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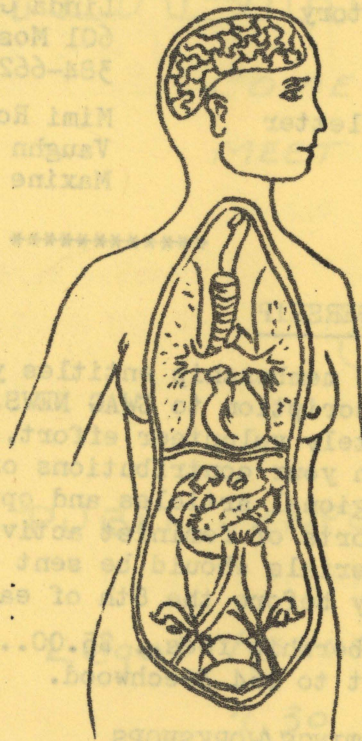
SWAG

1149 Wychbury
Victoria B.C.
388-6332

victoria status of women news

SEPT. - 1977

HEALTH



OPENING SOON

The B. WARE WOMEN'S HEALTH CLINIC

I. Lopimoff, MD - breast specialist

Les Yankitout, MD - gynecologist

Keep M. Stoned, MD - psychiatrist

SOME BASICS

The Victoria Status of Women Action Group was formed in 1971 to work for the implementation of the Report of the Royal Commission on the Status of Women; to foster public knowledge of the rights and status of women; and to promote full participation of women in social, economic and political life.

SWAG is a voluntary group, registered as a society, with an executive elected yearly.

EXECUTIVE: 1977 Jan. - Dec.

PRESIDENT:	Mimi Robertson 1149 Wychbury Ave., 385-8680
VICE PRESIDENT (programmes)	Gwen Stokes 1160 Greenwood 383-2502
VICE PRESIDENT (projects)	Shirley Nordstrom 1429 Monterey 598-6485
CORRESPONDING SECRETARY	Vaughn McMorland 3930 Telegraph Bay Rd. 477-2486
RECORDING SECRETARY	Lorea Tubb 4468 Majestic 477-6617
TREASURER	Anne Howie 6833 Wallace Drive Brentwood Bay, B.C.
MEMBERSHIP	Maxine Cowley 164 Beechwood 598-8167
PAST PRESIDENT	Norrie Preston 766 Monterey 598-1390

SWAG PHONE & ANSWERING SERVICE -
listed in the directory under
Social Service Organizations:

388-6332

COMMITTEES

Members are encouraged to focus their energies on one or more committees. This is where the real work of SWAG goes on. You need not be an expert. Call one of our chairpeople and offer your services....

CHAIRPEOPLE

Family Law	Avis Rasmussen 3050 Uplands 598-3188
Education	Linda Picciotto 1863 Feltham 477-3576
Human Rights	Norrie Preston 766 Monterey 598-1390
Health	Lois Vickery 552 Victoria 598-1704
Labour ^{CTR}	Diana Butler 2149 Granite
Herstory	Linda Gilligan 601 Moss 384-6629
Newsletter	Mimi Robertson Vaughn McMorland Maxine Cowley

MEMBERSHIP

Your membership entitles you to a subscription to SWAG NEWS... a completely volunteer effort... dependent upon your contributions of poems, original articles and opinions or reports of feminist activities. All materials should be sent to 1149 Wychbury before the 8th of each month.

Membership fees.. \$5.00.. should be sent to 164 Beechwood.

MEETINGS/WORKSHOPS

SWAG meets the fourth Monday of each month (except when it falls on a holiday) at the Cedar Hill Community Centre, 3220 Cedar Hill Rd., at 8:00 pm. Workshops... coffee... guest speakers.

SWAG MEETING

& WORKSHOP

MONDAY, SEPT. 26th

CEDAR HILL COMMUNITY CENTRE.

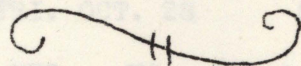
8:00 PM

HEALTH RAP SESSION

COME ALONG AND

MEET OUR NEW HEALTH

COMMITTEE



PUBLIC INFORMATION SEMINAR

on the

Legal Aspects of Common Law Marriage

7:30 - Sept 27 - 50¢

Oak Bay Jr. Secondary

Victoria Caucus - National Assn. - ♀ & THE LAW

SWAG = UVIC WAG

sponsor

5th ANNUAL VICTORIA WOMEN'S

CONFERENCE

at

UNIVERSITY of VICTORIA

Friday Oct 28 7:30pm to 10:00 pm

speaker: LISA HOBBS!

Saturday Oct 29 9:30am - 4:30 pm

Workshops: Law Education Labour

Health Human Rights Consciousness Raising

ART DISPLAY AND EXPOSITION CONTINUING IN THE LOBBY

PRE-REGISTRATION \$ 4.00 before October 21st

REGISTRATION AT THE DOOR (if available) \$ 6.00

FREE DAY CARE AND BILLETING

LUNCH TICKETS \$2.00

(Look for cut-out registration form in this issue)

SWAG NEWS

COMMITTEES

REGISTRATION FORM

TH ANNUAL VICTORIA WOMEN'S CONFERENCE

at

THE UNIVERSITY OF VICTORIA

NAME

TELEPHONE

ADDRESS

Number six of the following workshops in the order of your preference-
You will be able to attend four on Saturday. We will make every
effort to enrol you in the workshops of your choice.

LAW: Matrimonial property
Maintenance
Unified Family Court

EDUCATION:

Radical Feminism
Schools/ materials
Prime Time (women
in middle years)

CONSCIOUSNESS RAISING:

men
women
mixed

HUMAN RIGHTS:

How to make the
Code work for you
Your rights as a wel-
fare recipient
Job survival strategies
New directions -
American experience

HEALTH: Sexuality

Women and Madness

Labour: Organizing the Unorganized

Women/ Collective Bargaining

DO YOU REQUIRE DAY CARE? YES NO AGES OF CHILDREN

DO YOU REQUIRE BILLETING? FRI. OCT. 28 SAT. OCT 29

DO YOU WISH A LUNCH TICKET? YES NO (Include \$2.00 extra if yes)

MAIL REGISTRATION FORM AND \$4.00 FEE TO:

MAXINE COWLEY
164 BEECHWOOD AVE.,
VICTORIA, B.C.
V8S 3W5

THE ANNUAL VICTORIA WOMEN'S CONFERENCE

THE UNIVERSITY OF VICTORIA

NAME

ADDRESS

Number six of the following workshops in the order of your preference - You will be able to attend four on Saturday. We will make every effort to enrol you in the workshop of your choice.

