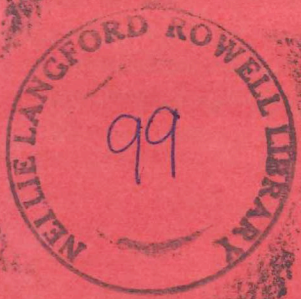


RECEIVED DEC 9 1986

TAPESTRY

A FEMINIST QUARTERLY



REPORT ON CHINA TRIP

DREAMWORK-THE INNER
QUEST

YOU CAN HEAL YOUR LIFE

SULLIVAN-LEMAY CONVICTED

CANADIAN COALITION OF
WHOLISTIC HEALTH
ORGANIZATIONS

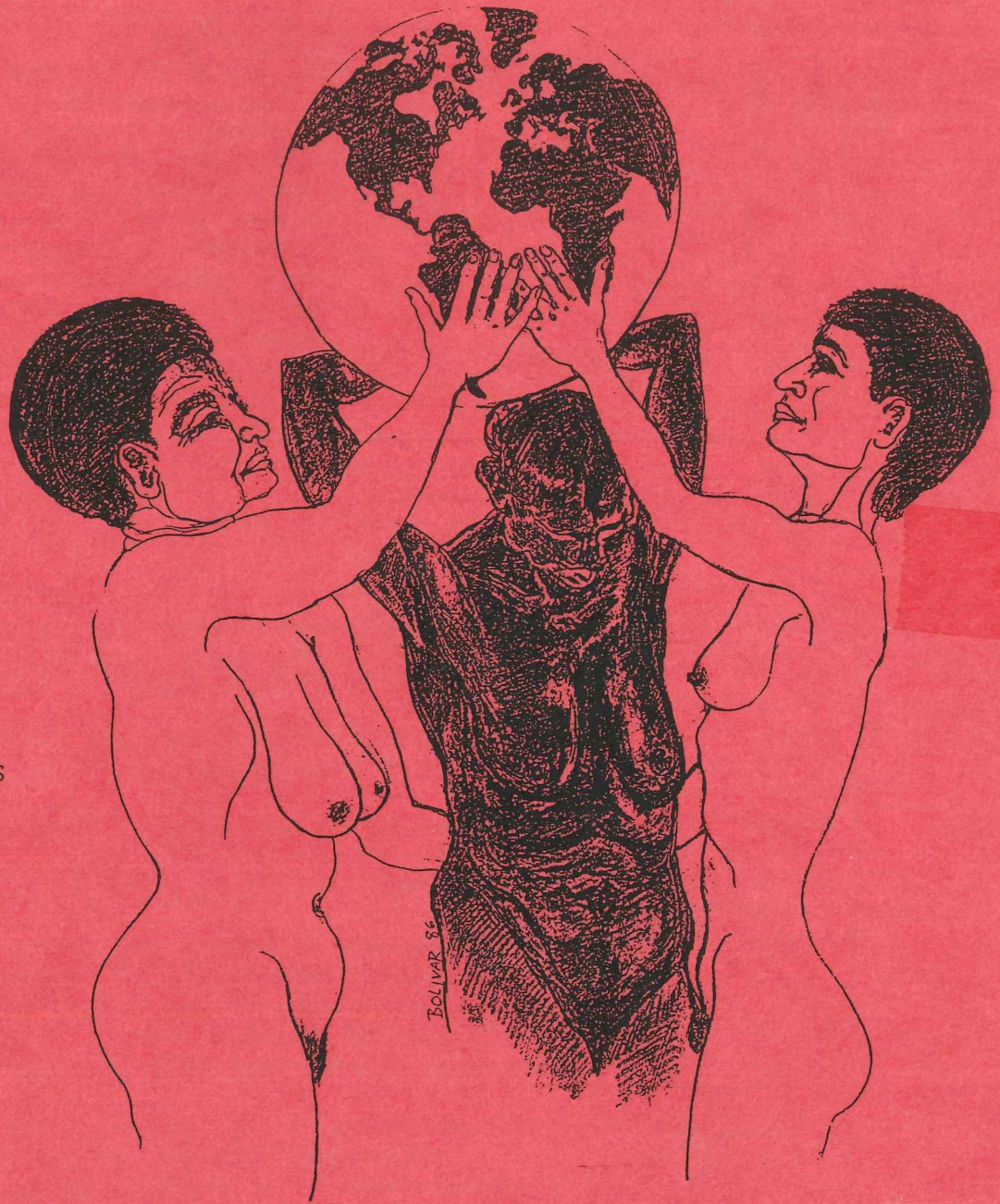
THE END OF THE BEGINNING

FEDERAL FERTILITY HEARINGS
A SHAM

NEW PORN BILL POSSIBLE

CHARTER CASES

NEW RESOURCES



autumn 1986

\$1.25



TAPESTORIAL

The autumn issue of TAPESTRY is woven around the theme of Strength, Sisterhood and Spirituality.

