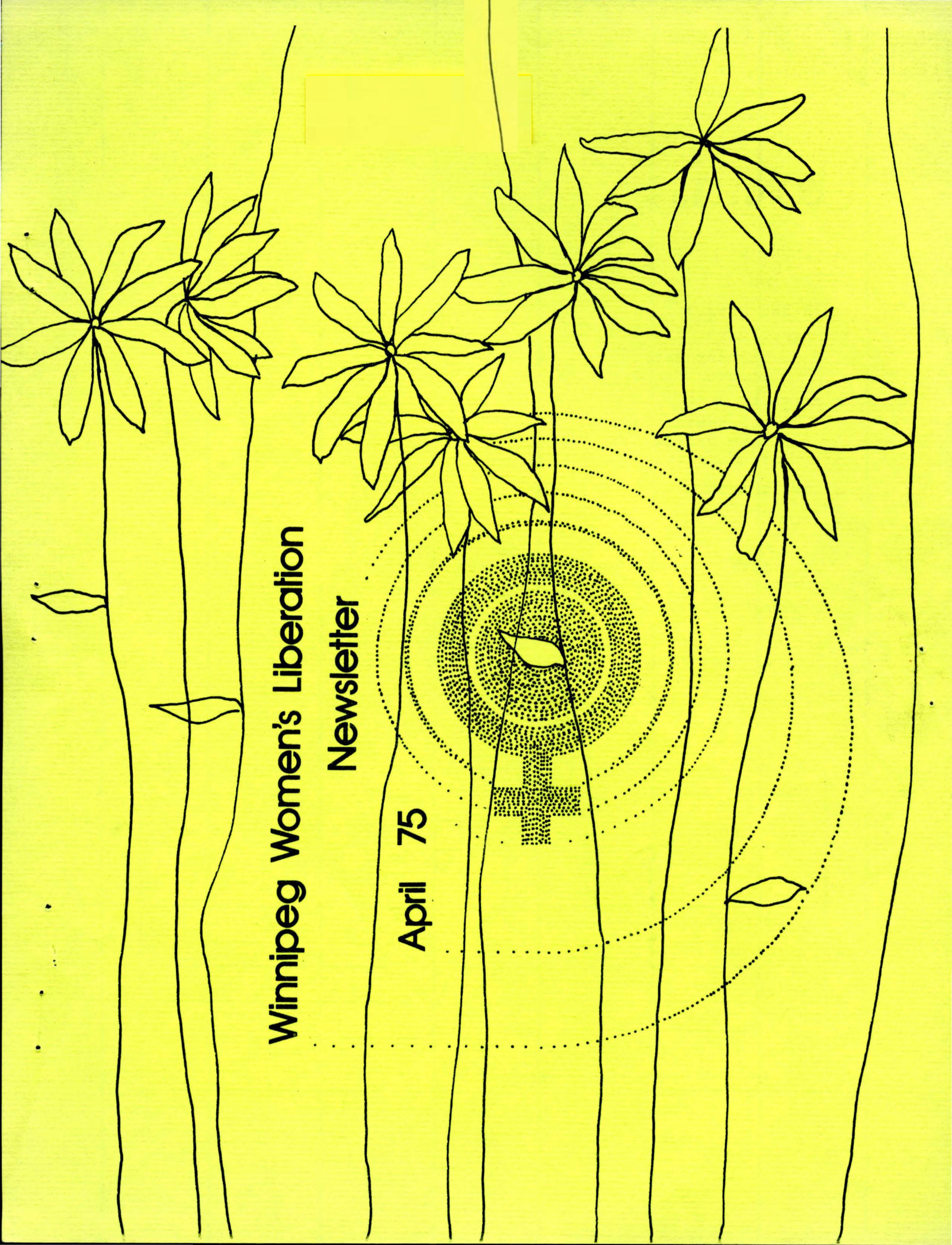
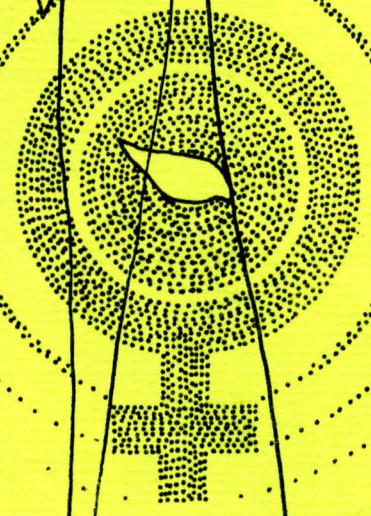


Winnipeg Women's Liberation

Newsletter

April 75



CONTENTS

CALENDAR 1

LETTERS 2

IN THE NEWS 4

CONFERENCES

Thunder Bay 14

Brandon Symposium 16

FEATURES

MCP Nominations 8

Book Review BORN A WOMAN 12

You and Your Blood Pressure 13

ANNOUNCEMENTS 17

The Monthly Newsletter is published by Winnipeg Women's Liberation, office at A WOMAN'S PLACE, 143 Walnut Street, phone 786-4581.

If you have any letters, articles, announcements, poems, literary articles to submit, send them to the above address.

Newsletter Collective: Ellen, Bev, Pat, Julie, Pam.

