

Dear Women:

Recently, the Rape Crisis Centres held their annual regional representatives conference in Winnipeg. These women experienced, first hand, that Winnipeg Women's Building is in crisis. We are facing winter with no heat, as our gas has been cut off for nonpayment. Surviving the summer wasn't bad, but with winter approaching quickly Nancy 'J' Zabirka, Box 1695, Timmins. we cannot survive without donations to get the heat turned on!

The Building has never received much in the way of funding from the government other than short time summer employment grants. Our only other source of income has been rentals for office space.

At present, the building houses Wen-Do, People on Welfare, a free clothing depot, Women in Trades, a women's theatre group, a women's graphic copany, and the W.W.C.E.C.. The rents received are very minimal as all the groups are poor, and ability to pay is a building policy.

The Building was purchased in Nov., 1979, and opened with much fanfare nationally and internationally. Since that time, it has been a sheer struggle just to stay afloat. As far as we know we are the only women owned and operated building in Canada, though we believe some are in the formation

The women running the Building are tired, but determined and stubborn, so they plug on. Many poor women from the area frequent the clothing depot, and rely on the clothes they receive for themselves and their children. Many of these women are on welfare.

Each day, the Building grows a little colder. We have a small wood supply that we expect will hold us for a week or two, but we can only heat one room by this method.

Lel'ave this building is necessary and herstorical, for a women owned and operated space offers encouragement and support to women of all walks of life. Recently, a lesbian drop-in has formed, and, if successful, it will enable many more women to 'come out'.

Although we know all women's groups are poor, Debbie Parent of the Toronto Rape Crisis Centre suggested this letter, when she saw the women here in such need.

So, as you have guessed, we are in desperate need of money. Our heat bill is \$6,000.00. We've held all kinds of fund-raising events, but we can't seem to gather sufficient funds. We've also had 8 breakins in the last 2 years. We're asking for donations of what you can afford (we now have a tax deduction number). Any assistance will be greatly appreciated.

P.S. If your dropping by, wear warm clothes! IN SISTERHOOD AND STRUGGLE

Yvette Parr for Women's Building

Hi!

I really enjoyed Elaine and Rosalyn's article SINGING OUT LOUD! Our Sexual Assault Centre sponsored Heather Bishop and Lauri Conger for a concert here last April! Their energy is addicting and keeps the network of womyn strong.

I would also like to add my name to the Health Network Ont. P4N 7W8

1. doMain Self-Defense for women, encompassing verbal and physical techniques (a 12 hour complete course)

2. Constructive Criticism

Assertiveness-Sociology of women's

P.S. Keep up the great "Northern Woman"!



Editor Northern Woman:

The Northwestern Ontario International Women's Decade Council commends the Journal on it's excellent September 1981 issue. The choice of articles about Northwestern Ontario women for Northwestern Ontario women works to fill a great void of information.

Again, congratulations, and we sincerely hope future editions will focus on the needs and interests of northern women as expertly as your last issue did.

On behalf of all members,

Barb Matthew, Co-chairperson

Northern Woman Journal:

I read with a great deal of interest, your recent article on bankruptcy, and feel that it is of benefit to men and women in the community to have such information presented to potential creditors for a period o in such a concise and factual way. In many situations, extreme financial problems reflect on marital and parent child relationships and cause havoc within families. Sometimes, bankruptcy is the most appropriate step to take and it is certainly important for people to know that bankruptcy is available to all.

It should be pointed out, however, that there are several alternatives that many people in financial difficulty are unaware of and which eliminate the stigma of bankruptcy.

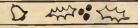
One alternative is to enlist the help of a Credit Counselling Service Credit counsellors can assess your financial situation; determine the amount of money you have available to pay to creditors; negotiate with creditors to accept lower payments based on the money available, and continue to deal with creditors for you. In other situations, credit counsellors can help you to develop a proposal to your creditors offering a percentage of the balance owing on your debt, so that payments can be reduced or the payment time can be reduced. Again, the credit counsellor would deal with creditors on your behalf. Either of these solutions are usually more acceptable to creditors who stand to get little or nothing if you go bankrupt.

Another choice available to people is a court consolidation. This can be arranged for any person who has had 3 judgements against them and is a protection against being garnished. Court consolidations can be arranged through the Small Claims Court for a sm all fee of about \$40.00 and small monthly payments are then made to the court for disbursements to creditors.

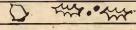
With regards to bankruptcy itself, it should be pointed out that while an application through the Winnipeg office of the Registrar of Bankruptcy can enable you to undertake bankruptcy without being required to make payments, and the hankruptcy trustee will be paid from your assets; "assets" includes your income tax return. Your child tax credit may also be claimed by the trustee but may be exempted, depending on what part of the year you file bankruptcy. Another caution is for people who have credit union loans. If you file bankruptcy and one of your creditors is a credit union. that credit union can file the wage assignment with your employer and collect 30% of your gross income for the length of time of the bankruptcy. This process can perhaps be avoided by negotiating an arrangement with the credit union committee. While it is true that credit can be obtained relatively soon after discharge, the credit bureau does report a bankruptc 5 years.

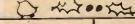
We would like to urge that prior to considering bankruptcy; persons experiencing financial problems investigate some of the other alternatives. A viable alternative may be found with the help of a Credit Counselling Service, at no charge In Thunder Bay, the Credit Counselling Service can be contacted at 623-9596.

Eileen Thurier Credit Counsellor











- to the (m) ucked up fathers of our Charter of "Rights". They may become famous but in HERSTORY they will always be infamous.





- to the many new volunteer women who are going to participate in the Thunder Bay Rape & Sexual Assault Centre.

THUNDERCLAP

WOMEN'S COFFEEHOUSE Unitarian Church 1802 E. 1st St.

