

a feminist voice in Newfoundland and Labrador
Vol. 2, No. 1, Summer, 1990

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WATERLILIES



Cover by Di Dabinett





The Waterlily collective in our new back yard: Mary Sexton, Heidi Harley, Marian Frances White, Cathy Young, June Hiscock, Lyly Fortin, Martha Muzychka. Missing from photo: Cass Reimer.

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Scarlet Letter: reader's response

Witch Hazel: healing ourselves

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EDITORIAL

The Waterlily collective and other spring blossoms.

This time last year, the editorial collective of Waterlily launched its first issue. Since then, we've grown beyond our initial expectations, and with this growth, we've changed too. With each issue, we've learned more about what women in Newfoundland and Labrador want in a feminist newspaper, and we've learned about what is involved in producing this province's only feminist journal, from writing and editing to selling advertising and doing paste-up. We've also learned how to work as a collective, and perhaps of all the things we've attempted with Waterlily, this has been the most difficult process of all. But it has also been the most exciting, as the collective members keep pushing against the boundaries of their own resistance to conflict and change to create a structure which empowers and inspires women.

In early January, the mid-point of our first year of publication, the collective met to discuss its ambitions and its hopes for Waterlily. Since that meeting, we've had a series of discussions which focused on different aspects of Waterlily such as editorial and advertising policy. Most important, though, have been the meetings which address collective concerns with process, consensus, personal responsibilities and structure.

Now it is June, the beginning of a new year for Waterlily, and one which seems filled with promise. We are working hard on developing a formal constitution, because one of the things we have learned, not only from our experiences with Waterlily but also with other feminist activities, is how important it is to record our history and our process. In some cases, the way we achieve our goals is almost as important as the end result.

We still maintain our vision of providing women in Newfoundland and Labrador a voice for their experiences, and these days, with the funding cuts to women's centres here and across the country, women need that voice to name their oppressors, to share their knowledge and to celebrate the many and varied joys of being women.

Waterlily is a year old, and like small children, we are taking our first steps to independence and self-sufficiency. We ask for your continued support and welcome contributions either through subscriptions, advertisements, letters, articles, and illustrations. If you are interested in participating in Waterlily either on the collective or the different working groups which collectively produce Waterlily, call us or drop into our bright, new office space at 96 LeMarchant Rd., 3rd floor.

Announcements:

The St. John's Folk Arts Council presents The 14th Annual Newfoundland & Labrador Folk Festival on August 3-5, 1990, at Bannerman Park, Military Road. Alternate site is Brother O'Hehir Arena on Bonaventure Avenue. Admission is \$3.00 per session, \$5.00 per day or \$12.00 per weekend. Performing are Anita Best, Tickle Harbour, Simani, StoggerTight, Minnie White, Emile Benoit, Dermot O'Reilly, Rankin Street, Kelly Russell, Fergus O'Byrne and many more. Support local live music. See you there!

Community Services Council Directory: Fifth Edition

A directory of voluntary associations, service clubs, community services, some government programs, day care centres, development associations, senior citizens' homes and elected representatives.

The Directory contains province-wide information and includes listings from St. John's, Corner Brook, Labrador, Grand Falls and 19 other communities.

Copies may be purchased at the Community Services Council office or ordered by telephone at 753-9863. Discounts available upon request for bulk orders of 10 or more copies.

Eastern Edge Gallery - Baird's Cove Road at Harbour Drive - New Hours! Tuesday - Friday (12 - 4) Saturday - Sunday (1 - 5)

June 3 - 27.... Deirdre Chisholm: "The

Machi-Ai; The Waiting Space"

July 4 - 14.... Ron Kuivila: "Parallel Lines" and "Spark Harps"

July 17 - 27.... Sculpture Students of Sir Wilfred Grenfell College

August 1 - 30.. Members Show

Sept 1 - 27.... Rose Adams

Attention female artists! Eastern Edge will select from submitted works a collection to be sent to WASL (Women Artists Slide Library) in London, England. This work should deal with your life and experience as a woman, incorporating both image and text. Submissions will be accepted from anywhere in Newfoundland and Labrador. Standard application requirements apply (resume, 10-20 slides of previous or current work, letter of proposal), these to be received by August 1, 1990. Please address submissions to: WASL Selection Committee, Eastern Edge, P.O. Box 2641, Stn "C", St. John's, NF, A1C 6K1.

Tales of Seduction

The Women's Press is accepting submissions for a seductive, sexy and humorous fiction and non-fiction lesbian anthology, Tales of Seduction. Send us short tales of your best seduction, best line(s), and the most bizarre approach you've ever had or made or the seduction you've wanted, haven't had, but are still waiting for. Deadline is February 28, 1991. Send to: Tales of Seduction, Women's Press, 517 College Street, Suite 233, Toronto, Ontario, M6G 4A2.

Artists Coalition of Newfoundland & Labrador - State of the Arts

The Artists Coalition of Newfoundland and Labrador (ACNL), a provincial arts organization, represents artists and arts workers of all varieties. Writers, actors, visual artists, craftspeople, dancers, sculptors, filmmakers, arts administrators, to name just a few, are members of the Coalition. Formed in 1988 at "A time for the arts" conference in Stephenville, the Coalition features a Board of 15 working members from all disciplines, located throughout the province. An important function of the Coalition is to provide a means of communication for its members who are often located in rural areas. The Coalition will be in Corner Brook in late October for its 2nd Annual Conference and General Membership meeting. The main focus of the conference will be to examine the Arts Policy Committee's Report and the Government's response to its proposals. For more information write P.O. Box 1385, Stn. "C", St. John's, NF A1C 5N5 or phone 754-9014 or drop into the office at 9 Church Hill.

East Coast Women & Words, in conjunction with several other women's groups, is interested in organizing a Women/Healing Conference for 1991. In May, 1990, there was a wonderful healing gathering in Ontario, but because of the overwhelming national and international response, the organizers decided to limit the participants to Ontario. Because Newfoundland and Labrador women missed out on this im-

portant event, we would like to organize our own Women/Healing Conference. Write us at the Waterlily address or call 754-3203 with your suggestions and/or area of interest.

Congratulations to Carmelita McGrath on the birth of a baby girl, Leah. No doubt motherhood will inspire her writing onward.

Two Reliable Women will house sit and/or pet sit, cut your lawn, water plants etc. Our rates are negotiable. Call Helen or Beth at 754-6627.

Emma Butler Gallery presents Music Box - A Sound Sculpture, by Kathleen Sellars of Corner Brook. Opening July 8, 1990 at 1:00.

111 George Street, St. John's, NF, A1C 6K2 (709)739-7111.

Congratulations to Kay Macpherson who was given a Honorary Degree, Doctor of Laws from Memorial University on May 24, 1990. Ms. Macpherson deserves this honour for her many years of work as peace activist and her involvement in the women's movement.

To get announcements in Waterlily's fall issue, write to us at P.O. Box 367, Station C, St. John's, Newfoundland, or give us a call at 754-3203. Or drop it off at 96 Lemarchant Road. Please keep them between 50 and 75 words.

three



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SCARLET LETTER

I hear congratulations are in order....

Maude Parsons happened to be watching television when some Waterlily staffers were being interviewed and deploring the lack of upbeat, amusing content in our paper. She sent us along the following letter and story:

Dear Waterlily,
I am really glad I just happened to switch on the television when you folk were on from the newspaper. I have enclosed the "funny" side of my life... being a female priest provides many opportunities under just about every category. But, so far this incident still remains with us as the 'family funny', because the kids are involved in the story as well. Later on, my five year old repeated the message... as heard through his ears... to his sitter and the story spread again, on the grapevine.

One lovely July evening, 1989, my children and I dropped into Lewisporte to visit with old friends. We were camping in the nearby provincial camp and thought we'd take advantage to stop by... them for some play and me for some chat. My friend's family-in-law were in the back garden, cooking mussels, so my

oldest son found his way to the excitement. Lots of excitement was also brewing in Newfoundland because it was getting close to the Rod Stewart concert. Peter, her brother-in-law, (we had met a number of years before), was chatting with James, and inquired of James as to whether or not he was going to the concert. "I can't go that weekend," said James, "because Mom is marrying someone." Soon Peter came into the house where our second coffee was almost gone. Leaning against the door-frame with a grin on his face, he greeted me. "I hear congratulations are in order," he laughs. I sit there, with my computer in recall. "Think.. think.. what have I done that warrants congrats? My ordination.. nay.. he wouldn't think that."

"What for? What do you know?" I nervously ask, not wanting to appear a fool. "You're getting married," he says, looking rather uncomfortable himself now. Me.. I nearly sank through the sofa.

"What!" Gulp!

"You're getting married in a few weeks; James was just saying." He shifted from one foot to another. "Aren't you?" My friend, bless her, had her feet in the air by this point, loving every moment of our embarrassment.

"Think.." beeps my computer. "Think". Peter sees that he has confused me terribly. I wish I could die or get my feet firmly planted on my self-confidence again. Where has my professional cool suddenly gone? He mentions marriage and I and totally confused and .. WOW!

"He couldn't go the Rod Stewart concert he said because you were marrying someone," says Peter.. looking rather flushed himself.. wishing he's stayed tending mussels.

"Oh, my goodness," I'd finally found the lost data. "Recall complete!" I beep. "I'm a priest, Peter. That's my work. I marry people. Other people.. together.. to each other.. not to myself." What a relief. Peter's face.. it was worth my moment of wondering if I'd done something I'd forgotten about... just to see his face. Needless to say, my son and I talked about the necessity of clarification when passing on information in the future. The first of many interesting situations, I am sure.

Maude Parsons

Reader finds Waterlily, ends long drought

Hi good people,
After being a visitor on the Southern Shore for these past six months...I finally "found" the Waterlily. O, happy day! Coming from the metropolis of L.A. I have been spoiled with an abundance of great feminist papers...the drought was long and hard...til I saw your paper in the local book store in St. John's.

I have enjoyed the articles and features from cover to cover. To that end (enjoyment) please find enclosed my subscrip-

tion and also some gifts for my friends back home. I have enclosed cheque to cover same.

Sincerely,
Barbara Gilbert
Renews, Newfoundland

V.P. assures us fight will continue

Dear "You bet I am":

After chancing upon your letter in the spring 1990 issue of Waterlily, I would like to respond to the points which you raise regarding my visit last January to St. John's.

First of all, after having worked for nearly fifteen years in grassroots women's organizations and have spoken with women throughout the Atlantic provinces and Quebec, I am only too aware of the difficulties which women's groups face in obtaining funding. As a feminist, I have long been convinced of the necessity of women's groups and the importance of the work they do. I will continue, as I have always done, to fight for adequate funding of them and for recognition of their value to our society.

This was my first trip to Newfoundland since I was appointed Vice-President of the Canadian Advisory Council on the Status of Women (CACSW) last June. The aim was to make a first contact with representatives of women's groups in St. John's and to get a better sense of the issues of particular concern to Newfoundland women. In addition, we wanted to ensure that, although Montreal is far from St. John's, Newfoundland women feel that the Eastern regional office of the CACSW is there to serve them as well as women closer to the office.

The meeting was intended, therefore, to be a working meeting, an exchange of information which is so vital to my work as representative of the Eastern region. I believe in this we succeeded. I might add that we were quite surprised to learn that many women came expecting merely a social event. We were also pleased to observe that the meeting served as an exchange of information among the women present. In fact, one participant mentioned to me that she hadn't realized so much was going on and came away from the meeting very satisfied with what she had learned personally.

I agree with you completely that the room was far too large for twenty people. Unfortunately, organizing a meeting "from away" poses a certain number of difficulties including the one which you raise. We had reserved a room for twenty-five people and this is what we were given.

In the future, if there are any groups which would like to make available a meeting room, we would be more than

happy to hold our meetings there. If they could let us know, we would be most grateful. As well, if someone knows of a catering company run by women, we would be only too willing to support them by using their services.

Finally, I would mention that we greatly appreciate the participation of women such as yourself in the meetings and visits which we organize. If we are going to be effective as an advisory agency to the federal government, we need to know just how government programs and policies affect women across the country. Hearing from you is an essential component of our work.

Sincerely,
Ginette Busque
Eastern Vice President
CACSW
Montreal, QC

Celiac writer corrects our substitutes

April 11, 1990
Dear Waterlily Collective:

Thank you for publishing my article on Celiac Disease, it felt great to see it there. However, there is one thing that concerns me. On the same page as the article there was a box listing suggested substitutes for wheat flour in cooking. Purified wheat starch, while widely used, is not gluten-free and is not recommended to be consumed by patients with Celiac Disease. The National Celiac Association, with which we are trying to form a local chapter, states that we should avoid the product. All the other listed substitutes are satisfactory.

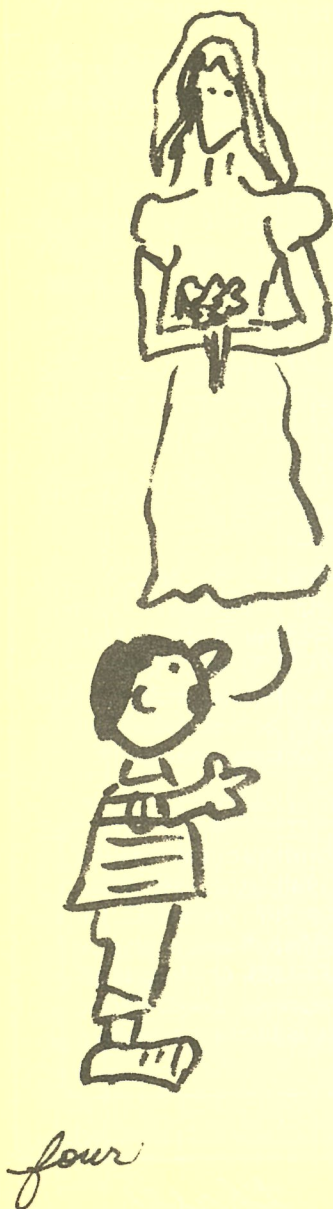
Perhaps you could print a correction in your next issue, or publish this letter, to clear up any confusion. One of our main aims in forming a local chapter is to educate and inform Celiac patients and the general public.

Thank-you.
Yours sincerely,
Carol Negrijn

**Rabbitown
Community
Association**

26 Graves
579-4834

Literacy project 579-6033



Living free: one woman's story of conquering drug addiction

By Elisa

There can never be enough written...or read, on what I am about to put on this page. Number one, our children cannot receive enough education on "the use, and most important, the abuse of alcohol, street drugs and pills." I titled this "living free" for the simple reason that it is what I am doing today. Any or all of the three mentioned above are used as the quickest form of escape from the 'pains' of everyday living - escape is the end result of their use, now for the beginning. My start with the booze and drugs was merely for fun, and for a short time it was just that. A party here, maybe a few months later another party with a free flow of everything. I lived in a very dysfunctional house (it wasn't a home) and as I began sipping a little more, or sparkling a little more, it was okay. I had found without really knowing it at the time, my very own 'sick' little space in this big world. At the age of fourteen this all began and by age sixteen I was doing acid . But still I sipped by the mouthful my stash of booze. To help support my "needed" habits, I started selling drugs. This did not go on for long, for one reason. All of my friends did drugs and sort of 'expected' me to give them a free piece of hash or a few extra hits of acid or mostly just free joints of grass. So there

was not much profit for myself; well thank god for free loading friends! By now I was guy ship acid into my beer, but they didn't think much of it. They did not know I had already done about five hits myself and had had a couple of beers. They said, about a few minutes after I drank that beer, I went wild, right to the point where But like everything there are winners and

But like everything there are winners and losers. I became a LOSER; one night I was out at a club, partying, and suddenly it was two days later and I found myself strapped down. The most fearful feeling of all was the fact that I didn't know who I was - I had no memory at all... After a week I started to come around. What I then learned put a fear inside me... My doctor said I must have had the hand of God resting on me the night that I was brought in because by medical standards I was supposed to have died.

I collapsed. After the doctor finished I silently thanked God and swore I would never touch street drugs ever again. After a bout on the psychiatric ward I walked out into the fresh air - free for the first time in about five or six years. After one week at home I could not handle living in reality - living free. I began to take pain killers for the bad headaches I had so often. I was sent for a brain scan and EEG and it proved I did have migraines. I was given a prescription for very strong pain killers (just what I

Freudian psychology with the fundamentalist zeal of biblical Creationists. Freud insisted that females did not (necessarily) experience sexual assault by their own fathers or other male relatives, but fantasized these experiences.

Many psychologists still embrace Freudian psychology with the fundamentalist zeal of biblical Creationists. Freud insisted that females did not (necessarily) experience sexual assault by their own fathers or other male relatives, but fantasized these experiences.

One important development is feminist counselling. It grew from a recognition of what the criminal had chosen to do to the victim, and worse, a blaming of the victim for what the victim had chosen to do to herself. It grew from a recognition of the victim's role, and the system's role, in the crime. It grew from a recognition of the victim's role, and the system's role, in the crime. It grew from a recognition of the victim's role, and the system's role, in the crime.

Feminist counselling is not a fad. How- ever, considering how long it's taken us to become more sensitive to the abuse of power in one form or another, I think it unlikely that feminist counselling will soon become the norm. Let's hope time will prove me wrong here... And that in itself is another crime.

Sarah Ogletree is president of the Bay St. George Status of Women Council.

I could go on and on about my battle with booze and drugs and of my fight to stay on the safe road, but my hope for today is that if one person who is in trouble with booze or drugs can relate to this story and realizes that there is hope in living free - that will be a blessing and I can gather strength from that. There is so much help out there today. We don't have to keep at it until we die in our miserable little world. What a warm feeling - even on bad days - to know that we don't have to be alone - ever again. The beautiful freedom of choice. I choose not to be alone. I choose to live free. Forever grateful to Dr. G.A. Frecker, Rosemary, special thanks to my sponsor Lillian, Tamara and names too many to mention but they know who they are. Thank you for helping me grow in the three important ways...physically, spiritually, and emotionally.

I did not need them as often as I desperately wanted something to give me the "numbness", and I got it. For ten straight years I continued to abuse prescription drugs - every day. My booze was still my ticket to complete numbness, but for the grace of God, it was not a daily companion but very close to it. I feel that if I were to "tell all" of my life as an abuser it would fill a book, so to let you know what happened and how I got to where I am today, I must jump ahead of those ten years. I hit my bottom; well, I went to the very bottom of the barrel in 1985 is a better sentence, for that's the truth. I was again brought to 3 west at St. Clare's. I stayed there for about six weeks; I came clean about my pill problem but in a roundabout cunning way did not let the subject of a booze problem out. After my discharge from the hospital I went to daycare at St. Clare's Hospital for alcohol and drug abuse. To make a long story short, I learned and at first fought, the honesty part - for myself. The "help" of, for lack of a stronger word, my group was a great support especially Dave and Jerry and most of all our head nurse Rosemary. From January 1985 to September 1989, I lived free; but I let people, places and things get to me. I did the one important thing an addict shouldn't do and that was stay away as much as possible from my A.A. meetings and the people that were always there at any hour to help me. I began to slip back into my own little unhealthy world. Most of all, I let the honest me fall back. But today I am walking down that healthy road once again with a lot of help from my "true and healthy" friends and I am so grateful for both them and St. Clare's Daycare.

SCARLET LETTER

Recovering from relationship addiction - how to stop giving

By Madeline Pitts-Spurrell

I met and married my husband when I was nineteen years old. We had eloped. We were very happy at first. I don't recall any arguments during the first couple of years of our marriage; but this was because I was a "Yes!" person.

Everything my husband wanted, I gave and gave, even if it wasn't what I truly wanted and needed. I never told him how I really felt because there was a deep down fear that I would lose him forever. I was emotionally neglected by both myself and by him. All I was concerned with at the time was how he felt.

With time, more distance crept between us, as I never objected to his constant time lapses away from the children and myself. He would leave St. John's, where we were living, and spend most of his time shifting to and from my hometown. Because of this, I almost always ended up with the total responsibility of taking care of the children. I began to resent his absences; but I put up and shut up. My family and his didn't understand why he was spending so much time away from me; it was not as though he were looking for work all the time.

