 100 per cent of the people."

"There will be a small handful of people, who, no matter how good the institutions, will not use them. The alternatives are good to preserve, or improve, or create, to make room for individual differences, and to make it possible for people to do things their way."



Lucy Nelson and her child.



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# EDUCATION

## your children, your schools

Your Children, Your Schools will appear bi-weekly in Island Woman. It is written by Mavis DeGirolamo, past president of the G.V. Teacher's Association and current second vice president of the B.C. Teacher's Federation. She has been a teacher for 10 years, concentrating for 6 years in special education. In the current school year she is an itinerant teacher working with the hard of hearing.

Is sex discrimination in education a thing of the past? For some time many groups have been addressing themselves to the problems created by overt and blatant sex discrimination in education. Obviously, the demand for such action did not happen in isolation but was due to a growing awareness that people should be free to be themselves.

The B.C. Teachers' Federation investigations into the status of women in education began in 1971. A full time staff position was created two years later to establish a B.C.T.F. Status of Women program. As studies indicated that education was and may still be actively promoting stereotyped sexist behaviours in children, it became abundantly clear that human potential was being stifled.

This year, teachers throughout the province will strive to involve parents, students, and other community members in combating sexism in schools and society.

However, education is certainly not the only perpetrator of sexism. I firmly believe that we must challenge all of society's institutions to determine the causes and effects of sex discrimination.

For those who feel that

young children's attitudes cannot be influenced by the media, educators and other institutions of society, the following are excerpts from a taped interview with Grade Three students:

**Question: Do you think a man or a woman would be a better pilot?**

**Theresa:** "I think men would be better because they've got to drive and ladies could fall asleep or something."

**Scott:** "Probably a man because they could get the big jet off the ground and probably a woman couldn't. They'd forget which button to push."

**Question: Who do you think would make a better principal - a man or a woman?**

**Helen:** "A man, because they're more rough and more active."

**Tony:** "If someone gets in trouble a lot of the men would have better punishment than ladies."

Enough said?

This column welcomes letters from readers on what they consider to be critical educational issues. Address to Your Children, Your Schools, Island Woman, 506 David, Victoria.



### Question:

My 15 year old son refuses to obey my husband and myself, is skipping school, is rarely home for meals, and we are afraid he is using drugs. What can we do?

I would suggest that you ask your child's school counsellor or doctor for assistance. If they are unable to resolve the situation you should contact either the social worker or probation officer for your area. They will meet with you and your child, and depending upon their judgement of the severity of the problem will either start family counselling or recommend you initiate proceedings in Family Court.

A parent can, under the Protection of Children's Act, lay a complaint against their child alleging that he is beyond their control. The charge is drawn up by the Clerk of the Court, the parent and Probation Officer appear before the judge to explain the situation, and a date for a hearing set. The judge will set down certain conditions that your child is to obey until the date of hearing. These can cover curfew, school attendance, etc.

If at the hearing your child is found guilty, he is found to be a juvenile delinquent and all the sentencing provisions of the Juvenile Delinquency Act can be utilized. Your child can be placed on probation for a set period of time with conditions regarding school attendance, psychiatric

help and involvement in special programmes. If the home situation is so severe that it is felt that your child cannot remain in your home, he can be made a ward of the Superintendent of Child Welfare and placed in a foster home or group home or a treatment centre.

If, between the time of laying the complaint and the hearing, your child's behaviour improves, the complaint can be withdrawn.

Legal aid counsel is available to you and the court encourages your child to have a lawyer. The prosecutor represents the parents.

A drastic step such as this will only be successful if the child and parents are willing to compromise, and desire some changes in the home.

Ellen Gahenah, Probation Officer, Family Court



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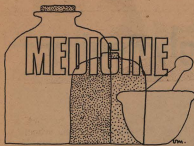
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## Women and Crime

by Rosamund Lines

In these days of sex equality, the man who told me he had been held up by a woman was obviously shocked. However, the message was clear. Women, previously on the fringes of crime, seem to be getting more involved. In Victoria, serene city of senior citizens, there's no doubt that women are involved in crime.

The traditional crimes of women are shoplifting and prostitution. Security people at the major stores told me that the majority of shoplifters in Victoria are women. "There's no doubt that a lot of women go in for shoplifting just to brighten their dull lives," commented one male.

Prostitution is not a major problem in Victoria, although if you read the personal columns in the daily papers there's obviously a "wising" group - whatever their ages.

From their traditional, more limited roles in crime, women seem to be graduating into larceny, burglary, assault and even armed robbery. Last week a young girl held up a woman at knife point in James Bay for five dollars.

Statistics are difficult to get in Victoria. Crime reports, they said, were not separated into sexes. Let's hope they do better when they send people to jail.

Chief Petersen of the Saanich Police, thought that women were becoming more and more involved but would have his records man call me. Constable Mitchell, the records man, could not pinpoint any pattern in the crime ratio of men to women in Saanich but we came up with a rough average.

Female and male criminal offenders in Saanich:

	Female	Male
1971	78	432
1972	107	499
1973	74	409
1974	98	600
To April 1975	16	149

Cont'd on page 11

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The Pap test (or Papanicolaou smear) is primarily a screening test for cancer of the cervix and the technique was first described by Dr. George Papanicolaou in a 1943 publication.