HUMAN RIGHTS:

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Your rights as a welfare recipient
Job survival strategies
New directions - American experience

LAW: Matrimonial property
Maintenance
Unified Family Court

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Schools / materials
Prime time (women in midlife years)

HEALTH:

Sexuality
Women and Madness

CONSCIOUSNESS RAISING:

men
women
mixed

LABOUR:

Organizing the Unorganized
Women / Collective Bargaining

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MAIL REGISTRATION FORM AND \$4.00 FEE TO:

MAXINE COWLEY
164 BEECHWOOD AVE.
VICTORIA, B.C. V8S 3W5

MAILING DAY CARD FOR CARD

00.25 TICKET PRICE

Please fill in and mail registration form in this envelope

SWAG NEWS

COMMITTEES

EDUCATION

On July 4th, the SWAG education committee sponsored a workshop/wine & cheese social at Vaughn's.

Those attending were from SWAG, greater Victoria Teachers Assn., Jesse Dillard (Sec'y of State Dept.), Shirley Blair (GVTA contact person), and teachers from Sooke, Saanich, and Victoria.

Pearl Roberts, Status of Women Coordinator, BCTF, gave a short address clearly outlining the problems of sex bias, sex discrimination in B.C. schools, the strategies undertaken by the BCTF to acquaint teachers with these problems and methods for change. Non-sexist materials from the BCTF were displayed and a film was shown.

The workshop was arranged by Christina Johnson and Kerry Carney, researchers for the summer project.

The October meeting will be held Oct. 13 - 8:00 pm, at Vaughn McMorland's home... 3930 Telegraph Bay Rd. Phone Linda Picciotto.. Chairperson..477-3576.

HEALTH

The Health Committee, now in its embryonic stage, has two needs at the moment.

1. Because of past passivity in health care, women's needs have been analyzed from a traditional male perspective. It is essential that the committee have input from women themselves. Some topics have already

3

been submitted ie: abortion, birth control, pregnancy, emotional abuse, physical violence, breast and vaginal examinations, sexuality, dealing with the health hierarchy, anger, rape, feminist counselling. We will be having some good workshops.

2. We need more people on the ctte.

Call Lois Vickery - 598-1704

HUMAN RIGHTS

THE Human Rights Committee laid a complaint with the Human Rights Branch on Sept. 1, 1977, alleging that William Vander Zalm, Minister of Human Resources, discriminated against women in terms of opportunity of employment.

The Minister's remarks, as quoted in the Vancouver Province, indicated an intention to discriminate against women and to limit their access to employment in the program, Operation VandalStop.

The committee feels that surely this government has a responsibility to ensure the enforcement of its own Human Rights Code, both in letter and in spirit. Mr. Vander Zalm's words about operation Vandal Stop not being suitable employment for women effectively discourages women from applying and gives those charged with hiring a message of expectation.

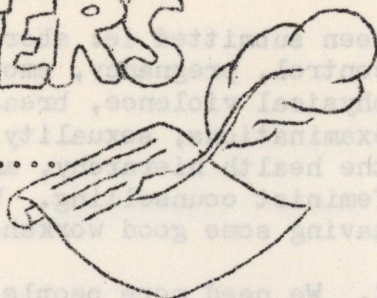
The Human Rights Committee met on Sept. 13, 1977 at 766 Monterey.

Purpose of the meeting was to determine in full detail, the content of the workshops for the conference; to examine and discuss guidelines and Human Rights educational materials from other provinces; and to discuss the two Human Rights Complaints laid by the committee.

Contact Norrie: 598-1390

LETTERS

.. to and from....



Dear SWAG,

Your kind compliments on my talk (May) with your group were very much appreciated. I enjoyed the evening's discussion and look forward to increased communication between our female trade unionists here in Victoria and your organization.

I have spoken to the general secretary of my union and he also is keen to build up the relationship between SWAG and the labour community. He has authorized the assigning of one of our full-time union staff reps here in Victoria to liaise with SWAG and provide any information possible. Victoria rep., Jackie Koroscil, can be reached at the BCGEU Victoria Regional office, 202-990 Market St., Victoria - 388-9948. She's anxious to help in any way she can. If there is anything more I can do, please don't hesitate to contact me.

I noticed several well-spoken women at the meeting, and was very impressed with their knowledge in certain areas of labour. Perhaps one or two people would be interested in attending one of our meetings on behalf of SWAG.

In solidarity,
Linda Baker
V. Pres. BCGEU

GET IT STRAIGHT, PAT!!!

Dear Dr. McGeer,

Three of our members were part of the delegation that met with you on June 23, 1977. That delegation was headed by Nadine Allen and represented five groups whose members are interested in equal education. When you suggest in Hansard that we are all the same group, you are mistaken. Our insistence on

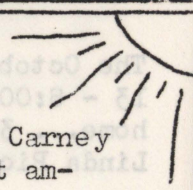
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equal educational rights for women, elimination of sex role stereotyping and sexist materials from the public schools of this province is a real concern among aware women and men throughout B.C.

Since it is a fact that most of the girls in the current school system will be employed between twenty-five and thirty-five years of their lives, it is only just that they be prepared for full participation in social, economic and political life. They must be given the opportunity and encouragement to make full use of their individual talents and potential. This can be achieved only when sex stereotyping, poor counseling and discriminatory practices in the schools are eliminated.

At the meeting with the delegation, you stated that the issues of sex discrimination and sex role stereotyping are "fuzzy". Before entering the House you told the press that the elimination of these were priorities in your department. The mixed message is confusing. If in fact these issues are high priorities, we would appreciate being kept informed of the department's progress in this area.

Vaughn McMorland
Corresponding Sec'y
SWAG

SUMMER PROJECT



Christina Johnson & Kerry Carney have completed SWAG'S most ambitious project to date... sponsored (funded) by the Sec'y of State Department.

