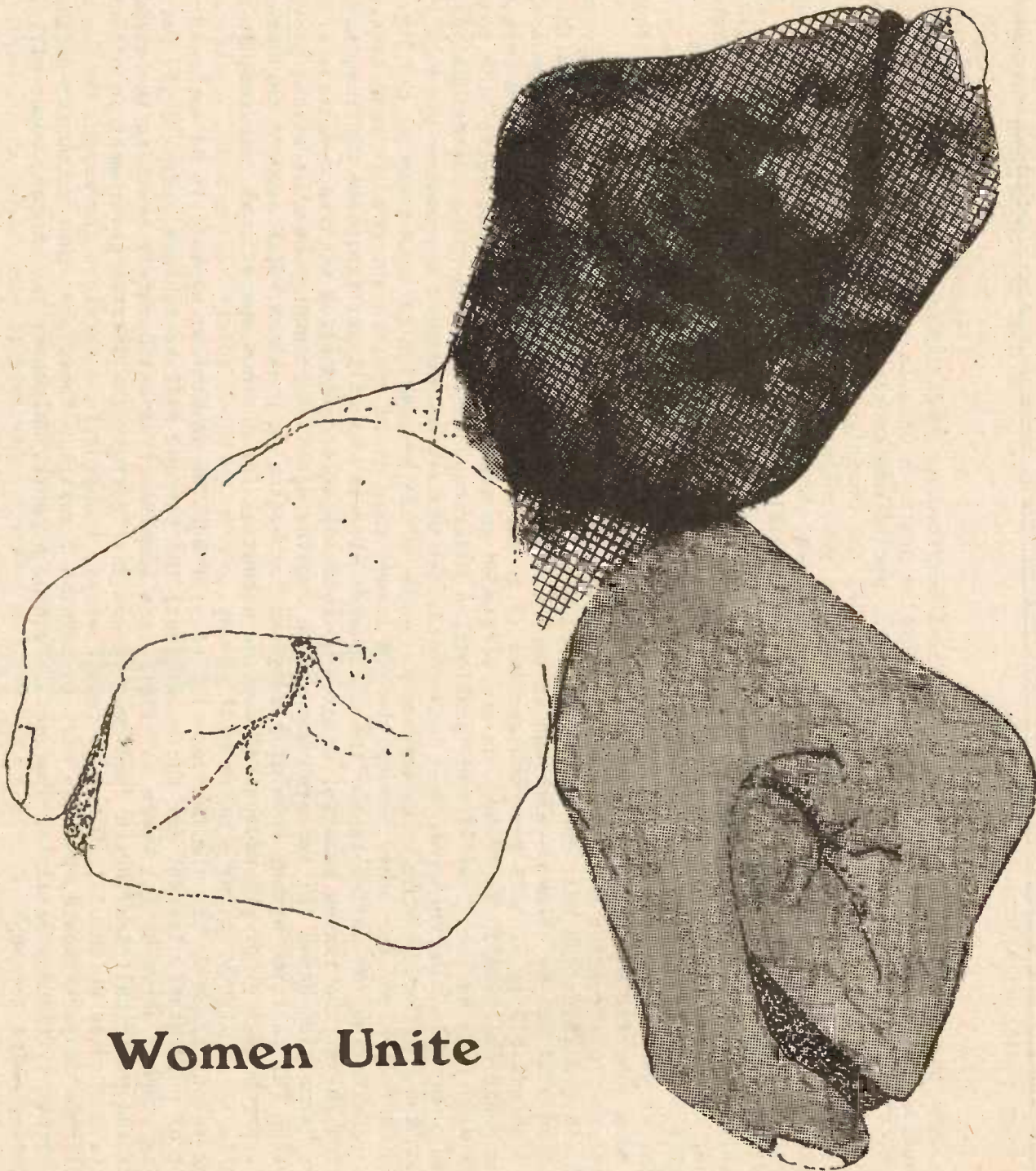


Northern Woman Journal

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Women Unite

In June the Minister of Community and Social Services announced that his Ministry will provide capital costs for the construction of 'Family Resource Centres' in twelve northern Ontario communities of less than 12,000 population. The Centre is to serve abused women, women under physical, social and emotional stress, single mothers and elderly women. The operation of the Centre is to be a partnership between the municipality and the province.

Lest any of us be lulled into thinking that the government is finally taking action to benefit women, a careful analysis of the proposal is required. In fact, for a number of NWO communities, the devoted work of Transition Home advocates will be put back months if not subverted entirely. This arbitrary government action came without any consultation with the affected municipalities or with concerned women's groups. Many municipal officials, understandably, are angered by the lack of consultation. Unfortunately, their anger has sometimes been directed towards the women's groups advocating Transition Homes rather than toward the anonymous government official who devised this questionable program.

While it has been difficult for concerned groups and municipal officials to obtain precise clarification of the proposal's goals, we can assume from the available information that the implicit objective is to aid the construction industry. (And how many jobs for women do you suppose will thus be created?)

That the construction industry--not battered women-- will be the beneficiaries of the government's initiative is clear from the qualification that the Municipality/Indian Band must agree to construct a new building. Renovations of an existing building will not be allowed--although in many communities that would be the desired approach. The problems attendant from the high visibility of this new construction (e.g. security, community acceptance) have been disregarded by the Ministry.

For Municipalities/Indian Bands who are persuaded to accept this government 'gift' the construction of this visible facility will only be the first of many problems. A major concern is the on-going operational procedures. The Ministry anticipates inter-municipality/government agreements. But witness the extensive problems the Faye Peterson Transition Home has experienced in implementing such agreements. Without the resolution of this issue by the Faye Peterson Transition Home it would be fool-hardy for other communities to assume they could achieve appropriate responses.

In considering the well-being of the women and children who will utilize these Centres, and the well-being of the staff working there, two issues immerge. Granted northern Ontario communities require a variety of social/health services. However, Transition Homes for battered women have evolved across the country because of the proven need for particular support services for battered women. Combining services for battering problems, with support for women whose concern/crisis is medical, psychological or gerontological has the potential for serious operational problems. In presuming to meet the needs of all, it is likely no one's needs will be met.

The second issue is how the Centres will be staffed. The government appears to be emphasizing volunteer staffing. In the event of paid staff, (except for the supervisor) the payment will be minimum wages (\$3.50 per hour). In the guise of providing support services for women in crisis, the government is deliberately abetting the exploitation of women.

For the municipalities/Indian Bands who accept the 'carrot' the Ontario government is offering, we anticipate a bureaucratic absurdity which will result in insufficient, inappropriate services for women. On the other hand, the communities who refuse to participate, but who wish to develop Transition Homes and other community-defined services, undoubtedly will have great difficulty obtaining provincial funding support. Whichever the choice, women will lose. When is this women-battering going to stop?

Your Voice

To the Editor:

REFLECTIONS ON THE ABORTION DEBATE

At a time when the Nova Scotia Legislature is preparing to cut welfare payments to teenage mothers and their children from \$390 a month to \$85 a month, across the country, the Alberta courts are attacking, on behalf of the rights of the foetus, the legislation allowing women to receive therapeutic abortions.

In 1980, following an in-depth study, the Senate presented a report entitled "Child at Risk" which clearly and undeniably illustrates how important human life really is and how important it is for both mother and child to receive proper prenatal and post-natal care.

What do our "male" judges and "male" politicians throughout the country consider to be the moral choice in this debate? Cutting welfare payments to young women who choose the life of the unborn child and who receive no support whatsoever from the father of the child or sending these young women who cannot face the possibility of raising a child alone back to the quacks and charlatans who perform illegal abortions?

I am ashamed and thoroughly disgusted by the manner in which our young women are treated in this country. Not only are they asked to assume all of the responsibilities for their actions because they belong to the female sex, the system

at the same time blithely ignores and absolves from any responsibility the individuals who father these children in the first place, individuals who, like the judges and politicians, are males. The young women are sentenced to 20 years of misery, hardship and privation. They are condemned to suffer primarily because they are women.

My vision of a just society is one in which all individuals are treated equitably.

What I consider immoral is the fact that for the sake of great principles, which may or may not be supported by our religious leaders, we often forget the most important thing a child needs to survive in this world, namely love. When a child of 14 or 15 herself bears a child and when the young mother is rejected by her parents for violating so-called "moral" principles and left to survive on only \$85 a month, what chance does she have to love her child and bring it up to be a responsible adult?

When will our "great thinkers" politicians and fathers finally love their wives and daughters enough to allow them the right to choose to be mothers and not merely reproductive "machines"? When are women going to be given the right to be human beings and not merely objects?

Yours truly,
Celine Hervieux-Payette
Lawyer, M.P. for
Montreal-Mercier



NEWS RELEASE--MACDONALD SCEPTICAL ABOUT EXTENSION OF AFFIRMATIVE ACTION--JUNE 30

Dear NWJ:

Progressive Conservative Status of Women critic, Flora MacDonald, expressed scepticism today about the announced earlier this week that the federal government was intending to expand the Affirmative Action Program for the federal Public Service.

"While everyone agrees that the goal of equality must be realized, it is understandable that this latest public relations effort is being greeted with cynicism by women's organizations, the Public Service Alliance of Canada, and all those who have reason to mistrust a government which has such a deplorable track record in this field," said MacDonald. Monday's announcement merely extends to other departments what was originally begun in 1975, and we are all very well aware just how unsuccessful that initiative was", she said.

The 1975 policy on equal opportunities for women in the public service raised expectations, and led to the belief that the advancement

continued on pg 5

by JOAN BARIL

What is the real story behind the burning of the Harbord Street Toronto Women's Bookstore on July 29? As usual with women's news, there are two stories: the real story, and the media version. . .

The facts are these. The arsonists (or arsonist) entered the bookstore through a rear door. They crossed the bookstore to the front door which opens out into a small foyer inside the main entrance of the building. From there, they went upstairs to Morgentaler's clinic. They probably intended to break into the clinic but were deterred by the fact that the clinic was protected by an alarm. There was a small notice posted at the entrance to that effect. They then covered the clinic entrance with typical anti-Choice slogans--"murderer", "butcher" and so on--as well as the curious notation saying that people who use alarms are evil. They re-traced their steps back into the bookstore, and, in the section on pregnancy and childbirth, set the fire which gutted the store completely. . .



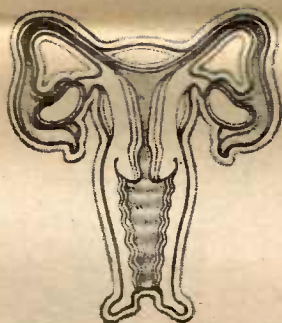
Now for the media side of the story. Both the firefighters and the police stated they believed the fire was set by anti-Choice supporters in the hopes that it would spread to the clinic on the floor above. This was also the publicized opinion of C.A.R.A.L. as well as the bookstore owners, Patti Kirk and Marie Prins. Yet, a syndicated newspaper columnist stated in the Chronicle-Journal (Thunder Bay) that holding such an opinion is an example of "feminist fanaticism". . . But after learning the facts of the arson, many Toronto women believe that the anti-Choicers deliberately set out to destroy the women's bookstore when they found out they couldn't touch the clinic. . . Whatever the motive, the right-to-life supporters ignored the lives of the people living in apartments in the building. Luckily, there was no serious injury beyond hospitalization due to smoke damage. . .

