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# Northern Woman Journal

THUNDER BAY, Ontario

50¢

Volume 4

Issue 2



Gert's Birthday and Salt & Yeast Celebration.  
(A Journal Member too)



Some of the Journal Collective:  
Eve, Doreen, Npreen. Missing,  
Pat, Thyra and Donna



First Board of Directors,  
Northern Women's Credit Union

Trudy, Eleanor, Betty, Marion, Faye

Inside this issue..

CONTEST

February 1978



Our first issue in the new year will depart from the usual format and will contain only the brightest of news, the things we feel good about and a sort of overall picture of the kind of thinking that makes us glad we are women, living in exciting times with new options to explore and hopefully a new spirit to become real movers in the cause of human rights. We will explore the positive and give the negative, not the least of which is present in our own approach, a rest.

In other words, we are depressed with all this talk of oppression and for one issue, we say to hell with it. It is literally our plan to restore the readers faith in the divine accident that made us women in the first place, and reasonable intelligent human beings in the process of making our own judgements about what limits our capacity to function in the second place. We are inclined to think regionally and in so doing, we are deprived of the

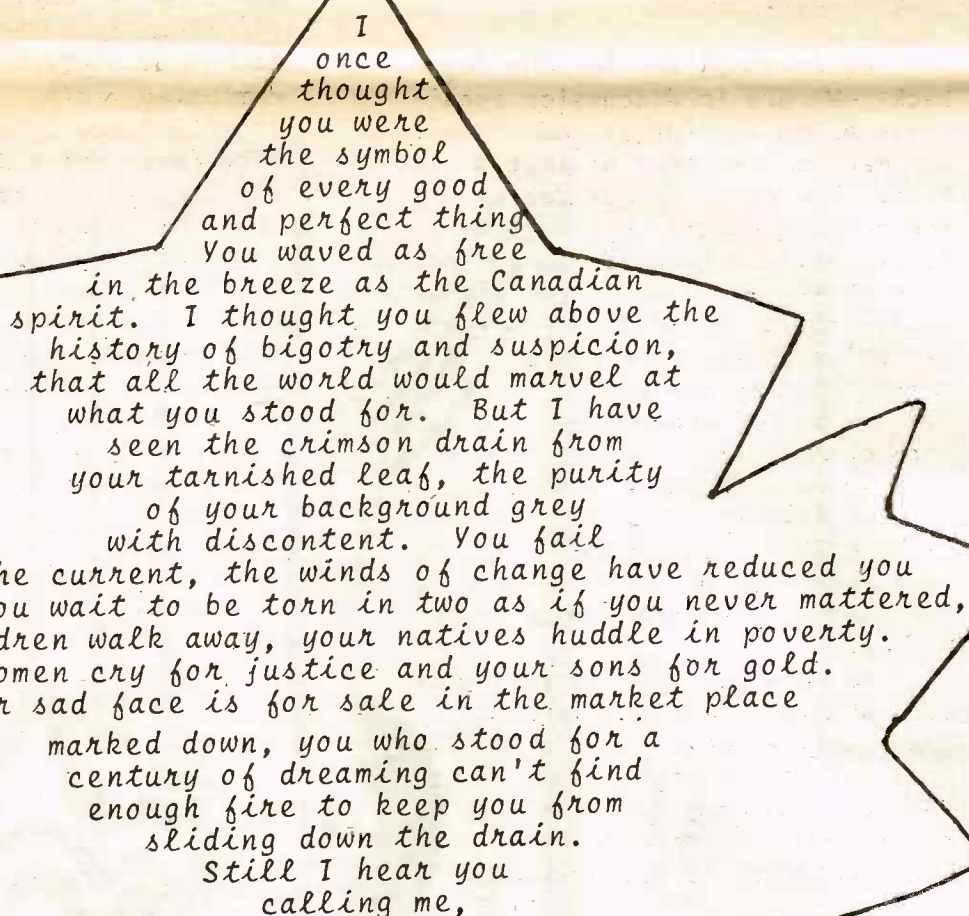
joy of some small success in Calgary, some struggle in Newfoundland, some movement in awareness in British Columbia and a dozen other places across this country. Our mind boggles when we cross the border and see our sisters to the south of us, knocking down the barriers of status and race, standing together where it counts, transcending sexual preference declaring OUR BODIES OURSELVES all in the name of human rights.

We shall go to the astonishing lengths to prove we have class by thanking the Government for the grants that have kept us able to be a thorn in their side. We shall dare to be so ridiculous as to admit quietly that there are signs of New Men around, may heaven keep them safe. We will admit we love our country and worry about the things that divide it and if we are pushed to the wall, will concede we are not perfect. Having said all that, we are now ready to face the new year with renewed faith and determination, CHEERS!

## Dream Men

It has come to me lately that I may be old enough and bold enough to draw a picture of someone whose shape has changed with every change of my circumstance and every fluctuation of my mind's eye. My dream man was once beautiful to behold; just meeting his eye was to know the meaning of voltage; just touching his hand turned me into slag. I drew him lean, tall, and narrow of hips, his hair curled endearingly on his forehead, and his mind, dear god, his mind, had nothing on it but me. What more could a young woman ask? The picture blurred with familiarity, and I drew him again, out of the spirit of the times. He was strong because the times called for strength; he was bold and full of challenge where others lost heart. He was fearless in the face of poverty and his mind, dear god, had nothing on it, except me. I drew him again out of some deep yearning to find more in his mind than me. More than work and duty, more than play and appetite. I kept him wind burned and sun tanned but gave him the soul of a poet, and the mind of a philosopher. I made him a supporter of causes, fierce as a lion in the face of injustice. I gave him principle and impeccable virtue. I drew him again—loving, filled with human generosity; a forgiving man, familiar with beauty a companion to my mind and mood, bigger than pettiness—neither leaning, nor leaned upon; neither possessing nor being possessed; a man to grow old with. But finally I drew him real. A very human man beset by as many frailties as I; an individual functioning within his capacity to understand why I must do the same. A loving man who needs to be loved; a stubborn man who needs to be challenged; even as I, an individual who knows his mind as I do mine. It is well to recognize our dream men come out of us with all the unreal expectations that divide us. Under the fantasy, it is possible to find unexpected treasure.

Gert Beadle



I  
once  
thought  
you were  
the symbol  
of every good  
and perfect thing  
You waved as free  
in the breeze as the Canadian  
spirit. I thought you flew above the  
history of bigotry and suspicion,  
that all the world would marvel at  
what you stood for. But I have  
seen the crimson drain from  
your tarnished leaf, the purity  
of your background grey  
with discontent. You fail  
to catch the current, the winds of change have reduced you  
to a rag, you wait to be torn in two as if you never mattered,  
Your children walk away, your natives huddle in poverty.  
Your women cry for justice and your sons for gold.  
Your sad face is for sale in the market place  
marked down, you who stood for a  
century of dreaming can't find  
enough fire to keep you from  
sliding down the drain.  
Still I hear you  
calling me,

save  
me

save  
me

save  
me

**we must work collectively —  
if we don't, our energies die**



# LETTERS

Dear Friends!

I've been a subscriber of Northern Woman ever since I found it on the desk of a local executive and public figure here in town (male, I should note). I also subscribe to MS magazine, Newsweek, Atlantic and Writers Digest. I'm a Czech by birth, an American by citizenship, and live in Canada by choice. I am a translator and writer by profession, and I'm married to a Canadian bricklayer (after some 20 years alone, bringing up three children). So much for the sociological background from which my letter springs.

You ask in your editorial how your readers feel about the survival of your Journal, and I feel duty bound to answer, if only for the hours I have spent reading and enjoying many of your articles.

Yes, I do think your Journal should survive. I have reservations about its content, but I am very definite in my conviction that women should have an outlet (and an "inlet").

My reservations are in the area of heavy activism, where the movement of women toward their realization and assertion of self picks up a tone of fanaticism. You will forgive me, I hope, but I have lived through a variety of fanatical situations -- from Hitler's nazism through Stalin's communism through fanatical religious fundamentalism -- and I have arrived at the conviction that, although it is fanatics who have been able to change the world in the past, fanaticism is another facet of intolerance, and I cannot identify with such a movement.

I know from experience how hard a row women have to hoe -- mothers alone, particularly. But identifying with the idea that every individual ought to have all rights to his/her own person, all rights to assert her/his own talents on a par with every other individual -- identifying with complete tolerance and complete mutual understanding, I wonder whether what the women's movement is doing is not ill-considered.

Because those rights include the right to live as one pleases, even the right to be oppressed or taken advantage of, the right to prostitute oneself in a marriage situation or out of it, as long as one is not directly damaging another person. Even the right to self-destruction, if such actions don't hurt others. If that is the case, then we have no right to force "consciousness" on women who are not ready or willing to handle it. Even if it might benefit them in the long run. (Here is where I see the parallel with the abovementioned fanatical movements -- the tendency to say, our way is best and you must see it, and even if you don't, act on it and sooner or later you'll come around. An "end justifies the means" kind of thing).

Anyway, that's just a long-winded way of saying that I'd like to see women obtaining information, facts, statistics, data on opportunities and not being pushed to accept them. You might say that no one in the Journal is forcing anyone to do anything -- but we will not win more readers, and more women to an awareness of their condition by editorializing in articles that would be powerful by their factual content alone.

So I say -- yes, the Journal should survive, I would like to be an occasional contributor, but I think that its tone should be a bit less militant, and a bit more all-encompassing, why shut out unliberated males, unliberated teenagers, who suffer from not dissimilar inner struggles?

You asked for an opinion, and I am hard-pressed not to give one when asked.

Still, let me repeat that I appreciate much of the information you supply, otherwise unavailable or unaccessible to me here, and it warms my heart this cold January morning to know that there are people moving forward everywhere, even up here in Northern Ontario.

Incidentally -- when does my subscription expire? Don't I owe you any money?

Looking forward to future issues,

K. Henley  
Elliot Lake

Dear Reader:

We do thank you for the feedback. We are in discussion regularly as to the format and the points you mention are part of that discussion. The input of our readers in the paper's content could solve a great many problems as we have stated many times. We have hoped this paper would provide a dialogue of great variation in the experience of women. Being close to the problems may tend to make us one dimensional and seem more evangelistic than we mean to be.