They have put together kits (each bigger than a breadbox!) chock full of materials on all feminist issues. Each attractive carton is a treasure chest of books, poems, slides, films, visual aids, posters, etc. to be used in teacher workshops in schools. They'll be on display at the Sept. meeting. GOSH WE'RE PROUD OF IT!

IS THIS EDITOR for Real??

(Victoria Colonist editorial... Aug. 19)

Anyone who has become acquainted with the leaders of the Suffragette Movement watching "Shoulder to Shoulder" on television or reading "Militant Suffragettes" by Antonia Raeburn may well wonder to what end those valiant women struggled, suffered and in some cases, died.

If Mrs. Emmeline Parkhurst and her daughters, Chrystabel and Sylvia were alive today, they might look with dismay at certain aspects of the Women's Liberation Movement. They would no doubt applaud the end of job discrimination on the basis of sex, and espouse the demands for equal pay and the right of women to obtain loans and mortgages.

However, despite their militancy and occasional acts of violence, these women were fundamentally feminine. They did not support free love, abortions or lesbiansim. They did not try to outdrink, outswear and upstage men. They simply demanded the right to vote.

The modern woman takes that right for granted and many have to be virtually dragged to the voting booths by their husbands. Ironically, the right to vote which was so painfully won by the pioneer suffragettes, has become a matter of supreme indifference to some women today. Perhaps they value only those things which are denied them or taken away.

TO THE EDITOR - or - ... and so we bit!

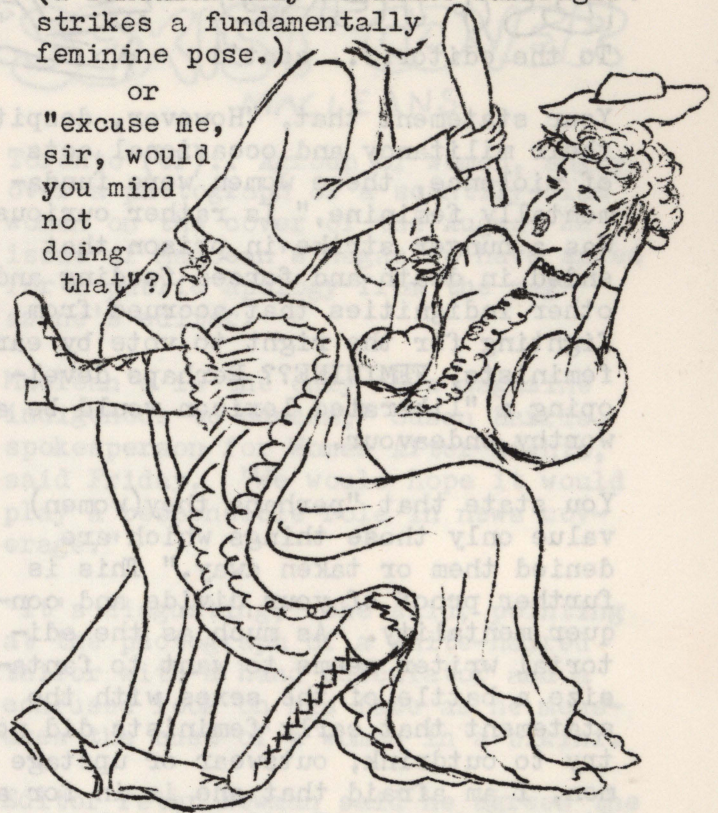
Dear Editor,

I read with amusement your Aug. 19 editorial. Unfortunately your research is too superficial and misleading to ignore.

5

(a fundamentally feminine suffragist strikes a fundamentally feminine pose.)

or
"excuse me,
sir, would
you mind
not
doing
that"?)



Mrs. Pankhurst (not Parkurst) was a suffragist (not a suffragette) and would indeed view with alarm certain aspects of the Women's Liberation movement of today. She would realize that job discrimination was not ended and that equal pay for work of equal value was a nice sounding phrase but little more.

In 1974, the average wage for all Canadians was \$10,038 but the average for men was \$11,736 whereas for women it was \$6,734. Without training, a male high school graduate can expect to earn 34.2 % higher salary than a female high school graduate.

Women comprise but 3.4% of the apprenticeship program in B.C.

I have never been virtually "dragged" to the voting booth by anyone. In fact at the federal and provincial levels men vote in only slightly larger percentages than women. At some municipal elections no one has any reason to brag. These elections suffer from supreme indifference from many voters - both male and female.

cont'd

LETTERS

To the editor.... cont'd



Your statement that, "However, despite their militancy and occasional acts of violence, these women were fundamentally feminine," is rather curious. Was a hunger strike in prison that ended in death and forced feeding and other indignities that accrued from fighting for the right to vote by early feminists, FEMININE?? Perhaps developing a "liberated lexicon would be a worthy endeavour.

You state that "perhaps they(women) value only those things which are denied them or taken away." This is further proof of your divide and conquer mentality. As much as the editorial writer seems to want to fantasize a battle of the sexes with the statement that early feminists did not try to outdrink, outswear or upstage men, I am afraid that she is in for a disappointment. I did not realize such a competition was taking place.

Less mythology and more fact would help create a more egalitarian society.

Vaughn McMorland
Victoria SWAG

(The family law committee does a lot of counselling and tries to help women going through the crisis of marriage breakdown and divorce. The following letter, received by Gwen Stokes, is an example of letters received by members.)

Dear Gwen,

I so appreciated your kindness and your time and the sincerity with which it was said, and your very sound advice. I'm still a wreck, not knowing where I stand and we've been through hell. I know now he's out to get all he can out of my 21 years of working. It hurts.

I realize now just how much a man's world it is

Bless you...
Joanna



PRIME TIME

Prime time has recently received funding to cover a three year period from National Health and Welfare to work with women in their middle years.

Co-sponsored by the YWYMCA & the B.C. Association of Social Workers this project will involve individual counselling and group programs for women that deal with the physical, emotional and social changes that come with growing older. As well, Prime Time plans to reach many of the professionals (doctors, lawyers & social workers) and other community people who regularly interact with mature women.