DULUTH

1st & 3rd Fridays

8:00 pm

\$3.50



by Rosalyn Taylor Perrett

I trace the line with my finger it is a delivery slot a closed up pouch the corners turn up in a crazed smile neat - work precision sharp held precariously together by stubborn moving flesh closing off the world like a shy child

'Ah, that precision cut dividing me in half, filling me with negatives and positives. Guilt, joy, depression, happiness. The wonder of that little human being who completed his awesome journey. Loving him yet hating how he got here guilty because I dwelt on my disappointments when really I was happy he was unharmed and arrived here safely. Marvelling at his perfectly formed head whose shape was not changed by the trauma of vaginal birth. Wondering if I

but enough women go into labour when they are carrying high so that wasn't much of an indication. I was sent to the hospital for x-rays. The results were conclusive, the cervix was marginal. I had an image of a wine-glass with a narrow stem. Labour would be extremely difficult but a vaginal delivery was still possible. I was a little anxious but reluctant to burst my bubble of joy by thinking about induced labour and the probability of a caesarean sect-

I wrote up a list of conditions stating what my partner and I wanted and expected as a result of the hospital stay. It was not signed since it was not a legal document but I was whistling in the wind anyway since it became redundant as soon as my labour was induced. I spent 8 hours hooked up to a fetal monitor. My labour never really began. I was lcm dilated, tired, bored and irritated with some of the

joy. I was finally going to get my chance to hold him. The nurses were ready to bottle feed him, thinking it knowledge. Some people in the medical profession may not appreciate your interest or your knowledge but it is for you, not them. The issue was really choice. Choice to be awake or asleep for the caesarean section. Choice to have family especially my partner in the operating room to continue a supportive environment. It also helps to know which doctors will support you in your decision and make sure you have full cooperation with the anaethesist. There are so many questions e.g. what are the long term effects of major abdominal surgery? Does the baby suffer the effects of anaesthetic? What is the average rate of recovery after a caesarean was too much for me. The need to bond with him was so strong. I wanted

THE DELIVERY SLOT

might have been able to have given birth if I'd been more patient. less afraid...'

This excerpt was from my diary almost a year ago today, yet I look at it with a greater degree of objectivity. The fog of emotion has lifted enough to give me a clearer picture of why the scar was more than just a physical one. I began a long journey back as far as the decision to have a child and the pleasure of finding myself pregnant. There was nothing political behind my wanting a child, my partner and I both instinctively felt the time was right. So began the delicious delvings into all of the wonderful prenatal care books. I was religious about eating properly and caring for myself. At around the seventh month we signed up for Lamaze classes. The classes were sensible, preparation was the key to better control, minimizing the amount, of stress because the unknown was turning into something known. We spent one class talking about caesarean sections and I thought I was listening but I really had discounted any possibility of having a caesarean section. I enjoyed robust health and the pregnancy was thankfully uneventful.

Two months later and then some I was two weeks overdue and gaining weight at an incredible rate. Any exercise was out of the question. I was breathless after just walking to the corner store. The baby had not dropped. This should have been my first clue

staff treating me as though I was not cooperating. I felt like a spectator at one of the key events of my life. I switched off, wasn't participating. There were moments when I didn't care anymore. I wanted to be left alone. I didn't want to be poked, prodded or tampered with. The bag of waters had been broken five hours earlier and the doctors were getting restless. I was told I could keep on the way I was going all night and the section might still have to be done the next day. Since it was inevitable I was having one anyway, I suggested they do it while I could emotionally handle it. I didn't want time to let it sink in. I was immediately whisked away. My partner who up until this time had a major role to play was suddenly pushed aside. He didn't hear me try to negotiate to be conscious during the section. He wasn't there when all of my power was taken away From me. I hated having no say in what was to happen. The control I had taken for granted was no longer there for me and the choice, was nonexistent.

In the recovery room - first words 'is the baby alright? What did I have?' Awake long enough to hear the answer I saw him briefly after I was taken to my room. With superhuman effort I kept my eyes open to see him but I had no strength in my arms to hold him. I didn't see him again for 10 hours. They brought him to me at 5.00 am. I experienced pain but great

him near me to make sure he was real. I looked at him, cuddled him, inspected every inch of him. Those moments together consolidated our future relationship, it was this very fragile base we built upon and I'm glad that I didn't give into the pain.

I wanted to share the good and the bad so you can see where the ambiguity began. If I went into the hospital blind it was because I put on the blinkers. I can't change some of the bad things that happened on the strange way I felt for so long afterwards but I can make sure that I will be better prepared next time.

It is so important to be armed with section? Does it affect opportunities to breast feed? (It didn't with me-I wasn't easily discouraged). Many of the answers can be supplied by other women. Experiences though personal can have similarities but the subject of caesarean section has only recently emerged to the point where its easier to discuss it. Part of our problem lies in our isolation from each other. There are few opportunities to talk and vent any frustrations that come from sweeping emotions under a rug. There is a caesarean support group who I'm sure can supply some answers and also share your concerns.

If you have feelings and ideas you would like to share, drop me a line c/o the Northern Woman 316 Bay St. Thunder Bay

C.A.R.A.L.

As interested members of CARAL, (Canadian Abortion Rights Action League) we were excited when our invitation to come to Thunder Bay was accepted by our sisters from the Mid-West Health Center in Duluth, (MHCW).

As well as being a women's clinic this youngest clinic in the US provides birth control, venereal disease information, pregnancy tests and referrals as needed for abortions over 14 weeks.

To outline the five to six hours appointment we've printed below the handout given to women who arrive for abortions at:

Medical Arts Building 324 West Superior Street Suite 610 Duluth Minnesota, 55802 telephone (218) 727-3352

Now that you have been greeted by the MHCW receptionist and have answered her questions regarding your medical history, we would like to let you know what the rest of your day here at MHCW will be like. There may be some waiting periods because of the individualized service which we try to give to each woman who comes here. We will try to keep them as brief as possible. It is our hope that this information will be helpful to you. You'll be in contact with several of us today. We want to help make your day as informative, comfortable and relaxed as possible. Please don't hesitate to ask questions or request assistance from any one of us. The receptionist will be glad to direct your requests to the most appropriate person on our staff.

If family members or friends have accompanied you, they will be asked if they wish to join a group led by a member of our counseling staff. She will discuss a variety of topics including the abortion procedure and after-care, the role and importance of counseling, contraception and other related areas. In addition, we show a brief film about a clinic abortion. This session is optional, of course, but we feel it is valuable for the patient, for the significant people in her life to know as much as possible and have an opportunity to discuss any questions they may have.

An experienced laboratory technician will collect a blood sample. Tests will be done to determine if you are anemic and what your blood type is. A routine pregnancy test, as well as a urinalysis, will be performed using the urine sample which you provided earlier. A nursepractitioner will take a medical history and then examine you to determine how far your pregnancy has advanced. During the examination, as an additional precaution for you, she will take a culture for gonorrhea which is a painless test. The nurse will take your pulse and blood pressure and instruct you in self-breast

After this examination you will return to the reception area to wait

for a counselor to call together a small group of patients to review the reproductive anatomy, the abortion and after-care, birth control and other related matters. A brief film of an abortion is shown at this time. (Many of our patients at first think they don't want to see the film, and naturally it is not obligatory. However, these same women, after the abortion, agree the film is a must. If, however, you do not wish to stay through this part of the group session let our counselor know at that time.)

