

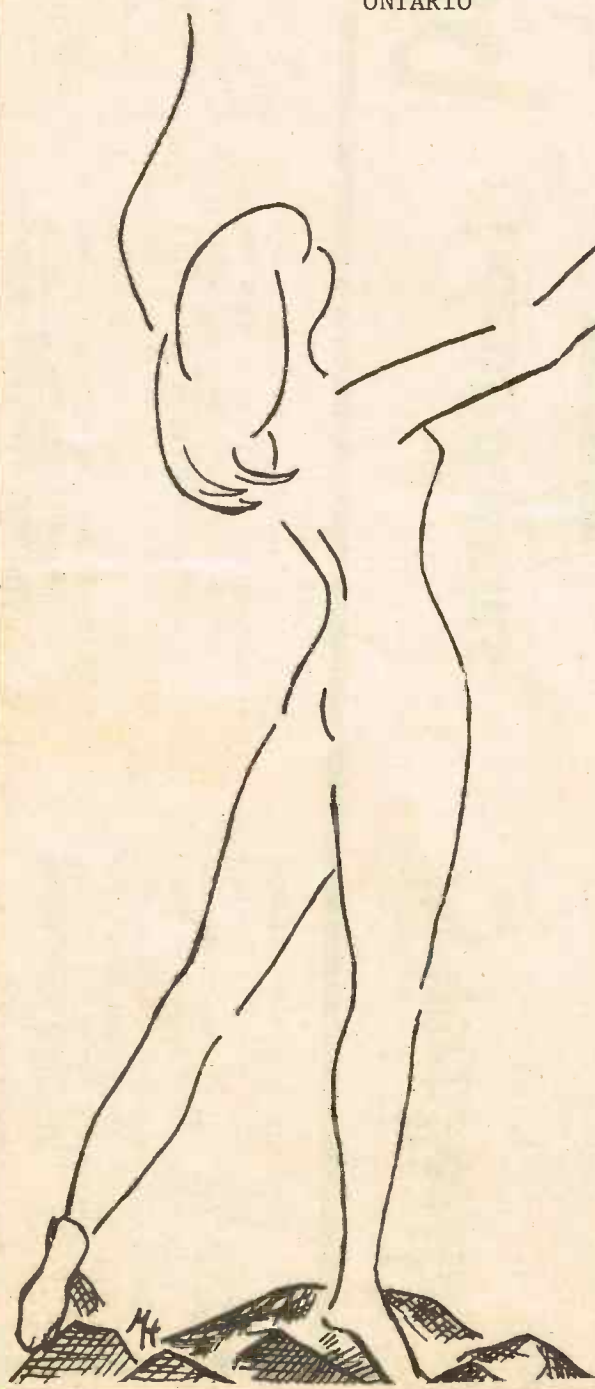
Northern Woman Journal

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THUNDER BAY
ONTARIO



Rising

INSIDE

- * MAYOR MILLER
- * POST PARTUM DEPRESSION
- * MAMMOGRAPHY
- * BATTERED WOMEN
- * " RISING "
- * WOMEN WORKING IN THE MEDIA

Mayor Miller Interview

Mayor Miller has been in office a year and a half. She talks here to Joan Baril.

Mayor Miller- being a mayor is a great privilege. I don't say that to be corny. I really mean it. The hours are incredible, basically from 9.a.m. until midnight. I really like it.

However the constant social round is a little difficult. It's a matter of one's taste and interests.

The banquet circuit is interesting to me because I get to know a lot of people I might otherwise not meet. I see a lot of worlds. I had no idea how many different worlds there are in Thunder Bay. Because of my own interests, I wasn't very familiar with the sports-world and within this the skiing world, the car racing world and so on. I have found getting to know how this city works in terms of the relationships between groups fascinating.

However, people expect me to go out all day Saturdays and Sundays which means I've had one day off in eight weeks... so I would say I like the job very much. The challenge is always there.

Joan- What kind of background do you need for a job like this?

the home is a kind of microcosm of city business

Mayor Miller- It's amazing how the skills and experience you've had throughout your life help. In some ways I feel being mayor is really a natural extension of being a homemaker. The average woman in a house deals with plumbers and other repair people, the children and their recreation, the old people and the homes for the aged, with budgets and trying to make ends meet by saying, "ok there is only so much money, what are the priorities?"

The home is kind of a microcosm of city business. If you think about it in that way, my job is looking after a lot of houses.

This is why municipal politics is such a good field for a woman. It's so close to the nitty gritty stuff we deal with every day such as blocked up sewers or the future planning we have to do to get the improvements we want for our home. We can plan for our home. We can plan for a single house but we also think about the neighbourhood needs.

Joan- so often when I look at plans for a city of the future, I feel they are not on a human scale at all. They are grandiose, someone thinking in science-fiction terms. No corner stores or play grounds. The planner forgets that there are kids.

Mayor Miller- yes, whereas these are things that women never forget. My experience on city council is that women pay a lot of attention to social needs. They are very aware of them.

The problem for women in politics is the training and conditioning which does not make them aggressive. There is a need for women to learn to speak out, to stick to a point and not give in, to hang in there for what they really believe. Women, because of their conditioning, are super-sensitive to criticism. They take criticism very personally but men learn to take it at a young age when a lot of them were involved in sports or competitions and they got used to joshing each other and taking their lumps. You can't survive in politics unless you can take it. You've got to be able to dish it out as well.

Joan- you can get criticized by the press. Taking your lumps publicly, that is tough.

Mayor Miller- yes, but I had some preparation through my years in the theatre. There is no one more exposed than an actor or a director. As a director I have been torn into strips and stamped on by the media and I've been praised as well. You learn after a while not to pay that much attention to the praise which can be just as meaningless as the blame.

Joan- you acted as well as directed. Do you think the skills of acting are any help to you?

Mayor Miller- yes. I'm aware of these skills and I think I use them unconsciously, for example a sense of presence and a lack of nervousness before an audience. Of course, sometimes before getting up before a large group of people I feel uneasy but it's that fun kind of tenseness you have when you are waiting in the wings ready to go on. That kind of stage fright gives you the lift you need.

Joan- what about public speaking?

Mayor Miller- I never prepare anything in advance for a five minute speech, a greeting or a welcome or that sort of presentation. I used to, but I found the results too formal.

But I must prepare longer speeches and the real problem is getting the time. I've been working in snatches on one speech all week. Actually I need more help, especially with the piles of reports and documents which face me. I'm probably the only mayor of a city this size which does not have an executive assistant. I keep raising the point at budget time. I haven't won so far but I'm not giving up.

Joan- do you do any pleasure reading?

Mayor Miller- I'm a reading addict. I often cannot get to sleep unless I read a few pages of something totally different just to wind down. So I read escape stuff, thrillers, current fiction. I've just bought two new books, Mordecai Richler's "Joshua Then and Now" and Margaret Drabble's latest novel. I like both authors' work very much.



Joan- I remember a speech you made 2 years ago, referring to the period of austerity which is now upon us.

Mayor Miller- yes, municipalities are hard hit by inflation and especially in energy costs. We run a transit system, city vehicles of many types, plus we have a lot of buildings to heat. So that makes a big dent. Also the amount of money we get from the province has not increased in proportion so in effect we are going slightly backwards.

Joan- at that time you said that the maintenance of social services was a priority in this tight money situation.

Mayor Miller- My main goal is not to lose anything we have at present. I think we have pretty good homes for the aged, good parks and recreation. The biggest need now, and this is not just the responsibility of the city, is rent geared to income housing. Hopefully, as our non profit corporation gets going, we will be able to develop more such housing.

daycare

Joan- what about day-care?

Mayor Miller- I think we have excellent day-care. I don't want to see the cost to parents go up any more. The city sets the fees and we have increased them because the costs were increasing enormously. However low income people pay a lesser fee or perhaps no fee at all. For a person earning \$12,000 or \$13,000 a year the cost of day-care is really, really hard. One of our programs that is the envy of other cities is our infant home care.

Joan- What kind of political background do you have?

continued page 4

EDITORIAL

The Journal Collective was excited to hear that a group of women are organizing together around the issue of post partum depression. We support and welcome the creation of such groups for the benefits that are derived both by the women who participate within them, and by the rest of us who benefit from all sharing that occurs between women.

All activities that break down barriers between women and lead to a higher level of communication contribute to our mutual well being because they refute the myths that entrap women.

Groups of women sharing information about issues like post partum depression

will be able to cut through the myths and fruitfully compare their individual realities.

For example, post partum depression has been the focus of many theories and hypotheses which may or may not be correct when tested by personal experience.

It may be that prolonged post partum depression is induced by women's attempts to live up to the pervasive perfect wife, perfect mother image that the media has created, their depression resulting from attempting to meet an impossible ideal.

Equally, it may be that post partum depression is related in part to traumatic, humiliating birth experiences which result in misplaced anger directed

at the child and the resultant guilt being the cause of the depression.

Or it may be that post partum depression is a reaction to the emotionally exhausting experience of feeling oneself isolated without support from both men and women, totally alone and feeling responsible for the physical and mental wellbeing of a young child.

These possibilities and others should be explored by the women that are experiencing them first hand and not by male theoreticians. Only then will the natural and non-natural factors involved in post partum depression be distinguished and only then will women receive the treatment that they need to alleviate and hopefully eliminate the condition.

Letters

*IS THERE AN ASTERISK ON YOUR LABEL ?
PLEASE RENEW YOUR SUBSCRIPTION

are in, and whether or not they have a progressive approach to child bearing. Our greatest adversary during the labour part of the hospital stay was a head nurse who kept asking the doctor, "Shall we kick dad out of the room now?". Fortunately the doctor attending was more interested in what we wanted than what she thought was appropriate.