Subscription price \$3.00 per annum; single copy price 25¢	
WOMEN'S LIBERATION NEWSLETTER	
<input type="checkbox"/> I want to be a subscriber.	
<input type="checkbox"/> I want to give a gift subscription.	
Send Gift Subscription to:	
Name _____	My Name _____
Address _____	Address _____
City _____	City _____
Gift card should read from _____	

april

1

2

3

4

5

Party
725 Osborne

6

7

8

9

10

11 8pm.
House Concert
1167 Grosvenor

12

13

14 8pm.
Newsletter
Collective

15

16

17

18

19 12:30 - 5pm.
at U of W.
MCCA
General Meeting

10am. - 5pm.
Brandon
Symposium.

20

21 8pm.
Business
Meeting

22

23

24

25

26

27

28 8pm.
Newsletter
Mailout

29

30

LETTERS

I am looking for signatures for the petition below:

I am a working woman with no training and have been cleaning for twelve years and now find it too heavy.

I am over 60.

There are several reasons why I believe women of 60 should get old age security pensions:

1. Women are the last to be hired and the first to be fired.
2. For full time work in 1955 women received 63.9% of a man's wage-- in 1971 only 59.5%.
3. Wives working 30 to 34 hours on a job also put in 34 hours a week in house work. This makes it difficult for them to work overtime or even full time. Women are thus less popular as employees.
4. What do women contribute? Full time housewives put in 99.6 hours at 12 different jobs = \$159.44. Men are mostly successful bargain hunters. Most could not pay this wage.

The situation is very desperate for older women. For example one trans-Canada department store tries to get rid of women employees at 60 with no pension! Many females are hanging on and feeling pretty horrible because they know that they are not wanted. They have to put up with the indignities because they need the money.

IF YOU AGREE WITH ME, PLEASE SIGN THE PETITION AND SEND IT TO "A WOMAN'S PLACE. (Clip and send in)

I would like to see Old Age Security Pensions paid to all women at the age of 60 years.

Signature
 Address

Last week was a shocker! I opened the mail and discovered a 53 dollar cheque. From a man! He renewed his newsletter subscription, and commended our work and donated \$50.00. Thanks!

I know of one woman , a really sincere and committed worker for progressive causes who donates between \$10.00 and \$30.00 every month to A Woman's Place. She's an active woman who can't come to the house to help all that often so this is one way she supports the movement. Right on!

We need more members like this. Can you help with your time,energy, or money? With your support we will keep growing, and the bigger we are, the stronger we are!

L.T.

FEMINIST NEWS SERVICE--RECENT STUDIES CONDUCTED BY SCIENTISTS IN THE UNITED STATES ,ITALY, AND BULGARIA HAVE SHOWN THAT THE DRUG METRONIDAZOL (FLAGYL),USED IN THE TREATMENT OF TRICHOMONAS VAGINITIS ,CAUSES CANCER,GENE MUTATIONS, AND AN INCREASE IN CERTAIN HARMFUL BACTERIA.

A PETITION HAS BEEN SENT TO THE F.D.A. REGARDING PUBLISHED STUDIES IN THE UNITED STATES WHICH SHOWED THE DRUG CAUSED CANCER IN MICE BUT THE FDA HAS TABLED IT. SINCE THE PETITION WAS SENT IN NEW SCIENTIFIC EVIDENCE HAS APPEARED TO SUPPORT THE FACT THAT METRONIDAZOL SHOULD NOT BE USED IN NON LIFE-THREATENING DISEASES.

FLAGYL WAS DISCOVERED TO CURE TRICHOMONAS VAGINITIS BY THE G.D. SEARLE Co. WHO HOLDS THE PATENT ON THE DRUG. SLIGHTLY MODIFIED FORMS OF THE DRUG HAVE BEEN FOUND TO CURE TRICHOMONAS ALSO BUT THEY ARE NOT AS EFFECTIVE AS FLAGYL. AS IT STANDS, FLAGYL IS THE ONLY EFFECTIVE DRUG EXISTING THAT IS USED EXTENSIVELY FOR THE TREATMENT OF TRICHOMONAS VAGINITIS.

METRONIDAZOL , IN ORAL USE, IS ABSORBED INTO THE BLOODSTREAM AND IS PARTIALLY METABOLIZED IN THE BODY AND EXCRETED IN THE BLOOD,SALIVA, AND IN THE MILK (AT A LOW CONCENTRATION). THE STUDIES DONE ON THE EFFECTS OF THIS DRUG FOUND THAT IT CAUSED GENE MUTATIONS IN SALMONELLA BACTERIA, A DOUBLING IN THE MUTATION RATE IN KLEBSIELLA PNEUMONIAE BACTERIA, AN INCREASE IN THE RATE OF E-COLI BACTERIA CITROBACTER FREUNDII AND BIRTH DEFECTS WITH STUDY ANIMALS USED IN THE TESTS. IT WAS ALSO FOUND THAT TEST ANIMALS EXPERIENCED AN INCREASE IN THE INCIDENCE OF BREAST TUMORS,LUNG CANCER, AND MALIGNANT LYMPHOMAS.

WHEN THIS DRUG WAS TESTED(BEFORE IT WAS RELEASED ON THE MARKET) THE TESTS CONCENTRATED ON THE EFFECTS THAT THE DRUG HAD ON THE CARDIOVASCULAR,RESPIRATORY OR AUTONOMIS NERVOUS SYSTEMS OF DOGS,RATS , AND MICE. EVENTUALLY, SOME AREAS WHERE POSSIBLE ADVERSE EFFECTS COULD HAVE TAKEN PLACE WERE NOT STUDIED.