We want to point out to the readers that they share a responsibility to bring this paper into its real potential as an instrument in the bonding of women, where ever it is read.

We have not felt as yet, that men, who certainly have greater opportunities to express themselves, need the special vehicle of a women's Journal. "Dreams For Sale" was recently criticized (see letters) and as it happened it was written by a male.

We feel very strongly that women need the journal as much as the journal needs input. For the most part, the mass media has ignored the women's movement. Our victories are buried on "women's pages", back pages; women's news is trivialized, distorted or just plain overlooked. For example the Chronicle-Journal was sent a press release regarding the Northern Women's Credit Union's first annual meeting, (this credit union is the second in Canada) on Feb. 7, 1978 and to this date Feb. 24th it has not been printed. If it was not

for this vehicle, women in the district would not be informed that they are now eligible to become members.

We hope to hear from you again, thank you for your input.

The Collective

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Sisters:

It seems to me that the cover of the last issue, Volume 4, Issue 1, is its only redeeming feature.

Page 2: "OPPRESSION IS..." - hell, I know what oppression is. The more I dwell on what oppression is, actually, the longer I keep myself down. There I am, strapped down at wrists and ankles by all of SOCIETY, MAKING ME FEEL: exploited, dependent, fearful, inadequate - oh, such a delicious space. Love it love it. So comfy. No responsibilities. It's THEIR fault.

Page 6: Do you really think Margaret Trudeau needs defending? I think she's doing O.K. on her own. Articles of support from the Women's Movement seem to me redundant.

How interesting that "Bits and Pieces" contained bits entirely about rape. I become as angry as the next woman at the fact of rape. Truly. The "Bits and Pieces" were placed in such a way as to seduce me into complete sympathy for the next article, "Women Against Rape".

Page 7: To say this article "Women Against Rape" was written in a thoroughly biased and non-professional way would be the obvious response. Sensationalism is a thoroughly borrowed technique - borrowed from all the male-dominated media. How thoroughly COMMON of all of you to allow the sentence, "The fact that a woman was defending the accused was bad enough, etc. etc.. They (our support group) were hurt, shocked, surprised, betrayed." Oh, I see. If a woman becomes a lawyer, she may only defend those of whom the Movement approves as defensible. She may not accept clients simply because they are entitled to a defense. She is permitted only to trade one set of limitations for another.

Pages 14 - 15: Here we have two pages devoted to Harlequin Romances as related to the virtues of Marxism.

I think I shall allow my subscription to run out.

Margaret Frenette

Dear Margaret:

We are happy you liked our cover, many readers did not. Pleasing all our readers would be quite impossible. Putting a feminist paper together is a difficult task as some articles may displease some people. Feminism in itself is subject to controversy. The paper tries to put forth the feminist movement in N.W.O. and other cities.

1) Oppression is - We know many readers understand what oppression is, but out of approximately 1000 subscribers, maybe there are some who do not. We feel if one article reaches someone who has previously heard nothing about the subject, it may edu-

Continued on page 4

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## LETTERS

cate a new person.

Our collective pride ourselves in being and reaching different levels of feminism. From perhaps one extreme to another (ie: Conservative feminist to radical feminist.) We have been complimented on those grounds alone. I think it only fair to note, our paper is still in existence, where-as many Canadian feminist journals have folded.

Margaret Trudeau - Our collective is split when the topic of M.T. comes about. Some feel she still needs defending and others don't. Again we feel our readers may feel the same way. Maybe a bit wishy washy, eh.

"Bits and Pieces" was not intentionally placed in such a way as to seduce you into complete sympathy for the next article. Unfortunately, we were pressed for time in "getting the paper out before Christmas" and we didn't realize where exactly it was placed. "Women Against Rape" again another criticism. See following letter.

Harlequin Romance - Again we can not please everyone. Some readers have said they would like to see the paper become more political, to see marxist philosophy, redstocking feminism, etc.

We are extremely sorry you may let your subscription run out. We hope you don't.

Collective

### The Northern Woman.

The recent article "Women Against Rape" written by an anonymous member of the Rape Crisis Centre broke faith with the readers of the Northern Woman Journal in that it did not abide by a newspaper's responsibility to be honest accurate and fair in reviewing events.

Dianne Pettit Baig

Dear Dianne:

We are sorry you feel the "Women Against Rape" broke faith with the readers. Our paper has no policy concerning signed articles as other papers do. We feel we are different in many ways; we hope we are. If we had such a policy some beautiful work would be omitted, example: "M on poetry page".

The article itself was edited by our collective and was published knowing it may offend some people. We are not in the business of offending people but unfortunately it sometimes happens. It was a biased article but expressed the feelings of many women who witnessed the trial. We suggest that more women should attend rape trials and try to be unbiased. Rape Crisis Centre's members sometimes, only see one side as the article portrayed and we felt because of the local media's one sidedness, (ie: In favour toward the accused)

Northern Woman Journal page 4

## Women Read Men?

Over the years when I find the occasion to go into a stranger's house, my eyes go almost unbidden to the presence or absence of books. A tingle of delight starts up my spine at the sight of a well-filled book shelf. These people read, therefore they think; and what do they read and think about? Everything I want to know about them is written in the titles. How to support yourself on an acre of land, the organic gardener, solar heating, the art of log house building- and I settle back prepared to discuss both the depression and the art of survival. The absence of fiction tells me I am in the house of a scholar. History and biographies of the movers and shakers of the universe, poetry and philosophy and religious thought- and what's this? -"Do You Know Your Volkswagon?" A good collection of Canadiana tells me I am in the house of a patriot and when I see the native content and the French fact represented, I add, aware of the patriot. Now we know what daddy reads, let's try to imagine what mother reads. If she is a reader, one can imagine she has shared in most of the thin things on the shelf (with the possible

exception of the Volkswagon. But books that are uniquely female orientated have not yet found their way on the average bookshelf. A few years ago I suddenly realized most of the things I had read were written by men, and even the way I felt about myself was from a male view-point. I even fancied they were the ones capable of telling me the way I was. I made an abrupt about face and proceeded to establish my own little corner of the book case. Germaine Greer, Kate Millet, Betty Friedan, Robin Morgan, Simone de Beauvoir, Gertrude Stein, Doris Lessing and the list grows. Powerful stuff that opens doors to yourself. Women's poems that coaxes you out of myth and mystery and exposes the raw nerve, the bare bone, almost frightening in it's intensity. I have to ask myself, does a book serve it's full purpose if it makes you think or is it perhaps only a prelude to what makes you feel? Women have read men for a thousand years; theology, philosophy, poetry. It's a great thrill to me, that coming generations will be exposed to the creativity of women in all the arts and be the better for it. Gert Beadle

we had to balance the scale.

We invite you to write a follow-up article of your feelings about the trial.

We are sorry if it offended you in any way.

Collective

### WOMEN'S PLACE IS DIRTY DISORGANIZED AND DARK

Now that we have your attention-- this is a plea for a vacuum cleaner in good condition, legal sized file cabinets, wall dividers and a couple of end tables and table lamps. Hopefully these items will be donated, however we can possibly squeeze out a few bucks.

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Missing

Check your book shelves! Women's Centre would appreciate the return of the following books:

Born Female, Male & Female, Mother Was Not A Person, Report of Royal Commission on the Status of Women, Sybil, To The Lighthouse True Story of How Babies Are Made Women & Madness, The Lace Ghetto The Edible Woman, Rubyfruit Jung Surfacing, Women's Astrology, Our Bodies, Ourselves, Birth Book.

Children's Books:

Charlotte's Web, Exactly Like Me Fresh Fish & Chips, Free To Be You & Me, I'm A Child of The City. We would like to expand our library so donations of books are welcome.

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**and**  
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 182 S. Algoma Street. Phone 345-8912  
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WOMEN IN MUSIC  
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# I.U.D. LEAVES WOMAN STERILE

Dear Editors,

I originally wrote this article / story that is enclosed to relieve some of the hurt and anger in myself. However, after I was partway into it I realized that these stories are usually buried and then again, that information is not passed on to other women who might be able to benefit by others experiences. Therefore, enclosed please find an article that I hope you will publish in your journal. I would like to suggest that other women send in their experiences with birth control, both negative or positive so that we might learn from them. Thank you for your attention and your time.

Yours truly,

Sandra Steinhaus

I cannot become pregnant. I blame the doctors and their lack of responsibility when it comes to women's bodies. Doctors disregarded me as a person and treated my body as loose parts disconnected from a whole. I have had different I.U.D.'s inserted for the past 11 years and been involved with women's issues for the past 8 years. Altogether, I have never considered myself unaware about my own body. My following experience testifies to the fact that women have to know even more about their own bodies in order that we may take care of ourselves.

In June 1976, I was taking a French course in a small town in Quebec- Trois Rivieres. I developed terrible abdominal pains and phoned my gynecologist in Montreal. He was out of town but I assumed that the best bet would be to return to Montreal and go to the emergency wards of one of the larger

hospitals. Since I had been to the Jewish General Hospital before, I went there. I was seen by a male doctor who pushed and prodded at my abdomen and advised me to curb all my eating of salads, vegetables and fruits. Although I mentioned that I had an I.U.D., he never once examined me internally. This point is important to remember.

I returned to Trois-Rivieres and, after 6 days, I was so doubled in pain that I again

## PLEASE

The Journal's subscriber cards have paper clips on the ones whose subscriptions are due. There are so many paper clips the Rolodex is packed solid! Please check the back page to see if yours is due and pay. We appreciate and need your continued financial support.

phoned my gynecologist in Montreal. This time I insisted that another gynecologist in the office should see me. Upon internal examination it was found that I had a severe infection in my uterus (due most probably to the I.U.D.) and he prescribed antibiotics with an abstention from intercourse for 6 weeks. The doctor was amazed to learn that I had not been examined internally. He said, "Anytime a woman has pain at the level of her navel or below, it should be assumed that she has a pelvic infection and definitely examined internally."

Fine, I learned something vital but too late. It is also important to realize that at no time did this doctor talk to me about the consequences of a uterine infection.