The pattern we have chosen is depicted on our cover by artist Anne Bolivar, showing the strengths of women united in sisterhood and spirituality.

The building of these strengths is supported by an article on affirmations and a book review of a new book that is available at the Coalition, "You Can Heal Your Life," by Louise Hay.

Jane Evans has given us a great article on her recent trip to China. Ginny Jones Thomson, Gentian has contributed several pages of her excellent, sensitive poetry that you may choose to save.

A new collective member, Marya Milligan has written an informative article on Dreamwork, and other articles on political and topical subjects are presented in these pages.

This issue of TAPESTRY is the product of a lot of love and hard work. The women who comprise the Collective of the Okanagan Women's Coalition are proud to be a part of it.

TAPESTRY is published by the

Okanagan Women's Coalition

RESOURCE CENTRE: 4, 5 & 6 - 3000 - 30th Street in Vernon

Hours are 9 to 3, Monday to Thursday and by appointment

PHONE: 542-7531 (includes after-hour messages) or 545-6406

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



The Okanagan Women's Coalition meets collectively on Mondays at 10:00 a.m. The Coordinating Collective welcomes new members to become involved in the many and varied activities and issues. The library, the quarterly newsletter, TAPESTRY, workshops, advocacy, research and lobbying are a few of the areas where more women energy is desired.

Membership information, library cards, t-shirts, cards and buttons, tea and coffee, children's play area, photocopying, support and conversation with other women is available at the Centre.

The Okanagan Women's Coalition is a non-profit organization working to improve the status of women in the Okanagan - Shuswap.

Women who helped with this issue of TAPESTRY: Anne Bolivar, Catherine Connell, Muriel Hurry, Marya Milligan, Gwyneth Montgomery, Jan Schumacher, Ginny Jones Thompson

THE POWER OF AFFIRMATIONS

Can we change our destiny? Do we have the power to turn our lives around? Is it possible to make the unattainable attainable?

The answers to these questions can be yes, claim Coalition members Catherine Connell and Lana Johnson. And the answers lie in the power of affirmations--positive, often-repeated affirmations.

Affirmations are thoughts you place in your conscious mind to produce a result you are seeking.

Catherine says she has been using affirmations every day for more than a year, and explains that what one tells oneself becomes the truth, whether negative or positive. Cath uses such opportunities as walking to work, driving, shopping or just relaxing. The more often affirmations are repeated the more they become a part of you. She uses a set of affirmations and repeats them 3 times each for mind, body & spirit and she repeats these 3 times daily. She explains that affirmations must be kept in the present tense. I am loving and lovable, rather than I Will be loving and lovable.

Since she has begun the affirmations Catherine has improved her self-esteem; she now has a job that she loves in a supportive environment. She firmly believes in the power of the affirmations and feels that the positive changes in her life are a result of the changing of negative thought patterns.

Lana started doing affirmations two years ago.

"Since then," she says, "my life has changed incredibly. I'm a lot more positive and I'm not afraid to try new experiences."

"Before I started affirmations I was quite a negative person. I always thought I was never really good at anything; therefore I didn't get involved in group activities."

"Now," she continued, "I am involved with the Okanagan Women's Coalition, both as a member of the Collective and of the Board of Directors. I am involved with many sports and activities. I truly believe that it's because of my affirmations and holding onto my positive thinking. For the first time in my life I really do believe in myself."

During the past 6 months, Lana has bought her own beautiful home and has given birth to Sharda, a very precious daughter. There were two of the greatest goals in her life.

It must be stressed that there is more to affirmations than just a repetition of a wish. We must examine our old negative beliefs which condition the realities in our lives. We must consciously discard these negative thoughts and replace them with constructive affirmations.

If we are ready and needful of a changing pattern in our lives, then the affirmations are a powerful tool.

In times of illness and grief, they can speed and enhance the healing processes.

Here is an affirmation from the book, YOU CAN HEAL YOUR LIFE by Louise L. Hay.

"In the infinity of life where I am, all is perfect whole and complete. I am always divinely protected and guided. It is safe for me to look within myself. It is safe for me to look into the past. It is safe for me to enlarge my viewpoint of life. I am far more than my personality--past, present or future. I now choose to rise above my personality problems, to recognize the magnificence of my being. I am totally willing to learn to love myself. All is well in my world."