When this session is done, your counselor will meet you and then proceed to a private counseling room where you may discuss in a relaxed and informal manner your personal feelings about the pregnancy, your decision to seek an abortion, and you'll learn more about contraception and the abortion procedure. Other personal concerns may also be discussed. The consent form is reviewed and explained at this time.

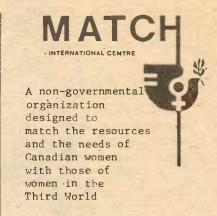


Sometime between the exam and the counseling period, the cashier will call your name and any financial arrangements already made can be reconfirmed. Payment is expected at the time. (\$200.00)

When the doctor is ready to see you, the counselor will accompany you to the procedure room and remain beside you throughout the abortion. The doctor reviews your chart and will answer any questions you may have. He or she (we have both men and women physicians) will repeat the pelvic examination so that they can know the position and size of your uterus (womb). You may be in the procedure room for 15 to 20 mins. but the actual abortion takes only a few minutes.

After the abortion, you and your counselor will go to the Recovery Room, which is furnished with comfortable sofas and chairs. A nurse will check your pulse. Here you may have some refreshments, read a magazine, talk with other patients or rest quietly. You'll receive instructtions about what to expect after the abortion and how to take the medications given you. The nurse will also discuss your progress and advise you when you may leave. This usually takes half an hour in all. If you do not have someone to accompany you when you leave, you will be asked to stay longer as a precautionary measure.

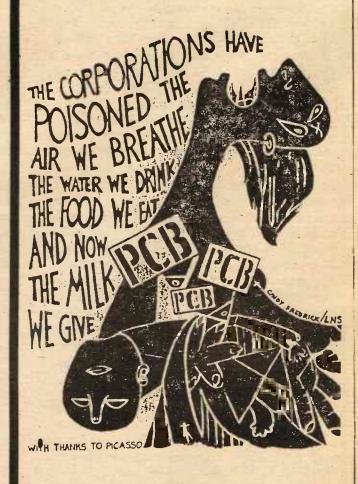




401-171 NEPEAN OTTAWA, ONT. K2P 0B4 TEL: (613) 238-1312

Do you belong to a woman's group which would like to help women in the Third World? MATCH is a non-government organization MATCHing Canadian women and Third World women who are involved in community projects. For example, Canadian women are helping to fund a woman's fishing co-op in Antigua, female vocational training in Belize and a children's library in St. Kitts. The amount of money does not have to be large. In the underdeveloped world, even a few hundred dollars goes a long way. A Canadian women's group can fund a complet project or partially fund a project. MATCH will help them support a project to suit them, make the arrangements and to monitor the results.

At present MATCH has projects in 120 countries. The Vice-President for the Northwestern Ontario-Manitoba region is Ruth Cunningham who is the Director of Women's Programs at Confederation College. Ruth is interested in getting together local women interested in promoting MATCH as well as finding local groups of women who would like to finance an overseas program. Once a local group has chosen a project, MATCH will provide educational materials to help with the fund raising and it encourages the groups to think up original fun and educational activities to drum up the money.



UPDATE

by Joan Baril

People are talking about Ronald Reagan's assault on the U.S. affirmative action programs which, unlike Canadian counterparts, were getting results. New rules exempt federal contracts of 250 employees or less also American feminists note how selectivily the U.S. cutbacks have focused in on programs relating to women • • of interest are the remarks of Mary Condren at a conference on Feminism and Militarism. The neutron bomb, she claims is the "ultimate patriarchal sacrement. All born of nature and women would be destroyed and all born of man and male technology would be left standing" • • • August 26, 1981, the 61st anniversary of women winning the right to vote in the U.S., saw thousands march in support of E.R.A. Among the marchers in Los Angeles were many T.V. and film personalities. In Washington D.C., twenty-one women dressed in white chained themselves to the White House fence • • several U.S. abortion clinics have been picketted or vandalized by anti-choice groups. In St. Paul, Minn., invaders burst in to photograph patients in the operating room. All U.S. clinics now must be concerned with security • • picked up by various feminist publications is the article by A.T. Fugh-Berman in the June issue of "Off Our Backs" which describes how right-to-lifers show up for abortions, at her clinic either for themselves or their daughters but are at great pains to describe how their situation is unique and special and not like the other (promiscuous, irresponsible, low class, murderous) women sitting in the waiting room

• • Surprisingly extreme is the U.S. surgeon general's warning to women to avoid alcohol completely if they are pregnant or considering pregnancy because of the "sizeable and significant" increase in spontaneous abortions by women who drank as little as four ounces a week. Heavy drinking

is linked to fetal alcoholic syndrome. Because the danger is greatest in the early weeks women who are considering pregnancy should avoid even vanilla extract and alcoholic desserts, says the U.S. Health Department . . From India comes news stories of the renewed glorification of widow-burning . Since 1973, seven women who have died this way have been made the centre of a religious cult. Counter-Processions have been organized by Indian feminists • • • fin. ally the unsurprising news from Stats. Can is that the average male income in 1980 was \$16,659; the average woman's \$8,101.

TAX-DEDUCTIBLE ANTI-WOMAN'S GROUP

Renaissance International, which has federal tax-exempt status as a religious charity, announces they are drawing up a hit list of unacceptable candidates for the next Manitoba provincial election. The organization intends to identify and publish the names of politicians they consider morally undesirable. These are any candidates who endorse equality for women, sex education in the schools, freedom of choice on abortion, gay rights, or who support unions.

Renaissance claims that "all political leaders are religious leaders", all schools are religious institutions "and the separation of church and state" is a myth. Such verbal hocuspocus allows Renaissance to collect money as tax free charitable donations and use it for political purposes. "The function of religion", a spokesman claimed, "is to act as the conscience of society".

Renaissance has their own version of religion based on the teachings of Jerry Falwell. Falwell and other New Right groups used computerized mailing lists and direct mail campaigns to spread the names of hitlisted candidates in the 1980 U.S. elections. The technique was spectacularly successful and caused the defeat of dozens of liberal politicians

DEJA VU

In October, 1979, Ingrid Dages, secretary at York University won a victory before a provincial arbitration board. The board ruled that a secretary was a secretary and shouldn't be expected to serve coffee.