His family would babysit for me when I had to go to the hospital, or shopping or do any errands. When he was around he would take us out occasionally, but I often felt run down, dragged out and unappreciated. He would show up out of the blue and complain about the mess of the house, complain about others or about how I looked. I became obsessed with my weight problem and it got worse. A person can get pretty sick of trying to please someone who just can't be pleased. You blame yourself. I did. "What am I doing wrong?" I'd ask myself. "It's

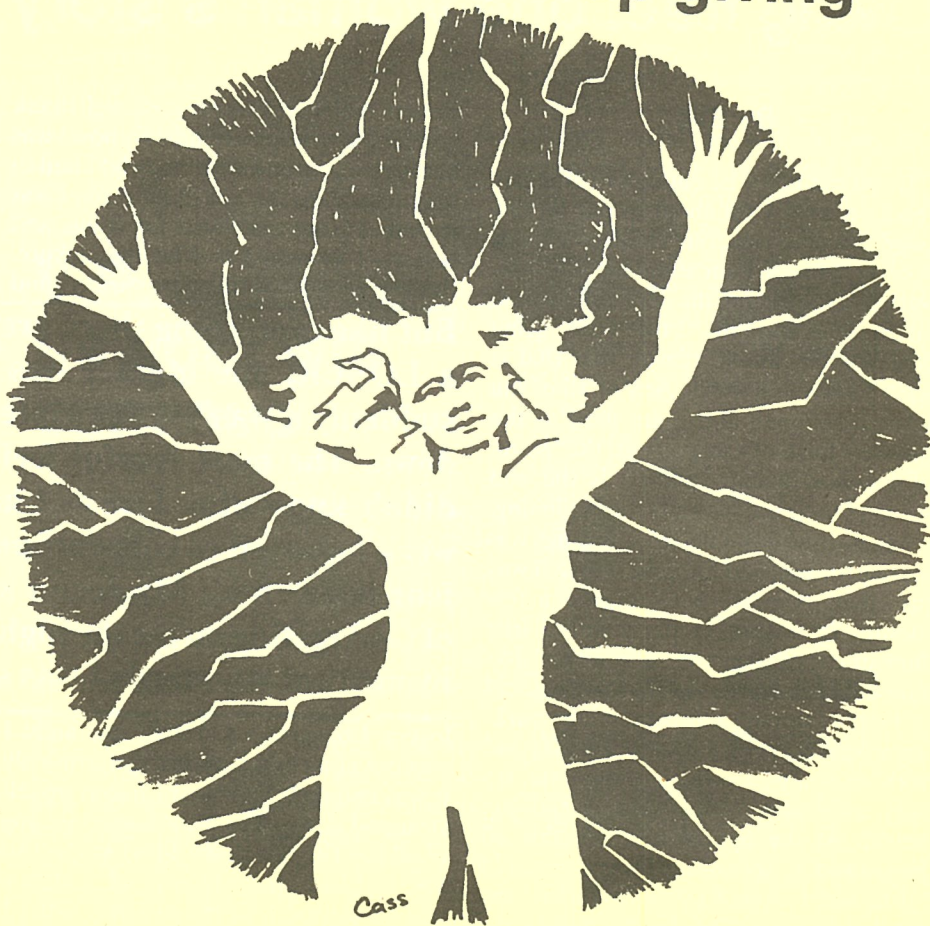
my fault he's unhappy." So great was my obsession with my husband that my own happiness became of no importance to me. I was miserable without him and miserable with him. I would try to please him by going along with everything that he said and did, hoping this would bring me the love and attention that I felt we once had.

I remember dinners I cooked with a lot of care. He never showed up on time and the dinner would dry up and not taste so good reheated. He complained and complained. My fear of losing him was so great that I was afraid to tell him just what I thought about his behaviour.

My husband would watch other women without caring if I knew or not. Good looking women with decent figures he labelled "foxes". Women who did not fit into his category of what a woman should look like he labelled "dogs". Despite all this, I cared. One day he brought home a poster that was suppose to remind me to keep on my diet and reinforce the advantages of being slim. It only succeeded in making me feel more dejected. The gist of the poster was that the well-built woman wouldn't let you get off easy, while the other woman, because she didn't have the same physical attributes, would just about lick your boots.

No matter how thin you try to be for someone, no matter how you wear your hair and no matter what kind of clothes you put on, they will never be totally pleased with you. You have to accept yourself for who you are and stop trying to please others or you will be disappointed. I was too young and unsure of myself at that time to know this.

These problems, coupled with our economic difficulties made the break-up of our marriage inevitable. Still, nothing



could excuse what had been said and done. After seven years of marriage, he blamed me for everything that ever happened to him. Instead of asking me for a divorce, he started an affair in my own home. He became verbally abusive, then he became physically abusive. In one incident, his girlfriend had to stop him from strangling me. As the tears poured down my face, I felt nothing, I just wondered what I had done to make him hate me so much.

We had a final run-in sometime after

this bad encounter that led me to ask for a divorce. Even though we went through counselling, I was determined to get out of this marriage. I had had enough! I remember loneliness and shock, humiliation and pain. I needed to get in contact with the person I was at nineteen.

I joined "The Reasons Why?" group. It's based on Robin Norwood's book, *Women Who Love Too Much*. Everyone should read this book. I could not believe the revelations it gave me about myself. I think that many of us crave to be loved. It's like an addiction. There are many men out there like this too. We meet people who seem to need us and we try to fix their world for them so that they will love us.

I found out you can be used and never loved. You can stop listening to and loving yourself. When this happens you cannot love others as they should be loved. You have to learn to love yourself, before you can love anyone else.

I have accepted the past and no longer dwell on pleasing others. I can be good to others and please myself. I like to look at myself as a care giver not a caretaker and believe me there is a difference!!

Today I am happy. I am free. I am coping. I enjoy being alone and I think that being happy is all that anyone should ever try to be.

Madeline Pitts-Spurrell is single mother, a member of GAP (Group Against Poverty) and a member of the Nfld. Writers Guild

Escape from Intimacy: controlling addiction

Waterlily is fortunate in having numerous exchange subscriptions with various women's magazines throughout North America. The following excerpt is taken from Woman of Power which in turn is an excerpt from the book, Escape from Intimacy, by Anne Wilson Schaef, Ph.D. (San Francisco; Harper and Row, 1989). In view of the number of letters and articles we receive from women in recovery and in view of looking at our own process, we felt it important to introduce this author.

By Anne Wilson Schaef

The first prerequisite for intimacy is to be intimate with oneself. As long as we are looking outside ourselves for intimacy, we will never have it and we will never be able to share it. In order to be intimate with another person, we have to know who we are, what we feel, what we think, what our values are, what is impor-

tant to us, and what we want. If we do not know these things about ourselves, we can never share them with another person.

To say someone is dependent and has the disease of relationship addiction (sex, romance or other) is not to say that person is bad. It is, in fact, to recognize that women have been severely affected by this addictive culture - as we all have. To say we are all addicts is to give all of us the possibility of recovery from a disease inherent in our addictive culture. Only by owning our addictions can we recover from them. Moreover, victims never recover. They just stay victims - victims of men or victims of women. Victims need the safety to feel and work through their feelings of hurt, anger, rage, fear, and loneliness... We can buy into a sick society (by) going along with it; the other option, is to adopt its methods and use those methods to fight it. When we do the lat-

ter, we have become just like the society and are, indeed, feeding its sickness.

We must recognize that to recover from the sickness of an addictive society, that has imprisoned us in our addictions, we must go through our own levels of truth toward our own healing. First we must admit and see that there is a problem; then we must have the time and safety to work through our feelings; then we must own our part in buying into a sick system.

In order to have a relationship with the self, it is necessary to have quiet time alone, time to enrich one's spirituality. I believe that a relationship with the self includes a relationship with God, Goddess, or a Higher Power, however one conceptualizes that. Truly having a relationship with our own process relates us to the process of the universe.

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Sisterhood and solidarity saves our women's centres - for now

By Theresa Mackenzie

On Friday, May 4th, 1990, the Mulroney government did something it rarely does - it overturned a previous decision and reinstated 1.2 million dollars in core funding to the Women's Centres of Canada. This came after more than two months of continual protests from women in every corner of the country, with Newfoundland leading the way. Not since the Tories move to de-index old age pensions has there been such a tremendous public outcry, and overwhelming support for the cause. In that case, and in this one, we were successful in making them back down.

The Women's Centre in St. John's found out about the 100% cut in funding via a phone call from the regional Secretary of State (SecState) office on February 22nd. With less than six weeks left before our year-end we were plunged into a state of anxiety and shock. We could scarcely operate on the small amount of money we received - it was clear that this cut meant the end for our centre. An emergency meeting was called, and more than thirty angry women turned up at the centre to talk about the impact the cuts would have on us. We agreed that the government's line about reducing the deficit was more than a little weak in this case (considering the small amount of money involved and the vast increases to defense and other areas), and we immediately recognized the move for what it was - an attempt to silence the often oppositional voices of women.

What followed from this meeting was a series of protests that showed us the incredible amount of community support that existed for us, but also the differences and callousness of the federal government. More than 10,000 postcards were dashed off to Mary Collins, Gerry Weiner, and Michael Wilson in a matter of weeks. Hundreds of letters from all over the province poured in to the offices of these ministers, and to M.P.s, John Crosbie and Ross Reid. We took to the streets in the hundreds on February 28th, and continued our protests throughout International Women's Week. There was no response. On March 22nd, about 50 representatives of community agencies met to strategize, and brainstormed on ways to get the attention of the public, the media, and most importantly, the federal government.

It was at this meeting we first conceived of the occupation. The room was a buzz at the thought of it - we all realized that the conventional, "polite" forms of protest that we had engaged in were ineffective. With less than two weeks to go until the cuts were to take effect, we knew we had to take drastic action.

The Fun Begins...

On Friday the 23rd of March, we began a cross-country call-out to other Women's Centres women's groups from

the Northwest Territories and British Columbia to Ontario, Quebec, and Nova Scotia to let them know what we were planning and to ask for their support. Some groups had been engaging in protests already, and others were interested in the idea of an occupation was planned in only a few hours. We had a lawyer come in and explain the possible legal repercussions of our actions, and we talked about what we needed to bring with us - sleeping bags, food, radios... Looking back, it seems we were flying by the seat of our collective pants. We had little idea of what we would do

when we got there, and some of us thought the worse case scenario would be if they decided to ignore us again and leave us there.

On Monday, March 26th, close to 100 women, men and children marched into the offices of the Secretary of State, singing and carrying placards reading "women will not be silenced" and "they say cut back, we say fight back". We demanded the reinstatement of funding, and a public meeting with Gerry Weiner. We would stay as long as we had to.

We quickly entered the offices to prevent doors from being locked and began to occupy. We reclaimed and renamed each of the office areas: one for the counselling room, one for the rape crisis centre, one for the Waterlily and so on. We got a crash course in the use of the fax machine. Letters of support came pouring in and the press releases were sent out. The board room became the communications centre, the hub of all the activities. We held strategy sessions there, posted chore lists, letters of support and media contacts, and watched the evening news from that room. The confused and bemused office staff took it in stride for the most part, and we made it clear that our actions were not against them but against the Secretary of State. Officials from the department tried to coerce us into leaving the offices, and a meeting was promised only if we vacated the premises. We refused to leave, and asked that a meeting be held at the SecState offices as soon as could be arranged. They agreed to set up a meeting for Wednesday, and flew in representatives from the other centres around the province. We settled in for the night.

Support Pours in...

Meanwhile, the letters of support kept coming in; they were so important to maintaining the morale of the occupants. The letters came from every part of the country, including church groups, politicians, high school students, national and local unions, university organizations, individuals, and of course, other women's groups. Some of the letters were incredibly moving, others funny, but all said they admired our actions and stood with us in solidarity. We drew our energy from those letters and phonecalls, so when the fax machine was cut off on the third day, morale quickly dropped. We



hastily found an outside channel for messages however, and thus resisted their attempts at isolating us.

Throughout the occupation, we were visited by hundreds of people at the "Newest Women's Centre in Canada" - representatives of unions, provincial M.H.A.s, M.P.s and city councilors, and many other friends of the Women's Centres. The media were also a constant presence: local luck with national groups. They apparently considered this to be a regional issue despite our insistence that we were fighting for all of the Centres in Canada and just the 7 in Newfoundland. Once there was threat of police action and the occupations spread across the country, the reporting picked up.

Frustrations...

On Wednesday, we met with Noel Kinsella, the Associate Under Secretary of State, and other SecState representatives in the boardroom of our new office. It was an exhausting process in which the SecState officials talked only about project funding, and in the end we walked out in frustration. It was clear that Mr. Kinsella did not have the authority to make the final decision with respect to reinstatement of funding. Those of us believed an offer would be made to us at that meeting were extremely disappointed. We demanded a meeting with Weiner.

We listened throughout the week as Gerry Weiner and other Government spokespeople continued to use the deficit reduction argument, and as Mr. Weiner talked about receiving "a number" of letters from concerned groups and individuals. He continued to refuse to meet with us, "encouraged" us to end the occupation, and maintained that the funding would not be reinstated. By late Friday afternoon, we had heard that women who occupied or attempted to occupy offices in Halifax and B.C. had been removed. Shortly thereafter, police entered the Atlantic Place offices and we

were asked to leave. After some debate amongst ourselves, it was decided that we would leave voluntarily, but slowly and noisily. We quickly called out to alert the press, and began to gather our belongings and the many posters and letters of support that covered the walls. The paddy wagons were parked outside and the police lineup across from the elevators as we spilled into the street. Where supporters had gathered to greet us. We marched up the centre of Water Street, and on to the Women's Centre singing and waving the placards.

Now We Are Really Angry...

On Saturday, March 31st, more than three hundred people gathered in Bannerman Park to enjoy a "Weiner Roast" and to show their support for the Centres. The amount of community support was overwhelming, and the protesters were re-energized by the spirit that accompanied it. We met to strategize yet again, and decided to return to the Secretary of State offices Monday morning. The idea was to go the offices, not to occupy in the same way that we had the week before, but to wait for Mr. Weiner to respond to our demands. We arrived to find security guards posted inside and outside the office door, but we managed to get back inside. About thirty of us waited quietly inside the reception area, while many others sang and chanted in the hall immediately outside. The police were called, and the group decided that this time, we wouldn't leave voluntarily. The consensus was that we had a right to be in the office during business hours, and since we weren't being disruptive, there was no cause for us to be asked to leave. The police arrived, and advised us to leave, saying that if we did not we would be charged with public mischief under the Criminal Code. We refused, and after approximately an hour, they re-entered to arrest us. None of us

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RED SAGE

Reflections on public reaction to sexual abuse reporting

In the light of issues surrounding child sexual abuse and the media Waterlily contacted Anne Budgellof CBC to request the following article.

By Anne Budgell

On Tuesday, April 17th, on the CBC Television program "Here and Now", it was reported that a charge of sexual assault had been laid against Dr. Paddy McNicholas, a well-known St. John's medical doctor who also served as Member of the House of Assembly for ten years and Speaker of the House for four years. Before the announcer had finished reading the story, the telephone was ringing at the CBC. That night and the next day, over two hundred people called to complain that the story should not have been broadcast because McNicholas had died suddenly on the previous Sunday. One typical caller said, "Couldn't you at least wait until after the funeral? You should apologize to the family." Another said, "Why didn't you leave that poor man alone? How can you do this to his family?" Many callers said it was "in poor taste" to tell that this had happened. Another caller asked a rather pertinent question, "How come you're the only one who carried this story?", and went on to say that the executive producer, Bob Wakeham "... should control his news people and the stories they carry".

This amount of reaction to a news story is a story in itself and that story was picked up by other local news organizations, at least two of which had known of the criminal charges and had made the decision not to carry the story. That was the case at the St. John's "Evening Telegram", according to CBC Radio "Morning Show" reporter Mary Lynk who called the editor William Callahan for a comment. He said they had no intention of reporting the charge. NTV News Director Jim Furlong told me a couple of his reporters knew of the charge but did not do the story. He said after it was reported by the CBC they were debating what to do with the story when other events overtook them.

That morning, Wednesday, April 18th, members of the St. John's City Council spent a considerable amount of time paying tribute to the late Dr. Paddy McNicholas and condemning the CBC for "gutter journalism." That story was then carried by even those organizations that had known of the charge, but not reported it. NTV News reported the events at the Council meeting and included comments made by CBC News and Current Affairs Executive Producer, Bob Wakeham. Furlong says if the city councillors had not brought it up, "I think we would not have reported it." The Evening Telegram, on Thursday, April 19th, reported that councilors paid tribute to McNicholas and "...condemned the CBC for reporting that Dr. McNicholas was facing what the mayor referred to as an 'unsubstantiated charge' of sexual as-

sault."

The treatment of events at city council by VOCM Radio demonstrates the contortions performed by journalists who accept any form of censorship of their work. News Director Gerry Phalen says it has long been the policy at VOCM not to use the names of people charged, but not convicted, of such offenses. That meant that in covering the Council meeting, the reporter mentioned the tributes to McNicholas, but not the condemnation of the CBC because to do so would be to violate VOCM's policy of not naming someone charged. Phelan says this is the normal practise of "editorial judgement."

The council meeting prompted more calls to the CBC. Twenty-one people called the switchboard to say the CBC should report stories like this. One said, "We don't want things hidden for years and then brought to light like the Mount Cashel affair." There were three more calls from people "disgusted" with CBC, but the negative reaction had played itself out. In conversations all over the city, people would argue about the story being made public. It's my belief that this is not because THEY don't want to know; it's because they think not everyone should know. Sadly, they think this even after the revelations heard during nine months of televised hearings and reportage of the Hughes Inquiry into our justice system and how it handled allegations of sexual and physical assaults on boys at the Mt. Cashel orphanage.

This is not the first time such a story has been reported by the CBC, and not the first time there has been an onslaught of negative public reaction, followed by some positive reaction once people hear the CBC is being criticized. In 1985, Dr. Stephen Collins, a medical doctor and former United Church minister, pleaded guilty to seven counts of sexual assault and four counts of indecent assault on children between the ages of seven and eleven over an eleven year period. In 1986 he was sentenced to five years in prison and in 1987 this sentence was reduced to two years in prison and three years probation with compulsory psychiatric treatment. CBC news covered this story, but in the short news stories it was impossible to describe the seriousness of what had happened. The producer and reporter for the program "On Camera" decided that the Collins case was worth considering for a documentary report.

Reporter Bill Gillespie read transcripts of the trial and was even more convinced, but a story like this has some inherent difficulties. Victims cannot be interviewed on television because they are children and their identities cannot be revealed. Families of victims cannot be interviewed because victims would be identified. Collins was asked to do an interview and, not surprisingly, refused. Gillespie kept thinking about the material contained in the transcripts which he described as compelling read-

ing, especially when compared to the coverage of the trial, which he figured had no impact. Gillespie and producer, Bob Wakeham, decided to try what has become known as the "docu-drama" format, using the trial transcripts as the basis for a prepared script.

I remember reading the court transcript and thinking that when it went on the air, people were finally going to find out what child sexual abuse is all about. I remember thinking that people would be shocked--appalled really--but once they heard it they would truly appreciate how this man, and many others, are able to manipulate the children they abuse. People would also know that the sexual activity was much more serious than what one judge described in another case as "mere touching."

It was decided there would be two half-hour programs, to be broadcast on February 26th and March 5th of 1987. The usual promotion and advertising was done and before the first show had been on the air, the phone calls began. The calls were not from the "average viewer", but were from clergymen of all stripes and medical doctors, including the psychiatrist who testified at Collins' trial. The United Church and the Newfoundland Medical Association both asked CBC not to broadcast the programs. Their arguments were the same; Dr. Collins has suffered enough, the CBC is trying him again, the program will do nothing but cause more suffering for the victims. Their expressions of concern were framed in terms of their concern for the victims, and for Collins, who had suffered enough. Remember, this happened before the first program had been on the air.

After the first show was broadcast, public reaction was mostly unfavorable, judging by the calls to CBC switchboard. Twenty-nine callers were "disgusted" and nine supported the CBC. A few people took the trouble to write letters, many of them criticizing CBC for exploiting victims for the sake of boosting ratings. One letter I found particularly disheartening was from the then Executive-Director of the Community Services Council, Penny Rowe. She chastised the CBC for its "sensational approach which might lead to revealing the identity of the victims." Rowe said she could not visualize any positive outcome

from the broadcast of the Collins case. Dr. Thomas Rossiter took out an advertisement in the newspaper to express his view of the program as "cheap, vulgar, vile sensationalism."

In the week between the broadcast of the first show and second shows, several things happened. The Newfoundland Medical Association issued a news release criticizing the CBC and citing their concern for the victims. They also faulted the CBC for showing the programs during prime time, when children might see them. (Two of Collins' victims first got the courage to tell their parents after seeing a public service message on television that advised children not to be silent about abuse.) Then the Newfoundland Court of Appeal reduced Collins sentence from five years to two years. A group of outraged people staged a demonstration in front of the courthouse. The people who were calling CBC were now more upset with the Medical Association and the Court of Appeal than they were with the CBC.