Affirmations do not need to be as long or as involved as the above one; they can be composed to suit your individual needs, such as Lana's favorite, which she shares with us.

"The infinite intelligence of my mind will guide me to my true purposes in life."

---Muriel



FEDERAL FERTILITY HEARINGS A SHAM

Kinesis, Oct. '86

Depo-Provera, a controversial contraceptive drug currently under consideration for approval by the federal Conservatives, has not received the thorough investigation promised by federal Health Minister Jake Epp last December.

According to the Vancouver Women's Health Collective, a founding member of the Canadian Coalition on Depo-Provera, the six invitation-only closed meetings recently held across Canada on fertility control issues did not adequately assess either the general birth control needs of Canadians or the safety of Depo-Provera specifically.

"Our fear," said Coalition representative Lorna Zaback, "is that the government has already decided to approve Depo-Provera and that these meetings were a way of placating opposition to the drug."

Depo-Provera is the trade name for the injectable form of medroxyprogesterone acetate, a synthetic progesterone-like hormone. It prevents both ovulation and menstrual bleeding by disrupting a woman's normal hormone pattern. Depending on the dosage, a single shot will prevent pregnancy for three to eight months.

Although it is currently used in over eighty countries and has been given to approximately ten million women for birth control purposes,

the drug is the subject of worldwide controversy and is currently under investigation by the World Health Organization. Manufactured by the U.S. based Upjohn Company, approval of the drug for contraceptive purposes in the United States has been turned down three times.

Side effects noted by the Coalition include weight loss or gain, depression, dizziness, loss of hair, limb pain, abdominal discomfort, vaginal discharge, darkening spots of the facial skin as well as prob-

lems which have been linked to long term use including cancer of the uterus, breast cancer, drastically increased incidence of diabetes, severe mental depression and temporary or permanent infertility.

Coalition members represented at the Vancouver Fertility Control Meeting included the Vancouver women's Health Collective, the Vancouver Status of Women, and British Columbians for the Mentally Handicapped, all of whom impressed upon the government appointed panel that Depo-Provera should not be approved for contraceptive use at this time. Approximately twenty-five individuals and organizations attended the invitation-only meeting September 11, including pharmacists, birth control counsellors, health clinics, endocrinologists (doctors specializing in the glandular/hormonal system) and Coalition representatives.

The Coalition will continue its efforts to stop Depo-Provera's approval. Because of its injectable mode of delivery, which requires almost no co-operation from the woman using it, the Coalition is concerned women will not be adequately informed about the drug before getting an injection.

"We are gravely concerned that Depo-Provera might be approved on the basis of findings at these closed hearings," says the Coalition. "Once Depo is approved, we can expect it to be widely advertised and promoted by the manufacturer." The Coalition points to the difficulty in removing drugs from the market once they have been approved and warns that Canada "does not need another DES, another sequential oral contraceptive, another Dalkon Shield."

ROSEMARY BROWN - A WOMAN OF
SUBSTANCE:

Very much a woman of today, Rosemary Brown has the lasting qualities that have made her the most prominent woman we have ever known in the British Columbia political field.

She has dignity, wisdom, strength. She has a strong sense of humour and an instinct for survival. And survival is hard in the political wilderness, a civilized, slick and dangerous jungle.

Born in Jamaica of a political family, educated in the best universities of Canada, Rosemary is so intelligent and so sharp that she literally takes your breath away.

I had breakfast with her one Wednesday morning in early October. I wanted to write something about her as a person, as a woman, but I couldn't think of anything new to ask her. All of my questions had been asked a thousand times before. She wasn't looking for questions, she was too busy looking for answers.

But she replied to my few questions gracefully. She has been married thirty-one years, has three children. One daughter is a lawyer, another is musically talented. Her son works with advocates. She is a grandmother.

Rosemary is not seeking office again after 14 years as an M.L.A., but she assures us that she has not retired from politics. She will be working actively for the things that she, as a feminist and as a politician has always worked for. Equality, justice, women's rights.

"I meditate," she told me. "I exercise. On the road I bring my crocheting. At home I weave."

If she weaves at home even one tenth as well as she has woven the tapestry of her life, then her weaving must be beautiful indeed.

Thank you for being one of us,
Rosemary Brown.

- M. Hurry

The Feminists Grandmothers of Canada is a group that was formed by the National Action Committee on the Status of Women.

This is more an honorary group than a working one, formed, in part to contradict those who claim that feminists are anti-family.

The name was selected to express a commitment to feminist principles and, though there are no membership fees, a donation towards postage would be appreciated.

