



PRIME TIME

A Project for Women in their Middle Years

NEWSLETTER #4
JUNE 1978

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

A SUMMER PROGRAM

Co-sponsored by Prime Time and the YM-YWCA

ALL WORKSHOPS WILL BE HELD

THURSDAY EVENINGS

7 - 10 P.M.

AT THE YM-YWCA

880 COURTNEY STREET

ALL WORKSHOPS ARE FOR WOMEN IN THEIR MIDDLE YEARS.

(BUT WORKSHOPS #1 AND #3 ALSO INCLUDE MEN)

PARTICIPANTS MUST PRE REGISTER AT PRIME TIME (388-6101)
WORKSHOPS ARE LIMITED TO 15 PARTICIPANTS, SO PLEASE
REGISTER BY PHONE AS SOON AS POSSIBLE.

FEES \$1.00 PER SESSION TO BE PAID AT THE DOOR

COURSE

GROUP LEADER

DATE

- | | | |
|--|------------------------|-----------|
| 1. Learning About Menopause:
An Introductory Workshop for Women
and Interested Partners. | Susan Moger | July 6th |
| 2. Time For You
Make space --- not waves!
Explore how assertiveness can help you make
space for your interests and needs this
summer, without rocking the family boat. | Bet McMurchy | July 13th |
| 3. Living With Aged Parents
(For Men and Women) | Susan Stein | July 20th |
| 4. About Your Sexuality:
For Women in Their Middle Years | Ruth Ralston | July 27th |
| 5. The Working Woman:
Living with Two Jobs | Norrie Preston | Aug. 3rd |
| 6. Pentimento: An Exploration of Creativity
A workshop for women who are interested
in <u>beginning</u> to uncover what was there
all along, using relaxation, visual aids,
paint and paper - open to all those who
can't draw a straight line. | Phyllis Serota Rochlir | Aug. 10th |



CONTINUING EDUCATION BULLETIN BOARD

DOWNTOWN ACADEMIC COURSES FOR SEPTEMBER 1978 to APRIL 1979 TERM

For women who work downtown or any women interested in continuing their education on a part-time basis, the University of Victoria is offering courses in Political Science, Sociology, English, Economics and History in the daytime, both in the noon hour and after work (4:10 - 5:30 p.m.) as well as their courses regularly offered in the evenings on campus. Students have a choice of taking courses for credit or on an auditing (non-credit) basis.

Early registration is essential for these courses. The last day for students taking more than two courses is June 30, and for students taking two courses or fewer is July 31. See the Prime Time bulleting board for detailed information about courses or telephone the University, 477-6911, local 4802 or 4803.

SELF-EXPLORATION SEMINAR FOR WOMEN

This really excellent 7 session seminar is being repeated this fall in the downtown area on Tuesday evenings. Two counsellors from UVic counselling department have designed a program to allow women to explore their goals, abilities and opportunities through training in assertiveness, decision-making, communication skills and career planning.

Several of our Prime Time women have enrolled in this seminar and tell us what an encouraging and helpful experience it has been to them in making their mid-life decisions.

Registration is limited to 16 and the fee is \$30. Bursaries to help women cover some of the cost are available from Prime Time.

Phone UVic Continuing Education 477-6911 to register.

MOTHER'S AND DAUGHTERS

An interesting evening has been planned this fall by UVic Continuing Education to explore the possibilities for more satisfactory relationships between mothers and daughters. Life styles and value differences between the generations will be discussed openly with time for questions.

Tuesday, October 3 - 7:00 - 10:00 p.m.

Fee \$4 each or \$6 for mother and daughters together.

Phone UVic Continuing Education 477-6911 to register.

RETURNING TO LEARNING

If you are returning to studying after some years, this one week course might be helpful. Sessions are held in how to study, take notes and summarize material as well as brush up material on vocabulary and math.

5 days starting August 28, 9:00 a.m. to 3:00 p.m. Cost \$20.

For information phone Camosun Community Education Services - 592-1281, local 221

SUMMER COLLEGE FOR THE AT-HOME WOMAN - CAMOSUN COLLEGE

Reminder. This course is offered 10th - 14th July (for description see last newsletter). Fee - 5 days \$50.00.

