

# UPSTREAM 25¢

Vol. 1 No. 4

† AN OTTAWA WOMEN'S PUBLICATION



Dec. 16, 1976

## EXCLUSIVE: AN INTERVIEW WITH MRS. CLAUS

See p. 4





# CURRENTLY

## Thursday Dec. 16

The Towne Cinema is showing Ingmar Bergman's *Face to Face*, starring Liv Ullman and Erland Josephson, at 7:30 and 9:45 p.m., 5 Beechwood.

## Dec. 16 - 18

The NAC Studio continues with Michel Tremblay's hit play, *Hosanna*, with Richard Monette in his sensitive portrayal of an aging homosexual, and Richard Donat as his lover.

## Dec. 16 - 19 and 21 - 23

The Penguin Performance Company will present *Alice Through the Looking Glass*, a stage adaptation by James DeFelice of Lewis Carroll's classic, evenings at 7:30 p.m. and matinees (18th and 19th only) at 2:30 p.m., at Second Space, 20 Graham Avenue. The box-office will be open for reservations for any performance from 1 - 2:30 p.m. on matinee dates and from 6 - 7:30 p.m. on evening performance dates. Call 233-9281.

## Friday Dec. 18

LOON is having a Women's Christmas Dance at 8:30 p.m., 207 Bayswater. Admission is \$2.00. There will be prizes.

## Saturday Dec. 18

The Camelot Little Theatre will perform *Winnie the Pooh* at 10:30 a.m. in the Centennial Branch, Nepean Public Library and at 1:00 p.m. in the Bayshore Country Club.

## Sunday Dec. 19

Westboro United Church, 450 Churchill Avenue, presents the Advent Procession with carols by the senior chamber choir, at 7:00 p.m.

## Monday Dec. 20

The National Council of Women holds its regular meeting at 1:15 p.m. in the Museum of Man Auditorium. For more information call 829-4601.

## Dec. 20 - 23

The Salzburg Marionette Theatre will present 5 Christmas treats in the NAC Theatre — *The Magic Flute*, *La Chauve-Souris*, *La Flute enchantée*, *Snow White*, and *Die Fledermaus*. Call the Box Office for tickets and details, 237-4400.

## Tuesday Dec. 21

The One Parent Families Association will hold its meeting at 8:00 p.m. in the Overbrook Community Centre, 171 King George St. (at Quill). Call 746-3745 for information.

## Wednesday Dec. 22

The NAC Orchestra and The Cantata Singers of Ottawa perform Handel's *Messiah* in the Opera at 8:30 p.m.

The YM-YWCA will hold its nursery school and daycare Christmas party. For information call 237-1320.

Back again at the Towne Cinema is Lina Wertmuller's *Love and Anarchy*, showing at 7:30 and 9:30 p.m., 5 Beechwood.

## Thursday Dec. 23

The NAC Orchestra and The Cantata Singers of Ottawa will present excerpts from the *Messiah* and a sing-along of Christmas carols beginning at 7:30 p.m. in the Opera.

## Dec. 24 - Jan. 1

Strathmere Growth Centre offers hospitality and fine food to anyone looking for warmth and gaiety without artificiality in the festive

season. For more information call 489-3979.

## Saturday Dec. 25

St. George's Church, on Metcalfe, is serving a Christmas dinner at noon and a buffet at 5:30 p.m. for people on their own.

## Dec. 28 - 31

The YM-YWCA is offering a Christmas Break Fun Club by both the west end and downtown branches. It will include crafts, gym, swims, and outings. Call 237-1320 for details.

## Wednesday Dec. 29

The Towne Cinema is showing Lina Wertmuller's *Seven Beauties* at 7:30 and 9:30 p.m., 5 Beechwood.

## December

Women's Coalition - Coalition Femmes holds its weekly organizational meetings Wednesdays at 8:00 p.m., 161 B Main Street, Aylmer. Anyone interested in helping out at the centre is welcome to attend.

The National Film Board Photo Gallery, 150 Kent St., is showing photographs by Peter Varley of B.C., presented in a multiscreen slide show produced by Christine Laptuta of Ottawa. It may be seen from noon to 6:00 p.m. daily.

The Parent Pre-School Resource Centre, 173 Dalhousie St., is open from 9:00 a.m. to 5:00 p.m., Mondays to Saturdays until the 23rd of December. It offers many programmes for parents and children as well as space to just mingle and play. Call 238-7561 for more information.

Check with your local branch of the Ottawa Public Library for Children's Christmas programmes of crafts, films, stories and sing-alongs. They will be held throughout the city at various times and are free.

## Wednesday Jan. 5

The NAC Orchestra and guest soloist Liana Boyd present an evening of Vivaldi, Rodrigo and Mozart in the Opera at 8:30 p.m.

## Sunday Jan. 9

The Women's Athletic Club begins a new season of floor hockey, basketball and volleyball, 7:00 p.m. to 8:45 p.m. at the Ottawa West Community Centre, 1064 Wellington St. Cost is \$1.00 per person for the year. For more information call Vikki — 238-8647.

## Tuesday Jan. 11

The NAC Orchestra, with guest cellist Lynn Harrell, will play works by C.M. von Weber, Victor Herbert and Schumann in the Opera at 8:30 p.m.

## Jan. 11, 12

The Advisory Council on the Status of Women will be holding meetings open to the general public the mornings of the 11th and 12th. For further details call 992-4975.



# Women Helping Women

Merry Christmas, Women's Movement! Women in this region have a lot to be merry about this year. There are lively Women's Centres in Aylmer, Ottawa, and Carleton and Ottawa universities. There is a healthy Rape Crisis Centre, a busy Women's Career Counselling Service, and a much-needed Interval House providing temporary accommodation for women and their children leaving impossible home situations. In addition, there are smaller informal women's groups from Carleton Place to Touraine active in everything from law reform to feminist counselling to women's music to carpentry, poetry and daycare. And, of course, there's Upstream.

With such a variety of activities and interests, it's difficult and time-consuming to decide where best to spend one's 'free' time, energy or cash.

To lighten the decision making load, therefore, and also to cope with problems of deciding how to use our limited amounts of time and cash in the way most rewarding to each of us, *Women helping Women* offers the following to its readers: a list of things to do or things to buy as Christmas presents to the women's liberation organization of your choice:

1. Persuade your local bookstore or news stand to stock and sell copies of the Ottawa Women's Resource Handbook (call 233-2560 if you succeed).
2. Commit yourself to an eight hour public speaking course (spread over four weeks) at the Rape Crisis Centre (238-6666). Then commit yourself to being 'available for duty' in its public education program at least once every two months.
3. Buy a friend a gift subscription to Upstream (\$4.00). That benefits you, your friend and Upstream (232-0313).
4. Tell Interval House (234-5181) to send you their phone bill for a month.
5. Carpenter a notice board for the Women's Centre (233-2560).
6. Call Alma (234-2581) and buy one of her durable Mr. Tumble Bumble toys for a daycare centre (\$12).
7. Tell Interval House (234-5181) that the next time they go shopping, they should send you the bill for toilet paper or coffee and you'll reimburse them.
8. Tell the Women's Centre (233-2560) to send you the repair bill for its broken vacuum cleaner (not badly broken, though).
9. Make a donation to the Lesbian Defence Fund (235-4035) (Legal costs are \$10,000 so far).
10. Next time you're in a shop where they know you, ask if they'd consider placing an ad in Upstream — and then tell Marilyn (232-0313).
11. Send a 7" reel-to-reel magnetic tape to the Women's Music Collective (563-0696).

Such gifts may well make a difference to how many such organisations we'll be able to wish Merry Christmas to next year!

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# CR groups in full swing at Gloucester High

by Susan Bristow

A dynamic young high school student, with the help of a friend, has been instrumental in organizing a women's group at Gloucester High School.

Despite the taunting barbs of "radical" and "lesbian," so often heard by older women in the movement, Terry Nordoff and Tish Hannon have persevered with the aid of a few interested teachers and are now operating two consciousness-raising groups during noon hour spare periods.

The first general meeting attracted about 30 people and resulted in a core group of 15 young women. The turn out is good for a generally apathetic high school, said Nordoff.

The CR groups are moving gradually, with assistance from the Ottawa Women's Centre. The groups are limited to six or eight women. Finding sufficient time is a problem because the groups are held during lunch hours to accommodate out-of-town students who wish to participate.

Initial discussions have focussed on male-female roles in the home and will broaden in scope as the necessary trust develops among the women.

Recognizing the group encompasses the already converted, Nordoff sees this as a necessary base and says the high school level is an excellent starting point for awareness.

When asked if apathy about feminism exists among the approximately nine hundred female students, Nordoff replied the attitude was more one of fear, with

opposition coming from women while the men in the school tend to treat the group as a joke.

She says this is due to conditioning in the home and a basic lack of understanding of the movement's aims. While students are not necessarily directed into traditional female careers, the attitude that careers will be forsaken for marriage and children is still strong,

she said.

For the most part, the students agree with equal pay for equal work but beyond that there is a mood of complacency which the new women's group hopes to alter.

Discussing the school system, Nordoff was quick to point out that like universities, about 70 per cent of athletic funds were still being allocated to male sports. Courses such as auto mechanics, which were previously offered to both male and female students, have now been divided with a separate course for women, she said. It included useless books on "how to be Nice to Your Car," interpreted by the group's leader as "How to Flirt with Your Mechanic."

Although the group is low key at present, its long term thrust is awareness of the women's movement and an alleviation of fear through knowledge and understanding.

The group began by taking a stand on sexist advertising and is writing letters of protest. With the help of the school librarian, they have prepared a bibliography, established a small reading resource center, and donated subscriptions to the library from funds they received from the student's council.

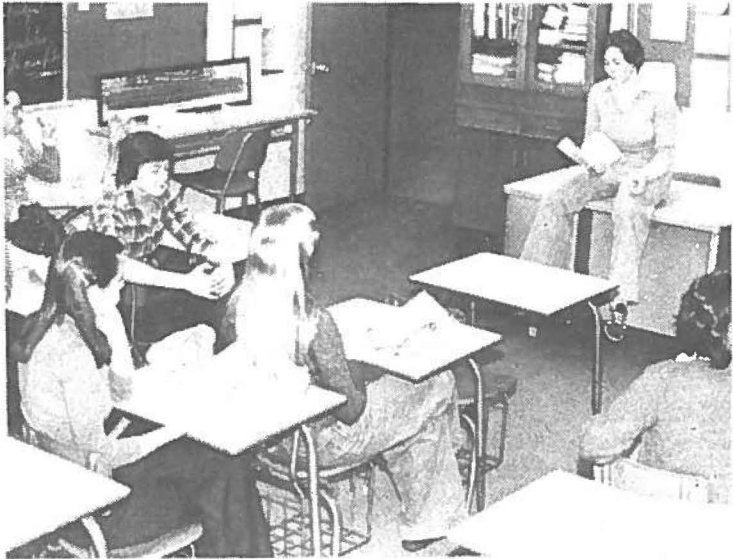
They would like to see more appropriate women's courses offered and hope in the future to hold general assemblies, with films on sexist attitudes, Nordoff said. Although they may attract curiosity seekers, more women may develop their awareness and stay with the group, she said.

The women intend to hold seminars, with each student presenting her ideas on women in sports, marriage, divorce, abortion, and birth control.

Nordoff's own seminar will be on birth control education which she says is seriously lacking in the school. No information is given until grade twelve and even then she finds the course is basically a waste because teachers are too embarrassed to provide relevant information.

The seminars will be widely advertised and if the authorities are in opposition, the group is determined to hold them "on the front lawn of the school if necessary," Nordoff said.

Seeing strength in numbers, Terry Nordoff would like to see similar groups started in schools across the city. Anyone interested can contact her at 741-2650 or Tish Hannon at 741-1955.



Terry Nordoff and fellow students begin consciousness-raising at the high school level.

Alisa Photography

## Daughter of Bolton

# Discussion of class is a rude awakening

by Alexa DeWiel

Women attending the Daughter of Bolton conference in Toronto, Dec. 4-5, received a rude awakening when a group, which called itself the working class women's group, entered and denounced the meeting as "middle class".

The follow-up to a feminist conference held in Bolton, Ont. in May 1976 was slated to discuss the theme of heterosexual privilege: the institution of heterosexuality and how it affects all women despite and regardless of sexuality. It was also seen as an opportunity to discuss the direction of the women's movement.

But the working class women's group, who entered wearing T-shirts which read "Some Women Are More Unequal Than Other Women," changed the direction for the weekend.

"It's bullshit to think that heterosexual privilege is a thing to talk about," said group member Adrian Potts.

"Working class women have no privilege no matter where they are. Working class women don't have time to sit around drinking

tea and talking to each other. They're too busy working to survive."

A number of women attending the conference, with experience in labor organizing, were silenced by cries of "intellectuals" and "downwardly mobile" when they attempted a response to the charges.

The result was a tidal wave of middle class guilt. On the first day it was poignant. On the second it seemed an infuriating waste of precious time.

Some people talked about their middle class upbringing and rejection of their families' values. But, unfortunately, the feelings of rootlessness were not validated by the working class women's group.

The discussion would have led in into capitalism and patriarchy, in other words the heterosexual institution itself, but these connections were thwarted by name-calling the name of the working class.

"We're tired of hearing about your problems," Karen Sheenon, a very angry member of the working class group said. "There's a difference between you and me. I

don't have your kinds of alternatives. I don't have anything to sacrifice."

Heads were hung in collective guilt about living in a rich country where economic issues become so badly shuffled in liberal rhetoric that the very word "class" becomes meaningless.

The mentality around class in the women's movement is as foggy as most of our experience with the labor movement in general in Canada. The women's movement in every part of the world except North America is far from middle class or indulgent.

Varda Kidd, a supporter of the Canadian Labour Congress, made this point clear and suggested setting up another conference and inviting women in the labor movement who have yet to be involved in what were seen as specifically feminist issues. The dialogue, she suggested, would be very valuable.

However, the suggestion was

only partly welcomed since the working class women's group expressed the feeling that the women's movement should clean up its own backyard before inviting newcomers.

Many of the really discussions were held on the sidelines of the conference. Although it appeared no one was denying the importance of the issue of class, many women voiced their frustration and grief at the tone of the weekend, which was difficult to integrate into the larger feeling of sisterhood.

The differences in reaction to the women's movement and its meetings were obvious. Some women have found the meetings and active involvement changed their lives fundamentally. By contrast, Karen Sheenon said, "as a member of the working class, after four or five years of going to meetings, my life hasn't changed at all."

Maureen Cullingham, a woman

from Ottawa, commented that Ottawa is a very harmonious community compared to Toronto.

"This is very much a Toronto affair," she said.

"Toronto is big enough that when the crunch falls, people are tired of glossing over the issues. When people really raise their voices like that, they have a right to be heard."

The feminist movement has come to take words such as *sexist*, *privilege*, *work action* and *alternatives* for granted. The conference served to point out that the movement as it now stands reflects too academic a view and, as a result, represents too few women.

Maureen Cullingham said; "I think it was a really important weekend and that's why a lot of people stayed with it, despite the roughness, the heaviness. Despite the reactions, I think we will be asking ourselves a lot of questions after this conference."

## Press has heyday with Gordon demonstration

by Ann Silversides

TORONTO - Women representing 36 Toronto women's groups held a press conference Tues., Nov. 30 to express their objections to the recent "particularly insulting" appointment of Laura Sabia's successor to the Ontario Status of Women Council.

They, in turn, came under fire from the press.

The women, speaking on behalf of women's organizations such as Neliess Women's Hostel, the Rape Crisis Centre, The Women's Press and Women and the Law, spoke against the appointment of Lynne Gordon as chair of the Council.

"Ms. Gordon has only limited knowledge and no experience in dealing with women's issues," they said in a prepared statement. "With only a limited term on the council and her many outside commitments, she will have a limited

amount of time to acquaint herself with the dozens of complex issues facing Ontario women," and the groups concerned with these issues.

Gordon, who works for CKEY radio station, also has a regular column in the *Toronto Sun* and *Homemakers* magazine.

Members of the press went to town after the prepared statement had been read. "Name one, two or even three better qualified women. Stop dumping on her and Davis and name some," said one young reporter.

"There is a principle here," he continued, "that you don't just criticize, but that you offer constructive suggestions."

"You might realize from our list of backers that we could name lots of women," replied Angela Miles. "But you don't change the way appointments are made that

way... We're saying to Gordon 'come and talk to us'. Maybe that's a bit subtle, but we're throwing the ball in her court."

Another reporter asked how many women were represented by the groups who organized the conference. "How many? Two women? Three women?" Miles later commented, "If the press doesn't realize that it is a dynamite list (the list of backers), then we're cooked. You would think they would send reporters who were familiar with the issues."

The women said they didn't know of any women's group which was consulted about the appointment.

"The council is supposed to speak for women of Ontario. By appointing people with no experience, the government is making a farce of the council," commented Ann Pappert.