FOR MORE INFORMATION ON THIS DRUG CONTACT THE HEALTH RESEARCH GROUP, 2,000 P. STREET,N.W. WASHINGTON D.C. UNFORTUNATELY, AT THIS TIME NO INFORMATION IS AVAILABLE FROM CANADIAN SOURCES.

Dear Newsletter Collective:

I am sending money to cover the cost of receiving the newsletter, and \$5.00 extra for the kitty. I am receiving \$250.00 per month and that is not easy to live on. I had a wee bit of money in the bank with which I bought a rabbit hutch (house) and a car and insurance and I have to get a job very soon, and I am going to be a reporter, if possible.

I was just remembering the book 'The Second Sex' by S. de B. and in the first part of the book she herself is puzzled how women came to be in the position they are in. It struck me, or, my subconscious offered up this comment, that women are in the position they are in firstly by the position they have to assume during sexual intercourse. This realization was sparked by a remark I made to myself which contained 'put down'. I think the female situation primarily comes about from her situation during sex. It is a case of not seeing the forest for the trees. Of course once the initial platform of 'put down' is layed, there can be all sorts of ramifications, and there are.

I also decided to have a baby and he is now 3 1/2 years old, and has to be with other children sometime, at least. Sex is such a powerful force that other than those women who live in a society that is not sheer drudgery to exist, there have only been a handful who have opted out of the marriage circle. Marriage is

not a game that has a start and a finish, it is a circle that goes round and round, with endless tasks for the woman 24 hours a day for life, once you have children and a husband with underwear that has to be clean.

When I have my car (my father is using it because his car needs a new clutch) I will come over one morning to meet someone, and visit the place. Women who opt out of the marriage circle usually have had a desire to create, I think. Maybe also they got the hang of how 'not to be submissive'.

Also I think, you should use your last names with an initial, because to change the direction the ball is rolling in you have to start somewhere. I have purchased two cook books and the women use both their last names. In marriage you are supposed to acquire a new name, so if thats the rules of the game add another rule.

Dividè and conquer is rule No. 1, in the male handbook.

My phone number is 256-1526 if anyone cares to call.

Keep struggling; it is worth it, but remember the line between love and aggression goes sideways.

I did not opt out of the marriage circle, I had an accident which put me in the hospital for one year and left me handi-capped.

Marriage is a status symbol after you get over starving.

Dini

"NEVER-MARRIED WOMAN"

PUBLICATION TO REPLACE CONFERENCE

The never-married woman over 25 or particularly over 30 years of age has situations uniquely distinct from the separated, divorced or widowed woman.

A Winnipeg-based group hopes to publish this year a book on the social and economic situation of the never-married woman in Canada.

The publication would replace a national conference on never-married women which had been planned for May at the University of Manitoba.

Marianne Bossen, a Winnipeg economist and chairman of the conference planning committee, announced this

week the committee had decided to cancel the conference because of a lack of volunteers.

Miss Bossen said in a news statement a newly formed editorial committee would apply for financing to the federal secretary of state department.

The editorial committee has started a library of information about never-married women, and would appreciate contributions of further information, Miss Bossen said.

Headquarters of the editorial committee is 123 Home Street, Winnipeg, Man. R3G 1W8.

More than half a million Canadians 25 years and over are never-married women, of whom 41 per cent live in Quebec, said the statement.

have you ever
HAD A LOUSEY
pelvic examination?

by Margaret Nixon

Most women at one time or another in their lives have had a pelvic examination that has left a lot to be desired.

In an effort to improve this matter, the University of Iowa set up a pelvic examination training programme for second year medical students, taught by women.

The women work in pairs, one as 'patient' and the other as instructor/observer. The instructor ensures that the correct technique is used, (including warming the speculum) while the 'patient' ensures that the examination is done as gently as possible, and also, during the bi-manual exam, all relevant anatomy is palpated.

The University of Manitoba medical school is interested in setting up a similar programme in September 1975, and wants to get a group of interested women together to teach this part of the course.

It is hoped, that sometime in May a couple of women from Iowa will be in town to talk about the programme, and show a videotape.

Anyone who is interested in being involved with this programme, please call me at 475-3085.

LABOUR AND BIRTH

of the

FEMINIST NEWS SERVICE

For the first time, on February 28, March 1 and 2, in Thunder Bay, Ontario, 47 women's and native women's centres from across Canada met to discuss the possibility of forming a federation for communication and mutual support.

Agreement was reached on the formation of a grassroots communication network which will operate nationally and regionally. This will enable rapid communication concerning pressing issues which relate to women and women's centres such as the common problem of Women's centres closing due to lack of funds. The network will lessen the sense of isolation felt by centres.

On March 7, the eve of International Women's Day, St. John's, Newfoundland will start a message which will be relayed across the country to test the communication system.

Resolutions were also passed in support of regional and cultural affiliations, the Feminist News Service and the Clearing House for Feminist Media.

For further information, contact the Feminist News Service, c/o Kate Middleton 519-744-7011.

STATUS OF WOMEN

Another year and the Manitoba Action Committee on the Status of Women (the Action Committee) is off and running.

Where have we come from and where are we heading? In a very real sense, we've come from the mists of the distant past: at least from Biblical times when women slaves sold for 6 ducats a piece, men for 10! Specifically, we sprang up in response to the Royal Commission Report on the Status of Women when we realized good ideas were not enough. Governments had to be persuaded to move and women helped on issues of special concern to women to act on their own behalf.

Where are we heading? In a very real sense the purpose of M.A.C.S.W. is to put itself out of business. If on the one hand we can press governments to make the necessary legislative and institutional changes by whatever means we can muster, and if on the other hand we can help create more options for ourselves, acquaint one another with those options, then learn to take action on our own behalf, we will have accomplished the purpose of M.A.C.S.W.