Requests to join this group should be directed to:

Jane Evans
Feminist Grandmothers
of Canada
Box 278
Armstrong, B.C.

Little one, laughing one.
Tall as my knee,
Somewhere within you
Lives something of me.
On and on.
Through eternity--
Like the sand on the desert,
The sun on the sea,
We are ageless,
Forever,
My grandchild and me.

M. E.



ABOUT THE ARTIST

by Muriel Hurry



Anne Bolivar

Anne has contributed to the cover art work to our summer and fall issues of Tapestry.

On the summer issue she depicted a woman holding up the world. On this fall issue she has shown three women holding Planet Earth, higher and more secure.

Our theme this issue is Strength, Sisterhood and Spirituality. Thank you, Anne, for depicting this theme so dramatically.

Anne Bolivar was born in Bridgewater, Nova Scotia. She attended the Nova Scotia College of Art and Design in Halifax from 1980-84. She completed her Bachelor of Fine Arts degree with a major in ceramics and in 1985 she moved to Banff, where she participated in the 1985-86 Winter Cycle Ceramics program at the Banff Centre, School of Fine Arts.

This school is designed to offer participants the time and facilities for concentrated study and exploration of new ideas within their own work, as well as to interact with others in the Visual Arts and Performing Arts, such as music, dance and theatre.

A new arrival in Vernon, Anne tells me that she is enjoying, as a feminist and an artist, participating in the O.K.W.C.

Strength--MASS
fragility
and Beauty, shining
as clear as an unflawed crystal.
yet obscured
separated

strangely broken--
strangely complete--
completely strange--
like past and future
joined together in a vision of to-day.
and
that which is not a question
does not require an answer.
and
truth is naked there--
a statue in a garden
in the rain.

ABOUT THE WRITER

by Muriel Hurry

Ginny Jones Thomson-Gentian

Gentian exudes artistic creation through every cell of her body. There are few artistic fields in which she has not surpassed.

These three pages of poetry, dancing and delightful, show only one of her many talents.

I asked Gentian to tell me a bit about herself, her life, and following are the statistics as she gave them to me.

Born- Oklahoma City; attended Cleveland State University and Cuyahoga College in Cleveland. In 1971-73, I studied what interested me. Humanities, Sciences, Arts. I thoroughly practiced ceramics. In 1978 I travelled through the U.S. and Ontario, then moved to Vernon and took pre-med courses for one and a half years at Okanagan College. In 1980 I was involved in Choices in Childbirth Organization as public relations person.

My first son was born in 1975 and my second son in 1980. I am a single mother currently enjoying the theatre arts, singing and water color work. I won best supporting actress at Zone Competitions and won best supporting actress again at the Prince George Festival of the Arts, in final competitions for the best of British Columbia. I like acting and directing.

I have been conscious of world Human Rights issues and needs since I was fifteen years old, and I promote humanness and freedom of choice. I am a friend of the Okanagan Women's Coalition and participate in the Vernon Collective of the O.K.W.C.





YOU CAN HEAL YOUR LIFE

by Louise L. Hay

You Can Heal Your Life is a self help book that becomes a part of life. Before you are half-way through it you wonder how you ever managed without it.

Louise Hay starts Chapter One by telling us, "The gateways to wisdom and knowledge are always open," and that, "Life is really very simple, what we give out, we get back."

She stresses that each of us are responsible for our own lives, and when we create peace and harmony and balance within our minds, we will find it in our lives.

According to Louise Hay, we tend to recreate, as adults, the emotional environment of our early home life. If this early life was damaging or non stimulating, we feel helpless and lack the skills to alter these patterns.

In no uncertain terms You Can Heal Your Life tells you just how to do that, both emotionally and physically.

Very candidly she lists key points of her philosophy. Some of these points are:

- Every thought we think is creating our future.
- Everyone suffers from selfhatred and guilt.
- It is only a thought, and a thought can be changed.
- When we really love ourselves everything in our lives works.
- Self approval and self acceptance in the now are the keys to positive thoughts.

Each chapter of the book ends with affirmations. The point of affirmations is that, by repetition they change old patterns of thought and create new.

Accompanying this review is an article by Catherine Connell and Lana Johnson telling us how they have used, for several years, affirmations that have helped them grow and to create their own philosophy.

How to Heal Your Life is on sale at the Coalition. We have sold out of our first 15 copies and ordered more. We have also ordered video tapes and cassettes by Louise Hay.

