

# TAPESTRY

OKANAGAN and SHUSWAP WOMEN'S QUARTERLY

Fall

1984



\$1.25

Okanagan Women's Coalition

A feminist group working to improve the status of women in the Okanagan Shuswap region.

I

BELONG

TO ME



As told by Sam and Samantha. . . .

I Belong To Me, as told by Sam and Samantha. . . .

I Belong To Me is a book that introduces the topic of sexual abuse to children between five and eight years of age.

It was written in response to the many parents and educators who are asking for Canadian material to supplement the programs being offered on the topic of sexual abuse.

I Belong To Me is the first book in a projected series which will deal with the awareness of sexual abuse at a child's level. Providing children with knowledge about personal safety issues is the major preventative tool in dealing with this important issue.

This book uses a sensitive approach in teaching assertiveness. The expressive illustrations and simple text enable children to relate comfortably to the topic. Through the series of Sam and Samantha Books, children will learn and grow with the characters.

Sam and Samantha were created by Lynne Atkinson, Linda Keller, and Barbara Pawson.



## About the authors . . . .

### Linda Kemp Keller

- \* B.A., Professional Teaching Certificate  
U.B.C.
- \* 10 years counselling and teaching in  
the Kelowna School District
- \* Co-ordinator of the Provincial confer-  
ence Sexual Abuse of Children: A  
Community Concern, in November  
1983 and the Sexual Abuse conference  
at Naramata in March, 1984
- \* Member of the committee for The  
Awareness and Prevention of Sexual  
Abuse of Children
- \* Presenter of Sexual Abuse programs to  
parents and teachers
- \* Public speaker on Sexual Abuse of  
Children

### Barbara Pawson

- \* B.Ed., U.B.C.
- \* Over 15 years experience in elementary  
education in several school districts
- \* Committee member of the conference  
Sexual Abuse of Children: A Community  
Concern, in November, 1983 and the  
follow up conference held in March,  
1984
- \* Member of the committee for The  
Awareness and Prevention of Sexual  
Abuse of Children

## About the illustrator . . . .

### Lynne Atkinson

- \* Graduate of McGill University
- \* Illustrator, print maker, and graphic  
artist
- \* Counsellor, Vancouver Rape Relief
- \* Involvement in women's issues
- \* Presently the co-ordinator of the  
Community Skills Gallery, an artisan  
co-op in Kelowna



Price per copy: \$5.95

ORDER FORM

Please send me \_\_\_\_\_ copy(ies) of I Belong To Me. Postage: Please include \$1.00 per copy. I have enclosed a cheque in the amount of \$\_\_\_\_\_.

NAME: \_\_\_\_\_ ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

Please allow a reasonable time for delivery. For further information, call 762-0869 or 769-4089. Thank you.

I Belong To Me

Box 1821

Station 'A'

Kelowna, B. C.

VIY 8M3

Box 1821, Station 'A'

Kelowna, B. C.

VIY 8M3



OUR APOLOGIES ..... Due to funding problems, staff lay offs and shortage of volunteer staff, we were unable to publish our Spring/Summer issues of Tapestry.

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FEATURES:

- Women and Addictions
  - Disarmament " Lest We Forget "
  - Vaginal Health
  - Media Complaints
  - Calendar of Events
  - Poetry, and much more.
- 



Women who worked on this article :

Gwyneth Montgomery  
Jody Mc Murray  
Patricia Sebastian

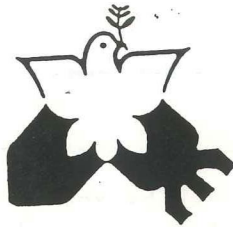
Mohini Dusanj  
Suze Roch  
Catherine Connell

Cover Design: Suze Roch, Armstrong, B.C.

Graphic: Vancouver Women's Bookstore  
Artist: Jean Kamins

# Lest We Forget

Mr. Peter Gzowski  
C.B.C. Box 550  
Toronto, Ont.



Box 467, Waterdown, Ont.  
LOR 2H0



Dear Peter:

I spent the morning of Nov. 11 with you & your guests and felt reflective & thoughtful. At a few minutes to 11 I put the tely on to (also) view the service at the National War Memorial.

My family history is British Imperial Army and Anglican Church. I see now how extraordinarily similar these two institutions are, and as a female growing up in this male dominated world, I, like my sisters before me, accommodated my life according to male expectations. My secret existence & the way things really worked were two separate realities. As a child I was puzzled by this, but as a woman I have two states of being, one rage and the other numbness. The only alternative to unexpressed rage is numbness for me.

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...as a woman I have two states of being, one rage and the other numbness.

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Anyway, back to "Lest We Forget". We don't forget the face & the life of a son, a friend, or a lover when they are wrenched from us so violently & so soon. We don't need bands, flags & parades for that... They, in fact help us to remember how to make war, "lest we forget (how)".

I used to mark Armistice Day as it was then (perhaps more accurately) called, with my mother, the daughter of the professional soldier. She had served in France in the W.A.C.'s 1914-18. On Nov. 11 she simply buried her face in her hands and sat quietly for 2 minutes. She told me she was remembering her friends. I went to many a parade as a child & teenager. Our church was the garrison church & I used to watch the often shabby old men stepping out as smartly as their age & infirmities would allow. I used to worry the bugler would sound a bum note. Always I felt sad, which was the natural response & the required response. I also always felt uneasy, alarmed, puzzled.



Now in my fifties, I too have had friends killed, felt pain, seen evidence of war's atrocities & seen "man's cruelty to man". I've also seen these same cruelties encouraged by cheering crowds, music, flags and prayers. I've born sons and know how very precious they are.

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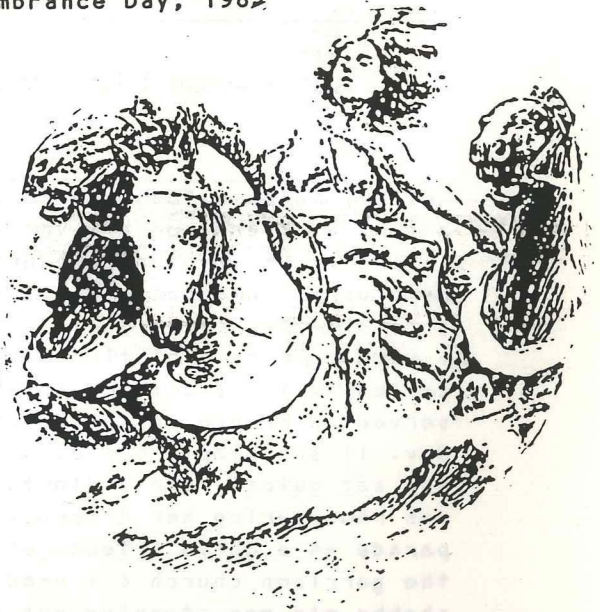
...I always wonder why they are not screaming. ....What would happen if we whirled and screamed and shrieked in our grief and our pain. What if we demanded it to STOP.

---

So having been put in a thoughtful frame by your program, I slipped my sleeping grandson into his bed & watched the service in Ottawa. There was the Silver Cross Mother. Her 20 year old had been killed in Korea. The Silver Cross Mother is always the same. She is old. She wears a dark coat & hat. The Prime Minister or the Governor General always steers her by her elbow to the monument. She is always surrounded by the military, ecclesiastical, political members of the boy's club. She is always dutiful, quiet, respectful. Surely what they really are is numb? I always watch & I always wonder why they are not screaming. But I know why they are not screaming. It simply would not do to make a fuss. We learn that so very early and we learn it well and the atrocities go on and we are more quiet. What would happen if we whirled and screamed and shrieked in our grief and our pain. What if we demanded it to STOP.

I have a fantasy about a possible replay of Remembrance Day, 1983

The Silver Cross Mother is late. The officials are nervous, edgy. Where is she? Who was responsible for getting her here? Find some other old woman in the crowd to stand in for her. The clergy are nearly finished with their prayers. Where is she? We hear the sound of pounding hooves. A sleek excited horse, its tail & mane flying out behind it comes galloping into view. It has neither bit nor saddle. It runs with all the strength of all the cavalry horses in history in its limbs. Its eyes are triumphant & clear, the nostrils flaring. Riding as one with the beast is the Silver Cross Mother, her grey hair loose & long. Her eyes are like fire and she is brandishing a sword around & around & around her head like an athlete about to hurl a discus. She is summoning energy from the very sky. The crowd parts, scatters. Her rough wool, crimson cape streams out behind her leaving sparks in her wake. The boy scouts flee, the girl gapes, the old soldiers see a vision. She mounts the steps of the cenotaph and comes to a stop. She utters a high pitched scream. The monument crumbles to dust. The men all fall into a deep, deep sleep. The women all begin to dance and twirl & spin and scream.. All the women all over the world begin to whirl & dance and dance until their dance becomes a song and their song becomes a croon and their croon becomes a lullabye.