To a very real extent, some of these objectives have already been met. This year, spurred by the special funding and favourable climate of International

Women's year, there is an exciting array of events for and about women and their changing status. NOT all of these are special M.A.C.S.W. events, but many of them are indirect spinoffs from conferences, literature or personal short term involvement throughout the past few years.

We have a tendency to berate ourselves for not doing enough. There is so much to be done, and there are never enough people, hours or dollars to accomplish all we'd like to do. Most of us are carrying other responsibilities; jobs, studies, home. Let's stop looking at the negatives and build on our strength. We share a commitment to the goal of equality for women. We draw strength from one another. We are accomplishing outreach: our regular Newsletters; Linda Shirray's newspaper column, and colourful pamphlets; last summer's rural outreach project; a small but regrouping Labour caucus who have performed miracles in labour education and union liaison with a small but faithful core and many short term helpers, a well organized education Subcommittee busy planning a one day fall conference and engaging in ongoing lobbying activities; a day care group who mobilized to prod the government as

appropriate; a now defunct political committee whose educational programs spurred its members to direct action in women's caucuses within the political party of their choice; a loyal executive who share the planning co-ordinating chores; and a part time secretary who keeps tabs on membership and performs the secretarial functions which keep our life blood circulating.

We are very much alive and thriving. Let's do what we can with the resources we have. Inspired by our outgoing President, Betty Feniak—our warmest thanks Betty—who juggled a multitude of professional and personal duties so skilfully to make way for M.A.C.S.W. priorities, let's not run away from the work ahead. Let's see rather opportunities to accomplish our goal and bring closer the day when M.A.C.S.W. will no longer be necessary.

UNIVERSITY WOMEN'S CLUB OF WINNIPEG

The University Women's Club of Winnipeg has received a federal Government grant to support the club's special project for International Women's Year, a conference for Grade XI girls to be held on May 16, 17 and 18th at the University of Manitoba. The Conference is entitled "Facts/Fantasies/Futures," and Jean Carson is heading up the Planning Committee.

Arrangements have been made with the University of Manitoba to use their residences to accommodate about 250 Grade XI High school girls from Greater Winnipeg and from all over Manitoba, representatives from their schools who will report back to their classmates the findings of the conference. The purpose is to show the girls the opportunities that are open to them for further training and study to equip them for life in a rapidly changing world—providing them with *Facts not Fantasies for the Future*.

Special speakers will include Barbara Shields, Education Officer, Women's Bureau, Ontario Department of Labour, and Dr. Mary Kinnear, Dean of Students, University of Manitoba. In addition many others will be involved as group leaders, resource personnel, and women representing various professions and trades.

IN THE NEWS

Streets of Regina to honor women

City Council decided to mark International Women's Year by naming streets after prominent women in the community.

The number of streets to be so named was not determined.

Discrimination at York

TORONTO(CUP) The results of three years of investigation were announced last Thursday(Feb.27) when York University's senate task force on the Status of Women presented its report to the monthly meeting of the Senate.

The task force was mandated in April 1972, to study and report on the status of women at York. The appearance of the York study follows similar studies released at a number of other universities in the past few years, including the u. of Alberta, Queens, McGill, McMaster, U.B.C. Toronto and Waterloo.

The report asks for immediate action on a number of recommendations, including better day care facilities, improved guidance counselling available to women, and the establishment of a permanent senate committee to review problems relating to part-time faculty.

In addition, the report requests a sum of 229,000 dollars be set aside as two years back pay for full-time female faculty members, whose salaries average \$500 less than comparable male salaries, and for male faculty at the instructor level whose salary is less than that of female instructors. The force requests an additional \$114,500 to bring present female salaries up to their male counterpart's level.

The task force called for changes to rectify any discriminatory policies. There has been no reaction from Senate to these demands, as yet.

Business Report

The general business meeting at A Woman's place was held from 8:00 to 9:30 followed by a presentation by the Los Angeles Self-Help Clinic.

Finances took up a major part of the business meeting.

The report from the Women and Film Festival showed a loss due to high film costs and inadequate turnout at the films. The event was considered a success because the films were excellent and the people that did go seemed to have a good time. One film has been purchased, "Anything You Want To Be". Future Film Festivals are being considered.

There will be expenses due to a plumbing problem at A Woman's Place.

Fund-raising was discussed and a general workshop is anticipated. It was reported that newsletter subscriptions are coming in. Quite a few are donating money to the house on a regular basis, this involvement and solidarity is greatly appreciated.

After the meeting, the L.A. self help group presented a slide show and demonstration on self-examination. It was exciting to learn how we can take control of our own bodies, learn about ourselves and keeping ourselves healthy. It is surprising how many women have never seen their own cervix. Plastic speculums were sold and information on self-examination and health care was left with us, and will be available at A Woman's Place. (143 Walnut St)

D.E.S. Linked to Cancer

Montreal (CUP) The U.S. Food and Drug administration has approved the use of diethylstilbestrol (DES) as a "morning after" birth control pill.

It has been reported that some daughters who took DES to prevent miscarriage are now developing a rare form of vaginal and cervical cancer.

The first direct link between DES and cancer was discovered in 1970 when Dr. A. Herbst of Harvard discovered that young women developing vaginal cancer had mothers who took D.E.S. during pregnancy.

