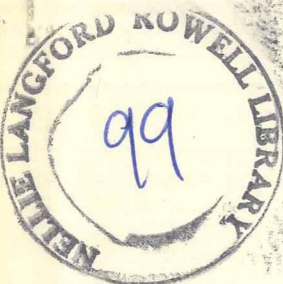
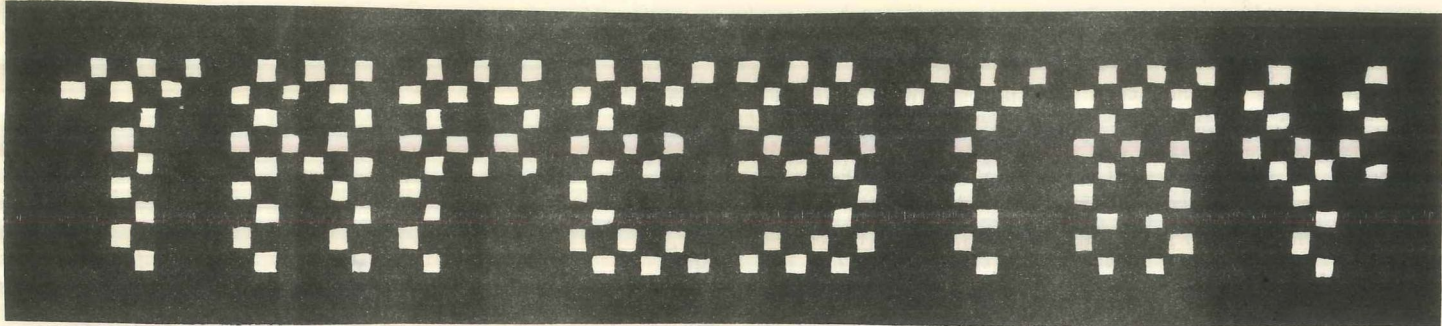


Sema.



CANADIAN CONGRESS FOR LEARNING
OPPORTUNITIES FOR WOMEN
682 COXWELL AVENUE
TORONTO, ONTARIO M4C 3B6

CONGRÈS CANADIEN POUR LA PROMOTION
DES ÉTUDES CHEZ LA FEMME
682 avenue Coxwell
TORONTO, ONTARIO M4C 3B6



Okanagan Women's Coalition

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

spring issue

75¢

THE CONSTITUTION

I was in the kitchen this morning, making Yolanda's breakfast, doing the week's dishes, eating an orange when I heard the news. Tears of joy over the news. It's Tuesday, November 24, 1981 and I feel optimism is entrenched in my life, in the women's movement. Section 28 of the Constitution, sexual equality for women and men is defined. I feel like I have just stepped foot on the moon - one small step for man, one giant step for women. Wow! Never do I remember the news being so positive, never this effect on me. I hugged my daughter and for the first time really saw her future. Judy Erola's voice came over the radio. Her voice was shaking, I could feel her joys and relief releases. Finally a minister responsible for the status of women that I am able to relate to. Her joys, my joys, our sisters' joys.

Shortly after CBC announced the 8:30 a.m. news, Indians are demonstrating on Lion's Gate bridge. They want full aboriginal rights and are rightly concerned with the new wording 'existing aboriginal rights'. The body of a young women missing since November 13, was found in Prince George. She had been sexually abused. I am outraged. I am furious. I am ready to go to work.

Jody McMurray

Women's rights are entrenched in the Constitution. The true implications of this will not be known until the precedents are set.



ABUSE / AWARENESS / ACTION A WOMEN'S CONFERENCE ON VIOLENCE

Friday March 12, 1982
Kamloops B.C. Caribou College

Saturday March 13, 1982

Session A

1. Rape
2. The Battered Woman
3. Medical Violence

4. Violence of the Law
5. Wen - Do



Session B

1. Community Action for Battered Women
2. Sexual Abuse of Children
3. Social Assertiveness

Session C

- | | |
|--------------------------------------|-----------------------------------|
| 1. Community Action for Rape Victims | 3. Wen - Do (repeat of session A) |
| 2. Casualties of the Pen | |

Session D

1. Pornography 'This is not a Love Story' *Warning: Violent and disturbing images.
2. Support for Survivors: closed workshop for victims of violence

| | |
|--------------|------------------------------|
| a) Battering | c) Incest |
| b) Rape | d) Living with alcohol abuse |
3. Assertiveness in the Work Place

For more information contact: WOMEN'S ACCESS CENTRE
Box 3010
Kamloops, B.C.
374-0123

* **B.C. TASK FORCE ON IMMIGRANT WOMEN** *
* Extend an invitation to attend *
* their March Conference in Vancouver: *
* **DIALOGUE FOR ACTION - A CONFERENCE** *
* **ON THE STATUS OF IMMIGRANT WOMEN** *
* March 19 - 9am to 4pm *
* March 20 - 9am to 2.20pm *
* Registration: \$15.00 (incl. lunches) *
* Contact: Edith Nee, Chairperson *
* 622 Seymour Street *
* Vancouver, B.C. V5R 3K4 *

Women who worked on this issue:
Elizabeth Alexis Jody McMurray
Vivian Hopps Vanda Merrit
Eliza Lucas Shiralee Phillips
Gael MacLean Peggy Watney
 Fay Robertson

Cover: Gael MacLean



BULLETIN BOARD

- March 4 Justice Bertha Wilson, first woman appointed to the supreme court
- March 6 BC Health Coalition Seminar Hotel Vancouver, Vancouver
- March 8 International Women's Day - Dinner Celebration of Alicia Lawrence
- March 8 Coalition of BC Rape Relief Centres Support Rally- starting at Planetarium in Vancouver
- March 10 'Past Relationships and Life in the Present -morning 'Pulling Your Own Strings'-afternoon workshops facilitated by Linda Galloway in Okanagan Landing
- March 11 'Scripts, How I learned to be who I am' morning 'Victim, Persecutor, Rescuer' evening workshops facilitated by Linda Galloway in Okanagan Landing
- March 12&13 Abuse/Awareness/Action Women's Conference on Violence, Women's Access Centre, Caribou College, Kamloops*
- March 13 Community Action Planning - Okanagan College Kelowna
- March 12-14 National Action Committee (NAC) on the status of women. Annual General Meeting- Ottawa NAC Lobby - House of Commons, Ottawa
- March 15 Kelowna YW seminar on Women and Violence Kelowna
- March 19&20 Conference on the Status of Immigrant Women Women and the Law Workshop*at Elizabeth Fry in Kelowna
- March 23 Women and the Law Workshop* Penticton
- March 24 Women Power-Maternal Health Society at Women in Focus in Vancouver*
- March 25 Women and the Law Workshop*at the Outreach Centre in Salmon Arm
- March 26 Women and the Law*at OKWC in Vernon
- March 26 National Association of Women and the Law (NAWL) Caucus - potluck and social Lawyer Ruth Lea Taylor, guest speaker
- March 27 National Day of Information and Education on Lesbians and Protest against the Right Human Rights Symposium at Sorrento Centre near Salmon Arm*
- April 2,3&4 Bright Lights Activity Group meeting
- April 15 Kelowna YW Seminar on Women's Rights*
- April 17 Okanagan Women's Coalition Meeting, festival planning/summer calendar at Coalition Centre in Vernon
- April 18 BC Federation of Women Co-ordination Collective meeting in Vancouver
- April 24,25 Kelowna YW Seminar - 'Women in Action'
- May 1 Abortion Rights Action Day
- May 8 or 9 Mother's Day
- May 9 Okanagan Women and Pensions Conference in Vernon
- May 15? Okanagan Women's Coalition Meeting-festival organizing
- May 30 First National Women's Network at UBC in Vancouver
- June 3,4 Okanagan Women's Festival (on aspects of women's culture) searching for facilities in the South Okanagan
- June North Okanagan Festival of the Healing Arts sponsored by Vernon UNN Friendship Centre
- June 22 Women and the Impact of Microtechnology Conference, Ottawa
- June 25-27 Women's Art Festival*at Robson Media Centre, Vancouver

*see write up in TAPESTRY

**WOMEN
A MATTER OF**

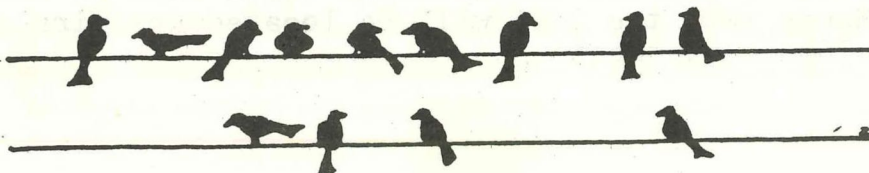
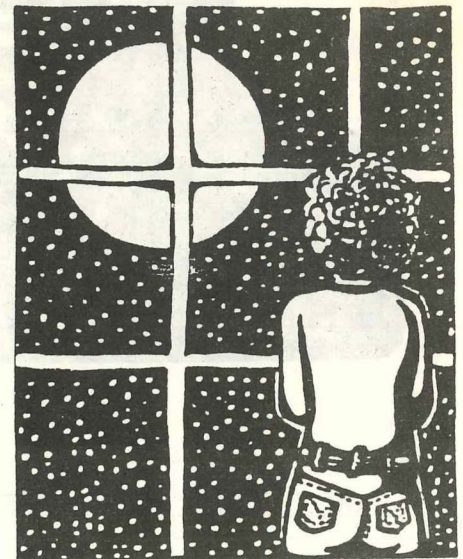
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A SERIES OF 3 SEMINARS
mar.

19 & 20 *Woman
and Violence

apr. 17 *Womens Rights
may 1 *Women in Action

presented by the KELOWNA YM-YWCA
Pre-Register KELOWNA 765-4191 YW
VERNON 542-7531 OKWC



Twenty women met for dinner on March 8th, International Women's Day, to celebrate and appreciate Alicia Lawrence and her work in the women's movement in the Okanagan-Shuswap. Alicia represented B.C. and Yukon women's groups on the National Action Committee (NAC) executive. Alicia has co-ordinated the Okanagan Women's Coalition (OKWC), its women's festivals, the Human Rights Symposium(s), and also presently serves on the executive of the Federated Anti-Poverty Group(s)(of B.C.) (FAPG). This is just a short recall of some of her major undertakings and roles.



Alicia has affirmed a grass roots feminist voice on provincial and national levels. Alicia has been a sister to us all. She has been my mentor. From her I have also learned the acronyms of the women's movement.

Alicia's appointment as a Human Rights Investigator in Burnaby begins March 18, 1982.

One of Alicia's visions was to see local caucus of the National Association of Women and the Law (NAWL) in the Okanagan. It is here, and with our whole hearted appreciation and approvation goes to Alicia. A toast-

To our sister, Alicia, our thanks

To our sister, Alicia, our support.

Jody McMurray



COALITION MOVES OFFICE AND RESOURCE CENTRE

The OKWC is moving the office and resource centre to larger facilities with windows. This will allow for the expansion of the Resource Centre and provide much needed work space for volunteers and staff. The new location will also support space for women's workshops and meetings held in Vernon. There will be also be room for newsletter production, children and reading.

The growth of plants, children and women will be encouraged.

As of March 12th the OKWC will be located upstairs at #4 and #6 - 3000 - 30 Street Vernon, BC

COMMUNITY ADVOCACY in the 80's

A Symposium on Human Rights
April 2 - 4, 1982
Sorrento Centre
Sorrento, B.C.



(on the trans-Canada Highway between Salmon Arm
and Kamloops)
Sponsored by the Okanagan Human Rights Committee
and
Okanagan Women's Coalition
Dep't of Secretary of State
B.C. Human Rights Commission

The Human Rights Symposium held at Naramata, B.C. in 1980 presented information to participants on rights and issues. Many resolutions and recommendations for "change" were approved and subsequently presented to various levels of government.