In August, 1981, Doris Parker, secretary at Laurentian University won the same victory over again. A provincial labour arbitrator ruled that a secretary was not a waitress and serving coffee had "no bearing whatsoever" on the secretarial requirments of her department.

One week later Karen Fast, secretary at Cominco Limited, Toronto quit her job over her refusal to make coffee for ten people in her office. It infuriated her, she said, "when men who are just sitting around expect you to run for coffee three times a day".

Hasn't the time arrived for the Ministry of Labour to snap into an educational campaign aimed at employers. Or, how many grievance procedures must secretaries initiate before this practice comes to an end.

RAINY RIVER CRISIS HOUSING

Best wishes to the people of the Rainy River Crisis Housing Project. This group, formed last year, has been doing research and educational work to convince the community that the need exists. They hope to establish a temporary shelter for battered women by the end of the year.

At present, Thunder Bay has two crisis houses; Atikokan and International Falls have one each.



recommended reading

* Woman and Nature "The Roaring Inside Her" - Susan Griffin

The Hidden Malpractice - How American Medicine Mistreats Its Women - Gena Corea

* The Dinner Party - Judy Chicago

Women In Economics - Harriet Gilman Perkins

* I'm Dancing As Fast As I Can Barbara Gordon

With Child - A Diary of Mother-hood - Phyllis Chesler

* Burning Questions - Alix Kates Shulman

Three Guineas - Virginia Wolfe

Rising by Gert Beadle

Please send me () copies of RISING @ \$5.00 each Enclosed is a cheque or money order for (), which includes postage, payable to:

NORTHERN WOMAN JOURNAL, 316 Bay St., Thunder Bay, Ontario, P7B 1S1

Name	
Organization	
Address	



FOR STEPHEN, WHEN CUSTODY CHANGED

In hospital crib
My newborn turned, knowing
Right from birth, my voice

I answered his cry And found his wailing stopped Upon my presence.

Tonight, he smiles, points: In innocence of judges, Proud, he calls me.

Pray God the courts may Not destroy my love-bond with My stolen child.

Susan Collins Hawkins



It is Saturday
And the precious hours
Are behind us

Reach out your arms
To someone else
At this last doorstep.

I turn, and...
Even the air
Is empty
Where you were.

Susan Collins Hawkins

A strange familiar sound
Came on the wind just now
And made me harken like a bugle call.
A fleeting vision of a far-off home;
Green fields; and hills where I have stood
In other lands; dear faces I have loved;
And voices I have known so long ago,
Like echoed strains of some great symphony
Came rolling down the spheres
To wake a slumbered part
And puzzle me.

Marjorie Owan



Separation

the signing of a name along a dotted line, red sealed documents, -legality pompous regality, feelings lost in the paperwork.

catching up on news, with easy conversation, the times apart of once-fused hearts filled the waiting quickly.

each freed by a paper destined for dresser drawer keeping walked side by side down to the street parted with a smile of understanding.

Viola Nikkila

FOLLOWER

Behind wagging tails I'd climb oblivious to attention lost for curious scents upon the ground.

Following, faithful in someone ignorant of the course.

Darting and running, busy the nose trailing - marks from unknowns, years ago passed or recent.

Stumbling over roots and feet curling stones.

Troublesome I would become and abandon to some other.

When passing, it would again be playing its endless game, for things not known or seen.

Domesticated wild

Karin Banerd Sault Ste. Marie, Ont.



POETRY

SUBMISSIONS REQUESTED

Northern Woman page 6

DIALOGUE BETWEEN FRIENDS

Why is that car parked on the sidewalk? Chase you. Whoops

Let's just lay here on the grass and look at the sky.

See the trees against the sky? Where is the sun?

I want to climb one.

See the hoofprints in the sand? Horses wear shoes.

Yes, we leave footprints too.

What does it mean when people say that
my grandpa-at-the-farm is in heaven?

It magnitudes that you will never the him

It means that you will never see him again.

My Daddy's girlfriend says you're dumb. Are you dumb?

You'll have to decide that for yourself. You are dumb.

We don't call people names. If something bothers you, then you should say what it is.

Don't ever be afraid to tell me when something is wrong.

But my Paddy doesn't go to school.

See the bump on the tree? That's where a branch was cut off. The tree grows a new skin to cover the wound. See, this tree is just beginning to heal.

Did you see the worms in our apple tree? It was awful.

It's out of my hands. There's nothing I can do.

It was not my decision.

Your Daddy Loves you very much. He's doing his best.

But why do I have to live with Daddy? Do you know what a court is? A court is when a lot of people get together to make a decision. And they decided that you should live with your Daddy.

Was my Daddy there?

Do you have money to-day? Are you wearing my picture?

Let me do that for you, Mom.

I'm going to buy a motorcycle and you can ride on it. You can ride on the back.

All about turtles. Babies. And teeth. When you were small, Mommy took you for a walk to the lake. Yes, the same lake that Daddy takes you to now. And you wanted to go in the water so badly that you jumped out of the stroller and ran in with all your clothes on. I had to take you home in my coat.

Where you a baby once, too, Mommy?
Did Grandpa used to live with Grandma?
I can't find the moon anywhere. It's up there somewhere, but I can't find it. No, my love, that's just a streetlight.

I am not too big to take a bath with you. Look how tiny I can make myself. There's lots of room.

That's a pretty ring. Can I have it?
Is it a wedding ring?

My wedding rings are put away. I've grown, and they don't fit me anymore. If someday you find someone that you want to give them to, you can have my rings.

But you must be all grown up.

Maybe they won't fit her either.

You know that I love you, don't you,

little boy?

Stay with me. Sleep with me. I want to live with you.

Do you know how to talk to God? Open the locket. Need some help? That's the Lord's Prayer inside.

Read it again, Mommy.