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(Graphic: B.C. Fed. of Women)

...cont



Along the line of their eyes and their cheeks, the crooning women stroke the men and the boys. They open their eyes and they have forgotten how to make war. All their lives they have been told not to forget -- but they have forgotten.

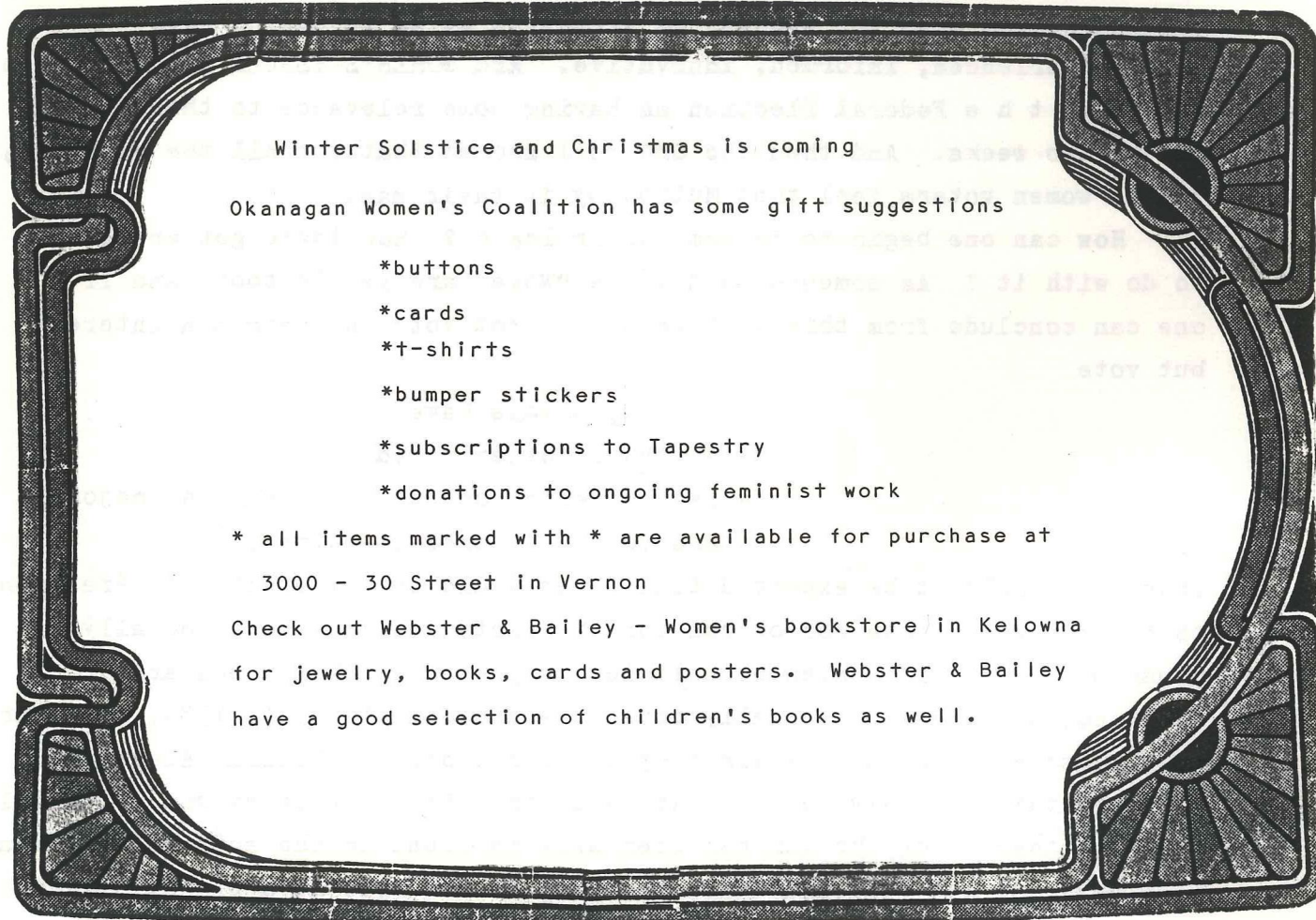
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All the women all over the world begin to whirl & dance & dance...

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Yesterday the cruise missiles were delivered to the air base at Greenham Common in England. I love those awful, rude, singing, screaming, unseemly women at that camp.

Sheila Brown



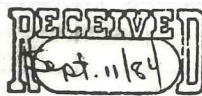
I FEEL WARM AND LOVING TOWARD MYSELF, FOR I AM A UNIQUE AND PRECIOUS BEING, EVER DOING THE BEST MY AWARENESS PERMITS; EVER GROWING IN WISDOM AND LOVE.





THE NEW DEMOCRATS  
LES NÉO-DÉMOCRATES

Wina Patey is the NDP candidate in St. John's West



# Communique

Well, Election '84 started off with discussions of reducing the deficit and<sup>o</sup>f federal/ provincial relations and now in the last two weeks that's what it's come round to again. WOMEN'S ISSUES and Eddie Broadbent had their flit upon the stage. Ed Broadbent never looked so good - calm, wise, experienced, informed, innovative. And WOMEN'S ISSUES actually made it to the Federal Election as having some relevance to things. For all of two weeks. And then the CBC poll showed that for all the air time, 60% of women voters feel that Mulrooney is their man.

How can one begin to fathom their logic? Has logic got anything to do with it? As someone said to me "Women are people too" and if one can conclude from this that people do not vote in their own interest but vote

- as they always have
- as their father voted
- as the media, or the polls say the majority are voting ( bandwagon time )

Then why should it be expected that women would do differently? Presuming that women would vote for or run for the party with the more socially conscious / feminist oriented policies is presuming that women are informed, progressive, socially conscious and feminist. In 1984, the year that Women's Issues are indulged by the media and the Federal Election Machine, this is sadly not so. At this time, the year of my own political debut neither I nor the NDP has been able to count on the support of women. They often do not vote and those that do, do not vote as a block. If they did, being 51% of the voting electorate in St. John's West, I would be in with a landslide. But women will write their X next to the names of the Liberals and the Conservatives, Walter Carter and John Crosbie, even in the late, late date of 1984.

But why should I be surprised? They've only had the vote for fifty-five years, which is only twice my life,<sup>time</sup> and not even the lifetime of my mother.



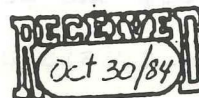
**TOOLS  
FOR PEACE  
OUTILS DE PAIX**

# **COALITION FOR AID TO NICARAGUA COALITION POUR L'AIDE AU NICARAGUA**

251 Laurier St. West, suite 301, Ottawa, K1P 5J6  
(613) 237-5236

Honorary Patron/ Patrone honoraire:

Marion Dewar



Dear Friend:

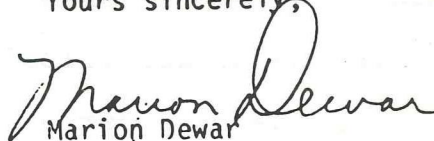
Anyone who has travelled in Nicaragua will tell you -- it is a country full of people with big dreams for the future. Nicaraguans have earned their right to dream: after overthrowing one of Latin America's longest-standing dictators in 1979, they moved on to fulfill many early dreams. Thousands of hard-working Nicaraguans increased literacy from 50 per cent to 87 per cent. Polio has been wiped out. More than 25,000 peasant families have been given land for the first time.

Still, Nicaraguans see so much more that could be done -- if only they had the resources. Simple things like agricultural tools, school supplies, medicines and medical equipment, and musical instruments can make many of their dreams come true.

But Nicaraguans can't buy these things. First, the United States refuses to allow sales from American companies to Nicaragua and blocks international loans that would help Nicaragua buy these goods elsewhere. Second, the world market prices for Nicaragua's exports (coffee, cotton, sugar) are declining, while the costs of imports (oil and machinery) are increasing. Third, the war waged against Nicaragua by terrorists drains a lot of the nation's resources -- more than \$128.1 million in material damage and more than 1,000 Nicaraguan lives lost in the last year alone.

Your support can make all the difference in the world. You can help fill a boat with those medicines, tools and paper supplies that Nicaraguans cannot buy. Give generously and help fill the boat with Tools for Peace.

Yours sincerely,

  
Marion Dewar

P.S. Send your donation to C.A.N. and you will receive a tax receipt from Oxfam-Canada.

