

# NEWSLETTER: THE HOLIDAY EDITION

1995



## Vancouver Women's Health Collective



### Information Centre: ☺

We now have a number of enthusiastic new volunteer members who have gone through a training and are now working on shifts and orienting themselves to the information centre. I strongly urge all shiftworkers to start signing up for January, February and March shifts. To date, no one has signed up for Wednesday and Saturday shifts, we need two shiftworkers for each of these.

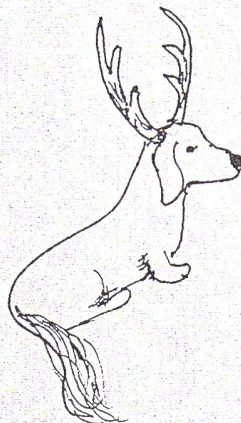
I will be calling Information Centre members to try and set up a meeting in the New Year.

Also, a monthly video/theme night for members, possibly including a visit and brief talk by representatives from other organizations, will be organized in the New Year.

### FUNDRAISING:



The Fundraising Committee has been actively pursuing different sources of revenue. We have a shortfall this year and need a substantial boost to sustain the Collective. We are currently working on the following:



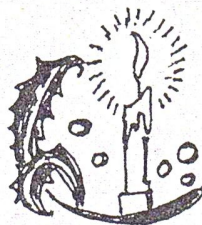
1. **Room Rental** - wall and soundproofing is required, furniture is necessary, and a business plan is being written.
2. **Events** - Francis Wasserlein has been retained to organize a fundraising event. 🍷

May event details on a "**Breast Health**" forum are being worked out.

3. Raine has allocated time to target **foundation** and **corporate funding**



### administration:



administration or holding up the fort with little money & big hearts.....

*so guess what!!!!!!!!!!!!!!* as of Oct 31 we are only \$1000 in the hole yip yu!!

!!!!!!!#@!##SSSS##SSS - we are still lacking sufficient funds to meet our budget but hey at least we don't have to dig ourselves out of a hole. raine will be adjusting all of our budgets to see if we can decrease the amount we have to raise in the next 4 months.

alas our committee has been sick - first raine, then kathrine but at least we didn't do it at the same time!!!! yet the collective is hurting a little - supplies are low & the gentle touch of kathrine is missed - but business goes along as usual. we are getting the rugs cleaned before the holidays to ensure we start off the new year at our best!! Triophina & Ghada are still hanging in there (despite our sickness) helping us out with phoning & typing - what a great help!!!!

### Lobby Group



change change change, change the world (this should be read with the music of the 'Commitments' in mind)

so those forum papers are finally finding their wings - Joan Anderson, nursing professor at UBC; Penny Ballem, the WHC gal; Julia Brooke & many others from across the country are using the papers to promote our community's view of what women's health should be all about, at the federal & provincial government level. ✍

the regionalization process continues - the women's advisory committee is being set up & we are involved in the planning - so be there February 11 to ensure you have a voice in how decisions about funding women's health are made.

who but US could take the word province wide, to help women understand & lobby the new setup of the health care system!? the grant will go in, a ritual will be done & we will be victorious. we will be having a meeting at the beginning of the year - all are welcome!



## PUBLICATIONS COMMITTEE:

Working Group: Sharon Miller, Deborah Sawchuk, Ann Metcalfe, Laurie Verchomin.



### CURRENT PROJECT:

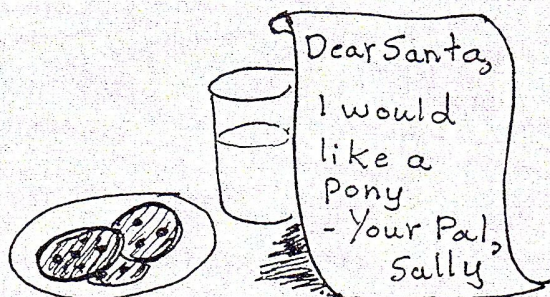
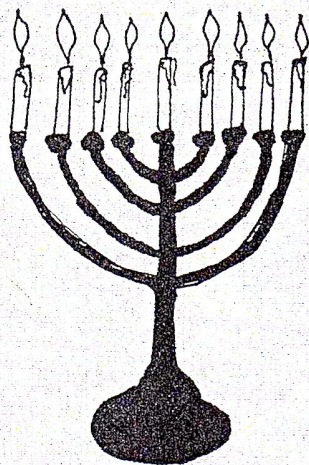
Brochure for Women's Centres and Clinics which will provide feminist information about Depo Provera, Norplant, and alternate methods of birth control. We are still revising material, researching where to distribute it, and working on graphics. Nina has volunteered to help with actual desktop production and we are scouting sources for funding for the printing and distribution.

### NEXT IS:

Prioritize our goals for the year, and choose a community advisory board member. Also work on continuing the newsletter as well as produce a brochure series.

### ARTWOMAN REPORT:


We have hired "Artwoman", who's a graphics specialist, to produce a poster for us to use in marketing and promoting the Collective. Wendy is the liaison person with Artwoman so if you have any ideas talk to her.



## EDUCATION & RESEARCH COMMITTEE:

This committee currently has several projects on the go, and invites any and all to partake in whatever capacity...



- interviews with hysterectomized women with the intent of bringing their stories together in a book.
- a joint study with doctoral nursing students from UBC on the impact of New Directions policies on home-base caregivers.
- a progesterone study with Vancouver endocrinologists Jerilynn Prior and Anne Priestman.
- a women-and-tobacco study with the National Centre for Health Promotion. 
- submissions to the 11th annual conference on Menstrual Cycle Research in Montreal, 1995, on menstruation, paradigm shifts in the health collective and hysterectomy.
- renovations and rentals of H.C. office space.
- development of materials for brochures on women's health issues such as uterine, cervical and ovarian health, etc.
- presentations to Camosun College Women's Centre Health Care Conference, 1995.
- presentation to the mother's group at the Public Health Clinic, North Unit, in April, 1995.