Prime Time will be offering programs on:

- Shifting gears in middle years
- Natural menopause
- Programs for single women
- Women entering the job market

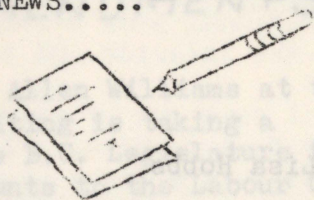
Anyone interested in sharing ideas, volunteering time or being on our mailing list.. phone 388-6101 or drop in.. 620 View St., Rm. 304 weekdays 9:00 to 5:00

MATRIMONIAL PROPERTY

The long-awaited matrimonial property legislation has still not been tabled in the legislature. Attorney-General Garde Gardom says it WILL come in this session ... but rumour is .. it will die on the order paper & be brought back next session. The hang-up appears to be with Government legal eagles.

MORE NOTES AND NEWS.....

RAPE RELIEF



Victoria Rape Relief will be holding a volunteer training session for its crisis line.. Sept. 26th to Oct. 9th.. six sessions in all.

Monday Sept. 26: Introduction to rape relief procedures

Thurs. Sept. 29... legal aspects
Crown prosecutor: Nick Lang
Ken Dibden: detective

Mon. Oct 3:.. rap session

Thurs. Oct 6: self defense

Sat. Oct. 8: medical procedures
and communicating skills

Sun. Oct 9: Information and referral service

Baby sitting will be provided.

Rape Relief has 2 full-time staff and six volunteers. More volunteers are needed.

Volunteers are expected to be on call a minimum of 1 night a week.

They are expected to accompany a victim to the hospital or the police.

They are expected to provide ongoing support to victims... ie .. accompanying them to court.

IF YOU ARE INTERESTED IN
BEING A RAPE RELIEF VOL-
UNTEER ... CALL - 383-3232

SEXIST COVER MACLEANS

Toronto (CP).. A group of women, angry over a photograph of a scantily-clad woman on the cover of the August 22 issue of Maclean's Magazine have asked for a public apology from the magazine's editor.

Maclean's is the only news magazine indigenous to Canada," Susan Harris, spokesperson for Women After Rights, said Friday. "We would hope it would play a responsible role in news coverage."

"It's disgusting," she said, pointing at the photograph of a white-haired tailor with a hand calculator and a confused look on his face as he measures the bust of a woman in a bikini.

Editor Peter Newman said he agrees the magazine might have been mistaken in using the photo to illustrate an article on metric conversion.

"We recognize what we meant as a joke is indeed offensive to some women readers," Newman said, "But you have to see it in context."

"I've been here seven years and this is the only time we've been accused of being sexist. We're the least sexist magazine on the newsstand."

Six members of the women's group marched on the magazine's downtown offices on Thursday to demand an editorial apology.

SWAG CONFERENCE - OCT. 28th

TENTATIVE AGENDA:

Friday Oct. 28 - 7:30 - 8:30 speaker : Lisa Hobbs
 8:30 - 8:45 break
 8:45 - 9:15 playlet... The SWAG Players.. author- Vaughn
 9:15 - 10:00 music festival -composer/pianist Jean Ethridge
 - songs by Sylvia Rickard
 - dances - Shirley Rowland

Saturday Oct 29 - 9:30 - 10:00 - exposition/ coffee
 10:00-10:45 - committee presentations
 10:45 - 11:30- workshops
 11:30 - 12:00 - coffee and snack
 12:00- 12:45 - workshops
 12:45 - 1:45 - lunch (cafeteria)
 1:45: - 2:30 - workshops
 2:30 - 3:00 - coffee
 3:00 - 3:45 - workshops
 3:45 - 4:30 - workshop resolutions/ plenary

Workshops:

Law: Women and Matrimonial property
 Women and Maintenance
 Women and Unified Family Court

Education:

School Materials (Summer Project)
 Prime Time - Women's Middle Years
 Radical Feminism

Health:

Sexuality
 Anger

Labour:

Organising the Unorganised
 Women in Trade Unions

Human Rights:

How the Human Rights Code Works for You

Consciousness Raising:

Women; Men; Mixed.

Registration: \$ 4.00 preregistration - \$6.00 at the door
 receipts sent in mail with location information
 kits received at the door.

Day Care: facilities and staff from UVic Day Care Centre
 Saturday only

Ages of children on preregistration to help staff preparation.

CAN YOU TAKE BILLETS??? _ CALL MAXINE -598-8167

BILL 89 LABOUR CODE AMENDMENTS

Labour Minister Allen Williams at the time of this writing is taking a battering in the B.C. Legislature for proposed amendments to the Labour Code which opposition members say will have a devastating effect on women in service industries. The Bill can be expected to pass just like all other bills opposed by the three opposition parties. A majority government is a Government dictatorship... and can do anything it wants. There isn't a thing the opposition or the people of the province can do but groan and suffer.

Women will indeed suffer from Bill 89. It will now require unions to sign up 45% of the employees to apply for certification. Under the old Labour Code, only 35% was required. Another section of the bill gives employers the right to withhold the names & addresses of employees from organizers.. and allows employers to communicate with workers during union organization activities. This leaves the door wide open for subtle scare tactics and coercion (all within the letter of the law, of course, but enough to frighten people who have been raised to be passive and compliant ... and who desperately need their jobs to survive.

Opposition members say the bill will make it almost impossible to organize women if the Minister pursues the Bill.

Most outspoken members for women in unorganized jobs have been... (of course) Rosemary Brown, Karen Sanford, Dennis Cocke and (don't die of shock) .. Dave Barrett.

Labour Minister Williams told the house he recognizes that women have not been organized and that they have got the short end of the stick wage-wise... but he said that's the fault of Big Unions for not organizing them. This brought hoots from the opposition ... asking if that's the case... why is he making it harder for them to organise?