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Bruce Cockburn  
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avec l'Amérique centrale  
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Michael Czerny, Jesuit Centre  
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O.P.S.E.U., Local 454

Ottawa and District Labour Council  
Ottawa Central America  
Solidarity Committee

Ottawa Committee for Labour Action  
OXFAM - Canada

Right Rev. Robert F. Smith,  
Moderator, United Church

Ian Taublyn  
Ten Days for World Development,  
Ottawa Committee

Nancy White  
Social Responsibility Committee,  
First Unitarian Congregation, Ottawa



June, 1984



Dear Friends,

As we all know, women in all parts of the world still have a difficult struggle ahead to gain our independence and freedom. However, the problems faced by women in regions of war and extreme crisis are much different than those we face here in Canada. In El Salvador where the majority of women and men live in poverty under a brutal military regime, women are doubly exploited - whether it be in factories where women are paid less than their male counterparts or in the countryside where "machismo" is prevalent. As a result many Salvadorean women are participating in the fight for the liberation of their country from the U.S. - backed military dictatorship. The liberation of women is seen as an integral part of the revolutionary movement.



A group of Vancouver women have recently joined together in solidarity with the Women's Association of El Salvador (AMES). AMES was formed in 1978 and is a broad organization involving women from all sectors of the society. AMES projects include providing daycare centres in the zones of popular control, organizing women's work collectives and training centres. There are other groups in Canada and the U.S. working to support AMES as well. "Amigas de AMES" in Vancouver is committed to raising money specifically for the daycare centres project.

Please consider a donation to AMES from your group, or any way in which your group could participate would be helpful.

For more information, contact:

Lilian Coreas  
1955 Kitchener St.  
Vancouver, BC V5L 2W6  
phone: 254-3735

Louise Egan  
phone: 731 - 6643  
(Vancouver)

## WOMEN & ADDICTIONS

by Laurie Kahn

Pain... incredible pain...  
despair... passive...  
abused... beaten down...  
drifting...  
dependent on a man's approval...  
no core... no sense of self...  
and loss...  
loss of kids... loss of job...  
loss of self respect...  
loss of everything but hope.



This should be a poem, not an article. The women addicts and alcoholics I have dealt with deserve a poem or a song or a war dance. Cold words cannot convey the depth of the tragedy that is their world.

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The women addicts and alcoholics I have dealt with deserve a poem or a song or a war dance.

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My sense of the majority of these women (not all - some are rebels and fighters) is that they are "being done to." Their addiction is an attempt to adjust to an intolerable situation. They cannot change their world so they attempt to dull their perceptions of it.

What is the world they cannot change? For many it is a world with rigid sex roles. Their role is to be a good -- no, a super wife and mother. If the marriage is lousy or raising children is unfulfilling, drugs or alcohol can take away the ache. Treatment and sobriety can be very scary. It means you have to look at your relationships and be willing to risk change, even loss.

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Treatment and sobriety can be very scary. It means you have to look at your relationships and be willing to risk change, even loss.

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For some the intolerable is poverty and lack of options. It is the grind of being a single parent on welfare or in a dead end job with no education and no prospect for change.

Many women with addiction problems have been sexually abused as children. For years they have carried a sense of guilt. "I must have done something to deserve it. I'm worthless. I might as well really mess up my life good." Their lives are a continual self punishment for having been abused.

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Many women with addiction problems have been sexually abused as children.

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Most women addicts have low self esteem. They cannot see value in anything they do or are. Raised in a society that does not value women, they cannot value themselves. And once they are into the addiction cycle they only prove to themselves how worthless they really are.

Many alcoholic/addicted women (like many of us who are not addicts) try to find their self in their relationships. They are bent out of shape trying to be all to a man, a woman, or their children. They have lost their sense of self, the answer to the question, " Who am I if I can be what I want to be? "

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Raised in a society that does not value women  
they cannot value themselves.

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Women and addictions is an " in " topic these days. It has been discovered in the same way sexual abuse and wife battering have recently been noticed. But in many ways it is still in the closet. Women are not getting proper treatment. Why? Partly because of stereotypes. It's not okay to be a drunk and female. A lot of women's drug abuse is unrecognized. It is at home, not at the bar. It is valium prescribed by the doctor, not heroin bought on the street. It is seen as craziness not addiction. For some to admit to an addiction and seek treatment may be to risk the loss of their children. Some women come to the centre only after covering their tracks from ex-husbands interested in child custody. Others are driven into treatment only after their addiction has caused the loss of their children - to an ex-husband, parent, or Ministry of Human Resources. Their pain is incredible.

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For some to admit to an addiction and seek treatment  
may be to risk the loss of their children.

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Ideally treatment and recovery should convert the pain and the loss into anger and energy for change. Women must reclaim the personal power they have surrendered to drugs and to others in their lives. They must learn to act on their surroundings, not just react. This will mean making changes in individual attitudes and lifestyles. But it can also include banding with others to tackle some of the political issues that lead to women's lack of power in society.

Most counselling and self help groups concentrate on making individual changes. This is a valuable and necessary first step. But taking the second, the political step, may aid not only in a woman's personal recovery, but in the prevention of victimization of other women in the future.

\* (Laurie is a counsellor with the Crossroads Treatment Center  
In Kelowna, B.C. )



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For help in dealing with your addiction, call Alcoholics Anonymous and/or the Drug&Alcohol Counselling Services in your area. These numbers are listed in the Yellow Pages of the Telephone book under " Alcohol "

Other groups to contact for support /information include:

- Okanagan Women's Coalition - Vernon, B.C. - 542-7531
- Kelowna Women's Group - Kelowna, B.C.- 762-2355
- Elizabeth Fry Society - Kelowna, B.C.- 763-4613



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It's Just Your Nerves

a resource on women's use of  
minor tranquilizers and alcohol

by Karen Haire

Last November the Health Promotion Directorate of Health and Welfare Canada provided an opportunity for women from throughout the Okanagan to receive training in the use of the " It's Just Your Nerves " kit. This kit is a vehicle for public education on how women's addictions to alcohol and minor tranquilizers are different.

Fran Jasiura of Kelowna led the group of 12 women through three days packed with information about the kit, extra information about addictions and training on practice in using the kits. It was a valuable and challenging time for the participants. We each left with a kit and a commitment to use it at least twice in the next six months.

The kit consists of four parts: a flip chart of 20 panels, a guide book that aids in facilitation of presentation of the panels, the facilitator (who is the audio part of the presentation ), and a short film called " All in the Same Boat " (which must be borrowed from NFB or Alcohol and Drug ).

Throughout, the kit has a feminist emphasis and places much stress on the societal reasons why the use of drugs among women is different and the unique treatment needs women have.

The panel (12C ) " Nice Ladies Don't Drink " is a good example of a discussion provoking panel. Through this panel participants may discuss how women are perceived differently than men in their use/abuse of alcohol and how this affects their ability to seek and receive treatment.

There are a number of women throughout the Okanagan-Shuswap trained as presenters. If your group is interested in having an "It's Just Your Nerves " presentation there is probably a local agency in your town able to provide that service. Some of the agencies who may have kits and trained presenters are:

....con't

- Alcohol and Drug Centres
- Hospitals
- Mental Health Centres
- Women's/Community Resource Centres
- College Counselling Centres
- Ministry of Human Resources
- Public Health units

At least one of these agencies in your town should be able to help, particularly the Alcohol and Drug Centres.

I have facilitated three presentations of the "It's Just Your Nerves" kit in Kelowna and Penticton. The latter I co-facilitated with Jeanne Tinning, coordinator of The Third Place Resource Centre. I am interested in facilitating or co-facilitating for women's groups again. If you or your group are interested, contact either office of the Okanagan Women's Coalition.

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### What is an Alcohol Problem ?

The sooner you recognize you have a drinking problem, the easier it is to deal with. Here are some questions that will help you learn how dependent you are on drinking. Be absolutely honest with yourself. Only you can know how seriously alcohol is affecting your life.

1. Has someone close to you expressed concern about your drinking?
2. Do you sometimes drink more heavily after disappointments, quarrels, or under pressure at home or work?
3. Are you sometimes unable to meet home or work responsibilities because of drinking?
4. Have you ever required medical attention as a result of your drinking?
5. Have you ever experienced a blackout - a total loss of memory in relation to your drinking?
6. Have you ever come into conflict with the law in connection with your drinking?
7. Have you failed to keep the promises you made to yourself about controlling or quitting your drinking?
8. Do you wake up sick to your stomach or shaky and find that a drink makes you feel better?

If you answered "yes" to any of the above questions, drinking is probably affecting your life in major ways and you should do something about it, before it gets worse. Whether your drinking problem is in its early stages or you are severely addicted to alcohol, you can obtain help for your particular needs.

( Taken from " Women and Alcohol" pamphlet by Health and Welfare Canada )

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# Streetproof your Children: Helpful Rules to Keep Young People Safe

- Ten percent of Canadian families will be confronted by sexual abuse.
- One out of every three females will be sexually molested before age eighteen.
- One out of every ten boys will be sexually molested before age eighteen.
- More than 85% of abusers are known to the victim.

Most parents want to educate their children about sexual abuse, but they don't know how. These guidelines will help parents to teach their children how to keep safe. Remember, you can't tell a child too much; knowledge doesn't stimulate inappropriate behavior — ignorance does. Parents who talk openly with their children will be "askable" parents, and children will feel free to bring their worries and concerns to them in the future.