That Symposium like many similar events across Canada in recent years was not unique in advocating protection of basic freedoms and equal opportunity in our society.

To a degree some nominal changes have occurred, while others are being contemplated.

In B.C., for example, the Human Rights Commission last Summer proposed several amendments to the B.C. Human Rights Code. The Commission advocated extending equal opportunity to the disabled, to women, to the old and young, to homosexuals and lesbians, and other identifiable groups in the areas of public services, housing, and employment. The Commission also recommended that the delivery of the protection promised by the law be more effective, more open and accessible to the public. The record shows that

such objectives are not easily determined nor reached. Success will likely depend on the organized and concerted effort of all concerned persons.

Therefore, the purpose of this Symposium is to attempt to bridge the gap between "recommending" and "implementing" change by providing participants with the skills and tools to become effective advocates in their community. The workshops will provide practical strategies to apply to any issue or problem and will emphasize a "How to do it" approach.

Key note speakers and resource people will be present, a partial list includes: Dr. Karl Friedman, Provincial Ombudsman; Dr. Charles Paris, Chairperson, B.C. Human Rights Commission; Hanne Jensen, Acting Director, B.C. Human Rights Branch; Reginald Newkirk, Regional Director, Canadian Human Rights Commission; Paul Winn, Canadian Anti-Discrimination Directorate; Jack Lee, Public Relations Consultant; Susan Hepner, Vancouver Status of Women (Immigrant Women's Committee); Doug Wilson, Sask. Civil Liberties and Gay Rights Organization.

| | |
|--------------------------|----------|
| Ann Parkes, Salmon Arm | 832-2665 |
| Peter Threfall, Kamloops | 374-2838 |
| Graham Hope, Vancouver | 291-7236 |
| Alicia Lawrence, Vitoria | 387-6861 |
| OKWC, Vernon | 542-7531 |

NATIONAL ASSOCIATION of WOMEN and THE LAW - OKANAGAN CAUCUS

The Okanagan now has a local caucus of the National Association of Women and the Law. A bouquet and a profound thank you given to Alicia Lawrence, member at large for her efforts in its becoming a successful reality.


First some background into what NAWL is about. It is a national organization whose aim is improving the status of women, dealing with issues such as: effective enforcement of human rights legislation: equal pay for equal work: removal of abortion from the criminal code: reform concerning Native Women's Rights: reform concerning divorce alimony, maintenance: elimination of sexual discrimination in areas of credit, pensions and income tax: to name just a few.

Membership to NAWL is open to all persons who support the policies of the association. This membership is represented by seven members on the national steering committee concerning five areas across Canada. This committee meets regularly to implement policy and maintain communications. Policy - forming conferences are held every two years.

Our local caucus got off the planning board and into practice on Saturday, February 27, 1982, with thirty women attending. Gwen Brodsky, an article student, is on the national steering committee representing B.C., and Gail Raphanel, a lawyer from the Vancouver NAWL caucus, were guest speakers. They discussed the structure, policies and aims of NAWL and the organizing of our local caucus. The Okanagan caucus is one of the three in B.C., the other two located in Vancouver and Victoria. This caucus will serve the Okanagan - Shuswap area. NAWL has 60% law related members and is trying to expand to grass root members who see a lot of discrepancies in existing laws, especially in the Okanagan that need changing and want to develop the knowledge and skills on affecting this change.

The afternoon was spent discussing issues new on the NAWL agenda and local concerns and inquiries. Issues discussed:

- Setting up a Legal Defence Fund, which would be readily available for fast legal search and representation in court on feminine issues. The need of such a fund was readily seen in the Rape Relief fund-cutting fiasco.
- Talent Search -- for political and judicial appointments
- Bill C-53 and the proposed changes.
- How to deal with unethical lawyers and steps to follow when using the services of a lawyer, eg.:

- 
- a. keep track of facts as they occur (take notes)
 - b. request/demand receipts for all documents submitted
 - c. get carbon copies of all correspondence
 - d. get second and third opinions before retaining a lawyer
 - e. any complaints should be written to the Law Society with copies sent to the Ombudsman and your local MLA

- Tactics in dealing with legal issues.
- Building up resource materials in dealing with do-it-yourself in small claims, divorce, probate, etc. BUT NOT CRIMINAL.

- Affirmative action in making whole/remedying the social - disadvantage by promoting women into professional areas previously unattainable, such as engineering, trades, medical, law, ministerial, etc. by the discouragement of early academic or vocational education pertinent in pursuing these fields.
- NAWL objectives - resolutions from the Halifax conference are:
 1. no fault divorce
 2. unified family court
 3. transfer of jurisdiction

NAWL is holding its next conference in Vancouver in 1983. The theme of this conference will be:

1. Affirmative action
2. Parental Benefits
3. Pensions

The next local caucus meeting will be held on March 26, 1983, in the OKWC's new premises at #6 - 3000 - 30th Street, starting with a pot-luck supper at 6:00. Feminist lawyer Ruth Lea Taylor will be at the dinner. The Coalition is sponsoring workshops in the area, at which Ruth will give public lectures and discuss the issues of:

1. Women and the Criminal Law
2. Women and the Civil Law
3. Women and the Family Law
4. Women and the Labour Force
5. Women and Credit

THE ELIZABETH FRY SOCIETY OF B.C.

The Elizabeth Fry Society has a life skills program particularly for women with low incomes.

The Elizabeth Fry Society has funding available for transportation and childminding and is also able to offer the following courses at no charge:

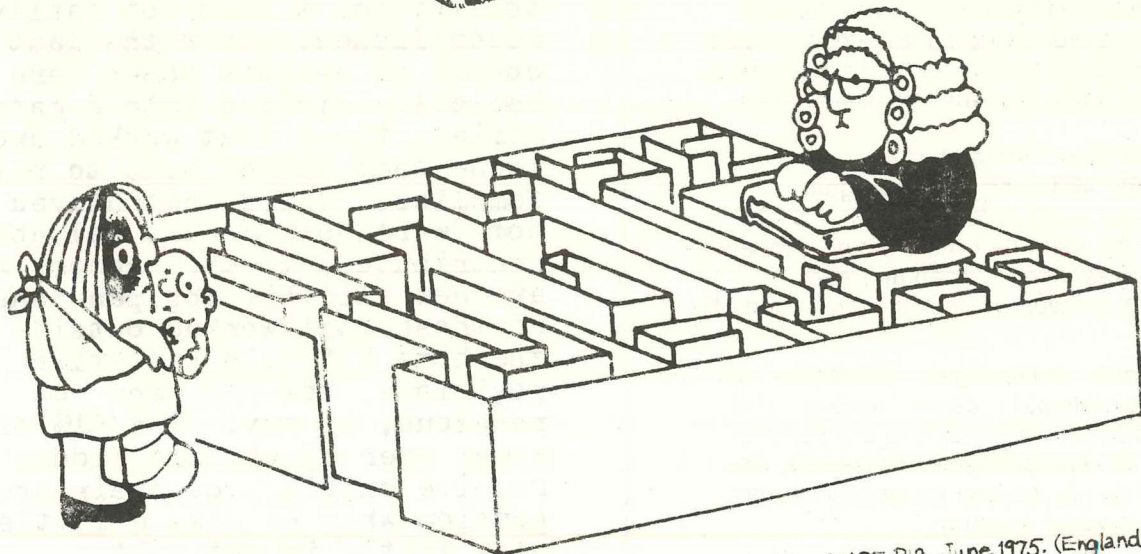
Skill Assessment
 Assertiveness Training
 Getting Things Done



Goal Setting and Decision Making
 Educational Upgrading
 Getting Paid What You're Worth and
 Other Problems of Employment

TELEPHONE: 763-4613

#32 - 436 BERNARD AVENUE, KELOWNA, B.C. V1Y 6N7



Liz Mackie, SPARE RIB, June 1975. (England)

A crabbit old woman wrote this

What do you see, nurses, what do you see?
Are you thinking, when you look 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, nurse, you're not looking at me.
I'll tell you who I am as I sit here so still;
As I rise 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 is crumbled, grace and vigor depart,
There is now 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.

Dr. Benjamin Schlesinger, University of Toronto sociologist, came across this anonymous poem while teaching at a summer institute in St. Francis Xavier University, Antigonish, N.S. We believe its deeply human cry deserves wider attention.

POVERTY IS A FEMALE PHENOMENON

Pensions-Focus On Women an educational conference held March 6th in Vancouver at the University Women's Club, Hycroft House, dealt with the harsh realities of Canada's poorly and discriminately organized pension scheme. Some of the guest speakers included, the Hon. Monique Begin, Reve Karstadt from the Canadian Advisory Council on the status of women, Flora McDonald, MP, and Monica Townson, author of THE CANADIAN WOMAN'S GUIDE TO MONEY. They all agreed on one thing, that most present pension plans, public or private, are totally inadequate for women. All these plans are geared around the typical male-worker with no consideration for women and their life-styles.

Presently about 75% of single women on the CPPLive below the poverty line. A monthly cheque OAS (Old Age Supplement) for these women amounts to \$139.00. This amount is supplemented with a small GIS Guaranteed Income Supplement check which gives them about \$489. a month to live on, a feat not easily accomplished. Over the last couple of decades women were basically divided into 2 categories, those that worked and those that stayed home to raise families. Those that stayed home were not seen as valuable contributors to the economy and are not eligible for pensions. Of those that worked outside the home 23% held part-time positions, low-pay, and low pensions, if any. The 61% of women over 65 who are widows receive only 2/3 of their spouses pension when he dies. A little of a little is not alot.

Courtesy of Inuit Today



The CPP is based on 25% of your total earnings averaged over the total period you are eligible for work. Women obviously get the smallest pensions because women have always made the lowest wages. When a woman drops out of the labour force to raise the future labor force her earnings are still averaged over that period with no pension credits given her for her efforts.

As for private pension plans, only 28% of women in the work force are on a private plan and half of these women work for the government. Only 34% of these women receive maximum benefits as compared to 2/3 of all men who receive maximum benefits. Most women do not collect their spouses private pension if he dies.

Obviously the pension system needs to be up-dated. Some of the proposals for improvement are:

-an expanded public system that would cover everyone no matter how many times you change jobs or if you just worked part-time.

-to index the plan every 3 months to the cost of living

-the division of pension credits made compulsory upon divorce. (of the 86,000 divorces granted in Canada last year, only 920 applications were made for splitting pension credits)

-a leave of absence for child-rearing with pension credits given for that period.

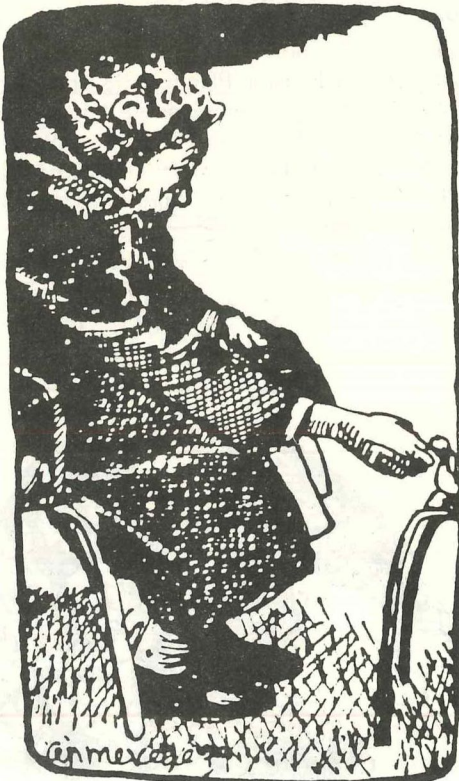
-a pension scheme that housewives and their spouse pay into

-and no more lending of low-interest loans to the provinces from the CPP funds. (to date 750 million dollars has been lent from the fund to the provinces which the federal government does not expect repayment of)

The great pension debate will be discussed further and in more detail at a conferenceto be held in Vernon May 14&15.