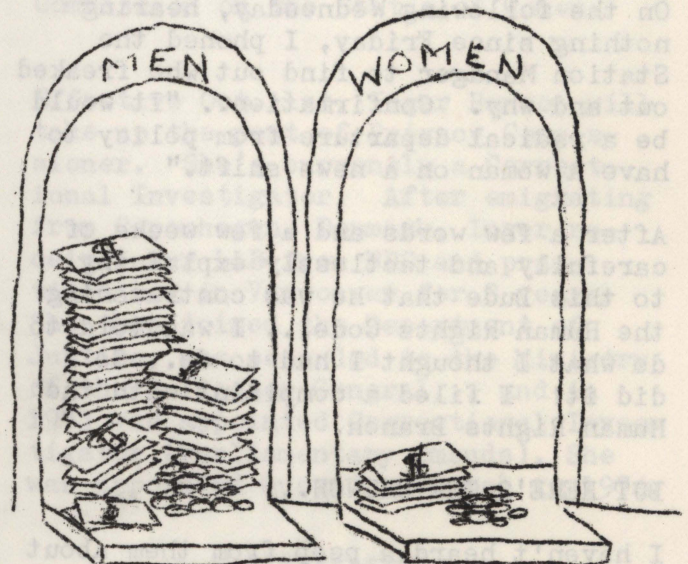
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Opposition Leader Dave Barrett told the house the Bill will work a particular hardship on single women with families to support and no job skills. He said there will no longer be an incentive for these women to work outside the home .. with no hope of ever organising and getting better wages. He said the Government wiped out the day care opportunities for them and now they're making it impossible for them to organise... so they'll be better off on the poverty existence of welfare.

Both Liberal Leader Gordon Gibson and Tory Leader Scott Wallace have expressed similar concerns about the bill.

Labour Minister Allen Williams insists the opposition is making a tempest over nothing... and that the Bill will strengthen unions' position with employers. His defence so far has been weak.... a shame for a man who had received a great deal of respect from the Labour groups until now. One can only assume he has bowed to pressure from his millionaire, Big Business colleagues.

PAY OFFICE



A NOT SO FUNNY THING HAPPENED TO ME ON THE WAY TO THE LEGISLATURE

by Mimi Robertson

A CERTAIN EDITOR IS WRONG!!

That certain editor (Colonist) said the Suffragists would applaud the end of job discrimination today. "Oh really?" said I, "I hadn't noticed! Maybe that's why I'm not applauding!"

YOU SEE... IT ALL HAPPENED THIS WAY...

In January, a well-known news director at a Victoria radio station asked me to audition for a reporter's job. Well, I passed the test, was offered my own news shift plus training. Sounded interesting.. so I accepted. Eventually, my big night came... Friday May 8th... I was to do the evening shift. But all Hell broke loose after I arrived to do it. I was told I wouldn't be able to do a night shift... something about a woman's voice on a hard rock station... but there were other options. ... we'd discuss it after the news director had it out with management. On the following Wednesday, hearing nothing since Friday, I phoned the Station Manager to find out who freaked out and why. Confirmation.. "It would be a radical departure from policy to have a woman on a news shift."

After a few words and a few weeks of carefully and tactlessly explaining to this Dude that he was contravening the Human Rights Code... I was told to do what I thought I had to do. So I did it! I filed a complaint with the Human Rights Branch.

BUT HERE'S THE CRUNCH...

I haven't heard a peep from them about my case since that time... except that they're working their way through the backlog and should get around to my case fairly soon.

(Meantime, while talking at a Men's Collective meeting, one of their members, Tim Perrin, CFAX, heard this story... and rushed out and got me the job at the Legislature with Newsradio... a National News service with stations in the Interior..QM in Vancouver)

So I came out of it better than most. The fact remains... I was refused work because I'm female... and the Human Rights Code GUARANTEES my rights to that job if I'm qualified. (And I believe I can prove I'm qualified... with offers from one other radio station and another National News service .. which resulted in Newsradio counter-offering to keep me on with a nice raise.)

OPEN AND SHUT CASE? ... NO WAY!!

It has to be thoroughly investigated. But we have only one Human Rights Officer on the Island with a backlog. Labour Minister Allen Williams told the House he had asked for more money for more HR Officers, but the Treasury Board turned him down when he submitted his estimates. So that's it for the year ending March, 1978!.. and the discouraged Human Rights Officer can expect an even larger backlog.

EMPLOYERS DON'T FEAR THE CODE

Employers know they have little to fear because people give up after awhile. Besides, the process can take up to two years.. at which time all the evidence and facts are obscured.. events have changed, and complainants have moved into other jobs. Compared to others, my case is just a baby... a relative newcomer to the files.

WORTHLESS PIECE OF PAPER

The Human Rights Code, hailed as a model piece of legislation when it was proclaimed, has been rendered almost useless .. a worthless piece of paper. The words are great, but with no staff to enforce the law... women in this province had better realize their rights aren't really guaranteed at all. My heart goes out to Kathleen Ruff & staff.. who must surely take a lot of abuse over this.

The POET'S CORNER

" FEDERAL HUMAN RIGHTS

IF I GROW UP

The ink blots of my mind
distinguish figure ground
I worry and I ponder
many isms aimlessly

Where do I fit
or is fitting death
buried alive
in status quo

Risk a change
think a think
march in tune
to a different drummer

Stop the world
alter the cycle
refuse to orbit
materialism's axis

Paternalism is not
benign or benevolent
It is oppression
and control

Women are the baseline
in the vertical mosaic
If I grow up
I'll consider feminism.

Vaughn McMorland

SEND US YOUR POEMS -

IDEAS - BEEFS - OPINIONS -

... ANYTHING

YOU WOULD LIKE TO SHARE...

1149 WYCHBURY AVE.

VICTORIA

COMMISSIONERS APPOINTED

The Chief Commissioner of the newly appointed Federal Human Rights Commission is Gordon L. Fairweather... a member of the New Brunswick legislature for ten years and former Attorney-general of that province. He's now a member of Parliament for New Brunswick and a trustee of the Lester B. Pearson College of the Pacific.

AND NOW THE GOOD NEWS

The Deputy Chief Commissioner is Rita Cadieux... who is presently the Director of the CBC's Office of Equal Opportunity. She's a former social worker and has been active among community groups and human rights organizations. Cadieux is past president of the Federation of Women of Quebec, past president of the International Relations Committee of the Montreal Council of Women and a former member of the board of directors of the Montreal YM-YWCA. She was the Canadian representative to the 1974 and 1976 sessions of the U.N. Commission on the Status of Women.