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# Mrs. Claus: The woman behind the myth

by Oksana Shewchenko

*Mrs. Claus is a warm and generous woman, complementing the legend which surrounds her husband, Santa. Last week Upstream was allowed to interview her at the Workshop itself — transportation provided.*

*Predictably dressed in red and white woollens, she spoke quite freely of her life with Santa and her feelings about children.*

*Upstream was pleased to learn that Mrs. Claus shoulders an equal responsibility in the management of the Workshop. Her remarks, punctuated by soft chuckles, also reveal an awareness of the issues that concern women today.*

*After a round of hot chocolate and Christmas cookies, we were taken on a tour of the workshop and witnessed the preparations for Santa's renowned voyage.*

*Favourably impressed with "the woman behind the myth" and her organization, we returned to the office with secret plans to have our chimneys cleaned before Christmas.*

**Mrs. Claus, why haven't we heard more of you? Most people don't even know you exist.**

Oh-ho, my dear, one myth in the family is enough, believe me. I actually prefer the anonymity — it gives me a great deal more freedom.

**Freedom to do what?**

Why to run this shop, of course. Don't look so surprised, dear. I've been running the toy shop and the packaging plant... and just general administration, for years. The last...oh...fifty years, I believe.

**We didn't realize it was such a complex organization. The myth merely presents visions of...**

Yes, yes, oh-ho... dear Santa flying through the sky behind 8 reindeer with his sack of toys. Well, that's all true. Don't ever stop believing! But remember a lot of work goes into making a myth.

**It sounds rather.. well.. commercial.**

My goodness, you young women today are cynical. I'm afraid you still don't have the picture.

We started out rather modestly — in one room. All year we would work hard making the toys and then delivering them to the children of the world on Christmas Eve. But soon there got to be more and more children. We had to expand to ensure that everything was ready on time. We can't disappoint the children — after all, we do it for them.

**Do you have any children of your own?**

Why, all the children in the world are mine. And I know every one of them, oh-ho.

**What are your feelings on the increase in world population? Aside from your bigger workload.**

Oh, we don't mind the work — it's what we want to do.

But I am concerned with the conditions that children have to live with — the poverty, the hunger. Many children live very unfortunate lives. They've come into a world that is getting too small to support them. I do believe every child has a right to be cared for properly and, more, to be loved.

**Do you believe in planned parenthood, then?**

If that fancy phrase means that the girls and boys should be welcomed into life and not abused because their parents resent them — then, of course I do.

**Do you still make all your own toys?**

Heavens, no! We expanded as much as we could. But finally the year became too short to do all the things we had to do.

Why, it takes us all summer just to up-date our listings — adding new little ones and answering letters. By September we're "ready to roll" as they say, oh-ho.

But the elves can only make so many toys. So we've contracted with toy companies. They send us

catalogues and we order what we want.

**What do you think of the quality of the toys you receive?**

Well, dear, I must confess this does disturb me greatly.

You know, I'll see something in the catalogue that looks good but when we get it, I find it isn't at all suitable.

It distresses me that many toys are so dangerous. Girls and boys are none too gentle when they play, as you know. Some toys don't work as

is. And the children appreciate being recognized for their individuality.

**The toy companies obviously haven't followed your example. Do you have any say in their selection?**

No, not really. But I am working on becoming more outspoken on the subject. Perhaps even finagle an advisory position on their Boards of Directors.

There's only so much I can do. I'm afraid the parents will have to

rounds. Oh-ho! Yup. I even go down the odd chimney!

**How did Santa react to this move?**

Oh, he likes it. You see, we're two old souls that have the same view of life and, more, we like each other's company. And when you're flying alone through the night sky you'd like to share the stars with someone you love... or cuddle when the weather's bad. Oh-ho.

**It's encouraging to see such a close and lasting relationship. Many people have given up on marriage.**



they should, others break easily and are filled with sharp objects or small parts which can be swallowed. Dreadful!

Confidentially, I think most of these toys are made for the parents' fantasies of childhood, not for the children themselves.

**What about sexist toys?**

Hmm, sexist... my goodness that's a harsh word... Yes, there is a problem there too.

I never really thought about it until Santa received a letter from a little girl who wanted a train set. Well! Santa had a good chuckle over that. But then I thought: "Why not? Children are children are children. Toys should suit the child not the sex."

Well, I tell you — it created a great guffuffle over here. Everyone was talking about it. For one thing, it made work more complicated; it was so easy to just divide the list into boys and girls.

But I said to Santa, "Papa, we've got to change with the times." And you know, it's made things better... we feel more personally involved when we know what kind of little person the child

take up their responsibility and act on their children's behalf in these matters.

**It sounds like you've made a few changes in your own life. Has the women's liberation movement effected these changes?**

Oh-ho. Oh, my. Women's Lib. Well, I don't know. Oh-ho. I must say I have become more active in the last few years and... yes, I have seen what the young women of the world are doing... and, yes, I guess that's had some influence.

As I said, I've taken on more responsibility in managing this place. There was no revolution about it; it was natural. Santa was over-worked and after he got over his hang-up, oh-ho, about his wife working, he actually appreciated the help. We make decisions together now. That's how it should be... and I'm glad to see you youngsters taking up your share of the burden.

There's work enough in this world for men and women to do.

It's funny, oh-ho... it seems the more I do, the more I want to do. Why... oh-ho, oh-ho... I'll tell you a secret... I go with him on his

Tsk. Yes, it's too bad because it can be a good thing. Mind you, it's not as easy as it looks and it's not for everybody. We've had our differences and difficulties too. But over the years we've helped each other grow.

I think women today have the right idea, though. They're taking the time to know themselves and to seriously look at what they're doing before they commit themselves to a relationship. That's good. And many are happy without a permanent relationship.

What bothers me is when it's over and the women don't get full credit for their part in the marriage. Somethings got to be done. I mean, if dear Papa and I... heaven forbid... uh, separated... I'd certainly expect a full 50% share in the shop! ...Nope, it's not easy. Especially when you've got a tangle of rag-taggle, half-witted laws to deal with.

**Yes, even women your age seem to be discriminated against. Did you hear about the judge who...**

You're darn right. It makes me hop to see some whippersnapper judge passing sentence on an older woman's condition. What does he know?...

**You mean menopause?**

...They think that when you get to be an old lady you're no good for anything. Well, I've got news for them! At my age you've got a whole new freedom: you can say what you want because you're through playing games and what you do say has got weight because you've a whole lifetime of experience to draw from. I'm freer now than I've ever been.

Mind you the "condition" can be unpleasant when you go through it. But it can be right under control, too. I only wish they'd do something about the men when they go through their own change.

**Do you have any words of advice for women?**

Oh-ho. I don't think I'm the one to ask... But, what has helped me is a thought my mother passed on to me: There's no birth without some pain, and that goes for anything you want to have happen.

So, my dear, if what you want is change to make things better, you'll have to expect to work for it.

## WOMEN IN ACTION

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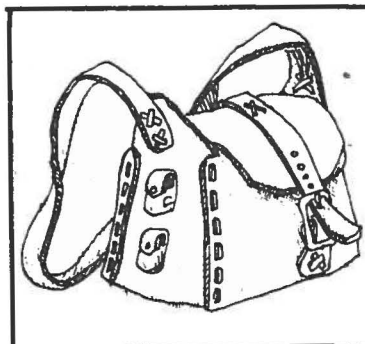
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# Women's memories of a Christmas past

by Nancy Rudge

Christmas has always been a time for children. It is a time of excitement, when families come together and friends drop by, when Santa appears with new toys and necessary clothes, when memories are gathered.

It has also become a season of rampant advertising. As early as October television commercials are Christmas oriented. By mid-November Bank and Rideau Street merchants collectively decorate lamp standards alongside their shops.

Despite these two months of intensive advertising, very little time is actually required to prepare ourselves. For those who can cope with the harassing atmosphere of a pre-Christmas shopping centre, and cues for fourteen, it is possible to purchase for an entire gift list December 24.

Christmas has become a very polished affair with artificial trees and colourful, shiny, factory-produced lights and ornaments. Glossy Christmas cards are sold everywhere in packs of twenty and even the smallest corner stores have stocks of eggnog, Christmas cake and shortbread.

At one time, months of preparation would build up to Christmas. Now, business would have us believe that only ready cash or an amenable loan clerk are necessary.

Searching for a taste of Christmas past, Upstream spoke with several older women about their childhood Christmases. Women interviewed recalled the excitement of preparing for the gathering, the

slower pace, the colourful homemade decorations, the special smells and especially the treasured presents.

Married at fifteen and farming in northern Saskatchewan, Ruby Trebell, 74, recalls the earliest preparations as very natural ones. "You made your Christmas cakes and puddings six months before and every summer we'd kill a steer and I'd can the meat, make mince-meat."

Growing up in North Sydney, Cape Breton, Mabel Marchington, 74, was, for some years, the fourth generation in her home. Toward the end of October her grandmother would spice hams and her mother would help prepare mince-meat. These would be stored in crocks. Her mother made three fig puddings, one for Christmas, one for New Years and another for Easter. These were steamed, wrapped in unbleached cotton and placed with everything else in the root cellar.

The women described long hours making gifts for family and friends. Mrs. Trebell recalls presents made during her childhood in Sarnia, Ontario. She crocheted potholders for her mother, made tissue paper shaving balls for her father, sewed flannel egg-warmers in the shape of ducks and even made pen-wipers from blotting paper and re-cycled middies. In Cape Breton, Mabel Marchington was making fancy garters, edged and drawn handkerchiefs, leather mules, sachets and padded coat-hangers. Hand dipped chocolates and other candies made by her mother would be packed into little wicker baskets to be given away.

Sarah Fraser, who grew up in Brighton, Ontario told of the times spent searching through the catalogue, deciding what to ask from her mother.

Christmas Eve, the time to decorate the tree, was fondly remembered. Popcorn and cranberries were strung previously.

Mrs. Marchington recalled decorating the tree with candles, airships, strings of cranberries, coloured popcorn and little china

dolls. "Mother used to get little dolls made of bisque. They were all colours. She'd put skirts and hats on them and we'd tie a string around their necks and hang them on the tree."

Mrs. Trebell added another type of decoration. "Chocolates came with coloured foil and little lace doilies then. The doilies would be put away and we'd make Valentines cards from them but the foil would be folded into little fans and

we'd hang them on the tree."

Maggie Ellsworth, 64, who grew up in Lancashire, England had never seen a Christmas tree until she came to Canada in 1948. During her childhood they would decorate their home with streamers and sprigs of holly. She spoke of the children carolling for pennies.

All the women had hung stockings. Christmas morning they were filled with oranges, walnuts, and barley sugar. Many women had been so enchanted by a solitary present, they still remember it in detail.

"I must have been nine... I got an Eatons' Beauty. It was made of kid with a painted bisque head and it had on a blue velvet dress. It was sitting in a stroller and had animal crackers in its lap. I'd never seen animal crackers before," said Mrs. Trebell. She also described her fifth Christmas, during a bout of scarlet fever, when she received a little tree of her own with a tippet draped over it.

Mrs. Marchington was sent a tiny coal stove from Pennsylvania. It was a scale model and really worked. She was also brought tiny glass dishes from Newfoundland, a fish platter and plates with the alphabet printed around the edges.

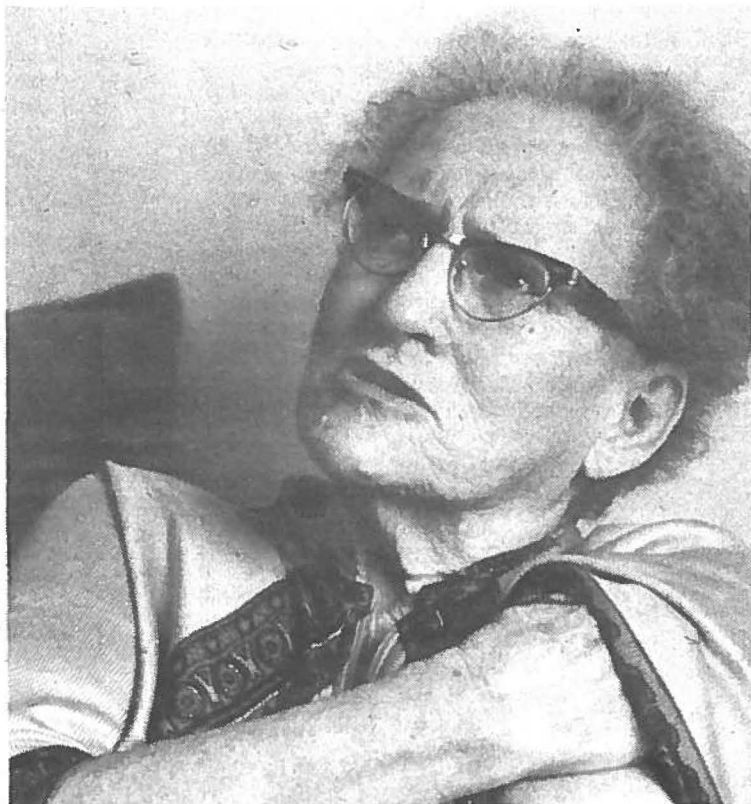
Anastasia Kidzia who grew up here in Cityview celebrated a Ukrainian Christmas. Her traditional dinner differed from the huge turkey and goose dinners described by most of the women. Her memories are of wheat, kalachi, cabbage rolls, fish, even wild mushrooms gathered earlier in the year and dried.

Generally, with stories of sleigh rides in old farm wagons and visitors coming by for tea, Christmas seems to have been much less pressured once upon a time. It was a celebration formed with many handmade, perhaps imperfect, decorations and often presents made with time and skill and most certainly a dinner and baked goods which represented many long hours in the kitchen.

As shopping becomes more and more expensive, the trend is reversing and people are once again placing value on handcrafted objects. People are finding they possess some very useful skills. Gifts such as candles, pinch pots, small pieces of off-loom weaving, knitted and crocheted hats, mitts and scarves are all cheap and quite easy to prepare.

Flowers and herbs picked and dried from fall walks and rooted potted plant cuttings can make lovely gifts although they only require time. The list of possibilities has become endless.

Perhaps we will find a medium between the old and the new, something a little less polished, with a little more spirit, more memories.



Ruby Trebell remembers preparing for Christmas as a young wife of 15 on a Saskatchewan farm.

Alisa Photography

## Operators could support Bell installers' strike

by Maureen O'Hara

Bell Canada telephone service could shut down due to a contract dispute between installation and repair workers of the 13,500-member Communication Workers of Canada union (CWC) and the company, with representatives of the 8,000-member traffic operators' union saying they are sympathetic to CWC demands and might refuse to cross picket lines.

Negotiations over CWC's first contract broke off last week. Unless a commissioner's report, expected this week, provides a basis for further talks, the CWC is expected to reject Bell's three-year contract offer of 10.9 per cent, 7.9 per cent and 6.0 per cent wage increases. The union wants a two-year contract and a 17.5 per cent increase the first year.

Mary Lennox, president of the operators' union, the Communications Union of Canada (CUC), in Toronto said that although there has been no discussion of co-operative strike action "our people can't help but be sympathetic". She said she felt CUC members would refuse to cross picket lines if the CWC takes strike action.

The effect of a strike by installation and repair workers would not be felt immediately unless the union was supported by traffic operators, who monitor Bell's switchboards across the country.

The CUC is also negotiating a new contract with Bell Canada. Lennox said the major issue in those negotiations is job security, since automation could reduce telephone operator staff by 40 per cent.

That dramatic staff reduction would also influence the effectiveness of the union itself because plans to set up a series of electronic monitoring units in neighborhoods to replace the large switchboards would decentralize workers and increase the number of part-time, high-turnover staff.

"Complicated shift work with part-time workers would create great organizational difficulties," said David Handley, president of the Ottawa local of the CWC. "There would be no stable membership to back up and support the union."

While the CWC is a recently certified bargaining unit, negotiat-

ing a first contract for plant and service employees, the CUC has been an effective trade union for years, Handley said. The CWC was certified in April, after the former bargaining unit, the Canadian Telephone Employees Association (CTEA) was decertified for all but 13,000 of the company's 34,000 non-managerial staff. Handley said the CWC was formed because the CTEA was an ineffectual company union.

"We need traffic operators to be really successful in our disputes with Bell," Handley said. "We're talking about survival against the biggest corporation in Canada and

in many cases we (CWC and CUC) share the same problems, so there is a natural desire to co-operate as much as possible."

Last week about 300 installation and repair workers in Toronto walked off the job protesting suspension of five workers who refused to work overtime. While the current contract between the company and its employees allows Bell to order workers to do overtime, an agreement was reached in September to cut out forced overtime after employees walked off the job in protest. The five who were suspended and the 300 who walked off are all back on the job.

## Anglican Church ordains women

by Susan Wisking

Although six women were ordained in the Anglican church on Nov. 30 it will be at least a year before any women priests are permitted to serve in Ottawa.

A vote to ordain women was passed in principle by General Synod last year, but the decision to ordain women is left to the discretion of individual bishops.

Of 30 bishops across Canada only six have expressed an interest in ordaining women, four of whom have already done so.