The anti-Choice fanatics who use language like "mass murder" and "holocaust" are responsible for a climate of violence, says Michele Landsberg of the Toronto Star (Aug. 1/83). As an example, she mentions anti-Choice spokesman, Dr. Robert Mendelson's, comment to the Winnipeg press, suggesting that the way to stop abortion was to buy a "Saturday Night Special", walk into a hospital and shoot the first two abortion doctors you meet. . . Also widely publicized was the comment Manitoba judge Mike Baryluk made in a private courtroom conversation to the Crown attorney, which was overheard by a Winnipeg reporter: "Wouldn't you agree that any woman who wants an abortion should be given a razor blade?" said the judge. . . Also disturbing are the anti-semitic

remarks made by the anti-Choicers picketing the Winnipeg clinic. . . In such an atmosphere, it is not surprising that Morgentaler was attacked personally by a man with a set of garden clippers. . . The bookstore carried comprehensive insurance on equipment and stock, but the owners need about \$20,000 to re-locate and re-start. They expect to re-open in about three months. . .

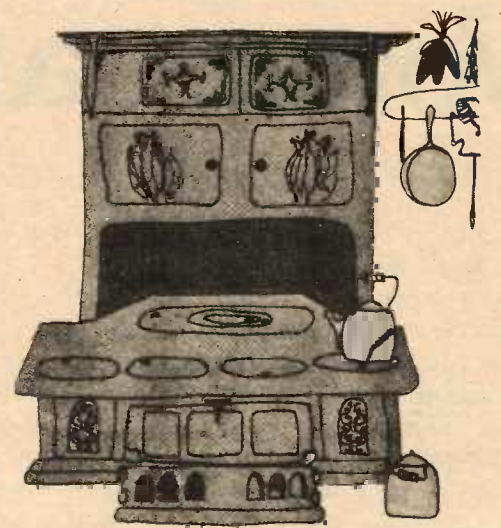
Bravo to Sally Ride, finally the first American spacewoman. In the early 70's, N.A.S.A. had been training a small group of women as possible astronaut candidates, but, it is now openly admitted, male hostility to female participation in space succeeded in closing the program down. Fortunately, the policy was reversed and thus, Ride's ride. . . Her achievement was slightly dimmed by a typical type of female trouble--her salary. It was the lowest of the five astronauts aboard the shuttle, at \$42,653 annually. The salaries of her male colleagues ranged from \$48,950 to \$58,743. . .

This summer, I dropped into the Winnipeg Women's Health Clinic, which is downtown behind the Bay at 304-414 Graham Avenue. I found a busy, spacious upstairs set of rooms which last year served over 4,000 clients. Treatment is covered by Manitoba Health Insurance. . . The Clinic gives general medical care and aims at a holistic approach and preventative medicine, but because it serves women only, there naturally comes about specialization. For instance, they fit the cervical cap. . . Their full-time doctor, Judith Cracknell, visited the English Dalling Clinic which specializes in pre-menstrual syndrome studies



. . . Pre-menstrual syndrome (P.M.S.) is becoming a recognized condition. Not everyone who feels rotten in the week before menstruation has P.M.S., but for many women, the severe psychological or physical changes endured by P.M.S. victims cause untold stress in their lives. The Winnipeg clinic is helping women to find out if they have P.M.S. and to set up treatment. . . Also in Winnipeg, I visited the offices of the new women's magazine, Herizons, and which, with only four issues out, has already become a major magazine featuring national and international news and articles. Subscriptions are \$10 per year to: Herizons, P. O. Box 551, Winnipeg, Manitoba R3C 9Z9. . .

Guess who came to the Feminist Reunion Dinner? June 11. Besides the ninety guests who celebrated their commitment to women's issues, two men, including one who referred to himself as an off-duty policeman, handed out anti-women hate material at the door. One woman in attendance protested to the local police force, and the complaint was handled satisfactorily. . . The Northern Woman Journal, Northwestern Ontario Women's Centre and Faye Peterson Transition House also protested the "T-Shirt



Game" booth at this year's Canadian Lakehead Exhibition. The "game" was to throw darts at a woman's breasts which were really balloons positioned under a t-shirt. In a letter to C.L.E. administrator Bruce Lehtinen, the "dehumanization" and "gross insensitivity" toward women. Local women told how shocked and repelled they were when they saw the "T-Shirt Game". The booth was removed the next day. . .

Sweden is having second thoughts about porno. After ten years of lobbying, Swedish feminists have pressured the government to regulate the porn business. Porn shops are now regulated and nightclub porn is banned. The government is even considering censorship for videocassettes which feature "prolonged or offensive violence". Sweden was never so de-regulated as Canadian pro-porners would have us believe, nor was there approval from all sectors of society. Women hated it and blamed it for rapes and increasing violence against women. . . In Canada, a proposed amendment to the Criminal Code would define as obscene material where the dominant characteristic was any one of the following subjects: sex, violence, crime, horror or cruelty through degrading representations of a male or female person. Since the present imperfect law is inadequately enforced, it seems that the most important thing at present is improved enforcement. . .



The Squeal Reele screams to a halt, stopped by the U. S. Supreme Court. The Reagan administration's legislation would have required the parents of girls under 18 years of age to be notified if they obtained contraceptives from tax-supported clinics such as those operated by Planned Parenthood. Planned Parenthood, the largest provider of contraceptives to teens, claimed that confidentiality was crucial, and that they always have encouraged minors to consult their parents, but they would never snitch on teens even had the new law come in. . .

Women and Words

by MARGARET PHILLIPS

One woman had an idea. A fantastic fantasy. So this woman, Betsy Warland, shared her dream, and one evening six women sat down to discuss the idea. Eighteen months later seven hundred women gathered at UBC for the first WOMEN AND WORDS/LES FEMMES ET LES MOTS Conference. A dream come true. Not only for Betsy Warland, but for hundreds of women poets, novelists, playwrights, journalists, publishers, editors, booksellers, reviewers. Women of all ages. From the east, the west, the north. From cities, small towns, reserves, rural areas. Women of different racial, cultural, economic and political backgrounds. Joined by a common love..Women and Words.

A Personal Account

Sometime last fall the first notice of Women and Words came to NWJ. I looked with longing at the information. But acknowledging my economic reality I reluctantly put it aside. Then, in the winter, Conference details arrived...outlining dozens of exciting workshops.. listing, as Conference participants, so many of my favorite writers. My dream of attending grew more and more vivid. Focusing on the section 'some travel subsidies available', I sent off an urgent plea. I was rewarded. Yes, I was one of those 700 women. Happily, former NWJ members Estella Howard, and Helen Halet and Sharon Lund (now living in Vancouver) also participated. My most sincere gratitude goes to the Women and Words committee who recommended, and to Secretary of State Women's Programme who provided, my travel costs. Thanks also, Helen and Sharon for the housing, the hospitality, the nurturing.

I really want to share my joy, my excitement about this remarkable Conference with NWJ collective members and readers, yet find myself groping as to what to relate. I believe it was important for the NWJ to be part of this Conference and I was glad to be your representative. Contacts made and discussions held with women from other feminist publications were certainly useful. Hopefully, some of my learning from various workshops will aid me to more effectively contribute journalistically to our paper. (More about workshops later.)

But, to be perfectly honest, my chief desire to attend Women and Words was absolutely selfish. My creative writing..so happily birthed while at Women Writer's Centre.. has been so sporadic since my return to Thunder Bay. Yet the urgency to write causes me more and more frustration. I went to Women and Words for the stimulation just being with other women provides.

What happened to me at Women and Words? A dozen new story ideas, for one thing. And from the "readings" ..most particularly Margaret Atwood and Audrey Thomas.. a renewed sense that whatever else I do with my life I have to finish "my novel".

The other important thing that I learned..rather, that was reinfor-

ced..was that writing is a genuine, and a necessary, albeit unique, factor in the evolution of feminism in Canada.

GOOD ART CAN AND SHOULD BE SUBVERSIVE AND IN OPPOSITION TO THE STATUS QUO

Conference Content

Orchestration of this mammoth Conference was extremely well handled. As well as extensive work by staff, over 10,000 volunteer hours were spent in Conference preparation. And many more will go into the follow-up. All those responsible for Conference organization are to be commended.

My problem, also expressed by everyone I spoke to, was deciding which workshops to attend. It should have been a month long Conference. I wanted to attend 40 of the 44 workshop/panel choices, but had to content myself with the 7 possible. Fortunately, we were able to learn the results of many workshops from a very creative and succinct summary given at the concluding plenary session. This summary, prepared by Women and Words committee member Barbara Herringer is reprinted here with permission.

Shifting from being a long-time community activist to a solitary writer creates many contradictions and dilemmas for me, especially when I live in Thunder Bay. The sense of hope apparent at Women and Words was enormously reassuring. Confidence was apparent that women writers, reviewers, publishers, etc. can and must and will create new structures, new language, new values..encouraging a society that will allow women to grow, not merely survive. The statement from one workshop that "good art can and should be subversive and in opposition to the status quo political establishment" fills me with peace. (Now all I have to do is write the damn book!)

Another bonus...new authors to discover. Really, I could contentedly spend the rest of my life just reading. I haven't even half worked through my list of unknown authors I brought back from Writers Centre. From the Conference, a further list of nearly fifty poets/short story writers/novelists that are new to me. I question whether I'll ever read even an internationally acclaimed male author again. Is it unreasonable to become absolutely nationalistic, (even more) womanistic in my reading? With so many marvellous Canadian women writers, will there be time to read anyone else?

(Information about a number of the writers who participated in Women and Words will be included in this and future issues so that NWJ readers may also explore new reading sources. "We are more than 700 women this weekend---all of us involved with words. We have discussed, argued, shared, learned, explored and strategized. We immersed ourselves in language through theoretical, practical and speculative workshops. We shared cultures, backgrounds, life-



styles, classes and our immense creativity. Here is a few moments collage of 44 diverse topics:

- we need a new approach to criticism with critics open to new forms without the distortion produced by mainstream criticism.

- the aim of the artist is to dream alternatives; good art can and should be subversive and in opposition to the status quo political establishment.

- class does affect our writing. Where we have come from is integral to our expression of self; and the voice of working class women, women of colour and native women is lacking even in our own literature -- the literature of women. We need to appreciate our differences and not be divisive because of them.

- creative mothers shared their struggles and successes and gained strength from one another.

- the "riotous and sexy" writing and the erotic workshop encouraged women to create more space for our bodies in our work.

- feminist publications highlighted the need to be financially viable, while a history of feminist presses focused on the need for survival and the necessity to support our feminist bookstores.

- a feminist booksellers association was formed following the workshop on promotion and distribution of women's books to act as a lobby group as well as a network for feminist publishers and booksellers.

- there was a lively exchange of ideas and how-to's for survival in the media as a woman reporter/journalist while struggling against male values in the media.