M.Hurry

NEW RESOURCES

for reference in our library

- Transitioning: Strategies For the Volunteer World, looks at changes in society, organizations, and individuals, and how those changes affect the volunteer field. A good tool for coordinators and other staff in organizations which use the services of volunteers. Written by Eva Schindler-Rainman.
- Richmond Child Care Study, Part 1, 1981, written by the Richmond Planning Dept. was done to clarify the needs and resources of child care services in Richmond.
- THE NAIROBI FORWARD - LOOKING STRATEGIES FOR THE ADVANCEMENT OF WOMEN: This document is an excerpt from the Report of the World Conference to Review and Appraise the Achievements of the United Nations Decade for Women: Equality, Development, and Peace (A/Conf. 116/28), reprinted by the Status of Women Canada. The World Conference met in Nairobi, Kenya for 2 purposes, first, to review and assess the achievements of the U.N. Decade for Women, 1976 - 1985, and, second, to develop strategies for the advancement of women to the year 2,000.
- Canadian Journal of Women and the Law Volume 1 NO. 1 1985 is a biannual publication established in order to exchange research and analysis in the rapidly growing area of studies surrounding women and law.

- Status of Women Canada's Report of the Task Force on Child Care (series 1-6), is a series of research studies designed, for the most part, to provide detailed analyses of selected issues of special relevance to child care and parental leave policies and their effects on the changing Canadian Family. Titles are: Series 1, Financing Child Care: Current Arrangements, Series 2, Financing Child Care: Future Arrangements, Series 3, Child Care: Standards and Quality, Series 4, Child Care: The Employer's Role, Series 5, Child Care Needs of Parents and Families, and Series 6, A Bibliography of Canadian Day Care Research.
- Index of Policy Recommendations is the official record of the resolutions and recommendations adopted at general meetings, annual meetings, and conferences of the National Action Committee on the Status of Women.
- A Feminist Review of Criminal Law published by Status of Women Canada attempts to focus on the areas of criminal law which are of particular interest to women.
- Toward Equality is the response to the report of the Parliamentary Committee on Equality Rights.
- A Forgotten Minority - Women In Conflict with the Law This booklet is intended to open up discussion about the real identity and needs of women in conflict with the law. Published by the Canadian Association of Elizabeth Fry Societies.
- Human Rights Employer's Guide is a package put out by the British Columbia Council of Human Rights, which contains a Hiring guide, Employer's Guide, information on Sexual Harassment, and Disabled Persons' Rights.
- Women In British Columbia, A Plan For Progress is the B.C. Government's recognition that for women to achieve full equality of opportunity in all facets of our society, much remains to be done. This booklet outlines their goals towards that end.
- 2 Programs Branch User Reports, one titled: A Canadian Directory of Programmes and Services for Women in Conflict with the Law, and one titled as above, but with the addition of Quebec City Addendum. Published by the Ministry of the Solicitor General of Canada.
- Women's Equality and The Charter of Rights and Freedoms - A Review of Selected British Columbia Legislation is a research project of the Charter of Rights Coalition (B.C.) Revised July 1985. It was published by the Legal Services Society of British Columbia.



SULLIVAN-LEMAY UPDATE

The Governments of Canada & British Columbia are likely to have spent more than \$300,000.00 prosecuting Vancouver midwives, Mary Sullivan & Gloria Lemay. It is a costly attempt to close down the illegal operation of midwifery in this province. For the past 8 years, midwives in B.C. have been presenting workable proposals to the Minister of Health. Request for Legal Status has been made time & time again; however, the practice of midwifery remains illegal in our province. Without the choice of midwifery care, there can be no reproductive choice for Canadian women. A significant number of childbearing families seek the services of midwives. We believe it is their legal right to have midwifery care available to them. The court action and the lack of action on the part of the Government to move toward licensing midwives is also a part of the B.C. Medical Association's campaign to suppress a growing trend toward alternative health care & home births.

TAPESTRY has kept you informed of the trial which you probably know by now led to the conviction of Sullivan & Lemay. Sentences will be handed down on December 4th & Ester Shannon of Kinesis reported that the stiff prosecution is expected to result in jail terms.

These women are still in need of our support & will benefit by being included in your meditations, affirmations & prayers. As well, contributions to the Sullivan-Lemay Legal Action fund can be sent to Box 46563, Station G, Vancouver, B.C. V6R 4G8

Before the conviction, TAPESTRY received a letter from Gloria Lemay telling us of their hope & thanking us for our support. Her letter is shared with you here.