It is a relatively simple procedure, taking only a few minutes to complete, and yet it can provide very useful information about the state of health of the cervix and, at times, the vagina and uterus.

The Pap test has been one of the main reasons for the relative decrease in the incidence of cancer of the cervix, the commonest form of cancer of the female genital tract. All women who consult a gynaecologist, attend Family Planning clinics or antenatal clinics should have smears taken. Ideally, because of regular checks, the development of cancer cells in the cervix will be detected at an early stage, when treatment is very effective. The precancerous stage of cancer of the cervix may exist for many years before true cancer develops. In some cases it never does develop.

In the most commonly used method of performing the test, material is gently scraped from the cervix by means of a wooden applicator. This is normally a painless procedure. The material is then transferred to a glass slide and sprayed with a fixative before being sent to the laboratory for microscopic examination.

Several conditions may be diagnosed or suspected from this slide: cancer of the cervix, less common, cancer of the uterus, infections such as Monilia (Yeast infection very common in users of oral contraceptives) and Trichomoniasis, and hormonal changes due to a variety of causes.

A woman may be recalled to have her Pap test

repeated for a variety of reasons and this can cause unnecessary anxiety unless the following facts are known.

There are several conditions requiring repeat examinations. For example, the slide may be negative for cancer but may contain abnormal elements such as evidence of infection or bleeding. There may be a suspicion of cancer of overt cancer; or there may simply have been a false positive result, an error in smear preparation or processing, or the slide may have been lost or damaged.

In suspicious cases of cancer with no clinical signs or symptoms, the smear may be repeated in six months. In cases of infection it may be repeated immediately and further action taken too, such as biopsy of the cervix. This means that a small piece of the cervix is removed and examined more thoroughly by a pathologist at the laboratory.

You can have your Pap test done by your family doctor, your gynaecologist, or at your local Birth Control Clinic, and I strongly urge all women to request this test. I have been asked why all women taking oral contraceptives are required to have regular Pap tests. This is to rule out the presence of cancer prior to the commencement of medication, and it also serves to get women into the habit of having regular smears taken. Like breast self-examination, we should learn to accept a Pap test as part of a general physical assessment.

Dr. Jane Wright,  
Family Physician

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**RAPE****The Ugly Reality**

by Shirley Guth

The most frequently committed violent crime in North America is not murder. Nor is it assault. It is rape.

Rape in Victoria?, the incredulous may ask. But there were 20 reported rapes from January to April this year, according to Victoria's Rape Relief, a group which helps rape victims. The Victoria Police Department and RCMP estimate that only 1 out of every 10 rapes is actually reported, thus putting the real figure closer to 200.

The most frequently committed violent crime in North America is not murder. Nor is it assault. It is rape.

Rape in Victoria?, the incredulous may ask. But there were 20 reported rapes from January to April this year, according to Victoria's Rape Relief, a group which helps rape victims. The Victoria Police Department and RCMP estimate that only 1 out of every 10 rapes is actually reported, thus putting the real figure closer to 200.

"There has been a real increase in sex assaults, rapes and killings of women all over B.C.," agrees Sergeant Bill Chisholm of the Saanich police. The Attorney General, as a result, has announced that more should be done in educating women to protect themselves. So, rape has become an issue in Victoria.

Constable Gary Bosenec of the Saanich Police Department and Constable Don Alexander of the Colwood RCMP conduct extensive education programs for high school girls and women's groups in their areas. Both have developed fast-moving, professional presentations using movies, skits and literature to get their chilling, hard-hitting message across with maximum impact.

**What to Do?**

Most women have no idea what to do if confronted by a rapist. Quietly submit? Scream? Fight? Submit, say some experts. If a rapist is armed and violent, a woman may risk death in resisting rape. Although rare as a type, some rapists are sadistic, psychopathic killers with a compulsion to punish women. "If you fight or scream," says Const. Alexander, "he may be-

come enraged and extremely brutal."

Refuse to be intimidated say other experts. "When the rapist approaches a woman," says Alexander, "chances are he is as nervous as she is. If she shows fear, if she cries, he gets a new zest and his hostility rages forth." Women have been able to stop a rape by looking their assailant in the eye, and telling him about the trouble he'll be in if he touches her. One woman amazed herself by shouting in the rapist's face: "Look, if you don't get off me, I'm going to kill you." Her attacker fled.

Bluffing may work. "Try to talk your way out," says Const. Bosenec. "Pretend to faint, claim to have V.D. Say you're having your period."

If the rapist is unarmed and a woman feels the situation calls for resistance, the literature used by the Colwood RCMP in its "Protection of Women" program lists several self-defense techniques. Any physical defense, says Const. Alexander, must be "all out."

"Scream. Elbow him in the stomach. Punch him in the groin; grind your high heels in his instep; scratch his eyes with your keys, comb or pencil. Don't aim for a man's chest or shoulders—he's pretty strong there. Aim for sensitive areas."

Rape Relief, on the other hand, takes no stand on self-defense. "If you kill someone who is raping you, you could be charged with manslaughter because it can be later said you used excessive, unjustifiable force."