Bishop William Robinson of the Ottawa diocese, who has been consistently opposed to the idea is, according to a statement he released on Nov. 29, currently revising his opinion: "I have voted consistently against it but have come

to believe that since General Synod has approved it, there is a good argument for the ordination of women."

Secretary to the bishop Reverend Fred Allen said that at present there were no women studying to enter the priesthood in Ottawa. Until that happens he said "the ordination of women will not be an issue here".

An individual wishing to enter the Anglican priesthood usually embarks upon a three year course of study. At the beginning of this academic venture people usually make their intentions known to the bishop responsible, who at this point offers encouragement or discouragement. As only a few bishops in Canada are actively committed to the ordination of women few are encouraged to undertake the program of study.

Rev. Allen stressed that the issue of women priests was dividing the Anglican church in the United States.

If Rev. Carmino de Catanzaro of St. Barnabas Anglican Church in Ottawa is at all representative of the opposition then divisiveness could become the rule in Canada.

Rev. Catanzaro, who said that he does not consider women to be inferior, spent much of the historic day formally mourning the ordinations. According to Catanzaro it was "the greatest disaster to happen" and "an outrage".

With such a backlash among certain members of the clergy and laity it is unlikely that Canada's first women priests will have an easy time of it. Just what has happened to Christian understanding anyway?

### Rape Crisis Centre

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# EDITORIAL

The charges against Dr. Henry Morgentaler have been dropped. They were not, however, dropped by the Quebec Liberals. These politicians spent over half a million dollars trying to put the doctor away.

In this, they failed. But they did succeed in breaking Morgentaler's health, seizing all his assets, ruining his medical practice (his livelihood), and costing him \$300,000 in legal defence expenses.

And they almost succeeded in wrecking the jury system, the basis of our country's legal framework, as well. Were it not for the Morgentaler amendment (from the provisions of which the federal Liberals ungenerously excluded Morgentaler himself), Canadians acquitted by juries could still be retried ad nauseum.

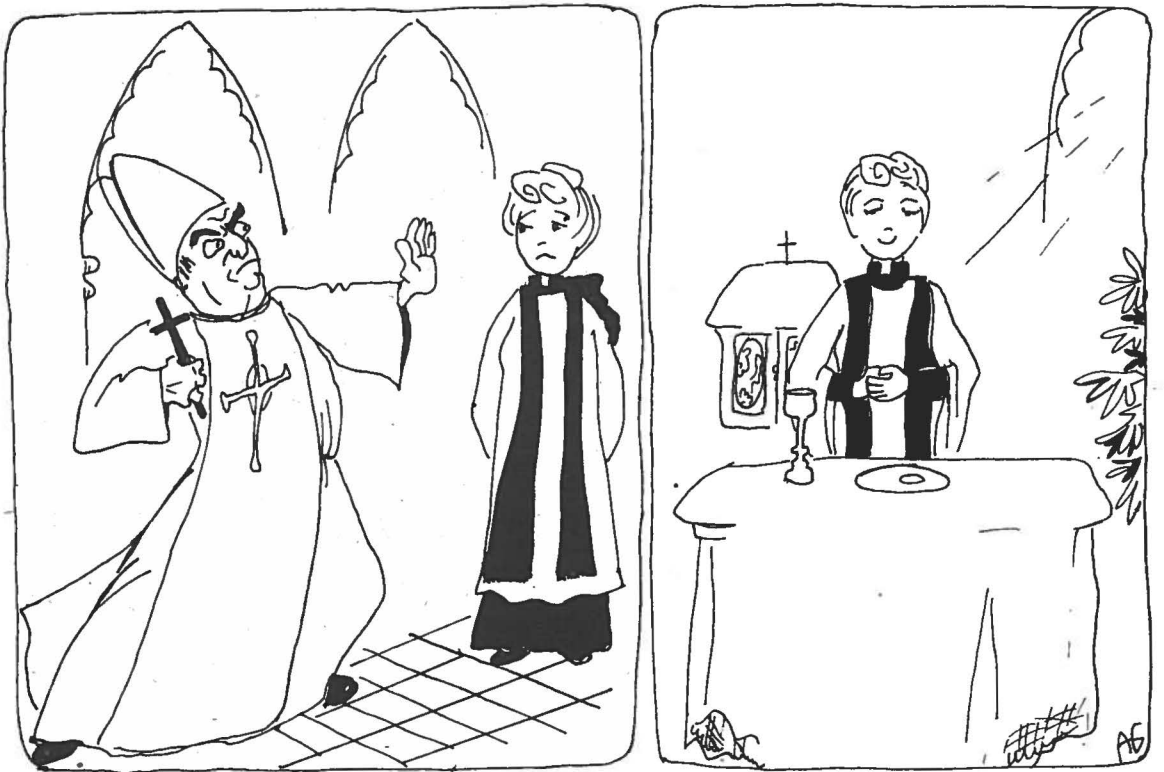
No, the old-guard politicians of Quebec, self-styled protectors of democracy and justice, did nothing to end Henry Morgentaler's persecution. It was the Parti Quebecois who took this action.

The PQ, itself dedicated to political autonomy for Quebec, recognized also the parallel demand for autonomy for women symbolized by the Morgentaler issue. Wanting one, they could not deny the other.

Now the PQ must go one step further. It must demand that the federal government end the demonstrably unworkable, unjust abortion law and introduce instead legislation protecting freedom of choice — a woman's absolute right to choose whether or not to continue an unwanted pregnancy.

Let us hope the federal government is listening.

One final point. Let no one be deceived into believing that the dropping of the charges represents the ultimate and inexorable triumph of our judicial system over iniquity. Had it not been for the chance election and subsequent Liberal defeat in Quebec, the dreary spectacle would still be dragging itself through the courts.



Women ordained in the Anglican Church — p. 5

## ITEM:

### Age of menopause casts doubt on testimony, judge suggests

Sibyl invites us to dance the

#### *Menopausal Reel*

Oh we are the women whose judgement is shaky  
The ones who imagine the things we don't see  
So unreliable, over-emotional  
— Oh come and be menopausal with me.

Oh we are the women so dried up and shrivelled  
Who've gone past that magical age, forty eight;  
With competence shattered intelligence tattered  
— We've gone menopausal. How tragic a fate!

Oh are we the Rosemarys, Madelines, Floras,  
The Paulines, the Marions, Lauras and Pats  
Don't they realize how that fate can destroy them?  
[Or are they too busy to bother with that?]

TUNE: "The Squidjigging Ground"

Upstream is a fortnightly newspaper published by Feminist Publications of Ottawa. The staff is a collective with departmental co-ordinators. Upstream subscribes to Co-operative Press Associates (CPA), a national labor news service. We solicit readers' views and opinions. All correspondence should be addressed to Upstream, 227 Laurier Avenue West, Suite 207, Ottawa K1P 5J7. Phone 232-0313.

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Cover graphic by Ana Guzewski

Interested in writing? Upstream will be holding a meeting to plan future features on December 18, 1976 in their Laurier Avenue office. Starts at 8:00 p.m. sharp, so come on out and share your ideas.

## LETTERS

### Women's courses

Dear Upstream,

We appreciate the coverage your paper has given our group. However, your reporter has been misled by the false report out of Toronto that Charlotte McEwen has been expelled from Voice of Women and has fallen into the tenor, as others have, of the campaign being waged against Ms. McEwen on grounds of unilateral actions, to the point of stating "McEwen has arranged a meeting of Ottawa Chapter members at the Public Library December 2", etc. this meeting was arranged by the steering committee.

At this meeting the position that had been taken by the steering committee since this campaign was launched, i.e. that the Allon presentation was a group action and national letter illegal was confirmed. This was born out by a legal opinion which was read at the meeting. This opinion pointed out that as there are no inherent rights of expulsion within a voluntary group unless certain steps are followed, and, as these steps had not been followed, notice of expulsion to the press was premature and calls for public retraction.

Your reporter has missed the nub of the dispute. The Allon presentation was made by the local group to carry out a resolution from the National Membership meeting which had not been honoured by National Office because, we were told, it was missing from the minutes.

Miss Mussel's judgement (in last 3 paragraphs of the article), commencing "refusal to recognize the boundaries of the group" comes from a person who recently joined Voice of Women. She has not had the experience of working with Ms. McEwen over the years. In fact, working with Ms. McEwen has helped many of us to develop a positive attitude towards collective decision making and given us a strong sense of personal involvement in the social and political issues of the times.

Enclosed is a copy of the open

letter to Allon which has caused such a furor. Your readers might like to judge its fairness for themselves.

Audrey O'Brien  
(for the steering committee)  
c/o Suite 204,  
77 Metcalfe Street,  
Ottawa.

### McEwen misrepresented

Dear Upstream,

As suggested in your November 11 issue in conjunction to your article "Ottawa Board of Education, Moving Slowly", by Donna Shugar, this response comes.

Women are four fifths of the population here at the High School of Commerce. We, the home economists and principal W.R. Squire, recognize a variety of needs of this sizeable segment of our school population.

Mrs. M. Hamilton, undersigned, supported by the principal, chose to represent the High School of Commerce at the jointly sponsored Ontario Ministry of Education and Toronto Board of Education conference on women's studies held in Toronto on October 21 and 22.

"The Emerging Woman", a focus for part of our Level 3 semester, Family Development, of the Home Economics Department curriculum should be included in your survey of women's studies curriculum.

The management segment for young women graduating from Level 4 Home Economics is introduced by M. Hamilton, with a values clarification process.

Being committed to relevant curriculum, with ongoing evaluation in order to meet the greatest needs of students, we anticipate that even a greater portion of our curriculum development time and of the students instruction periods will be devoted to life styles information. Congratulations on your timely undertaking with Upstream

M. Prevost and M. Hamilton

### Personal is political

Dear Upstream,

I have enjoyed your first two editions very much. You are filling a vacuum which much needed to be filled. I have been especially impressed with your regular features and columns, the information in which is valuable but not often carried in the existing media.

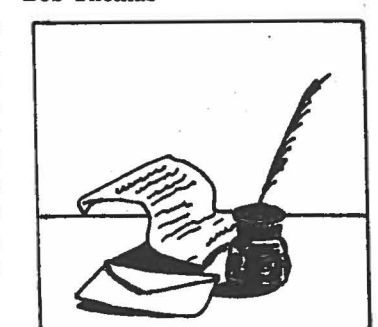
The reviews are refreshingly unpretentious and contain a perspective rarely found: the review of the Ottawa Women's Centre benefit concert was felt.

The special feature articles also deserve praise. In the most recent issue (#2), I must single out the articles on the women's studies in high schools. Courses of that sort clearly can increase awareness of being people, and articles such as these draw attention to the need for such courses. In this connection, I am enclosing an article from *This Magazine*, a publication which is not as widely-known as it should be; the article is about a women's studies course which was conducted in Montreal.

I also enclose an article from the same magazine about the life of a factory woman in Nova Scotia, which is, however, probably equally applicable to many other areas.

My compliments on your publication. By providing a medium for the exchange of experiences ("The personal is political.") of women, *Upstream* is fulfilling a function, in comparison with which there can be none more admirable.

Bob Thomas





# Law For Women Shopping for a lawyer

by Shirley Greenberg

No matter how you look at it a lawyer is necessary when you have a crisis, if you are likely to risk some loss. It is always best to make contact with a lawyer before a crisis occurs, but few people do that.

Sometimes you don't need a lawyer, as for a simple divorce or a change of name. But doing your own law is like setting your own broken bones. What you may be doing is setting up for an expensive rescue.

It is essential that you trust the lawyer you are working with. Know what kind of a person you want and how you want the work done, that is, whether you prefer to supervise almost every step or whether you will leave it up to her. Some lawyers don't like clients "interfering"; others don't mind.

Find out from friends if they can recommend someone who fits your needs and who practices the kind of law in which you need assistance. If your friends can't help make use of resources in the community. The local Bar Association operates a lawyer's Referral Service, which has a listing in the Yellow Pages. The Women's Centre often can make information available from its files.

A lawyer need not be expensive. If you have no spare cash, even if your income is good, Legal Aid will cover the costs. No one in Ontario need go without assistance. Your lawyer can help you get a legal aid certificate, or you can get the certificate first and then find a lawyer. Arrangements can be made in one day if you bring along proof of income and liabilities.

For proof, bring your bank book, cheque stubs from paycheques, proof of debts.

## Legal Costs

Many women don't understand why lawyers are so expensive. Included in

legal fees are all the lawyer's expenses:

secretarial, bookkeeping, rent, office overhead, as well as her own salary. A lawyer is selling her time, and the more time that is taken up, the higher is the fee, as a rule.

Get an estimate of costs right at the beginning, if you can. This might not be possible, because it is very difficult to say how much time will be necessary. Some cases are quickly settled, others drag on, sometimes for years. A stubborn opponent can throw a lot of roadblocks in the way.

If your divorce is uncontested, and there is no custody issue, it will go quickly. But otherwise expenses will be quite high. Every case is different and lawyers have to prepare for each one, although a specialist may be able to save time if some repetition occurs.

For legal work such as drawing a will or handling a simple real estate transaction, fees can be quite low. A tariff for fees is set by the local Bar Association which sets out a minimum for certain work. Lawyers do a fair amount of work without charging full fees, sometimes no fee is charged. Always make inquiries, and don't be shy: it is good business practice.

If you are sure you have been unfairly charged, you can take your lawyer's statement of account to the taxing officer at the court house and have it "taxed" to make sure it is or is not fair. Telephone 238-1051 for information and to make an appointment.

If you are involved in a trial, you should know that the loser sometimes has to pay much of the costs of the winner, but not all costs. Similarly, if you are the winner, some of your costs may be paid by the loser.

If your lawyer is chosen from one recommended by the Lawyer Referral Service, you are entitled to a half hour

consultation with her for a fee of \$10.

## Justice for Women

There is no way that any woman can avoid being subject to the laws of Canada; even if you never come into conflict directly with the law. If you think you're not affected, another woman is. And while the laws remain as they are, women are not being treated justly. At least, not if you don't accept the traditional dependency model of woman.

Those experiencing discrimination on the basis of sex in employment have recourse to personnel available locally at offices set up by the provincial government. But for most other purposes, it is up to women themselves to find out the law and whether it is beneficial to them. Where it is not, it is only women who will apply the pressure and make the effort to improve it.

The Royal Commission on the Status of Women examined women's legal status and reported in 1970. Many of their recommendations have yet to be implemented, especially the more important ones. We highly recommend a study of that report.

## DIRECTORY OF RESOURCES

### Ontario Legal Aid

To have your eligibility assessed for legal aid: Telephone 238-7931, or call at 126 York Street, Suite 310.

A clinic is operated at 126 York, Suite 319 every weekday from 9 to 5. A lawyer is on duty Tuesday and Thursday afternoons to 9 p.m.

### Carleton University

Legal Clinic, contact the Law Department.

### University of Ottawa Student Legal Aid

Legal clinic operated by students will help with problems such as traffic violations, landlord and tenant disputes, debt

### Lawyer Referral Service

Telephone: 233-7386. A lawyer who specializes in the area will be recommended. An inexpensive consultation will be arranged.

### Landlord and Tenant Advisory Bureau

Problems with your lease or your landlord: Operated by legal department, Regional Municipality of Ottawa-Carleton. Telephone: 725-2045. Address: 1137 Wellington Street.

### Employment Standards Office [Ontario]

Difficulties with unequal pay, vacation pay, maternity leave, hours of work, etc. Telephone: 731-7200.

### Human Rights Commission [Ontario]

Difficulties in connection with interviews, hiring, firing, opportunities for training, for advancement, etc. Telephone: 731-2415.

### Canada — Discrimination

Labour Department, Women's Bureau or Telephone your M.P. and ask for help. There is no enforcement and assistance mechanism for those working under federal jurisdiction as there is in Ontario.

### Public Service

Contact your union or the Public Service Commission.

### Status of Women Council

Federal: 63 Sparks Street, Ottawa.

### National Action Committee

Located in Toronto, this is the group made up of and supported by all the voluntary groups concerned with improvement of the status of women. (The Councils named above are composed of members appointed by government.)

### Women and the Law Association

Our local resource group composed of law students, graduates, lawyers, community representatives. Telephone Women's Centre or 238-3832.

# The Healing Arts Menopause: a natural maturation

by Beatrice Baker

If you haven't heard the one about the Toronto judge with a phobia about menopause, you've been vacationing in Whitehorse, hiding in a YWCA locker, or baking too many rum cakes for Christmas.

A judge who deems a woman's evidence "unreliable" simply because she is 48 years old, is a laughable figure. But we can't afford to laugh as long as myths about menopause are cause for humiliating, hindering and harassing women.

From silly jokes to pseudo-serious pronouncements, men have, from their own point of view, interpreted "the change of life" to women. For example, Dr. Reuben, in his big seller, *Everything You Always Wanted to Know About Sex*, says, "Once the ovaries stop, the very essence of being a woman stops."

Any woman, or man, who is physically incapable of reproducing, does not stop being a woman or a man no matter what the cause of their incapability: accident, illness or natural process.