Effective Oct. 1st, Inger Hanson will take up the post of Privacy Commissioner. She's currently a Correctional Investigator. After emigrating from Copenhagen, Denmark, Inger received her LLB from UBC and practised law in Vancouver for 8 years. She then joined the Department of Justice, was seconded to the Ministry of the Solicitor General... and in 1973 was appointed Correctional Investigator (Parliamentary Ombuds). She was appointed Queen's Counsel in 1974.

CHILDREN

LEARN

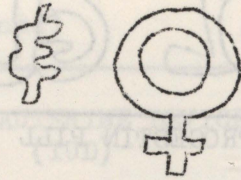
WHAT

THEY

LIVE

- If a child lives with criticism
She learns to condemn.
- If a child lives with ridicule
He learns to be shy
- If a child lives with approval
She learns to like herself
- If a child lives with fairness
He learns to seek justice.
- If a child lives with dolls and party dresses
She learns to be passive.
- If a child lives with rough games and survival courses
He learns to be active.
- If a child lives with 'mother's little helper'
She learns to be cooperative.
- If a child lives with 'get in there and fight'
He learns to be competitive.
- If a child lives with female clerks and male executives
She learns to aim low.
- If a child lives with male doctors and female nurses
He learns to aim high.
- If a child lives with emotion and feelings
She learns to share herself.
- If a child lives with the 'stiff upper lip'
He learns to hide himself.
- If a child lives with 'only well-paid work is real'
She learns to be dependant.
- If a child lives with 'being a good provider'
He learns to carry the world on his shoulders.
- If a child lives with 'only a housewife'
She learns to look down on her mother and herself.
- If a child lives with 'doing a real man's job'
He learns to look up to his father and himself.
- If a child lives with with girls in Home Economics
She learns to respect child care and scorn changing a tire.
- If a child lives with boys in Industrial Arts
He learns to respect grease and scorn dishwashing
- If a child lives with people who see jobs as sex-typed
She learns to draw back and he learns to reach out.
- If children live with poor families
They learn most sole-support mothers live in them.
- If children live with volunteer women and dollar-a-year men
They learn men's time is valuable.
- If children live with \$2 child care workers and \$8 auto mechanics
They learn their new baby is less important than their old car.
- If children live with petty thieves in jail and major thieves on pedestals
They learn its worse to steal \$300 from your boss than
\$3,000,000,000 from your (women) employees.
- If children live with the Old Testament verse that a female slave
sold for 6 ducats while a male slave sold for 10
They learn the world hasn't changed much.....YET.
- If children live with men and women who see each other as persons
They learn this is fulfilling for both men and women.

HEALTH



Our best defense against male myths about what **we** should feel and do is information - preferably from other women who **KNOW** what giving birth is like.

The male "scientific" view of women's natural functions has been used as a rationale for keeping women out of education, out of well-paid jobs and out of decision-making positions.

Today women are still confronted by medical myths which work conveniently to keep women in ignorance about their own bodies and to finance a colossal industry. We are still at the mercy of male oriented research which will not adequately provide resolution for birth control. We are still at the mercy of male dominated pharmaceutical companies which make millions keeping women tranquilized so they cannot change the life situation which so depresses them.

It is **OUR** bodies, **OUR** selves that are being mistreated. But control and self-determination start with knowledge and we have an advantage. No matter how many degrees after a doctor's name, if that doctor is male he can never know how menstruation, childbirth and menopause feel. We do. We are the **auth-**orities.

We should make deliberate attempts to learn about our bodies but always being skeptical of male experts and authorities. Discussing and comparing experiences with other women is one way to keep male opinion in perspective.

CHILDBEARING

We are subjected to emotional, social, economic and institutional pressures so that the experience of pregnancy and delivery is most often filtered through male expectations and decrees of what should and will happen. For example, "A woman is likely to glow and look more beautiful during the period while her body is fulfilling its ultimate physical function."



"... was it.. take two yellow ones and one red one or two red ones and one yellow one...?"

BE SURE TO READ....

Our Bodies, Ourselves: A book by and for women. N.Y. Simon & Shuster. Boston Women's Health Book Collective.

Vaginal Politics: an excellent guide to what should be included in a gynecological check-up. N.Y. Quadrangle Books. Ellen Frankfort.

There's Gold in Them Thar Pills.. An inquiry into the medical-industrial complex. Penguin. Alan Klass.

Women and Madness: Doubleday, Phyllis Chesler.

I'm Not Mad I'm Angry, Women Look At Psychiatry: Press Gang, Vancouver.

Drugs are not the answer to most problems, in spite of the drug industry's propaganda. They simply treat the symptoms. They don't touch the causes. **KNOW** what is prescribed, why... and how long you have to use it.

BIRTH CONTROL GUIDE

METHOD	COMBINATION PILL (estrogen/progest- erone)	PROGESTIN PILL	INJECTABLE PROGESTIN PILL (DEPOPROVERA)
EFFECTIVENESS (per 100 women)	method failures less than 1 user failures: 2-4	method failures 1-2, user fail- ures: 2-4	method failures: 1 user failures: 2-4
PROCEDURE	TAKEN FROM 1ST to 21st day of cycle .. 7 days off.	taken daily	injection every 3 months
REASONS TO AVOID	not for women over 40, or those with history of cancer of reproductive organs; clots, liver disease, heart disease, ab- normal vaginal bleeding, varicose veins, diabetes, migraine headaches high blood pressure.	It is suggested that progestin can be converted to estrogen in the body.. so contra- indications may be the same as for combination pill	not for those wish- ing to have children eventually. (Some- times menstruation does not resume) NOR for those with any problems listed under combination pill.
COMMON EARLY SIDE EFFECTS	Nausea, breast tenderness, bloating weight gain, ir- regular spotting or bleeding, headaches depression	bleeding ir- regularities.. (everything from excessive bleeding to no menstruation, weight gain.	same as column 2
HEALTH RISK	Abnormal sugar metabolism, changes in blood chemistry, high blood pressure, change in libido cystitis	same as column 1	same as column 1
RARE BUT SER- IOUS SIDE EFFECTS	STROKES, blood clots (legs or lungs) heart at- tacks (women over 35), liver tumors,	all same as column 1... but occur less fre- quently. Risk of tubal pregnancy.	same as column 1

IMPORTANT!! REPORT TO PHYSICIAN IMMEDIATELY ANY UNUSUAL SIGNS:

Blurring of vision; migraine-like headaches; chest, leg or abdominal pain;
skin rash; pronounced emotional changes.... if you use any of the above
methods.