But all advice seems to come down to this: a woman has to use her own judgement when confronted with rape. She must quickly assess the situation and employ the technique with the best chance of success. A woman can do this if she is "psychologi-

cally aware at all times what she will do if confronted by a rapist," says Const. Alexander. "Know yourself and your capabilities. Your life could depend on it."

Many rapists are married, have children and a complete sex life at home. A parole officer who has worked with rapists in prison says, "these men are the most normal men there. They have a lot of hang-ups, but they are the same hang-ups as men walking out on the street."

This type of rapist doesn't see himself as a threat to society. He may apologize to the woman after raping her and may even try to make a date to see her again. "He's simply interpreting the situation according to his cavernous fantasies," says Const. Alexander. "He believes it is his right to have sex from any woman."

**The Victim**

Who gets raped? "The myth also says that 'nice girls don't get raped,'" says the Rape Relief spokeswoman. Actually, any woman of any age can be a rape victim. "Victims range in age from 10 months to 90 years," says Const. Alexander. "It peaks at 15 and 16 years old, not because she is sexy, but because she is vulnerable. Many rapes happen on dates, for example."

Many rape victims are hitchhikers, 65 per cent of sexual assaults are related to hitchhiking," says Sergeant Chisholm. The 4 reported rapes in Oak Bay last year, for example, all involved hitchhikers.

Police advise women not to walk alone at night and to lock their doors at all times. They caution against dressing seductively and, above all, against hitchhiking.

NEXT: Part II: Aftermath.



In these days of women's liberation, do men still whistle at women



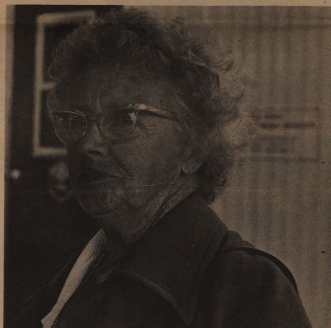
Sure they do -  
Anonymous



No, I don't. A lot of that has disappeared with women's lib. Being pregnant helps too. - Glenda Rae



Yes, especially in areas where they're building new homes. But I think they stare now more than they whistle. - Marie Venables



No, I don't think so. I don't hear anyone doing it anymore these days. Besides, I'm too old.  
- Anonymous

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by Elizabeth C. Smith

Thanks to the brain wave Ms. Norrie Preston had "in the middle of the night" the Victoria Status of Women Action Group (SWAG) were able to enjoy the official opening of the exhibit "Our Hidden Heritage - Women in British Columbia History", at the Provincial Museum in Victoria.

The project has been piloted by Linda Gilligan, co-ordinator and research director, who spent many months searching through archives and libraries and interviewing living "old-timers". On September 4, 1975, some of the real people stepped out of their picture frames in the exhibit at the official opening in the form of five of the original Flying Seven. A the evening gathering at the Museum, after the introductory speeches and re-introduction of four of the Flying Seven, the question asked by the guests attending the function was "How did you come together in a group?"

# A Look at t

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The Flying Seven ranged in age from eighteen to the fifties when they first met in 1936 at the Vancouver Airport, each one having trained in their own way, across Canada.

Betsy Flaherty, Alma (Gibert) Gaudreau, Rolie Moore, Jean Pike, and Tosca Trasolini had Private Pilot licenses; Margaret Fane and Elinne Roberge held both Private and Commercial licenses.

One of the aims of this groups was to promote aviation among the women in Canada, and they hoped other groups in Canadian cities would be inspired to

form Flying Clubs for women. They held competitions and obtained trophies through several donors.

Their first notable undertaking was a Dawn to Dusk Patrol in November, 1936, when all seven kept their planes in the air in a perpetual chain takeoff and landing, and on a foggy day when viscer pilots shook their heads in dismay. It was a complete success and a "first" for women. Several members performed at Airshows in Vancouver and other British Columbia towns, usually where airports were opening.

The Flying Seven hosted a number of social gatherings for celebrities in the aviation world and met world famous pilots at the airport on occasion. Several attended the ceremony at the Airport when the first Trans Canada Air Lines flight departed with Betsy Flaherty presenting the first ticket sold for her cross-Canada flight. The Aero Club of B.C. also appointed several mem-



L. to R: Jean, Tosca, Betsy, Alma.

bers as Directors.

The Flying Seven offered their services to the Department of Defence in Ottawa at the beginning of World War II, feeling sure there were many women flyers who could be trained for national service. A formal acknowledgment reported "there were no regulations concerning women", so they decided to support an Air Supremacy Drive on June 18, 1940. Three aircraft dropped 100,000 pamphlets over Vancouver, urging support for the boys training and those overseas.

### Training Centre

Following a suggestion that the "Female Air Bombardiers" would make

good instructors, they sponsored the first Training Centre for women in Canada. The Centre opened in May 1941 in Vancouver. To everyone's surprise a former pupil and graduate from this school was present at the evening presentation of the Flying Seven at the Museum. Betsy, Rolie, Margaret and Elinne were some of the organizers of the school. Technical flying theory, parachute packing, wireless classes and aircraft fabric, plus lectures on R.A.F. series were part of the four-month course.

margaret fane trained at the Aero Club in Edmonton

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Margaret Fane, July 1935 - At time of receiving commercial license.