OUR LITERATURE MUST BE VISIONARY, A LITERATURE OF CHANGE THAT EXAMINES ALL ASPECTS OF OUR LIVES

- sources, strategies and the need for patience and persistence as well as ongoing personal contact, was stressed in the funding workshop.

- that same persistence is necessary in our professional associations as well as in our schools and colleges to ensure that we are on reading lists and on courses.

- not only that -- we need to become policy makers, work collectively and push for new criteria in the arts.

- our literature must be visionary, a literature of change that examines all aspects of our lives.

- in that literature we must use

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WOMEN & WORDS cont'd

our language differently by restructuring vocabulary, syntax and symbolism in our different tongues. - again, our diversity was celebrated in an exploration of the need for lesbian writers to re-invent language and the world. - and, a greater need overall in our Canadian literature, to explore new directions such as greater freedom in both form and content. - with all this new language, we need alternative structures. The old ways are obsolete. But, there is a tremendous amount of energy needed to implement new structures to meet our needs---such as mentors, networks, and reading/writing support groups. - the relationship between writer and translator brought many of the feelings of translators out of isolation. There is a great need to bridge our language barriers and much of that has happened this weekend. - more practical issues were dealt with on the panel on the relationship between publishers and writers---the need for good contracts and editors among other things. - the extent of censorship and self-censorship was explored by a writer, critic and archivist -- our physical selves as well as our creative selves are censored continuously in this culture.

This is a brief overview of an intense weekend."

On-going Activities

One of the most exciting features of Women and Words was the personal testimony of support and gratitude expressed by so many women. "I've waited all my life for this weekend", and "This is the greatest thing that's ever happened to me" are samples of the comments. Even the criticisms were constructive, with the theme of "next time let's also.....". There was unanimous agreement that there must be a next time. So plans are being made for the second Women and Words Conference, to be held in 1985, possibly in Montreal or in Winnipeg.

Before comprehensive plans for the next Conference begin, an enormous amount of follow-up to this Conference will occur. Of great interest is the Anthology of fiction, poetry, theatre and critical articles (in English and in French) which will be published. The documentation of all workshops would be a tremendous resource to all of us, and hopefully funds to transcribe these recordings will be procured. Minutes of the business meeting and action steps recommended are being worked on now.

West Coast Women and Words Society

The Conference was sponsored by the West Coast Women and Words Society, which for legal and practical reasons is a British Columbia organization, but for networking and support functions is available to all Canadian women. On-going contact between Women and Words and The Northern Woman will be maintained. If any NWJ readers are interested in more information about the West Coast Women and Words Society, please let me know.

Should Winnipeg be the site of



the next Conference we know many NWO women will participate. Several of us are discussing the possibility of establishing a NWO group/caucus and offering some specific help to the Winnipeg women re Conference preparation.

Wherever the next Women and Words is held, as many of us as possible should attend. Perhaps we could collectively fund-raise to subsidize NWO delegates. Again, if you have any ideas please contact me.

ASIDES FROM MY B.C. VISIT

It was nice to run into Bonnie Kreps and reminisce about the 1973 Northern Women's Conference. Bonnie, who was a member of several Women and Words panels, has just self-published 'Women's Lip', a collection of her feminist writings.

Visited the collectively-run Vancouver Women's Bookstore and the woman-owned Ariel Book Store, and was pleased that each of them agreed to stock the Northern Woman. Met several women from HERizons (Manitoba) which is now publishing in magazine format. Learned that La Vie en Rose has a distribution of 20,000!!

Very impressed with the work and philosophy of Vancouver Women's Research Centre. The Centre, a community based feminist organization focuses on action research. They work with women and women's groups that don't normally have access to research facilities. The emphasis of the Research Centre's work is on developing a descriptive account of how, rather than why, a problem or issue is experienced by women as the grounding for analysis and strategy development. They believe that process contributes to the transformation of problems as personal or individual to recognizing them as political, economic or social. Interesting Research Centre publications which I brought back include: Women's Perspectives in Research, How to Study Your Own Community, Women and Psychiatry, An Analysis of Ideological Structure and How Women Are Excluded. These papers may be borrowed from Northern Women's Centre.

The Research Centre is federally funded so hopefully will survive, which is more than can be said for most community-based services in British Columbia. The political cli-

mate in B.C. is really quite terrifying--with rights of workers, and protections for disadvantaged groups eliminated overnight.

First to go was the Human Rights Commission..to be replaced by a Council who reportedly will deal with human rights but not the "trivial issues such as sexual harassment". Consumer protection legislation was to be abolished, as were rent controls. Provincial workers including teachers, college and university personnel may be fired without cause. For starters 600 human service workers have been fired. The government's action seems to stem from not so much an ultra-right ideology, as from a paranoid power grab. The community activists I talked to were in a state of shock and despair. Let's hope that will be translated into anger and action. If the B.C. madness isn't curbed it bodes ill for all Canadians.

YOUR VOICE cont'd

of women would be rapid.

But the intervening eight years have seen those expectations dashed. Government statistics bear this out. After eight years of so-called equal opportunity, only 0.2% of the women in the public service are in management positions; only 5.7% are in the scientific and professional categories. Yet, at the same time, the number of women as support staff and in the junior levels, has increased by 13%. Despite an equal opportunities program being in place, women have been unable to achieve significant breakthroughs in the federal bureaucracy.

"What assurance do we have that a program that has not achieved its goals in the five government departments where it has been attempted should suddenly become successful simply because it is extended to other departments", said MacDonald.

The expansion of the Affirmative Action Program offers no new initiatives that can, or will, assist women in the public service. No mandatory goals have been established and, once again, women are expected to be satisfied with vaguely-worded recommended targets.

"We only have the promise of the Treasury Board President that Deputy Ministers will be called to account for lack of progress in their departments", said MacDonald. Other government initiatives are enforced by a Cabinet Directive or an Order-in-Council. In this case, the government did not see fit to take such action. "I might perhaps put a little more faith in the success of the expansion of the program, if it was backed up by Ministerial enforcement", MacDonald stated.

"No Affirmative Action Program, however promising on paper, will be successful without the will of government to make it work", said MacDonald.



Women and Orgasm

by Betsy Getaz and Carol Ehrlich

An Interview with Terry Dalsemer and Judy Waldman

Terry Dalsemer and Judy Waldman are two licensed clinical social workers who have lived and practiced in the Baltimore area for a number of years. Terry and Judy developed and offered groups for pre-orgasmic women through the Women's Growth Centre, a Baltimore feminist therapy centre, and they continue to give the groups in private practice. The groups are based on a model base developed by Lonnie Garfield Barbach, who wrote a book based upon the experiences of the women in her groups, "For Yourself: The Fulfillment of Female Sexuality."

Q: What do you mean by pre-orgasmic?

Terry: Pre-orgasmic reflects the optimistic attitude that women who do not experience orgasm are not psychologically disturbed, but rather lack the necessary information or experience for orgasm to take place. All women are, at some time in their lives, pre-orgasmic. The term actually came out of one of the original groups which was developed by Lonnie Barbach in San Francisco. It came from a group member who felt the term was more positive and quite different from other descriptions such as "frigid" or "an-orgasmic", which imply some sort of sexual dysfunction. These groups provide an opportunity for women to explore and learn more about their bodies so they can become orgasmic.

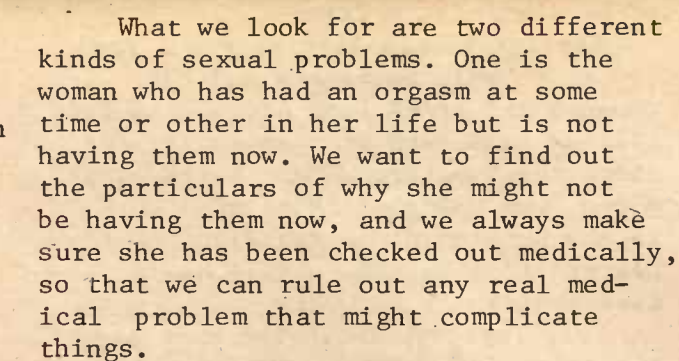
Judy: One of the most important messages in the group is that the orgasm is yours. Only you can give yourself an orgasm -- nobody can give it to you. If you have learned ways to relax, to turn yourself on, to be open to finding the things that turn you on, then you can have an orgasm, or you can find ways to tell someone else what to do to enable you to achieve that.

Q: Who comes to the workshops?

Judy: We have women with a broad range of backgrounds and experiences. They may be with partners or without. Their age range has been between 20 and 60. We work with both heterosexual women and lesbians. Women want to expand their options for sexual satisfaction regardless of their background and choices. I think through sharing their experiences, the women in these groups have learned a lot about each other -- about their similarities, their differences -- in terms of how they relate to their own bodies and to their sexual partners.

Q: What impels most of them to come to the group in the first place?

Terry: It's a combination of things, ranging from the most specific thing, which is sexual dissatisfaction of some sort, to difficulties in relationships. We do a screening interview before we run the groups in order to determine whether the focus of the problem is a sexual one, or whether it really belongs somewhere else. We ask whether the woman is in a relationship, and if so, how are things going. Often the real problem is one between the couple, and not really a sexual issue at all. Then we recommend that the woman and her partner seek counseling.



What we look for are two different kinds of sexual problems. One is the woman who has had an orgasm at some time or other in her life but is not having them now. We want to find out the particulars of why she might not be having them now, and we always make sure she has been checked out medically, so that we can rule out any real medical problem that might complicate things.

The other is the pre-orgasmic woman -- a woman who has never experienced an orgasm at all, through any means. Then we have some idea of the range of problems that we'll be dealing with, because as the group moves along, each woman determines her own goals to achieve during the course of the group. This gives us some idea of how to help them define what their goals might be.

Judy: Another interesting group, although it's a small group, includes those women who actually are having orgasms, but don't realize it. I think this has to do with the myths that we've all been exposed to: when you have an orgasm, bells are going to ring, the sky is going to light up, rockets will go off -- it'll be the most magical moment of your life. Very often it doesn't happen that way; and so, sometimes we find that women are having orgasms. They'll begin to describe some different kinds of feelings that they have. When we ask them to be a little more specific, we find out that they are in fact having a psychological orgasm, but they've never been aware of it.

Terry: I think that situation exists because in popular psychology and popular literature the description

of a woman's orgasm is, of course, usually the description of what happens to a man. When a man has an orgasm, it's much more obvious, because most likely he will ejaculate. That's a much more obvious physiological experience. For women, it's so different, and the variations are so great, that very often they aren't aware of what's happening

to them. They're looking for something other than what they're already experiencing. Again, the emphasis in our group is on looking for what is happening instead of creating what isn't -- paying attention to what your body is doing, not looking for what it isn't doing.

Q: How do you deal with the fact that different people get turned on by different things?

Judy: In fact, this is what we try to emphasize in our groups: we are all unique. We need to explore, discover, and accept that which is uniquely ours -- our bodies, our preferences, our fantasies, even our orgasms.