Again, it was by chance that we were dealing with a doctor who is interning. He is young, progressive, and completely without the authoritarian or paternalistic manner that so many doctors cultivate over the years. We were treated as fellow human beings. The atmosphere was casual and several members of our family were able to come and go and be part of things.

The ironic thing about the birth and this reinforces what the interview brought out, was that there was a midwife present but she was dutifully stationed at my head. I knew instinctively that she was a midwife partly because of her Scottish accent and so afterwards when she was left to finish up. I asked her what she thought of being stripped of her qualifications here in Canada. She was obviously discouraged by it. She said that it was fairly ridiculous, that she had delivered hundreds of babies and that in straightforward births such as mine, there was no reason why she had to watch a doctor deliver the baby. The question is: how can women help midwives to become licenced practitioners in Canadian hospitals so that our own alternatives improve?

The stay in the hospital afterwards turned out to be a lot of fun, again because of chance. I was in a room with two other women who were also very happy about what had just happened to them, and we were able to share a lot of information and enjoy

continued page 9

Dear Journal Collective:

I thoroughly enjoyed Melissa Tefft's interview with a local midwife and found the woman's own account of her birthing experience inspiring and beautiful. The information and attitudes expressed in the two articles should reach all North American women who are interested in having children.

I recently gave birth in a local hospital and would like to share some reflections on the experience.

One thing that should be acknowledged right off, is that hospitals are changing. It is no longer true, for example, that the child is "whisked" away from the parents immediately after it is born, as the article states. The importance of initial bonding has finally been acknowledged by hospitals. Even in the instance of a Caesarian section the father of the child holds the child immediately after it is born. We were allowed to spend as much time as we liked with our baby, and I nursed him as soon as we were moved out of the delivery room. Breastfeeding is actively encouraged but there are few problems in the hospital approach.

I think it is important to recognize that the whole costly institutional approach to healthcare hampers not only the natural process of childbirth, but general physical and mental well-being in all people. The reversal process that is currently taking place on maternity wards all over Canada is a slow one. Because hospitals are characterized by the people who work there, childbirth is a hit and miss thing. It depends on who is working a particular shift when you happen to come in, what kind of mood they

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SHARE ACCOUNTS

TERM DEPOSIT ACCOUNTS

6 months 10% / 1 year 10.5%

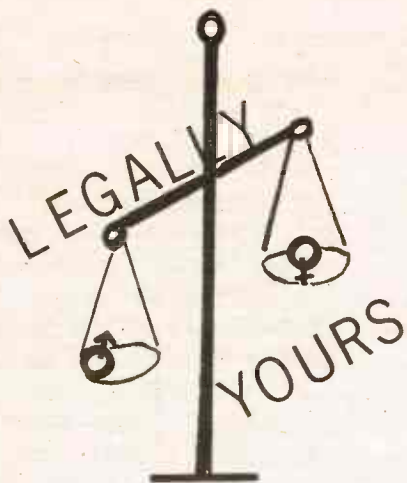
Dear Sisters:

I hope I haven't missed any issues, because I do read and keep every one. Actually, I devour each Journal when it arrives, from first to last page, and then pass it on to other women. I do hope that my passing around the copies will add to your subscription list. The issue on Health has had exceptionally wide reading coverage in our area.

We recently (and at last!) formed a Women's Education group in the Red Lake area (in February) and hope to put on a Women & Health Conference next year, in conjunction with the Ignace Women's group. The evacuation of our area in May, due to forest fires, seems to have scuttled interest in further meetings for the duration of this summer, but we hope to get back on the track in September.

Meanwhile, good luck in your efforts to keep the Northern Woman

Kay Tingley
Red Lake, Ontario



The Northern Woman Journal is starting a legal information column and welcomes questions from our readers. We are providing general information only and if women require further more specific information they may need to consult either a self-counsel book, a legal clinic or a lawyer.

Can I revert to my maiden name if I separate from my husband?

In Ontario, you can revert to your maiden name upon separation as long as you are not doing it to deceive anyone (such as avoiding creditors). This is done without a court order, and simply means reversing the steps that you took upon marriage to change your name to that of your husband.

IF you decide to revert to your maiden name, after using your husband's name, you should take the following steps:

- 1/ Inform the community by notifying friends, employers, your community groups etc;
- 2/ Notify creditors and change credit cards, have bank accounts changed, and notify the local credit bureau requesting that your credit file be changed to your maiden name;
- 3/ Change your Social Insurance Card;
- 4/ Apply for a driver's licence and motor vehicle registration to be issued in your maiden name. A copy of your birth certificate should be enclosed.

However, it will be difficult to persuade some government agencies- such as the Passport office- to change these documents without either a court order or a divorce. To change your passport, you can make a formal application for a change of name, and obtain an Order from the District Court. There are several requirements that you must fulfill before this Order will be made. First, you must have lived in your County or District for one year before making the application, and you must be separated for more than five years. Generally, it will be more advisable to apply for a divorce if you are very concerned about changing your passport or citizenship papers. Upon divorce, just as upon marriage, you can change your name without a court order and you would include in any request for a passport a copy of your Decree Absolute to prove that you are divorced.

THUNDER CLAP

To Mickey Murray for rising !



THUNDER BOLT

To the Ogden Community News (Vol 5, June 1980, number 3) for using the paper as a vehicle for blatant promotion of anti-choice (Right to Life) sic., views.

Pot Luck Lunch

FRIDAY AUGUST 15th 12 NOON

Women's Place
316 Bay Street
Thunder Bay

Bring a friend

THE TREE HAS TO GO

by Gert Beadle

The tree had to go. June regarded it with all the malevolence she was capable of. She willed it to fall, but the old jack-pine stood sturdily in the path of the afternoon sun, its lightning blasted limbs with the grey moss of death hanging in rags. Only the top, its green slowly turning to rust, like a monument to life after death persisted in the birthing of a few stunted cones.

It was getting harder and harder to find sun space for the garden. She had a feeling they moved in the night, some collective determination to squeeze her out of production. Their roots lay beneath the surface bleeding acid into the soil and sucking up sustenance like a giant web. It was a mistake to

plant the sun flowers there, perhaps a mistake to plant them anywhere, rather than to see them stunted and mean of flower as they struggled for survival in the shade.

They are like women she thought, and anger flooded her again, the damn tree was dead, even the robins knew it, they nested safely in the swaying green branches of the white pine, she understood them perfectly, one does not build ones nest in blasted branches. Or do we, she asked herself? Do we mistake stubbornness for strength, and dying moss for life? Are we like sunflower seeds planted in the shade for a purpose.

Who fears the potential of the full bloom, who saps the root and bars us from the sun?

The tree was protected, there was no question that an imbalance of power had marshalled itself in it's defence. It had become as a matter of fact a symbol of such importance that to mention it at all brought instant confrontation and defensive action. June had begun to dream about it; the smell of turpentine, the blood of the jack-pine pervaded her bedroom in the mornings. She chopped it down, she blew it up, she set it on fire, she felled it with a saw. Something about the deformed and dying old tree offended her sense of justice. Her entire sympathies rested with the tender green plants now turning yellow with malnutrition and lack of sunshine. Should anything or anyone have that much power?

It gave her no pleasure to know she could negotiate it's removal. If she resorted to the kind of games she had once thought were necessary, that control can be magnanimous as a gesture of personal favors and expected some coin in return.

Nothing less than a mutual appreciation of the sun would satisfy her, it must come as a spontaneous recognition that beauty has a right to it's potential, and whatever threatened that beauty must be cut down.

Having established this fundamental truth she saw no reason not to hasten the process. Going underground she took the axe and severed the tap roots from the tree carefully, arranging the soil to conceal her heresay. "Be patient", she told the sunflowers, "a tree without roots cannot stand".

Recommended Reading

Non-Fiction

Towards An Anthropology of Women, edited by Rayna Reiter

Women's Work, Women's Health - Myths and Realities - Jeanne M. Stellman

* Scream Quietly Or The Neighbours Will Hear - Erin Pizzey

Marxism And Feminism - Dorothy E. Smith

* Good Day Care - Getting It, Keeping It, Fighting For It - edited by Kathleen Gallagher Ross

Fiction

A Jest of God - Margaret Lawrence

Orlando - Virginia Woolf

* The Golden Notebook - Doris Lessing

Science Fiction

* Women of Wonder -- edited by Pamela Sargent

* Available in the Women's Centre lending library.

MAYOR MILLER

Mayor Miller- I've been involved as a backroom person helping other people get elected since my late teens. I thoroughly enjoyed it and like most women never, ever contemplated running for office myself. What commonly happens is that other people think a woman would make a good candidate and they then try to persuade her and twist her arm. When that happened to me, you could have knocked me over with a feather. So, I became a candidate willy-nilly. I was terrified. Because the election had been expected much earlier than actually occurred, I was a candidate for a year and a half. I really hated that long period when nothing happened. The media isn't interested in a candidate before the campaign; was supposed to "make myself known" and you know how difficult that is. But once the election was called I actually began to enjoy it. There was plenty to do.

Joan- did you win?

Mayor Miller - no, I didn't win but said to myself "ok I didn't win but perhaps I'll try again." Now it so happened that it was a municipal election year. I was becoming interested in civic issues through my involvement with the Social Planning Council. So I decided to try for city council and this time it was totally my own decision. In fact Tom, my husband, who is very supportive, thought I should choose the Federal or Provincial levels but I realized I really wanted to be in municipal government so I ran and was elected and in the next election was elected again. But I became unhappy as an alderman with the situation at City Hall so I decided to quit. I was irritated by many things especially the leadership problem. Then I thought "to heck with quitting. I really enjoy this job and I'm fairly good at it, so why don't I have a go at the mayor's position? If I'm going to leave, I'd rather leave trying to be mayor than resigning as alderman".

Joan- studies show that women have a better success rate in municipal politics.