By the time the second program was broadcast, callers approving the program outnumbered those who did not. A week later, CBC received a petition signed by one thousand people from the Baie Verte peninsula. It was circulated by a local teacher after the first show was broadcast. The petition said that justice had not been done. It deplored the reduction in Collins' sentence and congratulated CBC for making the public aware of the story. The signatures included some from parents of children who had been Collins' victims.

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Computer game images of women: what do they say?

By Jocelyn J. Paquette

Present a vision of reality. Reinforce this vision with repetitive action. Negate the subtle, accentuate the drill and you have today's computer games. This article is the result of my preliminary research into the harmful stereotyping of women presented in computer games. The following are my initial observations as they pertain to twenty-five different advertisements in various computer magazines.

These electronic arcade and simulation games are designed as entertainment. Once they were accessible only to those over 21, and later those 16 and older, but today's home computer makes the game available to all ages. Now the responsibility of censoring these negative/sent female role models for children lies solely with the consumer.

What are these games that fascinate and intrigue the user? Three variations can be identified: arcade, simulation and role playing. Arcade games involve a simple elimination process. They present you with an opponent of some sort and you must evade it in order to go on to the next level. Simulation gives the sensation of being there, i.e. WWII fighter pilot, and is often accompanied by sound. Role playing offers the player a character which they will adopt to perform certain tasks, such as finding the murderer. All three of these types offer very little exchange or manipulation for the player. At best the interactive possibilities can assist in problem solving and imaginative story building.

It has been over 70 years since the Perils of Pauline encased the female in an never ending series of mishaps. The weak minded, poorly organized and less than able female was not to be blamed for her limited capabilities. After all, she was a woman. Lack of innate intelligence left her at the mercy of the patriarchal society, a burden accepted by father, brother, husband.

"Times have changed. You've come a long way baby." At least that's what I've been told. Few signs of these changes appear in video games. The twenty-five advertised scenes studied portrayed the majority of women as victims to be saved from a villain by the "knight in shining armour", or terrifying hags. But there were exceptions: Carmen Sandiego, a world class thief, and Joan of Arc, a saint, were the only two women shown to possess intelligence or cunning. As role models, these characters represent two well-known but opposing stereotypes: the virgin and the femme-fatale. Male images also suffer from severe stereotyping. The hero is noble in stature and proud in demeanour. He can be a prince, a warrior, a mystic but his nature is always true to a macho cliché. I found that computer games fell into four categories: Action/Adventure, War/Military, Sword and Sorcery and

Horror.

What I've attempted to construct is the vision pervading computer games at this time. Females appear as old hags, thieves, saints, helpless beings. These visions illustrate a perception no matter how shallow and innocent to millions of young players. On the one hand the computer has opened the doors to exploring the world and all its wonders. But it is

being used also as a conforming measure, limiting understanding and conveying false impressions of women and their role in today's society. Perhaps we, as women, should be aware that these games glorify much of what is negative in our society. These unrealistic visions are being digested by millions of young players. It is ironic that the computer, a powerful symbol of progress, serves to proliferate

such archaic myths. We as consumers are morally obliged to be selective and conversant of images portrayed in consumer goods. We represent a huge body of consumer purchasing power. This is our leverage and we must use it. Only through such boycotts will our voices be heard.

Sexual abuse reporting continued: Collins

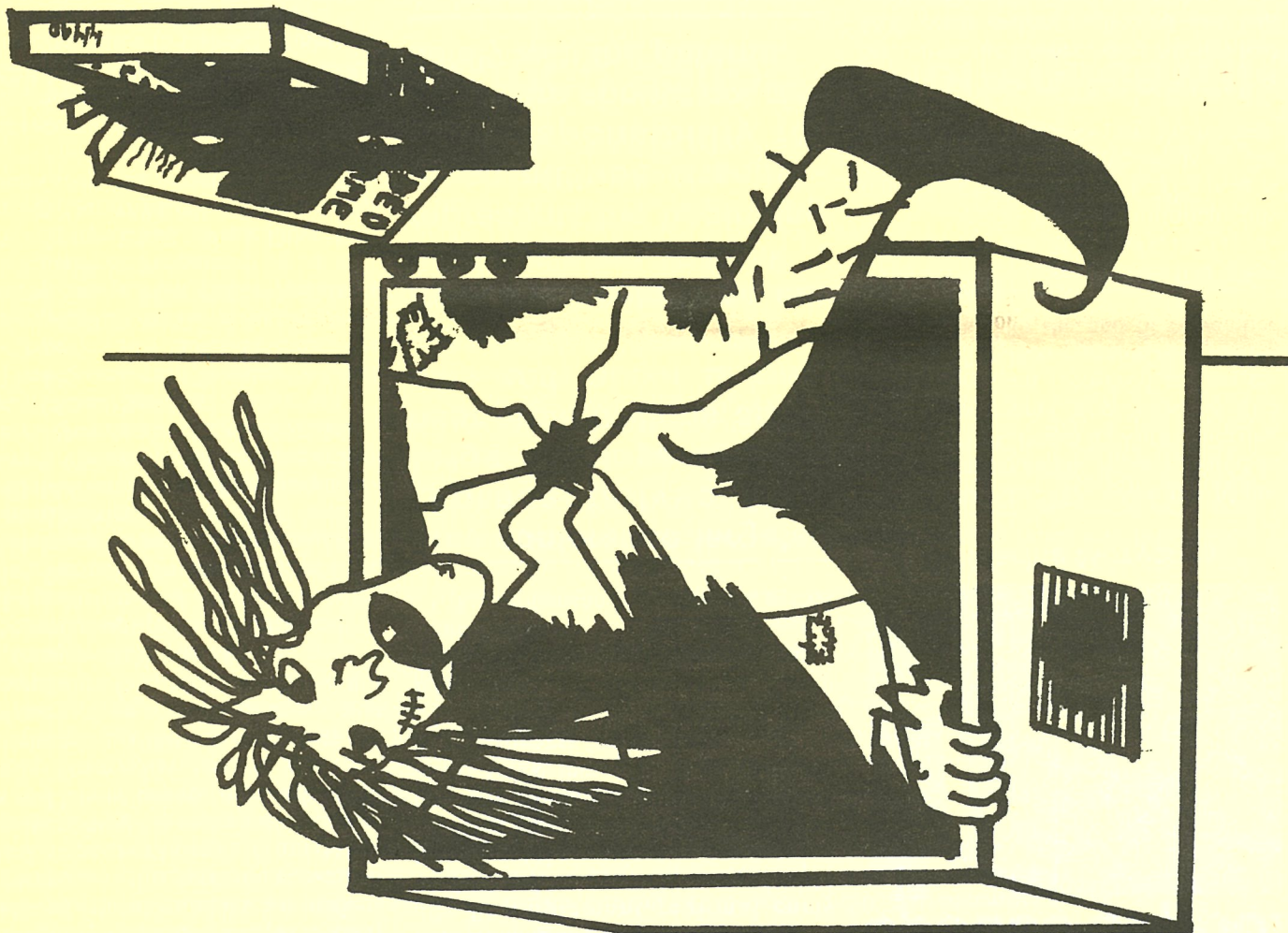
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the program victims. For these people, the program that 'poor Dr. Collins' had been entrapped and maligned by precocious little girls who mistook affection for sexual abuse. Now everyone knew what happened.

It is three years since the Collins case. Numerous other 'pillars of the community', priests and Christian brothers, ministers, teachers and social workers have been charged and some convicted of sexual abuse and assault. We have heard nine months of televised public hearings into the way our justice system handled complaints of sexual and physical assaults at Mt. Cashel orphanage. But what have we learned? It is clear that the reporting of the crime of sexual abuse has increased. Both the police and Social Services officials say

they are dealing with dozens more complaints than in past years. Victims have learned that they are not alone and many things that happened to them, in some cases, twenty years ago. But what about the rest of us? Judging by the reaction to the McNicholas story, some of us have yet to switch our thinking from sympathy for the accused, to sympathy for the abused. How else do we explain the two hundred phone calls to the CBC criticizing news reporters for telling what was true: Dr. Paddy McNicholas was charged with sexual assault and was scheduled to appear in court. It is sad, it embarrasses the family, but it is true.

When the telephone callers complained and when the city councillors condemned the CBC publicly, did anyone express any sympathy for the thirteen-year-old girl who made the complaint? What did that girl think upon hearing the comments of the city councillors who hold positions of trust in our community must know that if the trust is violated, journalists will resist any effort to keep it a dirty little secret.



Childcare conference participants research a policy consensus

By Margaret Anderson

About 100 people attended the 3rd Provincial Child Care Conference held at Littledale Conference Centre in St. John's, Newfoundland on May 2-3, 1990. The participants came from more varied backgrounds than in the previous two conferences held in 1984 and 1986 where the majority of participants were early childhood educators, childcare workers or parents. At this conference, we targeted representatives from large employers, business organizations, agencies and labour unions. Although attendance from this sector was not overwhelming, I think it represents the beginning of an attitude change - that responsibility for child care should not rest solely with the parents.

The workshops presented included:

1. Legislation and Regulations - by Vivian Randell, Director of Day Care and Homemaker services Division, Dept. of Social Services.
2. Child Care Funding Opportunities - by Linda Oliver and Lillian Simms, Day Care & Homemaker Services Division, Dept. of Social Services.
3. The Importance of Training for Child Care Workers - by Helen Sinclair from the Early Childhood Training Centre and Dorothy Sharp from Cabot Institute's Early Childhood Program.
4. Workplace Child Care & Other Options - by Dorothy Robbins and Luanne Leamon from the Women's Policy Office.

The recommendations arising from the conference were presented by five members of our Association to the social Policy Committee (5 Cabinet Ministers) on May 9th, 1990 and are as follows:

Re: Day Care & Homemaker Services Act and Regulations

1. To activate Family Home Day Care Pilot Project and develop legislation and regulations for same.
2. To develop age appropriate regulations for child care for under 2 years of age, also for children 6 years of age and over.
3. To review legislation and regulations regarding extending child care centres hours of operation, in order to provide child care for shiftworkers. This recommendation was qualified with safeguards

to protect the children and child care workers, in the event of extending hours of child care centre operation.

4. To clarify wording of regulations for standard interpretation by social work inspectors.

Training Issues

1. To develop a certification process for child care workers to take into account both training and years of experience.
2. To implement regional early childhood education consultants throughout the province.
3. That child care/day care inspectors be early childhood education trained. Visits to be increased from every six months to every two months.
4. That M.U.N. develop a true Bachelors of Education, Early Childhood Education Degree Program.

Funding Issues

1. To implement an immediate, across

This conference targeted representatives from large employers, business organizations, agencies and labour unions. Although attendance from this sector was not overwhelming, I think it represents the beginning of an attitude change - that responsibility for child care should not rest solely with the parents.

the board salary enhancement grant, pending development of the certification process.

2. To amend the daycare subsidy program.
3. To provide in service training to child care staff or to sponsor recognized child care groups to do same.
4. To submit a proposal to the Child Care Initiatives Fund to develop Special needs Programs.
5. To extend supply and Equipment grants to part-time programs.

The Day Care Advocate Association is a community based group whose mandate is to lobby government for better child care and raise the profile of child care issues. Our monthly meetings will resume in September

and we welcome your participation. In the meantime, for more information write to:

Day Care Advocates Association, Box 1086, Station "C", St. John's, New-

foundland A1C 5M5

Margaret Anderson is a Community Development Worker

New agency monitors spouse support payments



By Martha Muzychka

Since May 1, 1989, when the Maintenance Enforcement Agency, based in Corner Brook, began its work collecting support payments, approximately \$1.3 million has been recovered and an estimated \$3 million remains outstanding (figures valid to the end of November 1989).

The new legislation dictates that every court order made after May 1, 1989 relating to support must be automatically registered with the agency. The man is ordered to make his payments to the agency, and the agency pays the woman.

Mid-way through their first year of operation, the Enforcement Agency had 1850 court orders registered and had made 500 orders for the garnishment of wages or other income. The national default rate on support payments has been estimated at 80 per cent; the mid-term report shows a collection rate of 56 per cent and agency workers say this rate is increasing.

About 700 of these registrations come from St. John's, and most of the problems in collection experienced by the agency result from these files, which were processed by the Unified Family Court before the new legislation took effect on May 1, 1989.

Any orders made before May 1, 1989 under the terms of the old family law statutes, must be registered by the creditor (the person who is owed) or by the debtor (the person who must pay). According to the director of the agency, Cyril Simmons, the agency needs more detailed information including a registration form, a certified copy of the court order, and an affidavit of arrears.

The agency needs the affidavit to determine how much is owed (that is, to be collected as outstanding payments). In most cases, the creditor has relied on the

court records to determine how much has been paid. Since some orders go back several years, the agency recommends going back to court to get a new order and/or to assess arrears if there are problems in documentation.

The most common problem seems to be the ex-husband who has moved away from Newfoundland and is also unemployed. The agency does have access to a number of data banks for tracing people, including employment, income tax, and social insurance records.

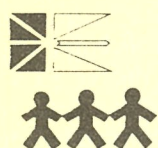
The agency plans to increase its efforts in public awareness at the beginning of its second year. The focus will be on creditors who have old orders still unregistered at the agency. The agency is also encouraging people to call or write with any information they have on delinquent ex-spouses so that the agency can increase its collection rates.

The most common complaint about the agency's process is the difficulties people have in actually reaching the agency. The toll free line is used 100 hours of the possible 140 available, but there are no plans to increase the number of lines available.

The experience of other maintenance enforcement agencies shows that more non-productive calls are generated with increased numbers of lines; that is, more people call up to see when their cheque is arriving, instead of more people registering their support order or providing more information for their file. The Newfoundland experience suggests that more time is actually spent on taking information in detail; that is, there aren't necessarily more people calling, just more time spent on a fewer number of callers.

Since the Maintenance Enforcement Agency has just finished its first year of operations, we should be evaluating the agency's performance and analyzing its effectiveness. Much more information needs to be collected to assess the impact of the agency on alleviating the growing impoverishment of women parenting alone.

Martha Muzychka is the researcher for the Provincial Advisory Council on the Status of Women. She has written for a number of feminist publications, and currently writes a column on women's issues for *The Sunday Express*.



Day Care Advocates Association

P. O. Box 1086, Station "C"

St. John's, Newfoundland

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twelve

Women with addictions: challenges to Nfld. professionals

By Bonnie Woodland

Those working within the addiction community and other front line caregivers to address these questions and understand the part they play in maintaining the status quo?

It is impossible to get direct measures of the number of women with substance abuse problems in this province. Conservative estimates reveal that there are at least 4000 - 5000 female alcoholics in this province. These estimates do not include individuals who are addicted to drugs other than alcohol - for example, prescription, over-the-counter or illegal drugs. This is likely to be only the tip of the iceberg, (as it is estimated that 70% of women with addictions never receive treatment).

This suggests that greater barriers to treatment exist for women. Obviously, one major barrier is the absence of basic services, or the absence of services which are perceived by women as not meeting their needs. Many other barriers to the identification of women with addictions have also been identified. They include stigma, denial, protectionism by family, less public substance abuse patterns and differing symptoms and progression than men with addictions. Another obstacle to women is that community gate keepers including professionals and paraprofessionals such as physicians, nurses, mental health workers, probation workers and staff of women's centres and others in frequent contact with women problem drinkers often lack knowledge about alcohol abuse in women, have negative stereotypes of women alcoholics and do not possess the skills necessary to intervene and refer women to the appropriate treatment.

One of the greatest challenges facing professionals working with women is being able to recognize when substance abuse problems are present. Most community caregivers are not recognizing or identifying women with addictions. This is partly due to the fact that there are gaps in professional knowledge and awareness about women's pattern of substance abuse and about factors that seem to relate to that abuse. The Canadian Medical Association, often criticized for the role prescribing physicians play in the addiction process, has begun publicizing this message to physicians along with the message that treatment of every patient; female/male/adolescent and adult. Professional associations need to be lobbied to respond to this issue and provide relevant and practical professional development activities for its members concerning women with addictions. All those working within the addiction community and other front line caregivers to address these questions and understand the part they play in maintaining the status quo?

Investigation of police conduct long overdue

By Marie Curran

Throughout history we've had numerous examples of police interference, intimidation and even brute force. To this day there remain in our world examples of complete police states, evidence of which can be seen on our TV screens most every night. But there exists a police state even in our so called democratic free world. Take, for example, the police crack down on demonstrators in Britain just weeks ago when individuals took to the streets in protest against the Thatcher government's "poll tax." Police methods were both brutal and swift. The U.S. just marked the twentieth anniversary of "Kent State," where college kids demonstrated against the U.S. war of aggression in Vietnam were sprayed with bullets and four young people were killed. Were these cases random and isolated? Could they possibly happen in Canada? I say yes. Let's look at more closely. In Moncton a woman was invited to dinner with a girl friend whose husband

he had conducted an investigation of her in the early eighties for CSIS (Canadian Security and Intelligence Service), his employer at the time. Because of her solidarity group involvement, the police felt it necessary to investigate her past. She was a new Canadian whom they suspected was raising money for arms instead of for medical supplies as they claimed. This woman felt her privacy invaded. But she also knew if she protested, her chances of employment would be limited. What of the twenty-two people arrested in St. John's just last month? Their crime, trying to get a reply from Secretary of State Gerry Weiner's office to a fax already sent. This is a public office but had no right to be there. Though they were later released, they still face legal charges.

Just recently in Montreal, police in complete riot gear, wielding clubs, clashed with student demonstrators. Several students were sent to hospital. Their crime, protesting increases in university and college fees. These measures are extreme, but are condoned as "reasonable and necessary force."

These examples show that there is a real need to monitor police activity. In case one, the Privacy Act should allow this individual access to her police file. Given the political, economic and social atmosphere that presently exists here in Canada, the government might well be expecting protest after protest. Both CSIS and the Royal Canadian Mounted Police, Canada's two main policing agents, were given hefty increases in the recent federal budget. Are we to expect more of this unwanted activity in the future? The Canadian Civil Liberties Association, in a recent letter to Samuel Hughes Commission, recommended "the creation of an independent agency to conduct ongoing audits and investigation of police and prosecutorial discretion."

I agree, and think it is long overdue. Marie Curran lives in St. John's, is a member of the Group Against Poverty, and a member of the Board of the St. John's Oxfam Centre.

St. John's

RED SAGE

Animal rights: are you a cruel shopper without knowing it?

By Lyly Fortin

For thousands of years, people and animals have been living together, sharing this planet. But through the years, people discovered their ability to dominate animals and the abuse began.

When speaking of animal abuse, the fur industry comes to mind, meat markets and the hunting and devastation of their natural habitat (our environment). But behind the closed doors of the cosmetic and household product industry, lies a

LD-50 is a standard test for oral toxicity. It represents the lethal dose that kill 50% of the animals in a test group. Groups of from 5 to 200 or more animals may be used in a single test. Lethal doses of 20, 40 and even 80% are often categorized "limit tests".

In the test's most common form, to determine acute toxicity, the compound liquid bleach, for example is force-fed by mouth or through a tube inserted down the animal's throat. Other forms of dosing include injections and forced in-

a human being.

A survey of newspaper reports on drugs withdrawn from the market after being proven "safe" in animal tests, illustrates that a substance that is harmless to one animal species may cause serious side effects, birth defects and even prove fatal to humans.

Now that we live in a world dominated by technology, many people have developed a feeling of superiority based on the power of the human brain. It is that same "brain power" that makes me think we should no longer have to test on animals. We should be able to create some cruel-free alternatives.

Most household product and cosmetic companies make billions of dollars in profit each year, yet not one company puts even .01% of its net profits into developing, perfecting, or validating non-animal testing methods. However despite the lack of interest on the part of the industries, these non-animal testing methods have been developed at several institutions.

It would be impossible to explain here in detail all the alternatives already existing, but I would like to enumerate a few: computers programmed with information from human experience can be used to measure acute toxicity; clinical and epidemiological surveys, tissue and cell cultures, organ and bacteria cultures, as well as audiovisual guides and aides. The list goes on.

It is not the lack of alternatives that keep people and industry from stopping this abuse. I personally think that the abuse of power comes from the feeling of superiority that human beings have towards animals. This very uneven way to look at the world makes us forget how closely

inter-related people and animals are and it is more than time to make the necessary changes.