**1** An unattended child is a child at risk. Arrange with your child an alternative place to wait if you are delayed, especially in the darker winter evenings. Suggest a well-lit store or inside an arena or school.

**2** Always, where possible, have children walk in pairs or groups.

**3** Children should always travel the same way home.

**4** Use a secret family code. Children should never go with anyone, not even a close family friend, unless they are able to give the child the code. Once the code has been used, it should be changed.

**5** Don't allow your young child to go to a public washroom unattended.

**6** Check your babysitter's credentials thoroughly. In your absence, they are guardians of a priceless treasure.

**7** Tell your child it is not rude to ignore an adult who is asking directions on the street. Another adult could be asked for more accurate directions.

**8** Tackle the subject of sexual abuse prevention with the same honest, matter-of-fact manner you would attach to road safety. Remember, the only time a child will ask you about sexual abuse is after it has happened. Open the subject and your child will remember that you are askable.

**9** Introduce your child to the "Hot and Cold" game. Describe a situation which is "cool" — "imagine you are walking home from a friend's house..." then make it "tepid" — "you hear footsteps and think someone is following you..." Request the child to make the situation "cool" again and suggest that it would be appropriate to cross the street. Now make the situation warmer by indicating that the footsteps also have crossed the street. Suggest that the child cross back again, and explain that if the footsteps cross the street for a second time, then the situation is "hot". Ask for ways to "cool" down the situation. You might help with ideas such as going into a lighted store, going into a neighbour's house, looking quickly for a Block Parent, or because it is a "hot" situation, they might yell "fire" which will bring a quicker response than "help".

**10** Discuss with your child the difference between fact and fancy, fact and fiction so that they may understand the nature of taking an oath. (This may be necessary for a court appearance).

**11** If you suspect that an abuse has taken place:

- DO encourage the child to talk about it.
- DO establish in the child's mind that he/she is not to blame.
- DO NOT correct the child's story; listen to the original words, even those which are babyish or family words.
- DO NOT suggest or modify what the child is trying to say. Your ideas might confuse the truth.
- DO NOT SHOW horror or anger; however if caught by surprise and unable to control your emotions, be clear that your anger is meant for the offender, not the child.

**12** When you are aware of an incident of sexual abuse, call the police or the child welfare authorities immediately. Ensure that a social worker, a police officer and someone supportive to the child is present when the evidence is given.

This leaflet is a co-production of  
**Vis-à-vis**  
**National Clearinghouse on**  
**Family Violence**  
Health and Welfare Canada  
K1A 1B5

**Citizens Concerned with**  
**Crime Against Children**  
Box 1715, Station "C"  
Kitchener, Ontario  
or  
Box 1737, Station "A"  
London, Ontario N6A 5H9



What do you see?

It appeared, when the old lady died in the geriatric ward of Ashludie Hospital, near Dundee, that she had left nothing of any value. Then the nurse going through her possessions found a poem. The quality of this so impressed the staff that copies were duplicated and distributed to every nurse in the hospital. The old lady's only bequest to posterity has since appeared in many magazines and other publications.

What do you see nurse, what do you see?  
What are you thinking when looking at me --  
A crabbit old woman, not very wise,  
Uncertain of habit, with far-away eyes;  
Who dribbles her food and makes no reply  
When you say in a loud voice "I do wish you'd try".  
Who seems not to notice the things that you do,  
And forever is losing a stocking or shoe.  
Who unresisting or not, lets you do as you will,  
With bathing and feeding, the long day to fill.  
Is that what you're thinking--is that what you see?  
Then open your eyes . . . you're not looking at me.

I'll tell you who I am as I sit here so still;  
As I use at your bidding, as I eat at your will...

I'm a small child of ten with a father and mother,  
Brothers and sisters, who love one another.  
A young girl of sixteen with wings on her feet.

Dreaming that soon now a lover she'll meet:  
A bride soon at twenty - my heart gives a leap.  
Remembering the vows that I promised to keep.  
At twenty five now I have young of my own,  
Who need me to build a secure, happy home.  
A woman of thirty, my young now grow fast,  
Bound to each other with ties that should last.  
At forty, my young sons have grown and are gone,  
But my man's beside me to see I don't mourn.  
At fifty, once more babies play round my knee.  
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead;  
I look at the future, I shudder with dread.  
For my young are all rearing young of their own.  
And I think of the years and the love that I've known

I'm an old woman now and nature is cruel -  
Tis her jest to make old age look like a fool;  
The body it crumbles, grace and vigor depart.  
There now is a stone where I once had a heart.  
But inside this old carcass a young girl still dwells  
And now and again my battered heart swells:  
I remember the joys, I remember the pain.  
And I'm loving and living life over again.  
I think of the years: all too few, gone too fast.  
And accept the stark fact that nothing can last.

So open your eyes, nurses, open and see  
Not a crabbit old woman - look closer, see ME!



**"Tools to heal, tools to build, tools to make music, tools to build a better tomorrow."**

Today Nicaragua is still fighting an economic battle against food shortages, lack of spare parts for equipment, severe shortages of medicines and medical equipment and basic teaching supplies.

Across Canada and in Ottawa, friends of Nicaragua are gathering materials and donations to send to Nicaragua on a boat leaving from Vancouver in December.

Can we add your support to that boat for Nicaragua?

For more information contact:  
Coalition for Aid to Nicaragua,  
c/o OXFAM-Canada, 251 Laurier Ave West,  
Ottawa; Ont; K1P 5J6 (phone: 237-5236)

YES! I'll help fill a boat for Nicaragua!

\$25      \$50      \$100      other

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Donations over \$10 will receive a tax receipt if you check here: \_\_\_\_\_



# POETRY

## SILENT MOVIE

dog faced  
you gasp out death sentences  
hoping to bind me to you  
with putrid love words  
I cannot stomach theatrics  
this scene is stale  
dilapidated  
from constant referrals  
you don't cut it  
as a director  
but I haven't the energy  
to convince you  
so here I stay  
cold dead tea  
stares up at me  
the only reality left  
I never realized I was so angry  
until you started ripping off my nightie  
calling me a slut  
slapping my face  
leaving bruises  
I don't want to cry anymore  
that really gets you going  
I liked it much better  
last night  
when I bit your wrist  
so hard it was numb  
and you still have a red mark  
if I had a knife  
I would have dug it into your ribs

LANA ROCH

you need to know it all  
each dirty sheet  
laid out  
before you  
with its stains  
blood, tears, dried cum  
on your knees  
you tear it to shreds  
inch by inch  
I watch from the corner  
naked and raw  
wishing for something  
to cover myself



LANA ROCH, Armstrong, B.C.

## POOR ANN OGRAPHY

Poor Ann Ography  
She's always in the news  
Poor Ann Ography  
Everyone has views  
It was never her intention  
To humiliate and shame  
Don't scream and shout  
But hear me out  
Before you lay the blame

Poor Ann Ography was soft  
She was just a tease  
She posed in filmy negligee's  
Showing off her knees  
Erotic and enticing  
Enjoyed by lovers all  
She graced a lot of bedrooms  
Before her curtain call

The years they took their toll on her  
Making her Hard Core  
She found herself in bondage  
By those who wanted more  
They sold her into slavery  
While laughing at her fears  
They used her and abused her  
The business profiteers

They whipped her and they chained her  
Till passion turned to pain  
And then they took her children  
And made them play the game  
She could not bear to witness it  
And so for death she cried  
They gave her what she wanted  
But filmed her, as she died

So when you march in protest  
Remember who's to blame  
It isn't Poor Ann Ography  
That is just a name  
For a Billion Dollar Business  
Where profit rules supreme  
And each CONSUMER plays a part  
In their sadistic dream

JUNE WILSON  
Penticton, B.C.





Penticton Group

Working For Women's Centre



The Women's Coalition has been in contact with two groups of women in the South Okanagan, in recent months. One of them is actively working to establish a women's centre in the Penticton area. Here is a report from Hilma Labelle, one of the founding members:

After a severe post-partum depression, and being in the unfortunate position of being new to the community of Penticton, I realized the need for a contact centre for women. A place where women can meet, discuss, find information and receive education to help them deal with crises and/or changes in their lives. A drop in centre to give women somewhere to go, (Penticton at the moment has nothing exclusively for women), a place to hold workshops and do seminars, a place to call (phone) or to go to in times of crises, a referral centre. All of these things I felt I would have enjoyed the use of during my own personal crisis.

We now have a group of concerned and dedicated women who have joined with me to make this centre a reality for Penticton.

Our members have come from every conceivable background:

June Wilson - Co-ordinator of the Unemployment Action Centre;  
Sabina Hardt - Caretaker of a golf course; Naomi Lis, a social worker and founding member of Richmond Women's Centre; Sylvie Tanguay, a sail maker and presently our French speaking representative; Joanne Thompson, occupational therapist and of course many more. (I mention these women to illustrate the spectrum we are covering). Most of us are mothers, most of us have a job outside as well as inside the home, all of us are concerned with women's issues and how we hope to effect changes, either between ourselves or out there in the community and eventually society as a whole. Our members are coming from as far and wide as Hedley, Cawston, Naramata and Westbank. We are to be known as Penticton Area Women's Association. (P.A.W.A.).