Mayor Miller- there is the hurdle of getting the party nomination in Provincial or Federal elections. More and more women are getting nominated but, lets face it, they are often nominated as sacrifice candidates in seats where there is not much hope of winning. Women are fairly successful in municipal politics. I don't think there is a council in Canada that doesn't have at least one woman. The year I was elected Ontario municipalities returned nine women mayors. As I have said municipal politics is natural for a woman because the issues concern her household. Also a woman with children can remain in the city whereas Federal and Provincial politicians have to pull up stakes. The men do it, of course; and that is expected. Thus we have the difference between a man's world and a woman's. It's difficult for a woman to move her residence unless she is single or very independent. But I think that this too is going to change. In my opinion there is an enormous need for a woman's point of

view in Ottawa and Queen's Park. I feel sad when I remember the small number of women at the Federal or Provincial level. In the House of Commons which has 281 seats only 14 are held by women. The Ontario Legislature has 6 women out of 125 seats. I think it's appalling. Pitiful.

Joan- what is the reason do you think?

Mayor Miller- a lot of it has to do with the attitudes we develop.

Joan- did you escape that?

young women today still tend to believe their jobs don't count

Mayor Miller- no, no. I think I had as much conditioning as anybody else. I might have escaped it somewhat through the theatre by becoming a director in my early twenties. That built up my confidence. I've been reading a fascinating book called "Managerial Woman". I don't agree with everything but it makes some important points. It says that young women today still tend to believe that their jobs don't count for much. When they marry they don't see their career as important. They want to have some kind of a job and to travel but they still believe that they are going to be looked after and protected even though more and more women are out in the work force because they have to and they are not being looked after at all. These women don't make career decisions during their twenties. They wait until they are 32 or 35 and suddenly realize they are going to be working for the rest of their lives. At this point they start to look at the jobs up the ladder and realize they can do them. But they've lost the 10 or 15 years which a man uses to make career decisions and set goals. Men might even take a lesser paying job to gain the experience they want to fulfil their plans. Men are not ashamed to admit they have ambitions and they want to move up the ladder. Now obviously I'm not speaking of everyone, but I come into contact with with a great many male managers this is what I see. Many of them have their plans formulated by their early twenties while women do not. So at the age of 34-35 a woman realizes she doesn't want to do the same job for the rest of her life. She wants to earn more money, acquire more status or have more challenge. At this point she has a serious catch-up to go through. The other point concerns the passivity of women, even very competent women. They don't aspire; they wait to be chosen. They'll work away and impress people with their competence until one day somebody realizes this competence could be used in an advanced position. So, suddenly a woman finds herself singled out and given a chance. That's what happened to me. I didn't aspire to that first nomination. I nearly fainted when they offered it to me. I was lucky in a way. But you can't count on some one finding you, passively waiting for people to notice you. To be successful you have to let people know that you want to be found. An-

other point. If you ask a woman why she is involved or interested in something she'll say "I'm learning a lot". I think I might have said it when people asked me about being mayor.

I wonder what would happen if we ask a man the same question. Wouldn't he be likely to say, "It's a good job. The challenge is good and so is the advancement. I'm making a pretty decent salary and hope to make more in the future." Most men will speak directly. Women tend to disguise their ambitions. They believe it's "not done" to admit to wanting more money, more status, more power to make changes. Everything is explained in terms of self-improvement.

Joan - Does the city have an affirmative action program?

Mayor Miller- no, it doesn't.

Joan- You are the senior administrator. What qualities are needed to succeed in administration?

Mayor Miller- Physical stamina. I'm often amazed at the long hours of the administration at the City Hall. It's important to be able to plan and make decisions. Letting things drag never works. You have to trust your ability to make decisions and you can do that if you have done the proper planning beforehand and if you have the information. Information is important. One of the things I insisted upon when I took the mayor's job was to be kept fully informed. I might never say much or get involved with that particular issue but I want to know what's happening. And I believe I am well briefed.

Joan- What about the men you work with?

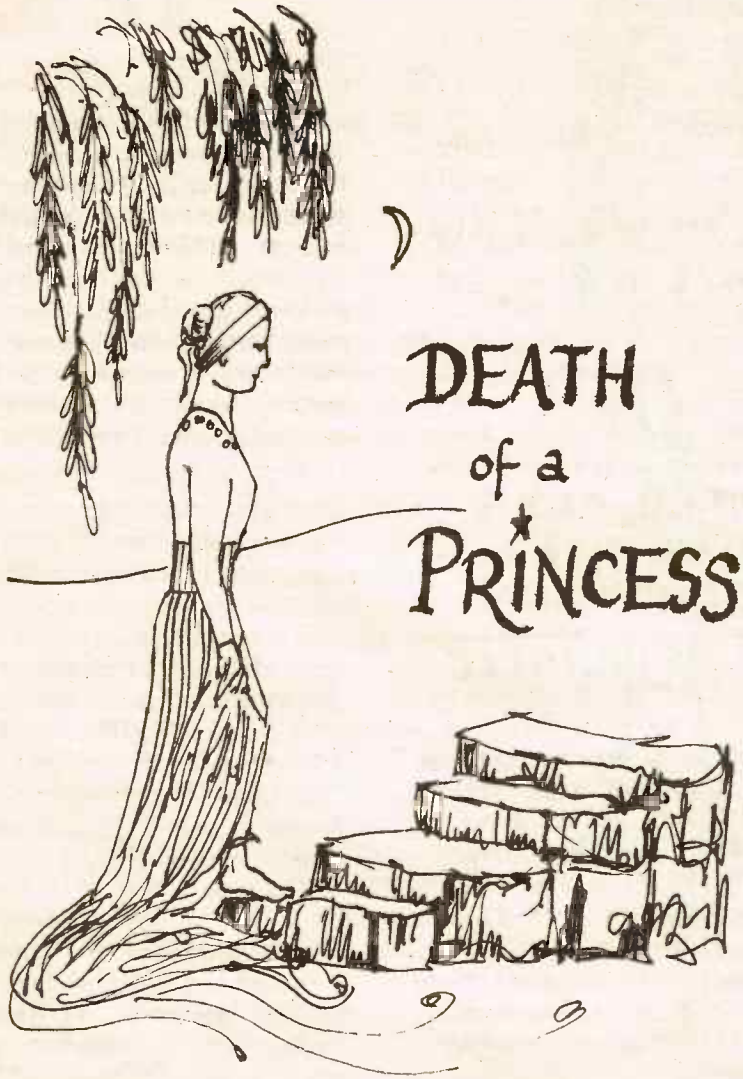
Mayor Miller- I see them as colleagues and I believe they view me the same. They don't hold back their opinions when I'm in the room and they certainly don't treat me gently and I wouldn't want them to. I want them to treat me as a person and if they disagree with me they have every right to say so. To some degree, a woman sets the standard as to how she wants to be treated. You can't expect favours.

Joan- what about the "Old Boy Network"?

Mayor Miller- Let's face it; we live in a man's world. Our world is almost completely created by men for men, and women have gone along with this to some degree. It wouldn't be so much of a man's world if women hadn't agreed to let it. All the organizations, all the social institutions and the way we live have been set up by men for men. I don't think this is to change rapidly. But I think we can find ways to penetrate through.

To sum up, I hope women will work on being more aggressive, will work on standing up and speaking out about what they care about and believe in; that they'll trust themselves more and recognize that they have something important to give and politics is one way of giving.

* * *



DEATH of a PRINCESS

by Joan Baril

Many nations of the world are hyper-sensitive of criticism, especially if it's true. The Turks protested cruelties of Turkish prison life shown in the movie "Midnight Express"; the Philippines banned the movie "Jaquar" because it showed the realities of slum life in Manila and the government of Saudi Arabia did its best to muffle the British documentary - "Death of a Princess".

But Saudi Arabia has the added advantage of being one of the richest and most powerful nations on earth and has precipitated international incidents to prevent the showing of the film. When it was televised in Britain, the Saudis expelled the British ambassador to their country.

In the U.S. the State Department, Exxon Corporation and Mobil Corporation at the request of Saudi Arabia, put pressure on the Public Broadcasting System (P.B.S.) to prevent the airing of the film. Mobile, which produces 75% of Saudi oil and Exxon together donate nine million dollars a year to P.B.S.

The Saudis claim the film is inaccurate and offensive. Why does this film rate such high level pressure?

In 1977 a Saudi princess, a member of the ruling family was publically shot. Along side her, a young man, her lover, was beheaded. The documentary is supposedly a "reconstruction" of the actual events.

According to the documentary, after the double execution, rumours were spread (by the royal family?) that the princess, a married woman, had taken a lover while attending university in Lebanon and after being discovered, was tried according to the strict Islamic law on adultery; was condemned because she admitted her guilt and was legally executed for adultery.

The facts, as proposed by the movie were quite different. The girl did not go to university nor did she find a lover while travelling abroad. Everything happened within Saudi Arabia although the country is not specifically named in the film.

The princess was one of a group of Royal women, poorly educated, with no meaningful projects allowed them, who spend their days shut up in luxurious palaces, tended by servants and dying by degrees of boredom and idleness. The film claims that some of these women were able to elude the restrictions and, by using servants as intermediaries, take lovers.

The 17 year old was one who did this. However when she and the young man tried to leave the country they were caught. There was no trial; the provisions of Islamic law were not followed. They were both simply murdered, publicly, not only to uphold the honour of the family but also as a warning to other upper-class women. Shortly after, new regulations forbade Saudi women from leaving the country without the permission of the male head of the family.

By far the most offensive scene to the Saudis was the reconstruction, using actors and sets, of a supposed pastime of the royal women who, it is claimed, cruise around and around a specific spot of desert in their chauffeur driven cars looking for sexual adventures. Men drive by, a veil is dropped, suggestive glances exchanged. The final arrangements are made through the respective chauffeurs. To imagine Saudi feelings about this scene, transpose the situation to the British Royal family or any other leading family in any country.