And menopause is part of the natural maturation process of every woman. The entire process is called the climacteric which, appropriately enough, is Greek for "rung of the ladder". The climacteric begins several years before menopause. It is a gradual change in the balance of hormones governing reproduction. When the balance shifts sufficiently the ovaries stop releasing eggs.

Biologically it is not a simple process. But then the human body, its growth and healing, can be awesomely complex. The

real wonder, of course, is that it all happens, for most of us, very normally.

However, under the guidance and prompting of drug companies, some doctors are now calling menopause "an estrogen deficiency disease" which can be "cured". But in an anecdote reprinted in *Woman's Doctor* by Dr. William J. Sweeney III, one woman gives a sensible rejoinder. "I am not sick, only too much sweat."

In fact, 70 to 80 per cent of all women going through the climacteric experience no or few symptoms. Of this minority who have difficulties, most can get relief from the two most common physical symptoms: hot flashes and dryness of the vagina which increases the likelihood of infections. Of the women who do need to take estrogen for symptomatic relief, only a very few need to take it for a prolonged period of time.

Besides the physical manifestations of the body's changes, much has been made of the psychological symptoms associated with menopause. The most frequently mentioned are depression, irritability, anxiety, and fear.

Many people have assumed that the hormonal changes cause the psychological difficulties some women have during the climacteric. But an increasing amount of evidence indicates that the psychological factors are a result of our society's attitude towards aging in general and female aging in particular. It is also likely that a few women experience a heightening of personality problems from which they suffered long before menopause.

**The Menopause Myth** by Dr. Sheldon H. Cherry cites several studies which indicate that women who have a healthy attitude towards themselves are more likely to age gracefully and pass through the climacteric with little effect on their lives. It all has the truthful ring of common sense. After all, men who don't like themselves or respect their lives, become "miserable old cusses" and "pesky old coots".

One of the studies mentioned by Cherry was done in England. Female physicians reported on their own personal experience of menopause and over 90% of them said it didn't interfere with their work. It seems reasonable that anyone who regards her work as important and meaningful is more likely to categorize minor annoyances — whether headaches, colds, cramps, ingrown toenails or hot flashes — as inconsequential, and not allow them to interfere with work.

Still another study took place in Holland. There it seems women who never married, or had no children, or had more education, or were wealthier, had fewer and less severe symptoms than women who married, had children, had minimal education, or were financially not secure.

Meaningful work, security, and a positive self-image all contribute to making menopause a natural, healthy experience. Unfortunately, in our society, we frequently find it difficult to attain meaningful work to achieve security or develop a positive self-image. For each woman who has broken through to these goals there are scores whose work plans were shelved

as being unfeminine, whose security was shattered by divorce, whose self-image was undermined by not being pretty enough, tall enough, skinny enough, or by being too smart, too independent, too forthright.

It is a rare, and gutsy, and oh so put-together woman, who can sing Maurice Chevalier's "I'm so glad I'm not young anymore..." But her kind is increasing. She's looking at her grown up children with pride, then shooing them out the door so she can get on with the business of living. She's reached a point in her career where her expertise is a valuable commodity. She's attained a time of her life when her experience is ripe to become wisdom.

She doesn't need a TV ad to tell her, "You're not getting older, you're getting better."

She knows it. And that, really, is what it's all about.



Dispelling myths is an important task. One of our most effective tools is shared experiences. If you have experiences you'd like to share, or comments or opinions about menopause, please write them out and send them to THE HEALING ARTS c/o Upstream. Also, if you'd like an annotated bibliography about menopause, send a stamped, self-addressed envelope to THE HEALING ARTS c/o Upstream.



# Rough Trade's Carol Pope

by Susan Wisking

**Rough Trade**, a Toronto based rock band, played to capacity audiences from Nov. 29 to Dec. 4 at the Black Swan Pub in Ottawa.

This six member band is technically excellent with the highest awards going to **Kevan Staples** on lead guitar and **Richard Gratton** on drums.

Also notable is **Jo-ann Brooks** whose versatility was amply demonstrated in her effortless glides from blues to jazz to disco.

But **Rough Trade** is, at least commercially, lyricist and singer **Carol Pope**. Pope, lean and tall, looks a bit like Margaret Atwood with the voice of Bette Midler. On stage, dressed in slightly shimmering tailored suits, she satirizes sex — everything from Hollywood love (Oh Johnny) to masturbation (Auto-Erotic Love). Her movements are detached parodies of the real thing.

Audience reaction to Pope is at best mixed. Many people, particularly men, consider Pope to be tough, and are often aroused by her presentation. As one of Canada's few female rock stars Pope uses her lyrics and the band's music to point out the more absurd side of present day movements. And, professional to the core, she aims to entertain.

During her week at the Black Swan, Upstream staff member Susan Wisking talked with Pope who elaborated on her act, the group, and their future goals. The following are excerpts from that conversation.

**The image you now project — was it your idea or someone else's?**

It's my idea but I have a good hairdresser and a good seamstress and all that stuff. I mean we sort of work on these things together but other people help you with an image. But if you mean the singing, writing, and performing — that line — it just evolved.

**So you did not start out consciously with this act?**

No. I used to be more like Healey Smith and stand there very straight-faced. And Kevan used to jump around and roll on the floor.

**What are your longterm goals for Rough Trade?**

Well this is the plan. We hope to get a recording contract. In January we're going to change the whole act so it's a lot more theatrical because that's what I really want to get into — writing musicals and black comedy. I really like black comedy. My favourite performer is not a singer, it's Elaine May. I don't know if you've ever heard of Nichols and May. They originated Second City in Chicago. Well they're two of the originators of that and that style of balck comedy which everybody sort of steals from.

**When you reorganize will you stop playing these sorts of places?**

We'll still be able to play in bars but we'll just have like a black curtain in the background and use more props and things like that. And we'll charge more money.

**Will you continue to concentrate on the music?**

Oh yah.

**Are you talking about something along the lines of a cabaret?**

Yes, I suppose it is more cab-



aret.

**When you rework your act in January are you going to have the same numbers in your group?**

We might try another background singer — a guy. But I don't know — that's just an experiment. No I don't think any of that'll change. It's just the drummer is incredibly funny, he might do some kind of schtik. Everybody'll get to do something.

**So it won't be just you performing?**

No, I'll get to rest more. But I mean I'll probably write it all.

**Do you believe that the marriage of rock and theatre helps to rejuvenate theatre?**

Yes. I just think, oh, I think theatre's boring in Canada but when I go to New York I go to shows and they're amazing. I mean I don't think it needs to be rejuvenated that much 'cause there is good theatre. But what we're doing is cabaret and I don't know of too many bands who do that. We're not one of those English bands, like Genesis or whoever or Jethro Tull. We're not going to do that kind of thing. 'Cause they're so serious.

**On CBC radio you said you didn't like being classified as disco. How then do you describe your sound?**

Well I said it was rhythm and blues and the lyrics were sexual

satire. They're not all sexual satire but they are sort of 50% satire and 50% serious. I don't know. I mean it really doesn't matter. I mean I get pleasure out of writing the song and that's the most pleasure I get and then I just perform it, and forget about it, and go on to something else.

**Did you decide to satirize sex because you thought you had comments to put forth or because sex sells?**

Oh no. Because people's attitudes about sex are totally fucked up. I mean I didn't start writing about sex or anything but I've always been interested in it and the more I study it, men and women, and just the history of women and the way they're treated and history in general and I just, well, there's a great area there to write about.

**Someone suggested that you presented intellectualized sex. What do you think of that comment?**

I think that's true. I just think we're sophisticated, more sophisticated than most Canadian performers. This is our image and that's what we project. I really spend hours and hours writing lyrics and researching them and the band spends hours and hours rehashing every note they play practically. They really all care about it.

**When you perform in a place like this do you think most of your audience understands what you are doing?**

Well, no. I think everybody reacts different ways. Some people are, well there're a lot of men here they're probably, they might get aroused. Some of them do, some of them understand, I don't know. I don't know what percentage gets a lot but I know they all get different things from the music. I don't know. I'd like to play more for university students. I think some of them are complete and total idiots and some of them aren't.

**What would you get into as an alternative to this?**

I really don't know. Scriptwriting or comedy writing or acting. I don't know. I mean I'm giving it a few years.

**Who are your influences?**

My influences are, musically, lots of rhythm and blues people. A little disco. Stevie Wonder, the Beatles, John Lennon. John Lennon, Cole Porter, Mae West — those are my big three influences, and Elaine May.

**When you performed at A space in Toronto what did you do?**

It was called the torch showcase and 3 other actresses and I sang torch songs. Songs about dirt and hurt and it went extremely well.

**Would you like to do more of that?**

Oh yes.

**Have you studied drama?**

Just workshops at Second City in Toronto.

**Would you like to be a film actress eventually?**

Oh yeah. I've had a few offers but they're all for soft core porn films.

**Do you play any musical instrument? You must.**

Guitar, sort of.

**Have you ever considered using it in your act?**

I used it in other groups. I might do it again. But I'll have to cut my fingernails so it's a big decision. If Patti Smith can come out and play chords I may as well come out.

**With the advent of the women's movement during the sixties there was greater latitude for women. Do you think this helped you in your act at all?**

I don't know. No. Not really. Doesn't matter who you are in the music business you get screwed all the time. I mean they just think you're a piece of meat anyway no matter what sex you are. Sometimes I feel that I don't get enough respect 'cause I don't care anything about the technical side of music. It's all completely emotional with me. And what I care about is writing. But I'm never going to get into studying music. It's just going to be all feelings 'cause I feel that as soon as I try to figure out what I'm doing I'm going to lose it. I think it should be spontaneous.

**Do you consider yourself a feminist, or do you object to that?**

Yes and no. I'm not that radical. I don't think I'm going to see that many changes in my lifetime. It's just going to be very slow. I think that once men realize that women are human beings that'll be a jamor breakthrough. I don't think they have yet.

**In the music business, where women are not usually respected, and I would think that you would have had a lot of problems considering what you are doing, did you have much difficulty in making it because of that attitude?**

No. It helped because what we were doing was different. There are people who are a lot more — they're a couple of singers like Bette Midler and Cherry Vanilla who are a lot more explicitly sexual but they're just sort of aiming towards men, and I'm really not.

**Is it true that you once said that until you met Kevan you had thought it would be impossible to work with a man?**

Well, let's face it. Most men are jerks. Around the time I met Kevan I started meeting quite a few men who were easy to get along with, and reasonable, and intelligent. Before that I was completely disillusioned with the men that I met.

**Have you ever been married?**

No. I lived with Kevan for 5 years though. But I don't believe in marriage for me or in general actually but I don't want to get into that.

**One reviewer said you were just another punk tough band. What do you think of that appraisal?**

I think that's bullshit. They can't, don't know. It's strange some reviewers... We've only had



# ...e: "Most men are jerks"

a couple of really bad reviews and I think one guy just resents me because I'm a woman. And, I don't think he's seen the band in two and a half years. But I certainly don't think we should be classified as a tough band. I mean they did a thing on us in *oui* magazine and they said we were part of, sort of, a tough band. I mean I do sing about what's happening — street things — but they're different from New York street things.

**But you are obviously influenced by New York.**

Yah. I'm not but I don't live there. I'm just, I'm not influenced by what, what is around me. I'm not really influenced by other Canadian group musicians. I just sort of pretend I'm not in Toronto. And I think there's an English influence too. 'Cause when we were in New York we weren't, we're not, like other New York bands either.

**You're not?**

No.

**What happened when you tried to break into New York?**

We played there three weeks and we got good reviews in *Variety* and the *Daily News* and Hal Prince came to see us and Lou Reid, people like that. But we just couldn't afford to stay there because the pay for performers there

is terrible and they take 30% tax because you're Canadian. So we hope to go back there. We've got to break out in an American city — either New York, L.A., or San Francisco.

**I take it then you do not want to remain Toronto based.**

Well you can only go so far in Toronto or Canada, especially us. Because we're not like other Canadian groups or performers. Even people who are famous they sort of remain in a horizontal position. They sort of get to a certain plateau and that's it.

**Do you notice any difference between Toronto, Ottawa, and New York audiences?**

I think the audiences in Ottawa are really good. They're as good as the audiences in New York. Toronto they're so, they're so worldly in Toronto you gotta kill yourself to get anything out of them sometimes. Depends. Well I think most other performers I've talked to have said that Toronto audiences are sort of nyaah.

**What other cities across Canada have you played in?**

Not many.

**Have you ever played in Vancouver?**

No.

**Would you like to?**



Susan Wisking

**Do you see yourself as a cult figure?**

Yes. I suppose so. I'm certainly not like other girl singers.

**Are you one of the more prosperous groups in Canada?**

No. It's incredibly expensive to operate a group. The costs, you really don't make that much profit. And you make even less the more famous you get. The only money you make is for publishing records.

**Will you produce another record then in the near future?**

Oh God, I hope so. We've got some American companies interested.

**How much would you make from a record? Would it work on a royalty basis?**

I don't know. Depends on how many they sell. And they give you advance money and they take off. You don't really make that much money on your first album. It's all in the publishing and you have to try and not give up too much of that. We've got it all and we want to keep most of it.

**Do you think people are going to pick up on you in the states? Do you envision a really big time for Rough Trade or do you even think of that?**

I don't know. It's hard to say how big we'll get. I don't know. I really can't say.

**You're not approaching it from that angle?**

Well I'd like to be a star because I'd like to make some money so I can do other things. I don't know. I don't think they'll play some of our records in some states because they are very weird about censorship. Like we'll have to tone down. We already have toned down and that's pretty exasperating. So I don't want to do it that long. I mean if it doesn't happen soon then...

**What do you mean by being toned down?**

I mean I've toned down. Now when I write I think about writing hit songs. They really don't seem that toned down but to me they are. We used to do songs like "I'm Getting Dry-Humped in the Hall" and "Lipstick on your Dipstick" which the audiences really love but a record company is not going to — I mean they're very straight businessmen with no imagination so it's hard for them to think of songs like that being on an album.

**Well I guess that's it.**

I thought it was going to be racier than that. But I can't go that far anyway. Not until I make it and then I can do it. You're sort of limited in the beginning. You sort of have to keep it down until you get more power.

## Sisters in song Building a feminist culture

With Christmas just around the corner Upstream decided to help with last minute gift buying.

The following eight records are, for the most part, by lesser known artists. But remember biggest does not necessarily mean best.

Many of these albums are available from the Toronto Women's bookstore and will soon be available at Octopus Books in Ottawa.

American recordings can be ordered from Ladyslipper Music, 910 Clarendon, Durham, North Carolina 27705, USA. Each costs \$5.50, plus 50 cents for postage and an additional \$1.75 for delivery in Canada.

So if you don't have time to order any for Christmas why not give yourself a treat sometime in the New Year?

**Angele Arsenault - Angele Arsenault - SPPS Records**

Angele possesses a unique skill as a songwriter and performer. She sings in both French and English (her albums are available in both) and plays a lively guitar and piano. The spirit of Acadian dance is captured by her melodies and her lyrics convey her sense of humour. Arsenault's concerns are most clear when she sings of women as beggars, as mothers and as heroines.

**Meg Christian - I Know You Know - Olivia Records**

Meg Christian is a woman-identified musician who uses her music to express a deep political commitment. This album, a first for Olivia records, demonstrates Meg's clear voice and her excellence on classical guitar.

**Lavender Jane - Lavender Jane Loves Women - Alix Dobkin**

Alix Dobkin, Kay Gardner and Patchess Attom are the three women who make up Lavender

Jane. This album is possibly the strongest statement of women identification around, with the exception perhaps of Alix's later LP, *Living with Lesbians*.

Lavender Jane express their music in a lesbian-feminist-separatist perspective. Most notable in the music are Alix' lyrical voice and Kay's classical flute.

**Be Be K'roche - Be Be K'roche - Olivia Records**

A women's dance band from the San Francisco Bay area, Be Be K'roche is Olivia's latest release. The technical quality of this entirely female enterprise is equal to the professionalism of the performers. This is a tight, slick band which blends jazz, rock, latin rhythms, and blues with lyrics that are women-oriented.

**Rita MacNeil - Born a Woman - Boot Records**

Rita's first album amply displays the power of her voice. In her songs she explores her family, her past in Cape Breton and her

feelings about being a woman. Listening to her forces you through a spectrum of emotions.

**Holly Near - A Live Album and You Can Know All I Am - Redwood Records**

Referring to herself as a cultural worker, Holly uses her magnificent voice to organize. Following a tour of southeast Asia, Holly became politicized and began using her music to unleash her political concerns. As she became increasingly committed to the women's movement her songs grew to reflect her involvement.

These two albums pay tribute to working class women, women in prison, 'old-time' women, and married women. As well she devotes one to her sister and another to a Latin American woman organizing in a factory.

**Cris Williamson - The Changer and the Changed - Olivia Records**

The appeal of this album seems to affect even the most casual of listeners. Cris' unique style of singing is hauntingly interwoven into the sounds of a piano. An artist very much concerned with developing women-identified music, Cris uses the poetry of her lyrics and the emotion of her music to express her concerns with sisterhood and caring for women. Her spiritual orientation is expressed through prevalent natural images, such as water, deserts, and stars.