Contact OKWC for more information.

GAEL MACLEAN



Are You Ready to Take THIS Job?

JOB QUIZ

- T F I would accept a full-time (24 hour-a-day) job with no pay, no built-in vacations, and only few concrete fringe benefits.
- T F I would accept a job without asking what was required of me.
- T F I would do nothing to prepare myself for a job even though I knew that certain skills would make the job easier.
- T F I would accept a job that I would not be able to quit, even if I found that I was unhappy, frustrated, and unqualified.
- T F I would accept employment in which I was made totally responsible for every aspect of the job, with no guarantee on the limit of pressure and problems I'd have to endure.
- T F I would accept a job that would change my whole lifestyle and shape the rest of my life.

Reprinted from CURRENT LIFE STUDIES



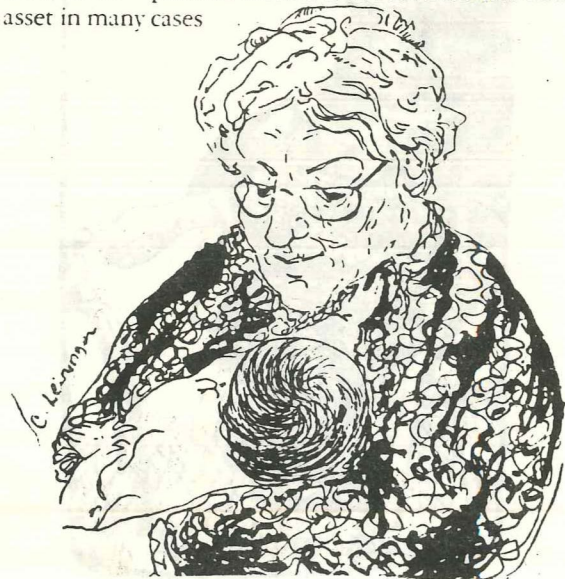
Test Yourself

1. What are the three sources of pension income for Canadians?
2. What are the three plans provided by the federal government?
3. What percentage of people over the age of 65 with incomes below the poverty line are women?
a) 20% b) 50% c) 66%
4. What is the most common definition of the word "pension"?
a) senior's supplement b) deferred wages c) pensioner payoff
5. If you are a female worker in the labour force and you leave temporarily to have and raise a child, what happens to your contributions to the Canada Pension Plan?
a) they continue automatically b) they stop c) you can contribute voluntarily
6. The income available from the OAS and GIS plans for the single pensioner in Canada in 1981 was \$5040. What was the poverty line?
a) \$3300 b) \$4600 c) \$5800
7. Who is eligible for the spousal allowance benefit provided by the federal government?
a) a widow or widower who has no independent income
b) any married woman over 65
c) a spouse (between 60 and 64) of an old age pensioner
8. What does GIS stand for?
a) Golden Age Information Service
b) Guaranteed Income Supplement
c) Gaining Inflationary Spiral
9. What is the "drop-out" provision?
a) a plan for people who are not Canadian citizens
b) a plan to allow workers to take time out of the workforce to raise children without harming their pension accumulation
c) a plan for senior citizens who wish to go back to school
10. What is "portability"?
a) pension coverage for dock workers
b) transferring accumulated pension credits from one employee plan to another
c) being able to collect a pension when you move from one province to another
11. What is "indexing"?
a) statistical analysis
b) regular adjustment to pensions related to the cost of living
c) a special file at Statistics Canada
12. What is "vesting"?
a) early retirement
b) ensuring employer's contribution to your pension plan is yours
c) receiving gold watch and chain on retirement
13. What is the "survivor option"?
a) benefits for unemployed women
b) benefits for widows, widowers of employees enrolled in a pension plan
c) benefits for any spouse who has survived 35 years of

- marriage
14. What percentage of employer provided pension plans give no survivor benefits to a widow?
a) 10% b) 75% c) 47%
 15. What percentage of female workers in the paid labour force are covered by a pension plan at work?
a) 25% b) 34% c) 65%
 16. What percentage of male workers are covered by a pension plan at work?
a) 50% b) 90% c) 66%
 17. If the average man receives a pension of about 60% of salary, what percentage does the average woman worker receive?
a) 60% b) 40% c) 20%
 18. What percentage of public service employees have pension plan coverage?
a) 98% b) 50% c) 10%
 19. On divorce, are you legally entitled to share in your spouse's accumulated pension credits from the Canada Pension Plan?
 20. What about pension credit accumulated from an employee plan?

Answers to the pension quiz

1. pensions from the government—public plans
pensions from the employer—private plans
personal savings
Government plans account for about 40% of earnings replacement.
2. Old Age Security (OAS)
Guaranteed Income Supplement (GIS)
Canada Pension Plan (CPP) Quebec Pension Plan (QPP)
3. c, 4. b, 5. b, 6. c, 7. c only if need can be proven, 8. b,
9. b only the Quebec Pension Plan has this provision,
10. b, 11. b only public pension plans are adjusted quarterly, 12. b, 13. b, 14. c, 15. b, 16. c, 17. c, 18. a, 19. yes—you must file for the credit split within three years of the divorce, 20. no—pension income is not considered a family asset in many cases



Are you one of those fortunate women soon to join the ranks of Senior Citizens in Canada?

Once your application has been processed and your pension cheques begin to arrive you will receive an attractive blue plastic card with your name and social security number on it which identifies you as a senior citizen and entitles you to many privileges. Seniors may attend many activities and entertainments at a greatly reduced rate. Many concerts etc., charge the same rate to the pensioner as the students pay. All major theatre chains give passes which give admittance to most movies for a much lesser charge. Inquire, if you are a movie goer, at the box office at the age limit these passes are granted which are given before age 65 years.

Inquire about bus and plane fares on certain days for pensioners. These can be much reduced from Monday to Thursdays with most companies. The government ferries from Vancouver to Victoria allow seniors to ride free Monday to Thursday.

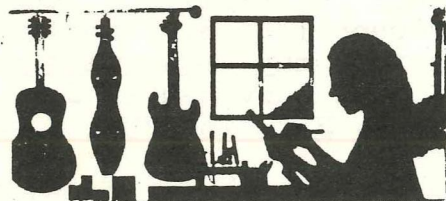
A green and white Pharmacare card presented to a druggist entitles you to prescribed drugs free of charge. If you do not receive yours ask your druggist how and where to apply. All pensioners are sent a form to fill out in regard to medical plan contributions. It is likely that your income level will mean that you no longer make contributions or at a much lower rate. You will also receive a dental care card which will privilege you to \$700.00 worth of dental work each year. Each pensioner is entitled to thirteen paid for chiropractor treatments each year.

Where needed there may be free Homemaker services, home nurse visits and meals on wheels. You may be eligible to receive aid with visual and hearing aids or have the use of such other help as wheel chairs etc. These agencies of assistance are listed in their space in this newsletter.

Some stores and services give discounts of 10% or more to pensioners. Senior citizen organizations provide many opportunities for social contacts, entertainment and activities for a very small yearly membership fee.

This year of 1982 has been declared the year of the Senior Citizen in Canada. It is the 50th anniversary of the Pensioner movement which was begun in B.C. in 1932 by two women. June of this year has been declared Senior Citizen month in B.C. The Elder Statesman, a paper termed, 'the Voice of Seniors in British Columbia' may be had for a subscription fee of \$5.00 by sending to The Elder Statesman 514 - 1200 West 73 Ave., Vancouver, B.C. This fine paper will give you news and details of resources, help available centres of activity and services for the elderly throughout B.C.

Congratulations to all arriving at this year of new beginnings, the Golden Years 65 and up. May they be the best years of your life as many of us have found them so to be.



Tracey Sherridan

GETTING A PENSION

If you are approaching 65 years of age you may be unsure of the first step to be taken in applying for an Old Age Pension (O.A.P.). The following steps and sources of help available may give you clearer direction.

Application forms for a first time O.A.P. can be picked up in the local Post Office. If you need help in filling out the form, in Vernon, you may phone 545-2125 and ask for an appointment with the Income Security Program Officer or you may write or phone the Regional Office at suite 111, 245 Winnipeg St., Penticton B.C. V2A 5B9 Telephone (604) 492-0722.

Certain residency requirements must be met to receive a full O.A.P. These requirements and all other necessary information is contained in a booklet that is sent free of charge by writing for, 'YOUR OLD AGE PENSION - A PROGRAM OF THE GOVERNMENT OF CANADA' to Health and Welfare Canada, Federal Building, P.O. Box 1117 Victoria B.C. V8W 2V2, Tel. (604) 386-5355. All Income Security Program Offices are listed for all of Canada. If you need further help in applying for your pension you may write or phone the regional office nearest you.

If you do not have a baptismal or birth certificate and a Social Security number you might well begin efforts to get one sooner than the six months prior to your 65th birthday as is suggested to applicants. If your birth was registered in Canada a request letter to the Registrar of Vital Statistics to the capital of the province in which you were born with a small enclosed fee, which in B.C. is \$5.00, will bring the required document, probably within not more than six weeks. If your birth was never officially registered there are sources of proof of birth. These are outlined in the booklet previously mentioned, 'Your Old Age Pension'. If your birth took place outside of Canada and you do not have a birth certificate your local Income Security Program Officer will give you the information needed to acquire the same. If you must acquire a Social Security number the forms to fill out can be picked up at the local Unemployment Insurance office.

Regardless of other income, once you have satisfied residency requirements and given proof of age you will receive a basic monthly pension paid to all over 65 years of age in Canada. Further supplemental payments are made where your income is below a set level. These supplemental forms are sent out to the pensioner once you receive your basic O.A.P. If you do not receive one you may write your regional office for this form. Depending on other income some Seniors are entitled to a further contribution. To know if you are eligible phone the nearest Human Resources office to your home and inquire about G.A.I.N. You will find the phone number under Government in the phone book then under British Columbia, then Human Resources. If you have disabilities you may receive other help such as Homemaker services. Your doctor or local Health Centre will have this information. You may write to the Social Planning and Review Council of B.C. and get a booklet outlining many further services that may be available to you. Write for a Senior Citizens guide to Services in B.C. The address, #109 2182 west 12th Ave. Vancouver, B.C. V6K 2N4



HELP NOW AVAILABLE - re PENSION ENQUIRIES

The Task Force on Service to the Public which, in the Okanagan Valley, is comprised of two personable and polite young men who will be available to answer pension questions every second week, in Okanagan centers from Salmon Arm to Osoyoos.

The Task Force was well informed on such issues as Spouses Allowance, Rental Tax rebates and other tax credits, and were able to supply forms necessary to apply for benefits.