It is this scene which the Saudi's claim is inaccurate. However they have not denied the facts of the princess' death.

The Saudi's share a view of honour which has been floating around the Mediterranean world for centuries. The honour of the family resides with the women of the family and specifically resides in the women's sexuality and adherence to the sexual rules. This puts the woman in a terrible position. In order for the family honour to be safe-guarded she must be closeted away, restricted, covered up. Her whole existence, her human-ness, her mind and body her freedom of movement and behaviour are sacrificed and become an appendage to her sexuality. The seclusion of women, which was practiced in Ancient Greece as well as in other cultures was not part of original Islamic society but was added later. Seclusion and frequent childbearing - this is woman's role according to traditionalists. But educated Saudi woman are reported to feel bitterness at the constant frustration and repression of daily life.

The furor created by the movie and attempts of the Saudi Government to ban it is not caused only by its negative portrayal of women. The movie, in the Saudi view, dishonours the Royal family. Also the film accuses the Royal family, which has taken a position of leadership among world Muslims, of ignoring Islamic law.

As far as I know, no future showings of the documentary are planned either here or in the U.S. This is a shame. The film is excellent and I believe the main facts (with exception of the desert scene) to be true. That scene fades from memory. What remains is a picture of a seventeen year old girl, swathed in dark cloth, kneeling in a public square, murdered.

POETRY

SUBMISSIONS REQUESTED

NORTHERN ONTARIO WOMEN'S
CONFERENCE

Will be held in KIRKLAND LAKE

November 1st & 2nd, 1980

Last November, in Sudbury a well organized, successful conference was held. The theme of that conference was Northern Women: A special situation, with concerns about access to resources/information, employment in one industry towns, employment in general, isolation, etc.,

For this years conference, women are invited to submit their own poetry which will be read if selected, during the opening ceremonies.

There will be more details on the conference in the August issue of the NORTHERN WOMAN. In the meantime submit your poetry to:

CONFERENCE POETRY c/o the Northern Woman Journal, 316 Bay St., Thunder Bay, Ont. P7B 1S1

SURVIVING POST PARTUM DEPRESSION

Post partum depression occurs in approximately one out of every six women into whose lives a new baby enters. According to Post Partum Counselling Services in Vancouver B.C., these women have had no past histories of depression or mental illness yet anywhere from a few days to many months later, whether this be their first or fifth child, adopted or natural, they find themselves unable to cope with their new role. The woman suffering post partum depression experiences loss of sleep, sexual desire, motivation, social stimulation and most of all self esteem. In return she gains only overwhelming feelings of hopelessness, helplessness and resentment against her mate, children and herself. For this she feels guilty; angry at herself for resenting a "good" baby and "nice-guy" mate and for not performing to the imposed "shoulds" of motherhood. The anxiety and loneliness seem at times unbearable. Fantasies of harming herself and/or child may pervade her thoughts throughout the day. With them comes the fear that she may actually carry out these fantasies. From here she's back on the cycle of anger-guilt and depression.



Virago Nov. '74

Numerous theories have been proposed as to "why" women become post partally depressed, each toting it's own preferred mode of treatment. The management of PPD rests solely upon the "health care professional" in whom the depressed mother confides (ie. PHN, Dr., Psychologist, Psychiatrist, etc.) The severity of the syndrome is probably the most decisive factor. PP blues commonly occur in the first week, in about 85% of all new mothers, it is relatively mild and thought to be due to the natural hormonal imbalance that follows childbirth. Unfortunately, PPD a more severe form of depression may afflict a mother anywhere up to 2 years post partum and untreated could last for years. Many of these women mask their depression very well. With their extreme feelings of helplessness and difficulties in decision making, they

readily give up the control of their emotional health to the "experts". More often than not the problem is minimized. Along with a prescription for tranquilizers (usually Valium) goes a paternalistic pat on the back and advice ie. "take a class", "get a job", "get out more often", all of which are difficult enough for any mother to accomplish let alone those who are depressed. As one mother so aptly pointed out "My problems didn't mysteriously vanish while I was gone. They were always there to greet me when I came home".

depressed mother labelled psychotic

On the other hand the depressed mother may be mistakenly labelled psychotic, a very severe and rare form of depression necessitating anti-depressant therapy and hospitalization. As PPD is classified according to it's severity it becomes evident that the "label" or "diagnosis" is primarily a subjective decision on the part of the attending health care professional.

In order to understand the phenomena of PPD it's important to look at the role society has played. Few support systems exist for the woman who chooses to be a mother and it is interesting that, typical of the depressed mothers idealism, most of these women had planned their pregnancy and looked forward to the new addition. In today's society we see an increase in the degree of responsibility which rests upon the mother in her childrearing skills. Women in general tend to seek help for emotional problems more freely. Unfortunately, when a woman seeks counselling, it implies that the conflicts are occurring within her, rather than within her environment, relationships and society itself. Thus her depressed behaviour is seen as a symptom and not the result of external conflict. In turn she is deprived of any control of the situation for she is forced to accept total responsibility for the conflicts she encounters. That guilt, anger and helplessness follows is not surprising.

The self-help group approach, as utilized by Post Partum Counselling Services in Vancouver (PPCS) has in over eight years of existence, helped over 1,000 women recover from their depression in a "sharing and caring" atmosphere. They find they are not alone and not "crazy"; that they have the power within them should they redirect their energies, to gain control of their lives once more and to grow, as women.

The depressed mother who attends PPCS is faced with the task of unlearning set roles that till now have formed the basis of her self-esteem. Overwhelming guilt and the depressed mother's idealism blinds her to any but her own faults. Guilt and dependency, numerous unmet needs and stresses further serve to sacrifice the woman's identity to a role be it mother or

wife. In as much as these roles have dictated that "you are what you do" counselling must allow her to reappraise the "perfect mother myth". It must help her to avoid the "shoulds" and to utilize her skills as a facilitator by sharing her experiences within the group. She is afforded the opportunity to achieve realistic goals deriving a sense of self esteem and potentiality as a woman first and foremost and then as a mother.

In response to the needs of women in this community such a service is now being offered in Thunder Bay. Our program is based on the Vancouver model. We are grateful to Womens Place for providing us with a casual, comfortable setting for our weekly Mon., night meetings with other women. When a depressed mother contacts PPCS (Thunder Bay) she is given a telephone "volunteer", a mother who has also suffered PPD and is now willing to listen and share similar experiences and reassurance. She will be asked to attend at least 4 group meetings and is assured that any information she shares with us is kept within the boundaries of our program. If necessary we will refer her to other appropriate community resources.

If you are interested in our program or wish to share your experience please contact us at anytime.

Phone Shelley - 344-6029
or write PPCS / Shelley Corvino
Woman's Centre
316 Bay Street
Thunder Bay

*You may find the workshop at
Confederation College of interest. It includes PP Depression, plus general depression, women and drugs, health care systems, stress reduction and relaxation, assertiveness training.
Two days August 14 and 15 *

Winners

RECENT RAFFLE

- 1st Prize Hand Knit Islandic Wool Pullover
Noreen Lavoie - 572 Pasteur Rd.
Thunder Bay

- 2nd Prize Hand Knit Wool V Neck Vest
Candice Schmidt - 1238 Kings Hwy
Fort Frances, Ont.

ANNOUNCEMENT

WOMEN IN FOCUS is a non-profit feminist arts and media centre. Our distribution library of video tapes and films, on women's and other issues, is available for rental or sales. We are also looking for new material by women to add to our library. Women producers or anyone interested in our free catalogue can contact us at;

Women in Focus
#6-45 Kingsway
Vancouver, B.C.
Canada, V5T 3H7

UPDATE

A news column to keep our readers up to date on women's issues - national, international and local.

3 YEARS and OUT FOR THE DIVORCED

Many divorced women who are eligible for Canada Pension Plan benefits accumulated by their husbands are not going to get them unless they apply SOON.

In January 1978 the Canada Pension Plan was extended to provide financial protection for spouses (read wives!) of working people. If 1.

a woman has cohabitated with her partner for a minimum of 36 consecutive months during the marriage; 2. the marriage ended after January 1978 and; 3. an application for division of CPP Pension Credits is made within 3 years after the divorce, then the wife will be eligible for half of the Pension credits earned by her husband during the marriage.

The program is mainly designed to assist women who have not worked outside the home but it is advantageous to all women whose earnings are lower than their husband's.

For example, a divorced woman who never worked outside the home and turned 65 this year could receive \$1400 per year.

Because the Division of Pension Credits only began in January 1978, no women have lost out yet but they must have submitted their application

for division by December 1980 to qualify.

However because of poor publicity many divorced women do not know the program exists. Others are waiting until nearer age 65 to consider pension matters and do not know about the 3 year limit. To date only 1.5% of people divorced since 1978 have applied for pension division.

Pension reform groups are calling on the government to re-think the Catch-22 nature of this legislation. They criticize the time limit, and want those entitled to be able to apply when they retire. They further ask for more publicity but the Health and Welfare Canada has no educational programs for the general public planned on this matter.

If you have been divorced after Jan. 1 1978 hotfoot it down to the Canada Pension Plan office, 244 - Lincoln St. behind the Port Arthur Post Office or phone 344-9131

Please show this article to divorced friends.

Women over 65 are the poorest of the poor in Canada. It is devastating to think that many will not receive money to which they are entitled.



SEXISM AND GROUP DYNAMICS

Bad news for women group leaders. Women who are in authority roles in mixed groups have much more difficulty than male leaders. The men in these groups feel "uncomfortable" and try various ways to undermine the female leader's authority. The other women in the group are caught in a dilemma. They can stick by their female leader in which case their assertiveness is seen as "bitchiness" or they can "opt-out", refuse to alienate the men and become ineffective. In some cases, those who opted-out even altered their dress to match their choice of the traditional, passive feminine role.