He prescribed birth control pills for me when the six weeks were over and mentioned that I could have another I.U.D. inserted in October. (Was he trying to make more money for the pharmaceutical firms?) This I proceeded to do.

In the summer of 1977, we decided to have a baby and I had my I.U.D. removed. By December of 1977 I had still not conceived. Purely co-incidentally a female friend mentioned that she could never become pregnant because of pelvic infection she had from an I.U.D. It had travelled and blocked her fallopian tubes. This set me to thinking but since the gynecologist had never mentioned it to me, the idea seemed slim. I was still under the impression doctors tried to care for women. I arranged to have a uterogram done by a radiologist and sure enough I am sterile. I cannot have that baby that we want so much. My fallopian tubes are scarred and completely blocked.

I am so angry at the medical profession. 1. The doctor did not bother to examine me internally and left me with an acute pelvic infection. 2. My gynecologist never bothered to inform me that one of the

side effects of an infection from an I.U.D. can be sterility. 3. The gynecologist never bothered to warn me of the consequences of a uterine infection- that my tubes could be scarred or blocked, What is their job?

If the doctors had cared about me as a person...I would not have built up expectations of being able to have a baby and be so shattered. I would not have had to ingest pills (birth

control) for no reason at all. Since one of the side effects of these pills is blood clots, supposing I had developed a blood clot? For what reason? Because a doctor forgot I was a whole person and things should be explained. He should have not just been treating my infection and wait for me to return in order to diagnose my sterility or, by chance, a blood clot.

Since the medical profession is not helping us women in our search for health; we must pass on our experiences and learn from each other.



## THUNDER CLAP

Muriel Boyle of Sioux Lookout who was 94 years old on February 20, 1978. She has just been awarded the Queen's Jubilee medal - An outstanding citizens award.

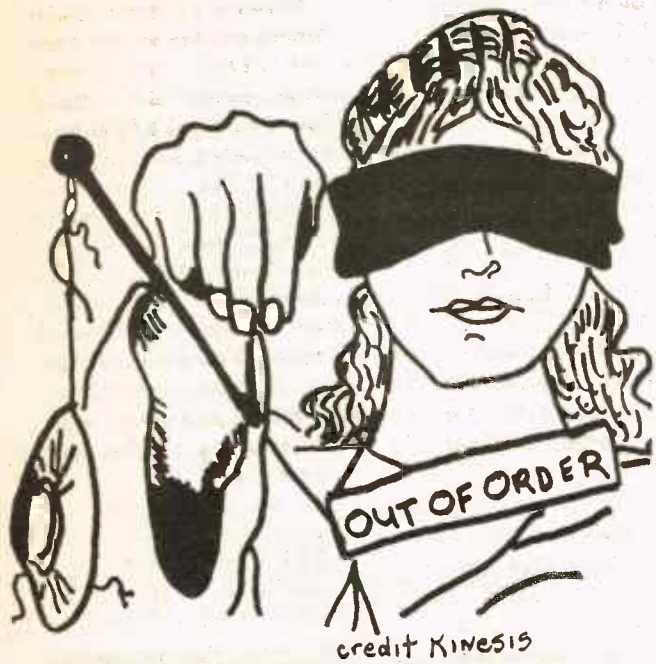


## THUNDER BOLT

The Lakehead University "Argus" and those that advertise on its pages. The contempt the editors show towards its readers (especially women) is very evident.



# WOMEN AGAINST RAPE



credit KINESIS

What can we do about rape in our communities other than anguish at the courts that handle it all so badly. The paranoia that sees every man a threat and every woman a victim seduces us into extreme forms of behaviour that delays us in effecting changes of a system that badly needs a cold, relentless appraisal of its deficiencies. If, as Florence Kennedy, that great feminist, says "It takes more time to get your tit out of the wringer than it does to stop the machine", then it would seem the better part of wisdom to aim a concentrated attack on the machine, which is nothing, if not antiquated, where the protection of women are concerned. Considering the fact that our crown attorneys are mainly of that generation that enjoyed the fantasy of women as mere appendages - should we be pushing for the victim's right to have her own attorney as a co-prosecutor? Should we be more vocal in support of changes in the terms of the charge, in view of the reluctance to sustain a charge of rape because of the penalty imposed. While the rape and sexual assault teams support the victim and embark on an extended educational program to other groups, do we have the right to expect total exemption of the responsibility that is the moral obligation of every one of us regardless of sex? I, as a taxpayer and citizen, have honored that obligation and taken the time to voice my concern to the Solicitor General for Ontario. When the courts deal properly with this crime, for it is a crime, as every woman knows, the incidence of rape will decrease. We should all be concerned that victims are further victimized by laws that were formerly supposed to protect them. When these same victims consider that laying a charge is an exercise in futility, then we are all in trouble. Get your pen out, and do your duty - you will feel the better for it.

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The last issue in "Women Against Rape" reflects the disheartenment and frustration rape crisis workers and supporters feel as witnesses to the ravishing of rape victims by our legal system.

Because rape is considered a crime of passion (a sexual crime) the issue of consent plays the most important part in the courts, although consent is legally unprovable. To justify the issue of consent, the woman becomes the target of an inquisition, having to account for her behaviour, her life style, appearance, personality, etc. prior to the assault, during the assault and after the assault. This unfeeling process of discrediting a witness is allowed to create questions in the minds of the jury that the accused could not have committed the crime without her participation. The jury, remember has to convict "beyond a reasonable doubt" that he is guilty. If they are only 99% sure he is, they must let him go. The philosophy, more prevalent in rape and sexual assault cases is that they (courts) would prefer to allow a guilty man to go free rather than convict one innocent person.

Being as it is, we cannot argue with the justice system. We sit at each rape trial knowing that the attitudes toward women regarding "sex" and the burden of proof would set another man loose to perhaps rape again. Rape laws reflect attitudes of its society and vice versa, so rape centres feel there is little hope of mass changes in attitudes overnight when our present laws have changed very little since medieval times. Women were regarded as property then, and now centuries later these attitudes are still in our present laws.

We have an alternative. The law reform Commission's working paper on sexual crimes is due to be released in early spring. (March) The rape crisis centres across Canada were enthusiastic although uncertain regarding some of the recommendations rumoured to be contained in the paper. Regardless, they were ready to draw up a position paper with changes and/or acceptance of proposals.

There is a problem. The National Assistor to Rape Crisis Centre, Joannie Vance, stated in her monthly newsletter that there is hesitation among some members of the law reform commission to release the working paper to the public. It seems that we are, again, being denied the right to respond to laws that are supposedly there to protect us (women) from sexual abuse.

We ask individuals and groups to write to the Minister of Justice urging him to pressure the law reform commission to release the working paper to the public. Our goal is law reform above and beyond the working paper and this should be emphasized. To gain this end, we must have access to the paper. After the paper is made available, more work and involvement will be necessary to enact stage two. More about that in later issues.

Please write to the Minister of Justice, with copies sent to your MPs and MPPs. Get friends to write also. There is power in the vote (they denied that to us for centuries too, remember) so put it to work.

Women's Centre will have form letters to be signed, drop in and sign. Time is important. The next two to three weeks will either dash our hopes of acceptable reform in laws regarding sexual offences or doom us to more centuries of injustice.

The Honourable Stanley Ronald Basford, Minister of Justice and Attorney General of Canada, Ottawa, Ontario.

## LIBERAL

1. Honourable Robert Andras  
President of Treasury Board  
Ottawa, Ontario  
Liberal
2. Paul McRae  
Parliamentary Secretary to  
Minister of National Health  
and Welfare  
Ottawa, Ontario  
Liberal
3. Mickey Hennessy, MPP  
Fort William  
Queen's Park Address:  
Room 413 B  
Legislative Building  
Queen's Park, Toronto, Ontario  
M7A 1A2  
(416) 965-4130  
  
Constituency Offices  
294 E. Brock Street  
Thunder Bay, Ontario  
P7E 4H4  
(807) 623-1011  
  
638 A Simpson Street  
Thunder Bay, Ontario  
P7C 3J7  
(807) 623-1011
4. Jim Foulds, MPP  
Port Arthur Riding  
245 S. Court Street  
Thunder Bay, Ontario  
345-6714

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## CHILD'S PLAY

An 11-year-old girl successfully fought off two would-be child molesters. As she was walking home from school, a car with two men stopped, and the passenger opened his door and grabbed her by the arm. She flipped him onto his back on the sidewalk, chopped him in the neck with the edge of her hand, and jabbed him in both eyes with her fingers. The driver jumped out, screaming, "That's murder!" Neighbours, alerted by the noise, called the police, and both men were apprehended.

The girl is the daughter of a woman who studies judo and a man who holds a brown belt in karate. She was unharmed, except for a slight bruise on her arm where the man grabbed her.

--reprinted from Plexus



# EATING NATURAL

by Patricia J. Wales, D.C.

Natural foods can best be defined as "Any food which spoils but eaten before it does." It is plain food with nothing added and nothing taken away. That means food which is closest to its growing state, made edible in the simplest way possible. Any food that can be eaten raw, should be -- cooking should be kept to the minimum necessary to make the food palatable and safe.

Your diet is what you habitually eat. The key is in the word habit -- we have all grown accustomed to a certain way of preparing and eating food. But we can also allow ourselves to develop new and more healthful habits. In fact, we owe it to ourselves and our offspring to do so.

There are 3 paths that can be taken in changing those habits.

1) Go whole hog and discard all the "bad" things you now eat. Unwise because you will miss what you have been used to and will not be accustomed to the new flavors and textures. Also, without some previous experience, most people don't have enough knowledge of what natural foods are and how to handle them to be able to make such a sudden change. They end up very discouraged and resort to path 2.

2) See the whole problem as being too vast to face and so opt to continue as is. They miss the moderate but most productive and long-lasting way, path 3.

3) Try a little bit at a time. Get used to new flavors and textures and to different shopping and cooking practices. Experiment and have fun while finding out how good natural foods can taste and make you feel, and how easy they can be to prepare. Best of all, discover that eating natural does not cost any more but that your money is spent in different places. Get acquainted with new people who are also interested in better nutrition.