## "Our Hidden Heritage"

# the Flying Seven



Alma, Elianne, Margaret, Rolie, 1936

and obtained her private pilot's license in 1933. She was the only woman pilot in a Dawn to Dusk Patrol in 1934. In 1935 she received her Commercial license. As Edmonton was a crossroads to the north she met many famous pilots, including "Punch" Dickens and "Wop" May. In 1935 Margaret moved to Vancouver where she met the girls who formed the Flying Seven. She had trained as the world's first woman radio operator, and could replace a pilot or an Air Line radio operator either in the air or on the ground. Margaret later became a Supervisor of Reservations of CP Air. She now resides in Richmond, B.C.

When Betsy Flaherty made a decision to take up flying, Hal Wilson was her instructor, and she received the second license issued to a woman in Vancouver on December 16, 1931. She was the only woman pilot to fly from Vancouver to Vernon in an Aero Club machine on a British Columbia Air Tour, and on several occasions was the only woman competitor in the Aero Club competitions.

In 1964 Betsy was a guest of Trans Canada Air Lines (Air Canada) on a tour of Canada to commemorate the 25th anniversary of the first revenue flight. Air Canada also arranged a trip to Expo '67

so she could especially tour the Aviation exhibit.

Her life came to a sudden end in 1968, just a week before the new Jet Terminal opened in Vancouver. She had expressed the wish to cut the ribbon at that event.

Born in Quebec, Alma (Gilbert) Gaudreau decided to go west in 1927. She became interested in aviation and trained with Donald Lawson, receiving her Private Pilot's license in 1933. She met the other girls who formed the Flying Seven and entered into flying competitions with them.

In 1941 she obtained her Commercial license. On two occasions she ferried single engine Aerona aircraft from the eastern states in the early years of World War II for the training school she was with. She worked later with Boeing Aircraft. She now resides in Vancouver.

Rolie Moore (Mrs. Denis Pierce) was the aerobatic pilot of the Flying Seven, trained by Hal Wilson, and

she obtained her Private Pilot's license in 1935. She competed in England and the Western Zone Flying Competition at Saskatoon for the Webster Trophy, placing second.

She obtained her commercial license in July 1939, and Instructor's Rating in 1946, the first B.C. woman to do so. She also acquired her Public Transport license, having the second license issued to a woman in Canada.

At present she resides in the lower Fraser Valley.

Jan Pike received her Private Pilot's license at a very early age, and was the Patrol, but moved east the following April, and has not been contacted since.

Elianne Roberge received her training in Quebec. Capt. F.G.M. Sparks and Capt. Dewar were her instructors at Ville LaSalle, and she obtained her Private Pilot's license in October 1932 and was the first western girl to do so. She returned to her native B.C. where she met the girls in the Flying Seven group, and took part in the Dawn

to Dusk Patrol and Pamphlet Raid.

In 1941 Elianne applied to Ottawa for a Defence job, but ended up going to Washington, D.C. to the Royal Air Force delegation as a secretary.

She was later assigned to the British Air Commission, as Negotiator for Procurement of Aircraft Equipment for Lancaster Bombers, and for the British Commonwealth Flying and Training Schools in the United States and Nassau, Bahamas. Elianne tried in vain to organize Canadian women pilots as a unit through the Canadian Department of National Defence.

She now resides in Vancouver.

Tosca Trassolini, a native of Vancouver, trained in the Wells School of Aviation with Jack Wright as her instructor.

She received her Private Pilot's license on July 13, 1936, and joined the Flying Seven that year, taking part in the Dawn to Dusk Patrol. She won several competitions. Tosca obtained her American lic-

ense in 1958 and was Secretary of the Flying Derby Club in southern California, where she now resides.

The history represented in "Our Hidden Heritage" pictorial display certainly came to life when five of the Flying Seven were able to meet together in Victoria after many years apart. To find themselves in a Museum was at first a bit of a shock, but upon reflection they felt honoured to be represented. It was pointed out that there was pointed out that there was no record of any outstanding Chinese or native Indian women in the archives, of course they were active here early in the century when women were considered irrelevant to history.

The S.W.A.G. Group seem determined to influence historians and architects in the future, which may be at least one good result of International Women's Year.

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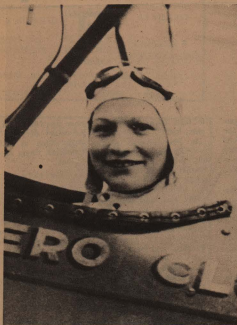
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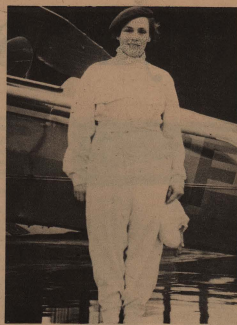
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Betsy Flaherty 1937 - "Flying Seven" uniform.