Oh sure I'd like to play in Vancouver. But it's all the stuff in between I don't want to play. There're a lot of places I think we'd get killed. If we ever played up north in Sudbury they would kill us. They'd call us faggots and kill us.

**Would you say you are fairly ambitious in comparison to other Canadian groups?**

Yes. I suppose so.

**Your first and only album that costs, I think \$17.98, whose idea was that?**

Jack Richardson, who used to produce the Guess Who. He wanted to start a company and produce direct to disc recordings and he came to see us because he was going to do some demos with us and then he decided that our band was so tight that he would like to try recording an album that way with us. So we said sure, why not, and it was all an experiment and we're going to use it for a demo to get a real recording contract and we'll make a little money so everybody comes out happy.

**You didn't cut that album to test the strength of your cult following did you?**

No. Because it really is for, the market that it's for, people who have expensive stereos, who don't care what is on the album they just want to hear the way it's recorded and all the, oh God I can't even discuss all the technical stuff, but it's purely technical to them. Another company records like that. That's Sheffield and he thought he'd like to compete with them and we're the first rock band in the world that has recorded with that process.



# ARTS

Ilse-Marie Gates:

## The woman behind the strings

by Dorothy Elias

The lights in the auditorium dim and two small spotlights focus on the front of a miniature theater. A woman appears around the side of the structure to introduce the show. We are about to see the Poppenplayer Puppets production of *Dr. Faust* — a modernized version designed for children.

The woman is Ilse-Marie Gates, puppeteer, writer, director, and producer of the puppet show. As the performance progresses, she virtually transforms the traditional Faust legend into a contemporary fairy tale. The original provides only the most basic plot outline — Faust sells his soul to Mephistopheles in return for knowledge and power.

Gates' version has a happy ending, several new characters, and references to a society that only a child of this century could understand. For instance, Faust's study is equipped with a computer. Caspar, the "Folksy hero" who eventually saves Faust, likes nothing better than MacDonalds hamburgers. Pollution and overpopulation are among the issues the play deals with.

But there are also ghosts, a dragon, and a princess to delight the more traditional. It is a play that can be seen on a variety of



levels, where children of all ages and inclinations can find something in it to suit them.

*Dr. Faust* is one of the most elaborate productions Gates has staged up til now. It's 45 minutes long, and it relies heavily on plot and character development, whereas her earlier shows were composites of skits and demonstrations of puppetry techniques.

Gates has found that most of the children in her audiences have little or no experience with puppets, and she views her shows as an opportunity for introducing them to the many aspects of her art.

Though her own interest in puppetry dates back to her childhood, Gates' career began when her own children were old enough to enjoy the skits and games with puppets she staged for them. Eventually the puppets were taken from her home to kindergartens, schools, and libraries, and the skits developed into large-scale productions. Her involvement in puppetry is now a full-time occupation.

Gates, who views her puppets as "the essence of a character", feels it is wrong to consider the puppets as "little people" who take the place of an actor. Rather than seeing the puppets as an extension

of herself, she feels that the puppeteer's function is to "keep back and let the puppets do the main work."

Gates would like to develop a mime show that relies only on movement and background music for expression. She already uses a minimum of props and backdrops, which she sees as a detraction.

Producing and staging the one-woman shows is a demanding and time-consuming job. But Gates still finds the time to design and make the many hand-puppets she has for sale. These range in price from \$1.50 to \$14.00, and represent a wide variety of animal and human characters. One of her ambitions is to reproduce the entire animal kingdom in puppet form.

The dramatic aspect of puppetry is Gates' first love, and she most enjoys the interaction with her audiences. All of her shows are geared toward audience participation which, Gates explained, counterbalances the limitations of working alone.

Instead of relying on assistants to extend her means of expression, Gates has found that the children can be unknowingly "employed" to help create the diversity and the spontaneous atmosphere that makes the shows so successful.

## NAC presents classical dance spoof

by Claire Harrison

The idea of men dressed in women's clothing has often been a source of comedy. Put some hairy-chested men into point shoes and tutus, and it is bound to bring a chuckle. Then form a ballet company of male dancers in drag, and perform parodies of great ballets, aping the styles of famous choreographers and dancers.

For an appreciative audience at the National Arts Centre on Dec. 4, the performance of Les Ballets Trockadero de Monte Carlo demonstrated that what could have been burlesque was a delightful tongue-in-cheek spoof of classical dance and dancers.

For starters, even the program notes were ludicrous. One ballet, entitled *Phaedra/Monotonous No.*

1148, had music written by AC/DC, costumes designed by Lo-Fat-Diet and danced by Eugenia Repelskii. The programme satirized the scholarly and lofty tones of ballet notes designed for, and understood only by, ballet devotees in-the-know. Take this jumble of jargon describing the ballet *Le Lac des Cygnes* (Swan Lake) as a realm of swans [and birds], an elegiac phantasmagoria of variations and ensembles in line and music.

Then there are those often exalted biographies of solo dancers, such as Olga Tchikaboumskaya — the first ballerina to explore the possibilities of mukluks in pointe technique, or Zamarina Zamar-kova — a charmer likened to a

lemon souffle poised delicately on the brink, or Vera Namethatunova who — founded and still directs the *Ecole de Ballet de Hard-Nox*.

The dancing itself was outrageously ridiculous. Although not "ballerinas", the dancers knew enough ballet technique and steps that they didn't bumble around the stage, falling over their own feet. In fact they danced so well, that mistakes and gaucheries were deliberate and humorous. The characteristic jealousies of professional dancers were exploited humorously in not-so-subtle up-stagings and looks "that could kill."

The choreography was clever, a pantomime and exaggeration of the rigidities and artifices of classical ballet, and the angularities and flourishes of modern dance. In *Le*

*Lac des Cygnes*, swans strutted, preened, and flapped while Ms. Tchikaboumskaya, as Odette, danced in the grande dame manner of the prima ballerina. In *The Dying Swan* solo, Ms. Zamarkova pirouetted and jeteed oblivious to the cloud of feathers arising from her costume with each vigorous bounce and turn. Only those at orchestra level could appreciate that her determined stage smile masked the fact that she was chewing gum.

The modern ballet *Phaedra/Monotonous No. 1148* was dedicated to women's lot. Suzina LaFuz-zovitch danced the part of the emerging woman discovering a

world of mops, irons, brooms and toilet brushes. The parody was

enhanced by the contrast of the humdrum paraphernalia of everyday life to the somber and dramatic ambience of modern dance.

For this reviewer, a ballet fan and people watcher, the audience at the NAC that night was almost as good a show as the ballet. There was a wide assortment of theatergoers — from young to old, male and female, heterosexual and homosexual. Everyone was represented.

It wasn't an evening for everyone, but for those who enjoy ballet, it provided a comic touch to a serious art. What could have been a performance of low comedy verging on poor taste was a pointed and sarcastic swipe at the pretensions of the dance world and those who work in it.

## New gallery promotes participation

by Leslie Gay

The modest premises of La Cooperative Artistique de l'Outaouais at 169 Nicholas St. conceal the aspirations of its occupants. The gallery is housed in the re-

novated basement of an innocuous grey house belonging to the National Capital Commission. Inside, rough stone walls and burlap-covered panels provide a rustic and casual setting for the purpose

of displaying the works of budding artists and craftsmen.

Jean-Charles Lemieux or "J-C", is the originator of the scheme; he will offer a copy of the co-op's "manifesto" to any who show interest in his project.

The primary objective of the group is "to increase the interchange between the community and its artists." Plans are in progress for continuous art displays and community gatherings in which ideas may be shared in an unrestricted and friendly milieu.

Jean-Claude is very much aware of the need of beginning artists, not only to expose their work to the public, but also to exchange ideas with others. The group shares a very democratic approach to the selection of works for display. Jean-Claude is particularly reluctant to judge the work of

hopeful artists. It is his belief that each individual's creativity is valid and should be encouraged. Everything from student work to that of better-known artists is eligible for inclusion in the gallery's displays.

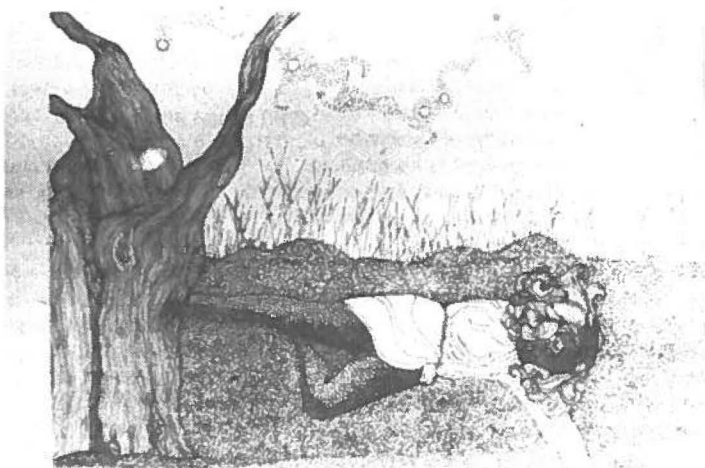
Objects in a wide variety of media, from crafts such as pottery and weaving to the "fine arts" of painting and small-scale sculpture are shown. Unusual works in batik, papier-mache and burned styrofoam are included. The casual nature of the project is evident in its policy regarding prices: the artists themselves are asked to decide, within reason, the sums they feel their works should command. Pen and ink drawings may be bought for as little as three dollars. The Co-op itself claims only twenty-five percent of the selling price of a work. "J-C's" warmth and charm induce one to



Betsy Moore

spend some time, if only to browse.

People dropping by should remember to bring the results of their latest creative endeavours. "La Cooperative" is eager for participation.



Betsy Moore



## Lizzie's dollhouse — All a Lilliputian Family Could Need

by Lana Ritchie

Chicken, turkey, lobster, squash, carrots, ripe tomatoes, boxes of chocolates, plum puddings, gingerbread men, and fruit cake. A shopping list? No, a sampling of the miniature foodstuffs available for the petite appetite at Lizzie's Dollhouse.

Elizabeth Derry and her mother, Anna, who own and operate a store at 328 Dalhousie St., near the Byward Market, specialize in dolls, dollhouses, and particularly dollhouse accessories. Lizzie, the buyer, believes, "Ideally, a dollhouse should contain everything a real home does," and has stocked her shop with all a Lilliputian family could need, including groceries.

A doll family does not eat cheaply, a box of chocolates is \$4.00, but a lobster is a good buy at \$1.50. Lizzie explains that, "The smaller the miniature the higher the price." Since each candy in the chocolate box is individually made this requires greater skill, time, and dexterity, than doing a larger object such as a lobster.

Scaled down replicas of Queen Anne trundle beds, early Canadian pine hutches, elegant walnut dining room suites, and beautiful pewter five piece table settings, are only a few of the household items which may be purchased for the affluent doll family. However, most of these finely crafted, delicate reproductions are primarily decorative and meant for the serious adult collector rather than the rambunctious seven year old.

For the younger set there are numerous sturdily built basic

pieces of modern wooden furniture, at reasonable prices. Lizzie considers the \$25.00 hand painted porcelain bathtub, wash basin, and toilet presently on display in a glass enclosed showcase with other valuable but highly breakable miniatures purely a "luxury number" and definitely not for anyone of tender age.

More appropriate are the "bendable dolls", so called because of their flexibility and durability. Also attractive are the handmade batik stuffed animals, and "pillow dolls".

In starting a doll house collection for a child Lizzie suggests beginning with a doll or doll family and a few articles of furniture such as a bed or table and chairs, then adding to this gradually. "Never," she says, "begin with a bare shell of a dollhouse, especially an expensive one."

She explains that a rudimentary dollhouse can be simply constructed from an orange crate or a strong cardboard box. Leftover wallpaper and scraps of fabric can be used to decorate the inside. Lizzie, herself a collector and "miniature" addict from the age of eight, says, "the fun part of collecting for a young person or adult is finding or building the right furniture, rugs, curtains, or dishes; it's sort of playing interior designer on a small scale."

While most of the Derry's customers are collectors many people are starting collections for their children, sons included. Lizzie recalls one mother who bought a costly log cabin for her boys, aged six and eight. "She felt it would teach them how Canadians lived in an earlier era and be a greater

stimulus to their imaginations than a battery powered gizmo which self destructs after fifteen hours."

Any boy or girl between seven and twelve who has visited and enjoyed Upper Canada Village would be fascinated by the perfect replica of an old time general store filled with miniscule straw brooms, tiny bags of flour, little bolts of cloth, wooden barrels, crockery, pitchforks, and all the other paraphernalia typical of a turn of the century country store.

"The idea," claims the proprietor, "is not to buy everything that goes in a general store, a log cabin, or a dollhouse, but to use your ingenuity and spend money on things you can't make or on something special!"



Alisa Photography



## RITA MacNEIL: I've got a lot of dreams

by Maureen O'Hara

Six years ago singer-songwriter Rita MacNeil was virtually dragged off to her first feminist meeting by a friend in Toronto. At that time she was married with two children and had never written or publicly sung a song in her life.

"I was overwhelmed by what those women were doing and saying... some of the things I had been thinking privately for years.. I remember there were a lot of things I wanted to say but the group was large and I didn't feel confident enough to speak up, so I went home and wrote a song," says MacNeil.

A couple of weeks later the singer, who recently moved to Ottawa, mustered up the courage to sing her song to the women's group and since then has cut an album on Boot Records called *Born a Woman* and has performed at the Mariposa Folk Festival, Camp Fortune, the Multi-cultural Festival in Ottawa, the Northern Lights Festival this summer in Sudbury, the Michigan Women's Music Festival in August and women's centres across Canada.

In her first public appearance since moving to Ottawa this fall, Rita MacNeil sang to a full-capacity audience of 120 women at a concert dinner in the city Tuesday December 7.

Tickets were sold out after the first week they were available.

The expansive repertoire of music ranging from lyrically intelligent protest songs through country and western, blues and children's songs lend MacNeil a captivated audience performance after performance.

The musician, who almost always performs without any back

up, caught her audience with an arrangement of about 20 songs, more than half of which were new to most of the women there who hadn't heard her since her performances this summer.

MacNeil's next public appearance is scheduled January 14 on CBC television out of Montreal, where she will sing some of her children's songs on Madeline Cromby's program "Bonjour Bonjour".

The Cape Breton native says the direction of her music is shifting slightly with a new emphasis on blues and country and western rather than the political protest material that dominated her early repertoire.

With a cache of new songs and

new ideas for sound and arrangement, MacNeil says she would like to do a new album.

Problems with distribution leave her album *Born a Woman* unavailable in a great many record stores in the country. In Ottawa the record is sold at Uget's in Place de Ville.

"I'd love to put out a damned good album," she says. "I have new ideas... I hear instruments I would like and now I have the courage to make decisions about the back up and arrangement... I've got a lot of dreams."

Huguette Vranken, manager of the feminist artist, says Rita MacNeil will begin a tour of every major city in Canada in the new year.

## Olivia Records is for women

by Marusia Bociurkiw

Olivia Records is unique among national record companies; it is in business for women, and not for profit. It is a fairly new (established in 1973) American women's record company, based in Los Angeles. Its goal is to provide meaningful jobs, extensive training, access to the record industry, and, of course, good women's music, to women.

Collectivism is the guiding principle at Olivia Records. Five women share the administrative, technical, and artistic workload. As the company expands, its founders hope to involve all future employees in decision-making and would like to pay them on the basis of need, rather than on "the basis of the value society places on their work" all its musicians will have one-record contracts only, and

they can participate in budget and decision-making sessions, furthering the collective ideal. Says the information sheet: "Collective work is important to Olivia Records... the ideas of any one woman are amplified and elaborated when expressed in a group..."

Ideologies aside, the lack of their own recording studio is a very real problem for Olivia Records. It has been able to produce only four albums, and several 45's in its three year existence. It hopes to buy a recording studio soon with money acquired from donations.

Olivia Records also provides a tape library of women's music to which any woman can donate her music and from which any one can sample, simply by sending in a blank cassette and indicating preferences.



Kate Middleton



# BOOKS

## Fem lib every day of the year

**Every Woman's Almanac 1977: Appointment Calendar and Handbook**  
The Everyday Collective  
(Women's Press)  
unpaginated  
photographs and illustrations  
\$3.95 paperback

**Her-Story, a Canadian Women's Calendar 1977**  
The Saskatoon Women's Calendar Collective  
Hurtig Publishers  
122 pages  
photographs and illustrations  
\$3.95 paperback

by Betsy Struthers



The calendar handbook is a marvelous tool for every woman. Not only does it provide a handy appointment schedule in a small, easy-to-carry package, but it also informs, instructs and inspires us to continue our long struggle for liberation. This Christmas, Canadian publishers present us with two very different, but equally thought-provoking calendars — the choice is yours!

The **Every Woman's Almanac 1977** is pocket-size (4½" by 6¼") with a sewn binding so that pages will neither broop nor tear out but will open flat for constant use. **Handle this book!** the foreword urges, and handy it is indeed. As well as the 2-page weekly spreads, there are address pages, space for notes, and concise calendars from 1976 through to 1978.