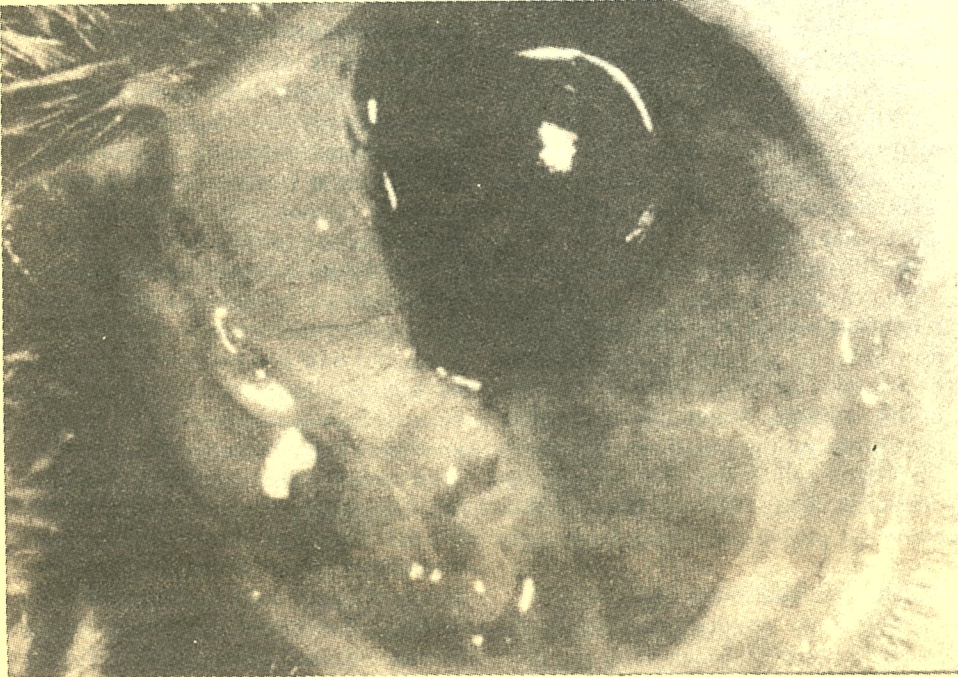
In a sense, we are the reason these tests continue. They are performed to satisfy insurance companies that we, the consumer, are protected from harmful products. Even though the courts are now challenging the reliability of animal tests, the companies are not under enough pressure from consumers to change their old habits. The market gets what the market demands and our demands for an end to animal testing must be heard loud and clear. Write or call the manufactures of products you have bought, tell them why you have dropped out of their market. Let these companies know how you feel.

If you would like more information on the alternatives to animal testing or to receive a shopping guide listing the companies that do test on animals (eg. Amway Corp., Clairol Inc., Colgate - Palmolive Co., Johnson & Johnson,) and those who do not (eg. The Body Shop, Paul Mitchell System, Mill Creek,) even if you would be interested in some recipes on how to make your own natural cleaners and household products, please join one of the several organizations involved in the campaign against animal testing. Here are some addresses:

-Fashion with Compassion, Port Credit Postal Station, P.O. Box 486, Mississauga, Ontario, M4S 2M7

-People for Ethical Treatment of Animals (PETA), P.O. Box 42516, Washington, D.C., 20015

We all know that a lot of work still has to be done to save our environment, our animals and ourselves, so why not start now?



Rabbits are used because the eyes do not produce tears as human eyes do. After the experiment, the rabbits are destroyed.

painful and deadly story.

These industries use animals for two main purposes; testing, in the name of "progress", and in the provision of raw ingredients for formulations and perfumes. For example, lethal dose tests have been in use since the 1920's. The

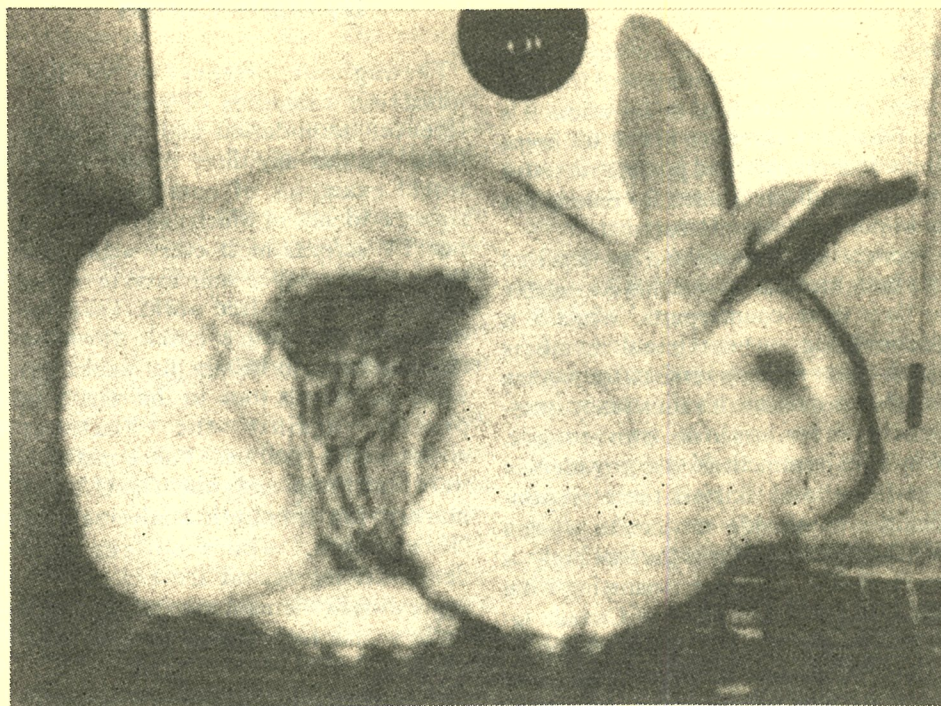
The results of these primitive tests vary between species and even between different strains of the same species. The results can be affected by the age and sex of the animals, their diet, the temperature, time of the year, even the number of animals housed in a single cage. Determinations vary widely from laboratory to laboratory. Often, results hold no comparison whatsoever to the effect of a substance on a human being.

halation. Sub-acute tests can last 90 days or longer. In chronic tests, caged animals are dosed daily for up to two years.

Typical symptoms of animals poisoned in these tests include convulsions, vomiting, diarrhea, paralysis and bleeding from the eyes, nose and mouth. Those who survive until the end of the test period are killed and examined.

Many toxicologists criticize these tests. In his 1984 book, "Of Mice, Models and Men: A critical evaluation of animal research", Dr. Andrew Rowan, Assistant Dean of Tufts University School of Medicine, gives convincing evidence that current product testing methods using animals are crude measures of a product safety.

The results of these primitive tests vary between species and even between different strains of the same species. The results can also be affected by such factors as the age and sex of the animals, their diet, the temperature, time of the year, the number of animals housed in a single cage, and the stress of Laboratory living on the animals physiology. Determinations vary widely from laboratory to laboratory, even from technician to technician. Often, results hold no comparison whatsoever to the effect of a substance on



Gillette tests its deodorants on rabbits. The skin is peeled raw and blistered.

A book documenting the lives of Newfoundland women

By Robin Whitaker

Like the voices of women almost everywhere, the voices of Newfoundland women have often been ignored or marginalized. Rhonda Pelley and Sheila O'Leary are working on a project that should do something to help change that situation.

The two women, both natives of St. John's, will begin travelling to coastal communities around the island in early June. Using journal-writing techniques and photography they hope eventually to compile a book conveying something of the characters of older women in out-ports.

"The role played by women in the out-ports is really different and there hasn't been much work done on it," said Pelley. She added that Newfoundland women had to face exceptional hardships, and that too little is understood about how they worked to survive.

Pelley stressed the importance of listening to older women. "History has been male dominated; to get women's history from a woman's point of view is really important," she said. She added that this is a crucial time, because the generation of women that knew Newfoundland before confederation will disappear before long.

"I've got really idealistic expectations [of this project]," said Pelley. She added that she thinks it is "really important politically."

In addition to producing a book, Pelley and O'Leary want to prepare an education package. Pelley feels that the Cultural Heritage course taught in Newfoundland schools almost completely ignores women.

While Pelley said she has been doing research in preparation for the project, and that she and O'Leary have been mapping their route, they are also going to let the project develop, taking its own shape naturally.

In spite of the preparations already made, Pelley said she is beginning to feel "really scared" at the size of the undertaking. However, she and O'Leary are enthused at the amount of support they have been getting from people since the

very beginning, when they were still only discussing possibilities.

Robin Whitaker is a student of Anthropology and Women's Studies at Memorial University.

Presentation to Hughes Inquiry prepared

By Sheila Greene

Justice System to complaints (Hughes' Inquiry). LEAF is a national, independent, advocacy agency whose objects include public education on quality rights, the sponsorship of test-case litigation using primarily the *Canadian*

ment. It is anticipated that the evidence called in Phase 3 will demonstrate that where allegations of physical and sexual abuse against women were reported to persons in authority with a legal or moral obligation to respond, in some cases there has been no response, or an inappropriate response, by the system.

Women and young girls are most frequently the victims of sexual and violent crimes against the person, these crimes being largely perpetrated by men. The criminal justice system, including the police and judiciary, has not historically been responsive to this issue as it affects women.

It will be LEAF's submission that the criminal justice system in Newfoundland, as well as in other regions of Canada, has not responded to the needs of women of all ages with respect to physical and sexual assault and that the administration of justice has affected female victims of violence by further stigmatizing and alienating them. Women and children are not seen as credible witnesses and are frequently questioned on their sexual conduct and prior sexual history in the context of sexual assault investigations. It is an ongoing struggle to improve the integrity of the justice system to the extent that women will trust it with their complaints of abuse. LEAF's submission will rely on statistics, particularly in the area of violence in the home, concerning the number of women who do not report abuse to the police due to fears of attitudinal bias.

LEAF will argue that women have been denied their rights under Section 15. Discrimination on the basis of sex is one of the enumerated grounds in section 15.



Sheila O'Leary and Rhonda Pelley will travel the island taking photos and recording stories of Newfoundland women this summer.

While Pelley will be concentrating on producing text through exploring women's lives with journal writing techniques, O'Leary will be in charge of the photographic end of the project. She couldn't be present for the interview, but Pelley explained that O'Leary wants to get away from shots of "stereotypical women's scenes," and instead focus on the character of their faces and how they shape their environment.

Both women will keep journals of their own throughout the project. Pelley said this will help show how their experience and perceptions affect the project. Again, by bringing their own experience into the work, Pelley said the two women hope to avoid an impersonal academic method.

continued on page 15

First women's conference on the Labrador coast a success

By Laura Jackson

Port Hope Simpson was the scene April 23-26 of an historic occasion when more than 60 women from the Labrador South coast and Straits came together for the first time at a lively three-day conference.

The conference, sponsored by the Port Hope Simpson Women's Group and co-organized by Memorial University Extension Services, brought together about four dozen delegates and a dozen resource people. Funding was provided by Secretary of State and the Labrador Agreement, with help from MUN Extension.

Delegates represented communities ranging from Paradise River and Cartwright in the north to L'Anse au

On the many problems of the inshore fishery, the group strongly backed up previous fisheries conferences and lobby groups to insist that Labrador fish be processed in Labrador, rather than being transported to plants in Newfoundland and elsewhere.

The group also decided to hold a workshop on how to start self-help groups for adult survivors of incest and other child abuse. They also asked Happy Valley's transition centre for battered women, Libra House, to seek funding for a toll-free crisis line for the Labrador coast. Finally, the Marine Institute was asked to bring courses to coastal communities.

Loup and Forteau in the south. It was the first time that women from the southern regions of Labrador had the chance to meet together.

"One of the things that pleased me the most was the fact that women from so many different backgrounds came, including a lot of women who work at home as housewives," said Betty Sampson, president of the Port Hope group. "Many of them had never been to such a meeting before, and I hope that this will encourage them to be more brave, to get out and get involved in their communities in the future."

Workshop topics included women's health, family violence, the fishery, alter-

nate economic development and a variety of presentations giving information on topics such as the Labrador Agreement, the Women's Enterprise Bureau and the Rural Women's Learning Project. Susan Sherk, the only female member of the province's Economic Recovery Commission, was keynote speaker on opening night, dealing with the topic of "Women's Role in Development".

The conference generated a number of important resolutions. The majority of them came out of the workshops on family violence and the fishery.

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women solely on the fishery.

The final banquet, with special speaker Barbara Wood, was catered by a local high school graduation committee followed by a social gathering. Enthusiasm for the topics studied at the conference was great enough that the majority of the delegates returned to the community centre the following morning to develop more resolutions and follow-up plans, and finish up the conference work.

Laura Jackson is a program developer for the Memorial University Extension Services in Labrador, working out of an office in Happy Valley.

Prospectus for Hughes' submission continued

Women have been denied equal treatment because they have not been afforded the protection of the law. Women have been disadvantaged by the loss of the protection afforded to other members of society.

LEAF's submission to the Hughes' Inquiry will be based on Mr. Justice McIntyre's decision in the *Law Society of British Columbia v. Andrews et al.* In that case Justice McIntyre said "...the main consideration must be the impact of the law on the individual or group concerned...there must be accorded, as nearly as may be possible, an equality of benefit and protection and no more of the restrictions, penalties or burdens imposed upon one than another." Mr. Justice McIntyre continued to say that it is discriminatory treatment, epitomizing the denial of equality against which section 15 guarantees, described as:

"... a distinction, whether intentional or not but based on grounds relating to personal characteristics of the individual or group, which has the effect of imposing burdens, obligations or disadvantages on such individual or group not imposed on others, or which withholds or limits access to opportunities, benefits, and advantages available to other members of society. Distinctions based on personal characteristics attributed to an individual solely on the basis of association with a group will rarely escape the charge of discrimination, while those based on an individual's merits and capacities will rarely be so classed.

LEAF has advocated a purposive approach to section 15, looking to the values that the guarantee seeks to protect, rather than a narrow and technical interpretation. The history of the *Charter's* guarantees of substantive equality demonstrates that section 15 was in-

tended to benefit individuals and groups which historically have had unequal access to social and economic resources, either because of direct discrimination or because of the adverse effects of apparently neutral forms of social organization. Helena Orton, Litigation Director for LEAF, argues that "the legislative purpose of the section 15 guarantee of substantive equality is to promote a society in which the hitherto powerless, excluded, and the disadvantaged enjoy the valued social interests (such as dignity, respect, access to resources, physical security, membership in community and power) available to the powerful and advantaged."

LEAF's work has focused on the inequalities which stem from systemic substantive inequality rather than unequal legal process.

LEAF's approach to equality has been developed through its involvement in equality litigation. To date, LEAF has taken on sixty cases across Canada, covering a wide range of issues including sexual harassment, pregnancy discrimination, unfair hiring practices, sex bias in welfare regulations and employment standards, pensions and reproductive freedom.

LEAF believes that involvement in the Commission of Inquiry has the potential to directly affect government policy formation and implementation, says Lain Montgomery, Newfoundland's Representative on the National LEAF Board. "If the recommendations approved by the Commission for policies are substantive, they may have a profound impact on the lives of women and other victims of abuse in Newfoundland, and also on the administration of justice in other provinces and territories. This is a unique opportunity to participate in a systemic review

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EQUALITY RIGHTS FOR WOMEN



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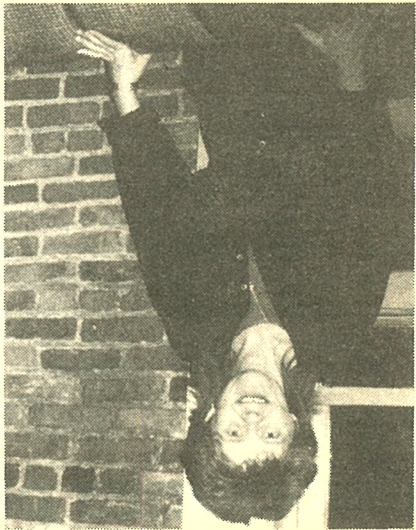
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EQUALITY RIGHTS FOR WOMEN



PAPYRUS

Being green in the music scene: it ain't easy being green



By Mary Barry

As Kermit the frog would say, "It isn't easy being green." Well, Kermit, it isn't easy being a songwriter... it isn't easy being a woman songwriter... and it sure isn't easy being a woman songwriter in the jazz idiom against a background of highly traditional poets - singing in bars. Let's start with songwriting. I have come to the conclusion that most people who go to bars think that you are not any "good" if you don't play other people's music. The notion that you may be indeed writing and performing your own material is foreign to the average listener. Elton John? Randy Travis? The theme song from Dr. Zhivago? And the issue of requests can get a bit out of hand to the point where I can't think of very many other jobs where people stare at you and tell you what to play. Oh well, I guess it builds character... or patience, maybe. On top of that, if you are a woman you must learn to cope with demands on other levels - from the scrutiny of the mostly male audience to the underhanded in-nuendos from the bar owners to come across "with the goods" as it were. In my experience, I have been harassed about my dress behind a piano despite the fact that I was wearing satin pants, silk shirt, makeup and heeled shoes - god knows I tried - but I just wasn't "sexy" enough! I guess I was supposed to be playing more than the piano. Never any complaints about the music, of course. But... because I wasn't "coming on" more to the men drinking tripes, with their american ex-press gold cigar chatter getting louder with every drink. I once played three feet from a drunk man that kept blowing cigar smoke in my face while repeating over and over, "gotta go home, gotta get the muscle relaxed, ha ha, get it, ha ha, gotta go see the wife, ha ha". It isn't easy being a piano player in a piano bar... It seems like you blend in with so many ordinary things, and people tend to pass you by, cause you're not standing out like flashy sparkles in the sky..

So you sit in some piano bar, playing the theme from Dr. Zhivago and doing creative visualizations and believing in your songs and imagining that one day these

songs are going to leave this empty, smoky bar and soar out through some outdoor festival crowd where people are celebrating and people are listening and opening the gift that you want to share with them...

But, you continue to play in bars, which is not only inappropriate for the material but most of the clients in the bar don't want to be "listening" to lyrics. They want to throw 'em back, blow out and have a few laughs - not indulging some songwriter's broken heart or feelings about urban isolation. And the very worst element in all of this is that the bar owners don't want to pay the songwriter. Put a two dollar cover charge on the door and alas, no one shows! (In a world where a pack of cigarettes is almost five dollars and a movie over six dollars, this is a little hard to understand.) People just don't realize that it is their support that actually "pays" the performer - a lot of the time this is simply taken for granted.

So, you are determined to go beyond the bar circuit. You spend your hours doing demos, making copies of demos, sending out demos, (at seven dollars a kit I might add), telephone calls at off the wall hours, left on hold, answering machine city, and cee vec's and p.m.t.'s and photocopies and it goes on and on. And you do find gigs, yes, but on top of the stress of all that "networking", the time involved, the equipment rental, hauling "da gear", sound checks, not to mention rehearsal, you go home at three in the morning with forty bucks in your

pocket!!! (I once calculated that a songwriter/musician would make more money babysitting.)

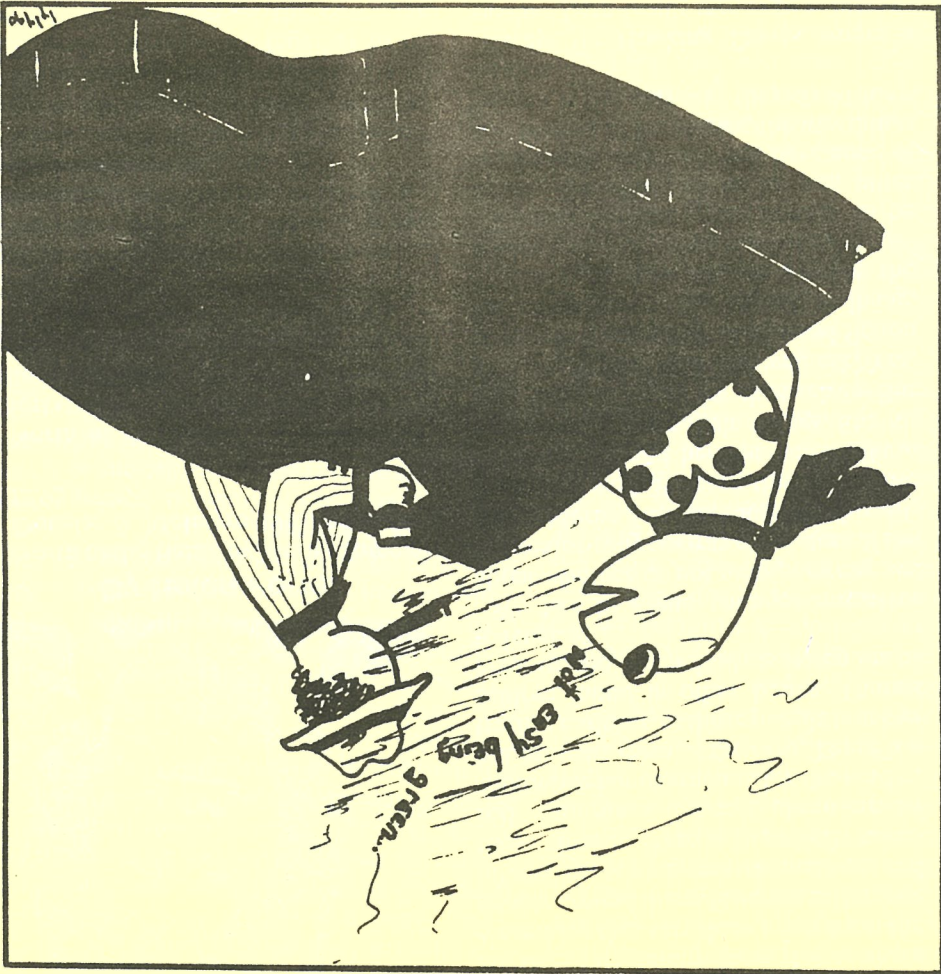
"It isn't easy being green... having to spend each day the colour of the leaves, when it might be so much nicer bein' red or yellow or gold or something so much more colourful like that..."