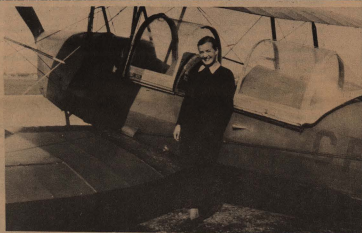


Miss Tosca Trasolini 1936



Mrs. Alma Gilbert - 1936

# A Look At



Miss Rolie Moore 1936, [Now Mrs. D. Pierce]

# The Flying Seven

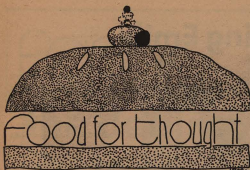


Miss Jean Pike 1936



Miss Elianne Roberge 1936





by Kay Lines

What I will do in "Food for Thought" is cut through the smoke screen of mystique that attaches itself to discussing meals in restaurants and let people know where they can get a good meal, without being overcharged.

Let's start with lunches. I will assume little or no knowledge on the part of my reader so forgive me if you already know all the little places in town where one can eat a reasonable lunch in three quarters of an hour. Better still, if you know of places which merit attention, call and let me know.

For today's lunch we decided to sample a light food bar, so we went to Viewway on Government Street between Fort and View. One makes one's way to the back of the store where there is a small bar which seats 15 people. It was designed for a colony of dwarfs, with its short stools, no leg room, and very little room for plates on an exceedingly narrow counter. Two lines of people stare at one another, silently munching their food.

However, we ordered the food. I had the broth and Susan had the home-made soup. Both were very good and full of uplift. The broth, with some kind of finely chopped greens, was delightful; the soup was heavily laced with soy beans and lentils. Both were reasonable at 25

cents and 40 cents respectively.

We then went on to salads. I had a Small Vegetable Salad, which turned out to be large and attractively arranged with a great variety of garden fresh finely sliced vegetables and cottage cheese. Susan had the Large Salmon Salad which was huge, with the addition of fresh delightful salmon. The salads were \$1 and \$2, respectively.

Our other complaint was that the food was served on paper plates and when we ordered milk to finish, this was served in Dixie cups in plastic holders. I have been in a great number of natural food bars in my time but this one makes no effort whatsoever to be attractive. This I do not understand as they do not roasting bread and appear by all standards to be financially successful. The quality of food cannot be questioned, but visually there is a great deal to be desired. Their light food restaurant on West Saanich Road is infinitely better, and the food there equally good.

If you need a light meal and want to eat organic vegetables, then go to Viewway on Government, but whatever you do keep away from the left side of the counter near the cashier. It is embarrassing having a dozen people crowded around you, waiting for take-out service.

## Cont'd from

### page 5

So, it would appear that for every woman who commits a crime, there are five men. Put another way, about 70 women and 400 men in Saanich commit offenses under the Criminal Code a year. By Criminal Code offenses, we are talking about murder, rape, assault, breaking and entering, fraud and prostitution. As Constable Mitchell was quick to point out, driving offenses do not come under the Criminal Code.

In fact, the Saanich records do not show any real pattern of women's increasing or decreasing involvement in crime. However, in talking with various law officials, police, lawyers and social workers in the Victoria area, it would seem that we should not depend too heavily on statistics, for the following reasons:

- with the changing role of women in society, police and prosecutors have tightened up their traditional leniency towards women offenders.
- many crimes are not reported.

- some crimes never come to trial for lack of evidence.

- juries can make wrong decisions.

There seems to be little doubt that one of the major problems that has involved younger women in the greater Victoria area is drugs.

The drug habit is spreading, and with it the need to obtain money to keep the habit going. White women continue in the more traditional shop-lifting roles (reference books from libraries were, at one time, quite a source of income) as the need for more money grows there could be a trend towards more aggressive crime.

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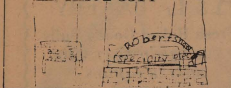
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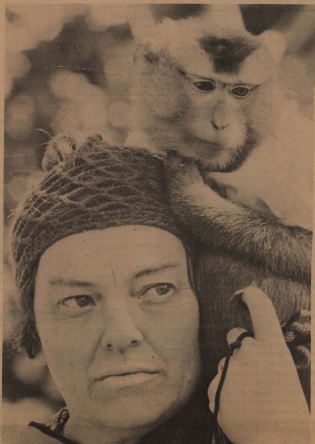
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**Margaret Martin**

## Playing Emily



there about two hours: it's such a tiny bay on such a small island that planes have a very difficult time landing there. They filmed all the totem poles there - the older, overgrown poles that you see in the film. All the newer poles were filmed in the Hazelton area and at Thunderbird Park at U.B.C., but the really old ones were on Anthony Island. Emily must certainly have had a rough time getting to all the places she went to. I mean, we had all the modern conveniences and it was still difficult!

We also went to the Nass River area where we stayed in a lumber camp. Do you remember that scene in the abandoned field, and the old church with the curtains torn and flapping? Well, that was in a place called Aiyanch on the Nass River. We wondered how we were going to get there as it was across the river from where we were. Then, an Indian appeared in a small boat and said he'd take us across. It was very eerie, no-one was there at all - the dandelions were up to my knees!

**LW:** You were very fortunate to go to Anthony Island. I understand it's very difficult to get there, that a plane can only land when the weather is just right.

**Ms. Martin:** Oh, I couldn't believe I was there! As soon as you step out on the beach, the totem poles are right there in front of you, all in a line. It's like stepping back into the past, as if you have landed somewhere where no one has ever been before. It's just overwhelming. Apart from the excitement of being in the film there was the thrill of seeing those abandoned places and the totem poles. And we had such good weather, very unusual for that part of the country. It was as if Emily were smiling down on us and telling us we were doing the right thing. Everything just worked out so well for us.