Received October 14, 1986

(Aug. 31/86)
Dear Catherine, Jan & Collective members,

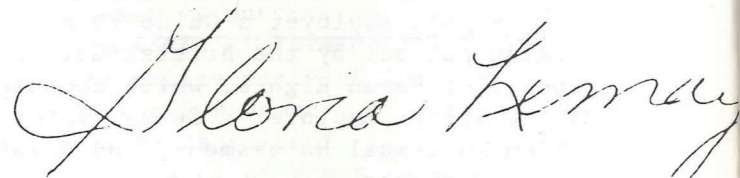
I am writing to thank you for publishing the update on our midwifery trial--your support is deeply appreciated.

We are now in day 30 of the trial and are feeling very sure we will be acquitted. Dr. Marsden Wagner of the World Health Organ. flew in from Copenhagen to give testimony. He told us our trial is not unique. Such legal battles are going on all around the Western world. He calls it an international witch hunt. We were pleased to find out that Dr. Wendy Savage, a feminist obstetrician in London, was exonerated of any wrongdoing in a similar case to ours.

We also were privileged to have a beautiful man from San Francisco, Dr. David Cheek, fly up to give expert testimony.

We really want you to know that this trial is strengthening us as midwives. We have learned a lot about networking, receiving support and new strategies for healing childbirth. We can't do it alone--your support makes all the difference. Thank you.

With love, dear sisters



P.S. I read Sphere of Hope for a bedtime story to my 10-year old--she loved it. Very good issue, loved Maureen Kariaganis' talk, Reiki info., and Despair work-review.

G.

NATIONAL WATCH ON IMAGES OF WOMEN IN
THE MEDIA (MEDIAWATCH) INC.

-from NATIONAL NETWORK NEWS BULLETIN
August '86

ADVERTISEMENTS & PROGRAMS

1) Fitness & Amateur Sport, Canada

Fitness Canada has produced a music video entitled "City of Kids." The purpose of the video is to encourage young people to be more involved in fitness activities. After viewing the video, MediaWatch found it a disappointment:

-the majority of characters are male

-women aren't depicted as very active

-when women are active, they're often depicted as sexual lures or decorative objects

The underlying message is that it's okay for men to be involved in fitness. Women on the other hand can participate some and we must look good at all costs. MediaWatch is very concerned about these kinds of images.

2) Calvin Klein's Portrayal of Women
Enrages Public Members

"Calvin Klein has done it again." MediaWatch is receiving many complaints regarding the latest Klein advertisement entitled: "Josie On a Ladder." One complaint describes the ad as follows:

"A woman is hanging over a fence, ladder or something. Her neck is very exposed-vulnerable, her face is very red. Is she dead? Her body is in an impossible position."

The Calvin Klein Company have refused to do anything about the ad. They try to pass it off as an..."artistic portrayal of a mood, rather than an illustration of a specific product." This attitude has angered public members to the point of action, as stated in this comment sent to Media Watch:

"...someone has taken bright red paint and has splashed it on the billboard... This poster has been in this condition for approximately 3 months..."

3) Simpsons' Window, Displays Misogyny
MediaWatch has been informed by the National Committee on the Status of Women, and the Golden Women's Resource Centre of a Simpson's window that in October and November displayed women in cages in leg irons (Montreal), and "...dismembered female corpse-mannequins splattered with paint and strung up by their necks with cords." (Toronto). While these two displays were removed promptly in response to protests, a new window is now displaying the same mannequins who are hung by their heads and necks with wires and pantihose. Groups and individuals are being requested to boycott Simpsons and to write to:

Mr. S.W. Brent, President
Simpsons Limited
176 Yonge Street
Toronto, Ontario
M5C 2L7

4) Santana Jeans-Sex Violence in
Advertising

The Santana Jeans Company have come up with a billboard ad that depicts women as victims of violence and men as violent. The ad shows one woman watching on, while a man is leaning over another woman with his hand on her throat. He is the only one in the ad wearing jeans. MediaWatch sent many complaints on to the company, and to date have not received a response. In Vancouver however, the ads were changed to show 3 young people standing together and smiling: a less offensive depiction. A recent complaint from Ontario, indicated that the original ads are still running in other parts of Canada.

5) Repcom Marketing: Marketing Sexism
Repcom Associates Ltd. have created a billboard which shows a nude woman on her stomach with a small TV set in the curve of her back. It is a blatant use of women as sexual lures. The company also uses the same photograph of their product presentation folders. They claim that women and men have complimented them on their national



MediaWatch (cont)

campaign. They state that they will continue "...the use of this very eye catching and successful promotion."

GOOD NEWS

1) Janzen-Gives Us the Whole Picture

Last summer Janzen Swimwear created a billboard depicting women in swimsuits standing together, but their heads were not in the picture. MediaWatch sent off complaints. One of the billboards was removed in New Brunswick, but they remained elsewhere in Canada. This summer it's apparent we were heard! Jantzen has created a new swimsuit ad: women standing together looking like they're having fun, and their entire bodies are in the picture.