In the U.S., DES was widely used to prevent miscarriage, beginning in the 1950's. It is estimated that 50,000 female fetuses were exposed to the carcinogenic effects of the drug during this period. The effectiveness of using DES to prevent miscarriage has since been disproved.

It is suggested that young women who think they were exposed to DES during their fetal development should see their doctor.

DES is marketed in Canada under the brand names Honvol and Stibilium, and is used for the treatment of prostatic carcinoma and menstrual disorders.

MALE CHAUVINISTS FACE FIRING SQUAD

(Winnipeg Tribune, January 25, 1975)

Ten men have been sentenced to death in Mogadishu, Somalia for opposing new legislation giving women equal rights.

W H Y N O T ?

Stolen from NDP Status of Women Newsletter.

MARXISM & FEMINISM

SASKATOON (C.U.P.) We should not blame ourselves for the problems of the world, according to Charnie Guetnel, a uuthor of Marxism and Feminism.

"Grasping life politically means seeing what we want changed not as someone's personal fault, especially not your own fault, but as part of an historical process", she told an audience in Saskatoon Feb.18.

She defined the family as a "multi-purpose institution based on the oppression of women" and sees "entry into production as the beginning of women's liberation.

Although women could bridge the unequal division between masculine and feminine roles by entering into the workforce, Ms. Guetnel says sex-typing and the consistency of classifying necessary working class positions as female, and therefore "cheap", are ploys used by the monopoly capitalism to work against the effort.

Ms. Guetnel maintains that understanding one's oppression does not eliminate it, and only "in the process of your work world and political struggles can one's role be changed".

She says, "taxing corporations for universal accessible quality daycare is a step towards changing society, which is the only way to change the people's own condition."

FEATURES

MCP Nominations

The response to the Male Chauvinist Nominations was fantastic! There are so many that all submissions are being listed and a committee will work on choosing the WORST TEN. From the 'worst ten' one will be dishonoured!

You can still help at this stage by looking over the following list and send in the ten you think are the worst offenders to the dignity of women making special mention of the "ONE".

A year ago the fourth annual Canadian Journalism Conference met in Moncton New Brunswick at which time draft legislation to protect the public's access to news and resolution condemning the use of injunctions to censor or suppress news were approved by delegates.

Many other resolutions were dealt with including the following on sex discrimination:

- 1) Publishers and broadcasters remove irrelevant personal data about women who are the subjects of news stories.
- 2) A telegram be sent to federal Labor Minister John Munro demanding federal human rights legislation.
- 3) The provinces be encouraged to broaden human rights commissions to include areas of discrimination other than housing and employment;
- 4) The media in Canada be consistent in the honorifics. It said if they used Mr., they should use Ms.
- 5) Eye-catching illustrations which exploited women's bodies should not be used when they had no connection with a particular news story or the commercial content of advertising.
- 6) All press clubs in Canada that refuse to admit women as members on the same basis as men or refuse to admit them to some club functions, be condemned.

All of these points are real to everyone and are serious issues particularly for women but now for the funny part. Because of their stereotyping and bias we now list all those in line for the "assender".

The stories and nominations are national and events of the 1974 year.

To the HALL OF SHAME we add:

FREUDIAN SCHOOL OF PSYCHIATRY	of the year? (even of the century)
GREAT-WEST LIFE	"Act like a lady, think like a man, and work like the devil"
MOST INSURANCE COMPANIES	Ref: Winnipeg daily August 3, 1974 Winnipeg Tribune April 30, 1974
UNEMPLOYMENT INSURANCE ACT	a secret all expectant mothers yearn for: the exact date of birth!
OTTO LANG	is two four letter words
VANCOUVER CABLE TV	refused to show a women's educational show -- reason: a 'no-no'
TOM GOULD CTV Vice-president of news service	isn't it nice to hide behind the skirts of difficult-to-interpret-legislation in your dealings with Joan McLellan
DEPARTMENT of IMMIGRATION	Ref: Winnipeg daily April 10, 1974 Winnipeg daily April 10, 1974 Winnipeg Tribune April 11, 1974 5/1
ANGLICAN CHURCH OF CANADA	Toronto clergymen jeering and catcalling at women!! ??
LES SLINGSBLY Winnipeg School Trustee	how considerate that he would hate to see girls pushed out of Home Economics to make room for boys!
WINNIPEG SCHOOL DIVISION #1	"more money allotted for boy's sports" Winnipeg Free Press June 8, 1974 also: for the inappropriate introduction for all students to the home economics and shops classes
PETER WARREN	Read Jim Coleman's column (Winnipeg daily) March 2, 1974
RONALDS-REYNOLDS AND CO. LTD advertising agency	"WHY NOT" Ref: Winnipeg daily page 30 November 30, 1974
HUDSON'S BAY COMPANY	'men only' in a lingerie section--with the lights down low?
MONTREAL CLOTHING MANUFACTURER	how daring to suggest that a mother of six can't be looking after her children be- cause she expects quality clothing for them Ref: Winnipeg daily March 7, 1974

MANITOBA GOVERNMENT

day care program Wpg daily 06/01/74
"pay bias" in health field Wpg daily 30/06/74
clerical secretaries jobs Wpg daily 05/03/74

JOAN RIVERS

are all those voices answering telephones
and typing up superb mountains of mail
really men in disguise?