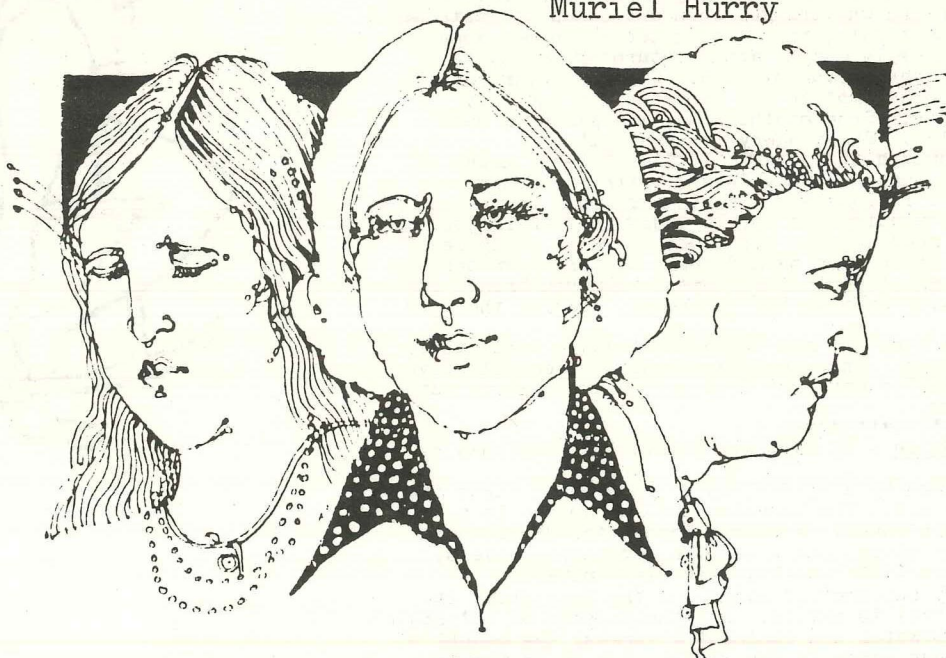
In the Okanagan we have long suffered from a lack of people trained in this area and many of our questions have gone unanswered. And when the questions were answered, one was often left with the impression that any help given was charitable and grudging. This task force left no such impression. They were quick to assure one that it was their right to obtain all possible benefits.

So if you have questions don't hesitate to ask - after all - one never knows when their funding will be cut and back one will go to the old system of no answers and no time available in our local aid departments.

In addition to the service provided by the Task Force on Service to the Public, they supplied me with several toll free numbers for use in obtaining information re provincial G.A.I.N. supplements, free bus passes, Shelter Aid for elderly residents, etc. To receive most of this information, dial 0 and ask the operator to connect you with Zenith 2406. This will connect you with the Victoria Information Centre, Mrs. Fiona Parker will give you G.A.I.N. information and there are other people to answer questions about bus passes, etc. The number for Shelter Aid is Zenith 2656.

Rental rebates are also allowed, up to \$150 per year for many senior citizens. The toll free number to call is 112-493-2101, which will connect you with Revenue Canada Taxation. So - with all these services now available it will be simpler to by-pass the local authorities and the long wait for appointments. Deal direct and get your answers now.

Muriel Hurry



The concepts which follow directly from the basic values of equality and concern are co-operation, collectivism, the demystification of knowledge, and classlessness. We are opposed to competition, authoritarianism, and any form of hierarchy.

The value of non-oppressiveness is crucial to feminism. Non-oppressiveness gives risk to the concepts of non-racism, non-sexism, and non-aggression (non-aggression does not deny the right to the use of violence for self-defense, nor the use of violence **against** oppression).

The basic rights of the individual are crucial to the formation of a truly non-oppressive society. Feminism includes the value of respect for the uniqueness of each individual, and thus the concepts of the right to individual dignity, self and mutual respect, creativity, and the right to develop one's potential.

These values and concepts are even more significant in that they are manifested through certain principals, which in themselves acquire the status of values. A basic principle is the concept of integration that is, a commitment to developing and expressing these values on all levels. For example, Feminists see the importance of logic, articulation and rationality, but only when they are not separate and distinct from emotional experience. Not only must the personal reflect political; there should be no separation between body and mind, emotions and intellect, thoughts and action.



Such integration requires an incredible amount of continuing struggle, as consciousness is not a static goal, but a process which requires more with each achievement. The struggle for consistency between what we know and feel and what we say and do demands a high level of personal responsibility, and a **commitment** to using that personal responsibility in a collective setting.

From A Day On Feminism

Sponsored by the BC Federation of Women



The BC Federation of Women is a federation of women's group whose objective is to bring about the liberation of women through fundamental change in society. BCFW strives to implement legal, social, economic and cultural changes necessary for the eradication of sexism.

The annual convention is the governing body of the federation. The business of the convention includes debate on resolutions (action-orientated and policy), receiving and acting upon reports from committees, election of coordinating collective, ratification of new committees and other business. The co-ordinating collective, consisting of women representing the committees and regional representatives, duties include representing the federation to the public, promoting the objectives of the women's movement in BC as determined by convention policy and appointing ad-hoc committees.

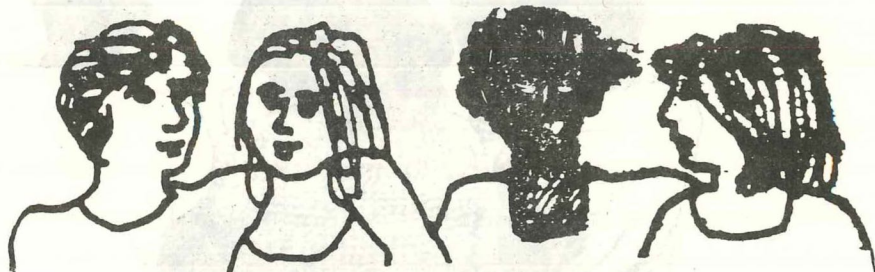
BCFW has policies on education, health, childcare, poverty, violence, racism, rights of lesbians, women in prison, family law, human rights, media, women in work, rape, and the environment.

The Okanagan and Kootena regions will be co-hosting the next BCFW convention. This convention will be held in the Okanagan from November 11-14, 1982. Facilities are required that will provide space for approximately 100 women to eat, sleep, attend workshops, dance, vote and have childcare plus enjoy the outdoors. The convention offers a valuable base for women and women's groups to come together. Workshops stimulate education and policy formation on issues of concern to women. There are tables of information on areas such as, nuclear energy, women in prison, rape, reproductive rights, health concerns, etc.; women's books, calendars, posters, T-shirts, buttons, newsletters, are available to purchase for sale.

The BCFW convention is by women for women about women. With many of the major women's events happening in the lower mainland we often miss out or lose touch, the convention in the Okanagan this year will enable many more rural women to participate. Our urban sisters will be given the opportunity to experience the rural perspectives and landscapes of the women's movement.

**british
columbia
federation
of women**

Jody McMurray
Okanagan Representative
BCFW



Non-Traditional HOME-Building

A Basic woodworking course for women with little or no knowledge of building things or using power and hand tools. We will look at how to read plans, the right tools to use, and building furniture, shelves, bookcases, or whatever your interest.

The course cannot be organized until there is enough women signed up so please call soon. We would like to know when is a convenient time for you (days - evenings); do you need daycare? And what particular things you would like to learn?

Also if there is some other non-traditional course you would like to see started, mechanics, plumbing, etc. Please call and let us know.



Province of
British Columbia

Ministry of
Labour

EMPLOYMENT OPPORTUNITY PROGRAMS

WOMEN AND WORK: CHANGING TIMES

In October, 1980 a Women's Office was established within the Employment Opportunity Programs Branch of the Ministry of Labour. The mandate of the office is to improve working conditions for women and increase their participation rate across a broader range of occupations particularly the skilled trades.

Over half of the work force are women and are continuing to enter the labour force with no plateau in sight. Recent labour market projections indicate that 70% of the new growth will be attributed to women entrants or re-entrants.

Two-thirds of B.C.'s working women are concentrated in the traditional female occupations, such as clerical, sales and services positions. Many of these jobs are low paying, routine and provide little opportunity for advancement and form only 58% of a man's wage.

The advent of micro-electronic technology (the 'Chip') and a severe trade skills shortage reinforces the overwhelming need to encourage more women into non-traditional jobs. The Women's Office has initiated a wide variety of programs and services to address this need; and also to promote equal opportunity for women in the work place.

One program provided through the Women's Office is the "Women's Non-Traditional Employment Program", an employer-subsidy program which offers a wage incentive to employers who are able to provide training opportunities to women in non-traditional occupations.

Eligible employers interested in providing women with opportunities to develop skills in non-traditional areas may apply for two to four months of funding. The Ministry of Labour will reimburse employers 50% of the wages to a maximum of \$2.50 per hour, to create or fill existing positions with female employees.

Employers and women interested in the services available through the Women's Office or the "Women's Non-Traditional Employment Program" may contact Michelle Guiment, Training Consultant, Ministry of Labour, Employment Opportunity Programs Office at #201-2901-32nd Street, Vernon or telephone: 542-1397.

Looking for a non-traditional job?

The B.C. Ministry of Labour will share the cost of your wages with your employer during job training.



CHOICES IN CHILDBIRTH has recently purchased \$200 worth of prenatal books including Diet, Exercise, Feelings, Fathering Mothering, Teenage Pregnancy and even one called 'There's a New Baby at our Home'.

We will be opening our library for lending with the beginning of 'Prepared Childbirth Workshops' starting this spring. Our group membership is small and it would be beneficial to women and couples for our group to grow in size which adds strength in continuity as well as importance in the eyes of the professional.

DID YOU KNOW if parents do not wish to have silver nitrate administered to the eyes of their new born they now have an alternative choice of Erythromycin or Tetracycline drops or ointment, both of which are far less irritating.

Because this is a new regulation we recommend that you discuss this with your physician or have it written in your Birth Plan. Suggested Reading Rights of the Pregnant Parent - Elkins, Valmai. Written in Canada an 'Ultra prepared Childbirth' for dealing with doctors and hospitals to have a satisfying birth experience.

The Pregnancy After 30 Workbook - Brewer, Gail. Encourages mother (for all ages) to use exercise, self awareness and diet to help assure a healthy pregnancy, a problem free birth and an easy postpartum period.

For questions about our group, borrowing books or for support and information call 545-9534 ask for Pam.

Maternal Health Society

Presents

WOMANPOWER 1982

WOMEN WHO MAKE THINGS HAPPEN

birth families midwifery patient rights patient or client's birth control abortion early growth father's involvement sexuality taboos breastfeeding shifting the work of professional health workers our health care system alternatives menopause grandmothers siblings at birth cesarean birth episiotomies mutilation interventions birth control prevention death fear support systems self help circumcision obstetric rape still babies parents rights

No. 1 CLAUDIA SILVER PANTHOS, MSW

*Director, The People Place
Boston, Massachusetts*

*An evening telling us who she is,
what she does and how she got there.*

CLAUDIA SILVER PANTHOS, MSW, is a writer, counselor and mother of one child. She works with people who have had an unexpected and negative birth outcome to help them achieve a positive birth experience the next time or to help resolve their conflicts.

Boston's People Place provides programs based on the belief that we all belong to "families" (social, work and nuclear) which should be cooperative place holders. The People Place Helps people to heal themselves on all levels (spiritual, physical, emotional) believing that this will increase support structures, develop cooperation and harmony, as well as affirming our positive "self"

THURSDAY, MARCH 25, 1982

8-10 pm Doors open 7:30

WOMEN IN FOCUS

456 W. Broadway (at Cambie)

Tickets

Advance \$4 each or two for \$7
(MHS Members take \$1 off)
\$6 at the door

For more info or tickets
MHS Series No 1
Box 46563, Station G
Vancouver, B.C. V6R 4G8

Babies and children welcome
Billing can be arranged

limited seating for 80 people





HATCREEK UP-DATE

fish environment Pollutants water

The majority of people approached about the project did not know about the thermal plant or figured they really could not do that much. This year Hydro is going to apply for the license to start building in 1984. The majority of our population leaves the important, touchy, and controversial issues up to the next person to deal with or feels they are powerless to affect the government's next move. Well, we forget one thing; we helped form the government now in power so we are responsible to bring forth our opinions about issues.