2) Museum of ??????

After many phone calls and letters from MediaWatch and other groups across the country, the Museum of Man in Ottawa has decided to change their name to the MUSEUM OF CIVILIZATION.

3) Gibson Craft Centre Takes Action

The Gibson Power Craft Centre in Victoria, B.C. has decided to take immediate action regarding a poster seen in their store. The poster shows "...a woman with a very scanty dress sitting under a tree; legs spread apart, breasts hanging out with the caption 'what men really like.' She has a chain saw beside her." Gibsons wasted no time in writing MediaWatch and stated:

"We have instructed the person in charge of the chain saw department to remove it and he has done so. In addition, we have asked him to display more sensitivity with regard to sex-role stereotyping material."

4) CTV's Show Lifetime Contains Feminist Content

MediaWatch has been receiving commendations regarding a daily talk show called Lifetime. Some comments are as follows:

"Very good program-interview with 3 farm women depicting the diversity of women's lives..."

"Good program about the problem of teenage prostitution..."

"...a section on one woman's attempts to raise her children in a non sexist manner..."

"Very positive to see (a) lesbian mother speak about her experience of raising her child. I feel it is important to see more lesbians visible on TV..."

"I'm pleased to see that CKY (CTV) is presenting women's concerns."

5) Canada Dry: Real Portrayals

Canada Dry Ltd. has produced an ad which says: "We love you the way you are." The ad shows women and men of different shapes and sizes.

6) Travel Manitoba: Non Sexist Tourist Ad

Travel Manitoba has designed a tourism ad which shows ordinary people spending time in Manitoba. One of the images shows a woman canoeing by herself. As one person who commented on the ad states:

"...It's obvious you're not interested in selling something in a cheap way or in a false way. Congratulations!"

New address of MediaWatch:

#250-1820 Fir Street
Vancouver, B.C.
V6J 3B1

CANADIAN COALITION OF WHOLISTIC HEALTH ORGANIZATIONS

by: Reiki Master, Leah Smith

The C.C.W.H.O.... is it just another name in the Wholistic Health Community? Maybe so, however, this entity has been created to align Wholistic Health Care across the country. The birth of a National Computer Network, a store house of Wholistic Health Organizations and practitioners. The ability to refer clients that are moving to a practitioner in their new area. Allowing instantaneous communication between regions, and access to research findings entered by subject matter.

Presently the home base for the CCWHO is in Vancouver, supported by a six month grant by the city. We will gather information from across the country and put out a monthly newsletter so we can keep up to date about what is happening in each region. As well we are involved in an ongoing discovery into what is Wholism and what is a Wholistic Health Practitioner. Another area that we are investigating is coming up with standards and the possibility of certification for the individuals that we support.

The emphasis here is on cooperation, collaboration, communication. In future years the Wholistic Health Practitioner will be in demand beyond what we can presently imagine. I see the CCWHO as the opportunity for people who are committed to Wholism to come together with our differences and share our visions. To become grounded in our abilities and whole in our beings.

"Wholistic Health is a description of the human potential for self-realization and at the same time it is a description of the diverse means for its attainment." "Implicit in Wholistic Health is the basic human right to freedom of choice in health care and the responsibility of each individual to exercise this freedom to attain a state of personal well-being."

As a vision the CCWHO sees itself as a lobbying body to bring the Wholistic Community into the professional

arena, that we may stand whole and claim our place as professionals in our field. Not that we intend to replace the medical practitioner, more that we wish to work together to create wholism, emotional, physical, mental and spiritual well-being in ourselves and others.

The Founding Conference for the CCWHO was held in Vancouver on the 3, 4 and 5 of October 1986. At that time a Board of Directors was chosen and we had our first board meeting. Also a committee was established to create a Wholistic Health Forum in Toronto, Ontario for the beginning of November 1987 to coincide with our first Annual General Meeting.