Terry: For example, towards the end of the group, we ask everyone to bring in erotica, without defining what that is. (We do talk a bit later about what they feel is the difference between erotica and pornography.) That usually ranges from books to pictures to feathers, to articles of clothing to whatever... Wonderful, different things! And then, the following week, we ask the group to bring in pornography, and we actually show stag films so that they can share their reactions with each other. It's really interesting to see the range of what people define as erotic or pornographic, and the range of what gives them pleasure or doesn't.

Q: What are some of the techniques and exercises you use?

Judy: Sharing personal experiences with each other is the general form for the group. We meet with six to eight women. Although Terry and I are trained therapists, in this particular kind of group we share very openly our own personal experiences, particularly some of the things that we'd like to do that we can't do. We don't set ourselves up as superstars; we don't say that because we're leading this group that this means we have all the experience, and we can do it all. It's very comforting for women to hear about embarrassing moments that we've had, or areas of our bodies that we're not happy with, and also some of the ways we've learned to feel good about ourselves and difficult areas we've overcome.

So we do a lot of sharing. When we start, the women share why they've come to the group, what their concerns are, and what they'd like to accomplish in the group. We also do a sexual history; from the very beginning we ask everyone to tell specific details of past sexual experiences, and how they feel about them. We do this so people will get past the fumbling with words, the discomfort -- especially in terms of sexual messages we received while growing up, masturbation, first sexual encounters, and orgasm.

Through sharing, the women begin

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You Can't Hold Your Children

by JOSIE WALLENIUS

"In the event of a nuclear war, there will be no chances; there will be no survivors--all will be obliterated. Nuclear devastation is not science fiction--it is a matter of fact. The world now stands on the brink of the final abyss. Let us all resolve to take all possible practical steps to ensure that we do not, through our own folly, go over the edge."

Lord Mountbatten

Dear Mother:

Sorry to be so long in writing, but as usual, it's been hectic. Anyhow, there's lots of news, and thanks for the dresses you made for Lyn and Maggie.

Maggie has been up to her usual tricks. If there's an accident going, she'll find it. She fell off the steps a couple of weeks ago, and I took her straight to Emergency, blood everywhere and her screaming like it was the end of the world. Anyhow, she only needed three stitches, so it wasn't too bad.

"After a couple of minutes, I saw something coming up the river that looked like a parade of roast chickens. Some of them were asking for water. They were all naked and they were all skinned. The skins of their hands had been torn away at the wrists. It was hanging from their fingertips just behind the nails, turned inside out like a glove. In the dim light, I saw many other children lying about the yard."

from the book,
We of Nagasaki

We had to wait for ages, though, for a doctor. There was a traffic accident, it seems, and a couple of people were badly burned.

The B. C. Peace Movement is really strong. Perhaps it's because

they can see things--like a Trident submarine, in the Straits of Juan de Fuca.

One submarine has enough warheads on it to destroy 408 Soviet cities. The U. S. navy has 17 submarines, and plans to have 30. There were 130,000 casualties in Hiroshima. If you want to try and understand Trident, try the following:

In one second, try and comprehend Hiroshima. If you can do this, it would take 17 hours to comprehend Trident (if you can feel Hiroshima in one second).

This is the navy. There is fierce competition between the navy, army and air force to see which can have "the best".

Do you remember Mrs. Rhodes? She died a few weeks ago. What a long illness, poor soul. She was on morphine for the last few weeks, so Betty told me. I felt really badly, as she had no relatives left and the public trustee did the burial, which is always a shoddy affair.

The U. S. Federal authorities have stockpiled 71,000 pounds of opium (morphine is a derivative of opium) for critical civilian use, and have recently requested 59,000 additional pounds.

The Pentagon has asked the National Funeral Directors' Association of the United States to prepare to handle mass burials; the president of the Association has asked for a training course in embalming radioactive corpses. One thing is certain--unburied, buried, incinerated or vapourized, the dead will continue to be radioactive--forever.

She had such a lousy life. Her husband was really up the twist. He kicked their daughter out because she was going out with an ex-Vietnam draft dodger. He called him a hippie pacifist and a disgrace to the name of humanity.

In 1914, big billboards were erected in the towns and villages of

England with the words, "Your King and Country Need You." Apple-cheeked lads from the farms and white-faced boys from the slums, 16 pretending to be 18, and to be valiant and glorious--and dead! Slaughtered in thousands upon thousands. Headless, legless, buried in pieces in France. French boys, Canadian boys, German boys, English boys. Boys, not men. History showed W.W.I. to be a war about Africa, control of Africa, gold, minerals, and slave labour of Africa. For the few, not for the families of the dead innocents, the cannon fodder.

Talking of pacifists, one of the women I work with belongs to the Thunder Bay Coalition for Peace and Nuclear Disarmament. She's O.K., I suppose, but a bit of a screwball. After all, does she really think she can change governments?

(That mysterious, independent variable of political calculation, "public opinion"--universities, actual and ideal.)

Anyhow, whatever it's all about, you can't trust the Russians, everybody knows that.

"Who are the demons who fill us with fear? The 270 million people of the U.S.S.R. are not the warlike barbarian hordes pictured in media caricatures. They are people and people who, quite unlike people in the United States, have seen firsthand, in their own country, the horrors of war, with the Nazi invasion of World War II. Just think of these figures which come from a book by Sidney Lens, entitled, *The Forging of American Empire*. Consider these statistics, and what happened to the Soviet Union during the Nazi invasion: 20 million people dead, 15 major cities destroyed, 1,700 towns destroyed, 70,000 villages destroyed, six million buildings demolished, 10,000 power plants destroyed. It was the devastation of a people and of a country that we cannot even imagine occurring in the United States.

Who are the demons? Let us ask questions. Who built and used the first atomic weapon? Who built the first hydrogen bomb? The answer: we did. Ask who, today, feels surrounded by 365 hostile military bases along its borders? The answer must be the Soviet Union. Ask which country deploys most of its armed forces along its own borders, and the answer is the Soviet Union. Then ask which country deploys its arms and its soldiers in 2,000 bases around the world. The answer is we (ed. note: the U. S.) do.

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Photo by Joyce Michalchuk



Members of the Thunder Bay Coalition for Peace and Nuclear Disarmament protest the Cruise Missile testing in Canada, as part of a large Canada-wide demonstration July 16.

With Nuclear Arms

An Eye Opener

by Heather Woodbeck

"While you are calming her down with a tranquilizer treat what may be her real problem with Premarin"

"When she can't manage you can" (Premarin)

"If she could cope she wouldn't have called" (Novane)

These are some of the messages being given to medical doctors about women by pharmaceutical companies. This eye-opening survey of some drug advertisements that were found in medical journals was one of the presentations at the recent Women and Pharmaceuticals Conference sponsored by Inter - Pares and held in Ottawa in June.

A major focus of the Conference was on the marketing strategies of pharmaceutical companies. The portrayal of women helpless invalids or alternatively bitter shrews was part of the method used to sell hormones and tranquilizers for women.

The film "A Healthy Business" focused on techniques used by Ceiba-Geigy in the Third World. Deluging doctors with visits from pharmaceutical representatives (10-20 visits per week), giving interns free drugs which they in turn could sell, and treating to lavish parties were a few of the more appalling practices used by pharmaceutical companies to entice doctors to prescribe their brand.

Comments from Canadian doctors

at the Conference suggested that marketing techniques in Canada are much more subversive. Doctors are given free samples of every day items like notepads, pens and desk blotters, each prominently inscribed with the pharmaceutical company's name. This method hopes by placing articles within the doctor's view he/she will be more likely to prescribe that particular drug company's brand. Pharmaceutical companies also sponsor conferences with



the unspoken assumption that the doctors attending will support the company's drugs or at least refrain from openly criticizing them.

Even the Compendium of Pharmaceuticals and Specialities (CPS), the medical profession's "prescribing bible" came under attack. An article from the Globe and Mail noted that pharmaceutical companies must pay to have their products included in this book. Companies which refuse to do this will find their product descriptions deleted from the book or else shortened to such an extent that there is little more than the name and the strengths of the drug included.

Another presentation at the Conference, made by Harriet Simard, graphically presented the case history of a drug tragedy. While pregnant with Harriet, her mother was given diethylstilbestrol (DES). Two years ago Harriet developed adenocarcinoma of the vagina, a cancer directly related to DES.

The DES story is a classic example of how a dangerous drug can become available to an unsuspecting public. DES was marketed to control miscarriage, based largely on a poorly controlled study done in 1943 by Smith and Smith, two highly respected American researchers.

The controversy about the safety of DES raged for 30 years. It was finally banned as a drug for humans in 1971. This was after a large num-

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ORGASM continued from page 6

to feel they are not alone in their concerns. Although we stress the importance and uniqueness of each woman's experience, the common bond and support we can offer each other cannot be over-emphasized. Then we assign homework. The group meets for 10 sessions and in between sessions we ask women to spend one hour a day with themselves. This is an important focus, the idea of taking time for yourself. You'd be surprised how many women just don't take this time to give themselves pleasure, to relax by themselves. The homework includes specific exercises, but primarily the focus is on each woman spending time with herself.

Terry: What we do is basically provide an opportunity for women to get to know and become friends with their bodies. We use a lot of different techniques to do that, but we start out with simply having the women go home and look at themselves, nude, in a mirror. Just uncritically at first -- then, very critically. (All of the homework assignments are done at home in private, not in the group.) Next we ask each woman to exaggerate all the things she doesn't like about her body. We'll ask women to smear lipstick on the stretch marks they hate, or to shake the thighs that they think are too big. The idea is to make light of the part of the body that you can't stand.

Then in the homework we have each woman begin to look specifically at her genitals -- what that's like -- and to touch them, and then to draw them, again at home. And then we talk in the group about what that experience

was like. We even have everyone model their genitals in clay. That's always fun, because everyone always thinks that their particular genital area is very unusual -- then they find out that maybe everybody else thinks that theirs is too!

Judy: I've seen some women go from not knowing at all what a woman's genital area looks like (a lot of women have never looked at theirs, or anybody else's) to some discovery to what it looks like, sometimes with horror and shock, which is natural. And then eventually finding out that in fact there are interesting folds and curves and parts that are bigger and smaller than others, and finally a lot of beauty. That's a very positive experience women in the workshop have had: beginning to have some new information and experience with their bodies and then beginning to really enjoy a part of their body which for many has been taboo.

Terry: In the process of sharing this experience, we are giving women information about their bodies. We talk about the physiology of sex, and give very specific information about the various stages that the body goes through in arousal and in reaching climax and resolution, what kinds of things tend to happen, and how in each woman that experience is very different. There are general things that may or may not happen, but they will have some idea of what to look for. And we stress that they don't have to fit into a particular mold.

Q: What is guided imagery, and how does it work in the group?

Terry: One of the techniques that

we use, particularly when we're beginning to talk about fantasies, is a technique known as guided imagery and music, or GIM. After helping women relax, we set a scene for them -- some sort of idyllic scene in the country or whatever. Then we turn on some music, which allows them to day-dream and image their own sensual/sexual experience. Then after they've listened to the music and had this experience, we have them draw it. We have pastels and paper, so they can draw something that symbolizes for them whatever their imagery experience was like. We then share in a group what each fantasy and experience was like. It gives people another chance to experience a different way of using their own richness, their own inner resources and imagination for fantasy and exploring another aspect of sensuality.