At time of going to press, we have applied for a grant from Secretary of State, Women's Programs to fund a 5 month project to include: an Open House - November 16, 1984.

- an 8 week lecture and film series on "Women and Today's Society" during Winter Session at the Penticton Campus of Okanagan College.
- "Survival Skills Weekend" retreat - money management, leadership skills, communication skills, stress and anxiety management (tentatively planned for Naramata Centre).

At time of Tapestry going to print Penticton Area Women's Association has heard that their funding is awaiting approval from Ottawa.

P.A.W.A. will be located in the Lier House - 220 Manor Park Avenue as of November 5, 1984. Before that time contact Hilma LaBelle at home at 496-5269.



## South Okanagan Women in Need Society

The S.O.W.I.N Society is a group of women who have been working for the last few years to provide emergency shelter for women in Penticton and surrounding communities. Here is an update from present chairperson, Bonnie Rielly (493-0865).

Safe Home System - We set up a safe home system in May 1983 when it became clear that funding for a transition house for the South Okanagan would not be available. We currently have three homes and can also use the facilities of the Naramata Centre if necessary. The homes are private homes with the space to put up at least one woman and a couple of children. The addresses of the safe homes have been given to the Ministry of Human Resources and a core group of contact/volunteer drivers (about 5 people currently). People may be referred to the homes either by a social worker or one of the contact people. The names of the contact people are available to the other helping agencies in the city. So far the vast majority of referrals have been through M.H.R. We have averaged two families per month in the past year. Our busiest time is in the summer months.



Funding - We reimburse our safe home people at the rate of \$20 per day for an adult and \$10 per day for children under 12. If the Ministry uses the homes they reimburse the safe home person and if S.O.W.I.N. refers a family the Society covers the room and board. The Jaycettes donated \$3,000 last year to our Society and this has kept us going quite nicely.

We have also received many smaller donations - they add up quickly. All in all the support for the society has been very good. There seems to be a lot more awareness of family violence and its consequences; hence a fair amount of interest from community groups.

Safe Homes - The safe home people participated in a training session in the spring of 1983 - conducted by Debra Lewis and a person from Vancouver Transition House. A large part of this session was about listening and non-judgemental support. Since every family is different it has turned out to be a learn-as-you-go experience for the safe homes. In order to protect the safe homes and their families it is stressed to all clients that the address is absolutely confidential. We have, so far, not had any difficulty with the spouse trying to find a family. The safe home people are not to be seen outside their homes with the people they are sheltering. Driving to the doctor, legal services, etc. are the responsibility of the volunteer drivers.

We arbitrarily set a maximum stay of five (5) days - this is negotiable with the safe home depending on the circumstances. Since we have access to the Kelowna Transition House we feel that any women needing longer shelter should go there, the facilities are better.

Contact/Volunteer Drivers - We have a core group of five people. Their job is to arrange for space at a safe home if contacted by an agency. Also to drive the woman to the doctor, etc. if necessary. This



portion of our service has not been extensively used in the past year.

Community Awareness - This is an ongoing job. Although we have spoken quite often in the past year to groups in the Penticton area, we have not done very much in Oliver and Osoyoos. I understand that this is a different M.H.R. region and organizing gets quite complicated.

All in all the safe home system has worked quite well. This type of system can provide emergency shelter for a family in crisis in a rural type of area. We will be advertising the safe home system more extensively in the coming year in the Summerland, Penticton, O.K. Falls area. Any problems we have encountered have been minor. The women we have sheltered have been very appreciative - it makes it worthwhile.

## CONGRATULATIONS on the Opening of these new Women's Centres:

Kamloops Women's Resource Group  
387 - 4th Avenue  
Kamloops, B.C. V2C 3P1

Phone No. 374-3383  
Co-ordinator: Donna Cameron

Kelowna Women's Centre  
1441 Ellis Street  
Kelowna, B.C.

Phone No. 762-2355

Penticton Area Women's Association ( P.A.W.A. )  
Lier House  
220 Manor Park Avenue  
Penticton, B.C.

Co-ordinator: Hilma Labelle



### TOFU CHEESE CAKE ( Delicious & Easy to Make )

Serves 6-8/ Makes one 10" Pie

Medium Firm Tofu is best

Preheat oven to 375° F

1. Have ready

1 baked graham cracker pie shell

2. Blend in blender until smooth and creamy:

2 lbs. Tofu

3 tbsp. Lemon juice

1 tbsp. Vanilla

1/2 tsp. Salt

1/2 cup Oil

1/2 cup Honey

1 cup Sugar

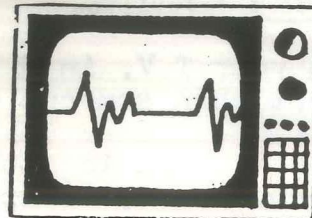
3. Pour mixture in Baked Crust.

Bake 40 minutes.

Serve well chilled with Fresh/Frozen Fruit

( from "Tofu Cookery" by Louise Hagler )

# children & TELEVISION



CHILDREN & TELEVISION

## DID YOU KNOW ?

- that the average pre-schooler in Canada spends 20-30 hours per week in front of a T.V. set - about 1/3 of his or her waking hours.
- that by the time the average child is 14 years old he or she will have spent the equivalent of a solid working year having his judgement moulded by T.V. commercials.
- that on T.V. problems are solved and relationships enhanced by buying something.
- that T.V. suggests that violence is common and acceptable and childrens shows are probably more violent than adult shows.
- that children's shows include a violent act on an average of every two minutes.
- that T.V. is the major spare time activity for most children.
- that by the time a child graduates from high school he or she may have watched 18,000 murders on T.V.

## HOW TO WATCH TELEVISION

1. Each week sit down as a family and go over the programs each family member wants to watch. Decide what programs are a priority and why. Put up a list of programs that are to be watched and by whom.
2. Limit T.V. watching to those programs agreed upon if possible. If any member wishes to add to the programs, they should inform the other family members.
3. Keep track of the hours each member watches. This may show viewing patterns that would otherwise be ignored.
4. Talk about shows family members watch- not the story, but the effect of the story. Encourage children to talk about what is real and what is fiction. Talk about ads and the messages in the ads. Discuss areas of concern such as violence, sexual stereotypes, sexual values, etc.
5. Parents must decide on how much control they wish to exercise over their children's viewing habits. In making any decisions they should attempt to be open and consistent.

.....con't



- 6. Keep your T.V. in a location where it won't be turned on except when someone wants to watch a specific program.
- 7. Write letters to sponsors, local stations and networks when you approve or disapprove of a specific program.

( Prepared by: Kamloops Justice Council and  
B.C. Council for the Family )

# Women's Books

WOMEN and CHILDREN FIRST ( Macmillan Canada, 1982 )  
by Michelle Landsberg

" This is a non fiction book that reads like fiction - warm, rich in incident and detail, compassionate, funny. It's rare to read a book by a feminist that can be pro-women, pro-men and pro-family. Michelle Landsberg is in favour of fully human beings and she is a delight to read."  
( Margaret Atwood )

I BELONG TO ME

by Lynne Atkinson, Linda Keller, and Barbara Pawson

" Introduces the topic of sexual abuse to children between ages of five and eight years of age. It is the first book in a series providing children with knowledge about personal safety."