Susan Collins Hawkins

CLAIRE

each time i see the ink nude
you drew of me when we were seventeen
memories of you splash in on me
like the copper twilight dappling the willows
outside the window today

i am three stories up
that much is the same
although this place is much smaller
than that apartment of yours i fire-escaped into
do you remember
how we hooted into the night
over the ad we'd written for recruits
to the orange-peel-smellingand-appreciation-society-of-america

awoke til sunrise
we listened to cohen's Suzanne anyway
drunk on tequila
the deliciousness of waking that saturday
morning sunshine made the sheets a tent
of orange orgasims

you slept til 3 p.m. and i read miller's Big Sur we had orange marmalade and whipped cream on pancakes for breakfast

that summer canoeing you were the only lady skidder-operator that i have ever known to wear an orange string bikini you dazzled the lake with the flash of your vemeer earring years later we danced on the tangerine carpet that you had bought for the living room with your first pay as switchwoman with the c.p.r. you were transferring out west and when i visited you in calgary five years ago you drew that harvest moon up out of the prairie horizon like a chariot travelling across the rosebud badlands

it was then that i named you bella clara

today the postal stamp read Prince Rupert
your latest lover is taking you salmon fishing
down the rivers of the ocean in a tugboat
your letter says
i would love the view from your harbour

yes

i am still here
a mandarin
in the heart of urban canada
friends still insisting i'm a phobic voyeur
not yet understanding my obsession
with the ink nude you drew of me
when we were seventeen

p.s. won't you send me a picture postcard
 when you get to bella coola

by Jan McMillin Toronto

my times and memories dwelt so often on the past i lost sight of my present,

like a pitcher of milk left to curdle and sour remembering too late to return it to the ice box.

Viola Nikkila

Northern Woman page 7

Golly Gee, Is That My Cervix I See?

MIRROR, MIRROR ON THE CERVIX

RIM AROUND THE CERVIX

by Donna Phoenix

At the Duluth Community Health Centre I was expertly fitted with my own cervical cap by Jan, a nurse practitioner. During the two hour fitting we discussed my reasons for wanting the cap--mainly to avoid the extensive (also expensive) use of spermacides when using my diaphragm. The American Food & Drug Administration (F.D.A.) recommends one drop of Non Oxynol 9 spermacide in the cap and to leave the cap on the cervix for three days as it is effective for that peroid of time. In the US, since July 19, 1981 cervical caps may be dispensed only by those providers who have obtained an Investigational Device Exemption number and are conducting an FDA approved study.

So to comply with the FDA regulations I had to sign a consent form before my fitting. As yet there are no government restrictions on cap use in Canada.

As we proceeded, I placed a plastic speculum in my vagina and with a mirror positioned between my legs I could watch as the nurse did a routine pap smear and pelvic examination, (as reguired by the FDA.)

The pap results are sent to your family doctor or you may contact the clinic, whichever you choose.

To see my cervix clearly I shone the flashlight onto the mirror. The nurse deliberately chose a cap one size smaller than expected to fit and placed it on my cervix. Feeling my cervix with my fingers, I could tell that the cap did not

completely surround my cervix. I removed it easily by placing my finger inside the rim of the cap and pulled it out. Next I placed the size larger cap on my cervix. When the cap is on properly the suction causes the dome to collapse as it fits snugly over the cervix. To insure proper insertion there was a practice session.

The cost breakdown is as follows: \$ 20. R.N., \$5. pap test, \$4. VD culture, \$3. plastic speculum, \$8. cervical cap. Total cost \$40.00.

If you wish more information you can reach me through the Northern Woman Journal or phone or write the Duluth Community Health Centre, 2 East 5th Street, Duluth, Minn. USA, 55805. For appointments with no waiting telephone 1-218-722-1497

THE THUNDER BAY WOMEN AND HEALTH COMMITTEE

Summary of September 21st Meeting
The committee would like to stress

The committee would like to stress as much as possible, a positive approach to Womens' health issues.

. We would like to spend time initially establishing who we are as individuals and what our attitudes to Womens' health are.

Self education is a high priority for the committee in order that we may operate effectively in this complex and technical field.

- 1) LACK OF KNOWLEDGE
- 2) WOMENS' RELATION TO THE MEDICAL ESTABLISHMENT AND VICE VERSA
- 3) NUTRITION
- 4) BIRTHING
- 5) BREAST FEEDING
- 6) FITNESS
- 7) UNNECESSARY SURGERY
- 8) FERTITITY AWARENESS
- 9) MENOPAUSE
- 10) ABORTION

SOME GENERAL SOLUTIONS/APPROACHES

- positive approach
- alternative health care
- prevention
- taking responsibility

HERE ARE SOME POSSIBLE ACTIVITIES OF THE WOMEN AND HEALTH COMMITTEE IN THE FUTURE:

- operate as an intermediary between women and their doctors
- prepare a medical directory to be placed at Women's Centre
- create issue oriented workshops
- conduct workshop for medical
 personnel
- -prepare .speakers' list/resource
 list



HEALTHWANTED

If you are interested in becoming involved with the Women and Health committee contact Margot Morgan 344-8144 or leave a message at Women's Centre - 345-7802.



WATCH OUT FOR THE TOY SOLDIER

An advertising campaign by the "Right to Life" scheduled to appear around the Christmas season, features a toy soldier with a tear in his eye. The copy reads:

"Some toys will have less children to play with this year" and below the picture of the soldier, the words: "Some 65,000 aborted children less". This ad is scheduled to appear on the subway cars in Toronto and probably in transportation systems in other communities across Canada. It will probably appear in magazines as well. Watch for it, and when you see it protest its appearance vigorously.

The insensitivity of the ad is its most memorable feature. It is insensitive to women who have had abortions, or miscarriages, to families who may have lost a child. It callously ignores the thousands of children in this society who have no toys to play with because their parents cannot afford to buy them.

The prime motivation of all antichoice advertising is to inspire guilt in women and to devalue them as persons by elevating the rights of the embryo above the rights of the unwillingly pregnant woman.

C.A.R.A.L. Newsletter Fall /81

? WANT TO LEARN ?

To be a camerawoman? director? editor, switcher?. You can make videotapes about Women and Health for Cable 7. Come to a meeting Jan. 11, 1982

7:30 pm

Women's Centre

by Sara Williamson

Thanks to the presence of women from district communities - Gerald-

ton, Kenora and Atikokan, the September 19th meeting of Decade Council renewed feelings of challenge and purpose for the organization. Kenora Women's Place

Marg Hulagrocki, Charollotte Holm, June Skeed and Fran Hall came in from Kenora. They reported on the defusing of the Kenora Women's Crisis Centre. It is now incorporated under the name "Kenora Women's Place". The present program carried on by volunteers emphasizes its role as resource and information centre. While doing this, the volunteers are building support and understanding among other long-established women's groups so that there will be more backing for the necessity and right of a battered woman to have shelter and assistance.

While in Thunder Bay, the four Kenora women visited Women's Place, Community Residence and Beendigin. On their way home, they planned to meet with Fort Frances, Atikokan and Ignace battered women support groups at Atikokan Crisis House.