Judy: We begin the GIM by doing a series of relaxation exercises before the fantasy; and it's something that we stress that women can do themselves, at home. Very often one of the reasons women don't achieve orgasm is because they're uptight and tense and there's a lot of pressure involved. "Oh, I should be coming -- it's taking too long! -- What will happen if I don't? What will so-and-so think? What will I think?" By the time one thinks about all that, it's very difficult to relax and feel anything else. So we really stress ways to relax and to take the focus off the pressure and to focus instead on the actual sexual, sensual feeling women have. One of our exercises involves touching our bodies, not

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Our CHOICE Threatened

by Norma Scarborough

The threat of Joe Borowski to the pro-choice movement culminated in Regina early in May.

To recap, in 1980 the Supreme Court of Canada granted Borowski the right to challenge the abortion law in his attempt to have all abortions made illegal in Canada.

As soon as the decision was made about which court would hear the case CARAL responded. Legal counsel was retained, a direct mail campaign for funds was organized and we prepared to make application for standing as intervenors in the trial.

Three groups sought standing as intervenors. Civil Liberties and Campaign Life wanted to intervene with written briefs only; CARAL wanted to participate fully in the trial. In January 1983 all intervenors were denied standing by the Court.

Our next step was to seek assurance from the Minister of Justice that his defence of the law would be adequate. As inadequate as we feel the current legislation is, it is the best presently available and we wanted to know that even this limited access to abortion was not going to disappear.

CARAL corresponded with the Minister of Justice through our lawyer and members of the executive spoke directly to the Minister of Justice in Ottawa. We were less than reassured about how the legislation would be defended.

It was the government's contention that expert medical witnesses would not be allowed to testify for Borowski and that if they were allowed their testimony would be struck out before the trial ended.

I was in the courtroom in Regina for the first day of the trial and before the day was over our worst fears were confirmed. The judge allowed Schumiatcher, counsel for Borowski, to bring 9 expert witnesses instead of the five normally allowed. Sojonky, the federal government lawyer, objected and was overruled.

Sojonky's argument throughout the trial was that evidence about when life begins had no place in the testimony since the government already recognizes pre-natal life and already protects pre-natal life by limiting access to abortion.

After two weeks of a barrage of so called 'experts' giving evidence to prove that life begins at the moment of conception Schumiatcher rested his case and it was Mr. Sojonky's turn. His evidence lasted for twenty minutes.

Sojonky placed in evidence a copy of the Badgley report and two sets of stats from Statistics Canada. He attempted to have placed in evidence the information from the U.S. 1980 Senate hearings, which had heard many of the same so-called experts that Schumiatcher brought to the case. Mr. Schumiatcher objected to this evidence and the judge upheld the objection. When Mr. Sojonky asked if the paper could be left as information, the judge agreed but said that he did



not have to read it. Mr. Sojonky sat down and 'our' case rested!!

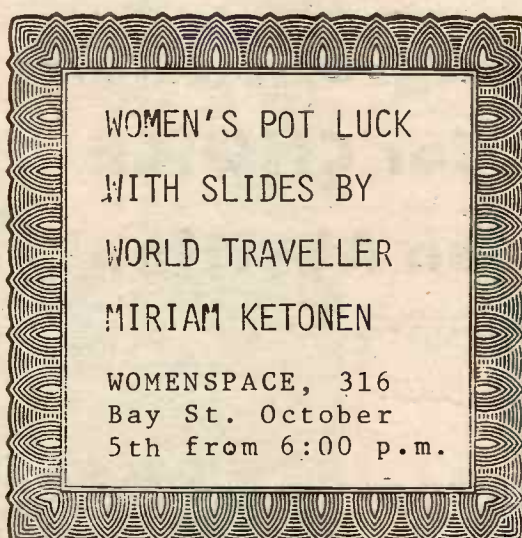
The final arguments were heard a few days later with the same perfunctory statements by Mr. Sojonky. Schumiatcher's final words in the court were that all they wanted was fetuses be allowed to develop into responsible men and citizens!!

The case for pro-choice Canadians was not presented. The judge is expected to hand down his decision sometime in the fall. A serious concern is that even if Borowski loses he has promised to appeal. No further evidence can be brought before the appeal court - that court will hear only what was placed in evidence at the first trial. If Borowski wins we have no guarantee from the federal government that they will appeal - abortion could be illegal once again in this country.

But the Borowski threat will not go unanswered by us. I, as an individual and as president of CARAL, filed suit on April 29th to challenge section 251 in its entirety.

We are seeking to have the abortion law declared inconsistent with the Charter of Rights and Freedoms in that it contravenes the rights of women.

We anticipate that our case and Borowski's will eventually be linked in the appeals process. At the present we are awaiting a reply from the federal government to our statement of claim.



If Porno Appears

IF PORNOGRAPHY APPEARS IN YOUR

LOCAL VIDEOSHOP

1. Check the list of publications and tapes on shelves have a friendly male rent some likely titles.

2. View films utilizing school or library equipment where possible to save expenses.

3. Take the film to your local police or R.C.M.P. office and make a complaint, in writing if required. Mention the combination of explicit sex with violence, incest, child pornography, all of which are forbidden under the criminal code Section 159 COMPLAINTS ESTABLISH COMMUNITY STANDARDS.

4. The police will view and recommend to crown counsel for prosecution or non-prosecution.

5. Whatever the decision, ask for the reasons in writing.

6. If you are not satisfied with the decision, complain to the Attorney-General, whose responsibility it is to enforce the Criminal Code in the province.

7. If you should get a charge laid, pack the court, picket, let the community know that this is hate propaganda against women and must be regulated.

8. If you get a conviction, approach the municipality to lift the business license on the ground of criminal conviction.

A. Lobbying local politicians is always useful because they are in contact with other levels of government. Convince them that this is a community issue.

B. Consider actions to embarrass customers.

C. Network with other groups using Jillian Ridington's Discussion Paper on Pornography as a resource - available from NAC or N.A.W.L.

D. Some proprietors are anxious to avoid community disapproval and will let you view films and suggest which ones should be cut or removed. By all means go this route if you can. It is the fastest, but you have to monitor the situation constantly, and that shouldn't be your job, so continue to lobby for changes in the Criminal Code to make the offense more easily prosecutable successfully.

E. Use us as a clearinghouse until someone better offers, or contact the Northern Woman Journal for further action.

Prepared by North Shore Women's Centre
600 West Queens Road
North Vancouver, B.C.
V7N 2L3

so much in terms of what turns us on, but just really noting what we feel in every part of our bodies. We stress getting away from the pressure of what "should" be happening and moving toward what is happening.

Terry: As the group progresses we begin to focus more on each woman's particular issue and problem. Each woman in the group will determine a goal that she wants to meet by the end of the group. This should be a realistic goal, generally one step above wherever she happens to be in relationship to her own sexuality. For example, if a pre-orgasmic woman has never been able to touch herself on her genitals, her goal might simply be to be able to do so, comfortably. For a woman who can have an orgasm with a vibrator, but who has never been able to manually stimulate herself to orgasm, her goal may be to manually stimulate herself to orgasm. A woman who can masturbate herself to orgasm in 25 different positions might have a goal to teach her partner how to help her reach orgasm; to learn how to communicate to her partner in such a way that makes it happen. Each woman defines her own goal for the group. Then we begin to focus the homework assignments at the end of each group session much more specifically on each woman's individual problem. We can then share in the group how everybody's progressing. The group begins to help each woman -- and make suggestions -- "Oh well, you might try this," or, "I did this and it worked." Everyone in the group begins to participate in each individual woman's attainment of

her specific goal.

Judy: The sharing in group is essential. There is the feeling that "I'm not alone. Other women share this." Especially when women go back and talk about messages from their mothers or religious messages or their first sexual experiences, you can hear moans and groans of "Oh yeah, I know just what it was like!" That in itself is important. Also, there begins to be an effort on the part of the group to meet these goals -- "Hey, I think you're getting close." Or, "I think you did it. Congratulations!" When one person achieves her goal the other people want to do it also.

Another important part of becoming orgasmic is to release feelings that have been blocked up. For example, if a woman has a hard time expressing a very intense feeling like anger or sadness, it may be difficult also to experience intense sexual feelings too. We may do some role-playing within the group to help each other express feelings that are blocked. If a feeling is blocked in one area, very often the sexual feelings are blocked too. In addition, it's important how assertive we can become. Knowing our needs and desires and expressing them directly is important in all aspects of our lives, particularly sexually. If we don't assert ourselves sexually, if we don't know what we need and want for our bodies, we couldn't possibly communicate that to another person and expect to be satisfied with their response, and get those needs met.

Q: Would you talk more about how lesbian and heterosexual women relate to each other in the group?

Judy: Women in the group learned a lot from each other. For some of the heterosexual women it was enlightening to hear, for the first time, intimate details of what sex with another woman is like. They may have never known about that before; and now they can discover what the differences may be, as well as what the similarities may be. In general, the fears and desires and the vulnerabilities and strengths relating to sex are understood and shared by all women.

Terry: Both heterosexual and lesbian women have the opportunity to be less threatened by or fearful of their differences and, more assured of their similarities. Heterosexual women discover that they may even be turned on by the idea of women making love with each other, and that it is not necessary to act on that. It's okay to get turned on and to think that it's a nice idea, and it doesn't mean you're a lesbian unless you choose to be one. A lesbian woman can also be turned on at the idea of a woman and a man making love, but it doesn't mean that they have to do it, or that they're wrong for not doing it that way. Again, there's an opportunity to dispel some of the myths and to begin to feel more comfortable with the whole range of sexuality. We do a lot of work with fantasies, which may not be just with women, or women with men. Women share fantasies about their pets, strangers of both sexes, and even some of the less "acceptable" fantasies -- maybe some sadomasochism, or bondage. We stress that you don't have to act out fantasies in reality; if it's a way

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ber of young women suddenly developed a highly specific form of cancer (adenocarcinoma of the vagina) that correlated only their mothers taking DES early in pregnancy. Interestingly enough DES is still allowed in the United States as a hormone for cattle. It causes the livestock to gain

weight (mostly fat and water) and thus increased their market value.

The Conference wound down with participants looking for ways to increase other women's knowledge about drugs and pharmaceutical companies. A group of women based in Ottawa are working together with Barbara Lysnes (formerly of Thunder Bay) of the Great Canadian Theatre Company. They are developing a play about women and pharmaceuticals. They hope the play will be ready to do in Ottawa in June 1984, then perhaps tour the country.

Another group decided to work with Harriet Simard to publicize the DES issue across Canada. Other recommendations were to plan for the International Organization of Consumer Unions (IACU) Conference in June 1984 and to publicize information about the new health disciplines act and the patent act.

Day of Action for CHOICE on Abortion

SATURDAY, OCTOBER 1, 1983

Watch
Your
Local
Paper
for announcement

Health, Health, Hooray!

The Health Promotion Directorate of Health and Welfare, Canada has granted \$230,619.00 to the Northwestern Ontario Women's Health Education Project for its next two years of operation. The Project will use the funds to deliver six health-related workshops to women in fifteen communities throughout Northwestern Ontario.