According to the Ministry of Culture and Recreation, the same pattern occurs with coaches who can expect to have their competence questioned and be called on to prove themselves in the sport by both male and female groups.

The good news? Forewarned is forearmed. Be prepared, network with the other supportive women in the group, and if appropriate get these "uncomfortable" male feelings out into the open.

RC anti-abortion film rejected

By DENYS HORGAN

The Roman Catholic archdiocese of Toronto has spent between \$12,000 and \$15,000 on two film clips to be shown as public service announcements on nation-wide television, but stations are loath to air one of them — an anti-abortion message.

Copies of a 30-second announcement against racism and a 60-second anti-abortion message were sent to 34 stations across Canada but only 12 responses were received by the diocesan office of communications. Of the two stations which said they would broadcast the anti-abortion message, one has since dropped the film after unfavorable audience reaction.

The anti-racism message does not appear to have run into difficulty.

To the strains of When I Grow Too Old to Dream, played on a barrel organ, the anti-abortion film shows a crowd of about 15,000 people enjoying themselves in the sun at the CNE. As the camera zooms in on sleeping babies, the music fades and gives way to the sound of a heart pumping. Suddenly the people disappear and a voice announces: "Every three months in Canada, as many people as you see here are denied the right to life through abortion."

Barry Stewart, manager of public relations for CBC Ontario region, said

the CBC had turned the film down because "the subject matter is contrary to the program policy of the CBC for public service announcements."

CHEX in Peterborough had aired the film during two successive weekday afternoons and received critical phone calls in response.

Judy Carswell, the station's director of promotion, said that when she saw the clip she did not like it. "If the diocese wanted to get the message across, it could have done it in a subtler way."

However, Margaret McLaughlin, press officer for the archdiocese of Toronto, would make no apologies for the bluntness of the message. "It's definitely emotional. The truth of the message is heavy," she said in an interview yesterday.

Asked if there were any point in spending so much money on spot commercials that were not acceptable to TV stations, she replied, "We could not anticipate that it would not be shown."

The archdiocese would not buy time to air the films, she said, "because that would be setting a precedent."

To her knowledge, the only station that was still airing the anti-abortion film was CKCY in Sault Ste. Marie.



EVE HAS A
SPARE RIB

Globe and Mail
June 4/80

If you see this commercial aired on your local station, phone and/or write the station and protest vigorously!

WHY DO THEY STAY

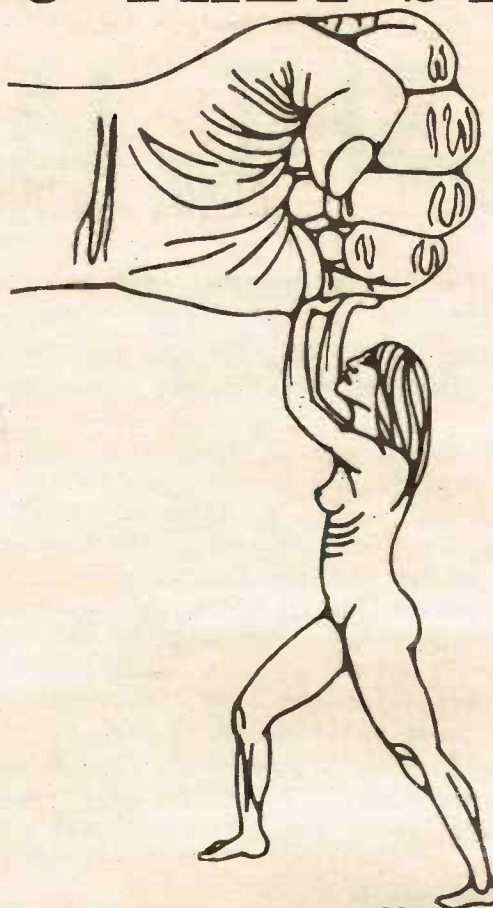
There are two distinct groups of battered women seeking help in Thunder Bay - battered women who reside in Thunder Bay proper and those women who have fled from the many small towns surrounding Thunder Bay; Thunder Bay battered women face the same problems that confront the thousands of battered women across the country. While the non-residents face all of these, plus the additional problem of having the various agencies involved declare non-responsibility for assisting them.

Thunder Bay has three agencies primarily dealing with battered women. There is Community Residence operated by the City of Thunder Bay; Beendigen, the Native Women's Crisis House, both providing emergency housing; and Crisis Homes Inc. - an information, education and research organization.

Community Residence in Thunder Bay was established approximately 5 years ago, brought about by the need identified by the women from Crisis Homes Incorporated organization.

Community Residence is unique from the Transition Houses across the country as it is totally owned and operated by the City of Thunder Bay. Community Residence has a priority of assisting women with children. It provides shelter and food to these families for an interim period of time. It is staffed by house mothers and does have access to a trained social worker and city workers that attempt to relocate the women and refer them to Family Benefits when necessary. It does not however have any of the philosophies connected with the other existing transition houses - namely the sharing atmosphere and the work done to rebuild the confidence and emotional stability of the women using the services. There are no group sharing sessions held - the women do not participate in the operation of the house - a follow up program has not been developed, and there are not any structured child care or child counselling programs. It is not involved in any form of public education and most important women and children of Thunder Bay proper ONLY are eligible to use the facilities. It is in short - institutionalized short-term housing for city residents.

Beendigen Native Women's Crisis House has been operating in Thunder Bay for two years. This house was originally promoted by a local of the Native Women's Association and until recently has faced many problems. Up until October 1979, the administration spent up to 70% of their time seeking financial assistance and had to close its doors several times due to lack of funding. Fortunately Beendigen now faces a more secure future and does share the philosophy of many of the other Ontario Houses, such as Windsor Hiatus House objectives; " a safe accommodation in a home-like atmosphere, baby-sitting while the mother contacts service agencies; information and referrals to community resources; professional counselling in the house; assistance in the form of transportation and company to attend legal and assistance appointments. If required, re-establishment services ie. locating housing, furnishings and assistance with moving and transportation of school age children to their own schools if necessary.



Toronto Interval House offers the following support, as some of their objectives;

- to provide personal support and encouragement to enable the woman to gain some self-confidence and respect, and to help her adjust to the responsibilities of single-parenthood.
- to help her consider all the possibilities for her family without prejudice, so that she may make the decisions which are best for her.
- to provide on going support and contact after the woman leaves Interval House, to alleviate her feelings of isolation.

Interval and Transition Houses across the country believe that:

1. She needs time space and support. She needs to consider whether she has the strength or desire to make a change in her family's lifestyle.
 2. She needs to be aware of all of the alternatives to her situation if she is to make a decision.
- The houses believe most strongly in the dignity of the individual, both child and adult.

Crisis Homes Inc. is a volunteer organization dedicated to identifying and serving the needs of battered women.

Since the establishment of Community Residence - Crisis Homes Inc., has made their priority, public education and research. Crisis Homes Inc. sponsored the 1978 research project "Women in Transition" which discovered that 902 women sought help in Thunder Bay in a one year period for physical battering.

Crisis Homes Inc. spent a great deal of time trying to develop an understanding of the plight of the battered women with those agencies that may find themselves dealing with battered women. The lack of understanding on the subject is unbelievable. Recently a police officer of 27 years service, well used to intervening in family disputes remarked, that he appreciated the services offered but that we must admit that some women liked being battered. This attitude along with other restrictions placed on the battered woman encouraged women to remain victims of constant battering.

Crisis Home Inc. has tried to have a non-traditional counselling available to assist battered women situated at Women's Place, Thunder Bay. However a tremendous amount of energy is needed for the ongoing search for funding, in order to provide this service.

Case in Point #1

On a Friday evening at 5:30, received a call at my home that a telephone support organization had received a call from a battered woman who had fled from a family dispute in a community 27 miles from Thunder Bay. I called Community Residence and was told that the victim could not be admitted without authorization from a social service supervisor. The worker called the supervisor and I checked a half hour later and was told that the supervisor was outside in his yard and would contact the house when he came. At 6:30, I was told that the supervisor did not call in yet. It was at that time 18° below and I was concerned that if the supervisor was still outside that he would freeze to death before he authorized admittance of the victim.

At 7 o'clock, I talked to the telephone support organization again and suggested another organization was told that they had tried that were refused on the grounds that they had used their services once before. Following the old rule "if you don't succeed, forget it". I then called Community Residence who said they try the supervisor again.

I called Beendigen and asked if it was possible for them to take a non-native woman. They said they could if it were authorized for payment from the city. Authorized of course by the same supervisor who was out in the snow. Another call at Community Residence revealed that the supervisor had called the residence and told them he would come either myself or the telephone support. He did not, and further attempts to reach him were unanswered. Presumably now both he and the person previously answering his phone were out in the yard in the snow. At 8 I called Beendigen and it was agreed that they would take in the woman that the expenses would be covered by Crisis Homes Inc. from what little funds they have - All of this while the battered victim was plunked with a friend who did not want to get involved. The victim subsequently went home the next day.

Case in Point #2

A victim of battering from a lower income family in Thunder Bay sought assistance from Women's Place. She told to apply for legal aid. Her husband travelled in the social setting the city lawyers. AN UNDESIRABLE ALTERNATIVE.

She was informed of Community Residence and told what her position would be there - housed and fed, contingent to referral to city social services. AN UNDESIRABLE ALTERNATIVE.

She was told the amount of welfare fare she and her children would be eligible for while taking court action against the husband. AN UNDESIRABLE ALTERNATIVE.

She was told the retraining she would still have to be on welfare while seeking support or retraining. AN UNDESIRABLE ALTERNATIVE.