Your most valuable guideline will be to eliminate all refined sugar and all refined flour from your menus. Completely! That is your eventual goal. Besides removing these two offenders, this step will leave such a hole in the average Canadian diet that there will be lots of room to substitute nutritious and delicious natural foods.

To help you change your eating habits the moderate way, let's look at some suggestions that you can incorporate. Remember, a few at a time and you won't be overwhelmed.

## Storage

The food we eat is only as good as the food that we buy and store properly. Time and money spent on obtaining fresh,



organically-grown fruits and vegetables is wasted if they are not stored to retain their freshness and eaten while they still do. In general, natural foods are perishables and should be stored in a clean, dry, cool and dark place. Some foods will keep longer and require less care: nuts in shells, honey, unhulled seeds. Others are very perishable and should be kept refrigerated: fresh vegetables, ripe fruit, dairy products, eggs, cold-pressed oils. Some bulk supplies are best kept in the freezer with smaller portions transferred to the refrigerator for immediate use: whole grain flours, peanut butter without preservatives, unsalted butter.

## Salads

Salads should always be fresh and crisp. Buy the freshest vegetables possible and refrigerate quickly. Close to the time of eating, wash the vegetables and dry them with clean terry towelling before cutting. (Vegetables can be pre-washed and dried and stored in the fridge in terry towelling for quick use.) If salad must sit for a time before eating, place salad back in refrigerator with plastic wrap in contact with the vegetables to exclude air and therefore retard the rate of oxidation and loss of enzymes and nutrients.

All non-starch vegetables can be used in salads. Add raw mushrooms, cauliflower, broccoli, avocado, green beans, and raw young beets to the more common lettuce, tomato, carrot, cucumber, celery, radish and onion ingredients. Use fruits and nuts for variety and extra flavour.

The freshest ingredient is sprouts that you have grown yourself at home. You can buy a sprouter -- one model has 3 trays with drainage spouts that lets you water easily once a day. Or you can use a jar covered with 2 layers of nylon mesh (a J-cloth will also work) held in place with a rubber band. Soak the seeds in water in the jar

for 1/2 day or overnight, then invert to drain the water off. Rinse again with lukewarm water and drain. Rinse morning and evening, keeping seeds moist but not wet. (If you use a square-sided jar, place it on a side to give more surface area for growth.) Alfalfa sprouts are ready when 1-2" long (4 days), mung beans 1 1/2" long, and lentils 1" long. These are the 3 best varieties to begin with. If you start a new jar every day or two, depending on how many you eat, there will always be fresh sprouts available for salads or to eat on a piece of buttered wholegrain bread.

## Oils and Dressings

Cold-pressed oils retain the ingredients which give each type of oil a distinctive flavor -- these ingredients have been removed from processed oils and so most people have never tasted the real flavor of the various oils. A mixture of oils is necessary to provide all the essential fatty acids -- sunflower and safflower are rich in linoleic, peanut in arachidonic and soy in linolenic -- and is therefore the best for use in salad dressings. Soy has a strong flavor and should be used sparingly at first.

Apple cider vinegar and fresh lemon juice both make good additions to the oil for dressings. Various herbs can be added to suit individual tastes but add the dressing to the salad just before serving to prevent leeching nutrients from the cut vegetables.

## Butter vs Margarine

Butter has erroneously been given a bad name by the anti-cholesterol factions who promote margarine as being lower in cholesterol and saturated fats. Margarine is lower in cholesterol levels in the average diet. The oils that are used to make margarine are refined and then hydrogenated (or saturated) to change them from an oil to a solid. They are then fortified with vitamins A & D which could be better obtained in natural form from butter.

As an alternative to margarine, blend cold-pressed oils with sweet, unsalted butter. A combination of the two makes a delicious spread with a complement of animal and vegetable fatty acids, and is soft enough to spread immediately upon removal from the refrigerator. Allow butter to warm to just room temperature. Beat (hand or electric beater) in a mixture of cold-pressed oils (sunflower or safflower, sesame, peanut and a touch of soy as the latter is

quite strongly flavored) in a ratio of butter to oil of 2:1 or 1:1. Store in small containers in freezer and keep only what is currently in use in the frig.

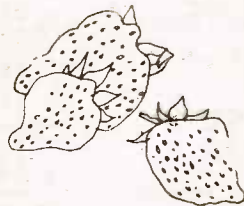
Fresh, unsalted butter tastes sweet; rancid butter and oils should never be used as they have toxic properties. Salt is used in most butters, disguising any off-flavors and allowing butter to be made from not-so-fresh cream and to be stored beyond the safe period without detection of rancidity by the consumer.

## Eggs and Dairy Products

Having eaten eggs from free-range hens, you won't ever want to eat those produced by caged hens again. Especially if you eat them soft-boiled or poached where the true flavor, or lack of it, is obvious.

Yogurt is more easily digested than is milk because the lactose (milk sugar) has been converted to lactic acid by the *Lactobacillus acidophilus*. These bacteria also produce B vitamins in the yogurt and in the intestines, as well. Most commercial yogurts packaged in small containers for snacks have large amounts of sugar and sugar-preserved fruit added. It is more nutritious and cheaper to make your own. A simple method using non-instant powdered skim milk is as follows:

*Sterilize a 1-qt. glass jar or other glass container by rinsing with boiling water, and allow to cool. Add 1C powdered milk to 1 qt. of warm water [body temperature]. Use spring or distilled water if available, or let water stand overnight, or boil and let cool to get rid of chlorine. Shake, mix or blend the milk and water. Add a little at a time to 2T plain yogurt or yogurt culture in the jar. Then fill the jar with the reconstituted milk and stir. Place in an electric yogurt maker for 6-8 hrs. or until tipping the jar causes the yogurt to pull away in a solid mass. If yogurt separates into curds and whey, the time was too long. A new batch can be made from the old but if off-flavors develop, use a new culture. Add fresh fruit or granola after the yogurt has set or when served.*



## Desserts

Desserts as most Worth Americans know them are out!! They are almost always made with refined flour and sugar and cannot be included in a natural food diet. However, nutritious baked goods can be made from wholesome ingredients and eaten with gusto and appreciation. (see recipes in books listed). Some examples are nut loaves, muffins, granola cookies, whole wheat pastry and cottage cheese cake.

It is perhaps best to present these new foods to novice natural food eaters as variations on the theme, serving them in place of the usual evening snack. Here the flavors and crunchiness can be appreciated without clashing with expectations of cake and ice cream. Fresh fruit salads plus yogurt or sour cream or unsweetened whipped cream (add a little vanilla) are better served to finish a main meal with a light touch of sweetness. Once sugar-containing foods are eliminated from the diet, palates become more discriminating. The new desserts and treats become even more tasty while the previous favorites will be shunned as "too sweet".

## Breakfasts

All too often breakfast in busy homes consists of pre-sweetened cereals, milk, white bread toast and tea or coffee. The minimal protein afforded by the mill is far outweighed by the sugar and carbohydrates. The body reacts to this by secreting sufficient insulin to remove excess glucose from the bloodstream -- often so efficiently that more sugar is needed in about 2 hrs. to sustain the blood sugar at the level necessary for normal functioning. Of course, this can happen in some individuals at any other time during the day but breakfast is most crucial as the body has been foodless all night. A meal containing some natural sugar for quick absorption (as fruit or fruit juice) plus protein (eggs, cheese, meat, milk) and unrefined carbohydrate (whole grain bread, cereals, unsweetened granola) gives a more slowly absorbed and digested source of blood sugar. Old fashioned rolled oats or mixed cooked cereals served with milk are good breakfast foods, especially if seeds or nuts, which contain some protein and oils, are added.

## Snacks & Lunches

Junk foods such as pop, candy bars, chips and cookies are readily and

Cont'd on page 11

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## RING AROUND THE COLLAR

When television was new, there was worry lest watching it might ruin children's eyes.

That didn't happen, but something worse did. Now television commercials are maligning and belittling women in ways which should, one would suppose, have feminists yelling their heads off in protest.

Take that ring around the collar bit. This involves the rudeness of those who would point out such a thing and also the implication that a housewife who doesn't get shirts clean is pretty deficient.

It might be pointed out in the picture, but it isn't that the collar wouldn't be dirty if the man washed his neck. Some pop-eyed radicals might also go so far as to state that nowhere in Holy Writ is it said that part of a woman's duty is to wash clothes. Nor that others are entitled to point the finger of scorn at her if she misses a soiled spot now and then.

There are also the harpies who walk into a house and complain that it smells bad. This is a fair portrayal of women?

In other plugs, women are shown as utter nitwits. Somebody walks in off the street, announces that Brand A beats Brand X, and the housewife accepts the statement instantly. The suggestion is that she's an idiot who'll believe anything.

How about some commercials showing women with brains and courtesy?

--The Boston Globe

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This joke wasn't funny

(Ky.) - The billboards blazed Beat Your Wife in huge letters. In smaller letters, the signs added, Go Bowling.

The Bowling Proprietors Association was trying to catch the eyes of potential bowlers. But, what it generated instead was a controversy with the Spouse Abuse Centre, which provides shelter and counselling for victims of abuse.

Carole Morse, director of the centre at a YWCA, said that when she saw the billboard, "I almost cracked up my car.

"This is just the sort of humor we have to stop," she said. "I think it is just the kind of mentality that makes this (wife abuse) the largest unreported crime."

...Toronto Star

## BATTLE OF SEXES

According to the Fort Frances Times, the Polish Tigerettes, a women's hockey team from Winnipeg, gave the Fort Frances Jaycee-Kinsmen-Police lineup a real tussle in an exhibition game in support of a new arena roof for that city. In spite of the fact the home team iced a bevy of 200 pound heavies, we understand our Polish sisters even picked up a penalty for charging-tying the game six all. The Fort Frances Times quotes a beefier type as saying, "Ho Boy! These Girls are Tough!" We say- "GIRLS! HAH!!!"

...Fort Frances Times

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Digested \$\$ Coughed Up

(NY)--In an out-of-court settlement for a sex discrimination case instigated in 1973, the Reader's Digest has agreed to pay \$1.5 million to 2,600 women employees and former employees. The bulk of the money will be used for compensatory back pay; 142 women currently employed by the magazine will receive immediate salary increases.