Atikokan

The Atikokan delegate, Ruby Chumway, brought Bernice Cottingham who had filled in for her at Decade's annual meeting in June.

Ruby told the meeting that things are looking up for Atikokan Crisis House. It now has six active volunt. - eers. One woman stays at the House as a live-in housekeeper. It operates out of a six bedroom facility provided at reasonable rent by the township and enjoys the support of the Catholic Women's League, Women Teacher's Association, the police, the Lion's Club and the Ministerial Association. In Thunder Bay, in August, after the Crisis House meeting involving Ignace Thunder Bay, Kenora, Fort Frances, Toronto, London and Sarnia, a shower was held for Atikokan Crisis House to give them more bedding, dishes, toys, etcetera.

Lise Provost is acting as contact person for families pushing to establish a daycare centre.

Kathy Brown is exploring the poslibility of developing a Women's Centre.

Hilda Holm reported that she has been trying to get a few members to meet in Geraldton and come in to Thunder Bay to the Decade monthly meetings. At present the Women Teachers Federation is the most active issue-oriented women's organization in that community.

Conferences on the Drawing Board Besides the mamoth task of developing a women's centre, the Kenora women with Virginia Patch as contact are working with the co-ordinating committee for the spring Northwestern Ontario Women's Conference. The theme is Women and Stress. They wish to discuss stress from different angles - stress for single women, stress and aging, cabin fever, and stress in a single industry town.

The women outside of Thunder Bay were very pleased by the announcement from the Decade executive that the Women and Addiction Kit funded by Health and Welfare will be presented in the district communities this winter. Kenora Women's Place had already planned to respond to the need for such a workshop and welcomed the fresh resource material.

DECADE DIARY

Three other conferences are in the nothwesterly wind. The single mother's group is planning a conference in Thunder Bay this spring. Thunder Bay District Mental Health Association in co-ordination with Confederation College is hoping to hold a conference on Women and Mental Health east of Thunder Bay. The Association is seeking contacts on the north shore to assist with the planning. And there is the "revival" conference to rally old and new feminists that Decade intends to hold in the spring of '82.

Margot Morgan raised the question of how we can build continuity and co-ordination between conferences. Of course, the first step is to share desires and plans for conferences. After that, we still need to consciosly try to tie in the threads that women are pursuing from previous local conferences. And we need to cover the geographic areas and subject areas that sister conferences are unable to touch.

In a similar vein, concern was expressed by Decade executive that there be co-ordination among the educ cational institutions that have made it their mandate to meet morthwestern Ontario women's educational needs. At present, Confederation College, Lakehead University, Frontier College and perhaps Manitoba University have hands or fingers in the pie.

Books On Battering

Two large booklets on battered women and transition houses were passed around by Leni Untinen. "The Feasability of Expanded Shelter and Support Services for Women in Niagara" is a survey of the whys and hows of setting up transition homes in Ontario. Buried in the words and statistics were some helpful points for those in the throes of organizing. The address for this book is: YWCA of Niagara Falls, 6135 Culp St., Niagara Falls, Ont. Many of this books hot tips came from John Fisher's \$10.00 book "Money Isn't Everything" which is available from Management and Fund Raising Centre, 287 Mac Pherson Ave., 3rd Floor, Toronto, Ont. M4V 1A4.

The other, more readable book, "Batterd and Blamed" describes from her own point of view, the personal situation of battered women, their efforts to change things and the role of transition homes. This book illustrates that, time after time, the underlying cause of this type of abuse, is the unrelenting effort of

men to control women. It can be obtained for \$3.00 from Women's Research Centre 301-2515 Burrard St. Vancouver B.C. V6J 3J6

Women and Economic Development This Decade sub-committee went to the Royal Commission on the Northern Environment (RCNE) and asked for an explanation of how they are spending the \$1.6 million that the Ontario government gave them to see how development could take place north of 50 degrees without seriously harming the present environment. More particularly, the Women and Economic Development sub-committee wanted to know why agreements are being signed without public input from women and others. Except for the fact that they had done a technical study on mining and forestry, RCNE had little to say. Everything is under review and so we must wait for answers.

Personal and Political All the members of Decade expressed a need for meatier gatherings. Some suggested skill development workshops, some suggested sharing ideas and experiences in involving women in feminist groups and some suggested giving more thought to what Northwestern Ontario women can do together (lobby etc.) to make progress on the status of women. When several Decade members return from the Toronto Conferences on women and power at the end of October, they will hold a workshop for the Decade members.

The women from Kenora, Atikokan and several from Thunder Bay had a chance at lunch to get to know each other better. It is always more fun to work together when you know more of the personal feelings and experiences of your sisters.

Joining Decade Work Anyone from the District who is interested in getting involved in Decade Council should contact the * secretary, Leni Untinen at R.R. #16, Thunder Bay. She can tell you who the contact is in your community. If you live in Thunder Bay and are involved in a women's action group you may ask to send a representative. If you want to find out more about the women's groups who are members of Decade contact Leni at 683-5236.

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MATERNITY MS UNDER STOOD

QUESTIONS ON MATERNITY LEAVE

For 42 days this summer, the Canada Union of Postal workers was on strike. One of their demands was paid maternity leave. There was so much misinformation in the media about paid maternity leave during the strike that a climate of confusion began to surround the issue. We hope the following interview will clarify many of our readers questions.

- Q. At the time she has the baby, to how many weeks leave is the woman employee entitled?
- A. In Ontario, a minimum of 17 weeks.
- Q. How does she get paid during that time?
- A. Her employer is NOT required to pay her unless special arrangements have been made. If she is eligible she can collect unemployment insurance. At present it is more difficult to qualify for U.I.C. for maternity leave than when one is laid off.
- Q. Isn't there usually a two week unpaid waiting period to collect U.I.C.?
- A. Yes and this applies to maternity leave as well. So if a woman takes 17 weeks off, she can collect 15 weeks U.I.C., if she is eligible.
- Q. What percentage of total wages is paid by U.I.C.?
- A. 60% (Before the cut-backs it was 66%.)
- Q. How do the benefits the Postal Workers get differ from this system?
- A. A Postal Worker will still apply for U.I.C. Her employer will pay a supplement to her U.I.C. payment to increase the amount to 93% of her regular wages. This supplement is called a SUB or supplementary unemployment benefit plan which in this case applies to maternity.
- Q. Do postal workers also have a two week waiting period?
- A. No. During the first two weeks, the employer, Canada Post, pays 93% of the woman's wages and then supplements U.I.C. for 15 weeks making a total of 17 weeks paid
- Q. Can a postal worker get MORE than 17 weeks paid leave?
- A. No, but she may take up to 37 weeks unpaid as a leave of absence.
- Q. How does a postal worker qualify?
- A. She must have worked for the post office for 26 continuous weeks before going on leave. Also she must work six months when she returns.
- Q. Do male postal workers get anything?
- A. In the past, a man got one day off for the birth of the baby. In this year's contract, a worker either male or female, is entitled to one day off on the day s/he adopts a child.
- Q. Why does a woman get 93% and not 100%.?
- A. The remaining percent pays for pension and U.I.C. contributions.
- Q. Do other employers in Canada have SUBS for maternity?
- A. There are 1,220 SUBS registered. SUBS for maternity alone have