The first series of workshops will focus on Women and Nutrition. It will run from September to November, 1983. In mid-winter, Cabin Fever II, a workshop on stress and coping with small-town life is scheduled. A menopause workshop is planned for April-May, 1984. Finally, a training session will be held in June, 1984 for regional women interested in learning how to deliver workshops.

In 1984-85, tentative plans include a conference on Women and Health as well as travelling workshops on women's cancer, patient rights and preventative health care.

During its first year of operation (1982-83), the health project conducted a Cabin Fever workshop and an extensive survey of regional women. The survey asked women about their health status and what types of workshops they would be interested in attending. The workshops that are being developed reflect these women's wishes.

Nuclear Arms

continued from pg. 7

From a sermon delivered by Philip Zwerling, minister of the First Unitarian Church of Los Angeles, California March 14, 1982

President Eisenhower, in 1959, urged all men everywhere to work against the mistrusts and fixations of our times. All they are are the creation of governments, cherished and nourished by governments. Nations would never feel them if they were given freedom from propaganda and pressure.

I was talking to Len about the woman I work with, and he got really angry. He said the nuclear industry created jobs, and did the country need more unemployment?

Direct and Indirect Jobs Generated by \$1 Billion:

Military	76,000 jobs
Machinery	86,000
Government	87,000
Transportation	92,000
Construction	100,000
Health Services	139,000
Education	187,000
Tax Cut to Consumers	112,000

As a speaker has said, the argument is obscene anyway. You might as well say that if we could stop child pornography, it would do away with jobs.

The cat had an awful accident last week. It was run over and had two legs broken. It seems stupid, but we are all so fond of her we decided to get the vet to mend her legs; cost a bit, but the kids were so upset.

Sue Coe, an artist who lives in two small rooms in Manhattan, depicts, in one of her works called "Vivisection", a room full of cages of cowering monkeys, waiting to be put on the table by two evil-looking scientists. She explains:

"To test the effects of blinding radiation on pilots, they use laser beams to blind monkeys, then strap them into simulated cockpits to see how long they can fly."

She sighs: *"If animals believed in God, the devil would look like a human being."*

I have gotten Len to go to church with us at last. I think it's so important to belong to a church, so that the kids might get religion's concept of right and wrong. There are a lot of social benefits to it, too.

A speaker at the Canadian National Disarmament Conference in Waterloo, Ontario, explained the hierarchy of church. One congregation was given a choice of whether they wanted to hear a speaker on Disarmament or not. 95% of the congregation said yes. 5% of the congregation said no. The 5% controlled the

church, and the pastor had a job to lose, too. Nobody heard about Peace and Disarmament.

"What the Christian conscience must lay clearly to heart is that the kind of action involved in the use of the nuclear bombs is an absolute deterrent to the work of God. It cannot possibly be reconciled with obedience to His will. For the Christian, this is final."

Anonymous

I'm reading a really good novel. I feel I must always have a book now, as T.V. depresses me--I can't stand to watch the news anymore. But Len will insist on telling me all the horror stories when he climbs in. It's all this controversy about the Cruise Missile now. Len says the anti-nuke lot are anti-American and the politicians know what they're doing. Besides, the Soviets have the S.S. 20.

The Nuclear Freeze vote in the U. S. won 41 of 45 contests in the ballots held at state, county and local levels. There are 26 Peace groups in the U. S., with over 20 million active members.

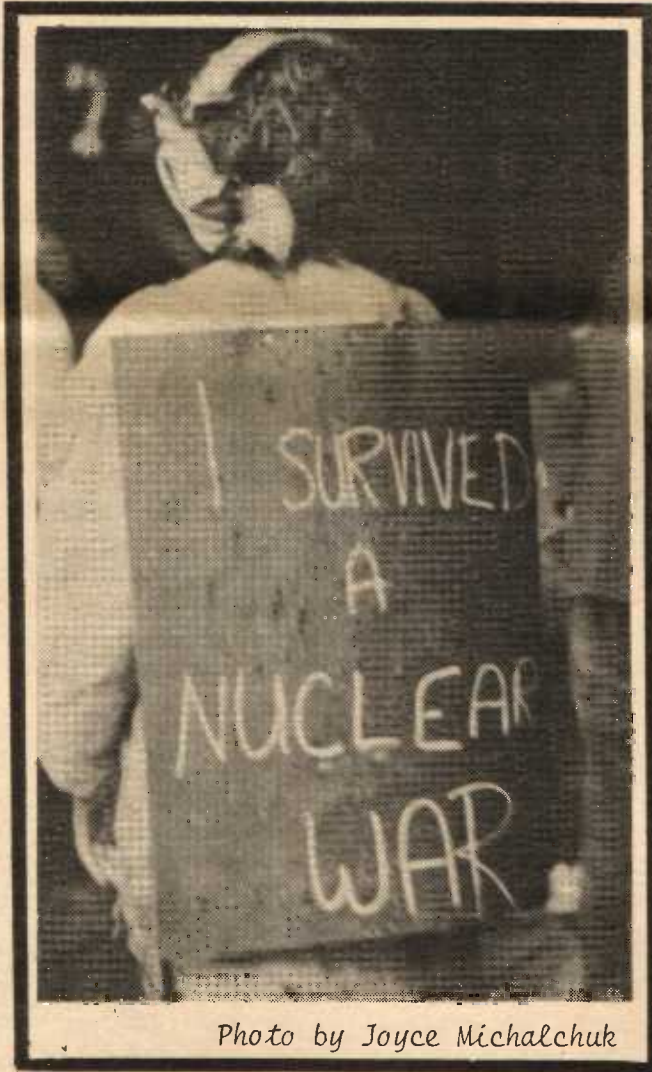


Photo by Joyce Michalchuk

"The new generation of missiles to match the strategy of 'limited nuclear war in Europe' of President Reagan was in advanced development in the mid-1970's. What has been presented in the West European media and debated in West European parliaments as a regrettable but necessary response to Soviet S. S. 20, was set in motion before S. S. 20 was heard of. It is difficult to know whether their politicians (ed. note: the United States') are plain liars, illiterates or the victims of civil service briefs."

E. P. Thompson
Professor, Historian
and Committee Member
of European Nuclear
Disarmament

"The reason the Canadian government cannot say No to the Cruise testing is economic blackmail. Any country that is economically owned by another is politically owned also. If we say No, the U. S. will impose tariffs on Canadian conventional weapons exports, most of which go to the U. S., and from there, to the areas of conflict--the 3rd World. The people there need weapons like a hole in the head, which is what they are getting for daring to want to eat."

Speaker
Project Ploughshares
Thunder Bay

Actually, Mom, I wasn't going to tell you this, but seeing as it's all O.K., I will now. I had a terrible scare last month and had to have a breast biopsy. Thank God it was not cancer, but for a week or two, I was totally distraught. You know how hopeless Len is with the kids, and I was imagining putting them into care and couldn't stand the thought. Anyhow, it's all over and all O.K., but what a worry.

Mothers of young children in Great Britain and West Germany are making arrangements to put their children into care in the probable event of their being imprisoned this year, as they protest at the U. S. bases throughout Britain. They see themselves as an occupied country, in the words of a spokeswoman from Greenham Common.

Do you remember Mrs. Stevens? Her son Jodi is giving her a lot of trouble. He used to be such a nice kid, used to babysit our children and was really kind to them. Well, he's quit school, hangs around the house all day and won't speak to anyone. He just bites her head off is she so much as talks to him, and sits up all night listening to music.

Psychiatrists are stating that an increasing number of teenagers are showing despair at the thought a future.

A teacher asked a class of 30 8-year-olds if they thought there would be a nuclear war, and 29 said Yes. Intrigued by the one dissenter, she asked why he didn't believe it. He said with serenity: "Because my Mom and Dad are in the Peace Movement".

Well, Mom, that's all for now. I'm afraid this has been a despairing kind of letter, but the world seems to be a terrible place, really. But what can a person do?

All our love,
Mary, Len and kids

A young university student, Patrick Chamberlain, is wending a long, lonely path. He is walking from Victoria to Ottawa, 4715 kilometres, to deliver a disarmament petition to

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FAMILIAR PLACES

(A song about the nuclear menace, and other matters of lesser import.)

While walking one time on that narrow line
Sometimes separating girls from women
And, holding on to that rule that says,
"Once fooled--twice, no fool",
I refused to get messed up in it again.

I was holding, while things were folding,
And counting on my better judgement to be there
I was waiting--couldn't call it hesitating
'Cause I knew just what it was I was seeing there.

CHORUS

And I tried to be light, but life seemed to be
in such disrepair
That it gave me such a fright to be witness
to the despair
--On the faces, in familiar places
I didn't want to see what I was seeing there
--On the faces, in familiar places
Because I knew just what it was like being there.

Someone that I knew, asked me if it was really true
That things must get worse, to get better
I said no, it couldn't be so, but I
Couldn't predict just where it might go
And she said, the times were really beginning to
get to her.

CHORUS 2

She said she, tried to be light, but life seemed to be
in such disrepair
That it gave her such a fright to be witness
to the despair
--On the faces, in familiar places
She didn't want to see what she was seeing there
--On the faces, in familiar places
Because she knew just what it was like,
Being there.

Joyce Michalchuk
Thunder Bay

BUT ITS TOO LATE

It seems you want me to become
a blank piece of paper
... now we've met again
You know the kind I mean
As blank as my expression
when I look at you
Not filled with all these words of yesterday
well written with indelible ink
and restlessly tangling behind my eyes...

I really don't know about you, babe
Or if you've ever seen yourself
as newsprint or oldsprint
or no print at all
And knew you could be used as paper;
And sold...burned...or just discarded
on a street...
Yes, it seems you want me to become
a blank piece of paper
... now we've met again
But its too late.

Violet Winegarden
Vancouver, B.C.

CHANGE OF SEASON

All summer long in dormant lay my soul.
The dreary hum and dreary heat
Of much too much, too ripe, too soon,
Too all at once,
Like dizzy ether swarmed around and 'round
And closer 'round
Until the higher part was fast asleep.
And there it lay,
And there it slept,
And there it would have slept until eternity,
Except...except for one small part
That still remembered when it lived.

But now the world has turned,
The wind has changed,
And Fall is here.
The air is fresh and crisp
And now I can't hold still,
But must be up and walking
All the city through,
Up hill and down.
And now the verses that I could not write
Come tripping from my pen.
And oh! My joyous, boundless soul!
That swells and swells,
With every step and every verse,
Like it would swell unto infinity,
Except...except for one small part
That still remembers when it slept.

Marjorie Owen
Thunder Bay

COLD SEPTEMBER

Cold September
Leaves turning
Gold like summer
Fading...
Autumn brings
Cold tears
And frosted fingers
Treetops
Bright scarlet
Like summer campfires
And winter firesides.
Seasons sliding
Through the bases
Competing
Placing...
Like racehorses
Neck-to-neck,
Like sometime lovers
Dividing up
Their home.

Susan Collins Hawkins
Thunder Bay



ORGASM cont'd

that you can get turned on, and you like your fantasy, it doesn't mean that you are wedded to that for life or that you are psychologically impaired for having a fantasy that is other than the "norm".