Widespread damage

This project needs closer scrutiny as the pollutants it emits into the environment are fluorine gas, sulfur dioxide and acid rain. Do we want to have the problems Ontario has suffered from pollutants and still is trying to combat? They spend millions alone on fighting acid rain. The money does not give trees, plants and other life a clean environment or help the land to get back to its natural state. Do you want this in our province? The scientists are not even sure of the long term effects. Fluorine gas is subtle in destroying life. It can cause crippling in the human race and the animals in the area. Then the wind comes up and blows these dangerous pollutants around the province and we are allowing it to happen.

Research

scientists

sulfur dioxide

animal life

Acid Rain

pollutants

If enough people come forward and say *Look, if we need an alternative for a energy source find something that is less harmful to us and our environment or forget it.* The project is going to even hit the average persons pocket via our Hydro bills. Do you want to be putting more money out on something you do not approve of? We want a clean financially sound province and a higher standard for any plant.

Contact Ckanagan Women's Coalition for more information.

WOMEN AGAINST NUCLEAR TECHNOLOGY

On Friday March 19, 1982 Women Against Nuclear Technology (W.A.N.T.) will be presenting Holly Near in concert with Adrienne Torf and Carrie Barton. Holly Near is a well known singer/songwriter and a political activist. She began her career in the anti-war movement and has moved to integrating feminist and antinuclear politics into her art.

Susan Masters will be signing the performance for those who are hearing impaired.

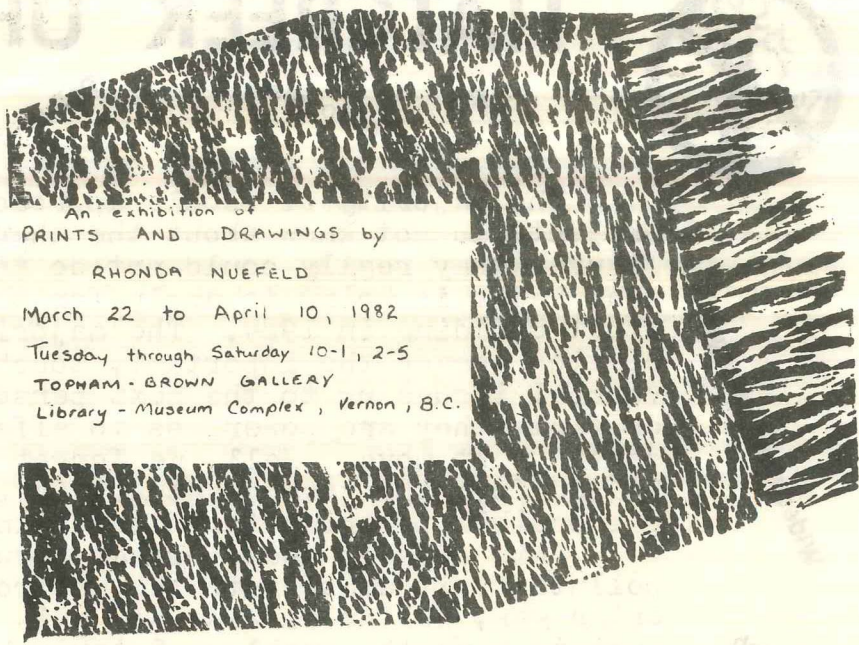
Proceeds for this concert will go to W.A.N.T. and A.M.N.L.A.E., Women's Association of Nicaragua.

Please support us in a nuclear free future.

For more information please contact: Paulette Roscoe 255-0523
Lezlie Wagman 251-3872



* GREECE *
 * THROUGH NEW EYES *
 * A unique tour organized by: *
 * The Women's Union of Greece *
 * August 22 - September 5, 1982 *
 * Cost (incl. food) \$600 U.S. *
 * "We tour Greece and we stop *
 * at places where Greek women *
 * have been struggling for *
 * centuries against: injustice, *
 * tyranny, foreign occupation *
 * and for: Equality, Liberty *
 * and Human Dignity." *
 * For more information write: *
 * The Women's Union of Greece *
 * 8 Arianos Street *
 * Athens, Greece *
 * Tel. 82 34 937 *
 * +*****+



An exhibition of
 PRINTS AND DRAWINGS by
 RHONDA NUEFELD
 March 22 to April 10, 1982
 Tuesday through Saturday 10-1, 2-5
 TOPHAM - BROWN GALLERY
 Library - Museum Complex, Vernon, B.C.



Wild Rose

Stained Glass Designs
 • Windows • Lamps
 • Unique Gifts

Sheryl Robinson
 Box 877 Enderby, B.C. 545-6189



FESTIVAL '82

A CELEBRATION OF THE ARTS

BY, FOR AND ABOUT WOMEN

will take place in Vancouver, July 5, 18, 1982, held at Robson Media Centre.

The Festival will feature a juried art exhibition and will include workshops, lectures and performances in the areas of music, literature, dance, theatre, video and film.

For general information phone: (604) 681-8557

Address: Carol Street
 P.O. Box 1032 Stn. A
 Vancouver, B.C.

The overall intent of the Festival, which will be held in conjunction with similar events in at least five other provinces, is:

1. To present artistic accomplishments of women that honour both contemporary and traditional forms.
2. To provide a forum for discussion of the problems and issues related to women's participation in the cultural life of Canada.
3. To form an active network of women involved in the arts.

With support funding from the Secretary of State Women's Division, a group of women artists representing the above areas are working together to organize this Provincial Festival.



LESBIAN DAY OF EDUCATION AND PROTEST AGAINST THE RIGHT

What is this day?

At the 1981 National Lesbian Conference, it was agreed to set aside March 27th, 1982 as a national Lesbian Day of Education and Protest Against the Right. In British Columbia, events are planned in Victoria, Nelson, Terrace, Vernon, Vancouver and the Fraser Valley.

Why is this day necessary?

As lesbians, every facet of our lives is threatened by those who consider us "abnormal", "sick" or "perverted". Some just do not want us anywhere near them, some want us institutionalized, and some would like us killed. There is nothing sick or perverted about being woman-identified or choosing to love a woman rather than a man. What is perverted is a society in which people are denied the right to freely express their preferred and chosen lifestyle.

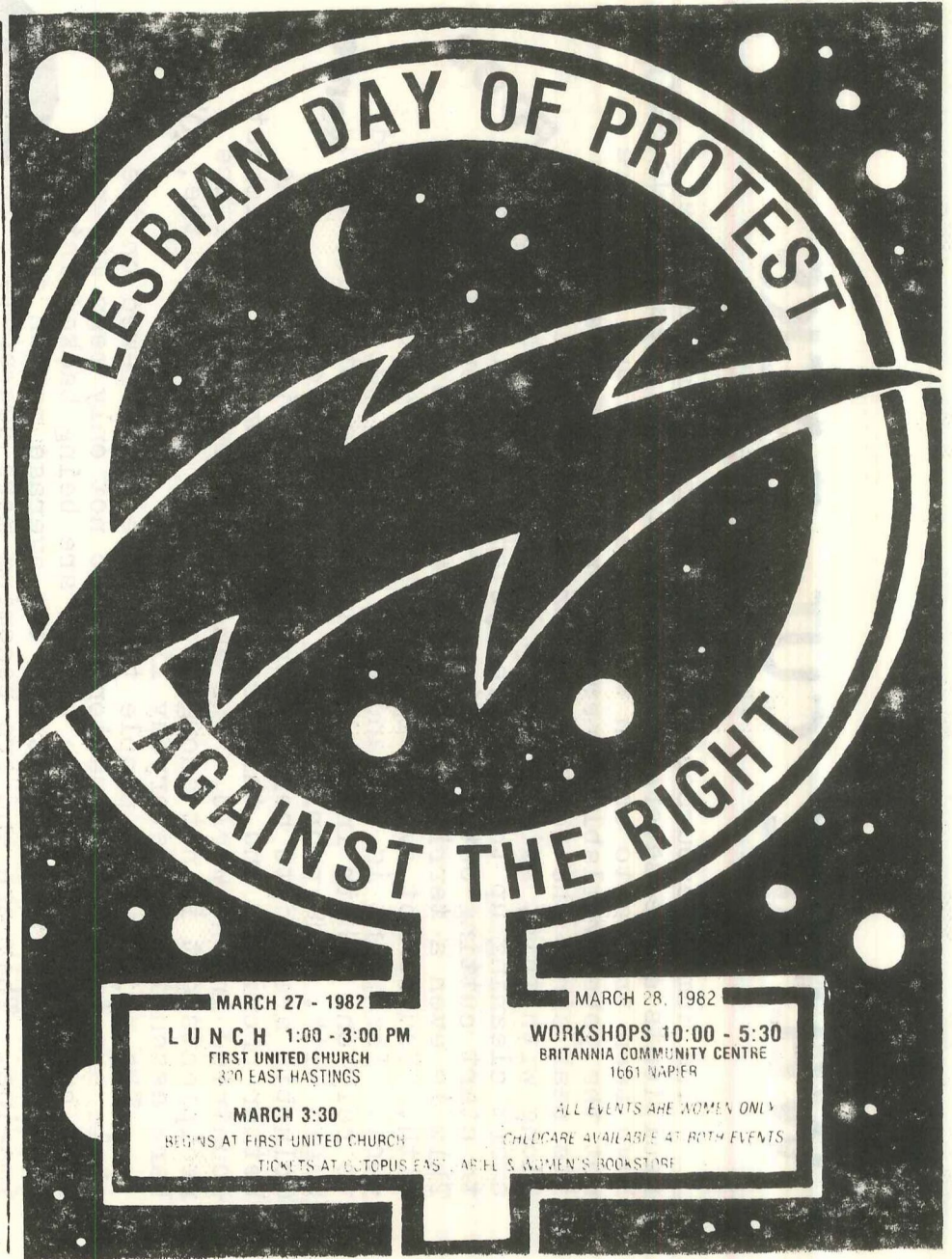
If a man and a woman walk down the street holding hands, people think how nice it is to see them caring for each other. If two women walk down the street holding hands, they may be subjected to hatred and violence. People may stare at them, yell obscenities, threaten them, beat them up, and harrass them in any number of ways. They may be killed. If they are seen by someone they know, they may lose their jobs and their children may be taken away from them.

These women are not to blame for the hostility directed against them. The blame lies with a society which conditions people to believe that there is only one correct way, and that preaches punishment and hatred as appropriate responses to differences. A society which produces violent hate groups, such as the Ku Klux Klan, is sick and abnormal.

We, as lesbians, will not sit back and accept responsibility for a failing social and economic system. We will not accept the frustration and anger of the heterosexual world. We will not be put back in the closets. We will organize to protect ourselves and to effect changes to build a healthy society.

Saturday's lunch will be held at the First United Church, at 320 East Hastings St. This is located one block east of Main St., on the south side of the street. It is accessible by most bus routes that pass through the downtown area. The march will leave from the church at 3:30 p.m.

On Sunday, there will be workshops and cultural events at Britannia Community Centre, in rooms L1, L2, L3 and L5. Britannia Centre is located at 1661 Napier, the corner of Napier and Commercial Dr. It is accessible by the No. 20 Granville bus or the No. 25 Victoria bus. Childcare will be available for the lunch and workshops.



MARCH 27 - 1982
LUNCH 1:00 - 3:00 PM
FIRST UNITED CHURCH
320 EAST HASTINGS
MARCH 3:30
BEGINS AT FIRST UNITED CHURCH
TICKETS AT OCTOPUS EAST, APRIL'S WOMEN'S BOOKSTORE

MARCH 28, 1982
WORKSHOPS 10:00 - 5:30
BRITANNIA COMMUNITY CENTRE
1661 NAPIER
ALL EVENTS ARE WOMEN ONLY
CHILD CARE AVAILABLE AT BOTH EVENTS

WELFARE CUT-BACKS

The Human Resources Cutbacks has affected welfare recipients quite severely. The majority of these people have been trying to obtain work in any area but there are not the jobs available. Unemployment is up 37% and is at its peak since the government started to keep record. Along with this, suicide is up 10%. Is this the time to start cleaning up the welfare system? Is this the time to start cutting out the main source of someone's income? This is even a terrible time of year to have this to deal with. You cannot even rely on Mother Nature for any support. The point is who and what are these people supposed to rely on. Their individual situation was not great to begin with. The people in the province of British Columbia are led to believe that they live in one of the better provinces and this province is in one of the richest countries in the world. The amount of money most welfare recipients get is not enough to survive on for just the bare essentials of everyday living.