PLEASE NOTE: Prime Time is offering bursaries to partially supplement the fees for the Summer College program. Please call the office for more information.

Twelve years ago, I was a deserted, frightened woman with 6 children to care for - I needed help!

Because of my location I was directed to the Fernwood Family & Children's Service Office. An extremely kind social worker made me realize I had a lot to offer, by helping others I could strengthen myself.

The Human Resources Dept. wanted to start a pilot project -- I was interested. The group called "The Fernwood Ladies" was born. I believe there were eight of us. A controlled group therapy began.

Finding out there were other women with similar problems, my burden became easier. We could share our problems and experiences. We gave each other strength. We joined ranks and kept trying.

With guidance, our group began to grow in courage and wisdom. Sara Siple our President and myself, Vice President, were able to present a brief on the housing crisis of the poor to the Honourable John Munro, Federal Minister of Housing.

We joined forces with the National Council of Jewish Women in a community project.

I moved from the area but often thought of the "Group" I had left. I wanted to help others, but how? I became an Incentive Worker at the Community Action Group, training with Susan Talbot, and became a knowledgeable advocate, assisting people through the maze of red tape, helping obtain their rights on social assistance. For the next 2 years, due to family trouble and lack of empathy with my social workers my confidence dropped and I quit Community Action.

My next social worker - a caring person helped me immensely and when I moved to another area she remained my worker due to the excellent inter-communication between us.

Bad luck again struck and our house and all our possessions were destroyed - this was an all time low point.

Due to my social worker and her supervisor, things happened. I returned to school -- what a joy to join my kids doing homework. We learned to laugh again, and became very close. Camosun College was the answer for me!

I obtained a job with a Real Estate firm, but within a month felt unfulfilled. I went to Community Action and poured out my feelings. I wanted to help others as I had been helped. Before the lunch hour was over I had a new job, as Secretary to Community Action. Eight years later, two children still at home, doing the job I love, thanks to those who showed me about sharing and caring.

I am now the Co-ordinator of Community Action, and a Board member of Prime Time. From the bottom to the top and happy there - who could ask for anything more?



H. M. A. F.

"Fill him up!"



Glaber Ben

"Sugar and spice and everything nice?!
What am I, a woman or a cupcake?!"

I will be working with professionals in the community trying to change attitudes and to creating an awareness of the expanding role of women in the labour market.

It was great for me to have the encouragement and support of women friends and of my family when I decided to re-enter the work force. I think that I worked as hard trying to get a job as I am working in this job now. I know now, first hand, how important that sort of support is for women.

I applied to Prime Time because I believe strongly in what this office is doing. I couldn't have been more pleased to get this position and I'm firmly committed to the objectives of the project.

This month I will have completed a three year appointment with the federal advisory council on the Status of Women, where I was a member of the Justice Committee. This committee drew up information to be used by the Human Rights Legislative Committee. I also served on the Family Law Committee where I was particularly concerned with the recognition of the contribution of the housewife to the marriage partnership. This appointment gave me the opportunity to learn about legislation, government, and how the system works.

I look forward to giving all I can to my work at Prime Time and to being able to learn from the women that I come in contact with.

NORRIE PRESTON - New Prime Time Staff Member

CAROLE GATES, Summer Research Assistant, would like to hear from anyone interested in volunteering to assist in the research area. Plans for the summer include gathering information in several areas of interest to women in mid-life (eg: employment, assertiveness, hysterectomies).

If you are interested in scanning magazines for relevant material or have experience in library research please call Carole. Also, donations of magazines for this purpose would be greatly appreciated.

DONNA WATT will be leaving the position as Co-ordinator of Prime Time, but will still be involved with us in other areas.

We wish her lots of success in her new venture as Project Director for rural resource materials at the School of Social Work - U.Vic.

We all know how little research has been done on Menopause. I hope that many of you will volunteer for this study - Susan Moger.

During this summer a registered nurse working towards her Master's Degree in health sciences is carrying out a research project in Victoria to study people's ideas of, and attitudes toward, the change of life (or climacteric). The study consists of a questionnaire that is given by the nurse to a husband and wife, individually. It takes approximately one-half to three-quarters of an hour for each person to complete the questionnaire. The nurse will come to the couple's home during an evening that is convenient for them.