PACIFIC WESTERN AIRLINES
and
TRANSAIR

where would you be today if your mother
'up and quit' after carrying you for three
months? Winnipeg Free Press August 6, 1974

CANADA MANPOWER

how about unipower? Winnipeg daily June 4/74

FEDERAL GOVERNMENT

ref: Winnipeg dailies Feb. 13 and 15, 1974
rug-ranking--male senior official's position
is related to the quality of the carpet on
the office floor and the secretary he owns

THE JUST SOCIETY

Winnipeg Tribune, March 4, 1974 Judy LaMarsh
"On the whole, we have a pretty good system
of justice in Canada, but perfect it isn't.
From time to time an extraordinary incident
illuminates its gaps and deficiencies.
When the system does fail it is no secret
that the burden falls most heavily on the
most helpless in society--the young, the
poor, the uneducated, the sick or infirm.
Two weeks ago in Toronto, a nameless sixteen
year old girl, on drugs, without home or
family or friends or job, turned herself in
to police authorities and confessed to a
petty theft. She voluntarily appeared before
a provincial judge and pleaded guilty. He
sent her into custody in the Don Jail for two
weeks while a pre-sentence report was prepared.
While there, the girl hanged herself in her
cell.

CARDSTON SCHOOL PRINCIPAL
New Glasgow, Nova Scotia

Winnipeg Tribune, April 26, 1974
a woman is more unequal if she is black

CANADIAN LIBRARY ASSOCIATION

Winnipeg Tribune, June 25, 1974 9/1 and
June 20, 1974

85 per cent of professional librarians female
and 97 per cent administrators male? ? ?

ARTHUR HOPPE

Winnipeg Free Press New Leisure June 29, 1974
Ms. Mift is right! WHY NOT?

CALGARY TRANSIT SYSTEM

Winnipeg Free Press March 30, 1974 27/1
what is Terry Teslanko doing today?

DAN MCKENZIE, MP
Winnipeg South Centre

Winnipeg daily December 2, 1974
'chicken committee'

R. D. GRUENWALD
Alberta Provincial member
for Lethbridge West

Winnipeg daily December 14, 1974
'porno we object to, also'

BILL KING
B.C. Labour Minister

Winnipeg Tribune April 25, 1974 25/3
"Pat Jordon (SC--North Okanaga) 'sitting
on a powderkeg of discrimination'"

MANITOBA EDUCATORS

February 1974 issue of "Manitoba Teacher"
'pray, tell what do you mean by "sex
discrimination"?'

MEDICAL TRAINING SCHOOLS

Winnipeg daily June 19, 1974
"Medical students are trained in out-
patient departments to treat nurses like
slaves and patients are numbers", Dr.
Murray Katz--Montreal family physician

KEITH VICK
Saskatoon office of Manpower

Winnipeg daily December 14, 1974
'men more equal than women'

DUDLEY MAGNUS
Free Press Labour Columnist

November 2, 1974
please explain what you mean by "libbers"

PAT WATKIN
Total Woman Course

go ahead--wear a bow where your brains are!

CANADIAN BROADCASTING CORPORATION

Is it True that Women in the CBC cry
a Lot? NO, but they do have something
to cry about.

by Ian Mayer Winnipeg Free Press
Weekend Magazine
February 1, 1975

Sorry, this last story does not qualify
as it is a 1975 story--but read it anyway.

- It is a doozy--might even win the 1975
International Women's Year thumbs down!

Well, there it is--no doubt there are many stories that could be told
but now take your pick, send them in and watch for further developments.

Special thanks to all who submitted material.



Women's Press

CANADIAN WOMEN'S EDUCATIONAL PRESS

BORN A WOMAN

by Rita MacNeil
\$4.75 paperbound
40 pages
21 p. b/w photographs

Born a Woman is an exciting new step for the women's movement, a unique combination of art forms that creates a very special book, a collection of Rita MacNeil's songs with music and guitar chords, illustrated by photographs of ten women who have visually captured the feeling of being Born a Woman.

What better way to celebrate International Women's Year than with a song? This book makes it possible for everyone to share Rita's musical vision. It is difficult to capture the spirit of an idea with words alone and music has long been a consciousness-raiser for groups of all sorts. Pictures too have an evocative power all their own.

Born a Woman is more than a song book, more than a picture book, it is a celebration of being a woman as well as a nostalgic look at what it is really like to grow up female. This is a book to remember long after International Women's Year and to keep as an album for future inspiration.

Rita MacNeil is well-known to the Canadian Women's Movement; she has sung at many conferences and meetings across the country since the 70's and plans several appearances in conjunction with International Women's Year. Her thoughtful and timely lyrics in a variety of musical styles distil the essence of the movement as only songs can do. For Rita the women's movement has provided the inspiration to bring her music to the people.

Rita was born on Cape Breton Island thirty years ago. She came to Toronto from the Maritimes and lives with her family in Alderwood, Ontario. She worked as a clerk at Eaton's for seven years. Rita has loved singing all her life, but it took the movement to liberate her voice for public performance.

Note: Rita MacNeil is also making a record that will probably be released this spring. We plan to do more publicity in conjunction with the record when a release date is set. Tapes should be available for interested reviewers in the near future. We plan exhibitions of the works of the ten photographers as multi-media type events. Publicity will be released around these events or for further information write to The Women's Press.

280 BLOOR ST.W., SUITE 305 TORONTO, ONTARIO CANADA (416)962-3904(5)

You and Your Blood Pressure

Everyone has blood pressure. Without it, the blood couldn't circulate in our bodies. Very simply it's the pressure put on the walls of arteries that carry blood, pumped by the heart to all parts of the body.