The majority of people that were interviewed on the whole are in a bad situation. I do not only mean financially but mentally. These people are being backed into a corner and this corner is one the average person cannot imagine. They are and are becoming more desperate. To survive, they are going to have to look elsewhere, but where? Money is the key to survive in our society at present. Without money you cannot fill your and your family's stomachs. We need food to exist and that is a fact.

These following interviews will help us see the situation some of these people are forced to cope with.

Gloria, a mother of five children ranging in age from 11-17, has been and still is equipping herself to get a position on the labor force that will pay her adequately. She is presently working for a local firm part-time but Gloria needed a letter from her doctor stating she was unemployable due to her past and present health.

Her financial situation at present is in chaos due to an overpayment from Human Resources which is being taken off at \$40-\$100 per month now. When Gloria's review comes up again, she feels the cutback is going to hit her. She cannot meet her children's financial needs at school now. Gloria has already been dealing with her children and their resentments towards her financial state. She does not know what she can do or say when she gets cutback.

Gloria has no idea of what to do because she has been and still is trying to get somewhere. Her solution is for people to give up their jobs who can and let the ones that have to support their families with full time jobs take their jobs.

HOW?

FOOD

home

kids



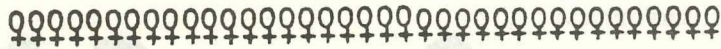
SUE

Sue, a mother of two, left her alcohol-drug involved husband who abused her physically and mentally. In Vancouver, Sue got along with the amount Human Resources issued to her. Sue had to re-locate to Vernon. Since her move, she has gone down hill in every way. Sue noticed a difference in the welfare procedures between the two cities. Due to oldest child's psychosomatic condition, Sue was advised by her doctor to return the child to her father. In February, Sue received two cutbacks. To accommodate her financial position, Sue is re-locating to a bachelor suite.



Joanne

Joanne is a 38 year old mother of two teenage children in the process of obtaining a divorce on grounds of mental and physical cruelty to both herself and the children. Legal proceedings have virtually been going on since she separated from her husband, from whom she receives no financial support, and there will not be any financial benefits even when the divorce comes through. Her children are still suffering from the effect of the marriage breakup. Joanne states that throughout her life she's had to budget and knows well how to stretch the dollar but since the cutback, her life has turned upside down. One of her girls left to do it on her own, the thirteen year old is asking why she can never have anything new. Since the oldest left home,



Joanne has lost \$155 from her welfare cut \$50 from child support and \$26 from Family Allowance. Now she has to complete a list given to her by Human Resources, to be completed by March showing all the companies she has applied to for a job. Although Joanne has a car, she cannot afford to buy the gas and oil to operate it and the bus fare costs eighty cents return.

Joanne has a grade nine education, but tells it higher in her applications. Her only job experience was in laundry, which did not last long, so she lies about that also, in order to get hired before the next person. Her social worker has told her she should get busy acquiring some skills. To comply, she enrolled in an Industrial First Aid Course but had to drop out because of the mental stress due to her pending divorce and the depleted financial support and the course required one's full attention. Now she has another stress and fear, that of being stupid.

She has no idea as to what she can do and is scared by her thoughts of late, that of committing suicide. She's been to her doctor to talk about her state of mind and told not to worry. Financially she is going to have to pull off a small miracle and get herself in the position and maintain her daily living. This has been her first month and already she cannot meet her commitments, money for her daughters skiing outing with her school is just one of them. Where is the woman supposed to go and what can she do about her situation? The way the system is going for her, the prospects do not show any solution.





Low-sal?

"Trying to lose weight?" my friends ask.
 As I eat cottage cheese, they eye it. . . .
 "No," I answer, "—that isn't it.
 I'm on
 A low-salary diet!"

—Ruth M. Walsh

Due to the situation of the welfare cutbacks, I have found many people trying to cope with financial problems to great for them alone. The women at Okanagan Women's Coalition will support us in starting a group for those of us (female or male), who are in the low income bracket. The Coalition will let us use their new offices for periodical meetings.

Gael MacLean is putting together a Welfare Workshop dealing with welfare rights, proper appeal procedures and any personnel problems. The workshop will take place the end of March.

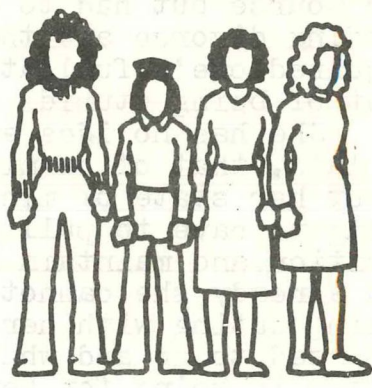
Contact the Okanagan Women's Coalition if you wish to support the group, or get more information, or come to the workshop.

A. Robertson
 Edited by Vivian Hopps



NO NAME

Before my marriage break down, I was in an average family situation. Then my marriage dissolved and I had to make a big adjustment being a welfare recipient I succeeded at that but when the cut-back affected my son and me, our life has become very difficult both mentally and financially. Before we had a few problems but now they seem to be adding up. Now with my child's position in school, it is going to be hard for him to continue with his courses because the school does not give materials. That is only one area in our immediate livelihood feeling the cut in our welfare cheque. I am going further in debt and losing what credit rating I have. I pray alot and hope I don't have a mental breakdown.



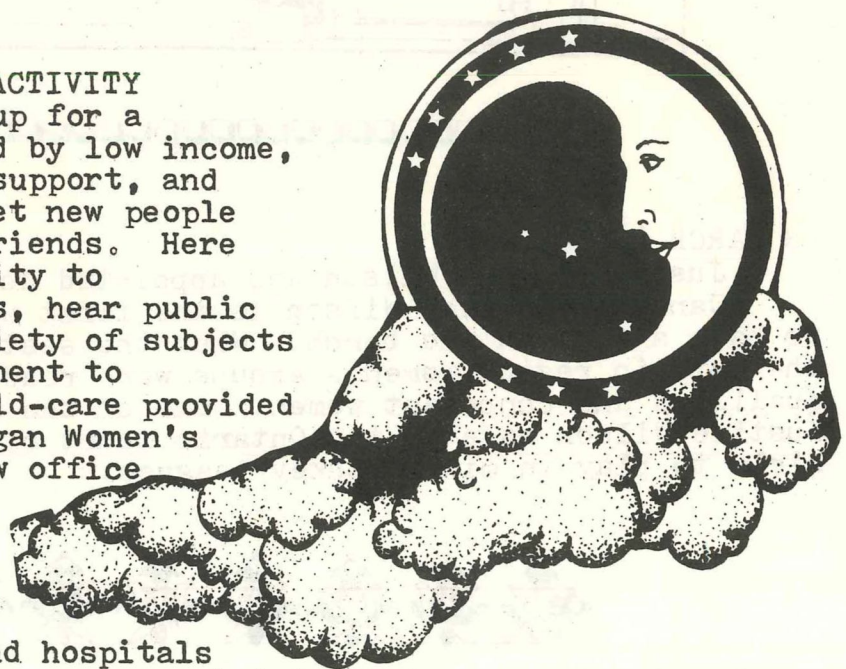
Forty percent of women in the Canadian labour force are single, divorced or widowed, and are therefore self-supporting or sole supporters of a family.

BENNETT OFFICE SPRUCE-UP TO COST ABOUT \$70,000

Joe previously worked, upon receiving custody of his son, the judge ordered him to stay at home with his child. Joe had a common-law relationship and was accepted as the boy's natural father but it took the courts three years before he was recognised as a person with fatherly rights and to get custody of his son. The child was abused by the person to whom his common-law wife sold the child. Joe could not produce the written proof for the courts. To this date the child is still suffering with emotional problems and is still under medical care.

Joe recently moved into a better neighbourhood. Their new life together was just beginning to run smoothly then the cut-back hit him. Joe is trying to manage, but in the past he was not paying on his loans, so now he figures he will go deeper into debt. Joe does not like to see his son being deprived again.

BRIGHT LIGHTS ACTIVITY GROUP is a group for a person affected by low income, lack of moral support, and the need to meet new people and make new friends. Here is an opportunity to exchange skills, hear public talks on a variety of subjects that are pertinent to EVERYONE. Child-care provided April 15 Okanagan Women's Coalition's new office



Freeze the schools and hospitals
Cut back single mother's cheques
Tell the B.C.G.E.U. that it can't have its raise
but give a cost-of-living hike to our poor MLA's
Tell the general public that it won't be asked to do
anything the government won't have to suffer too.
Restrain the poor and middle class-
We will remember your restraint
but don't freeze B.C. Place;
but give a raise to Grace,
but politicians, note:
when it comes to vote.

Submitted by Grace 'Gus' Long, Federated Anti Poverty Groups of B.C.

NOLIE

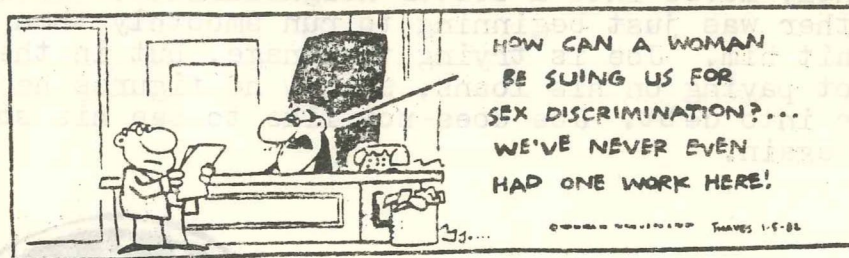
North Okanagan Legal Information & Education

The Okanagan Women's Coalition is working on a project to provide an educational service to low income people in the Vernon/Salmon Arm area so that they:

1. Will understand their legal rights and obligations.
2. Use the appropriate appeal procedures when necessary.
3. Find the appropriate agency or service to assist them to pursue a legal right or remedy.

The areas of law to be covered include government benefits, landlord and tenant, human rights, employment standards, and U.I.C.

Anyone experiencing difficulty in any of these areas or anyone wishing training to be more knowledgeable in any of these areas contact Gael MacLean at OKWC. Information on forthcoming workshops will soon be available.



ON MARCH 4, 1982-

Justice Bertha Wilson was appointed to the Supreme Court of Canada. Justice Wilson is the first women in Canada's history to have a seat on the bench. When the seat became vacant from the Ontario region women's groups were ready with names of well qualified and competent women. One of the favourable decisions Justice Wilson made in the Ontario Court of Appeals was to permit girls to play in minor hockey leagues.



The Vernon Social Planning Council is now able to offer to all immigrants the following services:

- | | |
|-------------|--------------------------------|
| Advocacy | Interpretation and Translation |
| Counselling | Orientation Courses |
| Escort | Referral and Documentation |
| Information | |

For more information phone Angnes Chung at the Vernon Social Planning Council office: 3700 33rd St.

Vernon, B.C.

phone: 545-8572
549-1346

HUMAN RIGHTS???

A standing ovation for the small group of courageous Armstrong Hotel picketers who through heat and rain and snow and piss have stood up and fought for their and all of our, basic human rights.