**LW:** Do you feel that you and Emily Carr are kindred spirits?

**Ms. Martin:** Yes I do. I believe in being what you are. And I think it sad that Emily was ostracized because she didn't look 'right'. There was a bit of a moral to the film, that we often do quite to judge people by their appearance and dismiss them before we look beneath to find out who they really are. In Emily's day, to be different must have been very difficult. All of us involved with the film, especially Nancy Riley, wanted to show Emily as she really was. Our prime goal was to be truthful.

by Sandra Slind

Actress Margaret Martin of Victoria portrayed Emily Carr in CBC-TV's two-part film portrait shown on Channels 2 and 6 on Sept. 14 and 21. Margaret Martin began her career as an actress in amateur theatre in Victoria in the early 50's, and in 1963 made her professional acting debut at Victoria's Bastion Theatre. She has performed in over seventy stage plays, but her portrayal of Emily Carr is her first major TV role. The filming of the television portrait took Mrs. Martin and the crew on a journey through places and spaces much loved by Emily Carr, and took them deep into the thoughts and feelings of the artist.

production. Nancy Happened to speak to people who'd seen my play Emily on the stage in 1966, and they told her how much I looked like Emily. Well, I don't normally look like Emily Carr, but made up and dressed up with lots of padding I do look like her. I have two sets of padding, one which I wear to play Emily in her 40's; and the other I wear for Emily aged 55 and up. The padding's very hot - it's like quilting, and is made up into a full-length jacket, actually two different jackets. Very hot to wear in July! But a lot of resembling someone comes from within: you get the feel of someone and you begin to resemble them. When I'm playing Emily, I set my mouth, and I get very 'jowly'.

**LW:** How did it feel to play Emily Carr?

**Ms. Martin:** To play someone is like getting inside their skin, being in their shoes. I've read all of Emily Carr's books and feel I know her quite well. And I loved every minute of the production; it was very exciting and stimulating.

**LW:** How did it come about that you were chosen to play Emily in this production?

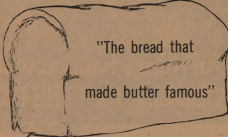
**Ms. Martin:** The producer, Nancy Riley, wanted someone who looked like Emily. During the research that went into the

**LW:** How long did the filming take, and where did the filming take place?

**Ms. Martin:** Filming began in March and ended in August. I had only 18 actual filming days, but with travelling it took a lot longer than the 18 days. We flew to Prince Rupert, then drove to Hazelton where we stayed in a motel, driving out to the three places near Hazelton - Kitwanga, Kitwano and Kistix. Then we flew to the Queen Charlottes, and were taken by sea-plane to Anthony Island. That was so thrilling! We could only stay

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# fashion

## the denim story

The greatest fashion blitz in the last twenty years has been the blue jean.

Made of 100 per cent cotton, the denim jean was once the mark of the working class, the American cowboy, the country hayseed. To wear jeans ten years ago to school, a nightclub, or a formal dining place was unheard of, and would have been received with anything from scornful looks to outright derision.

### "Symbol of Revolution"

With the advent of the flower children and the hippie craze that swept through the continent in '67, the jean became a symbol of revolution, of anti-establishment. For a culture that put down the money-conscious society that their parents had created, the easy-care, inexpensive jean was the obvious choice. For young people who took to the highways for months at a time, for back to the earth people who rejected big-city dress, the jean became a uniform of acceptability and honor.

In the early 1970's, adults took to wearing jeans for casual wear, but with the added touch of everything from contrast stitching to rhinestone studding. Fashion designers expected this overall acceptance to kill off the market, but in an unprecedented fashion sweep, the jean gained even more in popularity. Denim was the one year-round fabric that was not affected by seasonal changes. In times when inflation is hitting a peak, jeans may be the most economical buy, but the demand has constantly pushed the prices up.

### Jeans Embellished

Some emphasis is being put on detail. The embroidered symbol on a back pocket or a completely detailed jacket and pants is a status thing. Extra details are usually kept to a minimum for mass buying on the whole, so the addition of buttons a change of zipper or width of pant legs pushes up the price of the garment to the consumer.

A question asked of the leading manufacturer in Canada for the foremost style being promoted at this very moment comes

back a unanimous vote for the denim look. It is now being presented in the long denim skirt, the knee length skirt, the vest, the overall, the john-boy look of the farmer, with the matching jacket or jac shirt. The lowly jean has come a long way from the original straight leg of the Levi, Wrangler or Lee's of yesterday.

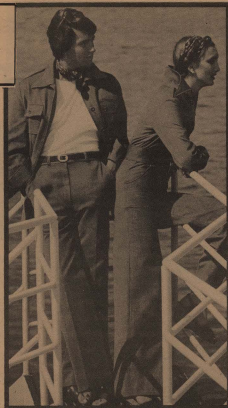
### "End in Sight?"