(Family Circle: with cooperation of Planned Parenthood, AMA, C. of Obstetricians)

BIRTH CONTROL GUIDE (contd)

METHOD	INTRAUTERINE DEVICE (IUD)	DIAPHRAGM WITH SPERMICIDAL JELLY OR CREAM	CONDOM
EFFECTIVENESS	method failures: 2-4 user failures: 5-10	method failures: 2-4 user failures: 10-20	method failures: 2-4; user failures: 10-20
PROCEDURE	Inserted in uterus. New types containing copper must be replaced every two years. Hormone-containing devices to be replaced each year.	Inserted several hours or just before intercourse. (add additional spermicide before subsequent acts of, intercourse) Must be left in place at least 6 hours after use.	rolled on before intercourse. Care should be taken that condom does not slip off before or after ejaculation. Leave slack for ejaculate.
REASONS TO AVOID	Not for women with pelvic infection, (chronic or recurring); undiagnosed genital bleeding, cervicitis, malignancy, heavy periods, anemia, fibroid tumors, heart disease, Copper not for women with known allergies to copper.	Not for women not highly motivated to use diaphragm correctly before intercourse.	Not for men not highly motivated to use condom correctly for each act of intercourse,
COMMON EARLY SIDE EFFECTS	Heavy periods; bleeding between periods; Cramping pain. (If excessive, device must be removed.	Allergic reaction to spermicide or rubber in rare instances.	Local irritation in rare instances.
RARE, BUT SERIOUS SIDE EFFECTS	Perforation of uterus; severe pelvic disease; If pregnancy occurs... septic abortion; tubal pregnancy.	None known	None Known

IMPORTANT!! FOR IUD USERS: See doctor immediately if you suspect you're pregnant, have severe pain, abdominal tenderness, suspicious discharge or irregular bleeding. Device may have to be removed.

BIRTH CONTROL GUIDE (cont'd)

METHOD	CHEMICAL: foams, jellies, suppositories, tablets.	RYTHYM (calendar)	RYTHYM (temperature)
EFFECTIVENESS	(aerosol foam has the lowest pregnancy rate) method failures: 2-4	method failures: 5-10. user failures 20-30	same as calendar
PROCEDURE	Must be applied no more than an hour before intercourse. (it may take up to 10 minutes before tablets & suppositories are effective.) All must be reapplied before each act of intercourse.	Keep a record of each date menstrual flow starts & length of time between periods. Using the number of days in the longest & shortest cycles, you can calculate the 1st and last days you're likely to be fertile within the subsequent menstrual cycle.	Take your temperature each morning before getting out of bed. A rather small but sharp rise occurs when the egg is released. After 3 days at the higher level, the unsafe period is past.
REASONS TO AVOID	Not for women for whom pregnancy or abortion is unacceptable.	same as column 1 and not for women for whom sexual abstinence for a certain number of days is undesirable.	same as column 1 & 2
COMMON EARLY SIDE EFFECTS	Allergic reaction in rare instances.	None	None

RYTHYM (cervical mucus): also has a 20 to 30 user failure rate. Check cervix daily. Normally cloudy mucus becomes clear & stretches between fingers when egg is released.

TUBAL LIGATION: method failure less than 1. no user failure. Fallopian tubes are tied and cut. Not for those who may want children later. Some risk... bleeding or infection.

VASECTOMY: Failure less than 1. ... Sperm carrying ducts in male are tied & cut. Not for those who may want children later. Slight risk.. bleeding or infection. Checkup after surgery to make sure sterilization was achieved. Some contraceptive method until lab tests show no sperm present in ejaculate.

SO HAVE AT IT, FRIENDS..... IT'S CALLED RUSSIAN ROULETTE!

A RITE of PASSAGE

MENSTRUATION

The beginning of menstruation marks a time when a girl becomes physically mature. It is a dramatic and definitive movement. In many societies it is marked with a ritual of some sort. In some cases the ritual is warm and supportive, a celebration of the girl's new womanhood. In others, however, the fear of blood and loss of blood makes the ritual a more negative one, designed to protect the society, especially the men, against what seems to them a strange and fearful occurrence. In either case, the woman is taboo, that is to say, SACRED.

Whether the dominating element is celebration or repressive confinement, these rituals give recognition to the fact that an important event has occurred . . . the passage into womanhood.

Our society seems to lack any rite of passage for physically maturing girls (or boys). Instead, the time is marked for girls by the onslaught of a special kind of advertising . . . for Tampax, Kotex and the like. The implication seems to be that menstruation is a rather worrisome, unclean process that requires, not sacred rites, but the purchase of products. (It is still difficult for us to realize that it is in fact, a CLEANSING process .. the uterus clearing itself for a new preparation to house growing life.)

This very important human moment is ignored in our society, and the girl is generally expected to handle it privately after a few sessions with her health class and a chat with her mother. Certainly the mystery and excitement of the situation are negated in our society, and what ought to be a cause for celebration is usually treated as though it were a problem.

FROM THE WOMEN'S KIT

"Are you sure your tampon keeps you odor-free?"

Be untamed. Be unspoiled. Be undiscovered. But be sure. Use Kotex/

Best of all Tampax won't remind her or her friends that she's having her period. They'll make becoming a woman a bit easier."

"If you're old enough to pick your clothes, you're old enough to pick your sanitary napkin."

"Kotex tampons are a lot like you... soft and natural."

"The fresh delicate scent reduces odor in a very gentle, totally feminine way."

Remember, most of our surgeons are men... to whom no ovary is good enough to save... and no testicle is bad enough to remove.

It is no wonder when 90% of physicians are men, that women's natural bodily functions.. menstruation, childbirth & menopause.. have been viewed by the medical profession as illnesses, abnormalities and weakness.

WOMEN & MADNESS

THE MAKING OF A SCHIZOPHRENIC

BY

JUDY BOEL, 1977

HERSTORY

Nora's family was Norwegian. Her mother and father never embraced in front of the children. She was never kissed. Emotions were things you kept to yourself.