--info from Woman Today

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NO BUT'S ABOUT IT

(NY)--The buttocks has been declared an intimate part of anatomy, the pinching or touching of which without the person's consent punishable by up to three months in jail.

A Manhattan criminal court judge found a man guilty of sexual abuse in the third degree for touching the buttocks of a woman without her consent while they were riding the subway during rush hour.

The woman pressed charges against him; the man moved to have the charges dropped on the grounds that what he was accused of did not constitute a crime; the judge said that in this country, unlike some others, touching a woman's buttocks without her consent is not treated so cavalierly. The judge probably doesn't ride the subways.

However mistaken his opinion on the highmindedness of social values and respect for another's person in this country, his ruling in the case is certainly lovely. It was reported in the United States Law Week under "significant opinions not generally reported."

--info from the Washington Star

## NOTEWORTHY DECISION

by  
SUPREME COURT

In a complete reversal of the majority decision handed down in the courts five years ago against Irene Murdoch, an Alberta farmwife, who had sued for a share in the family property upon her marriage break-up; the Supreme Court of Canada ruled in Jan/78, that Mrs. Helen Marie Rathwell, divorced in 1974, be granted half the family assets built up in 30 years marriage to a Saskatchewan farmer. The court ruled she had a legitimate claim over 2,049 acres of land in Tompkins, Sask., because she was not merely a housewife and mother, but did everything from the chores to driving machinery and canning garden produce, as well as contributing financially to the original down-payment of the property.

"Increasingly, the work of women in the management of the home and the rearing of children as wife and mother, is recognized as an economic contribution to the family unit. The decision completely rejected the 1973 decision which ruled, "a wife's labour cannot constitute a contribution in money's worth..."

The Murdoch decision generated much criticism from women's groups. The decision verifies that women's groups are gaining strength in their struggle for equal rights and they are being heard. revised from Editorial Chronicle Journal

\*\*\*\*\*

The strongest woman in the world, Jan Todd, lives in Nova Scotia. Winning all three categories in weight lifting, she has competed across the world. Coaching a mixed team of girls and boys, she took them to the U.S.A. championships where they won the team effort in weight lifting. Neither muscle-bound or gut heavy, she is a vibrant, healthy specimen, which puts the lie to women as the weaker sex. Her top lift is 451 pounds.

...Fort Frances Times



In 1867 she posed in proper school marm fashion, with fan in hand beside a rotund gentleman, his moustache and his beard and a gold headed cane. Would she have looked so satisfied if she had known her future lay with oxen on a trail not yet acquainted with a woodsman's axe. Was it perhaps her destiny to cut the trail herself and choose him for his skill at building log houses in the wilderness, If ever the impulse of Ruth crossed her mind and she was tempted to walk two steps behind, she saw it as another time, for someone else, and lived her true nature, a captain of industry, relegating all moustaches and canes to Water Boy.

Gert  
Thunder Bay

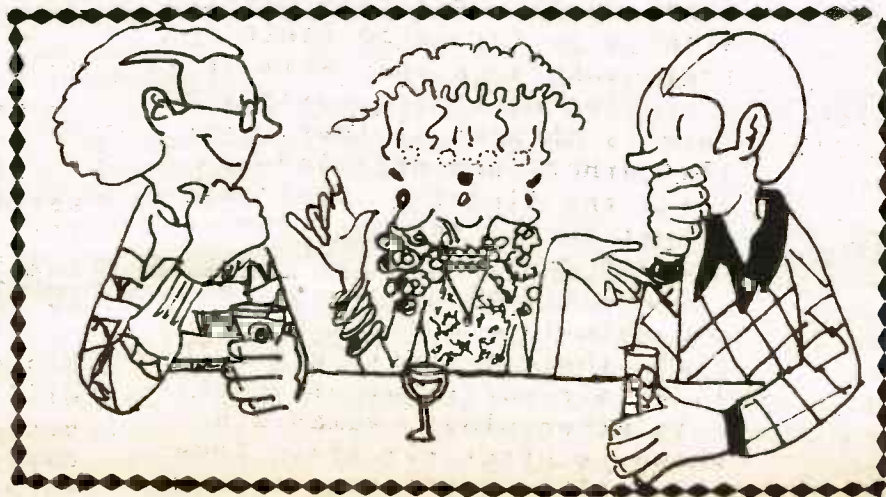


## POETRY

LEAVING AND SAYING HELLO

I don't know if you ever heard 'thank you' in my brief smiles. I was really smiling my belief in you. I couldn't squeeze through the stumbling blocks of fallen words, or find time to remember what I had forgotten. You were pressured with events, I was weighted down with emptiness. I packed my thoughts in a crowded heap and dressed to leave finding space to say goodbye.

Rosalyn Taylor Perrett  
Thunder Bay



NOREEN

on living with strangers

The river is deep, and the water cool, here in the desert a spring-water pool. Drink me, I'm endless or bathe in my spray. I'll go for the journey, I'll stay for the day. Test me and try me I spring from a rock. I can walk lonely or fly in the flock. Words are a nuisance none can describe her. The glue for the hive the ultimate sister.

Gert Beadle  
Thunder Bay

I find this piece of paper  
And I've had three pernod  
And I feel like dying and writing  
It is killing me not to speak to you  
My disciplines  
I watch one peek around the door  
I watch another play the saxophone  
The dark one's brother smiles and speaks  
to me  
I dance with a man in a beard  
So young and handsome  
And quietly take my French liqueur  
I put my head down  
And my sister strokes it  
I am in pain and I cannot show it  
And I will tell my Finnish confidant  
To touch my arm  
I will drink coffee and eat raisin bread  
And I will weave my sins away in coarse wool  
Speaking, and laughing with your mother.

Deirdre Hamill  
Thunder Bay

"they wouldn't be half so bad, she said wearily, through her glass of wine; if it weren't for the meat and the money and the make-up. early morning bacon combining with sickly sweet perfume wafts meandering then attacks burns acidly through my nostrils hey derry, hey derry, and a derry, derry down meat, money, and make-up turning me around.

the barbie doll shuffle, "kept-woman syndrome.... with such a sense of propriety, bright, sensitive, intelligent, keeps head and hearth together; looks after absent-minded genius man who supplies reinforcement, money, and enough fuel for barbie's masochistic fires; the gifts are more expensive, the communication witty, informal, and liberal and of course there is little chance of V.D.

in suburbs dollies are swapped. one vagina, two vaginas, three vaginas more should we assume that barbie is a whore? with a down and a down and a derry, derry down that good ole meat, money and make-up turning my heart around.

"M"

Thunder Bay  
Northern Woman Journal page 9



# THE WOMAN & THE ENTERTAINER

## Vera Johnson

Vera is an established singer of folk songs; she strongly resents any implication that her age has anything to do with her talent, and well she might, for what begins in her mind is entrusted to the pen and finally is translated by a rich and mellow voice in eternal youth without a single illusion.

It was my rare privilege having Vera as an over-night guest and to sit with her at my kitchen table till the air was blue with smoke, since we are both addicted to the weed, and talk of the many things that delight or concern us.

Although the patterns of our lives are very different, we met at the place where it matters. In spirit and mind, we are cut from the same material-- she is an aging vagabond, a roving minstrel, a proud parent, a delighted Grandmother and a friend to whoever has the wit and wisdom to take her for what she truly is. The term feminist is too narrow for her liking; woman's rights give way to the larger human rights; her songs reflect her concern for the environment as well as the people in it. Power and pomposity are her natural targets; nothing is sacred; the Jesus trip falls under the same wry judgement as her shaft for the American eagle. 'Do It Yourself Divorce' is a hilarious exercise in ending something she was plainly too busy to bother with; on the other hand, her sincere and touching tribute to the mother of Bernadette Devlin reveals her admiration for the spirit that fights for justice.

Vera adheres to non-violence preferring instead to blow up the idiosyncrasies of the human family then deftly sticking a pin in it before her audience in a way that invites mirth.

She is warm, generous and real--has been hugged by the Prime Minister, entertained by W.O. Mitchell and shafted by the experts--she has been everywhere on the folk-festival circuits both here and on the continent, using her energy, her great sense of humour and her talents to jar us into a new perception of human potential.

Vera Johnson:

Song Book #1 - \$4.25

Record LP Album  
Bald Eagle - \$5.50

Send to:

#207-527 Ash Street  
New Westminster, B.C.  
V3M 3N5

## KAY McCULLOUGH

KAY McCULLOUGH is a native of Thunder Bay, Ontario. She has always been actively involved in art. "I was a painter long before I knew how", she states. "Always I did it, then later found out how and why, then taught it to other people, because it was too good not to pass on." Over the years it all became concurrent and simultaneous: -- being a wife, a mother to three children now grown, a professional artist, a business woman, a teacher.

Since her husband was killed in an accident two and a half years ago, she has chosen depth experiences in her life rather than breadth, quality over quantity, concentration over juggling many things at once. At her own request she was granted a year's leave of absence from her teaching duties as head of the Art Department at Hillcrest High School. Since last summer her main area of concentration, painting, has resulted in some fifty very vital northern landscapes done in acrylics and mixed media. She has recently remarried, retaining her professional name.

All the paintings were created at her studio-home at Birch Beach on Lake Superior. It is a ruggedly beautiful and quiet setting some twenty-two miles outside the city of Thunder Bay. "What a luxury to have the time and space to go deeply into myself and to tune into nature and the seasons as never before."

A number of years ago, one of her teachers, A.Y. Jackson, wrote in a newspaper article about a current show that she was a natural colourist, versatile enough to take her place with the women abstract painters of Canada, and, if she wished, to take portrait commissions on the side and do print-making as well. He stated that in his opinion, however, she should always return to landscape, for which she had a special feeling. "I'm glad I did all those other things", she says, "and also that I DID keep returning to landscape. At the moment I feel there is so much there, at all levels of understanding, I will never run out of inspiration." In this show, her deepest feelings about life seem to be expressed in autumn and winter themes particularly. "It gives my 'colourist' abilities a chance", she says, "to swing between the use of a very full, free and vibrant palette and a restricted, understated, subtle one."