A short, authoritative, issue-oriented article introduces each month. these include both self-

help suggestions — how to set up a tenant organization, illustrated information on birth control devices, facts about abortion and venereal disease, how to choose and respond to therapy — and political discussions of sex-stereotyping in schools, homosexuality, marriage, wage and price controls, and women's experience in the office, the factory, the home, and the prison.

The final **Road to Liberation** indicates the future path to liberation and communication among all women. Relevant and topical cartoons, quotes, photographs and advice reinforce each month's message on every weekly page.

**Her-Story 1977** takes a very different approach. Physically, it is much larger (5¼" by 8¼") and is a spiral bound so that it opens flat to reveal 2-page spreads with an article or photograph on the left and a weekly appointment space

— with suitable quote inserted — on the right.

Although it has some discussion of issues (e.g. women and the media, women and madness, sexuality, pay for housewives), its purpose is "her-storical": to rescue from obscurity those Canadian women, past and present, who have made a significant contribution to our political, cultural, or scientific life. Here are some well-known names (Margaret Atwood, Flora MacDonald), but many of the women are new to me and, probably, to you.

For instance, **Gladys Strum**, the first woman to head a Canadian political party (the Saskatchewan CCF in 1944); **Adelaide Hoodless**, who made home-making a respectable profession through her advocacy of home economics training and who established the first self-help associations of farm women; or **Mary Wrinch** whose paintings preceded and rivalled the works of the Group of Seven.

Collective organization in pol-



itics and sport are also examined. These include such diverse subjects as the Young Women's Christian Association, the Halifax

Council of Women, the Consumer's Association of Canada, ice hockey, bicycling and synchronised swimming among others.

In these well-researched, factual discussions, **Her-Story** provides an important link with the past and confidence for women's endeavours in the present and in the future.

The book concludes with an index, credits and notes relating to the quotes and photographs and a superbly stimulating bibliography complete with a list of recent Canadian publications concerning women.

The **Every Woman's Almanac** and **Her-Story** are two books filled with exciting challenging, fascinating facts to be used daily for notes, appointments, reminders. What better gift for yourself, for a friend, or for a younger sister just beginning to recognize her own womanhood, than these daily companions who give us a sense of who we are and where we're going, together.

## Book written for, by youths

**Girls Will Be Women**  
Betty Nicerson, editor  
All About Us/Nous Autres, Inc.  
73pp.  
\$2.00

by Joan Goodreau

Hunting for a book as a Christmas present for a preteen or teenager?

**Girls Will Be Women**, a book of poetry, will appeal to young people as the authors are young themselves. The poems and illustrations are done by girls aged six to eighteen from all across Canada. Small enough to put into a Christmas stocking, but large in ideas, this book will be valuable to teachers, librarians, or anyone working with youth.

In the secret search for identity that is common to all girls as they mature, this book dispenses with an adult's clichéd view of childhood and adolescence. It is a somber, sometimes confused collage of what it is like to grow up.

Elaine LeBlanc, seventeen years old, writes:

*I know I can never run away  
Yet I can't seem to live day by day  
I can't even retreat in my mind  
For I'm scared of what I would find.*

The authors question who they are. Do they dare show their real feelings in a society that expects them to conform? Madeline Koch of Montreal writes of a young girl,

*Disdaining  
Head held high...  
A perfect statue  
chiselled from stone  
moves in a skillful, graceful tone.  
All those things she shows,  
are they hiding  
somebody nobody knows*

Loneliness, old age, ambition, ecology, friendship, and parents are just a few of the subjects the poems explore. The overall tone of

these works is one of self-confidence and a belief that from a "... dark and hidden hold sometimes spring tigers of thought".

The beginning essay by Julianna Foster, age 13, poses a question that many of the ensuing poems try to answer:

*I will live, love, dream, wonder  
and think in my own way. By the time I have all thoughts straightened out... I will be a perfect woman. Who will I be when I become a perfect woman? Still*

*myself? I hope so. All girls will be women, but what kind?*

While **Girls Will Be Women** is one of few books dealing with the dilemmas of growing up it is through the poems that the reader detects the sorts of women today's young girls will become.

This collection, published by All About Us, a group that sponsors projects to encourage Canadian children's art and writing, can be obtained from All About Us/Nous Autres, Inc., Box 1985, Ottawa, for \$2.50.

## Psychiatry: modern tool to enforce status quo

**I'm Not Mad, I'm Angry: Women Look at Psychiatry**  
edited by Dorthy E. Smith and Sara J. David  
Press Gang Publishers  
202 pages, 6 drawings  
\$4.00 paper, \$10.00 cloth  
(available from Canadian Women's Educational Press,  
380 Bloor Street W., Toronto, Ont.)

by Betsy Struthers

**Women Look at Psychiatry** is a collection of essays and personal accounts that criticize the profession from a feminist viewpoint. Both the analytical, intellectual critiques of Freudian and neo-Freudian theories, and the horror stories of individual torment further warped by an uncomprehending, male-dominated profession, provide important insights into the practice and function of psychiatry in the modern world — especially in relation to the rising discontent of women toward their traditional roles.

Psychiatry is seen as a tool of social control; analysis and hospit-

alization become instruments of oppression. However, an over-emphasis on Laingian concepts of mental illness (I'm not mad, I'm angry") does obscure the very real problems of alienation and angst in the modern soul, both male and female. This is explored in accounts by women who have suffered breakdowns. Aware that their problems were aggravated considerably by the arrogant condescension of male doctors, they do not deny the reality of their experiences.

The analytical articles, written by feminist professionals, tend to confuse and mystify the reader by an overabundance of jargon. They do, however, make telling points against psychiatric ideals, ethics and practice, and provide a convincing argument for increased feminist participation in the area of mental health.

On the whole, this book provokes a stimulating discussion of psychiatry's role in the oppression of women, a challenge to society's definitions of mental health and mental illness, and a strong political argument for feminist action.

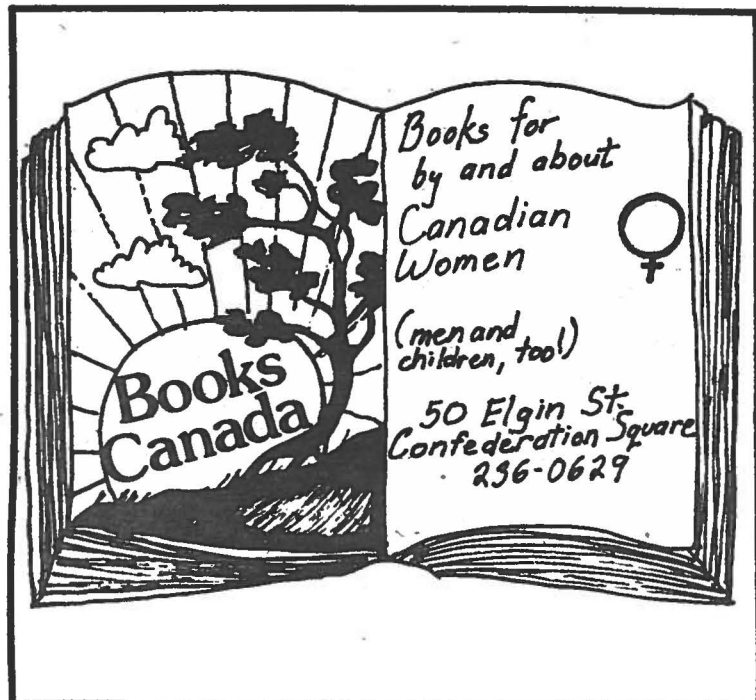
Reviewed with thanks to the Canadian Book Review Annual.

December 26 - January 1

### Years End at Strathmere

From Boxing Day to New Years Day guests are invited to the firm for rest, play and relaxation. No formal programmes, except a year end ceremony around a giant bon fire on New Years Eve, and consultations with I Ching on New Years Day about each one's future.

Rates on request, book early. **489-3979**





# Emily's Christmas letter home

Old Crow Lake,  
Canada West,  
24 December 1848

My Dearest Mother;

I hope this finds you well and as happy as circumstances allow, your first Christmas without Pop-pa. I hardly thought to have a minute to spare during this season, but the boys are out with Matt choosing the tree we shall erect in our "good" room, the baby is asleep and Judith is ironing our clothes for tomorrow.

Oh mother, I write in part to unburden myself, for sometimes I feel I must be an unnatural mother. Christmas, and indeed all such holidays, appear to me at times to be such a burden. The tree will be brave and lovely, the children will rejoice over their gifts, Matt will be expansive and jolly and the relatives will bring cheer and news.

But they will also bring their children, and ashamed as I am to say it, this imposes an extra heavy task on me which I do resent at times. We have had as many as twenty to table. You can imagine the work to be done before even Christmas day dawns — how many fowls to kill and clean, to stuff and roast; how much butter to churn; how much bread to bake and cakes to mix; how big a pudding to boil.

There is pleasure in the eating to be sure. Yet though the women all help with the washing and scouring afterwards, surely this must be a taste of what my Roman neighbour calls purgatory!

You can imagine too, that it is not alone the food which must be prepared. For the house must be cleaned and all scrubbed. I dare not imagine how much *extra* time I spend each Christmas in making the added soap I use! Moreover, we must appear in church on Christmas day as well turned out as our means allow, and as we have little ready money I do try to

make at least one new garment for each of us, to brighten up the season, be it a pair of knitted hose or a new shirt, or perhaps even a woolen jacket if I've had time to weave the cloth. All the same, the year 1848 has been a good one and I have at least not needed to make shoes.

This year Matt has promised me a bought workbasket for a gift, wherein I may keep in order my various needles and threads, patches, buttons and other sundries. (I would dearly have loved an album in which to keep photographs and other treasures, but this would be a frivolous luxury and I shall be glad to have a workbasket.)

For the boys he has made a sleigh, and for Judith a cradle for her doll, both cleverly hidden behind the logs outside the kitchen. The boys will be delighted, but I wonder about Judith, for truth to tell, Mother, she worries me sometimes, preferring to explore with her father's tools, to following of womanly pursuits.

Then I recall that she is not unlike myself at her age. Do you not remember how, back home in Sussex, I loved to wander through the woods in search of birds' nests, and how I wondered at the ways of frogs and lizards? How I hated those tedious hours indoors doing embroidery and those rounds of endless visits filled with empty chitter chatter!

Yet I learned at length to bridle my unnatural interests and to accommodate myself to what I needs must. And so, no doubt will my Judith. Else how will she ever marry? (Though truth to tell, I think it because I so enjoyed the outdoors that I make a good Canadian settler; we walk a mile through snowdrifts to church!)

But I chat foolishly and my time

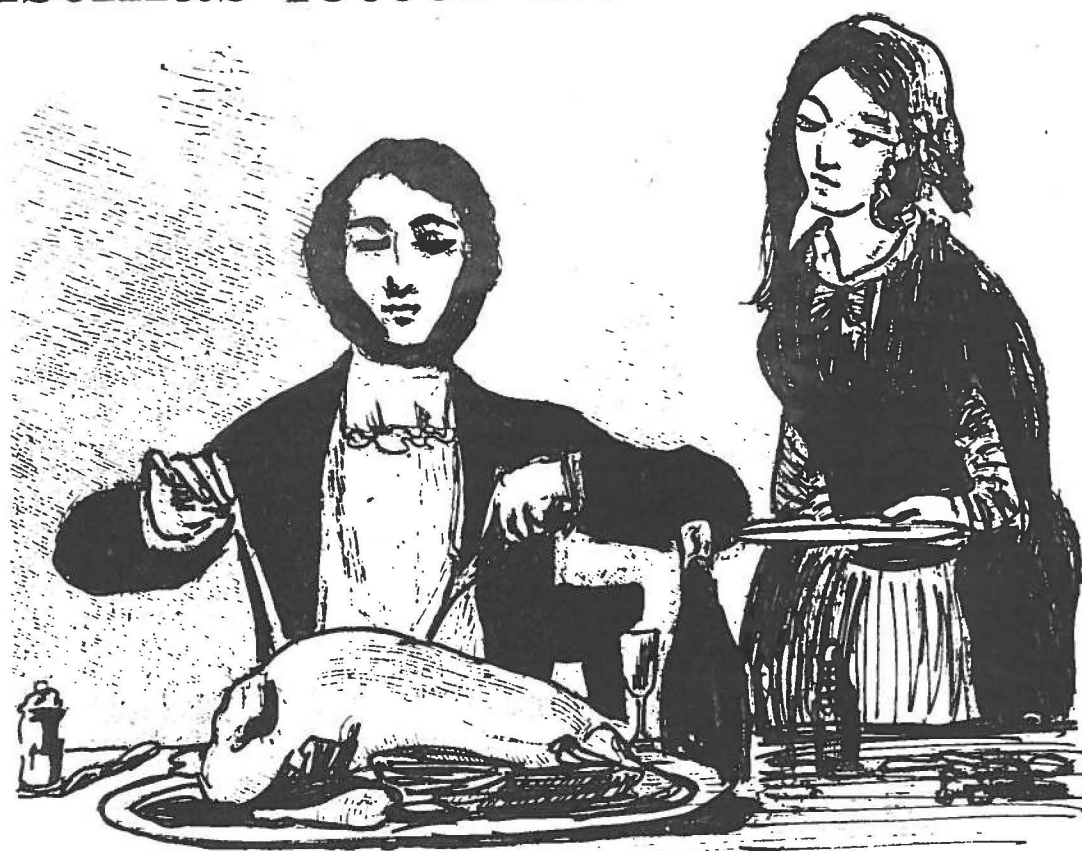
of repose is ending. Judith gets restless I can tell, for the smell of scorching reaches me. And the baby is stirring. In any event, I must put on water to heat for our Whole Body Wash tonight; I've made some myrtle soap from a new recipe which we shall use as a Christmas treat.

Tomorrow, smelling sweetly, we shall go to church to sing joyous hymns to the Saviour's birth (and also, alas, to listen less than joyously to Mr. Dingwell's sermon, which needs always more spice and less flour in its confection.) Our guests arrive in early afternoon and we shall spend the day in much eating and laughter, and some scolding, for children will squabble. And we shall have the inevitable tidying up afterwards.

In all, the day will be good, and we are indeed blessed. I have a good man, 3 sturdy sons and 2 sweet daughters. We have a solid roof over our heads, and always enough wholesome food to eat. My days are filled with useful tasks and my family is healthy and content. What more can a woman want?

God's Blessing to you on this Christmas, and may the year 1849 bring you happiness.

Your loving daughter,  
Emily



## REGULATIONS FOR A DINNER TABLE

Let the cloth be laid on accurately, observing to have the middle fold exactly through the centre of the table. When even, lay the plates, one at each end, and around the sides at equal distances from each other. Lay the napkins neatly folded near each plate. Place the knives and forks that the ends of the handles come even with the edge of the table, the blade towards the plate. The carving knives and forks at each end, and by those dishes that are to be carved. Then place your tumblers about three inches from the edge of the table at the right side of the plate. Your tablespoons as many as are needed, may be crossed and laid each side of the carver's plate. Let the castor be well filled and clean and placed in the centre. The salt stand well filled, the spoons perfectly bright and placed at convenient distances for use. Let there be nothing wanting that may be needed on the table.

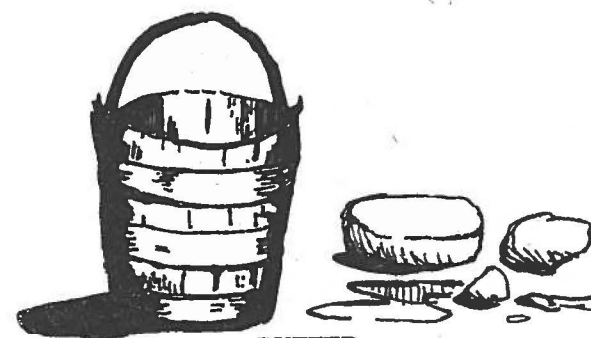
Skilful Housewife's Book, page 156



HARD SOAP

Dissoive twenty-five pounds of white potash in three pails of water. Heat twenty pounds of strained grease and add the lye and boil together until thick. Take it from the fire, stand in cold water until it becomes thin. Then put to each pail of soap a pint of salt and stir it well. Let it cool, and when hard take it from the lye and heat it over a slow fire. If you wish it yellow color put in a little palm oil and turn it in wooden bessels. When cold separate it again from the lye, but it in bars and let them stand in the sun several days to dry.