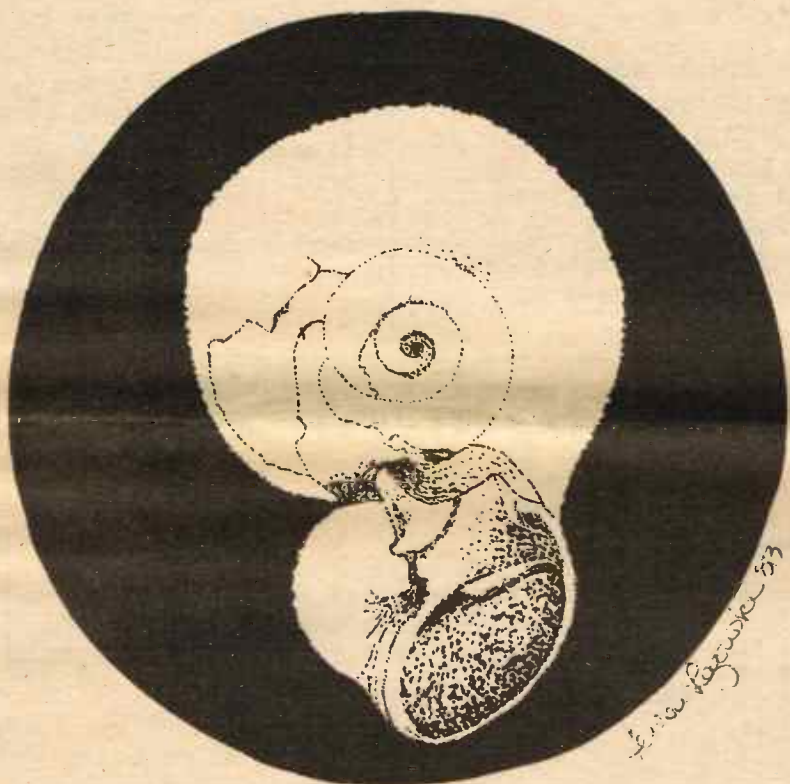
Q: Still, why the focus on orgasm? What's wrong with cuddling, giving back rubs, getting those kinds of warm fuzzies?

Terry: For most women it takes focussing on their so-called problem with orgasm to realize that all of that other stuff is equally important, that sensuality is as important as sexuality. The big "O" is not the ultimate goal. The real goal of this group is for women to discover what they like, and if what they like better is cuddling, then they've learned that, and they've learned that orgasm doesn't have to be important. The message from the outside world is that it is supposed to be important.

Judy: There are many different and fulfilling ways to feel warmth, close-

ness and sensual pleasure -- alone or with another person. However, for women who do want to achieve orgasm, the fact that there is something that can give them pleasure that they have been closed off from because they feel that they can't do it is very important. Being able to do it gives them an option.

her own sense of self, and part of that is sexuality. so perhaps she is going to be making more demands on her partner. Depending on where the relationship is at the time that a woman enters the group, it certainly fosters those kinds of changes. We do offer an opportunity for partners to be involved after the group is over. If a woman feels that she and her partner need some extra work, we make ourselves available to do that, so there is an opportunity for couples whose relationships do get stirred up to work and focus on those things.



Judy: Sometimes the group adds more stress, as Terry said, because there are more demands. Other times, though, there's more relief. No longer do partners feel that they should be doing something that they just can't seem to do. The women in these groups are taking more responsibility for themselves, and giving specific information as to what they like and how they want it. Although initially the relationship may seem to be more stressed, ultimately, if the relationship is going pretty well in other ways, what gets worked out sexually is very re-

ness and sensual pleasure -- alone or with another person. However, for women who do want to achieve orgasm, the fact that there is something that can give them pleasure that they have been closed off from because they feel that they can't do it is very important. Being able to do it gives them an option.

There are also some specific benefits from orgasm. There's a definite physiological release. For women who have trouble sleeping during the night, very often a way to relax is to masturbate to orgasm. Orgasm tends, also, to release stress and anxiety.

Q: Is going to these workshops ever threatening to the women's partners? Does it sometimes harm relationships?

Terry: Let's say it changes relationships. That change may be an opening for growth, or it may mean the termination of the relationship. Certainly, women with partners who come to this group do go through changes in the relationship. We often hear later that the group either opens things up, or it makes things that had been shaky that much more so. What's happening is that the woman is beginning to reclaim

Q: Is there any follow-up?

Judy: We have a reunion about three to four months after the group is done. One of the more exciting parts of the group is to come back together and to have women share how many different ways the group has affected them beyond the sexual ways: that they've learned to be more assertive, that they have finally become friends and allies with their bodies, that they now are able to take time for themselves, that they feel themselves to be more sensual, that they are dressing differently, feeling more positively about themselves and their ability to change.

Q: Do any women never learn to reach orgasm?

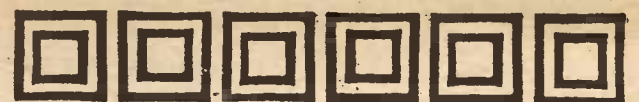
Judy: Yes, that occasionally happens. Remember, we work with a timetable of 10 sessions, and there is no reason why they should become orgasmic or fully achieve some other goal in 10 sessions. Sometimes other areas affecting sexuality need more time for

resolution, and we encourage women to continue on their own or come for additional sessions.

Q: So there's really a lot more to this group than focussing on one area of the body. It sounds like it can change a person's way of dealing with the world.

Terry: Exactly. The excitement for me about the group is that it combines so many different ways of looking at things and of learning about yourself. It's a combination of a lot of different therapeutic techniques, and it's also a basic consciousness-raising about our bodies, dispelling a lot of myths, demystifying sexuality. We've all been told that sex is a perfectly natural, normal thing -- and, at the same time, that it is dirty and awful. That paradox right there is going to cause complications. So the group gives us all the opportunity to share, as well as dispell a lot of myths about sexuality, and rediscover and reclaim ourselves. That's much more than just "How-to-do-Sex." It's a strengthening and supporting of one's own autonomy and definition of self. One of the reasons, for example, that lesbian and heterosexual women seem to do so well together in this group, where lots of people would imagine that there might be problems, is that we discover that the only correct definition of one's sexuality has to come from oneself. It doesn't matter whether you're a lesbian or straight or whatever. It's how you define yourself, not how other people define you. That means first learning about who you are and then choosing how you want to be defined.

Reprinted from "Women: A Journal of Liberation", Volume 8, No. 2.



Child Care Conference



The Lakehead Social Planning Council, the Longlac-Geralton Day Care Committee and the Association of Early Childhood Education of Ontario, Thunder Bay Branch are sponsoring the 6th Regional Child Care Conference to be held in Longlac, Sept. 30, Oct. 1 & 2, 1983.

The objectives of the conference are to bring together those concerned and involved with the physical, social and emotional health of young people. Workshops are offered in the areas of health, child development, creative activities and administration. Some workshops will be in French as well as English.

Registration forms listing workshops are available from the Lakehead Social Planning Council office 221 Bay St. and there is some limited financial assistance available for travel, accommodation and registration subsidies for non-paid staff, parents and volunteers. The registration deadline is September 19/83. For more information contact Dawn St. Amand at 345-3631.

Canadian women authors to explore: NICOLE BROSSARD (Outremont, Quebec) described as an experimental poet and novelist (post-modernist and feminist) Brossard's works that have English translations are *These Our Mothers*, *A Book, Turn of a Pang*, and a book of poetry *Daydream Mechanics*. AUDREY THOMAS (Vancouver B.C.) novelist and short-story writer. Publications include *Real Mothers*, *Latakia*, *Ten Green Bottles*, *Mrs. Blood*, *Ladies and Escorts*, *Songs My Mother Taught Me*, *Munchmeyer & Prospero on the Island*.

MARY MEIGS (Kingsbury, Quebec) is a painter and writer. Her first book is *Lily Briscoe, A Self-Portrait*. A second book *The Medusa Head* will be published this fall.

JANE RULE (Galiano, B.C.) novelist and short story writer. Her works include *Desert of the Heart*, *This Is Not For You*, *Against the Season*, *The Young in One Another's Arms*, *Contract with the World*.

CAROL SHIELDS (Winnipeg, Man.) has published *Small Ceremonies* and *The Box Garden*.

SUNITI NAMJOSHI (West Hill, Ont.) Publications include *The Jackass and the Lady*, *Feminist Fables*, and *The Authentic Lie*, *From Bedside Book of Nightmares*.

A Selected Bibliography on Job Sharing and Permanent Part-Time Employment lists some 170 publications on the subject. 14 pp. From *New Ways to Work Publications*, 149 Ninth St, San Francisco CA 94103. \$1.75 plus .75 postage. (On Campus with Women)



TEACHING WOMEN'S HISTORY by Gerda Lerner. This book is published by the American Historical Association (4400 A St, Washington DC 20003 USA). An introduction to the topics, sources, analytic questions in this area. Available for \$4 to members and \$5 to others.

HOORAY for HERizons

We were delighted to note that our local daily (*Chronicle-Journal* Aug.23/83) carried a lengthy article concerning our sister publication, the Winnipeg-based *HERizons*. We trust this heralds a new era and that local feminist issues can anticipate sensitive CJ coverage in the future.

The Womyn's Braille Press, Inc. offers over seventy-five feminist and lesbian books on tape, to womyn who are blind or physically disabled. WBP also circulates several feminist periodicals on tape. For more information, or to make a contribution; Subscribers receive a quarterly newsletter in Braille, print, or on tape. Contact: Womyn's Braille Press, Inc. P.O. Box 8475 Minneapolis MN 55408

SOMETHING TO THINK ABOUT

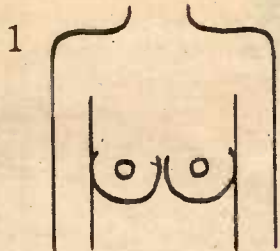
"Sex prejudice has been the chief hinderance in the rapid advance of the woman's rights movement to its present status, and it is still a stupendous obstacle to overcome.

This world taught women nothing skillfull and then said her work was valueless. It permitted her no opinions and said she did not know how to think. It forbade her to speak in public and said that the sex had no orators. It denied her the schools, and said the sex had no genius. It robbed her of every vestige of responsibility and then called her weak. It taught her that every pleasure must come as a favour from men, and when to gain it she decked herself with fine feathers, as she had been taught to do, it called her frivolous"

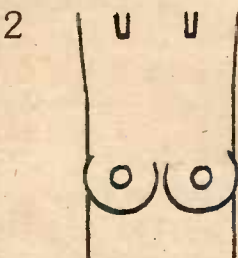
Carrie Chapman Catt, 1902

Breast self-examination

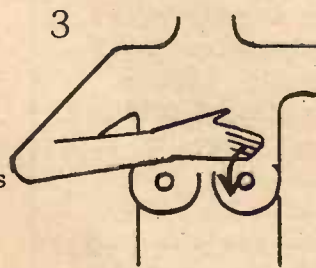
Sit or stand in front of your mirror, with your arms relaxed at your sides, and examine your breasts carefully for any changes in size and shape. Look for any puckering or dimpling of the skin, and for any discharge or changes in the nipples.