Is the end in sight? The market is completely flooded. Do you honestly know anyone who doesn't own at least a pair of jeans or a denim skirt? They have been worn for everything. It wasn't long ago that blue jeans were the last frontier. It became a game to go to the local watering holes here in town to see if you would be admitted in them, and to look disdainfully at those who turned up away from being improperly dressed. Jeans were "cool". Several months ago, I was admitted to a restaurant here in town in my jeans, with the maître d' not turning a hair, when three years ago the only acceptable norm was shirt, tie and jacket.

Frankly, the jean craze has become a bore, and I think that Canadian manufacturers are one step ahead of us in knowing that. I will grant you that the jean will become one of the classics of our time, standing alongside camel hair, cashmere and silk, but as number one choice, the jean is on its way out. It stands to reason that when the market becomes congested with one item, someone has predicted its death. The someone is the consumer, the fashion conscious woman. We are still a highly individualistic society who thrives on change, and this will override our need for convenience. Like it or not, we are approaching an era of elegance, with the return of the dress et al, so why fight it?

About to put your twenty-five dollars down on a pair of denims? forget it! They are playing the funeral march for this fashion leader of the last ten years

by Heather Summers



Denim - in or out? Photo courtesy Tex Made.

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# Women's world field hockey championship

by Jenny John

And so it is over. After months and months of daily training, of running distances and sprints, of playing and practising, fifteen players look back and wonder, "was it all worth it?" But with sixteen games and thousands of miles behind us, we are proud to say "yes".

There is no Canadian women's team represented in the '76 Olympics. The Olympics is for men only at present. Two different world field hockey organisations exist and the women have preferred an Inter-

national Tournament every 4 years.

1975 was the first year that the teams have competed within a championship structure, for a trophy this was the **Quach Cup** (a Gaelic name) presented by the Royal Bank of Scotland.

Five Victorians were named to the Canadian team: Ann Boyer (vice captain), Dianne Whittingham, Shelley Winter, Jan Crook, and Jenny John (captain). In all, the team was together for 5½ weeks first attending a training

camp at Guelph University in Ontario and then travelling through Austria, Scotland and Holland.

We experienced such varied temperatures from 90 degrees in Ontario to 45 degrees in Scotland (thank goodness we had the heater to keep us warm!).

Although hockey was the reason we were together many factors contributed toward a successful tour. There is, however, a particular difference between a men's touring team and a women's: men enjoy more social functions whereas the girls are given receptions—can it be that men enjoy drinking more?

Throughout our tour we were struck by the enthusiasm of our hosts to make us feel welcome and the friendliness of both players and their families. The language barrier presented little problem except between captains and umpires prior to the start of an international match.

Against Belgium I'm sure Canada won the toss but because of the Belgian captain's hand gestures and descriptive verbosity the Belgian option prevailed. The umpires (French — Australian) were similarly outwitted.

Our team's first stop abroad was Vienna. Here our first "incident" occurred. A buxom, teutonic female guarded the entrance to the ladies washrooms and demanded money before we were allowed across the threshold. Naturally at 8 am, having just broken our journey to change planes, no one had a penny or a deutschmark so much "kein deutsch sprechen" ensued. Needless to say the "lady" won the round—we were no match for her and ended up by paying 50 cents per person in Canadian quarters.

The International flavour at Edinburgh was incredible as were the styles of play when the teams took to the field. There was the orthodox but beautifully executed play of England, (who were later to win the coveted trophy by beating Wales in the final) and the superb stickwork and close ball control of the Indians. There was the hard hitting robust play of the Netherlands, who were the Number 1 seeds, the darting, hisher and thither of the little Japanese, the noisy Spaniards, the close passing and control of the New Zealanders, the hard, physical and fast play of the Argentines, and the free flowing but rather unconstructive play of Jamaica, Bermuda and Trinidad and Tobago. It was



Jenny John (right), captain of the Canadian Women's Field Hockey Team, relaxes after a game with coach Brenda Reed.

an experience to see all these different teams and watch so many exciting games.

As well as playing 8 games at the tournament there were practice sessions and a lot of individual conditioning which was an experience in itself. How does one find an area free from sheep on the surrounding hills of Edinburgh? All shoes had to be cleaned on our return!

Of the 8 games Canada won 5, tied 1 and lost 2 and thereby arrived at 15th place. Overall on the tour there were 16 matches, 11 wins, 2 ties and 3 losses with 59 goals for and only 13 against; a creditable record for a country with much less experience than others.

Two of the finest moments of the whole tour Canada were the opening and closing ceremonies, held at Meadowbank Stadium, home of the 1970 Commonwealth Games. The system of teams enter-

ing the stadium is quite similar to that of the Olympics. The previous hosts and the next hosts enter first so in this case it was New Zealand (1971) and Canada (1979) with Scotland last. What a wonderful occasion as the team followed the Maple Leaf, held by the captain, and received a great uproar from the many Canadians in the stands, although this was far exceeded by the roar of thousands of Scottish people when their team entered.

Scotland, as hosts, played the opening game against Canada and this was a disappointment. Consider the grandeur of the occasion, the seven thousand spectators, the electric scoreboards, the commentator, the fact that the rival team was the "home team", which was playing its best in years: Canada was rather over-armed and went down 5-0 but not before playing a fine open game.