She was told how to apply for a peace bond. Her husband also socialized with the police and court officials. AN UNDESIRABLE ALTERNATIVE.

The victim returned home.
Case in Point #3

A victim of battering from a town 200 miles from Thunder Bay sought assistance from Women's Place. By a unique set of circumstances she was able to find a place to live with another victim of battering and a job within 24 hours. Armed with security and the emotional support of Women in Transition she set out to make a new life for herself. Over the next six weeks she was deluged with calls from her husband apologizing and begging forgiveness.

'to forgive is divine'

She received two letters from the minister of her church reiterating the role God saw for her and promoting ... "To forgive is divine".

She received letters from her friends and neighbours praising her husband as a good provider as well as an excellent father and husband.

She received calls from her married children on their father's behalf asking her to come home. Through all of this each time she received one of the above, she rushed back to Woman's Place for support in her decision.

After six weeks she felt strong enough to return to her home town for a 2 day visit to tackle the job of explaining her decision. Her life long role as a mother demanded that she make her children understand.

She never returned to Thunder Bay. How could she play a game where supposedly her family, her friends, her neighbours and God were on the opposing team?

Case in Point #4

Recently a trial in Thunder Bay concluded; The defendant admittedly returned home prior to his wife after a social evening, picked up a shovel and waited in the dark for his wife to return, whereupon he beat her to death with the shovel. Evidence was given as to the instability of the relationship with past records of abuse including hospitalization of the victim on a previous occasion. The lawyer argued that the defendant who had excellent character references and work records, was not a threat to society. I would argue that he is, along with any lawyer that perpetuates the belief that family violence up to the point of murder is a private affair. The defendant received a 4 year sentence.

Where physical battering occurs it is safe to assume that most victims have undergone years of mental and emotional battering. Most battered women appear to have had their self confidence and esteem crushed long before they attempt to seek help.

Battered women are intimidated by the public documentation and exposure involved in seeking assistance in a city as small as Thunder Bay; by the fact that battering is not polite coffee conversation and by reason that they believe they are the only ones to whom this is happening. This isolation coupled with the red tape involved in seeking assistance often squelches their efforts.

-How many landlords do you know that will rent to a tenant without funds, while their welfare is being approved?
-How many women do you know who have lost faith in her husband/provider yet still have the confidence to place their future in the hands of social and government services. It is a little like jumping out of the frying pan and into the fire.
Battered women are forced to stay knowing:

-That it takes approximately 6 weeks for an assault charge to come to court. If the victim has no alternative housing, this leaves her in the position of remaining in the house with the assailant, calmly discussing over morning coffee his forthcoming court appearance.

-The fact that subsidized housing in Thunder Bay has a waiting list a mile long and that private housing in Thunder Bay costs from \$280 to \$350 a month. More than her welfare cheque and more than many women could afford on salaries that average far below those of the male work force.

-That society has defined woman's role as that of wife and mother. The success or failure of the family unit is placed squarely on her shoulders. Is it any wonder that when she and society see her as having failed this role, that she lacks the self-confidence to be-

~ CONTINUED FROM PAGE 2 ~

our babies together. When one woman had trouble nursing, we gave her support and encouragement.

My biggest criticism of the hospital experience is that the nursery prevents women from getting to know their children. Our babies were supposedly on demand feeding, yet only once did I feed mine outside of the four hour scheduling. Naturally when I got home; it was a hectic time trying to adjust to his real demands for nourishment. The women in the nursery claim that they maintain the baby so that the mother can "rest", but all of this rest is tossed out the window because coming home is so wild. They were very apprehensive when I left before the prescribed time was up - they wanted to protect me from the homecoming for as long as possible, I presume. The irony is that there wouldn't be a temporary crisis if one were allowed to get to know one's baby (rooming in just isn't enough), or if women were allowed to give birth at home and never have to make the physical and mental transition from hospital to home.

While breastfeeding is strongly advocated, one isn't allowed to nurse often enough to establish a milk supply appropriate to the infant's needs. We were given an abundance of information on breastfeeding, but why put off the whole process 'til a woman is at home on her own, I wonder. It is no wonder so many get discouraged and give up. All women who plan to breastfeed should have LaLeche League member phone numbers. I called Tina James 5775261.

I will definitely have my next child at home. My partner and I have no negative feelings as a consequence of the hospital experience, but, next time we will be more "in control". Even the cold clinical atmosphere of the delivery room cannot undermine the experience for us. Unfortunately, it does for so many people.

I hope that women will take more

lieve that she would succeed in the role of sole-provider?

Battered women in Thunder Bay don't stay or return to that situation because they like it.

-It is because women have no place to go.
-It is because you don't take small children out into the night at 30 below not knowing where their bed or next meal will come from.

-It is because the mothers of teenage children face a different set of pressures. Their need for peer acceptance, their need to be with their friends, to have the \$28.00 jeans and the \$38.00 joggers, often keep their mothers captive victims of battering.

-It is because of the low self-esteem that is encouraged by society.

-It is because of the stigma of guilt that victims of this crime are faced with.

-It is because male dominance and the right to keep his wife in line is an acceptable behaviour in society.

-It is because of the fear that this person who is physically stronger than her is capable of hurting or killing her and is supported by the lack of protection and resources available to her.

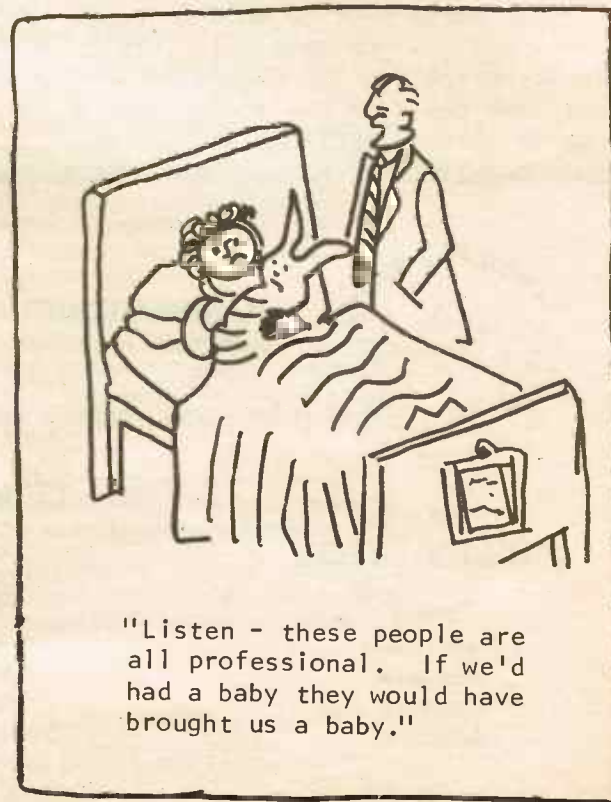
-It is because the public fire she is jumping into is often worse than the private frying pan.

initiative in getting what they want in the area of childbirth. After talking to women in the hospital, I know there is a great deal of dissatisfaction with the current system, and that many women feel that there is no other way than to deal with a doctor that they don't really feel confident about etc.

Having been robbed of our confidence to take responsibility for our own health and happiness is the real "witchcraft", perpetrated by a mode of medicine that is based more on blind faith than any natural modes of healing and caring for the body and spirit.

The Northern Woman should continue examining alternatives to technological medicine.

Sincerely Elaine Lynch



WOMEN IN THE MEDIA

By HOLLY IKOLA

The media through newspapers, T.V. and radio, plays a very important part in our society today. Unfortunately, women have very little influence or power in the media work force. The media is male-orientated. Women are concentrated in clerical work and do not have the access to higher ranked jobs in management. Insufficient attention has been given to women in broadcasting media.

A survey taken in 1978 by the Ontario Press Council showed that women were almost one-third of the work force of the 4,400 in the nine daily Ontario newspapers that participated in it. But women only occupied 11.15% of the decision-making roles!

On the basis of the situation in daily newspapers in 1978, one man out of 8 working for the newspapers may attain a decision-making role. Out of the men who do attain a decision-making role, one in 9 attain a minor role and one in 40 a major.

But for women, one in 25 can expect to achieve a decision-making role. Out of the women who do attain a decision-making role, one in 27 attain a minor role and one in 198 a major role.

Major and Minor Decision-Making Roles

	Dailies	Weeklies
Men	454(88.85)	12(66.7)
Women	57(11.15)	6(33.3)
Total	511	18

"Sexism and the Newspapers" published by the Ontario Press Council in July 78.

("Sexism and the Newspapers" published by the Ontario Press Council - July 78)

These statistics are very discouraging especially for women who plan to enter journalism as a career. But many women are deciding to choose a career in journalism. Carleton University has a well recognized journalism program and in 1976, 65% of the enrolled students were women.

But, women must be able to cope with their environments Gail Scott, CTV anchor-person for Canada AM said that "the newsroom has always been a super-machismo territory and jour-

alism has always been a sexy, male profession." She also said, "All successful women are referred to as hard-nosed bitches, whether they are or not."

Recently, many women, including myself, are choosing a career in broadcasting: radio and television. There is no question that there is discrimination against women and this is a problem with which broadcasting has barely begun to deal.

Radio stations have been in Canada since September 1919, yet how many women do you hear as disc jockeys or announcers on the radio? The ratio compared to men is very low but it is increasing.

There are many other positions

There is a trend, particularly at the CBC, that women are entrenched in radio rather than the prestigious television career. Feminists are beginning to worry that radio may become stereotyped as "women's work".

There are many other positions in broadcasting that are stereotyped. Women, besides being stuck in clerical work, are also put into the position of script "girl" which is properly titled as script assistant, and traffic manager who makes up the log for the programming of each day. The director/producer jobs are definitely male orientated and exercise much authority.