## LOGEPOLE, NORTH WEST

LOGEPOLE, NORTH WEST: An account of an organization that is trying to be born.

Affordable housing is hard to come by in North West Ontario for many people. Private industry builds a fair amount of housing but most of it is sold or rented for a high price. The government also builds housing but most of it is now for senior citizens (much needed of course, but useless to those who don't fall into that category).

However, there is another kind of housing, called "Third Sector Housing". It consists of housing built by any group not seeking to make a profit by it (for example: a Native People's group who decide to build housing and rent it to Native families who can't find suitable accommodation elsewhere, or co-operative housing which will be owned by them collectively but where each part-owner will pay her or share of the expenses, like rent).

The federal and provincial governments have a joint scheme to help finance such projects because they recognize that the people who help themselves will nevertheless need more help, such as mortgage money and funds to get started. Also, these projects do provide much needed housing that people can afford. However, very few projects actually get off the ground -- or, I should say, to the ground because so much expertise is needed and because there are such mountains of tape to overcome. But there is a ray of hope, because now two levels of government will provide some of the financing organizations which are set up to help Third Sector Housing over all these pitfalls, and also, if requested, with management once the housing is built (another area where difficulties occur through lack of experience).

The housing committee of Lakehead Social Planning Council is now trying to set up such an organization. If it is successful, it will then be independent and will be known as Lodgepole, North West. We hope that it will help many projects to materialize. There are certainly several groups of Northern Women who would benefit by organizing their own housing in order to become independent. We hope that Lodgepole, North West will be able to give them the help they need. Anyone who would like more information can contact Marg Frenette in the evening. Her telephone number is 983-2307.

Prue Morton



enticingly available wherever one goes. The availability of nutritious substitutes depends on forethought. At home, raw vegetables can be cut up and stored in paper or terry towelling in the frig, ready for instant nibbling.

Celery sticks filled with cheese, yogurt plus fresh fruit or granola stirred in, apple with or without cheese all can be available at home or taken to school or work. Nuts and sunflower seeds can be easily packed and carried for between meal snacks.

Remember the essence of a snack is availability -- to be there when you want it without requiring much time or effort to procure it.

There is a veritable library of books written on natural food: the dangers of ingredients added or removed; what happens to raw foods when they are processed; how to shop for, store and cook foods to get the food values we need for health.

THE GLEESON CLINIC  
of  
CHIROPRACTIC

wishes to announce  
the associateship of

*Patricia J. Wales, D.C.*

in the  
Practice of Chiropractic

---

GLEESON CLINIC OF CHIROPRACTIC  
1304 VICTORIA AVE.  
THUNDER BAY, ONT.  
P7C 1C2  
(807)623-5531



The above photo sparked some amusing speculation on the part of the collective, when it arrived without documentation of Sex.

One is a boy and one is a girl. They are not related and the collective does not know which sex is which.

Only the mothers and the photographer know which sex each baby is. We invite you to guess the sex of each and the reasons why. The correct guess with the best reasons will win one year's subscription to the Northern Woman Journal.

\*\*\*\*\*

Association of Women and the Law  
5 Oriole Drive  
Ottawa K1J 7E8  
(tel.: 613-235-6736)

Trudy Wiltshire  
Past President  
Provincial Council of Women  
of Ontario and Member of the  
Ontario Status of Women Council  
492 Cooper Street  
Ottawa K1R 5H9  
(tel.: 613-233-4294)

(Note: The above affiliations are stated as credentials only. The organizations with which the authors are associated have made representations on Bill 59, but the time was too short to get their agreement to a joint text.)

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GERMAINE GREER

No better case could be made for the survival of the Northern Woman Journal than the cynical reporting of the Chronicle Journal, March 6th and 7th, on the recent speaking engagement of Germaine Greer at LU. More on Germaine Greer in the next issue.

\*\*\*:

Anyone interested in forming a baseball, volleyball, soccer team, etc. Please come down to Women's Centre and sign up. We have to start practicing now to get in Shape.

Northern Woman Journal page 11

## URGENT MESSAGE

### URGENT MESSAGE TO ONTARIO WOMEN

The undersigned, acting as individuals, believe that the Family Law Reform Bill (Bill 59) will have disastrous consequences for women if it is adopted in its present form.

The government of Ontario has stated its intention of passing this Bill within the next few weeks so that it would be law by March 31st, 1978.

We strongly urge you to join us in attempting to stop this Bill in its present form. The Bill should be amended as follows:

- 1) To broaden the assets to be shared on separation or divorce (called "family assets" in the Bill) to include pension rights, savings and investments acquired during the marriage. This change would do much toward recognizing the equal contribution of the wife to the marriage partnership. (Section 3)
- 2) To guarantee widows a share of the matrimonial assets upon the death of their husbands. As the Bill abolishes dower rights without providing for sharing of the marital assets upon death, it would make widows worse off than they are at present. The law should ensure that women whose marriages continue until death get at least the same rights to their husbands' property as women whose marriages have broken down.
- 3) To change the Bill's retroactive presumption that a wife who received property from her husband is holding it in trust for him (in other words, he is still the real owner). Whenever a spouse transfers or buys property in the name of the other, the transaction should be considered to be one of gift. This would affirm women's

rights over property they have received from their husbands and would bring the law into line with most people's beliefs and practices. (Section 11)

The Bill will apply to all Ontario spouses who do not opt out of it through a joint contract. As the above indicates, the authors of the Bill did not recognize the equality of the spouses during the marriage and have not given adequate consideration to the effects this legislation would have on continuing marriages.

ACTION: (Most effective before February 28, 1978) **(DO IT NOW)**

- 1) Communicate with your Provincial Member of Parliament immediately, stressing that the Bill in its present form is not acceptable to you and why. All M.P.P.s can be reached at the Parliament Buildings, Queen's Park, Toronto.
- 2) If your M.P.P. is in one of the opposition parties, request that the party drop its support of this Bill.
- 3) Also write to the Premier (Hon. William Davis, same address).
- 4) Use all possible avenues (including your local media) to get similar immediate action by other women.

Louise B. Dulude  
Lawyer and Research Officer  
Advisory Council on the  
Status of Women  
29 Morris Street  
Ottawa K1S 4A6  
(tel.: 613-992-4975)

Charlotte M. England  
Past President  
Council of Women of Ottawa  
and Area  
662 Brierwood Avenue  
Ottawa K2A 2J2  
(tel.: 613-722-4551)

Margaret J. Mason  
Lawyer and Member of the  
Steering Committee of the National



# NATIVE WOMEN—

Our Home is First  
Native Women Speak

Exerpts from the Brief presented to the Hartt Commission by Marlene Pierre, President, Ont. Native Women's Association in Geraldton, Ontario. Nov 28/1977.

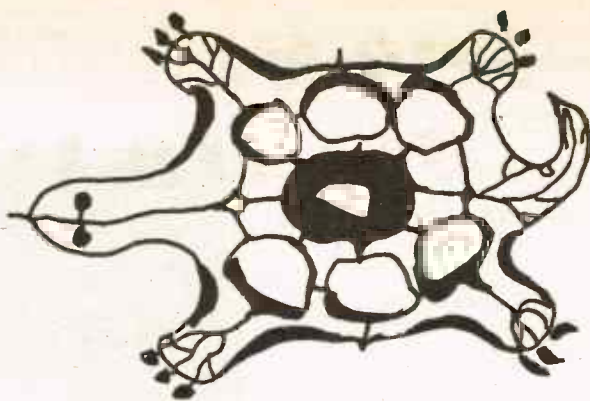
We have come to tell you that if we are to live in the same house, that you must share with me, and I, with you; that if one of us begins to rip the floor and tear apart the walls, dirty the water and infest the air, that we will all have nothing left and will have to leave.

Such is the way it is becoming. With development, any given community experiences a form of trauma that requires it to readily adjust to a new thrust of development which is usually imposed upon it. This new development brings to the community a large influx of workers, both married and single. Married men bring with them their families, when re-locating to a new job. Schools, existing facilities, and housing, become a demand to accommodate new on-coming transient population and resulting shortages, overcrowding and discrimination emerge as new problems. Although this new family life should have a stabilizing effect on the community, it does not occur immediately.

An element of the transient population lies mainly with the single men. The situation is different for single men. They live in campsites and share accommodation. Their concern lies mainly with their employer. They do not have or develop a sense of community spirit or loyalty. This, in fact, has a disruptive effect on the normal life of the community.

Native people placed in this new situation must make enormous attempts to adjust and accommodate the new arrivals. It has been and will continue to be so in the future. Further, native people have lived in a relatively safe environment and have kept their own life style, values, and traditions.

This new transplant upon the community will and has confused the way of life of native people. The native society has been there for generations and will still be there when the transient population has gone. The two groups living side by side will affect each other. This effect will be greatest on the native communities because two completely different sets of value will



be in conflict with the traditional community as it is. By uprooting the basic fabric of the community, the consequences resulting from it causes social deterioration. It is this breakdown of a community, I wish to emphasize. We are concerned with the human element of development. What in fact happens to our native families when this occurs?

We are concerned about the social and family deterioration of the northern communities.

We are concerned about the higher incidence of alcoholism among our native families. Residents of the communities must live along side of the construction workers; violence in the camps and the community will be visible because alcohol and weapons are freely available. Children will be exposed to these ill-effects of alcoholism.

We are concerned about the use of drugs among our native women and children. Native women who must cope with problems and crisis may turn to drugs as a form of release for frustration, tension, and depression.

The increasing use of gas sniffing, glue sniffing and drugs will become more rampant among our youths. The lack of recreational facilities, no constructive use of leisure time, availability of drugs and alcohol all contribute to this problem.

We are concerned about the sexual exploitation of our native women. Through the availability of alcohol and the communities being close to the camps, the evidence of violent attacks on women, rape, illegitimate pregnancies, unwanted children, prostitution, and venereal disease will rise beyond a social problem.

We are concerned about depression among our native families, women, and children. The loss of dignity, self-respect and self-identity would lead to a higher incidence of suicides, murder, incarcerations of native women, violence, mental illness and crime. Communities along the C.N.R. have evidenced itself to this problem. We are concerned with the breakup of family units; abuse of wives, husband/wife beating by partners, communication breakdown--all leading to shaky marriages common-law relationships, and eventual marital breakdowns.