Nora was never told about her sexuality.

Nora loved to play the piano and could play by ear. She was discouraged from pursuing a musical career.

Nora was courted by her future husband for 10 years. She felt uncomfortable being worshipped and didn't want to get married. She finally relented because of her family's fears that she would remain a spinster.

Nora questioned her ability to be a mother, but allowed herself to be convinced after five years of marriage. Pearl Harbour was bombed and her husband enlisted in the army when she was three months pregnant.

After her husband left, Nora spent hours alone in her room reading. She became obsessed with being the best possible mother. She didn't breast-feed because of germs and was careful to feed her baby every four hours even if she cried for food early.

POSSIBLE INTERVENTIONS

Kindergarten or Primary grade teachers who were warm and affectionate and could help Nora feel OK about herself.
(not available)

Straightforward sex education - both technical and on a feeling level.
(not available)

Encouragement from teachers and friends. (not available)

An emotional support group to help her feel that being celibate and single was OK.
Friends to challenge her beliefs concerning the role of women.
Assertiveness training.
(not available)

Someone to talk to or something to read concerning the fact that all women aren't natural mothers.
(not available)

A well-baby clinic to teach self-regulated feeding.
A new mother's group for emotional support.
Someone to show her how she was stuck in an aversive reaction to her own mother's "old world" child rearing approach. (Not available.)

THE MAKING OF A SCHIZOPHRENIC (cont'd)

Nora spent the next five years while her husband was overseas alone with her little girl.

She gave up a lucrative job. She had no social life. She became obsessed with fantasies that her little girl would die and became phobic about germs. She isolated the child from other children so she wouldn't get sick.

Nora was repatriated with her husband in Europe. She had a baby boy. She became sexually 'frigid' and never had intercourse with her husband again.

Nora delved more into metaphysical reading and mysticism. She felt possessed of evil spirits. She felt most people would contaminate her. She tried to protect her children from anything 'bad' or 'ugly'. Both children were displaying neurotic and psychosomatic symptoms. Her daughter got pregnant and left home.

Members of Nora's prayer group tried an exorcism when she told them her voices were taking her over. One by one they stopped coming to visit her. She spent most of her time in her room. Rats and roaches began to take over the kitchen.

Nora's voices tell her to put her son 'out of his misery'. He wakes to find his father taking a knife away from his mother.

After four years in state mental hospitals and numerous shock treatments, Nora was ready to come home. She received no counseling because she was not suicidal or homicidal, and the doctor's case loads were too large to take anyone but the dangerously insane.

Someone to confront her about her unhealthy fears and suggest she get professional help.

Shared day-care for single parents.

Mental health clinic with women oriented women counselors and doctors. (not available)

Humanistic sex counseling for Nora and her husband.

A creative divorce.

Help with her aversion to being touched... possible biofeedback.

A women's Transition House.

Readily available psychological counseling regardless of income.

Family therapy and/or intervention by humanistic social worker.

(not available)

Someone to tell Nora, "I think you're mentally ill. I think you should get help."

Someone to confront her husband with his lack of realistic support and unwillingness to deal with his wife's distress. (not available)

Immediate intervention and family counseling for Nora's son to help him deal with his night terrors, lack of bowel and bladder control, and beliefs instilled by his father that all menopausal women go crazy. (not available)

Homemaker's service in Nora's absence.

Individual and group psychotherapy.

Half-way or transition house.

(not available)

THE MAKING OF A SCHIZOPHRENIC (cont'd)

Nora didn't want to go back to the marriage, but could not be discharged unless it was into her husband's custody.

Nora's illness was controlled medically. She continued to live in poverty with her husband until his death in 1976. She had a brief relapse of what was diagnosed as remediabile paranoid schizophrenia, and is now living with her son and his wife. She has a hard time thinking because of the high doses of drugs she must take to stay out of the hospital. She lives in almost constant fear of death, disease and the unknown.

I believe that with the proper intervention at any time, but especially in the early stages of her illness, Nora's life might have been more productive, less isolated.

How does this relate to 1977 and the Women's Movement? Aren't we all politically sophisticated about the socio/political contributions to mental illness? Perhaps. We can cry for our sisters in hospitals everywhere, and for the injustice of it all, but I still feel most of us are helpless in the face of a friend's bizarre behavior or signs that she appears to be having a 'nervous breakdown'. It's too close to home for us. We're suddenly put in touch with our fears of losing control and 'blowing up' or crying forever, and our needs to 'act out', 'be irresponsible' and/or 'be taken care of'. It's safer not to see ourselves in her... that woman doing what we fear we might be doing should circumstances be a little different.

If only we could sidestep our fears, and say something like this, in a clear, non-blaming way: "I see you doing thus and so. I feel uncomfortable about it. My fantasy is you're confused and hurting, or lonely inside and doing these things to comfort yourself or to ask for help."

Half-way or transition house.
Job search.
(not available)

On-going therapy (group or individual)

Rap group for ex mental patients

Alternatives to chemotherapy.

Older women's rap group.

Friends to talk and walk with.

"I want you to know I care. Please go and talk to a skilled person." Find out about various community resources and tell her about them. Volunteer to help her shop around for what suits her. Escort her to her first session.

This may not change the world... but had someone confronted Nora that way years ago, I might be able to talk to her today without needing to cry afterward.

She is my mother.

Judy Boel is a feminist counselor with a practice in James Bay. She graduated from the University of Miami with a Masters degree in Education and has lived on Vancouver Island for 7 years. She can be reached at 385-1238.

NEXT MONTH

.... we'll be working like dogs putting out literature for the conference kits... so we probably won't be doing an OCTOBER SWAG NEWS.

If you can't get to the Conference and want one of the kits... (full of papers on various issues) send a dollar and your request to Maxine Cowley
at 164 Beechwood, Victoria

NOVEMBER NEWS

"CONTINUING EDUCATION"

We'll be looking for articles, stories, poems and beefs about night school, job training, recreation arts & crafts, women's programs, YWCA courses...

... just about anything!

PLEASE CONTRIBUTE
MATERIAL!

DEADLINE = NOV. 8th.