Position	Men	Women	Total No. Employees
Technicians	98.1%	1.9%	2615
Film Camera Operators	100%	0%	74
Radio Production Ass.	9.4%	90.6%	139
Film Editor and Ass.	82.2%	17.8%	241
Secretaries	0%	100%	590
Producers	86%	14%	698

"The CBC and Women: A Progress Report; Status of Women News, Spring 1980, show how many women are placed in broadcasting.

Jan Tennant, a newscaster on the CBC says, "Women and men are very hard

on women. We put up with a lot of mediocre men in broadcasting that we just wouldn't put up with if they were women. So if you're female you really have to be good to survive." Most female on-air broadcasters are judged more by their looks than their ability. As put by Miss M. Frances in the Toronto Star, July 22, 1978, "Regarding Dennis Braithwaite's article 'Where's Canada's terrific woman TV newscaster?', why would a woman broadcaster have to be beautiful, brainy, sexy, and have a fantastic face, when the only thing Peter Kent had going for him was the fact that he is a male." The article was written when a replacement was trying to be found for Peter Kent.

"Knowlton Nash is sexy ? ?"

Also men performing the same function as women get a higher salary despite the equal pay for work of equal value, provisions of the Canadian Human Rights Act. Here is a look at the difference between years, also from "CBC and Women: A Progress Report".

Salaries:	
Average Men's Salary	
1974	\$13,700
Average Women's Salary	10,090
	3,610
Average Men's Salary	
1979	22,100
Average Women's Salary	17,000
	5,100

The salary gap has increased but in term of percentages it has decreased:

Women's earning as a percentage of men's 1974: 73.5% 1979: 76.9%

But the percentage has not decreased to a very great extent. Also: Percentage of management who are women - 1974: 7.5% 1979: 13.6%

Fortunately, the % of women in management has almost doubled, but as compared to the % of men in management, it amounts to practically nothing.

Women do have it tough working in the media. If a woman that has been hired fails in her job, they blame it on the fact that she is a woman, not that they hired the wrong person for the job. It will take years to undo all this sex discrimination. Women have to be strong to get anywhere and be able to fight.

HANDMADE HOUSE



HANDMADE HOUSE of Thunder Bay invites you to

Have lunch or tea in our **TEA ROOM**

Cakes
Cookies
Soups
Stew
Muffins
Hot bread } 12 noon
Cinnamon buns }
Tea (24 kinds) Coffee

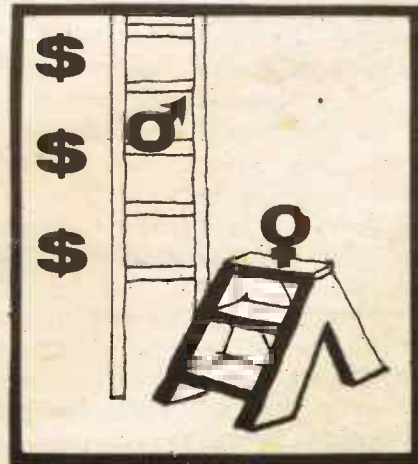
Browse in our **CRAFT SHOP**

Pottery
Hand Knits
Macrame
Jewellery
Amethyst

OPEN: Mon.-Sat. 10 a.m. - 5 p.m.

OPEN: Mon.-Sat. 9:30 a.m. - 5:30 p.m.

NORTHERN WOMAN page 10



HONEST BELIEF

RAPE: CAN NOW BE A MISTAKEN BELIEF OF CONSENT?

A recent minority judgement of the Supreme Court of Canada in the case of "Pappajohn VS the Queen", in which a claim of "honest belief" without reasonable grounds was determined valid in Canadian courts.

QUOTE, " In a split decision, five judges agreed that there was no evidence to support the man's plea that he had mistakenly believed he had the woman's consent. But two judges concluded that there was some evidence to support the claim and the trial judge erred in not instructing the jury to consider mistaken belief of consent as a defence. The two dissenting judges would have granted George Pappajohn a new trial". UNQUOTE.

" from the Ottawa Bureau of the Globe & Mail"

In lay terms if a man accused of rape claims he honestly believes the woman he had sexual intercourse with consented he may be acquitted.

BEFORE:

In the past rape cases, the defence lawyer could petition the judge and the crown attorney, in writing, to submit information concerning the woman's past sexual history. If the judge considered this information pertinent to the case, then this evidence would be heard in public (with jury present).

NOW:

Victims of alleged rapes must answer questions about their past sexual conduct at an in camera court hearing (without the jury present) if a judge decides to hear such evidence, the Supreme Court of Canada ruled in June of this year.

In a unanimous judgement, the court said the complainant is compelled to answer such questions once the judge is satisfied that proper notice is given to her and that the evidence sought is pertinent to the case. She must then answer these type of questions in public court hearing (with the jury present).

FROM: The Rape and Sexual Assault Centre-
Thunder Bay



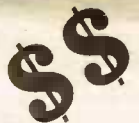
Chicago Women's Graphics

YOUR SUPPORT is requested--

Northwestern Ontario Women's Centre announces that memberships to the centre are available. In order to bond together in our common interests and goals, as well as to produce some income towards operational costs, it is hoped that every woman concerned with the issues affecting women and services available through *YOUR* Women's Centre; will purchase a 1979-80 membership. The fee for active membership is \$3.00. In addition 50¢ associate memberships are available for residents of the surrounding communities and for women on a restrictive budget.

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CORN ROAST

Friday August 22, 1980 All women welcome. Call the centre later for confirmation, and hope the corn is high!

book review

Review by Elaine Lynch

LIFE BEFORE MAN by Margaret Atwood
McCLELLAND AND STEWART - 317 pages

Margaret Atwood's most recent book LIFE BEFORE MAN can safely be called a good book. It is good in the sense that it is well-written, interesting enough to keep you reading, and in terms of craft, far above the trash ground out by so many trade novelists. Unfortunately, in light of her other work, the book is disappointing.

Consider Atwood's literary career. In THE EDIBLE WOMAN and SURFACING, her first two novels, we were introduced in highly imaginative ways to women, alienated, unhappy and controlled. In each case, we were taken through the painful process of awakening as the character grasped hold of the responsibility of understanding themselves and controlling their own destinies. These were important novels because they made social statements and gave us a new woman in contemporary literature. Artistically they were superb. Demonstrating that Atwood could easily take the sharpness of her poetic imagery and use it in prose.

From the very beginning, we were dealing with a writer who could be very ironic, biting and sometimes frighteningly cynical. These were effective ways of driving home her portrayals of the atrocious predicament of modern woman. I will remember my shock and amazement when I read the following "ditty" from - POWER POLITICS (Anansi, 1972):

You fit into me
like a hook into an eye

A fish hook
an open eye.

There is a restrained hostility in these lines that remains in one's memory.

Then came LADY ORACLE which was a kind of comic relief piece. On the surface it was fun reading because Atwood can be hilariously satirical. But LADY-ORACLE was not as frivolous as many accused it of being. Again Atwood examines power relations - what it is to be controlled as a child, as a woman, and what it is to be doubly second class as a fat woman/child. At a second glance ORACLE is actually funny because so many women can identify with the absurd but nevertheless, real situations she creates in this novel.

expresses cynicism

LIFE BEFORE MAN expresses Margaret Atwood's cynicism at its darkest. Had it not been for the dubious ending, I would call it a novel of despair. And it is not just the contents that are disturbing. Although Atwood might claim that she is experimenting with form in this book, one can't help but think this is more like a plan for a novel. It seems that she planned each of her characters on paper then split

up the sketches interspersing them with one another and heading each "chapter" with a date to the chronology. On the other hand, she might have been saying something about the different points of view that the characters cannot communicate to one another. One can't help but point out though, that this is the first time Atwood has attempted more than one significant character in her fiction and she likely will have to develop her ability to many full-bodied characters and their interaction.

Through the characters of Elizabeth her estranged husband Nate and his lover Lesje, Atwood again demonstrates her tireless preoccupation with the power in relationships.

all-powerful woman

Elizabeth is the all-powerful. She not only calculatingly pulls Nate's strings, but she also finds her way into the lives of people who threaten to break the hold she has over him. She is a monster in no uncertain terms. But Atwood keeps dragging up her unbelievable childhood as some kind of a disclaimer for her behavior. While the past might explain her feelings, for an intelligent person it seems like a lame excuse for such deliberate destructiveness. For instance, she became involved in an affair so emotionally perverse that the fellow eventually blows his head off in an attempt to effect her. There is little kindness in LIFE BEFORE MAN. Although she breaks a little toward the end of the book, it is hard to understand a character so pig-headedly pursuing and creating unhappiness.

Nate is Atwood's first full fledged male character and I must marvel at how well she has portrayed a type that many of us probably know. For the most part sympathetic throughout the book, one gradually loses respect for Nate because of his inability to take action and to make a deliberate choice about what he is going to do, to whom he is going to commit himself. His ineffectual nature damages too many people including his children, to be excused.

exotic character

Finally there is Lesje - the exotic character. Specializing in dinosaurs at the Royal Ontario Museum, Lesje retreats to a fantasy world of Megalosauruses and prehistoric landscapes. She too is unhappy and like the other two characters, complacently so. That is why this book is so gloomy. Everyone is trapped in their unhappiness, and what's worse, they threaten to stay that way, until death breaks the monotony. The only progression is that each becomes a little more desperate by the novel's conclusion.

dinosaur imagery

The dinosaur imagery that recurs in Lesje's fantasy life, seems to be some sort of complimentary statement about what is happening to the characters in real life. It seems to foreshadow the extinction of human life as we now know it. The book portrays people who are maladapted. Curiously, we are given detailed accounts of the roots and early family life. Although very diverse, each produced an individual unhappy with varying powers of destruction. Likewise, Nate and Elizabeth's two daughters are not allowed the raptures of childhood innocence. Each has her own neurosis. Atwood is careful to make everything fragmented each person incapable of contact - and each desperately unhappy. The characters, combined with sterile, consumer environment of Toronto point to a breakdown. This would not be so disturbing if the characters weren't so resigned to their lot. Atwood portrays generations of unhappy, unfulfilled people, begetting more unhappy even sick people, threatening gradual extinction ... like the dinosaurs. But it is for emotional not physical reasons. When Lesje finally decides to become pregnant with Nate's child, it is a power move done with apprehension and doubt. No one in the novel is mentally fit to raise children. Rebirth is not a positive theme.