What factors can change this sad situation?

...it hits you like a ton of bricks when you discover what a machine the music industry is... it's like finding out there is no Santa Claus. I will never forget the day I was attending a music industry conference and learned that after 14 million records were sold, Bruce Springsteen was finally paid five cents a unit. What is this? I just want to write songs, and sing them, don't I?

And finally, it is such a male industry. I know there exists a women's music industry because I played at the 1987 National Women's Music Festival in Bloomington, Indiana. Performing to a crowd of 3,500 women, I realized there and then that Canada just doesn't have the population to support a similar network. And you want to live in Canada, so there you have it - male managers, male disc jockeys, and most of all, male musicians. And if you happen to be into jazz, well that's that - except for the odd antiquely-dressed hair-styled singer of the 40's vintage - you just about NEVER run into another female jazz musician. So you often feel alone with "not bad for a girl!" competitive comments to accompany your isolation. But you keep going - because you DO still love to play and you need to sing, and you keep believing in the songs and in the magic!

Someone came up to me last week and said, "you're doing so well! I heard you on 'Morningside'. I wanted to say: 'Yes, I made fifty dollars in January and I did nineteen benefits and I've had three lung infections from second-hand smoke from singing in bars, and yes, I'm doing so well'... But I stopped and thought about Kermit the frog and when he says in the bridge: - 'but green is the colour of the leaves' (Well, I won the Atlantic Songwriting Contest in 1989) - 'and green can be cool and friendly like' (I put out a forty-five called 'Moonlight Cafe') - 'and green can be big like a mountain' (250 people came out to the 'For the Record' cabaret benefit) - 'or important like a river' (On May 5, I woke up on my birthday to my song 'January' on the air-waves) - 'and tall like a tree'... 'Yes, I replied, 'it was a good interview,' then smiled and walked away.



Barry

Daughter of Labrador: autobiography of a devoted Labradorian

By Ann Porter

Daughter of Labrador

By Millicent Blake Loder. St. John's: Harry Cuff Publications, 1989.

Millicent Blake Loder was in grade seven when she decided to become a nurse, and from that time on, she never wavered. Millicent had earlier resolved

Daughter of Labrador

Millicent Blake Loder



to follow in the footsteps of her mother, Labrador "settler" and midwife Jemima Oliver Blake, and "find Babies". Before her marriage, Jemima Oliver had been "lucky enough" to work as a servant in the Grenfell hospital at Indian Harbour, where she learned a great deal about nursing the sick. Long inspired by her mother skills, Millicent found new role models in the dignified and well-respected nurses she encountered while hospitalized for typhoid in St. Anthony. She left the hospital with a dream of herself dressed in white and working as the nurse in charge of North West River hospital.

In *Daughter of Labrador*, Millicent Loder tells the story of her dream and how it fortified her as she struggled against daunting odds to become the first - and still the only - registered nurse ever born in Rigolet, Labrador.

Born in 1915, the fifth child of a large family, Millicent Blake grew up through long winters at a trapper's camp, with homemade sleds and the thought of Christmas for distraction, and heady summers in Rigolet, where there was school, and sometimes candy. The Blakes lived, respectfully, off the land, which meant there was plenty of hard work for everyone. Millicent must have thoroughly absorbed her mother's maxim, "anything worthwhile is worth working for"; she matter-of-factly describes, without a hint of complaint, privations severe enough to make a child of this generation

shudder. But the Blakes and the Olivers were people of extraordinary spirit whose love of the land kept them firmly rooted. Although her quest for education was to take Millicent to far-off "outside" places like Madison, Wisconsin and Duluth Minnesota, she remained as devoted to her homeland as her parents and grandparents were before her.

After finishing grade nine in St. Anthony (the highest grade you could reach in the north in the 1920's) Millicent landed a job as a servant in the hospital in North West River. She was overjoyed. She thought North West River was the most beautiful place in the world. Three years later, she left her beloved hospital to go to the USA where a former Grenfell nurse, Miss Peterson, gave her room, board and encouragement while she bravely made her way through high school and nursing school. Seven years after she left Labrador, Millicent woke one morning to the news that she had passed her RN examinations. Her first thought was "What joy! I would be going home for sure!"

Millicent Loder's love of Labrador shines from every page of this book. She shows us a land of powerful beauty and

people of rare serenity in scenes like this description of Easter in Hopedale: "...I awoke to beautiful music. Hurriedly dressing and going outside, I saw that the music was coming from the church tower. The players stood in a circle, high up in the tower, and played their horns, trumpets and other instruments.. As soon as the people heard the music, they all came to the church and together we all went to the cemetery...There was a beautiful, rosy sunrise which glistened on the end of the mouthpieces of the instruments turning them to gold. The white breath of the singers hung in the air with a rosy tint."

Moments of leisure were few and far between for Millicent Loder whether she

was working on her own as station nurse in Mary's Harbour, as a volunteer midwife in Hopedale after her marriage, or as charge nurse in North West River following her husband's death. But *Daughter of Labrador* is not a tract about how hard life was in the old days. To work among the people she admired in the land she loved was, she tells us, "...such a pleasure that [she] would have done [her] job for nothing." Millicent Loder wrote this book to acquaint her grandchildren, and all young people, with "a proud heritage in this big land that has been handed down from [their] forebears. Like Millicent Loder's life, *Daughter of Labrador* will inspire those it touches.

Books for Summer Reading:

January, February, June and July - by Helen Porter

Friend of My Youth - by Alice Munroe

A Natural Curiosity - by Margaret Drabble

Swimming Toward the Light - by Joan Clarke

For Your Own Good - by Alice Miller

The Accidental Tourist - by Anne Tyler

Poirot - by Ann Hart

The Impact of Child Sexual Abuse on Virginia - by De Salvo

North of the Battle: characters with a truth



By Helen Porter

North of the Battle by Merna Summers
Douglas & McIntyre 1988, paperback
\$12.95

North of the Battle is a collection of short stories by the Alberta writer Merna Summers. It includes stories from her earlier collections, *The Skating Party* and *Calling Home*, along with new work.

Although I had read some of the stories before, I was happy to re-read them and to confirm my earlier impression that Merna Summers is a writer of talent, perception and compassion.

The Blizzard, the first story in this collection, sets the tone for those that follow. Although the stories are not linked in the usual way, they are tied together by the outsiderness of many of the characters

and by the author's empathy with them. All the characters in these stories share something that sets them apart from the people around them. How this difference affects the characters themselves and those close to them is beautifully handled. Summers doesn't clean up or whitewash her characters for the reader, but presents them as they are. There is a truth, a realness, to those people that I've seldom found in other books. There's humour, too, but nobody is set up for us to laugh at.

We like to argue amongst ourselves about whether or not writers of one sex can realistically portray characters of the other. Merna Summers handles this difficult task well. Perhaps this is because she is not behind her characters like a puppeteer, pulling their strings. She allows them to speak for themselves. But isn't this fiction? you may well ask. Yes, of course it is, but as in all good fiction the characters come across as living, breathing human beings, people the reader feels she knows intimately.

So many writers today appear to be striving for effect on critics and other intellectuals. Summers will have none of this. In most of her stories, the way things happen is the only way they could have happened.

Except for *Hooking Things*, where a wartime farm family moves to a "bigish

town" because the father has joined the Air Force, the stories are set in rural Alberta. Summer's sense of place, and of time, is satisfying. *Threshing Time*, the last story in the collection, shows all too clearly what extreme poverty can force people to do. Owen Black, his wife Josie and their little daughter, Estelle, lead a threadbare existence on the prairies. "Some things, like a radio licence, they never considered buying. Josie had to scramble like a thief to disconnect the radio whenever a strange car slowed down on the road. But there were things they couldn't do without: flour, coal, oil, felt socks." Max Staunton and his son are in a position to offer Owen a job threshing but they want him to grovel for it. In the process some sickening things happen that cause Owen to hate himself almost as much as he does the Stauntons. Nobody should ever have to live like this, I thought as I began to take in the horror of what was happening here. But they did, and they still do.

Although there's not a weak story in the collection, one or two are not quite as strong as the others. The introduction of Mrs. Robinson at the beginning of *Calling Home* leads the reader in the wrong direction, but this is soon set right. *North of the Battle* is as fine a collection of short stories as I've come across in many years.

eighteen

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a foster child and said that one of the foster parent who took in the teen-age girl had to be fifteen and the foster mother said that she could not go out the night the girl was born.

just have to find the balance between that and controlling their lives.

M. I am amazed how few people hold on to their ideals after they have children. In their early twenties they will say I will never marry in a church, I will never sub-nit to my partner, I will raise my children

...women told me she had never undressed in front of her child.

...enthusiasm, I so much enjoyed reading *The Mists of Avalon* for that reason; more than any history book, it gave me the sense of how pagan rituals have been twisted to their convenience. How convenient that Christ was born on one

ne should pass on something beautiful before she dies; she plants lupin seeds all along the valley between her home and the children's playground. I'd like all children and adults to read books like

on you give them will at least arm them
or the extreme right-wing view.

J. I was quite old when I realized the navel was not the vagina; I grew up on the American base and we were moved every year. The first thing that I would do when

J. I learnt how to read from Playboy magazines that my father would have considered inappropriate things. I never even thought of masturbating. It was just something I did because it felt good.

“Everything was done for negative reasons — let’s show Jennifer, what’s the worst life compensises because they made you pregnant. My mother had come close to being raped when she was young and she

'special space'

work while customers drink coffee in the cafe or setting up their easels on the patio. Jack says, "We want people to feel a sense of freedom here; to use our special space for poetry readings, photo

During the month of June two Bulgarian artists, Stanislav Germanov and Ionko Toyanov, renowned in their field abroad, were working on four large canvasses and two small each. They are ecstatic because

these women will be exploring feminist themes in art as well as participating in the live art in progress.

liking about the "arts and culture centre Portugal Cove". Take a drive there and experience the warm hospitality and am-
 presence of The Red Lion Bed & Break-
 fast/The Gallery Cafe. The food is

Women & Words and is on the Waterily
collective.

others, the less you own that experience. J. It is also true that it depends on who is hearing it. In Desalvo's book on the impact of child sexual abuse on Virginia Woolf's life, we can see that she reached

...I don't have to remember my part of the story. I can just read it. Her portrayal of a human suffering is not so subtle after all. I remember the first time I looked in your bookshelf and saw all Virginia's books; I knew then we would become friends.

I am reminded of the time my mother and I looked at our photographs and told us it was the ugliest thing she had ever seen. Even in art and architecture, there are so many phallic


Range Lodge: Don Wright sculptured and painted to

and, the guests sat in pews that had been salvaged from the house, and lanterns and candles made it all look very old-fashioned."

and then it evolved into The Red Lion
ed & Breakfast/The Gallery Cafe. They
ffer dancersize classes twice a week for
two hours and that involves a little
yodabuilding, yoga, martial arts and free

because I was wearing too many hats," Juliette says. She still wears a few different hats though because these days she manages the kitchen where she also has to cook, is involved in planning spe-

ing in find her hanging pictures in the gallery or chopping wood. About her husband and partner, she says, "Jack himself is art and I can't wait to see



Scotland, is the curator these days as well as being the carpenter, electrician, instructor of the classes

Over the past few years Jennifer Mercer and I have had many consoling conversations over lunch. Often I have wished for a tape-recorder to share Jennifer's wonderful wit. The following is one hour of our two hour lunch - where we digest

That not a lot of us have it all together. There are many self-healing books out there, yet they base their views on the assumption that you have a lot more control than you actually have. I think that

M. There is also the false perception that once the abuse is acknowledged that everything else will be ok. This is not necessarily true; I can acknowledge that being raped affects my feelings towards

between intellectual knowledge and emotional knowledge. It is true that the

Waterlily, my co-worker Lyly and I discovered a unique cafe/art gallery/bed & breakfast on the main road in Portugal. Move just before you get to the Bell Island Ferry. The owners, Paulette and Jack Simard bought the building (formerly

Paullette wasn't as enthusiastic as Jack about the place when she first saw it and says, "we actually lived in the kitchen of this ugly red house with blankets up to the shoulders, ate a lot of potatoes that we cooked on a pot-bellied stove and drank

they were going to work at making a life in Portugal Cove, why not start by getting married there.

The Gallery Cafe
 Portugal Cove 895-3634
 Open to public
 Tuesday through Sunday

"A special space"

critical building block in our society is unfortunately reinforced in TV shows

THEY SAID THE GOVERNMENT

Shortly after the wedding, Paulette and Mack applied and received a grant from COA (Atlantic Canada Opportunities Agency) to develop a bed and breakfast. First, they started out with a craft shop

bodybuilding, yoga, martial arts and free style dancing. There is a waiting list of people wanting to join. Six months ago I was working in a bank full-time and I decided to leave my job

managing the kitchen where she also
wakes to cook, is involved in planning spe-
cial functions like lobster boils and
oompahlit cabarets, booking guests for
the b & b, and/or you

she says, "Jack himself is art and I can't wait to see him go up into the attic and start sculpting".

CLASSES TO WHICH

The Gallery Cafe
Portugal Cove 895-3634
Open to public

Brunch, Lunch and
Supper menu
"A special space"

WITCH HAZEL

FOCUS ON FITNESS

What do we mean when we talk about being fit? Waterlily sees fitness as covering both the mind and body - keeping fit physically, mentally and spiritually - Yet, how do we stay fit in all of those areas? For some of us, feeling good about ourselves is a very personal topic, and so it should be.

We would like to share some of our thoughts and ideas and opinions on Fitness. We invite our readers to respond.



Summer sports: why not try softball? female camaraderie

By Helen

Around this time every year, many women start thinking about fitness. Some of us go biking, canoeing, swimming or running. Many of us prefer to participate in a team sport such as soccer, basketball or softball.

Some of you might have seen the "Women's Fast-Pitch" (also called "Senior A") at Bannerman Park on a Sunday evening. But that is not by a long shot the only league for women's softball in St. John's. There are also "Intermediate B" and "Ladies Slow-Pitch" teams.

One warm spring evening, I decided to have a closer look at the "Shamrock Athletic Association Ladies Slow-Pitch Softball League". Their season started June 5th at Conway Glen on Logy Bay Road, opposite the Bally Hally Golf Course. This field is a bit boggy and consequently slippery, but the plus of the bigger field than previous years seems to outweigh any negatives. Many women wear cleats (special shoes to prevent slipping). This season there are four teams participating in the league:

Shamrocks
East End Club (E.E.C.)
Big Bens
Church of England Institute Goldens (C.E.I.G.)

A minimum of ten players is required; for fast-pitch nine play. Seven Innings are played at each of the thirty-six games planned between June 5th and August 23rd. Then there are the semi-finals (August 28th, 29th, and 30th) and finals (Sept 4th, 5th, and 6th). Games are held every Tuesday, Wednesday and Thursday, weather permitting, of course. The ages of the women in this league range from the twenties through their thirties.

To join a league there is a team registra-

tion of \$4.00 and an individual fee of \$25.00 for insurance and participation. To cover the team registration fee the groups need a sponsor, whose name they adopt in return as advertisement. The teams also organize fundraisers to cover the additional costs of equipment such as bats, balls and masks and the final banquet.

It's Thursday evening, June 7th, 6:30 p.m. The "East End Club" play "Church of England Goldens". It is warm, but windy; the grounds are fairly dry. The E.E.C. women have been playing together for a few years now, but there are also newcomers on the team. For the C.E.I.G. it's their second season. Last

year though the women were only suffered as associates of the all men's club. This year they are accepted as full members. For both teams it's their second game tonight.

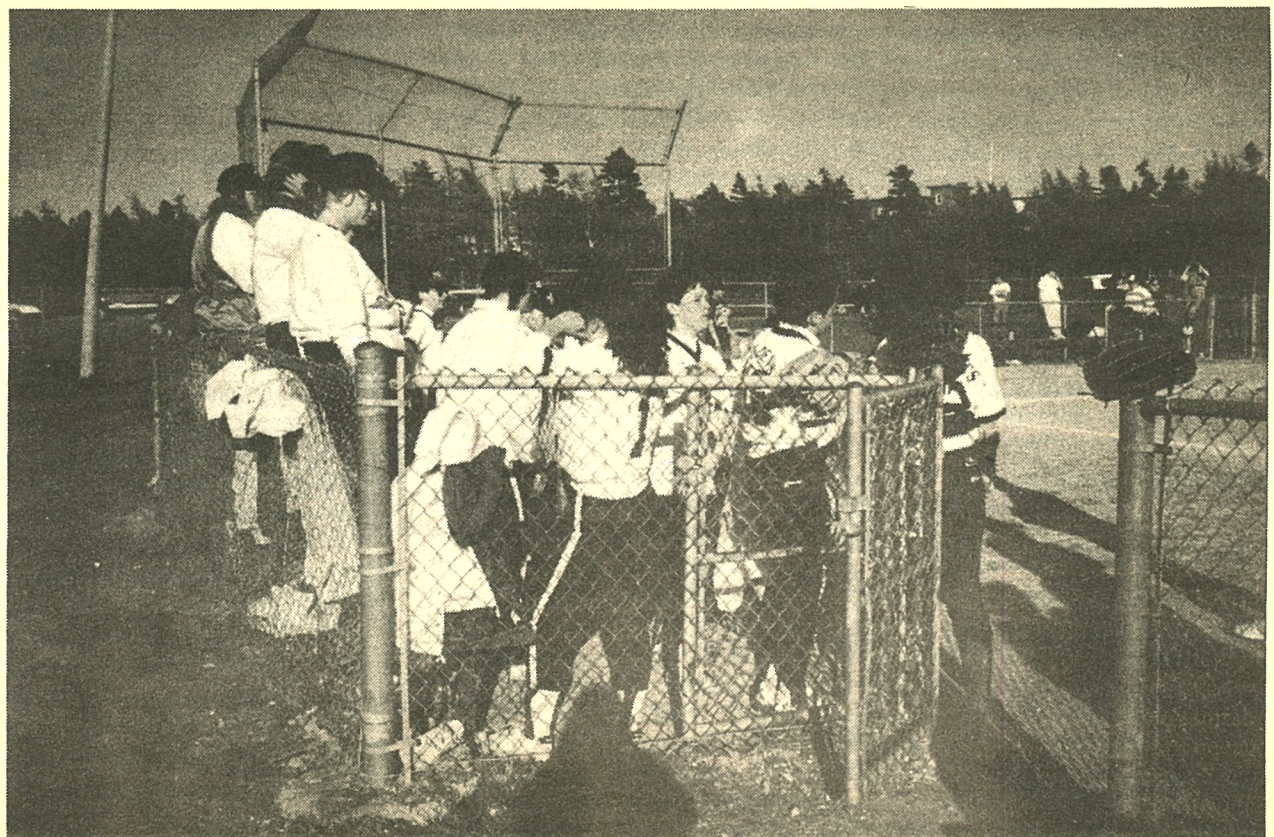
As I write this the women are out on the field warming-up by throwing and catching balls. The Innings go fast; both teams are quite good. Watching them hit and run and catch, I get the impression that these women play for fun and entertainment. There's a lot of laughter and cheering in this relaxed atmosphere.

In talking with a few of the players afterwards I asked them why they choose to play slow-pitch. "We're here for the outdoor exercise, to socialize with other

women and to run. Slow-pitch is fun and not so competitive".

After an hour and twenty minutes the game is over. East End Club beat Church of England Goldens 13 to 5. After a good hand shake the women split, go to their cars to drive to their sponsoring club to discuss the game, celebrate and to socialize some more.