In all human beings blood pressure varies from day to day and from minute to minute. For example, normally blood pressure goes up when we're excited, and it goes down when we rest or sleep. These changes are perfectly normal. They take place in all of us.

Next to a temperature reading blood pressure is the most common measure recorded by your doctor or nurse. You may recall having him place a cuff on your arm and pump air into it. This instrument tells your doctor what your blood pressure is at the crest of the wave, called the systolic blood pressure and what it is at the low ebb of the wave, called the diastolic blood pressure. The diastolic pressure, the lower of the two numbers your doctor reads is the more important because it tells him your basic blood pressure without the added "push" of the heart's contraction.

In some people blood pressure is higher than it should be. You may be one of these people. If you are, you share this condition called hypertension with many millions of people who can lead normal, comfortable and productive lives.

For the most part, the cause of hypertension remains very much a mystery. In most cases it does not seem to be related to any other disease but in a small percentage of cases, the hypertension can be traced to a specific disease. When the underlying condition is cured, the blood pressure can return to normal. Experts state that hypertension often runs in families.

There is much false information about high blood pressure. For example one popular misconception is that your blood ought to measure 100 plus your age. Personality types are not always a determining feature in a typical hypertension person, some are tense, others relaxed, some active, others inactive.

Many symptoms are blamed on high blood pressure. Actually many people with hypertension, particularly those with mild hypertension, have no symptoms at all. If you have any of the symptoms that go with hypertension —

headaches, dizziness, shortness of breath, fatigue — tell your doctor and remember they may be from other causes. Another popular misconception is that high blood pressure inevitably leads to a stroke. It doesn't — strokes are a possible complication.

Untreated high blood pressure can cause damage by imposing a great deal of stress on all parts of the circulatory system.

In most cases of hypertension treatment will lower blood pressure. This may take some trial and error periods between doctor and patient but with so many new drugs on the market to choose from, it is almost always possible to find the right one. Your doctor may prescribe some kind of diet as part of your treatment. For example, if you are overweight he may prescribe a reducing diet because high blood pressure sometimes goes down with loss of weight. Some patients may be asked to go on a diet low in sodium (ordinary table salt is the most common form of sodium) and still other patients may have to control the amount and type of fat in their diet. It's important to remember that a medical person should prescribe any kind of special diet. In fact, no one should make major

changes in their diet without consulting a doctor first.

Once a patient has begun treatment he almost finds it easier and less complicated than he thought it would be. Any patient who neglects his hypertension despite his doctor's advice is surely making a mistake because untreated hypertension may affect his future health.

It takes two to treat hypertension — the doctor and the patient. These are the five basic rules that will help your doctor help you lead a normal, comfortable and productive life.

1. Try not to worry
2. Keep your weight at the level your doctor recommends.
3. Follow your doctor's advice on the use of tobacco and alcohol
4. Get plenty of sleep and rest. Blood pressure is the lowest during sleep and rises during waking hours.
5. Review your manner of living and try to adopt the rule of living by moderation whenever you can.

Mount Carmel's staff will be out in the community to actively measure your Blood Pressure in local banks, restaurants and drug stores. Watch your newspaper and listen to the radio for details.

from "SO'S YOUR OLD LADY"
(Minneapolis, U.S.A.)

Contrary to popular belief
I am not indestructible.
So, please stop walking across my mind
as if I couldn't feel your cleats
digging into my body and my soul.
I am able to love, I can even cry, I
can yell and fight;
Just because I choose not to doesn't
mean I can't.
So please, I have made my choice
Heed the "No
Notice the glass-topped walls
that surround me
If I wanted you I would invite you in
But, I don't, so, please go.

helen

conferences

Thunder Bay Conference

MECHANICS OF THE CONFERENCE

The National Conference of Women's Centres in Canada met in Thunder Bay on March 1st and 2nd. The purpose of the conference was to decide whether Women's Centres should form a national federation. Some of the following questions arose in discussion of the concept:

- a) what would be the function of a federation?
- b) would it be service oriented (information centre), action oriented (political) or both?
- c) is there a national direction to which all centres can relate?
- d) what type of structure would be functional?
- e) financing?

The general feeling among the women was that at this time a federation that would reflect the political positions of women's centres was impossible. There has not evolved a consensus of political opinion across Canada and many felt that such a federation was premature.

However, the need was unanimously expressed for better communication among the centres. A communication network will be formed on national

and regional levels. The regions (provincial divisions or geographical areas) will set up their own network with one person or centre the central receiving point. This liaison person will contact other regional representatives when important events must be relayed countrywide.

On a national level also the conference voted to support and utilize the Clearing House for Feminist Media. This is a project (government granted) which hopes to perform the following functions for women in Canada:

- 1) to determine needs of women's centres and groups and best ways of meeting these needs
- 2) to identify resources, catalogue them and communicate their existence
- 3) to document what use is made of information and to check all sources and requests (i.e. satisfaction of supply)
- 4) to determine the economic viability of centres; how to establish them and best methods of operation
- 5) to determine the best methods of accounting--to whom should centres "report"?
- 6) all processes and information will be documented.

C O N F E R E N C E V I B E S

were

WARM, SENSITIVE and GREAT

This project is terminal and within a year if feasibility has been demonstrated and women's centres in Canada are prepared to support such a permanent service, it will be established.

As the result of a news conference in Saskatoon last December a Feminist News Service has been proposed by way of a complementary network. This service will have as its priority the provision of communication and news between the various centres and papers that is important to the Women's Movement in Canada. The news will be communicated to every women's centre and to all individual subscribers. The Service is also interested in providing news packets i.e. news stories or articles that are important but not immediate. The Service would operate by having paid subscribers, the cost to each centre being estimated at about \$130.00 per year per centre.