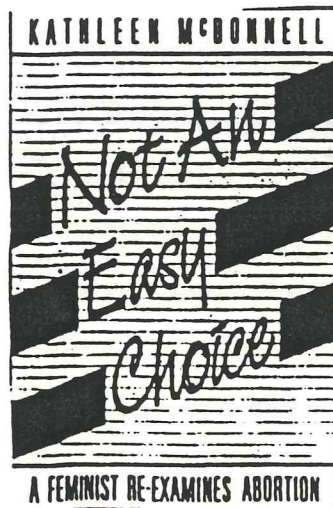
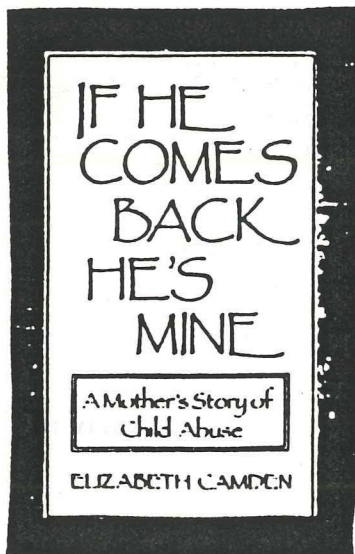
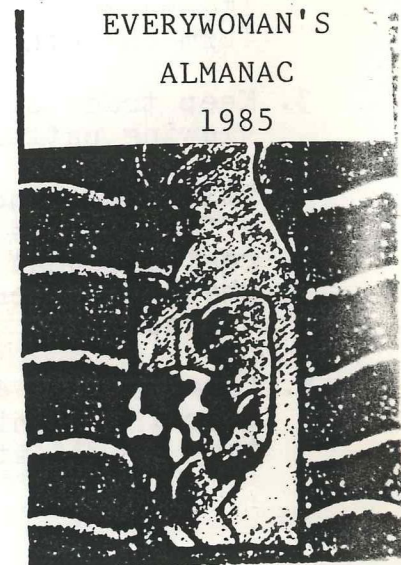
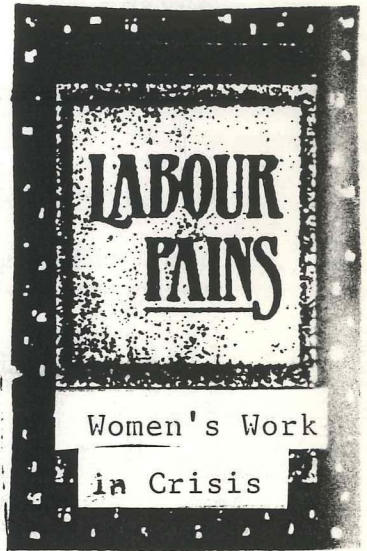
FALLING FROM GRACE

by Elly Van de Walle

" Breast cancer and mastectomy are subjects that many would prefer not to think about. Yet one woman in eleven will get breast cancer; the other ten will know someone who does.. This book speaks to the suffering of countless women who have endured mastectomy in silence."

( Press Gang Publishers )

\*\* Okanagan Women's Coalition Resource Centre has over 500 books available for borrowing.



Graphics: The Women's Press/Toronto



Media Sexism:

START COMPLAINING!

(Kenesis Sept. '84)

The impact of media imagery and symbolism in our culture is overwhelming. We are constantly being bombarded with media images of women that are sexist, exploitive, and degrading. When we see a program on television that really offends us, we may get angry, sad, and may even tell a friend. Then what? Often that's how far it goes. The program continues, or the ad gets reprinted. There are, however, ways to complain that often provide positive results. The following includes a list of strategies that tell you where to complain and how as well as information on Media Watch.

1. Letter Writing
2. Phone Calls
3. In Person
4. Demonstrations
5. Media Watch Complaint Form

SEE LISTEN SPEAK OUT!

Media Watch complaint forms can be used to complain about any Canadian media. The complaint has a great impact on advertisers specifically, as one complaint (in their estimation) represents approximately forty-four consumers. Therefore, if ten people complain about the ad, that's like 440 people complaining. The complaint works well for all media as long as it's Canadian. It forces the broadcasting and print industries to be accountable for their sexism.

Take action while the program or ad is being shown, heard, or published. Keep it current. Make sure your name and address is on each complaint form and is legible. Identify TV and radio sources by their call letters i.e. CKVU, not channel 9... Include what you find offensive. What do you see, hear or read that contravenes the guidelines on sex role stereotyping? A general statement like "that program was disgusting" will not get much consideration, but "that program was disgusting because the woman was always naked and being watched by a man..." will.

You can achieve success in getting media changed or removed through complaint action.

When complaining remember:

- the more people that complain about the same thing the better
- always make sure you include your name/address and that it's readable
- include a copy of the ad, article, picture, etc. with the complaint, unless it's a billboard.
- if you see media that deserves praise, praise it.



If you would like information, complaint forms, or want to read a complaint to someone, and get feedback, contact:

Okanagan Women's Coalition or the Women's Group in your area or

Media Watch  
209 636 West Broadway  
Vancouver, B.C. V5Z 1G2 Telephone 873-8511

Sex Role Stereotyping

according to The Canadian Radio-Television and  
Telecommunications Commission ( C.R.T.C. ) is:

- "failure to represent women in their full variety of ages, shapes, sizes and colours;
- failure to reflect the increasing diversity of women's lives;
- failure to portray a representative range of the occupations that women hold;
- invisibility of women in discussion of many issues;
- portrayal of women as sexual lures and decorative objects;
- invisibility of female experts and decision makers;
- language which assumes that everyone is male unless identified otherwise."

Media Watch states:

" Sex-role stereotyping is harmful to women because it dehumanizes, misrepresents, and degrades them. The extreme form of this distortion is pornography."

dehumanizes

degrades

News Flash

**GRIEVANCE WON !!** Nelson, B.C.

Congratulations to the Nelson Women's Centre. They won their case against the Nelson Daily News which published an advertisement for workboots that depicted a scantily dressed young woman. They were supported in their fight against sexism in the media by Media Watch.



# Inside Women

by Robin Barnett

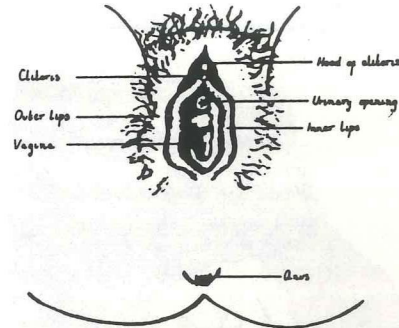
*Are you one of a majority of women who will have a vaginal infection at some time in her life? Are you a woman who will have recurring vaginal infections? One who gets only temporary relief from the medications the doctor prescribes? Many women leave their doctor's office without understanding what they have or how they got it. Was it sexually transmitted? Maybe you are a lesbian who is nervous about discussing how you might have gotten a vaginal infection from your partner.*

*In our self-help workshops at the Women's Health Collective we have been drawing on the experience of the women's health movement and our own observations to understand how to prevent, treat and hopefully cure vaginal infections and related problems. Our focus emphasizes how the vagina is suppose to work - what is a healthy vagina - so that when infection occurs we can figure out what the cause may be. Then we can decide how to best treat ourselves.*

The vagina is usually a wonderfully efficient, self-maintaining, dynamic environment. Before the advent of the inexpensive, plastic speculum it was clouded in mystery and thought of as accessible only to the medical profession. The speculum allows us to examine our own vaginas. We can use our fingers and sense of smell to examine our own secretions.

Understanding how our body, or in this case our vagina, defends itself against infection can help us stay healthy. Sometimes vaginal infections can be transmitted through sexual and intimate contact and at other times they arise spontaneously because of imbalances in the vagina. It is possible for us to figure out what is happening in our vagina and to cut down on or eliminate recurring vaginal infections.

The vagina is a cavity in the body much like the mouth cavity. They are both open to the outside air and have similar mucous membrane linings that stay moist from secretions. Neither is sterile. Several protective systems keep the vagina healthy and clean. The most important of these are the acid balance and the cervical mucus.



graphic from Down There

A healthy vagina is usually slightly acidic (it registers about four to five on the pH scale that runs from one, most acidic, to 14, most alkaline). Acidity prevents many different kinds of bothersome bacteria and other microorganisms from flourishing.

"Friendly" bacteria called lactobacilli or Doderlein's bacilli keep the vagina acidic. If it weren't for the lactobacilli, the vagina might always be a sugary, alkaline breeding ground for infections. The cells of the vaginal wall store sugar in the form of glucose; droplets of fluid form on the walls of the vagina and mix with dead cells which are sloughed off, releasing the glucose. Bacteria, fungi and protozoa (microscopic one-celled animals) love to feed off that sugar. The lactobacilli thrive on sugar, too, but unlike these other organisms, they convert the sugar into a weak acid called lactic acid. This acidity kills off many of the "bad" organisms.

Another important protective system is the cervical mucus. The cervix is the base of the uterus that extends into the vagina. The endocervical canal leads from the cervical opening (os) up into the uterus. Glands located in this canal secrete mucus. This mucus is thicker than the vaginal secretions and also bathes the vaginal walls, washing away dead cells and debris. It helps moisten and lubricate the vaginal walls, thereby protecting them from damage. and it "plugs" the cervical opening to defend the sterile uterus from the invasion by micro-organisms.



If you check regularly you can get to know your own mucus and what is normal for you. Normal vaginal discharge has a mild, pleasant odor and fluctuates between a clear egg-white consistency and a milky white paste, depending on where you are in your menstrual cycle.

The cervix and the amount of mucus secretions are affected by hormonal changes in the menstrual cycle. However, some women have heavy secretions throughout their cycle and other women say they have very



little secretions at any time of the month. Generally mucus right around the time of ovulation has been described as being like egg whites - clear, very stretchy and slippery. Not all women get this type of mucus at mid-cycle. For some women it will be more like smooth hand lotion, with a slippery feeling of lubrication.

Even though the ecology of the vagina is constantly changing, the arrival of a new microorganism, even sexually transmitted, isn't enough to start an infection. There are many conditions that can make your vagina more - or less - susceptible. Some of the following might be examples of why some women get them or have recurrences.