*As you can see, opportunities in research and education abound. Please visit our bi-monthly meetings in the New Year and we'll put you to work! Our next meeting is on Monday, January 9th, 1995 at 6:00 pm (right before the collective meeting).*



## HEALING FROM HYSTERECTOMY/ OVARIECTOMY GROUP

The loss of a woman's uterus, cervix or ovaries may be profoundly experienced on many levels- physical, sexual, emotional, even spiritual. You are not alone. Even though hysterectomy is the most frequently performed major surgery in North America, next to cesarean section, many women experience this loss amid denial of its potential impact, in isolation from other women.

Within the respectful, confidential atmosphere of this group, women who have undergone hysterectomy or ovariectomy will explore the many meaningful aspects of their experiences. The healing process begins with validation, information and support.

Date: 6 Wednesdays, beginning January 18, 1995.

Time: 7:00-9:30 pm.

Fee: \$80.00

Registration limited to 6 women.

Karen Heiberg, M.Ed. Counseling Psychology.



## Abortion Support Group:

Laurie and Penny finished a six week post abortion support group, and will be running another group in January. Call Laurie for more information at 254-3357.

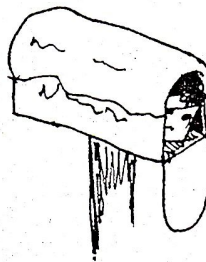
## Womb Works and Healthy Choices

Concerned about the health of your uterus and ovaries? Dealing with heavy bleeding, fibroids, endometriosis, prolapse, ovarian cysts, cervical dysplasia, or other conditions? Trying to make an informed decision about hysterectomy or ovariectomy? Then visit one of our informal 2 hour sessions for information and support.

Date: The 1st and 3rd Thursday of each month, beginning January 19, 1995.

Time: 6:30-8:30 pm.

Fee: By donation.



## FIBROID SUPPORT GROUP

More hysterectomies are performed for fibroids and heavy bleeding than for any other conditions. Women who live with

Fibroids are asking questions like: Who performs myomectomies? If I have a hysterectomy, will it affect my sex life? How long will I take to recuperate?

Women who are managing their symptoms, and trying to make informed decisions about hysterectomy and alternate treatments have a lot to offer each other. Come together to share your stories, information and support. Guest speakers can be arranged.

Date & Time: to be set up by group.

Fee: by donation.

## RESEARCH: HAVE YOU HAD A HYSTERECTOMY OR OVARIECTOMY?



### MAKE HERSTORY!

Be involved in a research project through the Vancouver Women's Health Collective.

A great deal of research has examined hysterectomy and ovariectomy from the perspectives of medicine and gynecology. Very little research explores these surgeries from the perspective of women who experience them. Whether you experienced this surgery and its effects as liberating or devastating, or everything in between, WE WANT TO HEAR FROM YOU!

Women's stories and experiences of hysterectomies and ovariectomies will be gathered in groups and individually.

For more information, please call Karen Heiberg, M.Ed, at 877-0807 after January 8th, 1995, or leave a message at the Health Collective, 736-4234. ALL INQUIRIES AND INTERVIEWS WILL BE STRICTLY CONFIDENTIAL!



## What's goin' down in the New Year??

Lots of events for Collective members to get involved in.....

### JANUARY 9TH OR 10TH, 1995:

Visit the Women's Health Centre and have a tour with Robin Barnett. Contact Royce for your preferred date and time.

### JANUARY 19TH, 1995:

Vancouver Women's Health Collective Open House Fundraiser from 4:00-7:00 pm. Hedy Fry will give an opening address with a wine and cheese to follow.

Contact Christi if you're interested in helping to organize this event.

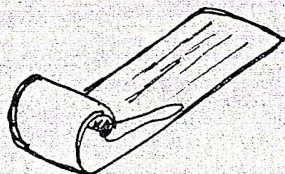


### January 23rd & 24th, 1995:

The Health Collective will have a display table at the "Moving into Action" Health Determinants Showcase organized by the Ministry of Health. Anyone interested in attending this event should contact Christi.

### May 28th, 1995:

International Day of Action for Women's Health - we will be organizing a forum with a series of speakers to talk on the issue of "Breast Health". Contact Raine and the Fundraising babes if you want to help out.



## Hey! Wanna learn Pagemaker?

Pagemaker is a desktop publishing program which is used for layouts of brochures or newsletters.

Artwoman is going to teach one person at an advanced level of Pagemaker (12 hours) and two people at a beginners level (6 hours) starting in the New Year.

Anyone interested in taking these classes should talk to Raine. The Collective asks that in return for these classes, the learners commit to the production and distribution of a monthly newsletter for one year. If you can not commit to one full year then it would be your responsibility to transfer the Pagemaker skills onto someone else who can work on

the newsletter.



## Books/books/BOOKS!

The Health Collective will be receiving review copies of books courtesy of Kate Walker. The books will go into our resource library. We are expected to review one book per month in our newsletter for our part of the deal.

## Holiday Wrap-up:



On **December 16th** the Health Collective will be having a desert potluck. Come to the collective for a sugar charge and celebrate the Christmas season or the

Solstice season or whatever it is you celebrate!



The Health Collective will be closed from December

22nd, 1994 to January 2nd, 1995.



**Hope everyone has an excellent holiday and we'll see you in the New Year!**