# THE FUTURE

We are concerned about the neglect and abuse of native children. We believe every child has a basic and human right to live. That right is the right to live at home in safety and comfort. We are concerned about the loss of cultural pride and identity. We are concerned with the lack of adequate social services in order to deal effectively with social problems. We are concerned about the cutbacks in transportation and communications to our northern communities. Mr. Commissioner, let us put our house in order, and let us help you. "There is no present or future, only the past, happening over and over again....now" A quote from "Trinity"...Uris

## CALGARY STATUS OF WOMEN

### ACTION COMMITTEE

223 - 12th Ave. S.W.  
Calgary, Alberta T2R 0G9

### For Immediate Release

Prominent North American feminists -- including Robin Morgan, Dr. Lorenne Clark and Dr. Diana Russel -- will participate in a conference on "Women in a Violent Society", to be held in Calgary April 21-23. Interested persons from throughout Western Canada are expected to attend.

The conference is sponsored by the Calgary Status of Women Action Committee. A \$3,500 grant has been secured from the Alberta Law Foundation, and further funding is expected from government and private sources.

"Violence against women occurs on a continuum -- ranging from street hassling and violent pornography to battering and rape," explains Karen Lodl, conference organizer.

Why focus specifically on women? Lodl points to a recent Weekend Magazine report that five of six violent crime victims are women, while only one of the nine charged with violent crimes is female.

And domestic violence is of increasing concern -- one recent study indicates that almost 50 per cent of women jailed for murdering their husbands were physically abused by the men they killed.

Purposes of the conference are to educate the public about the sources of violence in society, to garner support for additional rape crisis centres and women's shelters, and to examine law as it relates to rape, battering and sexual harassment.

On the program along with authors Morgan (Sisterhood Is Powerful, Going Too Far), Clark (Rape: The Price of Coercive Sexuality) and Russell (The Politics of Rape, Crimes Against Women), will be Joannie Vance, national assister for rape crisis centres, and Gene Errington, coordinator of Vancouver Women's Research Centre.

For further information on the conference, or to obtain registration materials, contact the Status of Women office, (403) 264-0774, or Karen Lodl, (403) 261-5697.



# INSPIRATION FROM HOUSTON

WHAT IT ALL MEANS.

copyright by Colleen Patrick 1977

Throughout the National Women's Conference, the public wondered what it all meant.

To this reporter it meant:

-that women, for the first time in American history, were seen not as sex objects, but as human beings taking action on their own behalf.

-that women believed they should not only act for themselves, but on the behalf of children and men as well. Resolutions passed at Houston pertain to the entire family of humanity.

-that women, at least those at the convention, felt compassion toward themselves, as well as others. They acted on behalf of those who are less- as well as more- fortunate than the individual voting.

-that women- as they were represented in Houston; the cross section of poor, of ethnic minority, of disabled, of older, of lesbian, of Republican, of Democratic, of "average" women ( and none of us are average), chose to stand up for equality and real human justice.

-that women, as has been the case historically, do not put a price tag on human life. Nor do they put a monetary value on the right of that human life to exist in peace, with strength and dignity. Women have long stretched the dollar the yen, and the lire beyond its real value in supporting themselves and their families. They know governments can do the same.

-that women, who have for centuries supported the lives and emotional well-being of others, are now claiming the right of their own fiscal, physical, and emotional welfare.

-that women, who have long played an invaluable role in decision-making processes behind the scenes, can now claim the power to act on their own behalf as well as for others who want the benefits of that power.

-that women, who have seldom been given credit for their contribution to political spheres, are openly revealing their political savvy, and they are not hoarding it- but sharing it with others.

-that women, who have known



the meaning of physical endurance through childbirth, field work and "traditional" women's work like lifting children, will now, more than ever, use that power to expand their individual athletic abilities.

-that women, who have long been contributors to the arts through the use of pseudonyms or through the men they have helped, will now bring their own names to the public, and get credit for their own work.

-that women, just because they are women, were heard in Houston. Particularly through the media. Women, just because they were women, were asked how they felt and what they believed. Those beliefs and feelings were considered facts by the media. The same media which has ignored their cries for recognition and validation throughout modern history.

-that women, women who have been socialized to be reticent, to be silent- would in fact, act. And they continue the fight, knowing the later consequences. A woman's right to her reproductive freedom and her sexual preference were deemed necessary in Houston. Not because of personal persuasion, but because women who ask for those things are in need.

-that women, who recognize that none of us will ever be really "free" would rather be captive within the framework of a feminist consciousness than within a mind which does not realize human values.

-that women, those same women who have been depicted in demeaning, unimportant terms by male-identified programing and advertising, must be acknowledged as beings of intelligence, conscience, capability, courage, and compassion; as people who choose to deal with reality, survival, and people, more than "ring around the collar" and "waxy yellow build-up".

-that women, whether conservative or progressive, will no longer remain uninvolved. What does it all mean? It means change. It means courage and sacrifice for beliefs and a better quality of life. It means that women will finally be recognized as leaders for us all. It means a lot.

It means that every nation in the world knows of that change, because of the international focus on Houston.

They must now recognize the independence women will increasingly feel about expressing their concerns.

It means that now any government contemplating war or des-

truction has the distinct possibility of being diffused by the women who are supposed to sit at home while men deliberate their futures-and fight. It means that the women who are supposed to "sit at home" and work to support fighting men, and make heroes of them if they return, will no longer sit in suffering silence.

And it means that men who sit with other men, squabbling, while other men, women, and children die of poverty, neglect, disease, hunger, and war, will no longer make their decisions without another vital input-the so-called "woman's point of view."

Houston is a start. It means a lot. It can mean more.

Credit Pandora

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## EQUAL PAY CON'T

the Ontario Labour Code. A reply from Dr. Stephenson was requested within 30 days. The resolution was passed by approximately 3/4 of the 250 delegates present. Although representatives of business and industry were present, no management opinions were expressed.

I left this conference both elated and depressed. Elated, because this women's caucus had, through their skills of articulation and debate, made "mincemeat" out of the bureaucrats. It was exhilarating to know that highly competent women lawyers, economists, and researchers work relentlessly toward moving government to implement equal value legislation. And depressed, because despite all these proceedings, the Ministry would not commit themselves to the equal value concept. Instead, we got the we will continue to study the concept routine (as they have been for the last 20 years.) They would closely watch the results of the federal equal value law before considering its inclusion in the Ontario Labour Code.

To all women in the workforce who hope someday their granddaughters will have equal pay for work of equal value, I leave you with one thought... the words of Nellie McClung, a great Canadian feminist activist and social reformer.. "Resignation is a cheap and indolent human virtue. It is so much easier to sit down and be resigned than to rise up and be indignant!"

Leona Lang



# EQUAL PAY CONFERENCE

## Another Placebo

Women in Ontario alone lose 3 billion dollars annually in potential wage and salary income due to male/female wage inequalities. The figure for all of Canada is 7 billion dollars (Statistics Canada-74)

Existing legislation in Ontario requires women to be paid equally with men when they prove their job requires substantially the same skill, effort, and responsibility as men under the same working conditions. This law is of no use to the 1.6 million working women in Ont. - 63% are concentrated in dead end low paying "job ghettos" - sales, clerical, service, which are totally populated by women. Single sex job categories at low pay are being used by employers to avoid compliance with the intent of existing equal pay legislation. Women fear reprisals from employers when filing wage complaints. In the past equal pay investigators have repeatedly interpreted the existing equal pay legislation very narrowly. The Employment Standards Branch is underfinanced and there are not enough resources directed towards the aggressive pursuit of complaints. Women do not have the money or time to hire lawyers to defend them in their claims of wage discrimination. Consequently, despite equal pay legislation, in Ontario since 1951, the wage gap between working men and women continues to widen. Women still earn only 55% of what men earn. The obvious solution to the "economic ills" of working women is "equal pay for work of equal value" which, if implemented, would ensure women equal pay when performing jobs that are the same value as those of men. The criteria used in the job evaluation would be skill, effort, responsibility, and conditions under which the work is performed. (e.g. - female sewing machine operator and male janitor).

The objective of the conference organizers was to "raise the level of understanding and awareness of the issues concerning equal pay and opportunity for women in the workforce." Speakers from the United Kingdom, U.S.A., and Canada, examined existing equal pay legislation. Notably absent from the speakers' rostrum was representation from the Canadian Federal government, who will be implementing "equal pay for work of equal value" in the new Human Rights bill effective Mar. 1/78. This clause will cover all federally regulated services such as C.N.R., C.B.C., Air Canada,

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banks, and agencies of the federal government. Federal representation was vital to explain how they intend to implement and enforce this law.

Absent also was the Canadian Union of Public Employees, which has equal value provisions, and work hard at writing this concept into collective agreements covering their members. Instead, as an opener, we were treated to a welcome from the Minister of Culture and Recreation which, as Joan Sutton, Toronto columnist wrote "Sip your tea, ladies, and SHUT UP! Perhaps unwittingly, the Ont. government was telling the delegates in a symbolic way what this conference is really about. Giving the ladies something to do. Letting them have their say. While politics and business go on as usual. Without significant change." The Minister of Labour, Dr. Bette Stephenson, was also absent. This \$20,000.00 conference was on the planning board a long time..if the Minister was really concerned with equal pay her schedule would have allowed for her presence. Instead, her deputy minister, T.E. Armstrong, Q.C sat on the panel. His tone was patronizing, paternalistic, and uncompromising. In the face of difficulty he resorted to very slick, evasive bureaucratise, pointing out that the issue at hand was a cabinet matter, and could only be spoken to by the Minister (who wasn't there).

It soon became obvious we were in for another "snowjob" by the Ministry- how difficult and costly it was to implement and enforce equal value legislation: how, with high unemployment and inflation, women were not being realistic in our demands for equal pay for equal value (but then, we're not being realistic when the economy is booming, either). In response, delegates representing women's groups, unions, and academics, formed an informal coalition and attacked the Ont. government for "green-papering", conferencing, and studying the issue to death, instead of passing effective legislation.