Come watch the game some warm summer evening, or if you want to get involved in women's softball call the Newfoundland and Labrador Softball Association at 576-4934. It's yet another way to exercise those stiff muscles.



twenty

My body and I: a reunion after long, painful years apart

By Marjorie M. Doyle

My body and I were forced apart at a tender age. I can date the exact moment at which separation took place. It was at a rehearsal in the music parlour of my convent school. Without warning, the director called me forward, yanked a hair out of my head and laid it carefully on the floor. "Now, you big gawk, trip over it," she said. Her description came as news to me. I was eleven and, until then, thought myself quite ordinary. Now, I saw my body for the first time -- and I didn't like what I saw. I was stuck with this thing that was too tall, too gangly, and had too many freckles. It grew hair a funny colour. It didn't walk smoothly and it looked ridiculous when it ran. And from that moment it became a burden -- something I couldn't bear to go out with, but could hardly leave

at home. I knew now that everyone must see what this nun saw. She was the sister everyone loved, the one we fought to do favours for. In fact, I was often the one chosen. Not long after this, I was picked again, to go and buy some manuscript paper. As I was leaving her parlour, delighted, she called after me: "And don't run down the street like a cow." From then on wherever I went, I wondered who was looking. Empty spaces were the worst of all. Walking into the convent square, as desolate as the cold grey stone buildings, I'd wonder who was in the silent windows? Was she watching? Were others laughing too? Running was out for me now, so were skipping and hopscotch, those great childhood pastimes. My body was so awkward and cumbersome, the less I had to do with it, the better. The next major step in the life of my

body (which, by the way, was quite separate from my own existence) came



The ad's image of women and how it affects us

during my first week in high school. I'd never been in a gym before -- sports were

By Martha Muzychka

A friend has a poster I covet. It is an enlarged detail from a Renaissance painting, showing several voluptuous women attending a tea party. The women look relaxed and content; the copy underneath reads Yesterday's Fashion is Today's Weight Concern. Last fall Au Coton, a chain of cotton clothing stores, launched an advertising campaign which featured the slogan "You don't have to suffer to be beautiful." The women portrayed in the ads wore comfortable clothing that was fashionable and non-restrictive. Even though the women were slim, there wasn't an obvious focus on size or shape. Both of these images are unusual in today's image producing industry. Indeed, the only time you actually see large women (and we're talking at least a size 14) these days is in the over-size section of clothing catalogues.

Because many ads feature already slim women, you may well wonder about society's perceptions of what is large and what is small. Are the women in the ads children perpetuates stereotypes about women's and men's roles in society; the national obsession with weight control is an extension of the expectations and assumptions society makes about women's place and women's power. The reality is that large women take up space; small women don't. Studies have shown that men take up more personal space than any other group; any infringing on that space is taken as a personal affront. The women's movement has been a challenge to the patriarchal domination of space, a symbol of the political, social and religious institutions of society.

When you fear a loss of power, you manage that fear by making others smaller than you. This can be done by humiliating or exploiting the other person's insecurities. Large women challenge the image of all women as uniform-ly small, manageable and conforming. Since large women don't fall into the pattern society demands, large women are pushed to the margins of society.



Most advertisements for diets, diet aids, and fitness clothing show slim, tiny waisted women. There are several problems with this approach, the primary one being the way these advertisements perpetuate competition among women. Often being thin is inextricably linked with being successful; it's the thin woman who gets the new job or the new man. The way ads are designed are also problematic. Frequently the ad layouts focus on so-called problem areas, like thighs and buttocks. In fact, if you compare some advertisements for jeans with those for certain diet pills, you subconsciously make the connection between looking good (ie. being able to wear tight-fitting jeans) and being thin (being able to shrink already snug jeans).

the US, 80 per cent of fourth graders are

Martha Muzychka is the provincial representative for MediaWatch in Newfoundland and Labrador, and writes a column on women's issues for The Sunday Express.

something your brothers did that you got in on now and then. In the gym that first day I saw my body again -- slower, larger, thicker than the others. It couldn't run or throw or do the right things. The other kids were gleeful -- best period of the week, they assured me. But I had this body to drag around. "You can't possibly be as stupid as you look," was the gym teacher's instant appraisal. What her remark did was fire my imagination. I was highly motivated to avoid the gym. Forged notes, fake phone calls, talk of orthopaedic shoes, music lessons, asthma... I kept it going for three years, the most creative and imaginative work I did in high school. And then came the fashion show to raise money for the mission in Monseu. ("Think of the black babies, and offer it up," the nun said when I protested.) Wear your prettiest outfit, we were told. I chose my raincoat because it was plain and drab. But the entrance on stage of a "model" hiding desperately behind an umbrella didn't exactly make me inconspicuous.

I became further divorced from my body as those around me began to comment on their. And, because they were forbidden at school, the normal teenage delights -- make-up, short hemlines (at that time), jewelry, and fancy hair-dos -- took on an even greater importance. I wanted less notice, not more, paid to me. So I studiously avoided all of that. Later, in university residence when my friends tried to "dress me up," I withdrew more from my physical self. Not wearing lipstick and eye shadow, I believed myself invisible.

When I rejected the package of -- I can't say feminism, what was it, female-ness? -- I solidified my complete dissociation from my body. And the sexual messages and warnings confirmed my suspicions that the body was best ignored. I became scornful of anything associated with looking good. I turned away from clothes. Regrettably, when I threw out the trappings of girlishness, I discarded as well the notions of good health, and fitness. Being in shape, I thought, was a sell-out, bowing to the pressures to have the right female body. Worse, it meant acknowledging that your body was something of value. And that's the story of how the entire Participapion movement and fitness mania passed me by. A few years ago, safely anonymous in a foreign country, I crept into a gym. After two years of una, dos, tres, cuatro and the normal aerobic tortures, I emerged -- reconnected with the body I'd been severed from 23 years earlier.

Marjorie Doyle is a freelance writer and broadcaster.

WITCH HAZEL

Anorexia/Bulimia: "I weigh 108 pounds but I'm still too fat"

You know me and I know you but we haven't talked. I'm the together woman you see in a responsible job or attending the right functions - smiling, talking, laughing but I'm scared and I am sick.

Maybe you'll recognize me better if I tell you I'm thirty-five years old, five feet four inches, and I weigh 108 pounds. I look at myself and think, "I have a nice bust, okay waist but my stomach, hips and thighs are still too fat". I work out at the Y, watch what I eat and drink, read all about diets and sometimes try one. I collect cookbooks and love to prepare food and to entertain. I love food but I also hate it because I think I'm fat.

The medical term for my disease is anorexia nervosa and I've suffered it and the ever-present guilt for six years. Those closest to me did not know. I've hinted to doctors, had blood and stomach tests but to no avail, because although I wanted help - I lied and they didn't see the signs. I complained of fatigue, acidic stomach, heart palpitations, irregular periods, coldness and mild depression. But I'm clever, so all they saw was the overworked, efficient, busy woman. The tests would come back negative or maybe my iron count low so I'd take some vitamins, eat tums, drink less than my daily 4-5 cups of coffee, exercise, eat properly and the symptoms would pass and I'd carry on.

I knew I was anorexic - a few people told me but I refused to listen. At one point I was down to 102 pounds and felt great! Several years ago I discovered that I no longer had to diet - I began to eat what I liked and perform instant removal by vomiting the food away. Gross but efficient. "That was a lovely meal dear, I'll be back in a minute for dessert and coffee". Luckily, I'm too controlled a person to let myself get carried away with this so sometimes I'd go six months without purging.

Other times, especially during the '102 pounds' period, it was after every meal and snack.

What finally brought me to my senses? Six months ago I must have bruised my throat but I couldn't stop my vomiting. I realize now that I was in a terrible emotional state and for control I chose to regulate my food intake. Then I stopped for several weeks but I still felt a lump in my throat. I'd lie in bed and say "you've got to go to the G.P. - it could be cancer".

But how do I ask him to have a look without telling him the truth?

But I did tell the truth and he understood, quickly. He referred me to a psychiatrist and again, I told the truth as I knew it. That was only seven weeks ago and already my life is better. He was able to crack open the locked door on my childhood. I'm from an upper-middle class professional family. I had everything I asked for as a child but because alcohol was a factor in my parents' lives, I wanted for love and companionship.

I am a typical anorexic/bulimic although I didn't start in my teens which is more the norm. As an adolescent I was quiet, bright, obedient, athletic, and a perfectionist in all I did. I wanted only to please and I still do. I now realize how lonely and afraid I have been. Because alcohol was available, I also drank and have also known for the past six years that I am an alcoholic. Again, like my bulimia, I controlled this such that it was hidden to most.

On my second visit, the doctor suggested I read a copy of A.A.'s (Alcoholics Anonymous) 'The Big Book'. I saw myself there and have started attending meetings. For me, the two, alcohol and anorexia are interconnected and the A.A. method of staying sober is also



working to keep me eating properly. It's also helping me to control my emotions and take a good, honest look at myself.

Last week I went in search of information on anorexia. At the suggestion of a friend, I went to the Women's Centre at 83 Military Road. I'm embarrassed to say I'd never given the place much thought but I was surprised at the extent of their library. There is a file in the A section of the information cabinet on anorexia and I photocopied several articles. I now have a better understanding of my disease and this gave me the courage to talk to my husband and he's also reading. It's been quite a time of honesty for me and it feels great!

Did you know that 1 out of 100 females are anorexic and 4 out of 100 are bulimic? These are mostly teenagers but that's changing with the increased pressure for all ages to be thin, fit and attractive. To recognize and help an anorexic, look for excessive interest in weight and body shape; wearing baggy clothes over a thin body; obsession with food, diets, recipes; irregular eating habits; frequently checking weight; irritability; social withdrawal; disappearing soon after meals; using laxatives and fluctuating or dramatic weight loss.

If as a parent, you and/or your spouse are non-communicative, alcoholic, over-protecting, overly-involved in your children's private lives, rigid in values of right and wrong and unable to handle conflict and negative feeling...beware, your child could be affected.

In other cities there are self-help groups where people talk out their common problems. I wish I had the strength to organize such a group (or maybe it's already here!). Right now I'm talking to my doctor, I'm reading and I'm taking life one day at a time. Other than writing this article, I can offer no further help - yet. I've written the following two organizations but remember, there's a start at the Women's Centre and probably the MUN library.

The information is in books but don't take all this on yourself. The first step is to tell someone. If you too are ill - go to your doctor and get a psychiatric referral - it's terrifying but it's the start of a whole new life. Please don't suffer alone any longer!

For more information on Anorexia/Bulimia write or call:
Eating Disorders Group
1533 Birmingham Street
Halifax, Nova Scotia
B3J 2J6
1-902-443-4888
Eating Disorders Information Centre
Health League of Canada
Suite 304 - 1560 Bayview Avenue
Toronto, Ontario
M4G 3B8
1-416-486-60234

Tofu Balls

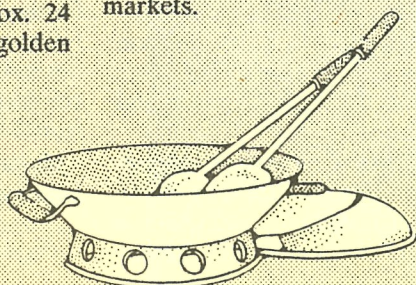
1 block of Firm Tofu (* tofu is made from soybean curd)
3/4 cup ground almonds
1/4 cup sunflower oil
1/8 cup mineral bouillon or soya sauce
1 large (finely chopped) onion
In a frying pan or a wok saute onion till it's lightly brown. In a large bowl combined dry ingredients tofu and almonds, slowly add oil, onions and mineral bouillon mix thoroughly. Form into small balls and roll in whole wheat flour. (Makes approx. 24 balls). Deep fry till they are golden brown.

Sweet and Sour Sauce
2 cups of pineapple juice
1/4 cup of arrowroot flour
1 small green pepper
1 small onion
2 cloves of garlic

1/8 cup of cider vinegar

In a sauce pan lightly fry onions, garlic and green pepper. In a bowl combined pineapple juice, vinegar and arrowroot flour, add this to the saute veggies. Let cook until sauce thickens.

* In 120 grams of tofu (a little more than 1/4 lb.) there are 86 calories, 9.4 g. protein, 5 g. fat, 2.9 g. carbohydrates, 154 mg. calcium, 151 mg. iron, 8mg. sodium, 50 mg. potassium, and a small amount of niacin, riboflavin, and thiamine. Tofu can be purchased at Mary Janes and your local super-markets.



twenty-two

By Maren Lien

How would you like to be happy? How would you like to have a sense of well-being, self-worth and contentment? Sounds pretty good, huh? Well, have I got a deal for you! It's cheap, doesn't take a great deal of time and can be fun. The answer is aerobic exercise.

Aerobic or cardiovascular exercise does wonders for overall health. I believe exercise has benefits for everyone; it is my personal "miracle-cure" for everything from the blues, to stress, to just feeling lazy. Everyone has heard of the numerous

physical benefits of exercise: it can promote strong and healthy bones, help you lose weight, provide protection from heart disease, aid digestion, make your muscles stronger, improve circulation, make your heart stronger and improve your cardiovascular system. All of these things can contribute to a healthier, stronger, more efficient body.

which is believed to be an anti-depressant. Cortisol increases during vigorous exercise may also be partly responsible

Researchers have tested the endorphin levels in people with various medical conditions and made some interesting observations. According to the research, severely depressed people have low endorphin levels. This is one reason that many psychiatrists and psychologists incorporate exercise into their depressed patients' treatment regimens. Exercise has also become known for its

positive effects on sleep patterns, alleviating one of the major symptoms of depression, insomnia. With better sleep, a person is also less likely to suffer from chronic fatigue.

The euphoric feeling during or after a workout has a biochemical cause. The pituitary gland orders the body to release powerful hormones called endorphins. They are natural opiates, similar to the painkiller morphine, but dose for dose they are actually two hundred times stronger. Endorphins are the body's own natural tranquilizer. Neurophysiologists have discovered that endorphin levels in the blood can stay higher than normal for hours after exercise, giving a physiological lift (a physiological fix!).

ness while running. Average exercisers are also likely to recall emotional highs during or after their fitness rituals.

Endorphins are the body's own natural tranquillizer. They were discovered just over ten years ago. They are strong hormonal pain-killers that enter the bloodstream during times of exertion or physical stress and circulate for hours. It is still unclear exactly what events trigger endorphin release, although there is no doubt that physical exercise is one of them. Scientists believe that endorphins account, at least in part, for the relaxed, self-confident feeling many exercisers report. Endorphins seem to be vital for two important and positive organic responses. They kill pain to an astounding degree and they give people

exercise program should be developed or intensified gradually. This way you will not become discouraged by your inability

Self-concept may also be increased through exercise. Self-concept refers to how we see ourselves and whether we like what we see. In one study, physical characteristics constitute one of three major components of self-concept. (The other two are social identity and personal disposition.) Exercise may enhance the way a person feels about his or her body image or physical appearance. For some people, body image plays a

A recent review concludes that exercise and fitness programs for the promotion of health and longevity. The review found that the most effective programs for reasons from enhancement of quality of life to promoting youthfulness and longevity. The review found that the most effective programs for reasons from enhancement of quality of life to promoting youthfulness and longevity. The review found that the most effective programs for reasons from enhancement of quality of life to promoting youthfulness and longevity.

As well, an earlier review indicated that the personality variable with the highest payoff from fitness programs is self-concept. The earlier review said body changes resulting from fitness training improve body image, which in turn builds self-concept. So it is fairly safe to assume that a good exercise program will make you feel better about your body and this will do a great deal for your self-image. This increase in self-esteem and self-image cannot help but serve to elevate a person's mood, making them happier overall.

We need to find a way to constructively combine these observations. No doubt neurochemical, hormonal and other physiological and psychological processes contribute to the experience of mood euphoria. Also, the psychological benefits of increased competence in an activity, of having a time-out or playful period and of increased self-esteem through a better body have to make us feel good while we are exercising. It's unlikely exercisers will feel euphoric every time a workout is over. However,

After time for a natural high, until we experience a win- gambling time

Twenty-three

WITCH HAZEL

Chlamydia - the most common, and the least understood, STD

By Lisa Moore

Chlamydia is the most prevalent sexually transmitted disease in North America, and it is among the most damaging. In the last ten years most media attention concerning STD's has been focused on AIDS. There seems to be a desperate need for education concerning chlamydia as well. Cases of chlamydia are frequently unidentified and unreported in countries with limited medical facilities, but in North America and Europe the growth of chlamydia has been more accurately documented. There is an estimated 300 million cases world wide, and in the United States 3 to

In 1987 Newfoundland physicians began to see a vast increase of chlamydia infections in the province. These infections are caused by a bacterium and transmitted during anal or vaginal sexual contact with an infected partner.

4 million new cases occurring each year. One St. John's gynecologist said Newfoundland is often two or three years behind STD trends but in 1987 Newfoundland physicians began to see a vast increase of chlamydia in the province. Chlamydial infections are caused by a bacterium, Chlamydial Trachomatis. These infections are transmitted during vaginal or anal sexual contact with an infected partner. A mother may pass the infection to her newborn during delivery.

One reason for the rapid growth of chlamydia is the difficulty involved in diagnosing the disease. Fifty percent of infected women experience no symptoms until the disease is well developed. One in every four men are asymptomatic. Because the disease is able to progress undiagnosed, infected individuals may spread the disease unknowingly to other partners, or to a fetus. Frequently the symptoms for gonorrhea and chlamydia appear at the same time, consequently only the gonorrhea gets treated.

When the infection is symptomatic the woman may experience pain during urination, vaginal discharge and abdominal pain. In severe cases there may be inflammation of the rectum or conjunctivitis (inflammation of the lining around the eyes). A particular strain of chlamydia causes an uncommon STD called lymphogranuloma venereum (LGV) which is characterized by swelling of the lymph nodes.

In men, there is sometimes a discharge of mucus or pus from the penis, and pain when urinating.

If chlamydia is untreated it attacks the fallopian tubes and ovaries eventually causing blockages of the tubes, pelvic abscesses, infertility and ectopic pregnancies. Seventy percent of babies born of infected mothers are affected by the disease which may cause pneumonia or conjunctivitis. If conjunctivitis is not treated blindness may occur.

So, how do we protect ourselves from chlamydia? Chlamydia requires a ten day course of treatment with antibiotics. If

the infected person does not complete the full ten day course the treatment will not work.

In Newfoundland the most common treatment is Doxycycline, a milder form of Tetracycline. If the patient is pregnant, treatment cannot be administered until after the first trimester as doxycycline may cause damage to the bones and teeth of the baby. According to the U. S. Department of Health and Human Services both tetracycline and doxycycline

have a ninety-five percent cure-rate.

Testing for chlamydia is not a routine procedure unless the physician feels that the patient is at risk. Liz Garland, spokeswoman for Planned Parenthood strongly advises anyone who has had more than one sexual partner, or who's partner has had multiple partners in the last two years to request a chlamydia test. Of course the best prevention, as with any STD, is to use a condom.

Image marketing denies women full fitness

The following is an edited version of an article which appeared in the MediaWatch Bulletin, March 1990. It has been reprinted with permission from MediaWatch, a national organization dedicated to improving the image of women and girls in the media.

By Margaret MacNeill

The narrow range of physical recreation options offered to women has traditionally been limited to aesthetically-pleasing pursuits such as dance, figure skating and gymnastics. However, since the 1970s, the media have worked hard to expand fitness options for women and create a discerning audience for aerobics.

Beginning as "Jazzercise" in the dance studios of the 1970s, aerobics has evolved through a number of movement styles in televised fitness shows and in the clubs. But the narrow emphasis on dance like activities in the media closes off other athletic possibilities for women. For example, the sports sections in Canadian newspapers rarely portray female athletic achievements.

Aerobic dancers are relegated to the "Health and Lifestyle" section; perhaps this is not a bad place to be. Still, females can shoot the puck, smack a home run, and kick a soccer ball on real fields, but not on media turf. The impact of athletic women, it seems, is limited to the aerobic sprung floor.

Today, aerobics does offer a high intensity option hitherto denied women, but it has not escaped the gendered preoccupation with dance aesthetics and body image. Are we only fit to be looked at? It seems so. Past and present activity options for women are limited and identified with one or more of the F motifs -- fitness, fear of fatness, and fantasy and fashion -- that are woven tightly into media tapestries.

The social status of females in Canada has traditionally been associated with appearance and sexual desirability. Widespread obsessions with external body image and fatness have crept into

the realm of fitness.