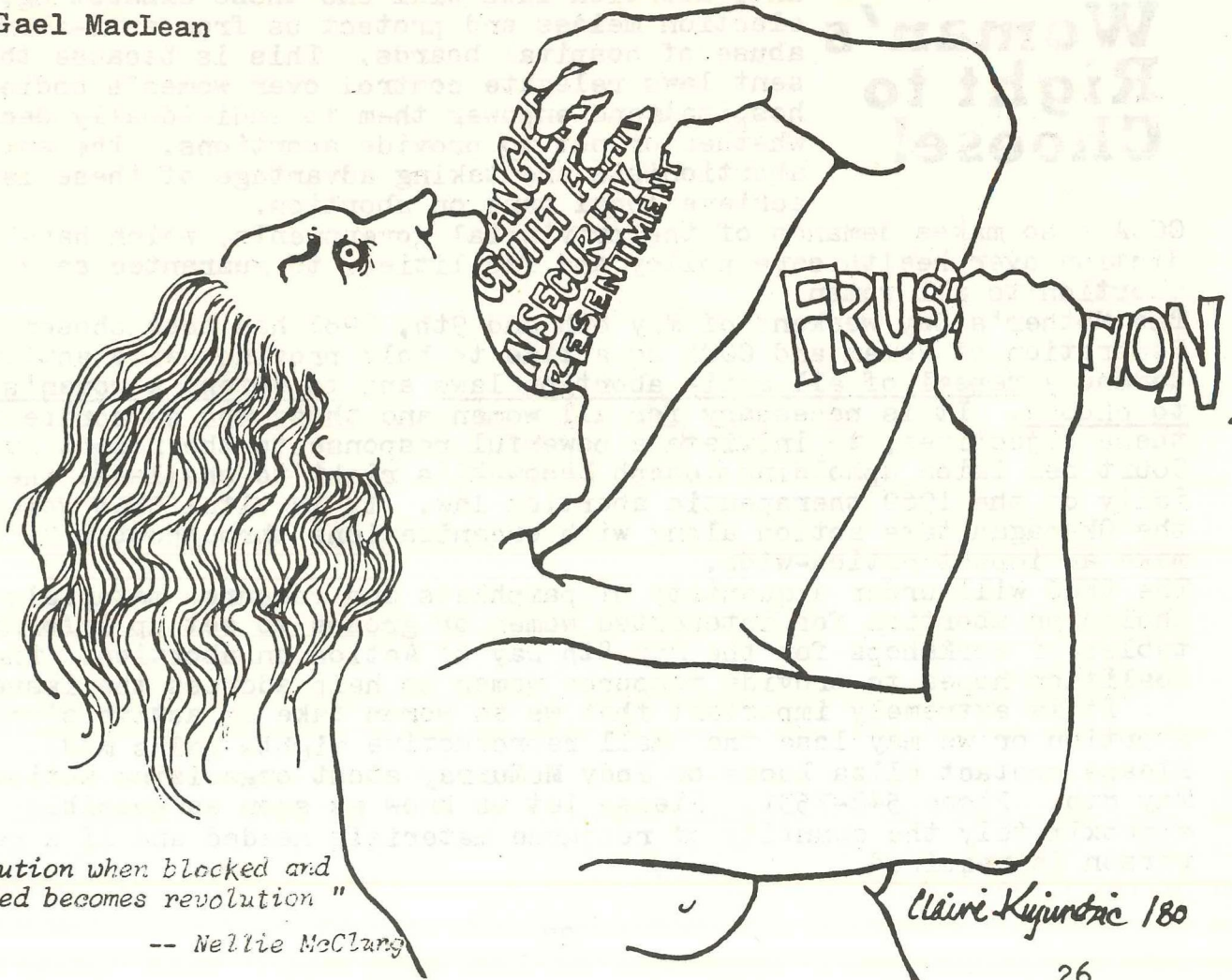
Eleven months ago because of extreme **harassment** on the job, holding back of wages during slow times, and 'no cause' firing, these people united and with honest belief in a system we are all a part of, joined a union for help and direction. Ignored, abused unsupported they still carry on the strike. A legal strike that has left them the victims of the hotel owner's malicious whims.

- They sought a little solace from the summer heat under some lilac bushes, he cut the bushes down.
- They have maintained a peaceful, passive strike, he comes out to push them around, taunt them with threats, spit in their faces, and someone even delighted in throwing a bucket of urine in one woman's face Hallowe'en night.
- He has gone as far as to put a picketer in the hospital, damaging his ribs and impairing his breathing.

Where is the protection for people who want only what is theirs to ask for? Where is the support from those of us who may someday find ourselves in the same predicament? Where is justice when exercising your right to strike leaves you target for humiliation, intimidation, and physical abuse?

It's been a long cold winter for the strikers, and they have been there every day carrying their signs in silent protest against a man who behaves illegally and immorally with no fear of retribution. They will carry the scars forever.

Gael MacLean



" Evolution when blocked and suppressed becomes revolution "

-- Nellie McClung

There is a tough battle ahead before our right as to control our own bodies is won.
REPEAL ALL ANTI-ABORTION LAWS

Progress towards safe and available abortion is stalled so long as the anti-abortion laws remain in the Canadian criminal code. The right to choose is a basic human right, and abortion is a simple medical procedure. There is no need for special laws to govern it.

Anti-abortionists-the misnamed 'pro-life' forces-are also working toward repeal, but their aim is to make any abortion a crime. What they want appealed are amendments to Section 251, added to the Criminal Code in 1969, which enable legal abortions to be performed at some hospitals.
DEFEND A WOMAN'S RIGHT TO CHOOSE

Another concern is the takeover of hospital boards by anti-abortionists. Concerned Citizens for Choice on Abortion has worked closely with pro-choice groups that fight hospital election battles. With them, CCCA

Defend a Woman's Right to Choose!

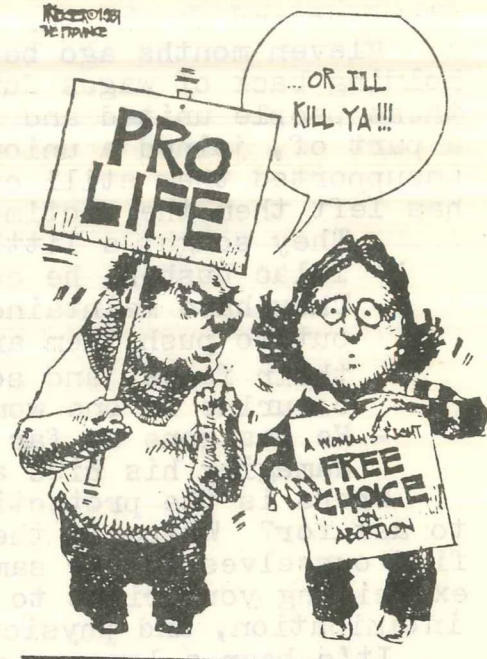
is committed to defending a woman's right to choose. CCCA firmly believes that only repeal of the federal anti-abortion laws will end these exhausting, annual election melées and protect us from anti-abortion abuse of hospital boards. This is because the present laws relegate control over women's bodies to hospitals and empower them to individually decide whether or not to provide abortions. The anti-abortionists are taking advantage of these laws to achieve local bans on abortion.

CCCA also makes demands of the provincial governments, which have jurisdiction over health care policy and facilities, to guarantee safe, legal abortion to all women.

The Mother's Day weekend of May 8th and 9th, 1982 has been chosen by B.C. Federation of Women and CCCA as a time to hold province-wide actions to demand: a repeal of all anti-abortion laws and to defend a woman's right to choose. It is necessary for all women and those who subscribe to these objectives, to initiate a powerful response to the recent Supreme Court decision upholding Joseph Broowski's right to challenge the validity of the 1969 therapeutic abortion law. It is vital that women in the Okanagan take action along with organizations throughout B.C. to make an impact nation-wide.

The OKWC will order a quantity of pamphlets and resource materials on choice on abortion for interested women or groups to set up information tables or workshops for the May 8th Day of Action on abortion. The Coalition hopes to provide resource women to help address the issues.

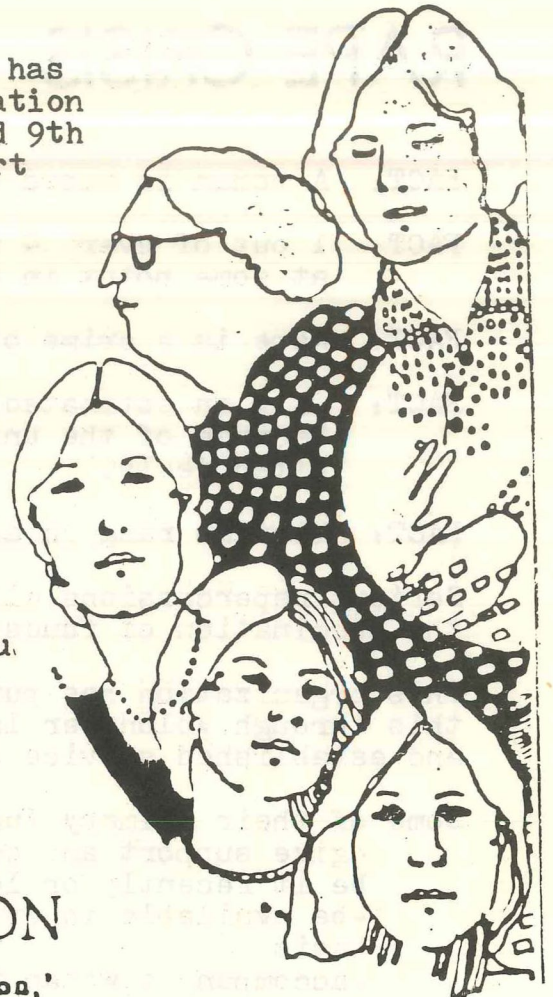
It is extremely important that we as women take an active stance on abortion or we may lose the small reproductive rights gains made. Please contact Eliza Lucas or Jody McMurray about organizing action on May 8th. Phone 542-7531. Please let us know as soon as possible approximately the quantity of resource materials needed and if a resource person is required.



Concerned Citizens for Choice on Abortion has received some funding from the B.C. Federation of Women to help implement the May 8th and 9th Day(s) of Action. Further monetary support is necessary. One may make donations to:

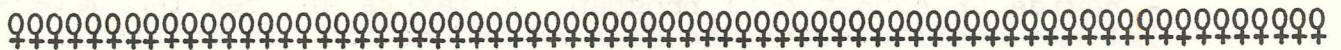
CCCA
P.O. Box 24617, Station C
Vancouver, B.C.
V5T 4E1

CCCA produces a newsletter six times a year (much of the above information came from their editorial) which can be subscribed to for \$5.00 per year. Remember that a challenge such as Borowski has made must not be allowed to proceed without a collective response from all those concerned about this serious threat to our reproductive rights.



CONCERNED CITIZENS FOR CHOICE ON ABORTION

"We are not 'pro-abortion,'
we are *pro-choice* "



NORTH OKANAGAN FESTIVAL of the HEALING ARTS

The U.N.N. Friendship Centre is sponsoring an exposition of home remedies that originate from the varied cultures in the interior B.C. Healing techniques of the Native North Americans will be highlighted with noted medicine man SUN BEAR along with other members of the BEAR TRIBE MEDICINE SOCIETY, from Washington State. The event is scheduled for the Summer Solstice, June 22, which is the traditional strong point of the year. Watch for further developments.

***** Contact Terry Harris - 542-1247

RAPE CRISIS

FACT: A woman is raped every 17 minutes somewhere in Canada.

FACT: 1 out of every 4 women will be raped or sexually assaulted at some point in her life.

FACT: Rape is a crime of violence not sex.

FACT: Only an estimated 1 out of every 10 rapes is reported because of the unfounded shame and guilt the victim often feels.