It was recognized that good regional communication was needed as a strong base for action and also to assure the support of a national network. Each centre within the network will be encouraged to seek help, information and support from others in her region. The YWCA Women's Centre of Winnipeg represented by Lesley Silver has agreed to be a temporary liaison to whom Manitoba Centres can send communications and who will relay them to other centres. This communications link should prove of ultimate importance during time of crisis when support may be needed. For example, Saskatoon Women's Centre may have been able to elicit support against Otto Land much more efficiently and effectively if regional and national centres knew of their plight immediately and protested provincially and federally.

Unfortunately, other centres in Manitoba did not know of the conference and were not represented so plans could not be discussed or approved. However, Sara Berger, Lesley and I felt that the establishment of a good communication network among Manitoba centres was very necessary, therefore we are applying for a grant to fund a Manitoba Women's Centre conference in early May.

Imagine one of our better serious business meetings where sisterhood is in full bloom to tackle an issue of paramount importance; multiply by ten times the number of women, add some great video tapes, a women's party and great food, and you will have an inkling as to the fine feelings in Thunder Bay. There must have been 90 feminists--cool, beautiful, dedicated women all working on bettering women's issues in Canada--from White Horse to St. John's, Nfld. Sisterhood is all around us and growing! Women everywhere are facing similar situations and struggles at their centres across Canada. Ideas were flowing--such as a national Women's Movement news program like Cross-Country Check-up. Ottawa women put on a twelve-hour cable TV program weekly. We saw two of their tapes: "Rape" and "Lesbianism and Feminism" both excellently produced. We will be sending for copies to be available here through Country Reels.

Two vacationing women from the U.S.A. both connected with women's self-help health clinics gave a slide presentation and demonstration on self-examination. We hope to have all this information available soon, too.

Thunder Bay Women's Centre is located in the YM-YWCA, an old building right downtown. They operate a casual, co-operative child care room. Women from the community can bring their children on a regular or casual basis and can pay 50¢ per hour or in kind by helping care for the children or working at the Q's Centre. This service brings many working class women into the centre.

The Conference was a fine experience as everyone collects new ideas and comes home energized from interacting with other concerned, strong women. Next time a conference comes up different women should attend so that we can share the good vibes.

International Women's Year is going to do great things. Canada will see and feel the repercussions!

SYMPOSIUM:

CHANGING ROLE OF YOUNG WOMEN IN CONTEMPORARY CANADIAN SOCIETY

DATE: Saturday, April 19
TIME: 10:00 am - 5:00 pm
PLACE: Vincent Massey High School
715 McDiarmid Drive
Brandon, Manitoba

FEES: \$5.00 students
\$7.50 others

OPEN TO MEN AND WOMEN

FEATURE SPEAKERS: Adrienne Clarkson, Journalist
June Menzies, Vice-Chairperson National Status of Women
Alice Poyser, CBC Hostess
Don Reed, Winnipeg School Trustee and teacher
Susan Ross, student Vincent Massey High School

WORKSHOPS AND SMALL DISCUSSION GROUPS:

- 1) Educational opportunities--careers
- 2) Job opportunities--labour market
- 3) Legal rights
- 4) Minority Women
- 5) Introduction to simulation groups
- 6) Marriage and the family
- 7) Political awareness
- 8) Your image in the media
- 9) Image in the curriculum

SPRING RENEWAL PARTY

Hurray! Hurray! a night of fun! fun!

WHEN? Saturday, April 5th

WHERE? 725 Osborne Street

WHO? Who else? Sponsored by
Liberation Book Store!

WHAT? Good company, food, dancing!

WHAT ELSE? Donations accepted and more
than welcome for the purchase
of more liberation books.

WHY? We WANT you there to have a
good time and we NEED you
there!

WHY NOT? 4538029

MANITOBA CHILD CARE ASSOCIATION

The MCCA will have a general meeting on
Saturday April 19th in Theatre A of
the university of Winnipeg from 12:30
to 5:00 p.m.

Vacancies on the Board of Directors will
be filled at this time.

A special session on Parents and Children
will be jointly sponsored by the MCCA
and The Psychology Department of the
University.

For more information contact Laura Mills
at 783-4980 or drop a note to:

MCCA
c/o 141 Ethelbert Street
Winnipeg

HOUSE CONCERT

DATE: Friday, April 11th

TIME: 8:00 p.m.

PLACE: 1167 Grosvenor Avenue

Tickets available for \$1.50 at Woman's
Place or by phoning Jean Dunmire at
775-7374.

Sponsored by Liberation Books the
featured artist will be Ulrike Ruebsaat
a folk singer with a repertoire of
songs made up of a broad cross section
of Canadian folk music. She does
songs of ♀, songs of work and songs of
people dealing with their environment.

For this particular concert being
sponsored by Liberation Books the
theme will be "Songs of Work".

Ulrike has toured Canada and Europe
and sings songs in at least a couple
of other languages. Presently being
in Montreal, she knows many traditional
and contemporary French songs.
She recently did a concert at Power
House, a Women's Gallery in Montreal
with Rita MacNeil, author and singer
well-known to the Canadian Women's
Movement.

If women are interested we can organize
a workshop Sunday April 13 in the
afternoon at a Woman's Place to sing
feminist songs. Ulrike will be most
to fit it into her schedule.

ANNOUNCEMENTS