"How to" articles in fitness magazines -- such as "Twelve Sit-up Variations," or "Build Up Your Endurance in Three Easy Steps" -- usually depict reed-thin models performing calisthenics, and highlight the discussion with purported weight loss bonuses readers will gain if faithful to the program.

Advertisements for fitness clubs also sell an idealized slim and youthful image. Clubs market themselves as custodians of the fountain of youth and as cure-all centres for obesity: maintain your weight ... maintain your image; "lose eight pounds in just eight short visits, or you don't pay."

The essential components of fitness are

If women continue to be blinded by the goals of image and poundage, we will overlook the wellness and social benefits that can be derived from active leisure and we will continue to put ourselves on display.

muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. If we use this formula as a guide to critique media glimpses of fit women, it becomes obvious that the media are overly obsessed with the quality of the look rather than the quality of a fit life.

Body composition is an important component of fitness, but it is over-emphasized in media representations. Moreover, the physiological definition of body composition does not refer to the absence of external body fat as advertisers for diet pop would have us believe, but refers instead to the ratio of fatty tissue to lean body tissue throughout your body.

Today, an aerobicized woman can be image-healthy if her external outline is slim and tone; however, the roads to becoming physiologically-healthy are not

being sufficiently paved in the fitness media.

At the same time that physical activity is sold to women to become slimmer and more sexually attractive ("bounce, bounce, bounce" with Heavy Hands Weights, and you'll lose, lose, lose"), fitness equipment and activities are sold to male consumers to become stronger, wider and more aggressive, ("come off the bench solid").

If women continue to be blinded by the goals of image and poundage, we will overlook the wellness and social benefits that can be derived from active leisure, and we will continue to put ourselves on display.

Dominant media images of the "perfectly fit body" and real fitness practices are wracked with contradictory tensions. Currently, the media ideal is beginning to move away from an anorexically thin outline to a slightly more defined muscular look that doesn't cut an edge on curves.

Achieving this ideal through diet and fitness as the media suggests is no easy task; the difficulties of retaining a wrinkle-free, stretch mark proof and abundantly busty outline have turned away many a woman against herself. The personal has become a battle zone. Ultimately, since fitness hasn't "fixed" the "problem spots" as quickly as media fitness promos advocate, women are increasingly turning to surgical remedies.

Media images of "aerobicized" women provide popular visions of active lifestyles in Canada. While these images cannot control every aerobic move and fitness attitude held by women, the media are powerful enough to influence real fitness practices. We can't ignore the media's power to define the cultural limits of our leisure by setting such narrow image-oriented standards for leaders and participants.

Margaret MacNeill teaches in the School of Physical and Health education at the University of British Columbia and in the Communications Department of Simon Fraser University. She is also Editor-at-Large for Shape magazine.

Twenty-four

Two on 'To Wax or Not to Wax': the sad realities of hair removal

seconds, then tore the wax strip off. Yikes! That stung! She did the other side - "now, that wasn't too bad, was it?", as she passed me a mirror. My top lip was very red and was stinging like crazy. "The redness and stinging will go away in a couple of hours", the attendant said. "Would you like to make the next appointment now?" Now in all the time that I had this hairy mole, I must confess no one ever noticed it or at least if they did, no one ever made mention of it. After all, why would they? It was my hairy mole. But for the next three to four days, my friends were saying, "how come the top part of your lip looks so sore, it's all red, what happened?" Needless to say, I chose not to go back for regular wax jobs. Now when the hair grows out of my mole, the tweezers I no longer use to pluck my eyebrows, there comes a time in every woman's life, when she decides to let hair grow or have it removed.

By Mary Sexton

I personally feel more comfortable and fresh in the summer to remove leg and underarm hair. In the winter however I am less inclined to bother with it, actually it keeps me kind of warm. The decision to defoliate is strictly a personal decision, as opposed to one dictated by society.

I first decided to wax my legs after several unsuccessful attempts at shaving them and almost bleeding to death with all the nicks and cuts. I then determined there must be an easier alternative. WAXING!! I went a few times to the salons and was impressed with the procedure. I was not, however, impressed with the expense, so I decided I could do it myself. I gathered all the required materials.

I put my son to bed, turned on the wax (to heat it up) and settled in for a night of waxing. Unfortunately, I didn't realize the intricacies of the procedure. You have to put the wax on in the same direction in which the hair grows, and put the material strips on over the wax. Then pulling the strip in the opposite direction removes the wax along with the hair. Unfortunately, I didn't follow this procedure. So I had my right leg covered in wax which I couldn't get off. I heard the door bell ringing; it's my sister with two friends coming for a surprise visit. As they were coming in through the door, in comes my persian cat to let me know she was hungry. She walked in and out between my legs, purring, until finally she'd stuck to my leg! I tried pulling her off gently and in doing so I pulled a strip of fur from her at the same time.

By this time my sister and her friends were in hysterics laughing at me and my situation. I had to use a solvent to remove the wax and fur from my leg, which was no pretty sight!! My crude attempt at this procedure only reinforced the fact that this process was better left to the professionals. Since then I've left the arduous task in the capable hands of Rosewood Clinic.

Twenty-five

an appointment for the following week after being told that since I was removing the hair from the mole, I may as well get the whole arca above my top lip waxed and remove the peach fuzz from it. The wax job actually gets the roots of the hair and the process should be repeated every 4-5 weeks at a cost of seven dollars. Appointment time arrived and I'm sitting in a dentist-like chair finally getting rid of the two or three bothersome hairs in my mole. The attendant spread hot wax on one side above my top lip, waited a few

Your period from a spiritual perspective

Bible to women as impure regarding her cyclical bleeding. Ancient religions, myths and sacred taboos around the world relate to the power, life and wisdom contained in menstrual blood. Ancient beliefs maintained that post menopausal women were the wisest of mortals because they permanently retained that "wise blood", 17th century Christian writers insisted that old women were filled with magic powers because their menstrual ("magic- blood") remained in their veins.

In the earth-based spiritual cultures the onset of menses was/is a time of celebration. The cyclical menses similar to the 29 1/2 day moon waxing and waning ties women to the monthly passing of the moon phases. As the hysterically funny a comedienne Rosanne Barr states in "The Rosanne Barr Show" (on video) "It's a full moon, the tide is high, and I'm goin' with the flow". Unfortunately, but not unexpected in our misogynist society, that which most sets us apart from men, and defines us as women is seen, at the very least as inconvenience and at its worst, as dirty, disgusting and disabling.

It is imperative for women to redefine our relationship with our monthly "friend". Who knows... a positive, life affirming, spiritual magical relationship with our P.M.S. flow". There is positive female power awaiting discovery hidden under our societal negative view of women's cycle.

I've been working with my period for a few years welcoming and celebrating my spiritual and psychic wisdom. I love my monthly cycle as harbinger of power, menses, the nectar of the Goddess. I love being a woman.

immediately became self-conscious. But I lived with it for a couple of years always trying to figure out how I was going to get rid of the hair. One day while passing a hair salon, I thought I would enquire about hair removal through electrolysis. A friendly woman in a uniform informed me that it would be quite expensive and could possibly leave a scar. But had I heard about waxing? She pointed me in the right (or should I say wrong) direction and I made then sprouted a couple of black hairs, I

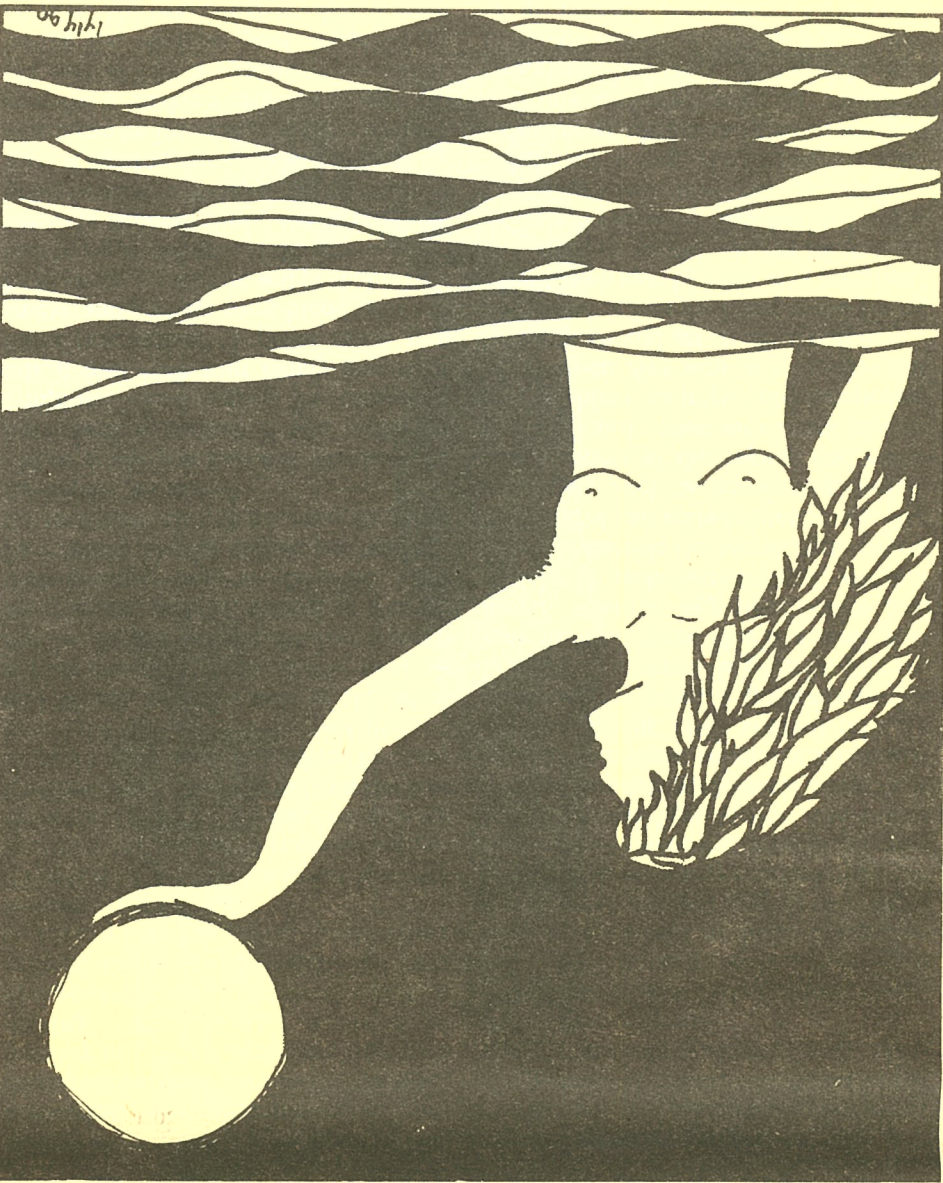
By Inanna

When I got my period for the first time I'd forgotten all the talks with my mother. All that handed down wisdom had flown right out of my brain. After I had gone to the bathroom and discovered that I was bleeding "down there" I went to my mom who was, inconveniently and to my great embarrassment in the company of my father and older brother. I whispered to my mom that I didn't know what was wrong but... She exclaimed, again to my great embarrassment "Oh! you've got your period!". At that moment I wanted to disappear.

Reference is repeatedly made in the daughters as punishment for her sin. ses was part of the curse laid on Eve's religions terms (Indeo-Christian) menstrual cycle, defined as an illness. In non-cycle, defined as the norm, the manifestation of being female. The male It was definitely seen as a negative monthly visitor".

When I was growing up it was common- ly called "the curse" or in sly sarcastic tones referred to as "my friend" or "my monthly visitor".

When I was growing up it was common- ly called "the curse" or in sly sarcastic tones referred to as "my friend" or "my monthly visitor".



WITCH HAZEL

Endometriosis: one woman's story of fighting for diagnosis

By Shirl Lane

Shirl Lane is a local businesswoman who still may have endometriosis even after surgery for this condition.

Endometriosis! Whenever I say the word to friends and acquaintances their facial expressions always say the same thing: "What in the hell is that?" Until recent years I had no idea what it was - as a matter of fact I didn't even know the word existed. The dictionary defines it as the growth of endometrial tissue in abnormal locations: on the ovaries or within the peritoneal cavity. This condition is a growing concern for thousands of women.

During my late twenties I started having 'mild complications' such as heavier menstrual periods and severe stomach cramps. After having periodic check-ups with my family doctor it was vaguely explained that I was going through a repetition of similar symptoms I had experienced during my early teens.

After doing some personal research I have learned that teenagers have been diagnosed as having endometriosis. As a teenager I dreaded the approach of a period. It was like being tossed into a torture chamber each month. The abdominal pain...I'll never forget that

agony! I didn't bother checking with a doctor because I figured it was normal - "all teenage girls go through it..." Was this endometriosis? Was my case resolved temporarily through my two pregnancies? Apparently pregnancy is one cure, if endometriosis is caught in its early stages.

At age thirty-two I became more and more aggravated with very heavy menstrual periods, depression, painful sexual intercourse, and then periods of spotting (brownish stained discharge - according to my research, it's a result of chocolate cysts that erupt inside the abdominal wall).

Early January, 1988, after my family doctor became tired of seeing me, he finally referred me to a gynecologist. After approximately two minutes of examination and a thorough explanation of my symptoms, I was diagnosed as having endometriosis. Surgery was scheduled barely two weeks later. I was devastated. I became more and more petrified. Was this cancerous?

My last menstrual period was a week

before surgery, one that I will never forget! The pain was excruciating and my stomach felt as if it were on fire. During preparation for surgery I was advised I would have to have a D and C as well as a partial or full hysterectomy (the removal of uterus, Fallopian tubes and one or both ovaries).

After the surgery my husband was told by the surgeon that my case of endometriosis was very, very severe. Both ovaries had been removed. I became very upset upon getting this information because it meant I would have to go on Replacement Hormone Treatment (RHT). If one ovary had been saved, I wouldn't be experiencing menopause symptoms.

Immediately after surgery I experienced the so called normal depression - crying for no apparent reason, and a low blood count which resulted in blood transfusions. At age thirty-three I thought I was going crazy. When I mentioned to my surgeon I was experiencing night sweats and other menopausal symptoms, his reaction was one of dis-

belief. Two years later there is still a physiological effect. Even though estrogen is seen as mandatory, I feel some reluctance about accepting this treatment. Newspapers and magazines are constantly pointing out that estrogen could cause breast cancer. Also, having to go through menopause gives me that 'older' feeling.

Presently, I am facing the possibility that I might have endometriosis in the wall linings. I was told by a surgeon, again after several visits to my family doctor, "Estrogen could be causing the condition to come back, so this is a Catch 22."

Even though I feel I should be thoroughly familiar with endometriosis, I still feel somewhat confused and in doubt of some answers. Could it be hereditary? What causes this condition? Is it imperative to avoid birth control pills now?

I really feel there should be more research done into this condition and that all information should be available to women.

Symptoms and diagnosis of endometriosis

By Susan Kalma, R.N.,
M.S.N.

The name is enough to put one off, let alone the symptoms which some women experience. Let's look at a definition first. Endometriosis (en-dough-me-tree-oh-sis) is a disease of the endometrium, which is the special tissue which lines the uterus (womb). Normally, each month during a woman's fertile years (usually from 12 or 13 up to menopause) this lining regularly thickens and then is shed, forming a cycle. This is well adapted to reproduction: when the lining is thick, a fertilized egg finds conditions ideal for implanting and growing; if there is no fertilized egg or if one does not implant, the lining is shed and then regrows. A cycle of shedding (menstruation) and regrowth takes about 28 days. If pregnancy occurs, the endometrial cells take on a new role. They do not shed but rather contribute to the tissue's essentials for the nourishment and protection of the fetus.

As you can see, endometrial cells are unusual and special. Even more unusual is the fact that they can become displaced and continue their monthly cycle somewhere else in the body. This can cause big problems. There are at least three main theories for how endometrial cells get displaced, although how they get into men is particularly unclear. (Yes, very rarely, men do get endometriosis.)

What happens when these cells get into the wrong place? They will make their presence known in ways which causes a

variety of symptoms. Symptoms of endometriosis include severe pelvic pain during menstruation or most of the time, inability to become pregnant, and pain during intercourse. Associated symptoms may include tiredness, anemia, difficulty with bladder or bowel function, depression, and other troublesome problems.

The U.S. - Canadian Endometriosis Association has compiled research on endometriosis, and their book, *Overcoming Endometriosis: New Help from the Endometriosis Association*, edited by Mary Lou Ballweg (1987, New York: Congdon and Weed), provides most of the information contained in the article. According to data from the Endometriosis Association, around a third of women with endometriosis are infertile. They have found that the disease can begin in the teen years, though it is more frequent during the 30s and 40s.

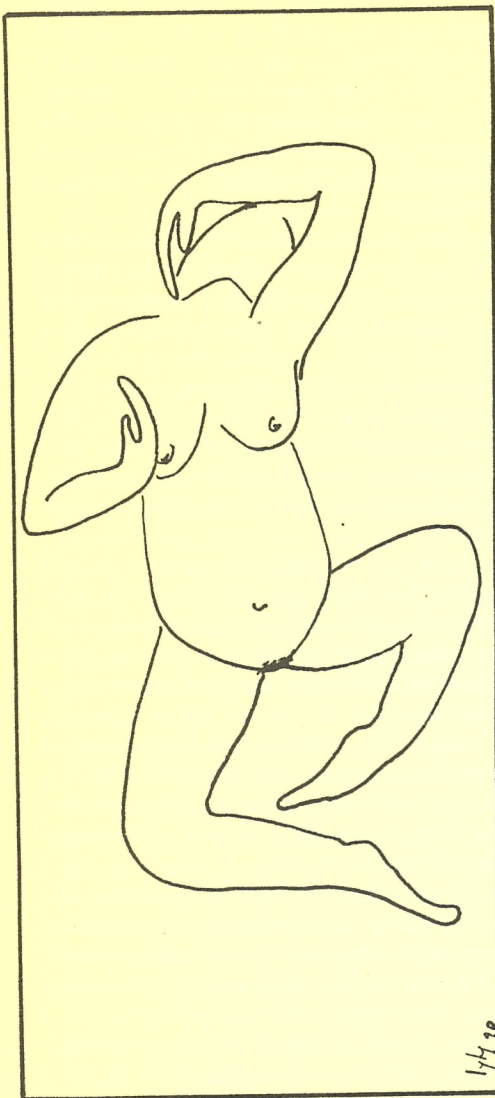
How could you find out whether you have endometriosis? If you have any symptoms which suggest this diagnosis, talk it over with your family doctor or nurse practitioner. A pelvic exam, pap smear, and perhaps some blood tests will be in order. Next there will probably be a visit to a gynecologist. If the gynecologist suspects endometriosis, she is probably going to want to do laparoscopy to make sure. A laparoscope is a fiber optic device which can be inserted into the abdomen or pelvis to enable a careful look around. It's sort of like a miniature periscope, letting the clinician peer around dark corners. The procedure involves a small incision and may be done on an out-

patient basis. In a person with endometriosis, the clinician may be able to see patches of endometrial tissue in the abdominal cavity or attached to the bladder or other organs.

The treatment of endometriosis varies, but the most common treatments are surgery, hormones or both. If laparoscopy reveals distinct masses of cells in areas which are easily reached, they can sometimes be removed through the same incision as the laparoscope. Sometimes more extensive abdominal surgery is needed. Hormone treatment frequently involves taking birth control pills. In more severe cases, a prescription for Danazol (Cyclomen) is given for three to nine months. Since this is a male hormone, it stops egg production and shrinks all endometrial tissue, whether inside or outside the uterus. Side effects of Danazol can include menopause-like symptoms, such as hot flashes, weight gain, dryness of the vagina, and mood changes, and sometimes there can be liver problems or irreversible deepening of the voice. Any woman who takes this hormone should get checked regularly.

Wouldn't it be nice if one could get rid of endometriosis by becoming pregnant? Don't count on the success of this approach. Pregnancy and breast-feeding can bring some relief, but such relief is temporary at best. And besides, an appreciable number of the women who suffer from endometriosis are unable to conceive. Those who do are at higher risk that other women of having a miscarriage or an ectopic pregnancy. (An ectopic

continued on page 27



twenty-six

WITCH HAZEL

Aerobics by Tara: business and fitness combined energetically

By June Hiscock.

June: What got you into aerobics and when?

Tara: I started getting into fitness as a young mother. I couldn't get out a lot so I would work out with television shows at home. When my two boys got old enough, I would take them to a centre that had daycare a few days a week and of course, as my kids got older, I got into classes where they could participate as well. It was a great stress release for me. I was always interested in fitness so I started taking courses, got first-aid and CPR and became certified. I started out very slowly, got experience at a couple of fitness centres here in the city and from there opened my own studio.