Cervical mucus is slightly more alkaline when you're most fertile, right before ovulation. And during menstruation your vagina is at its most alkaline because the blood that flows through the vagina is a sweet, alkaline medium. The menstrual flow can be a cleaning process for the vagina because the blood can bathe the vagina as it flows. Or it could be a sugary food for infections. Also right before or right after menstruation the vagina may be drier than at other times because the cervical mucus has formed a thick plug at the opening of the cervix.

At this time in a woman's cycle, the mucus is not bathing and lubricating the vaginal walls. Dead cells from the vaginal walls will not be washed out by the mucus, but will stay and can provide sugars to feed infections. Some women find that symptoms of infections escalate during or after their periods.

Pregnancy is also a time when women may tend to suffer from infections. Hormonal changes are causing more sugar to be stored in the vaginal walls, increasing alkalinity. Also some women develop abnormal Pap smear results while pregnant because of the changes in the cells. Hormones, like the Pill, can also have similar effects. Women who take them may be prone to cervical inflammations and vaginal infections.

During and after menopause is another period of hormonal changes. There are lowered levels of estrogen and thus lower levels of glucose in the cells of the vagina. There may not be enough glucose in those cells to support lactobacilli and maintain an acidic vaginal environment.

Antibiotics are often prescribed for vaginal infections. The problem is that in the process of wiping out the bad bacteria, the antibiotics also kill off the good bacteria the lactobacilli. So after finishing the antibiotics, the vagina may be too alkaline and harbour infection.

The vagina is also influenced by the presence of semen, although the effect is transitory since most of it runs out immediately. Semen has an alkaline pH and introduces other living organisms, including sperm, into the vagina.

The natural ecology of the vagina can be changed by any kind of condition or foreign object which gets into the vagina. Douching, for example, dries out the mucus membrane lining and can irritate or damage the vaginal walls and upset the acid balance. The vaginal walls can also get irritated in reaction to the chemicals that go into perfumed, com-

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**The natural ecology of the vagina can be changed by any kind of condition or foreign object which gets into the vagina.**

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mercially prepared douches. Frequent douching can also erode the mucus plug that acts as the protective barrier to the uterus.

IUD strings may cause an inflammation of the cervix where the string lies on the cervix. The string can act as a wick for bacteria to travel on, descending from

the cervix into the vagina or ascending from the vagina to the uterus.

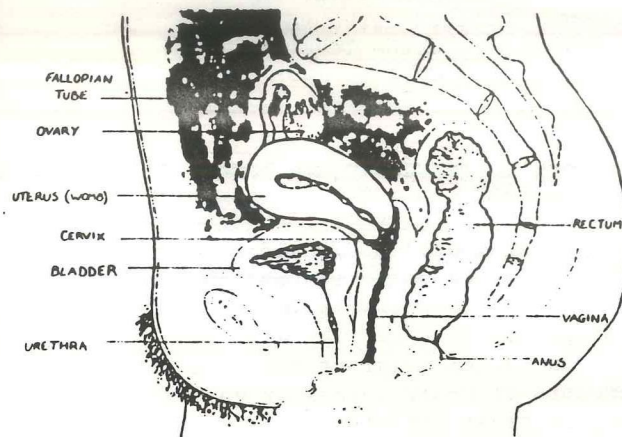
Anything that scratches the vaginal walls can cause trouble by providing bacteria or viruses with safe harbour and feeding grounds. You can scratch yourself with anything from a fingernail to a plastic tampon applicator.

No tampon should be left in too long because it can breed bacteria. On the other hand, changing tampons too often may cause irritation. Tampons can, especially super absorbent types, absorb the mucus lining. This robs the vaginal walls of the protective moisture they need and interferes with the washing process. Also change your tampon immediately after swimming in a chlorinated pool or whirlpool. Tampons absorb the chlorine which kills all bacteria in the vagina, including the lactobacilli. At the same time the sweet menstrual fluid could feed an infection.

The vagina and cervix can also affect each other. Or, one may indicate that there is something happening with the other. A red cervix can indicate that a vaginal infection is present and is irritating the cervix. The effect that a vaginal infection can have on the cervix is not always detected by the naked eye, but can be seen by looking at a Pap smear through a microscope. Some cervical abnormalities may mean a predisposition to certain infections.

Redness on the cervix is a frequent, and usually harmless phenomenon that can be caused by a variety of things. A woman can watch her cervix regularly to determine if the redness is temporary or related to her menstrual cycle. If it is cyclical the redness will disappear after a few days. If the redness persists, it may mean a number of things.

A red area around the os is often just the lining of the cervical canal. The lining, which is made up of columnar cells, sometimes extends out onto the face of the pink cervix which is made up of squamous cells, forming an inner red circle. The rim where the two types of cells meet is similar to the place where the lips of the mouth meet the facial skin..



graphic from Down There

Redness in connection with an unusual discharge, spotting or bleeding from the inflamed area of the cervix, or pain, may indicate that an infection is present.

Even if redness is not visible on the cervix, an abnormal Pap smear result may indicate an infection was/is present; that a viral (warts, herpes) outbreak occurred; or that a repair process after an infection or irritation was/is in process. Once the problem is identified and cleared up, the abnormal Pap result may return to normal.

Scarring on the cervix from giving birth or from tears which sometimes result from the metal instrument used to hold the cervix steady during an abortion can make a woman more prone to redness on the cervix because the scarred areas on the cervix provide a place for bacteria to grow. Bacteria could also inflame the glands in the endocervical canal and cause inflammation on the cervix.

Also vigorous vaginal penetration by fingers or penis could irritate the cervix and possibly the vaginal walls. Sexual assault can also be damaging to these areas.

It can be helpful to think of the cervix as a kind of "skin." Just as our skin gets bruised and irritated so can the cervix. Sometimes just as we apply remedies to our skins, we may want to try to apply some to our cervix.

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**Just as our skin gets bruised and irritated so can the cervix.**

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The foods we eat can also affect the vaginal balance. Refined carbohydrates and sugars can increase the level of sugar in the bloodstream as well as make our system more alkaline. Though the link has never been scientifically proven, many women and women's health-care practitioners believe that cutting out sugar cuts down infections. Since the cells in the vaginal wall contain sugar that is released as the cells are sloughed off, it's possible to have an overload of sugar in your system. Diabetes, pregnancy and the Pill also increase the amount of sugar stored. Drinking huge amounts of fruit juices or eating a great deal of fruit can also increase the level of sugar in the bloodstream.

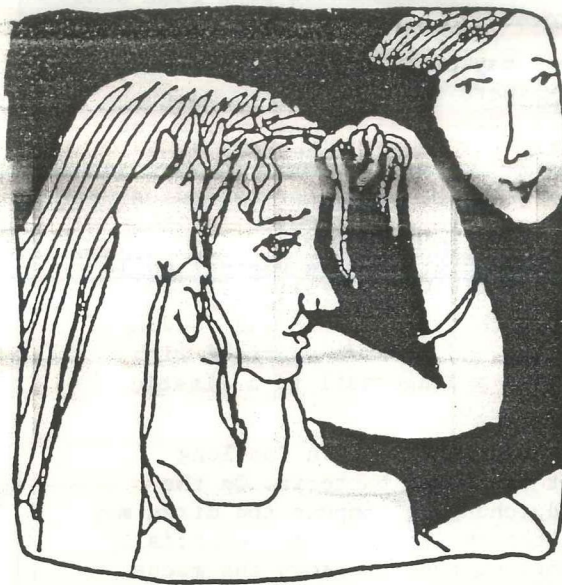
Make sure your diet is balanced. Intake of coffee and alcohol could be depleting your system of B vitamins needed for general health and resistance. Some people link a lack of vitamin A with abnormal cervical cells and mucus linings. If you take the Pill then you could have a folic acid deficiency which could also mean abnormal cervical cells.

Stress and anxiety and lack of sleep can lower your immunity and may even lower vaginal acidity.

The right clothes can also mean the difference between an organism flourishing or dying. A hot, moist environment encourages infections. So keep yourself as cool and dry as possible. Always wear cotton panties or panties with a cotton crotch and make sure your pants are loose enough to permit the vaginal area to breathe. Avoid tight jeans and synthetic fibers.

Never borrow someone else's towel. Although it happens rarely, a used warm towel can harbour infections.

Wash your external genital and anal area regularly, especially after having sex (even if it's the next day). Wiping the lips of the vagina is sufficient to cleanse the cavity. Wash with plain water. If you need to use soap, avoid scented soaps and bubble baths, and always rinse yourself well after washing. Avoid washing the anal area before the vaginal area with the same washcloth. Always wipe your anus from front to back so that anal bacteria won't get into the vagina or urethra. Don't vaginally insert anything that's been in your anus without carefully washing it first. Try to make sure that you and your sexual partner(s) are clean. Wash your hands! Ask your partner(s) if they have any infection or if they have had contact with anyone who has.



graphic by Terri Robertson

For detailed information about particular infections, viruses and cervical problems and their treatment (Western drugs and alternatives) there are many pamphlets and books at The Vancouver Women's Health Collective, 1501 West Broadway, 736-6696.