- only been possible under government regulations snce 1978, so they are a new thing. The postal workers are the first federal government union to get one.
- Q. Didn't the federal translators go on strike last year, with maternity benefits an issue?
- A. Yes, but they only got a partial payment during the two week waiting period.
- Who else is getting these SUBS?
- . The Quebec government is the pioneer in maternity benefits. For the past two years Quebec provincial employees have received 20 weeks paid leave at 93% of wages. The provincial government supplements the 15 weeks of U.I.C. and pays for the two week waiting period plus three extra weeks.
- Q. What about non-union women?
- A. Because of the stringincy of U.I.C. rules, a lot of non-union women do not qualify and end up without any benefits. However this policy is under review and there is a lot of pressure on the government to make eligibility requirements uniform.

Many women don't qualify for U.I.C. because they are classified as part time workers. As well, if a woman is on minimum wage, 60% of that isn't very much. One also has to consider there is a two week unpaid waiting period.

by JOAN BARIL

REPORT by Marion Bryden, MPP (Beache Woodbine NDP) on Women's Conference at Queen's Park, November 6 and 7, 1981.

The conference on women's issues which I hosted at Queen's Park last weekend was attended by over 100 women from all parts of the province

The conference passed an emergence resolution condemning the relegation of women's rights to the "notwithstanding" section of the charter of rights. The participants felt that the women's rights clause should be among the fully entrenched items.

The conference discussed many other current issues of concern to women including the effects of the micro-electronic revolution. It als explored ways of increasing the participation of women in public life and political parties.

A proposal for a strong affirmative action program in the New Democratic Party was adopted. The policy aims at parity for women on all governing bodies of the NDP at the federal, provincial and riding levels. Women candidates are to be sought out in all strong ridings. Too often in the past women have be sought as sacrificial candidates.

Elections for the Ontario New Democratic Party Women's Committee were held in conjunction with the conference. Elected as President of the Women's Committee was Toronto sociologist Lynn McDonald. Ms. McDonald was the NDP candidate in the 1981 provincial election in Toronto-Oriole and is a past-president of the National Action Committee on the Status of Women.



ACTION ON NORTHEASTERN ONTARIO

Women's Conference

Women for Women and the Sudbury women staged the 1981 Northwestern Ontario Women's Conference on Oct. 16-18. Women for Women handled publicity arrangements and some fundraising. Sudbury women organized the speakers, workshops and resource people.

Speakers dealt with problems of single industry towns: domination is multi-national companies, consumer choice and health care. "Fight Back workshops chose a problem from the theme and developed strategies to block a move by a mult-national and to increase public awareness on the issue.

LES FRANCO-FEMMES

Hearst, Ont. hosted a conference of 350 francophone women from Northern Ontario in early October. Five women attended from Thunder Bay and Atikokan. Keynote speaker was Lise Payer Workshops dealt with politics, law, health, single mothers and more. As one participant said "None of us went home quite the same." We hope have a full report in our next issue.

PUBLICATION AVAILABLE

A Selected Bibliographon on Job Sharing and Permanent Part-Time Employment lists some 170 publication on the subject. 14 pp. From New Way to Work Publications, 149 Ninth St San Francisco CA 94103. \$1.75 plus 75 cents postage.

SOME HERSTORY and a GOOD_BYE

by JOAN BARIL

The feminist movement has had two stages. It started in the 1820's in the U.S. as an offshoot of the Abolitionist Movement and moved into Canada about 1880. The early Canadian women's rights advocates fought successfully for legal and educational reforms culminating in the winning of the suffrage in the 1920's. But by the 1930's the impetus was dying away for many different reasons including the hardships of the depression and the power of the organized opposition to spread the Feminine Mystique. A lot of the energy moved into "women's auxilliary organizations!" and to the home effort during the Second World War. A few women moved into mainstream political or union organizing. The cold war paranoia of the fifties made any new idea which questioned the status quo seem like a threat to the social order. By 1955 the first feminist movement was a corpse dead and buried and forgotten as well.

But again, it was the problems experienced by Blacks in the southern United States which errupted into the civil rights movement of the early sixties that produced the contradictions which started the second feminist movement. It started slowly, at first just a murmur of protest from both black and white civil rights women workers over the unequal treatment they were receiving both within the movement and without. In Canada we heard no word of this internal struggle which began to spread into student organizations.

The first feminist movement arrived in Thunder Bay in 1969 in the form of a few position papers prepared on the status of women by the Canadian Union of Students. They were seen by a few women at Lakehead University and one of these students, Laurie Atkinson, along with some friends, put notices on the university bulletin boards inviting women to a "Women's Liberation Meeting". The fifteen or so women who showed up knew they understood very little about women's place in society but they learned very quickly -- by sharing their own experiences.

The history of that group, which was called "Thunder Bay Women's Liberation" resides in the memory of its members. It was a mixed group from the start. There were middle class, working class and welfare women, old and young, hippie and straight, political and non political, some university students and some not. We did not realize at the time how unique this diversity was until we learned later that most of the early feminist groups were made up of university students.

It is now a decade later. We have a toe hold on the mountain of the patriarchy and we're here to stay. We didn't know that back then. We see our ideas accepted — at least partially. We are no longer called lunatic "fringies" who need a good man to keep us satisfied — at least publically. The opposition is more organized and subtle now; but the movement has more theoretical depth and more practical power.

Many of the "originals of 1969" have moved away from Thunder Bay and last month Laurie Atkinson too left with her family for Saskatoon. Laurie, like most of the early members, has been continually involved in women's issues since the beginning in Thunder Bay, then in Kaministiquia and as a teacher at the College. Good-by Laurie. Thank you.