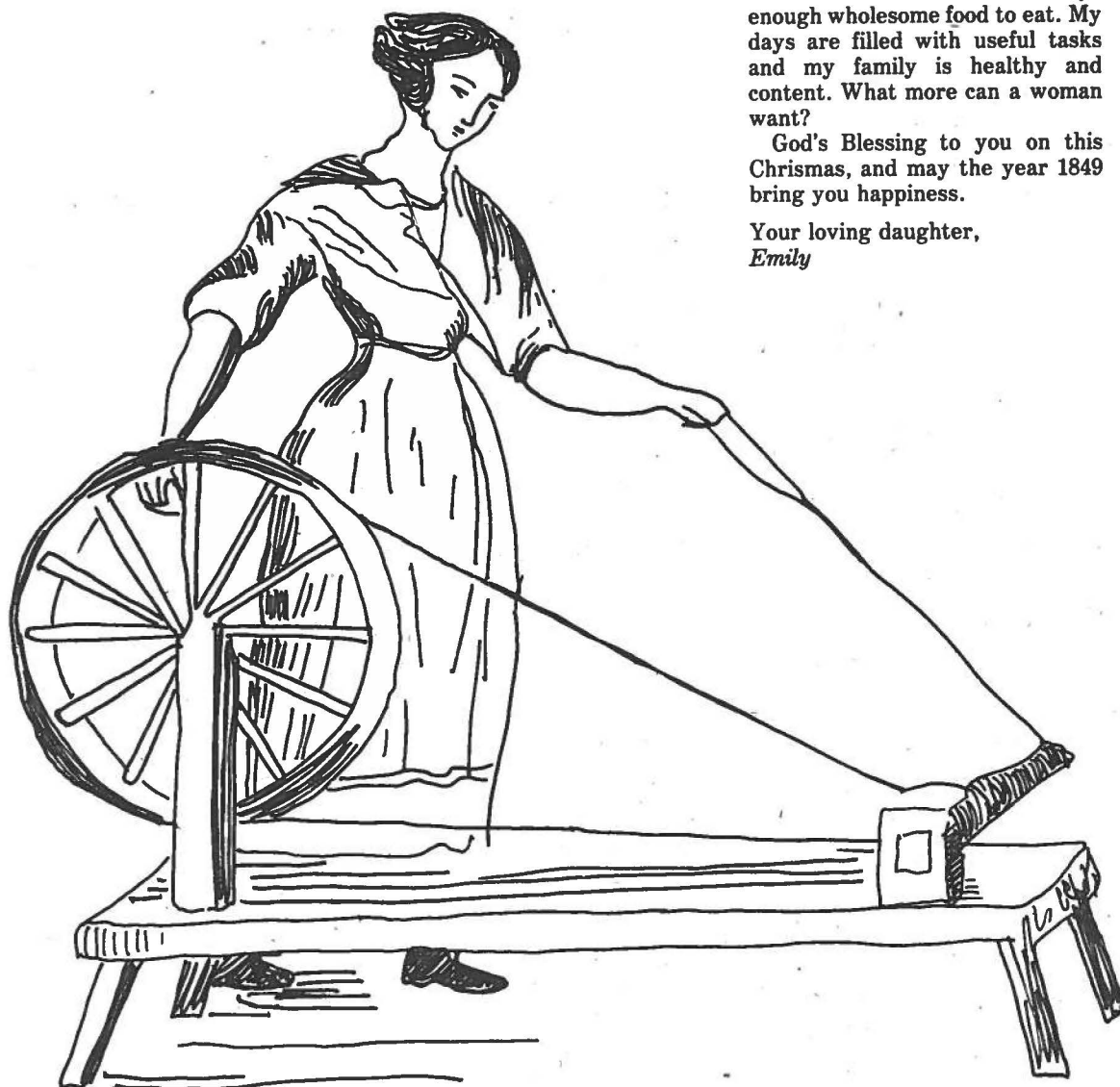
Skilful Housewife's Book, page 186



BUTTER

Keep your pails, churn, and pans sweet. In winter warm the pans and churns with hot water, in summer cool them with cold. Keep your milk in summer where it is cool and airy, in winter where it is warm. In warm weather, skim your milk as soon as it is thick, in colder weather, skim as soon as there is a good thick cream, and be careful not to let it remain too long, as it will acquire a bad taste. Churn as often as you have cream enough, never less than once a week. If the cream is of the right temperature when commenced, it will not froth, and if it does, put in a little salt. Use no salt but the best ground salt, work out all the butter milk with a ladle in summer, in winter use clean hands. If you wish to keep it some time, put it down in a jar or firkin, or pickle in layers, as clean and free from buttermilk as it is possible, leaving a space for pickle over it, in the following proportions. Half a pail of water, one quart of fine salt, two ounces of loaf sugar, one ounce of saltpetre, well boiled and skimmed. When cold, cover with this, and it will keep good and sweet the year round.

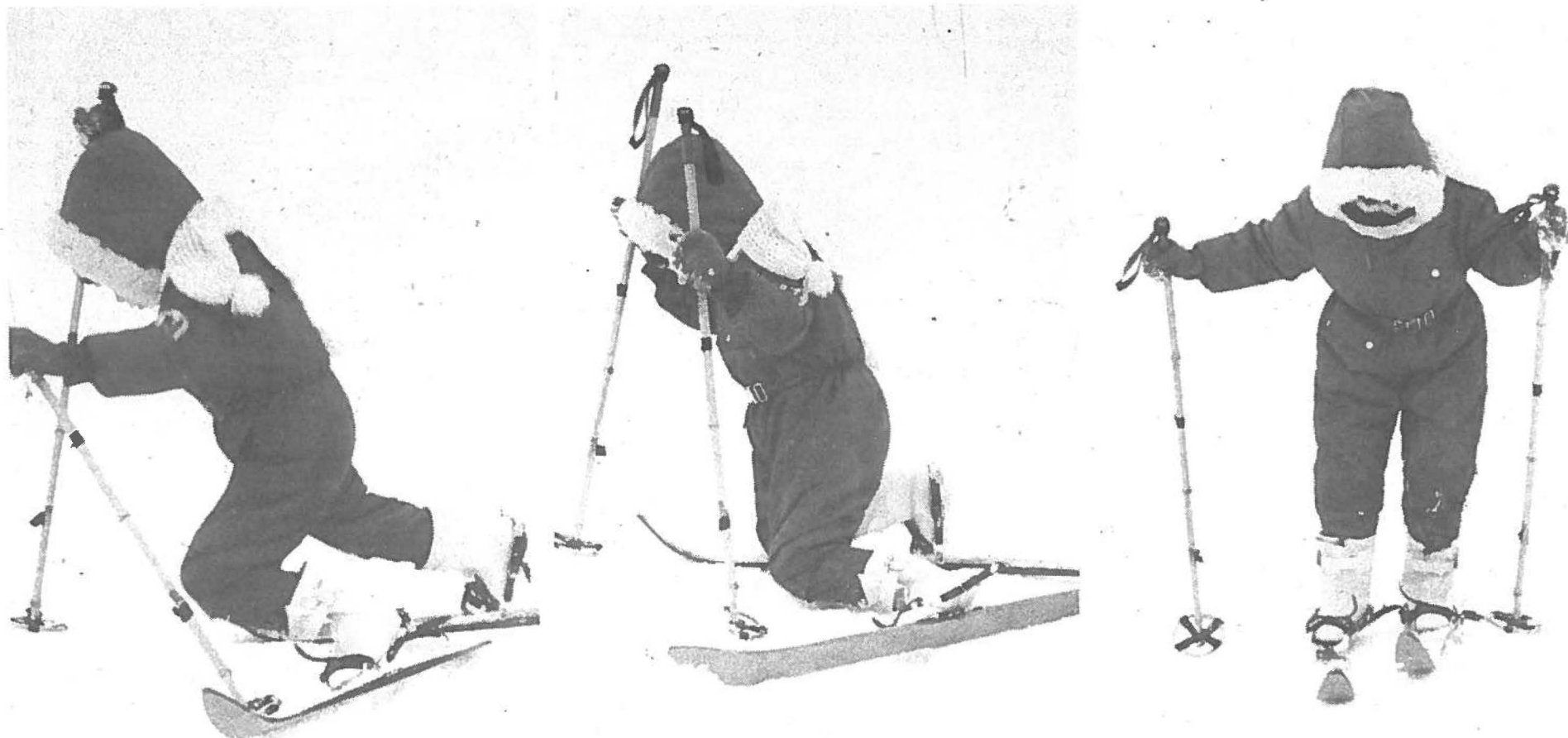
Skilful Housewife's Book, p. 120





# SPORTS

## Choosing the finest in cross-country equipment



by Bertie Lawton

Cross-country or Nordic skiing is a fast growing and ever popular winter sport in Ottawa. The surrounding areas provide some of Canada's best ski trails. Winters are getting more severe and one way of overcoming the winter blues is to ski.

Consider waiting until after Christmas to buy ski equipment. Prices will drop markedly, and if you buy now you may deprive some lucky person of the pleasure of filling your stocking with boots, mitts, or skis.

Many ski shops offer package deals on cross-country equipment and you may find this is the best way to equip yourself. Skis, bindings, poles, and boots are sold together for as low as \$60, and are often good buys.

Most cross-country skis are wood, but fiberglass is gaining popularity. Fiberglass is more rugged and more expensive, but many skiers feel it lacks the beauty of natural wood. Wood skis are more flexible and better able to hold wax.

When choosing skis consider length and flexibility. The old standard for length still holds — to measure your proper ski length stand up and hold the skis vertical while reaching for the tips. Your skis should come to your wrist. If you are light for your height, slightly shorter skis may be more suitable. In testing for flexibility hold the ski bottoms against each other and squeeze. They should come together over the entire ski with the tips separated a little. You will notice some skis are 'softer' or more flexible than others.

Again a lighter woman can select a more flexible ski. Look for any structural defects in the ski such as warps that might fracture under stress.

It is difficult to choose among the myriad of ski waxes on the market. Basically you need three waxes — one each for new snow, old powder, and wet granular. If you decide to go in for racing you will probably want to try a few extra. There has been much discussion over the years on whether cushion over the years on waxing the ski grooves. The consensus seems to be against. Occasionally wax the grooves with paraffin. This prevents icing in the groove and buildup of snow that softer waxes may cause.

One other consideration is tarring. Wooden base skis may require the application of pine tar to

the base for water-proofing. It's easy but messy to apply. Many ski shops will do the work for about two dollars.

Bindings to consider are toe bindings and cable bindings. Toe bindings hold the boot to the ski by a device at the toe of the boot. The most usual is the pin type but new methods are constantly hitting the ski market. Cable bindings offer some lateral support and will give more downpull on your boots enabling you to ski downhill with better control. The latter are frequently used in mountain skiing. The cables are unhitched for climbing. Probably you will find pin toe bindings most suitable for your first pair of cross-country skis.

Boots are important. Light touring boots are recommended. Boots can be high or low. The higher boots are warmer and keep out the snow, but are not as light. Leather is best for appearance and comfort. They can be waterproofed. Mink oil is good — it doesn't plug the pores like silicones and allows the leather to breathe.

Be sure to check fit when you try on your boots. Wear the socks you will wear skiing — two pair

of wool socks are advisable for warmth, a thick pair over a thinner pair. Cross-country boots should fit like street shoes — comfort is important. Check too that the boots fit the bindings.

Poles should fit comfortably under your armpits when held vertical with the tips touching the floor. Check the pole grip for comfort. Most skiers prefer a light fitting wide strap. Be sure the pole tips are curved for ease in pulling out of snow. The wider the pole basket the easier you will find it to push ahead in deep snow.

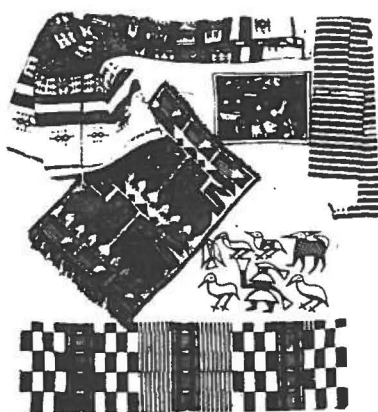
Clothing should be loose for vigorous skiing. The materials should breathe so you don't end up clammy and cold. Hats are important on cold days and along the trails it may get cold. Choose gloves or mittens as you prefer. Gloves aren't as warm but give a better feel for the poles. Knickers are the traditional Nordic pants, but jeans will do at first, although you may find they get wet when you fall.

To complete your equipment you may want to add a small pack.

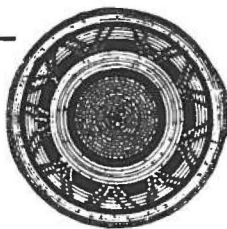
Watch for articles in future issues of Upstream on technique and trails in the area.

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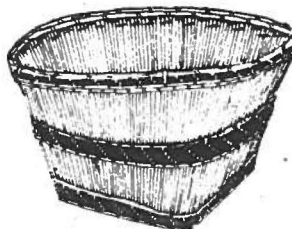
hangings, rugs, spreads... all hand made natural and colours



baskets... for plants and attractive wall decoration in beautiful natural colours



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527 sussex drive, ottawa,

## Training before trailing

by Bertie Lawton

Cross country skiing can't be beaten as a sport for all round development of physical fitness. The terrain can be as easy or rugged as you choose and can be varied every time you ski, considering the hundreds of miles of trails available in the Ottawa area. Skiing improves your stamina, strength, balance, coordination, as well as your cardiovascular system, to name a few advantages and besides, it's a lot of fun.

The best exercise for cross-country skiing is cross-country skiing. However, until you get out on the trails there are a few things you can do to make your skiing more enjoyable. All round body strength is necessary to avoid exhaustion. In training, develop your

arms, legs, back and shoulders in particular.

Jogging and running are excellent for building endurance and developing strength in the legs. Walk and take the stairs when you have the time. Arm strength is essential for poling uphill, as well as for speed on flat ground. Pushups are good for building arm strength. Swimming is an excellent all round body developer and for back flexibility and breathing, practise Yoga exercises.

The better your fitness the more you'll enjoy your first time on the ski slopes. If your physical condition leaves something to be desired, ski by all means, but don't try to do too much your first couple of times on the trails or hills.



## OBE supports integrated sports, physical education

Ottawa Board of Education status of women committee unanimously supported two recommendations urging board action to integrate all school-governed physical activities.

The committee, which met Dec. 9, recommended the board adopt a philosophy consistent with coeducation and require administrators to report progress toward implementing it in physical education and intramural programs.

However, the effect of the recommendations, if given board approval, will probably be minimal. At present, physical education programs already are coed up to grade six, and most of the high schools offer some coed classes. Recently, house leagues (intramurals), too, have been moving toward coed play because of dwindling student enrolments.

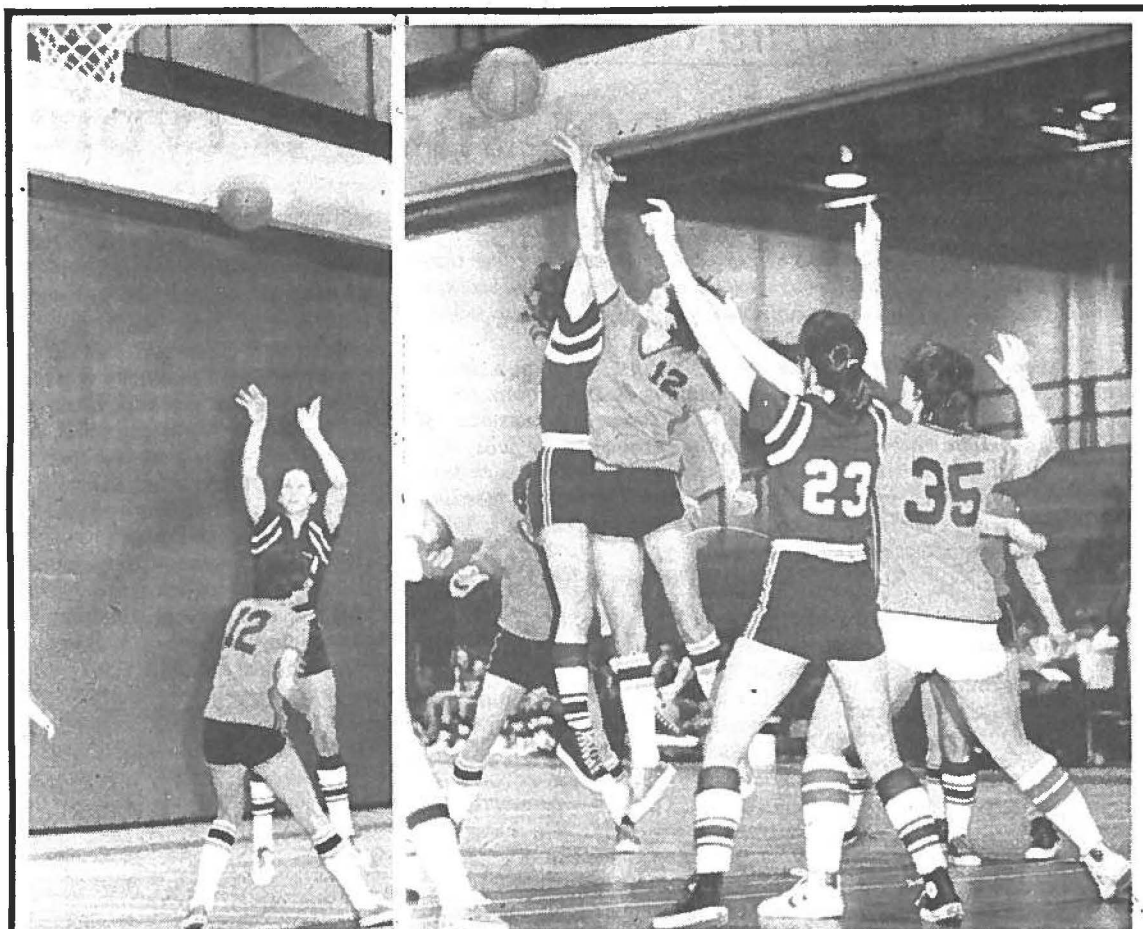
The real issue seems to be at the intermediate level (grades 7-10) where the policy has been to separate the girls from the boys.