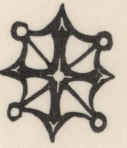
The study is being done to improve our knowledge about people's ideas and attitudes toward this subject and to improve health care. All of the information received during this study will be kept confidential.

The sample of people to be studied is couples who have lived together and/or married for at least five years. They are both to be forty to sixty years of age inclusive (from June 1, 1978) and Canadian born.

If you are interested in taking part in this study, please phone the nurse researcher, Arlene Galloway, at 592-6839 in the evening, before July 7th. Thank you.

Var let Susan Moger know
at P.T.





"BLOOPERS DEPT."

Donna What (instead of Donna Watt)

"Program for Women of the Middle Ages".

A WOMAN'S WORK

It's official - women do work harder than men on the job and in the home, according to a new study conducted by the University of Michigan. Working women spend an average of 35 minutes a day relaxing on coffee breaks, as compared to 52 minutes for men. At home, the gap is wider: Working wives toil 25 hours a week on routine chores like cleaning and cooking; their husbands put in only 10 hours. Could it be that women are just more conscientious? It seems

likely - the average single woman spends 218 minutes a week cleaning her home, while her male counterpart spends only about 51 minutes rearranging his dust.

Writer JOAN MILLS talks about her mid-life insights:

I'd gone through life believing in the strength and competence of others, never in my own. Now, dazzled, I discovered that my capacities were real. It was like finding a fortune in the lining of an old coat.

HUSBAND RETIRED?

Several women whose husbands have retired early would like to meet with other women who are in the same situation, to talk about necessary adjustments and to share ideas.

If you are interested, please call Prime Time office, 388-6101 and leave your name and phone number.



"I'd like to go back to school, but"

For women who have been considering the possibility of returning to school at sometime in the future, this highly successful course is being offered again at Gordon Head Community Centre.

Dates: July 17 to 21 inclusive

Time: 1:30 - 3:30 p.m.

Registration:- at Gordon Head Centre, 477-1871

- limited to 15

Fee: \$15.00

Leader: Gretchen Brewin, 383-7787





QUESTIONNAIRES

Well over half the questionnaires sent out after telephoning have been returned. This is a magnificent response: thank you! To those who asked what we are going to do with the information received, it will eventually form part of a report; but up to date summaries are already displayed in Donna Watt's office.

We are grateful to those who took time to complete the questionnaires, and the suggestions and comments will be useful for many purposes. Criticisms will be carefully considered (and to the one about reification we must plead guilty!)

Apologies are due to some people who were charged extra by the Post Office: perhaps this can be reimbursed when you next come in to Prime Time.

Jacque Macdonald will no longer be able to help as a volunteer for the Research Committee as she has - at last and after a lot of frustration - found a permanent job. We shall miss her, and wish her well.

A team of volunteers will be working with Hellie McLelland to analyse the questionnaires - starting this week. (You may be interested to know that Hellie, Jacque, and Joan - another volunteer - all are women in their middle years who graduated from University of Victoria within the last two years).

VOLUNTEERS

Only a small number of all the women who contribute to Prime Time are paid for their work - the rest volunteer their time. Volunteers are doing office and reception work - meeting people as they come in, answering the phone; helping with programs and groups; are members of advisory groups and a number of other activities.

All are helping Prime Time tremendously and many are picking up skills and self-confidence at the same time. I recently interviewed most of these women about their volunteer work at Prime Time, and what effects their volunteer work had on their personal lives. One woman's reply stands out in my mind - since she gets home late one evening a week because of her volunteer work -- her husband has been making dinner on that night - a definite improvement in their home life as far as she is concerned.

Thank you volunteers!

Sue Richards

Many thanks to our volunteer Maria McDowall for the interesting demonstration of 'theatrical make-up' that she did for the Prime Time staff.

The Support Group is still meeting every Thursday from 2 - 3:30 p.m. in Prime Time office.

Accomplishment means what it's always meant: Doing anything that helps you love and accept yourself.