FACT: Victims rang in age anywhere from 4 to 94.

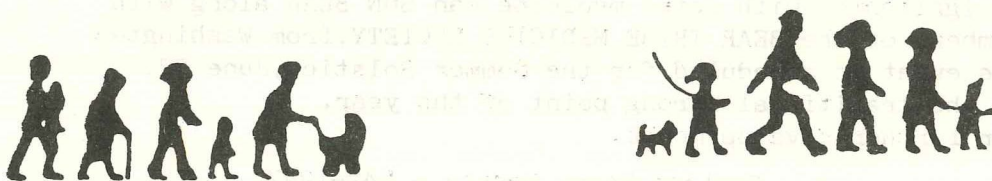
Serious repercussions will be felt throughout the province from the termination of funds to the Coalition of BC Rape Centres.

This organization has put years of hard work and energy, much of this through volunteer labour, into creating an effective, essential, and established service for victims of rape and sexual assault.

Some of their primary functions are to:

- give support and counselling to women who have been raped, be it recently or long ago.
- be available in crisis situations on a 24-hour, 7-day-a-week basis
- accompany a woman through the police investigation, medical procedure, and/or the court process if she so desires.
- provide information about the police investigation, medical needs and legal procedures.
- provide an educational program. Speakers and reading material are available through rape relief centres in British Columbia.
- provide medical and therapeutic referrals.
- file 'third party' reports. In this case, a report of the crime is made to the police, but the woman's name is not mentioned.

violence against women





The Coalition of B.C. Rape Centres has also developed community awareness about the need for preventative action against rape, assault, and sexual abuse of women.

No longer will there be an empathic and secure environment where women can be assured of support and confidentiality if funding is not restored.

With violent crimes against women increasing this is the time for increased action and support against rape, this is not the time to close the door on the realities of the situation.

Rape and sexual assaults occur everywhere and are just as prevalent in the Okanagan. If this act of bureaucratic attack against women's needs is left unchecked all women in British Columbia will be at the mercy of rapists and sexual offenders.

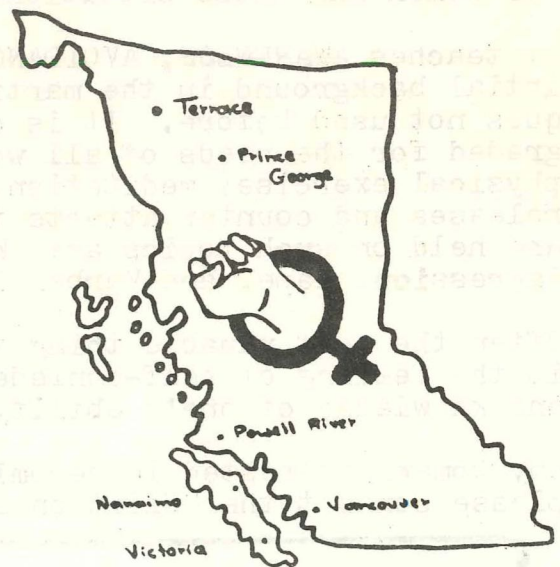
The B.C. NDP condemns the action of the Social Credit government in withdrawing funds and Rosemary Brown, MLA, has requested from all of us personal letters of support to re-install funds to the Coalition of B.C. Rape Centres.

Please send your letters, no matter how short, to:

Rosemary Brown, MLA
Parliament Buildings
Victoria, B.C.
V8V 1X4

With a copy to:

Coalition of B.C. Rape Centres
77 East 20th
Vancouver, B.C.
V5T 3H7



It is imperative that some effort be made by all of us as we are the ones to suffer the consequences.

Gael MacLean

WE ARE HERE TO STAY



WEN-DO

WOMEN'S SELF DEFENSE

WEN-DO

Women's Self Defence

Self-defence is PROTECTING yourself from attacks that are dangerous to your health and well being. When it comes to an attack, you have two basic choices.

1. Defend Yourself: This can be as non-aggressive as running away and therefore avoiding the confrontation or direct action against your attacker, such as punching or kicking.
2. Do Nothing: You may still end up severely damaged or dead, but this choice requires no action on your part. Remember, to take no action is still a decision made by you.

Wen-do is an effective system of self-defence, developed specifically for women and those situations that they may encounter.

It teaches AWARENESS, AVOIDANCE, and ACTION to ATTACK. Wen-do's initial background in the martial arts also includes many techniques not used before. It is constantly being monitored and upgraded for the needs of all women. Wen-do includes mental and physical exercise, meditation, breathing techniques, as well as releases and counter attacks to physical aggression. Discussions are held on such topics as: Women and the Law, Avoidance, Roles, Aggression, Rape, and Verbal Defences.

Often the most valuable thing that comes to a woman from this course is the feeling of self-confidence and self-determination, the belief and knowledge of one's ability and desire to defend oneself.

Any woman interested in becoming involved in a Wen-do workshop, please contact the Coalition for more information.



Due to limited space we were unable to reproduce the summary of Jane Evans talk given at the Canadian Institute for the Advancement of Women (CRIWA) Conference in Halifax in November, 1981. Copies of the original talk 'RURAL WOMEN - Some Problems of Country Living' are available from the Coalition for 70¢ plus postage. The summary is available also at cost for 30¢ plus postage.

LOBBYING

HOW TO SEND LETTERS TO FEDERAL AND PROVINCIAL MEMBERS OF PARLIAMENT -- THE EASY WAY

Send letters bulk to the following people and their staff will distribute to each member. A telephone call and/or an accompanying letter of request would be in order.

| | | | |
|-------------------------|--|--------------------|------------|
| <u>FEDERAL MP'S</u> | The Honourable Jeanne Sauve Speaker of the House Parliament Buildings Ottawa, Ontario K1A 0A6 | Ph: (613) 992-5042 | 300 copies |
| <u>SENATORS</u> | Senator Jean Marchand The Senate Parliament Buildings Ottawa, Ontario K1A 0A6 | Ph: (613) 992-4416 | 96 copies |
| <u>BRITISH COLUMBIA</u> | Ministry of the Provincial Secretary Postal Branch, Parliament Buildings Victoria, B.C. V8V 1X4 Attn: Mr. Leon Hall | Ph: (604) 387-3952 | 57 copies |

SEXIST ADVERTISING AND PROGRAMING HOW WE CAN RESPOND

— Craviva Hosek,
Secretary, NAC Executive

Media Watch has come up with a way to deal with sexism in the media. As a sub-committee of the National Action Committee on the Status of Women (NAC), Media Watch has been formed to encourage Canadian women to keep an eye on all aspects of the media and to complain about sexism. The CBC, CAAB (Canadian Advertising Advisory Board) and CAB (Canadian Association of Broadcasters) all feel that since they haven't been receiving complaints about sexism, it doesn't exist. We can 'enlighten' these organizations by sending them our complaints. Media Watch forms are available at the Okanagan Women's Coalition Resource Centre and can either be picked up or can be sent to you upon request.



DATE:..... TIME: (if relevant).....

OFFENSIVE AD OR PROGRAM:.....

STATION, CHANNEL OR PUBLICATION:.....
(CANADIAN ONLY)

OBJECTION (in detail)



NAME



Vancouver Women in Focus Society
Arts and Media Centre

As of January 1982 the Women in Focus Gallery has no funds for organizing women's art exhibits.

Although financial support has not come through, funds may be forthcoming shortly (project grants to facilitate short term exhibitions).

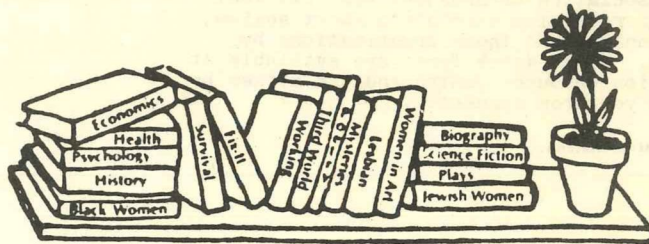
Therefore on a short term basis, individuals or groups of women artists can rent the space for \$150/week to exhibit their work. For more details phone: 872-2250.

Their recent work has also entailed the printing of their 1982 Video/Film Catalogue which gives full information regarding their Distribution Library. These catalogues are available at a cost of \$2.00. For more information write:



Women in Focus
Arts and Media Centre
Suite 204
456 W. Broadway
Vancouver, BC
V5Y 1R3
Phone: (604) 872-2250

The Okanagan Women's Coalition has the Women in Focus 1982 catalogue. You are welcomed to come and view the catalogue for ordering films.



Douglas College's research group is developing a curriculum package designed to supplement basic adult education and career planning programs. The focus is on the effect of technology on the female labour force and women's work in nontraditional trades. They would like to include personal experiences of women in B.C., rather than having to rely on out of province or American material.

Wanted: Written accounts and/or poems of an individual woman's experience working in a 'non-traditional' job. (Particularly jobs in rural B.C. in mining, forestry, or fishing)

We are interested in how you found your job, what you like about it, problems you have encountered, etc. If we decide to use your article in our curriculum package you will receive a \$50.00 honorarium. The article should be two typewritten pages. Deadline: April 15, 1982. Send to:

Rita Chudnovsky
Women in Non-traditional Jobs
Douglas College
P.O. Box 2503
New Westminster, B.C.
V3L 5R2



SUBSCRIBE NOW!

I would like to receive 1982 issues of TAPESTRY

NAME _____

ADDRESS _____
 Street/Box No. City Province

Phone _____ Postal Code _____

\$3.00 per year or what you can afford

\$9.00 per year organization (3 of each issue)
 or newsletter exchange

Make cheque payable to: OKANAGAN WOMEN'S COALITION
 BOX 1242
 VERNON, BC
 V1T 6N6

donations
 help

Okanagan Women's Coalition TAPESTRY Phone: 542-7531

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 full page - \$55.00

Type of Ad: _____

Logo enclosed: _____

Business Card enclosed: _____

Wording desired: _____

Layout desired: _____

Payment enclosed: _____

NAME: _____

ADDRESS: _____

PHONE: _____

Please submit sample or fact simile of desired layout

DOMESTIC WORKER'S BENEFIT

saturday
april 3
 8:00 pm
Ukrainian Hall
 805 east pender st
 (pender & hawkes)



live music by Ad Hoc

sponsored by:
 - domestic workers union (dww)
 - committee for the advancement
 of the rights of domestic workers (card. o)

Irene's

Burger Bar

3020 - 30th Ave.

Vernon, BC

(catering)



Okanagan
Women's Coalition

P.O. Box 1242
Vernon, B.C.
V1T 6N6

542-7531



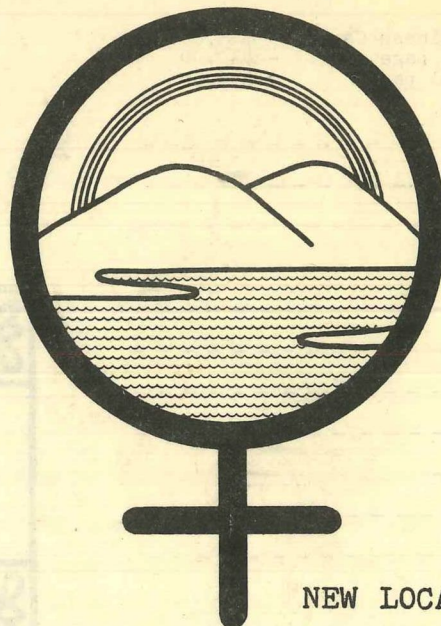
PRINTED MATTER

692 Coxwell Ave
Toronto

OKANAGAN WOMEN'S COALITION

Improving the Status of Women

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



NEW LOCATION: #4 & #6
3000 - 30 St.
Vernon, BC