June: Where do you get certified and what is involved?

Tara: Certification comes from several recognized agencies such as the Y, the Aquarena, Parks and Recreation, etc. First you do a course over several months, from practical training to theory, music and movement; correct fitness positions; safety, which is a big factor; nutrition; some stress management, but the main thing you learn is how to conduct a safe fitness class, how to check someone's heart rate. Then you go on into practical training. In the course you learn all the major components of fitness - warm-up, aerobics, cool down, stretch and endurance, flexibility and so on. Written tests are given on a regular basis. As instructors we are given basic training with very high safety standards. To be a good instructor you have to be a natural, but you can't be a natural without the certification.

June: What exactly is aerobics and what can it do for you?

Tara: What happens when you do

aerobics is that your cardiovascular and circulatory systems improve, it strengthens your heart so there is less effort to pump blood to the rest of your body, your endurance will build, you will become physically stronger, have more energy and as you increase your metabolism, your body will stabilize. You increase your metabolic rate, your rate of

year old; it's no good to come to aerobics classes for long enough to fit into that new bikini because you're going to Florida on vacation next month. A lot of us, especially Newfoundlanders, don't feel good about ourselves whether we have a weight problem, we're out of shape, or whatever it is, so coming into a fitness class can help you develop a healthier life

media hype. It makes fitness look cosmetic and it most definitely is not. One of the reasons I don't have a drop-in fee at my centre is because I want to know everyone on a personal level. People feel comfortable in my classes because of the personal approach, whether they come to feel better about themselves, attain a positive image, lose weight or just plain get to meet other people. I also have a referral board that has pamphlets for smoke-free clinics, nutrition, massage therapy, etc. If I or my instructors can't help someone with a particular problem, at least we can point them in the right



Tara et al preparing an aerobics routine for a show on Channel 9.

burning calories, which means that eventually your weight will be at a stable point. If you continue to exercise three times a week for at least twenty minutes, then you should feel healthy and a whole lot better.

For a lot of people, aerobics is a way to feel better about themselves while attaining a fitness goal. But your goals have to be attainable. You can't be a forty year old woman hoping to look like a sixteen

style. But you have to want to do it for yourself. And the only real way to stay fit is to be consistent and accept that it's a life long practice.

To really get your body conditioned takes a long time, especially if you've never worked out before. The main thing to remember is to go at your own pace and never be competitive with anyone but yourself. I think the media puts too much emphasis on the perfect look and it can be very confusing to younger people growing up today. They want to look like the "perfect poster girl" because of all the

"What happens when you do aerobics is that your cardiovascular and circulatory systems improve. It strengthens your body, your endurance builds, you become physically stronger. Your body will stabilize as you increase you metabolism and you will have more energy.

direction.

June: So, any advice for people out there who are thinking about getting into some kind of fitness?

Tara: We're all human and people want to be with other people who have common goals. If you're taught to pace yourself and listen to your own body, and you have an attainable goal, then the energy level that comes with fitness improves your whole outlook on life. Out of about every ten people, I will probably reach one and be able to help them develop that healthier life style. That's the most rewarding part for me.



Four hundred people got together to do aerobics at the recent Aerobic Rendezvous at the Stadium.

twenty-eight

*Aerobics
by Tara*

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66 Queen's Road
738-1942

Walk from downtown or park in
convenient well-lit parking lot
at rear of building.

Aerobic / Toning Classes

Lunch Hour - 1:10 to 2:10
Supper time - 5:30 to 6:30
Evenings - 7:30 to 8:30
Sundays - 3:00 to 4:00

Coming in September:

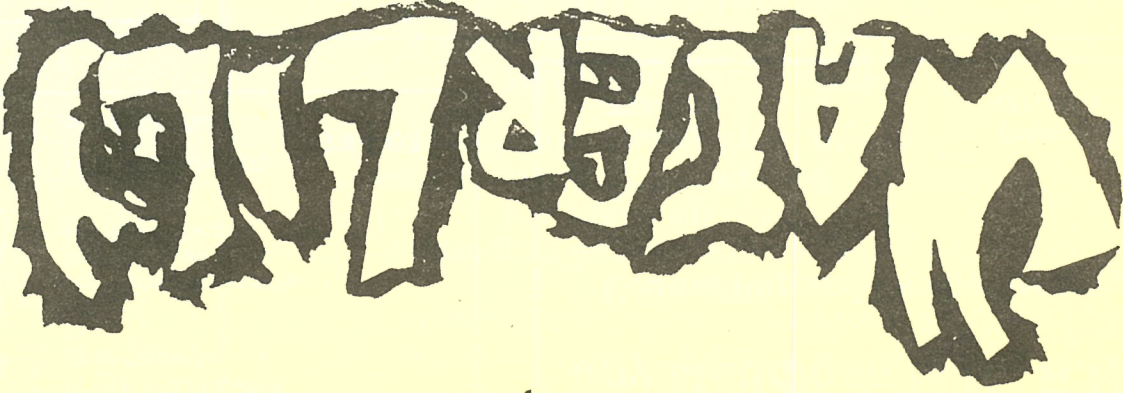
Beginner Aerobics
Beginner Toning Classes

For the fitness enthusiast:

circuit training
(light free weights / ankle weights)

Congratulations to Waterlily on your first anniversary!

Come one, come all!



is celebrating its
1st Birthday!

The party will be at our new offices: 96 Lemarchant Road on Friday, June 22. Refreshments will be available, and festivities will start at 3:00 pm and continue until 7:00. T-shirts and buttons will be sold. All our readers are welcome.

ST. JOHN'S OXFAM CENTRE

CONGRATULATIONS TO THE WOMEN OF ST. JOHN'S FOR LEADING THE VICTORIOUS STRUGGLE AGAINST CUTBACKS TO WOMEN'S CENTRES ACROSS CANADA.

DROP IN & VISIT THE CENTRE
Hours: Mon. - Fri. 9:00 a.m. - 5:00 p.m.
382 Duckworth Street
St. John's

The Centre provides a large selection of books, periodicals and audiovisual materials including such titles as:

- *Healthsharing
- *New Internationalist
- *Women and Environmentalists
- *Aquelarre - Latin American Women's Magazine

ALSO AVAILABLE at the Centre -
BRIDGEHEAD COFFEE AND TEA
*Light & Dark Roast Coffee (beans & ground) from Nicaraguan Coffee Co-ops
*Sri Lankan Tea

KIRBY HOUSE

a shelter for women and children
P. O. Box 6208
St. John's, Nfld.
A.T.C. 639
Phone: Crisis Line 753-1492
Administration 722-8272

Dear Friends:

The Iris Kirby House (Transition House) is an emergency shelter for battered women and their children in St. John's. The service provides safety, counselling and support to families throughout the Avalon Peninsula. Staff also develop public education programs and work with other community agencies to prevent wife abuse.

The 16 bed shelter receives most of its funding from the Department of Social Services. However, the amount of money received every year falls short of what is required to operate a quality service. For example, the Department of Social Services allocates only \$2000 to meet the special needs of children in the shelter although Iris Kirby House spends over \$9000.

This year the shelter is expecting a \$60 000 shortfall in government funding. We the community share the responsibility to assist abused women and their children in the St. John's area. *Help Iris Kirby House meet its deficit by mailing your tax deductible donation to the address above.*

Sincerely,
Shirley Carew, Fundraising Committee Chairperson

The following are places where Waterlily can be bought. If you would like to see Waterlily sold in your area, please contact us and we'll do our best to be there!

- St. John's Area:**
Aaron's Donair & Taco Cafe, Afterwords Bookstore, Airport Gift Shop, Auntie Crae's, Classics Bookstore (Avalon Mall), Classics Bookstore (Bowings), Coles Bookstore (Avalon Mall), Coles Bookstore (Village Mall), Continental Cafe, Delta Drugs (Newfoundland Drive), Delta Drugs (Ropewalk Place), Dicks & Company (Scotia Centre), East-ern Edge Art Gallery, Excel Pharmacy (Churchill Plaza), Fort William Building Gift Shop, Grace Hospital Gift Shop, Holiday Inn Gift Shop, L.S.P.U. Hall, Mary Jane's, Manna Bakery, Monty's (Churchill Square), M.U.N. Bookstore, Oasis Cafe, O'Mara Martin Drugs (Rawlins Cross), Oxdam Centre, Parkdale Pharmacy, Provincial Advisory Council, Rabbitown Community Centre, Readmore Bookstore (Village Mall), Red Circle (Fountain Spray - Military Road), Supreme Drug Mart (Duckworth Street), Trans Canada Drugs (Hamilton Avenue), Tubby's Kiosk (Atlantic Place), Yancy Street
- Out of Town:**
Bay St. George (Stephenville - Women's Centre), (St. Finian's - Sally's Craft Shop), Catalina (Catalina Pharmacy), Corner Brook (Family Bookstore), Gander (Cards Plus - Gander Mall), Green's Harbour (Women's Centre), Labrador (Women's Centre/Labrador West), (Barb Wood), (Laura Jackson), Port-aux-Basques (The Book Nook)
- Out of Province:**
Halifax, Nova Scotia (Atlantic News), (Red Herring Bookstore), Hamilton, Ontario (The Woman's Bookstore), Montreal, Quebec (Double Hook Book Shop), Vancouver, British Columbia (People's Co-op Bookstore).

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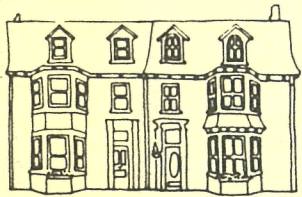
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THE WOMEN'S ENTERPRISE BUREAU OPENS NEW REGIONAL OFFICE

The Women's Enterprise Bureau is pleased to announce the
establishment of six offices providing service to women interested in
business around the province:

Avalon

85 Water Street
St. John's, NF
A1C 1A5
Telephone: 754-5555
Fax: 754-0079
Contact: Anne Marie Anonsen

Eastern

P.O. Box 1236
Marystown, NF
A0E 2M0
Telephone: 279-2284
Fax: 279-1878
Contact: Clara Smith-Murphy

Labrador

P.O. Box 544, Station "A"
Happy Valley-Goose Bay, LB
A0P 1S0
Telephone: 896-2978
Fax: 896-2970
Contact: Cheryl Butler

Western

General Delivery
Port aux Basques, NF
A0M 1C0
Telephone: 695-9690
Fax: 695-9691
Contact: Jennifer O'Quinn

Central

P.O. Box 456
Grand Falls, NF
A2A 2J8
Telephone: 489-1241
Fax: 489-4560
Contact: Margaret Scott

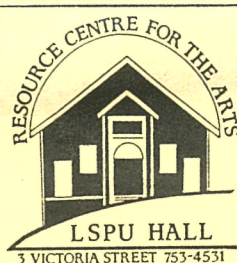
Northern Peninsula

P.O. Box 295
Port aux Choix
A0K 4C0
Telephone: 861-2104
Fax: 861-2155
Contact: Carolyn Lavers

THE CHILDREN'S CENTRE



The Children's Centre, a parent-run preschool,
is now accepting registration for the fall, 1990
programs. The nursery program for 2 year olds
is held on Tuesday and Thursday afternoons
from 1:00 to 3:00 and 3:30 to 5:30 P.M. The
morning preschool for 3 to 5 year olds runs from 9:00 to 12:00 A.M.
and we are tentatively offering an afternoon preschool on Mondays,
Wednesdays and Fridays from 1:00 to 4:00 P.M. We are located at
40 Golf Avenue and are open to "drop-in" visits any morning.
Call 579-9053 or 739-9747 for further information and watch for the
Fall issue of Waterlily for feature on the Children Centre's philosophy
and programs.



SOUND SYMPOSIUM

July 4-14

LIVE AT THE HALL

(Codco) July 16

MAN ON THE MOON, WOMAN ON THE PILL

(RCA 2nd sp) July 19-22

BONNIE AND CLYDE ARE DEAD

(RCA Theatre Co.) July 25-28

THE BEST MAN

(RCA Theatre Co.) by Greg Thomey, August 8-12

LATE NIGHT DANCE PERFORMANCE

(Jo Leslie) August 16 & 17

IN CONCERT

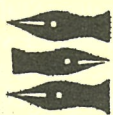
(Kittiwake Dance Theatre) August 24 & 25



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Go see a show

A message from the people at CODCO



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WANTED: WRITERS, PREFERABLY ALIVE AND LITERATE

So, you like to write but don't know where to send your stuff? Feel like you're in a
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monthly newsletter that will keep you informed on what's going on in the well-written
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The Alliance has up-to-date markets, competitions, and publishing houses designer-
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writer ask for?

Call Catherine at 739-5215 for details on how to join. Our offices are located on the
third floor, 127 Queen's Road, St. John's. Drop in for a coffee and a browse! Or write

The Writers' Alliance of Newfoundland and Labrador
P.O. Box 1133, St. John's, Newfoundland A1C 5M5



The Second Chance Thrift Shoppe

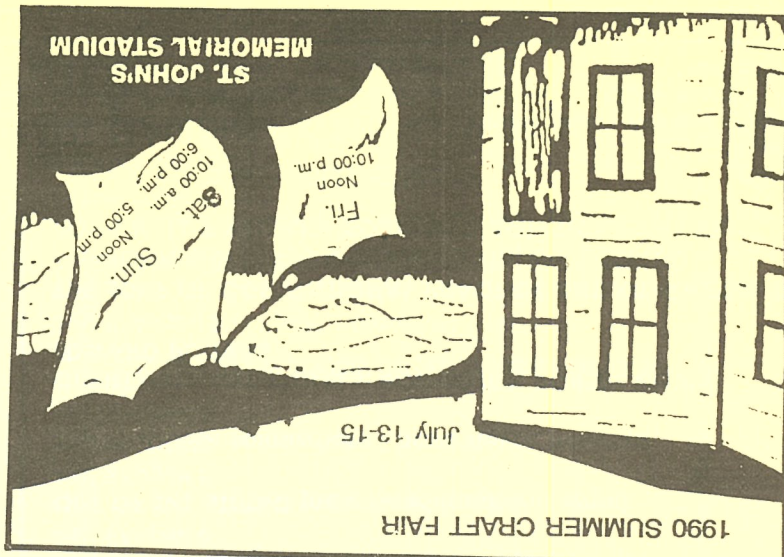
Congratulations to Waterlily on your first anniversary
from The Second Chance Thrift Shoppe !

Notice to our customers and supporters:
Our new store hours are
Tuesday to Saturday 11:00 am to 4:00 pm.
Closed on Sundays and Mondays.

147 Gower Street (753-3339)

Donations in aid of Iris Kirby House

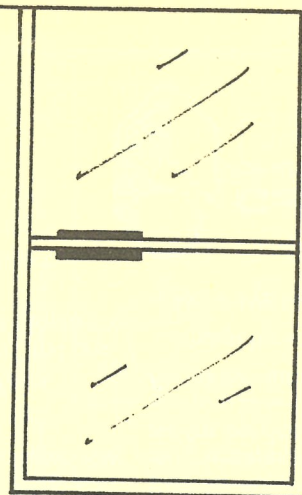
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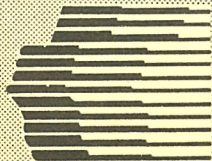
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Women's Policy Office Grants Program



Type of Funding:

Grants of up to \$2500 may be obtained for projects.

Projects must enhance the status of women in our province.

Projects shall be developed and carried out within the province.

Applicants should be able to provide a portion of the cost, or some of

the resources required to run the project.

Individuals may apply, but priority will be given to women's or community non-

profit groups and organizations.

Application forms are available by writing or phoning:

Women's Policy Office

P.O. Box 8700

2nd floor, West Block

Confederation Building

St. John's, NF

A1B 4J6

phone: 576-5009

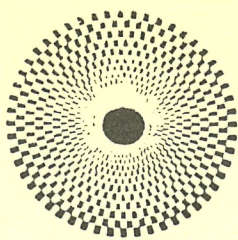
First grant deadline: October 31, 1990.

fax: 576-2331

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OUT OF THE STUDIO (new Newfoundland work)

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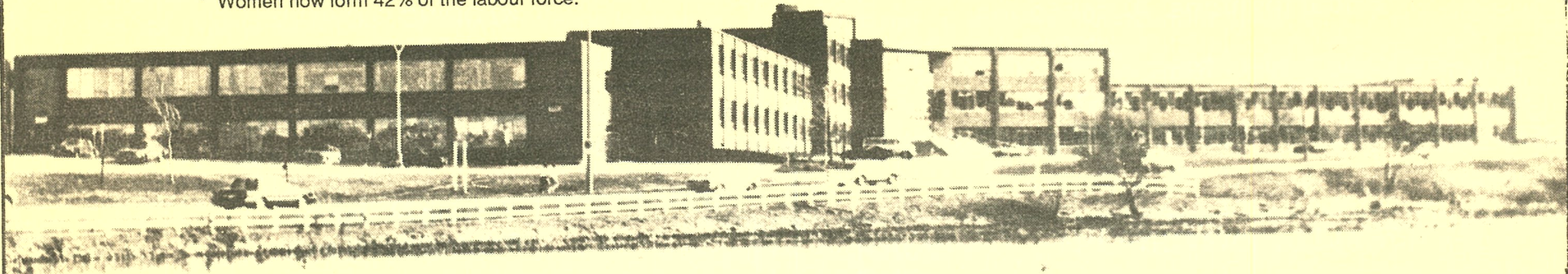


Cabot Institute

Division of Continuing Education

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- * Women now form 42% of the labour force.



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We also offer a number of training programs designed specifically for women, sponsored by Canada Employment's

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For further information, please contact:

Cheryl Brown — Evening Courses: 778-2578

Mona Wall — Contract Training: 778-2228



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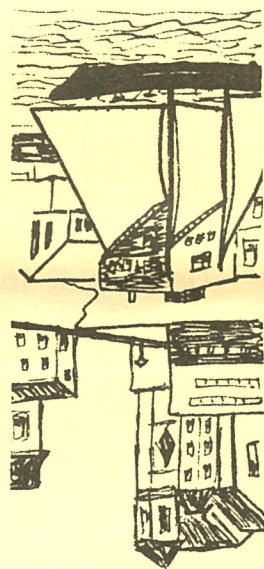
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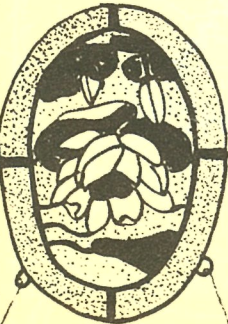


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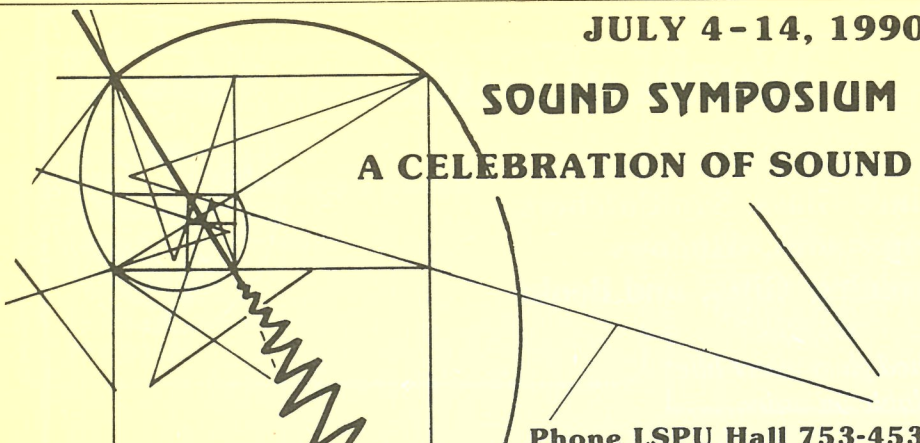
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JULY 4-14, 1990

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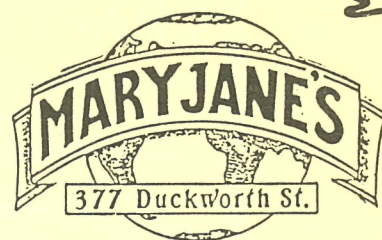
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The Women's Directory Project, CCIC
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The Advisory Council offices are open 8:30 - 5:00 p.m.
Monday to Friday. Summer hours are 8:30 - 4:30 p.m.
The Council has a resource centre with feminist
periodicals, books and reports.

A wheelchair accessible boardroom is available to
women's groups for evening and weekend meetings.

Provincial Advisory Council on the Status of Women
131 Lemarchant Road, St. John's, NF A1C2H3



Please call 753-7270 for more information.