The reason? According to Marilyn Sloan, OBE physical education consultant, it's the guidelines from the Ontario Ministry of Education. They state for intermediate classes: "in general it is recommended

that activity classes be taught to girls by a female teacher" and vice versa but add that for senior level students "selected activities are appropriate for integrated classes."

Although Sloan said the curriculum committee felt "bound by the ministry's wishes," Trustee Jane Dobell pointed out that the guidelines were prepared in 1973 and there was nothing in them to prevent the board from adopting a more reasonable philosophy. Arguing for total integration was Dorothy Glass, a physical education teacher and administrator from B.C. She reported on her experience in a fully integrated program. She had participated in both elementary and secondary programs where the only barriers to students were their own likes and dislikes and physical capabilities.

She noted that activities like dance and wrestling are aimed at different physical objectives and that both sexes should be given the opportunity to pursue them. She felt, therefore, that OBE physical education consultants should seriously consider why they have limited these activities to a certain sex.



Left, Kathy Kingsbury of Ottawa U. goes for two in a consolation game at Ottawa U. invitational. Later, jumps against Bytowner Pat Stoddart [12]; Pam Coburn [23] and Colleen Dufresne [35] get ready to battle. Bytowners won 52-48 and Dufresne picked up 17 points.

Amy Chouinard

## FITNESS

by Sandy Garland

Not only can the experts not agree on a definition of physical fitness, they also contradict each other on how to get there.

Are you baffled by the fact that one book will tell you to exercise vigorously for half an hour each day while another will preach the benefits of slow stretching movements and relaxation techniques? Over the next few months I'd like to try to sort out the different schools and explain some of the benefits and limitations of each.

Aerobics, as a fitness program, is becoming increasingly popular and is probably the regime that can be beneficial to the largest number of people.

The main purpose of aerobics is to increase the efficiency of the circulatory system, the heart and lungs. The easiest way to do this is by vigorously exercising your biggest muscles, arms and legs mostly. Any exercise that does this is an aerobic exercise — jogging, cycling, swimming, climbing stairs, walking.

Increased efficiency occurs when you follow the exercise programme for an extended period. If you do something that taxes your system every day, you'll soon find the exercise becoming easier. Your heart is adapting: instead of pumping out more oxygen by beating faster, it begins to send out more blood with each beat. This ability remains even when you are not exercising. (People find the heart rate can fall by as much as 30 beats per minute.) Now the heart is stronger and capable of responding more readily to stress. For this reason aerobics are recommended for many heart patients who need to build up a resistance to further attacks.

The reason aerobics has become so popular, I think, has more to do with its side effects than its main function. Most people don't go out jogging day after day through fear of heart attacks (unless they've already had one).

If I were to list all the personal improvements noticed by people in aerobics programmes I'd sound like I was selling a magic elixir. The fact that this form of exercise concentrates on your circulatory system which reaches all parts of your body means that every part of you benefits.

As a fitness program, aerobics is ideal for most people. It requires very little time; stair climbing, for example, can be done in ten minutes every evening. Equipment is minimal and programs are flexible. A good pair of running shoes, or a bathing suit, or maybe a bicycle is all you need. You can play squash one day, run the next, take a long walk on the weekend or do stationary running in front of the T.V. set if the weather is bad.

There are however, several drawbacks. Most difficult for many people, is sticking to a regular schedule, for you must exercise at least five times a week to remain in condition. Stop for a week and you'll find you have to start again slowly.

This is not a weight loss program and people more than 35 pounds overweight should not do any of the more strenuous exercises like jogging. If you don't alter your food intake you will lose weight gradually over a long period of time, but don't expect a drastic change.

Aerobics is meant to strain your system so do have a medical checkup first.

If you are interested in finding out about aerobics I highly recommend a book called *Aerobics for Women* by Mildred Cooper and Dr. Kenneth Cooper. It is well written, and much more practical than any other aerobics book I've come across, including in its pages exercises such as stair climbing and rope jumping. I've been doing the stair climbing routine for two weeks now and I feel great!



Amy Chouinard

## Sports Calendar

**Ottawa District Ladies Hockey League**

**Dec 18 Cardinals vs. Kemptville**  
Kemptville Arena, 7:00 pm

**Curling**

**Dec 27-29 Junior girls, Zone 2**  
playdowns, Rockcliffe

**Cross Country Skiing and Snowshoeing**

**Jan 1-2 New Year's weekend,**  
Shawville, Ottawa Youth Hostels  
Association; for more information  
call Don Cullen, 820-2844

**Synchronized Swimming**

**Jan 8 Eastern Ontario Winter**  
Games (Figures; solo, duet, and  
team routines) Brewer pool, 10 am  
to 4 pm

**Gloucester Ringette Association**  
[up to age 19]

**Dec 18 12 games:**  
Potvin Area 6 am - 10 am  
Leitrim Arena 11 am - 2 pm  
Blackburn Arena 3 pm - 7 pm

coordinated by Amy Chouinard  
234-4118

## Sports-minded Gifts

79 cents to 225 dollars

If you are looking for the perfect Christmas gift for a person who has everything, here are a few suggestions that range from 79 cents to \$225, that are guaranteed not to stare back from every department store and sports shop shelf in Ottawa.


By far the most original item is Shoe Goo for the sentimental person who would like to extend the life of her favourite runners; for \$3.20 your friend can triple the life of sneaker soles and toes — a simple way to retread. (Eclectic Products, Inc., PO Box 467WS, Lomita, CA 90717.)

The least expensive item on the list is a jump rope, and the most expensive is a membership to a local health or athletic club. Some of the intermediate-priced include a skydiving course at the RA Centre (\$68) or lessons in yoga, judo, golf, or tennis. Other items that are available locally are a fitness assessment test (\$10-\$75),

squash shorts with terry inserts along the sides for wiping sweaty hands, and a ski-ami coupon book for ski areas around Ottawa, New Hampshire, Vermont, etc. (\$10)

A few other possibilities are a year's subscription to Women-Sports magazine (\$8.95 from PO Box 10050, Des Moines, Iowa 50374) and a guaranteed bike lock (\$25). The latter is available from the Bicycle Exchange, PO Box WS, 3 Bow St., Cambridge, MA, and is guaranteed for 3 years against breakage or your bicycle replaced.

Of course, these ideas assume that you have already bought the cross country ski enthusiast accessories like wax, socks, ski tip, and pack sack, and that last year's stocking contained basic sport supplies like a baseball, a hockey puck, tennis socks, curry comb, bicycle bell, fish hooks, golf glove, and ear plugs.



WE'RE THREE PEOPLE —  
KATHLEEN, CAED, AND CLAY —  
WITH A REALLY LITTLE SHOP  
JUST FULL OF GOOD GEAR  
CANADIAN NORTH AGENT KITS  
FOR SEWING DOWN VESTS, PARKAS,  
COMFORTERS, AND SLEEPING BAGS;  
AND CROSS COUNTRY SKI EQUIPMENT,  
EVEN A FRAME-PACK FOR  
PACKING THE BABY ALONG.

THE PACK AND TENT SHOP  
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## Nakkertok Ski School

six-week courses starting 8 January 1977

**Location:** Ski Centre, 4½ miles north of gatineau

**Times:** Weekdays 10 AM, 2 PM, or 8 PM

Sat. & Sun. 10 AM or 1 PM

Children's lessons 10 AM or 1 PM Sat. & Sun.

**Cost:** Six-week course \$30.00; members \$24.00

children under 12 years \$20.00; members \$16.00

**For information and applications**  
phone 234-5721 or 827-1501

**group lessons and winter camping trips available**



## The life of a child care worker

# "My role is not such a typical woman's role"

"Women make up about a third of enrollment in colleges but they tend to place themselves in such courses as arts and science, education, household science, nursing and social work [82% of all women college students]."

These choices at the university and community college levels accurately reflect how women place themselves in the labour force. They are concentrated in jobs which are logical extensions of traditional housewife chores... It is probably because these jobs, like child care, nutrition and nursing, are so close to the unpaid work that women normally do in their homes that they are not valued, rewarded, and respected as are the traditional male tasks which have had a dollar value on them ever since currency began."

-Zuker & Callwood, *The Law is Not for Women*

by Jane Whitelaw

In 1901, according to a study of professional working women in *To See Ourselves*, 15% of all working women were in professional occupations.

The majority of professional women find themselves in a handful of occupations closely related to women's traditional roles. However, due to the changing attitudes of society, the work of unions and of women themselves, these professional occupations are becoming not merely personally fulfilling but financially secure as well. As women prove themselves as capable and respected executives in the more traditional occupations, the move into non-traditional occupations becomes easier.

Jill is a child care worker in an adolescent boys treatment home. There are five staff members, three men and two women.

"The duties involve a lot of housework. It's a big house with six kids so we have to vacuum, prepare dinner, go grocery shopping — we're short a housekeeper but we've managed for eight months without one. We're gearing the kids for independence and their being involved in the housekeeping fits in with the whole milieu we're preparing them for.

During the day shift, while the kids are away, we have school contacts. A lot of the kids are having problems in school with individual teachers and guidance counsellors. Everyone is assigned one or two kids they do school work for.

Then there are the family contacts. The kids are assigned a social worker and everyone deals with them so we're on the phone a lot.

The agency offers professional development seminars weekly and conferences so there's a fair bit of running around.

On the night shift you're involv-

ed with getting dinner on the table at the dinner hour. This is very important. It's the one time in the evening when everyone sits down together. We always eat by candlelight. We have good china and kitchen china — everything is served properly. We have very strict rules about the dinner hour. The kids are really lacking in the social graces and so we concentrate on this. They really get a kick out of eating by candlelight.

After dinner the kids do the cleaning up and after that there's one hour of strict remedial work. This is where teaching skills are important — my machine shop's really getting a lot better!

By then it's 7:30 or 8 p.m. Sometimes there's a planned activity like a show, the museum, swimming, but usually the rest of the evening is the kid's own. It's pretty unstructured. The kids head down to the television room or out. When I first started I found I was left alone in the living room thinking — "What do I do now?" There is a border between "Talk to me kid I'm at work!" and infringing on privacy. So now maybe I bake something in the kitchen and if they want to talk they'll come and get involved, or maybe we'll play a board game, or I'll watch the movie with them and maybe it's something that will generate some conversation afterward. It seldom happens with six kids that you're alone for long. Usually someone wants to talk or gets a blast for something.

Every week there are structured talks. We call them one to ones. It's a space for the kid to talk about how he feels about things and what he's working toward. There's where the skills and professionalism come out. Here's a real responsibility and a professional attitude that has to be developed — like taking the right moment to talk to the kids about things.

The professionalism comes with working with the kids themselves

and feeling comfortable enough and confident enough to work with them. At first I was wishy-washy. I'd take a firm line, the kid would take a firm line, we'd talk for awhile and then I'd realize I'd compromised. Flexibility is necessary in a lot of circumstances but the kids will run you ragged if they know that you say no but you can be talked into saying yes.

I've put a lot of emphasis on the one to ones, the family responsibility, the school liaison — but the actual day to day work is probably more important. But now I'm new — my attention's there on the technical things.

There's a pension plan, sick leave, group insurance, OHIP, maternity and paternity leave. There's even adoption leave. I'm in the resource division, assessment facilities. There's little room for promotion in that division but you could apply to the services division. That could be a lateral move in pay and prestige but that division has more upward mobility. I've seen people do that, move over and up.

As for restrictions, you cannot hit a kid. You can get dismissed for that. The technique used with out of control kids, say a kid is

crimination clause right in the contract.

We're there now partly as role models but we're definitely breaking down their stereotype images which are really strong.

Our resident staff member is the strong, silent type. He's a good model for the kids because he's strong and assertive. He never rough-houses with the kids but he hugs them. The one staff member that's a real jock is also the best cook in the place — a real gourmet!

The other woman staff member is married and has a two year old son. She is very attractive and warm and motherly but at the same time she's sexy. She's a real hit with the kids. They can identify that role.

My role is not such a typical woman's role I don't think. I play football with them but I also taught one kid how to dance last week.

Mostly what we deal with is the guys' misperceptions about women. It takes concentrated effort to break that thinking. We went through a session with one boy practically mauling us and we had to say — "There's a way that you can hug and kiss us and there's a way you can hug and kiss your girlfriend and that's for your girlfriend!"



### IS THIS YOUR FINAL CAREER GOAL?

No, I want to do my masters. The field is my career goal. I'll probably stay about two years. I'm committed for one year which is understandable. They have a high turnover rate. The job burns people out quickly. The high intensity, high pressure, and shift work all lead to a high turnover although it is the highest paying agency in the city.

I'd like to do an MSW and get into family therapy but I need the practical experience first. My training is honours psychology and I got some practical experience in Guelph working with the girls from the training school.

### WHAT ABOUT WAGES AND BENEFITS?

I make about \$11,300 a year for a 40 hour week and as I said before I think it's the highest paying agency in the city. I get two weekends off a month. There are four weeks paid holiday when you've been there a year. The overtime is compensatory — that is you take it in hours not money. I think that's a financial restraint move. Overtime is a common occurrence. If your shift ends at 11 p.m. and you're sitting on top of a kid you can't get up and say — "Well my shift's over!"

We became members of the Ontario Public Service employees Union within the past year. They brought in the 40 hour week and compensatory overtime. You don't have to join though. Your dues can be sent to a charity instead.

**NOTE:** An information officer for the agency informed me that there is a yearly increment based on merit and a salary continuance plan. There are also a lot of women in management. She noted that this could be partially due to the fact that the field was traditionally female. They are now pleased to be attracting more male workers to the field.

throwing chairs or flailing about, is holding. The male staff do that. The women are not required to hold to the extent the men are. That's not so much a restriction as a physical ability. Our kids are so big. If he's going to do something, he'll do it. You try to prevent him from hurting himself. The men are all over 6 feet. I personally don't feel I'm able to hold a kid.

But then the kids have a different attitude to us too. We try to dress up in our house, for several reasons. The kids are such slob! (laugh) How you dress and how you look is how you present yourself. We're gearing our kids for independence and jeans and T-shirts aren't going to be acceptable when they go out to work. They give us all the reasons we used at that stage — it doesn't matter how you look — that doesn't mean how I am. We try to explain that now you dress reflects how you feel about yourself. It shows your pride in yourself.

Also if I dress up the kids are less physical. There's using my sex in a manipulatory way! But I'm not as likely to be roughed up in the kitchen or have a football thrown at me. There are times I can wear my jeans and play football in the backyard with them (and they're amazed at how well I can play!) I like to think I can set the limits on their behavior to me.

### WHAT IS THE RATIO OF MALE TO FEMALE WORKERS IN THE AGENCY?

There is a concerted effort on the part of the agency to look specifically for women to fill some spots. In our house for example it was necessary because of the all-male household and the weird ideas they have about women. Across the board I'm not sure. It's probably close to half and half although there may be more female workers. Child care worker was traditionally thought of as a female job. There's an anti-dis-

### WHAT DEGREE OF INVOLVEMENT DO YOU ALLOW YOURSELF?

I don't socialize with the people I work with usually. I might go for a beer after work if it's been a rough day, but there's so much intimacy on the job that superficialities are private. You can see exactly how I feel about raising kids, you can watch me pounding my fists on the table when I'm angry, you can hold me when I'm crying but by God don't ask me what I did last night because I have to have something to myself!

I'm amazed at how little I talk about work when I come home but I have to turn it off otherwise it would be my whole life. If a kid's on the run I hope he has a bed to sleep in but I don't lie awake all night thinking about it.

### HOW DO YOU FEEL ABOUT YOUR WORK?

I like it. I do. I don't know how long I'm going to be able to do it. The shift work really screws up your social life and that's necessary or you get too wrapped up in the house. But there's no time.

I want to get into administration. It appeals to me for its more structured responsibility. If I could be operating as a therapist out of a clinic that would be more structured too.

Sometimes I feel we're not getting anywhere. There's a natural depression that follows the job. When you get kids at 15 it's hard to turn them out into nice little boys. If the depression got too strong I'd have to get out.

Actually I'm quite proud to have a job right now with all this unemployment, and one that I like.

Last summer we rented a cottage for ten days for the kids. It was really great, having a leisurely breakfast, sitting on the dock talking to a kid about natural childbirth, playing games — I remember one afternoon driving along a country road in the sun and thinking — "I'm at work! I'm working right now!"

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