The Closing Ceremony was a glorious occasion for Canada. Because the 1979 championship will be held in Vancouver, Canada led the teams into the Stadium with England bringing up the rear as 1975 winners. Following the presentation of the trophy and closing speeches, the International flag was lowered along with a fanfare by the Scots Guards. The flag was ceremoniously presented to the Canadian captain by the Scottish captain, Rae Nicholson. This was the proudest moment, to accept the International flag on behalf of Canada; needless to say, chaos erupted after the formalities and all teams linked arms and jogged spiritedly around the track, a happy yet sad moment as the tournament ended.

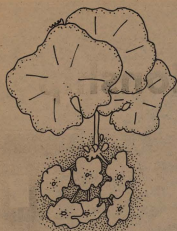
Canada went on to tour Holland and then returned home to rest and to remember with pride the moments of field hockey glory in 1975.

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## The Green Thumb

Norma Fitzsimmons, the writer of The Green Thumb, has been in the flower business approximately 25 years and has owned Island Florist for 16 years. Her passion for flowers, she says, comes naturally because "both my parents have always been avid gardeners".

In future columns, she will discuss care of flowers and plants, hanging planters and terrariums. Please address any questions about plants to The Green Thumb, c/o Island Woman.

Flower arranging is an art based on natural forms. Nature designs and colours the flowers, and you select and design the arrangement. You may have a natural talent for arranging flowers but a few basic principles of design and colour will help you.

Three main types of flowers are used in arrangements - spikes, buttons and background flowers.

**Spikes** - These have a narrow, straight look and pointed tips. Examples are gladioli, snapdragons, stock and delphinium. These flowers are put in the arrangement first and form the outline.

**Buttons** - These are round flowers; zinnias, marigolds, open roses, carnations and chrysanthemums are examples. These flowers are used to create an accent or focus, and to break space into interesting patterns. These are usually put into the arrangement last.

### Background Flowers

These have fine textures and irregular outlines, such as Baby's Breath, statice and asparagus fern. Background flowers add lightness and airiness to an arrangement. They are added after the spikes, but before the buttons. Use them sparingly if you have them available, but they are not as essential as the other two kinds.

After selecting the flowers you want to use in your arrangement, you will want to prepare them correctly

so that they will stay fresh as long as possible. Flowers keep best if you cut them with a sharp knife. Scissors crush the stems. The cut should be clean and smooth and at a good angle; this allows the water to go up the stem more freely.

If you want to use garden flowers for your arrangement, the best time to cut them is in the late afternoon or early evening when the plant is filled with stored food and the blooms are most fragrant. Slice and place the flowers in warm water immediately.

Condition the flowers for several hours by placing them in a cool dark room free from drafts. Use deep clean containers washed with soap and water. Remove all leaves that will be under water when the arrangement is made.

Treat poppies, dahlias and any milky stemmed flowers by inserting the end of the stem in boiling water for thirty seconds. Then place in warm water as for other flowers.

Next week I will write about choosing containers and flower holders, and give you step by step instructions on making some simple flower arrangements.

Heartily snacking for man-sized appetites, a yeast dough is topped with onions, tomatoes, and cheese, griddled with olives and anchovies and baked until cheese is melted and dough is crisp.

## Dutchman's delight

This is finger food for man-sized appetites! There are many versions of this dish — Italian pizza, French pissaladière, and a distant cousin, Indian paratha. Here is a version featuring imported Holland cheese. You can make the bread dough from scratch — or you could cheat a little and take advantage of the various convenience ways to buy it.

### Crust:

- 1 teaspoon dry yeast
- 1 teaspoon sugar
- 1 cup warm water
- 1 teaspoon salt
- 3 cups all-purpose flour

### Topping:

- 4 medium onions, sliced ¼ cup olive oil
- 3 fresh tomatoes
- ½ teaspoon basil
- 2 cups (8-ounces) shredded imported Holland Edam or Gouda
- 1 (2-ounce) can anchovy fillets

8-10 pitted black olives  
Dissolve yeast and sugar in ¼ cup of warm water in a large warm bowl. Allow to stand for 10 minutes. Add salt to remaining ½ cup warm water and stir into yeast. Work in the flour. Turn the dough out onto a floured board; knead for 10 minutes or until smooth and elastic. Form into a ball. Rub butter on surface of dough. Place in a buttered bowl, cover. Set aside in a draft-free, warm spot and let

rise for 1½ hours or until doubled in bulk. Meanwhile grease a 10 x 15 inch jelly roll pan. Knead the dough 4 or 5 times. Roll and stretch dough to fit into the jelly roll pan. Heat olive oil and sauté onions slowly until the onions are soft but not brown. Peel, seed and chop tomatoes. Add to the onions along with the basil. Stir and simmer about 5 minutes until tomatoes are cooked and mixture is no longer liquid. Spread over rolled out dough. Cover evenly with shredded imported Holland Edam or Gouda. Arrange well-drained anchovy fillets in a lattice pattern over the cheese. Dot with halved black olives. Bake in preheated 450° oven for 20-30 minutes until dough is crisp and brown and topping is melted and bubbling. Cut into squares or rectangles to serve. Makes 12-15 pieces. (One package refrigerator crescent rolls can be substituted for the homemade yeast dough.)

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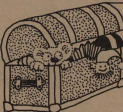
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