The Okanagan Women's Coalition Resource Centre has some of the Vancouver Women's Health Collective materials and other books and resources. Some of these include self help kits on:

- Menopause
- Vaginal Health
- Pre Menstrual Syndrome
- D.E.S.

The Resource Centre is located at:

#4 & #6 - 3000 - 30th Street  
Vernon, B.C.

These kits are also available at:

Kelowna Women's Centre  
1441 Ellis Street  
Kelowna, B.C.



Graphic  
from  
A Woman's  
Work Is  
Never Done  
available  
from OKWC  
Resource  
Library.



Who Wouldn't Want a Wife?

## I Want a Wife A Feminist Classic from the Early '70s

BY JUDY SYFERS

(Excerpts from an article published in "Ms.," December 1979)

I belong to that classification of people known as wives. I am a Wife. And not altogether incidentally, I am a mother.

Not too long ago a male friend of mine appeared on the scene fresh from a recent divorce. He is obviously looking for another wife. As I thought about him while I was ironing one evening, it suddenly occurred to me that I, too, would like to have a wife. Why do I want a wife?

I would like to go back to school so that I can become economically independent. I want a wife who will work and send me to school. And while I am going to school I want a wife to take care of the children. I want a wife who arranges to be around when the children need special care, because, of course, I cannot miss classes at school. My wife must arrange to lose time at work and not lose the job. Needless to say, my wife will arrange and pay for the care of the children while my wife is working.

I want a wife who will take care of my physical needs. I want a wife who will keep my house clean. A wife who will pick up after me. I want a wife who cooks the meals, a wife who is a good cook. I want a wife who will not bother me with rambling complaints about a wife's duties. But I want a wife who will listen to me when I feel the need to explain a rather difficult point I have come across in my studies. And I want a wife who will type my papers for me when I have written them. I want a wife who will take care of the details of my social life. When my wife and I are invited out by my friends, I want a wife who will take care of the baby-sitting arrangements. When I meet people at school whom I want to entertain, I want a wife who will have the house clean, will prepare a special meal, and not interrupt when I talk about the things that interest me and my friends.

And I want a wife who knows that sometimes I need a night out by myself.

I want a wife who is sensitive to my sexual needs, a wife who makes love when I

feel like it, a wife who makes sure that I am satisfied. And, of course, I want a wife who will not demand sexual attention when I am not in the mood for it. I want a wife who assumes the complete responsibility for birth control, because I do not want more children. I want a wife who will remain sexually faithful to me so that I do not have to clutter up my intellectual life with jealousies. And I want a wife who understands that my sexual needs may entail more than strict adherence to monogamy. I must after all be able to relate to people as fully as possible.

If, by chance, I find another person more suitable as a wife than the wife I already have, I want the liberty to replace my present wife with another one.

When I am through with school and have a job, I want my wife to quit working and remain at home so that my wife can more fully and completely take care of a wife's duties.

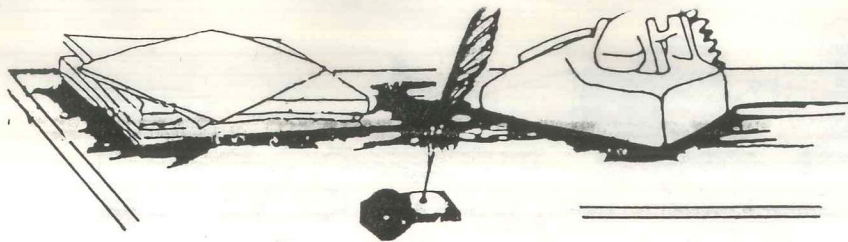
My God, who wouldn't want a wife?



In a sense everyone's liberation depends on the liberation of white males.

Kolbenschlag



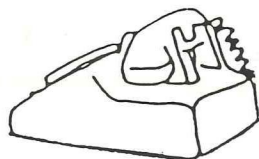


## COMING EVENTS

- NOVEMBER
- 1 Pre-Menstrual Syndrome (P.M.S.) - Kelowna Women's Centre
- 3 Women's Self Defense Workshop - Kelowna Women's Centre
- 2-3-4 Alberta Status of Women Action Committee - 1984 Annual Assembly  
Calgary, Alta.
- 8 Breast Health - Kelowna Women's Centre
- 9-10 Canadian Research Institute for Advancement of Women (C.R.I.A.W.)-  
Annual Conference - Montreal, Que.
- 13 Contraception - Kelowna Women's Centre
- 16-18 Multicultural Events of Films and Videos-  
Women in Focus Society - Vancouver, B.C.
- 18-20 Crisis Services for Women in B.C. - Victoria, B.C.
- 20 Sexually Transmitted Diseases - Kelowna Women's Centre
- 21-22-23 Women, Management and 1980's - Naramata Center
- 26 Dr. Helen Caldicott " Stop the Nuclear Madness" -  
University of British Columbia
- 29-30 The Sexually Abused Child - Justice Institute, Vancouver, B.C.
- 29 Menopause - Kelowna Women's Centre

### FEBRUARY

- 5th Annual Women's Conference- " Politics and Women's Role"  
Cariboo College, Kamloops, B.C.
- 21-22-23 Counselling the Sexual Abuse Survivor- Winnipeg, Man.
- 21-24 National Association of Women and Law ( N.A.W.L ) -  
Bi-annual Conference, - Ottawa



For further information on these and other upcoming events \*\*\*\*\*  
contact: Okanagan Women's Coalition, Vernon, B.C.  
Phone No. 542-7531 or 545-6406

WOMEN in BUSINESS  
Box 1572  
Vernon, B.C. V1T 8C2

- \*\*\* Luncheon - 1st Wednesday of each month  
12 noon - Royal Knight restaurant
- \*\*\* Business Meeting - 3rd Monday of each month  
7:30 PM at Arts Centre



# ADVERTISEMENTS

OKANAGAN WOMEN'S COALITION

Phone: 542-7531/545-6406

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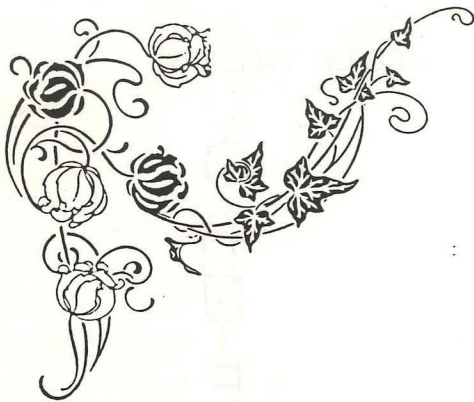
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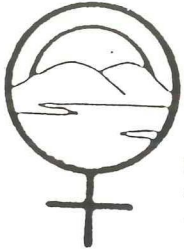
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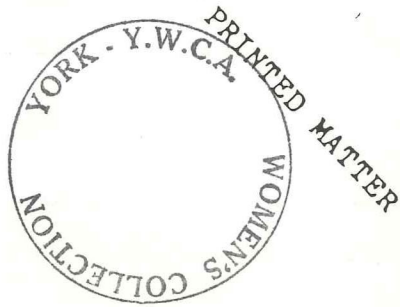
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542-7531  
&  
545-6406

P.O. Box 1137 Sta.A. 762-2355  
Kelowna, B.C. 9am-1pm.  
V1Y 7A8



York - YWCA Women's Collective  
RM 204 Founder's College  
York University  
4700 - Keele St.  
Downsview, Ontario. M3J 2R4

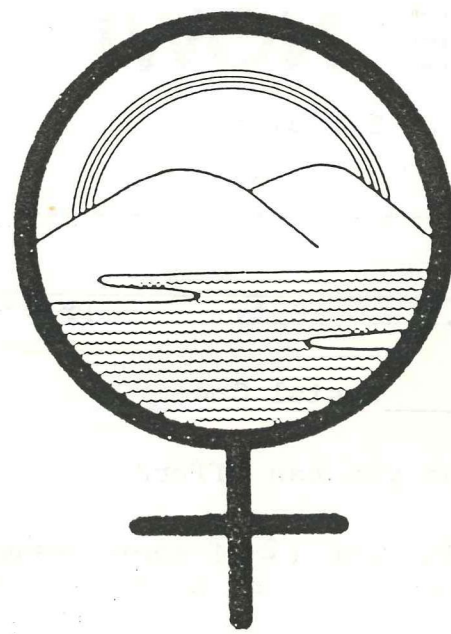


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OKANAGAN - WOMEN'S COALITION

Improving the Status of Women

- \* workshops
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- \* outreach
- \* lobbying
- \* support
- \* advocacy
- \* resource
- \* information
- \* seminars
- \* symposiums
- \* festival
- \* education
- \* support



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