FEMINIST PARTY OF CANADA MOVES

The Feminist Party of Canada has now moved into an office, The Feminist Party Centre, at 175 Carlton St.
Toronto M5A 2R3. Membership is \$5.00 (students, single parents and disabled \$1.00) and memberships should be renewed by October 1. The FPC is now offering short courses such as "Feminism and Mental Health", Women and the Media, etc. which begin the week of Sept. 21. Contact them for more information.



EDUCATION COMMITTEE REPORT

Wymmyn's Social - Nov. 14th, 1981.

Those who neglected to attend the Wymmyn's Social at the Ukrainian Labour Temple, missed participating in a local, herstorical event. The first wymmyn's social of Thunder Bay featured live entertainment provided by "A" Syndrome, an all wymmyn's band, that donated their fine talents and energy making the musical end of the social a rocking and rolling success. Special thanks are extended to the band members: Nancy St. Jarre, Mary St. Jarre, Bonnie Stewart, Sheila Caputo, Anne Gauthier and Debbie Svenson, for raising "a little hell"!

Prizes were also raffled during the evening. Winners included:

- i) Eleanor Ward; dinner for 2. at Alfies
- ii) Donna Phoenix; dinner for 2 at Airlane
- iii) Michelle Williams; \$10 gift certificate from the Co-op Book Store
- iv) Diane Roberts; gift certificate
 for the Dolores Niskanen's
 School of Dance
- v) Lorraine Charry a water colour donated by Donna Phoenix

Our thanks are extended to those who donated the prizes; to the volunteers who showed their support by working at the door, the bar, and by selling tickets.

Special thanks are offered to those who came out and shared the good times.

The new year may find itself a witness to the second Wymmyn's Social of Thunder Bay.

Raffles

The Education Committee is presently selling raffle tickets for 3 different raffles, all to be drawn on Dec. 18th, 1981.

The items being raffled are:

- 1) a grow lamp in hand crafted tin;
- 2) a ceramic Christmas tree with
 glazed, tiny lights;
- a pen and ink sketch of a womin, donated by Maureen Michel.

Prizes are on display in the Women's Centre. Tickets are available from Committee members or from the Women's Centre.

*Each of these items would make beautiful Christmas gifts.

Remember, all funds are raised for the purpose of establishing a scholarship for a womin in financial need returning to school.

Women Resist Join the Fight

WOMEN AGAINST VIOLENCE

AGAINST WOMEN

by Joan Williams

"Take Back The Night is a protest against the victimization of women. The fear of being alone on the street in the darkness that has been engrained in us since we were small children is a constant debilitating aspect of our lives. It is a necessary response to the omnipresent violence against women which pervades our society. Women are vulnerable everywhere—in public and in private, in our homes and at our jobs. We must fear for ourselves, our mothers, our grandmothers, our babies. We fear in our dreams.

On this night we take back the right to be safe. We who have survived, march in the memory of those who have not and for the thousands of women each year who are raped, mutilited, assaulted and battered. We march for criminal justice reform which will protect women from the convicted rapists who walk the streets. We strive to eliminate the causes of this hatred toward women. We fight for the right to live and grow in dignity and safety as strong, healthy women without fear. WE WILL WIN!"

The above was an introduction to the first annual 'Reclaim the Night' march on October 2nd, 1981. Thunder Bay women came out in numbers which surprised us all: nearly 100 women united to shout their anger and celebrate their power in unity. A power which was no doubt felt by more than one sneering passerby who squealed his tires or muttered insults before retreating to the more familiar stale airs of local taverns.

The attitude of most men was summed up rather succinctly by Dan Pilton of the Times News who asked at the onset of the march for a "pose of the 'girls' before the race begins". Of course Mr. Pilton's perspective did seem somewhat limited when he could only count 19 of us for his report in Saturday's paper. Perceptual handicap perhaps.

Our uprsing was long overdue. Rapes and assualts against women are on a steady incline in Canada and Thunder Bay was no exception this summer. Our march was meant to bring this grievous violation of human rights to those who have accepted this victimization of women as something beyond their control. It was evident by the resonating echo in Thunder Bay's streets that Friday, that we did

have control.

On a personal level, the expression was exhilarating; a reaffirmation that we have a strong, active base of sisterhood on which to build.

Unite



WOMEN'S LIBERATION ZAP ACTION BRIGADE

Washington, D.C. (September 29)—
The six members of the Women's Liberation Zap Action Brigade were convicted today and each fined \$100 for
"disruption of Congress" during Senator John East's hearings in April on
on a bill that would make abortion
murder. The maximum sentence is six
months in jail and/or a \$500 fine.

During the April hearings, the women held signs and shouted slogans saying "What about the lives of women," "A woman's life is a human life," and "This bill would put 1.5 million in jails, in hospitals, in fear."

The bill, S. 158 or the "Human Life Statute" would put into law for the first time that human life begins at fertilization, permitting states to pass laws making abortion, IUDs, some pills and anmiocentesis crimes of murder.

Nationwide reports of the Women's Liberation Zap Action Brigade's action played a role in arousing massive opposition to the bill, leading to its being temporarily shelved after passage by East's Senate Judiciary subcommittee on Separation of Powers in early July. The hearing process itself became controversial because Senator East refused to allow prochoice or pro-abortion groups such as the National Abortion Rights Action League, Planned Parenthood, American Civil Liberties Union, Religious Coalition for Abortion Rights, and Reproductive Rights National Network to testify, insisting that his hearings were only on the question of "when does life begin?" and that abortion could not be mentioned.

HELP PREVENT RAPE - SISTERS GIVE RIDES TO SISTERS:

After the six women learned that the were the only ones ever prosecuted for similar action in a Congressiona hearing (imagine if the women had been anti-abortion), they argued in pre-trial motions in early July that they were being selectively prosecut and that Senator East might have had a role in their arrest.

During the September trial, the defense did not contest the facts but focused on the governments overreact in arresting the women, on East's undemocratic witness process and on a woman's right to control her body and speak out when that control is being threatened. However, the jury did not see it that way. As one juro said after the trial, "a crime had been committed," to which one Zap member responded that it is never a crime to say that a woman's life is a human life.

The conviction is being appealed on the grounds of selective prosecution and legal technicalities.

Five members of the Women's Liberati Zap Action Brigade belong to CARASA (The Committee for Abortion Rights and Against Sterilization Abuse) and one member to off our backs, a national feminist newspaper.



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