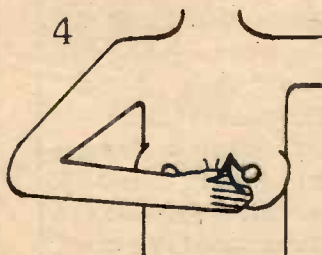
Raise both your arms over your head, and look for exactly the same things. See if there's been any change since you last examined your breasts.



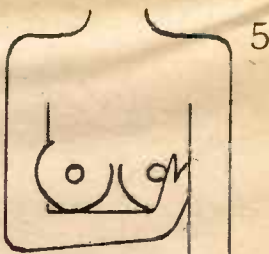
Lie on your bed, put a pillow or a bath towel under your left shoulder and your left hand under your head. (From this Step through Step 8, you should feel for a lump or thickening. With the fingers of your right hand held together flat, press gently but firmly with small circular motions to feel the inner, upper quarter of your left breast, starting at your breast-bone and going outward toward the nipple line. Also feel the area around the nipple.



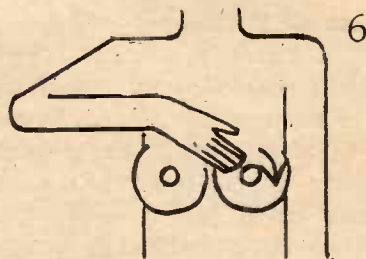
With the same gentle pressure, feel the lower inner part of your breast. Incidentally, in this area you will feel a ridge of firm tissue of flesh. Don't be alarmed. This is perfectly normal.



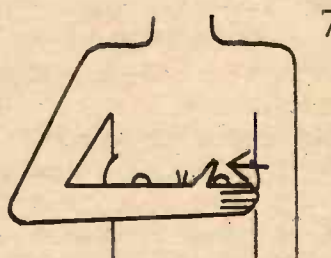
Now bring your left arm down to your side, and still using the flat part of your fingers, feel under your armpit.



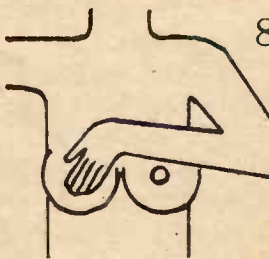
Use the same gentle pressure to feel the upper, outer quarter of your breast from the nipple line to where your arm is resting.

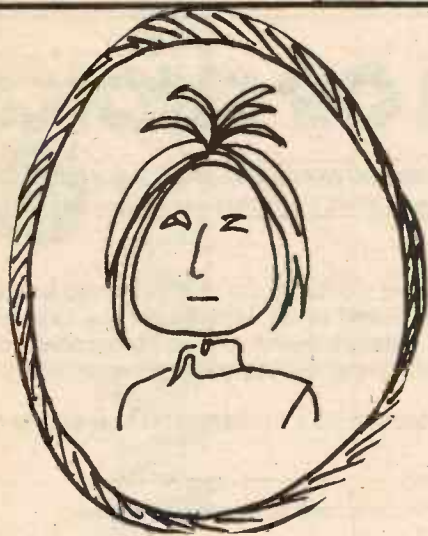


And finally, feel the lower outer section of your breast, going from the outer part to the nipple.



Repeat the entire procedure on the right breast. Your own doctor may want you to use a slightly different method of examination. Ask him/her to teach you that method. Examine your breasts every month, just after your period. Be sure to continue these checkups after your change of life. If you find a lump or thickening leave it alone until you see your doctor. Don't be frightened. Most breast lumps or changes are not cancer, but only your doctor can tell.





I feel like a subversive act.
- Sophie Glotz

Open letter to Mr. Bruce Lehtinen
Administration, Canadian Lakehead
Exhibition

We strongly object to the presence of a games booth (recently operating at the C.L.E. called the "T-Shirt Game". The booth is a dart game in which balloons are positioned as women's breasts on T-Shirts, and participants are encouraged to break them for prizes.

This booth both consciously and unconsciously encourages violence against women, and promotes the trivializing of women's lives and bodies - the kind of trivializing that runs through the basest and most blatant pornography available today.

Open to public viewing and participation, the presence of this booth acts as a brutal example of how women are victimized in this society.

Such games and graphic acts of violence toward women's anatomy depicted in this manner act both subliminally and obviously on the minds - especially young minds - of the viewers, and must be eliminated.

Young people make up a great majority of the people in attendance. What kind of impression is a booth like this bound to create in young minds just in the process of formulating opinions on the world around them?

The dehumanizing effect of such displays devalues the work being done by those of us attempting to educate children and adults to accept and regard women as full human beings, and not merely objects.

We ask that in future this booth be removed from the C.L.E. and that you seriously consider the effects of displaying such gross insensitivity toward women, especially in the light of the recent and brutal murder of a young teenage woman locally, and the general growth of violence against women today.

Sincerely

The Northern Woman Journal Collective
The Northwestern Ontario Women's
Centre and
Faye Peterson Transition House

IS THERE AN ASTERISK ON YOUR LABEL?

PLEASE RENEW YOUR SUBSCRIPTION

Vancouver Rape Relief
& Women's Shelter
77 E 20th Avenue,
Vancouver, B.C. V5V 1L7

...WOMEN!!!.....URGENT!!!..

We are supporting a woman who has been charged with civil disobedience against a pornography store. We are looking for women who have had actual experiences of being abused because of pornography. Video pornography is of special interest, but any account of pornography related violence towards women will be useful to us. For example:

- a man who brings home pornographic tapes, and wants a woman to act out what they have seen on the tapes
- pornography left at the scene of a rape
- women who have been abused while employed in the pornography industry

These actual experiences are essential in order to establish the relationship between pornography and violence against women.

We are looking for women who might be willing to testify in court as to her experience, but more than that we would like letters describing their experience to present as evidence.

Cable or send special delivery letters as trial date is imminent. Remember it could be any one of us!! Thank you.

Vancouver Rape Relief

The Northern Woman Journal
316 Bay Street
Thunder Bay, Ontario

Thank you for your letter of concern re: T-Shirt Game at this years C.L.E.

I have conveyed your concern to Mr. Bernie Thomas and he has agreed to change the format of the game so it does not promote the trivializing of women's lives and bodies. We do not wish to degrade the female body in any way at our fair.

Next year I would appreciate it if you take the time to inspect the Thomas games at the opening of our fair and report these injustices to us at that time. It is unfortunate that this was reported when our fair is almost over. I would also appreciate it if you would come to us first so we may solve these problems without going to the press first. It is discouraging to be advised by the press first and then by the concerned group.

Secondly, I would appreciate it if you would sign your press release so I may know to whom I am addressing this reply.

I concur with your attitude concerning violence against women as I too have a daughter and wife that I consider human beings and not objects.

Please take time to reinspect this booth and if it is still degrading we will not allow such displays back in our fair.

Sincerely,

Bruce Lehtinen
Program Director

Nuclear Arms continued from page 11

Pierre Trudeau.

Dylan Thomas wrote:

"Do not go gentle into that good night
Rail, rail, against the dying of the light."

"This is one good way of not going gentle into the night," said Patrick.

"Even if a holocaust is inevitable, I'm going to shake my fist at it."

Nobody was ever more wrong than those who did nothing because they could only do a little.

The Peace Movement is one of the biggest world movements of people in history. Scientists, educators, unions, politicians, journalists, churches and millions of people are getting stronger and stronger.

Write a letter, send a dollar, search for the truth outside the political statements that are designed to deceive the people. March in a protest with us.

PROTEST AND SURVIVE.

International Disarmament Week will be marked in Thunder Bay by a March and Rally on October 22. Please join us.

If you feel this issue is too confusing, gigantic or frightening to confront, remember that we felt like that, too, at first. But once you do confront it, it's better. If you have to feel negative emotions, anger is better than fear, and the love and kinship one feels from other people all fighting this monstrous evil transcends everything else.

Josie Wallenius
Project Ploughshares
(Thunder Bay)
R. R. #7
Thunder Bay, Ont.
(phone 1-964-2025)



OUR NOTE: DAYS FOR PEACE

International Women's Day, March 8
Mother's Day, first Sunday in May
International Children's Day, June 1
Hiroshima Day, August 6
Women's Day for Disarmament, Oct. 25

(Days may vary locally.)

Mark these days, and participate locally with marches, rallies, letter writing, film nights etc.

EDITORIAL COMMENT

Feminists the world over are beginning to make the connection between environmental issues and patriarchal mentality that surrounds us. Particularly our concern at this moment is riveted on the monumental insanity of nuclear proliferation. (We can already destroy ourselves 30 times over). Nuclear power is the ultimate manifestation of the patriarchal mentality and drive to destruction. This mentality that permits rape, thrives on greed, and encourages sexism, racism, classism and nationalism will not stop short of using nuclear weaponry. Feminists do not have to choose between sexism and nuclear escalation; the enemy is the same - the perverted patriarch.

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Wednesdays Oct. 12

AT THE:
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Canadian Mental Health Association

RESOURCES FOR WOMEN
IN THUNDER BAY.....

- Beendigan (Crisis House for Native Women) - 622-5101
- Women's Health Education Project, #4
214 Red River Road, P7B 1A6
345-1410
- Physical and Sexual Assault Centre,
#18, 214 Red River Rd.
Off. 345-0894, Crisis Line 344-4502
- JPAC Welfare Advocacy Group
Maureen - 345-6777
- Single Parent Support Group
Eve Ojala - 767-4190
- Free Clothing Depot, CNR Station,
9 Water Street - 345-9222
- Women's Programmes, Secretary of State,
Court Street South, Thunder Bay
Lisa Bengtsson - 345-2316
- Women's Programmes, Confederation
College, Box 398, P7C 4W1
Ruth Cunningham - 475-6278
- Women's Bureau, Ont. Min. of Labour,
435 St. James St., P7E 6E3
Joy Fedorick - 475-1691
- Human Rights Commission, Ont. Min. of
Labour, 435 St. James St., P7E 6E3
475-1693
- Northern Women's Centre, #4, 204 Red
River Road, P7B 1A4
Fiona Karlstedt - 345-7802
- Faye Peterson Transition House
345-7456



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black and white photos and graphics

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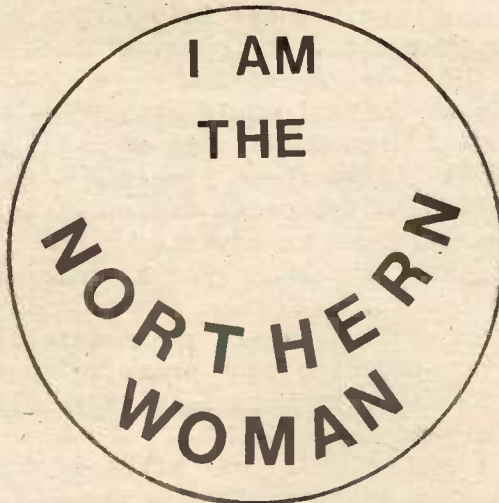
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