One delegate asked a representative from Employment Standards what his department was doing to enforce minimum wage when there were thousands of immigrant women in Toronto working in textile mills for below minimum wage. He replied he was not aware of this situation. Amid incredulous groans,

Mr. Armstrong attempted to smooth this "faux faux" by passing the question over to Marnie Clark, Director of Women's Bureau, "Despite the fact that twice Mr. Armstrong instructions to her were politely disguised admonitions to keep her mouth shut, she did agree there are cases where immigrant and native women



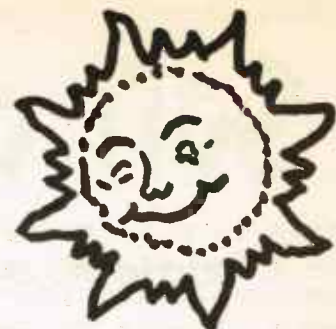
are being exploited, where women are working for less than minimum wage, and where equal pay complaints cannot be handled under the present law. Toronto Star.. Ms. Clark went on to discuss ways in which the government could ensure economic equality for women in the workforce. Government contracts could be tended only to those companies which voluntarily utilize affirmative action programs which are on strategies to ensure the removal of unnecessary barriers which restrict employment and promotional opportunities for women. It was argued that upward mobility (higher education and horizontal movement (into non-traditional jobs for example) was not an equitable solution. Nurses and typists indignantly rose to point out they were highly skilled people but society had put a low value on their skills (hence, low pay). Ms. Clark also suggested allocation of tax incentives or rebates to equal pay/opportunity employers to which one woman scornfully retorted, "I pay taxes, which is paid to the employer (as a rebate) who exploits me in the first place!" What kind of reasoning is this?? At the final session of the two day conference, the Ont. Committee on the Status of Women, boldly walked to the microphone and amid flashing lightbulbs and whirring t.v. cameras, introduced a resolution (much to the dismay of the Ministry). It urged the government to seriously enforce existing equal pay legislation, and to legislate the equal value concept into

Continued on page 13





# Kids Books



BOOK REVIEW

What Is A Girl? What Is A Boy?  
by Stephanie Waxman

A curious child can, I think, be stymied by some of the available children's literature on sex. To much information brings about a suffocation, perhaps of simple wondering. What is A Girl? What Is A Boy? gives simple answers in the form of clear photographs of people (not just parts of people either) - the kind of picture a child wants to examine. Each photograph accompanies a straightforward sentence in real language (no baby talk or euphemisms) that stays within the vocabulary range of the average four-year old. One likes the people in the pictures. One wants to study them. They are everyday people illustrating points important to one who is sorting out things in our culture--points such as 'girls play hockey' and 'boys play with dolls' 'this man wears jewelry' and this lady has short hair'. It concludes that we are all people: women and girls being people with a vagina and clitoris, men and boys with a penis and testicles. The final illustrations in the book are the only non-photographs and are drawings done by small children, in which parts of the body (nose, fingernails, clitoris, etc.) are labeled. (Your mother may have been shocked had you drawn these at age four.) There is then provision for the young reader to enter her own drawing in the book. My child likes it.

Sita

WATCH ME GROW.

Children of all ages need to be exposed to the exciting and informative world of books. Young children can develop an interest in learning to read from listening, watching, and participating while their parents read to them. We should not always keep only developing a desire to read foremost in our minds as we are selecting and reading books to our children. Children need a variety of books- colourful, big pictures, small and detailed pictures, books to inform, to ask questions as well as answer questions, to laugh with, cry with, and just for fun. Take advantage of the opportunity to increase your child's vocabulary, knowledge of the world around, interest in learning, and most important, your child-parent relationship. All of this, just by reading books with your child.

I'm glad I'm me,  
No one looks the way I do,  
I have noticed that it's true,  
No one walks the way I walk,  
No one talks the way I talk,  
No one plays the way I play,  
No one says the things I say,  
I am special- I am me,  
There is no one I would rather  
be than me.

...Ruth Dana Peterson

A CHILD'S BILL OF RIGHTS.

Let me grow as I be  
And try to understand  
Why I want to grow like me,  
Not like my mom wants me to be,  
Nor like my dad hopes I'll be,  
Or my teacher thinks I should be,  
Please try to understand  
And help me grow  
Just like me.

....Gladys Andrews

SHE SHOOTS! SHE SCORES!

by Heather Kellerhals-Stewart  
The Women's Press  
\$.95 54 pages

Of great topical interest today *She Shoots! She Scores!* describes a phenomenon which has only recently become a reality. Although girls have wanted to play league hockey for many years they were only permitted to do so for the first time this season.

*She Shoots! She Scores!* tells the story of Hilary, a girl who likes being a girl but who also likes to play hockey. She is in the fast-paced world of the hockey arena. Her family and best friend are rooting for her, but in the end it is Hilary's own determination that brings her through.

Pat Conway, in the Junior Fiction Showcase says, "The text is lively and the pace is quick. This will be fun reading for boys and girls alike..."

## FORT FRANCES DECADE

Dear "Northern Woman"

Here is a short piece as promised about our Decade Council

### DECADE COUNCIL REPORT

The Women's Movement is alive in Rainy River District. The Rainy River District Decade Council had its beginnings with a core group of area women in the spring of 1977. A visit from Ruth Cunningham and Lynne Thornburg sparked more interest, and then area women travelled to Thunder Bay for the Working Women's Conference, and again to a meeting of the Northwestern Ontario Women's Decade Co-ordinating Council.

In May the N.O.W.D.C.C. held its monthly meeting here in Fort Frances. After that visit, the local group set priorities, and applied for and received a grant from the Secretary of State.

The Dryden Daycare Conference solidified our commitment to help in any way possible to set up a Daycare Centre in Fort Frances. On February 13, Fort Frances Town Council passed a by-law which means the town will apply to the province for funding to operate a Daycare Centre. The Decade Council has been pushing the town to take that action since August.

Since October, education seminars on Child Abuse and Women and Alcohol have been presented and received solid public support. Two more seminars, on the Problem Child and Rape and Sexual Assault, are in the planning stages. A three day workshop on Women and the Law is set for May.

Nine area women travelled to Thunder Bay in January, 1978 for a Rape and Sexual Assault Workshop. Women who are willing to counsel rape victims and

fulfill speaking engagements have met since to plan strategy, and a liaison has already been set up with the Fort Frances Police Department.

The Decade Council has made some progress, and our hope is to continue. "We've only just begun."

Gayle Quirie

Homecooked Catering for, Weddings, Showers, Parties (Large & Small)  
767-7355, June or  
767-5173, Grace

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# Salt and Yeast

almost sold out

Don't Be Disappointed  
Order Now!

## Selected Poems by Gert Beadle

The Northern Woman is extending a reduced rate to groups who order 10 or more copies. Instead of the regular \$5.00 we are offering the special price of \$3.50. Orders should be pre-paid by cheque or money order (made out to SALT & YEAST) and sent to the Northern Woman Journal, 316 Bay St., Thunder Bay, Ontario, P7B 1S1. Phone 807-345-5841.

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### A Success Story

Our first collective venture in alternate funding, Salt and Yeast has become a thrilling success story. The support of our readers and of the general public, the women's groups across Canada who responded to our efforts and in so doing shared the profits have convinced us we should be looking forward to similar ventures.

Gert's poetry has unloosed the creative energies of many of our readers and we are in receipt of many fine poems which we have difficulty

finding room for in the journal. We are seriously considering doing an anthology of collected poems--the time frame, to be one year hence. We invite women to participate. The final selection is that of the Journal collective. No funds will be involved. Send releases with material and stamped addressed envelope, if you wish your poetry to be returned. Address all submissions to the Northern Woman Journal, 316 Bay St., Thunder Bay, P7B 1S1.

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"WOMEN IN TRANSITION"  
(A PROGRESS REPORT)

The group studying physical abuse (battering) of women report that to date, 145 questionnaires have been sent out to agencies and professionals -- It seems, from statistics gathered so far, that Thunder Bay has its own fair share of "battered wives", some 800 reported and estimated cases during 1977. Figures will most likely double with the return of the remainder of questionnaires. The next step is to approach the public with a media campaign and distribution of questionnaires throughout the city -- Watch for them and help out with any knowledge you might have of the situation. Upon completion of the study, Women In Transition will make recommendations as to specific facilities and services needed to assist battered women.

\*\*\*\*\*

### Everyone Welcome



The  
Northwestern Ontario  
International Women's Decade  
Co-ordinating Council

cordially invites you to attend

"A NIGHT OF FILM"

for

International Women's Day

and the

10th Anniversary of Confederation College

honouring

Women's Programs

Confederation College  
Lecture Theatre

Saturday, March 11, 1978  
8 PM

## District Women Eligible

Northern Women's Credit Union

Year one, was viewed to be very successful for the Northern Women's Credit Union. A dividend of 5% and a 3% loan rebate was approved at the annual meeting January 30, at Women's Place, 316 Bay Street.

We are very pleased to report that Women living in the Districts of Thunder Bay, Kenora and Rainy River are now eligible, under the bond of association, to become members. change of geographical location was approved by the Ministry of Consumer and Commercial Relations. The previous boundary was within a 70 mile radius of Thunder Bay.

Lynne Thornburg, a member of the Credit Union, travels extensively into the district and has kindly consented to be bonded as a collector. She will have the necessary forms so that women may become members.

Women may also phone or write to Northern Women's Credit Union and application will be mailed to you or drop in when visiting Thunder Bay. Hours are: Tuesday and Friday from 10 to 5 p.m. and Thursday evening from 7 to 9 p.m.

more  
credit  
union

NORTHERN WOMEN'S CREDIT UNION  
316 BAY ST.

HOURS:  
TUESDAYS & FRIDAYS  
10 a.m. TO 5 p.m.  
THURSDAYS 7 p.m. TO 9 p.m.  
PH. 345-7802



Join now!

### contest

The Northern Women's Credit Union can no longer use the above logo. The hands and globe symbol is a copyright of the World Council of Credit Unions.

We invite women to submit logos for The Northern Women's Credit Union. The woman submitting the winning entry will receive two shares.



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