This book is disturbing. Not that there must be Pollyanna optimism in every novel, it's just that Atwood's vision seems to be unnecessarily bleak and even preposterously melodramatic.

I prefer to see this book as a transitional novel, marking a new direction in Atwood's style. The remarkable talent for images and description is still there - and her character's whether or not likable, are always fascinating. No writer should try to force things to satisfy a publisher. I suspect that this is what happened in the case of LIFE BEFORE MAN. But read it anyway. It is excellent diversion.

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the story of an all women's
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I Saw A Woman Sleeping

- by Olive Schreiner

I saw a woman sleeping. In her sleep she dreamt Life stood before her, and held in each hand a gift - in the one Love, in the other Freedom. And she said to the woman, "Choose!" And the woman waited long; and she said "Freedom!" and Life said, "Thou hast chosen well. If thou hadst said "Love", I would have given thee what thou didst ask for; and I would have gone from thee, and returned to thee no more. Now, the day will come when I shall return. In that day I shall bear both gifts in one hand." I heard the woman laugh in her sleep.

Poetry

STONE (NORTH SUPERIOR)

It started again.
A sound, like lightning, to crack the permafrost
And split the Canadian Shield,
With one utterance.
A voice
That sprang from the spruce, holding fast the field
Green and newborn, with buds and birds' cries--
Like loons that moan
But louder
And harsh, like pain
But pretty, in its primordial strains.
A howl
Of surprise, candor and splendid clarity
A thought
That weaved and waded less than burnt bone--
But sharp as cut glass, and cold as stone.

Joyce Michalchuk

Ode to The Northern Woman

No gentle flower, yon rugged Fem.
She stands her ground,
against the current and the tide.
She may be found.
Contender for the rights of all
or privilege for none.
She shuns dependance as a frill,
a beggers bone.
She has known the icy blast
of duty's sodden breath,
the degradation of the kept
that plots the spirit's death.
She moves into the storm's red eye
to sing a different song,
for in the custody of man
the nights were long.
She sees the lives of battered wives
built only on a kiss,
and yearns to build sustantually
on firmer ground than this.
Love still may play a magic flute
and tenderness confound her.
But bitter is the evidence
of broken dreams around her.
For men must learn and women wait
and struggle for the changing.
The Northern Woman standing firm
compassionate and caring.

taken from Gerts' new book RISING

Dancer

She moved like the ripples of morning
caressing the sand of the shore,
she walked with the ease of a dancer
whose life was to dance not perform,
her body was tuned to a singer
whose song offered her joy,
she moved for herself
found pleasure and grace
in the form of the woman
she was.

Viola Goderre



Marilyn

She was manicured,
a flower arrangement
of neatly ordered thoughts
structured and flawless.
I wanted to be like her
to copy her safe, tidy pose
but my life scattered like weeds
blossoming in the wrong places.
I was so busy
trying not to be me
I forgot how she once wished
to be a wildflower.

Rosalyn Taylor Perrett

MAMMOGRAPHY

by Louise Nichols

A five year study of the use of mammography (a breast x-ray) to detect breast cancer started this year at Toronto's Mount Sinai Hospital, to involve 9,000 Toronto women this year and expand next year to include another Toronto hospital and centres in Hamilton, Quebec City, Montreal, Winnipeg, Edmonton, Calgary, Vancouver, and Victoria, for a total of 90,000 women. This study will involve women aged 40 to 59; half will receive annual mammography. Of the other half those over 50 will have annual physical exams, and those under 50 will fill out a questionnaire each year. All will be taught breast self-examination.

The announcement of this study, sponsored by the National Cancer Institute, the Canadian Cancer Society, and Health and Welfare Canada, has precipitated a huge controversy, both public and professional, with phrases like "lives saved" and "deaths caused" being hurled from opposite sides. But it is we women who are the "lives saved" and "deaths caused", and we need the information to make our decisions, not only about whether to be involved in such a screening study, but about whether to follow doctors' advice on mammography for breast lumps many of us may discover sometime in our lives.

The medical literature on mammography is confusing and at times contradictory. Two similar massive screening programs have been done in the United States. In the first, a 30% decrease in breast cancer mortality was demonstrated as a result of both mammography and physical exam in women under 50. In women over 50, no change in mortality was noted. Only 39% of cancers in women under 50 were seen on mammography - a rate of 69% missed cancers, whereas 80% of cancers in these women were detected on physical exam.

In the second study in 1973, mammography had a slightly higher incidence (67% compared to 50%) of true positive diagnosis of cancer in older women than physical exam, while physical exam had a significantly higher incidence (39% compared to 16%) of true positive diagnosis in younger women. (True positive means that a mass diagnosed as cancer by either method was proven to be a cancer when biopsied and examined under a microscope.) A probable reason for mammography's poor record in younger women is the difference in breast structure. A premenopausal woman has denser, more glandular breasts, and mammography is less effective than in postmenopausal women whose breasts are more fatty and permit more penetration of the x-rays.

The American College of Radiology which has an undeniable vested interest in promoting the use of x-rays - recommends annual mammography for all women over 50 as a screening device.

Their rationale is probably based on several factors: (1) risk of breast cancer increases with age; the mean age of women who have breast cancer is 60-61; (2) the previously mentioned difference in structure which allows better sensitivity of diagnosis after 50, and (3) the rather cavalier statement that the risks are out-

weighed by the benefits - that is to say, since any cancers which may be actually produced by the mammogram (more about this later on) will not show up for 10-20 years or more, and these women are already over 50 and therefore have a shorter future life-span in which to develop radiation-induced cancers, the risk of producing cancer is outweighed by the benefits of earlier detection of already-existing cancers.

We, especially those of us over 50, will have to decide how we feel about this kind of attitude, which would have us exposed yearly to a possible cancer - inducing test on the assumption that we probably won't be around long enough to develop the cancer anyway.

What about the cancer-inducing potential of mammography? Well, there is absolutely no doubt that some women exposed to mammography will, after the 10 year latent period, subsequently develop breast cancer as a result, not to mention an increased risk of leukemia and lung cancer. But how many?

According to the Journal of the American Medical Association of March 1977, if the average woman gets an exposure of 2 rads per exam (a rad is a measure of the amount of radiation absorbed by the tissue exposed) and is followed up for 31 years, for every one million mammographies there will be 125-500 breast cancers develop, which will lead to 50-200 deaths.

If one million symptom-free women age 35 or over are screened by mammography, 1500 unsuspected cases of cancer may be found, however two-thirds of these could have been found on careful physical examination alone. Of the remaining one-third, or 500 women, whose cancer could be detected only by mammography, the long-term survival rate will be increased by 175 lives or less. So - mammography of one million women could save or prolong a maximum of 175 lives by early detection of breast cancer, while the breast cancers it produces could cause the deaths of 50-200 women.

The use of mammography as a diagnostic aid in women who have some breast symptoms, usually a palpable lump, is also controversial. With many doctors, the usual work-up of a woman with a breast lump consists of several steps. First, a careful physical exam to determine the size, location, mobility, and tenderness of the lump, as well as any enlargement of lymph glands in the armpit or chest. Both breasts should be palpated in this way, and a history taken of when the lump was first noticed, any previous breast problems, and any family history of breast disease or breast cancer. Often, if a simple cyst is suspected, a needle will be inserted to attempt to withdraw fluid - if fluid is present it is probably only a cyst, although the fluid should be examined in the laboratory to be sure.

Next a mammography is done of both breasts to look for any suspicious masses. Finally, if anything suspicious is found on physical exam and/or mammography, a biopsy will be performed to remove the lump and examine it under a microscope for cancerous cells.

Dr. Devitt, an Ottawa specialist recognized as an authority on breast diseases, feels after many years of experience that mammography may not be as useful as some doctors believe in detecting cancer.

mammography gave 28 false-positive results



In a study of 1,026 consultations - that is, women who were sent to him by other doctors because of some breast symptoms - he found that mammography missed six cancers which were found on physical exam and biopsy; mammography gave 28 false-positive results, 28 women who were subjected to great anxiety until biopsy proved their lumps to be non-cancerous. I quote Dr. Devitt: "Mammography should be restricted to clinicians who require it to answer the question: Is this lesion sufficiently likely to be cancer that biopsy is indicated?" In other words, mammography should be used only when the doctor is suspicious about a lump but needs the additional confirmation of mammography before deciding to do a biopsy. He feels that most breast disorders can be successfully managed without mammography.

Now - all this is not to say that mammography should be totally rejected. It seems clear that there are serious hazards to its use as a screening tool in symptom-free women which we must all take into consideration. However there may be a place for it as a diagnostic aid, in conjunction with competent physical exam, when needed to decide if a biopsy is necessary. But a woman with a breast lump owes it to herself to see a doctor who has some expertise dealing with breast disease. This is no time to trust in your family doctor or just any old surgeon. And go to that doctor armed with some knowledge and understanding of the risks, benefits, and alternatives. Knowledge helps us deal with fear, and enables us to deal with doctors.

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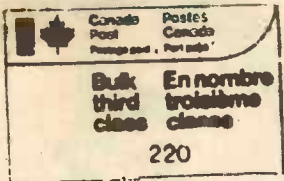
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