Two of the members that sit on our board live in your area. I encourage and invite all of you who are involved in Wholistic Health or who wish to become involved to contact us. Their is a place for your voice in this project. When we come together we do so to assist each other in our healing process. In Vernon the representative is:

Kay Brooks
#104 - 3304 32 Avenue
Vernon V1T 2M6

In Kelowna the representative is:

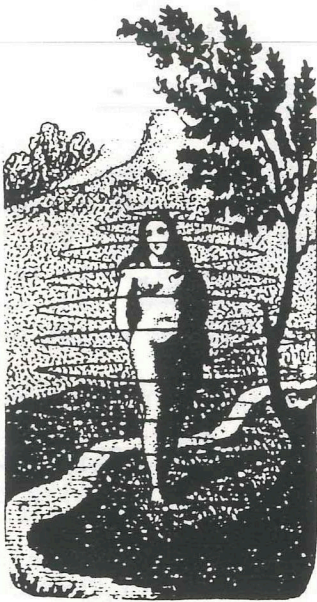
Job Groot
1860 Mountain Avenue
Kelowna V1Y 7J2

The address in Vancouver for the CCWHO:

#201 - 1644 West Broadway
Vancouver V6J 1X6



Poetry by Gentian



Making Tracks

Here I stand beside a lake, and
all about the lake every space is
absorbed, drenched in the richest
most intensive red sunset-
reflecting - radiating - enveloping
me in a sense of peace and rapture
I have never felt before!
Shaking my head, blinking my eyes,
I wonder at the reality of this
feeling, but it remains.
Overflowing, I sprint and leap and
whirl along the glowing saturated
shoreline - renewed, reborn,
grinning a mile wide in a sure
long stride, glancing back at my
tracks in the sand.

Where's the quiet?

I've never heard silence.
In the midst of silence there is
sound.
From one to all, all to one,
a circle dream begins to form,
and there is a pause.

Metamorphosis

Watching the nymph-like shadow of
this spoon in my hand over the
halfmoon of the ceiling light
reflecting on the warm transparent
amber tea in my cup.
Changing instars moon,
now a quarter moon,
now a sliver,
now a black half circle,
reflecting.

You're bugging me...

like a cloud of gnats
like a field of gnats
like a pig-sty of gnats
like an autumn apple orchard full
of gnats
smelling apple sweet, rotten, and
buggy.

Dolores

In her eyes are the skies and the
heights; in her movements, the earth
speaks. Her smile imitates the sun,
she soars.

Looking down, she glides to rest
by a river in a valley. Looking
up at peaks and clouded blue sky,
the desire to become those peaks
overwhelms her, and she takes wing.
Alighting on the highest peak, she
shivers a moment in ecstasy of the
moment. She closes her eyes and
sees herself.

As the warmth of sun-warmed earth
wafts its perfume of streams and
trees hidden in the depths of the
peaks to her, flight once again
overcomes her.

In her eyes are the sky, in her
movements, the earth speaks.
Her smile imitates the sun, she
soars.

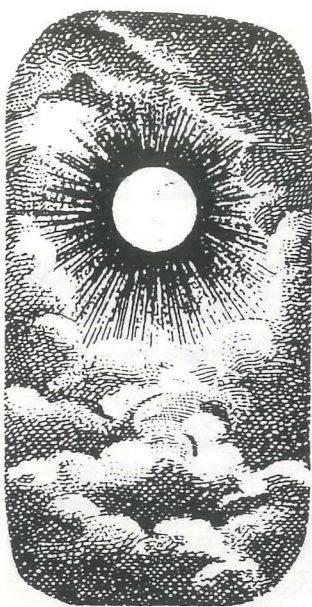
A Change Of Relationship

I fell out of my fragile feathered
box and broke.
I smile at my smile and tremble at
my touch as I behold my deranged
heart. I sigh at reality.

I dreamt we were inseperable -
holding hands thru life, a
man/woman entity - then - SPLAT!
vomit on the ground that dries and
cracks, then flakes away.

Only I remain now. I am my life's
companion. I am my only true love.
Only I can fulfill my passions. My
happiest moments must all come from
within.





An Early Summer Evening

In the midst of a walk in the rain,
when our wandering meets the edge of
a field, I stop in midstride.

More clouds, new clouds, gusting,
perspiring, swirling, touch the
trees - rivulets around my bare
feet invite movement - transfused,
I burst into dance through steaming
patches floating upwards while the
grass catches at my drenched legs,
and the mud grabs and pulls at my
feet.

I collapse into the cool mud - I
sprawl in the cool mud.
Oh smell when earth absorbs the sky!

I hear you sloshing and squishing
towards me - one big tender juicy
kiss as you arrive; and clouds
acappella through the spaces.

Autumn 1971 On A Saturday

Shades of grey in the sky
all misty moving and cold,
leaves riding the wind
making a sort of dry
scraping crackly noise as
they scurry across the
pavement.

And the wind like putting
your face against a glass
of ice water condensation
included, with reds and
oranges and greens and
yellows and browns wherever
one may glance, observed
on silent brooding padded
feet.

or

The leaves they is fallin
and the sky it is crawlin
with clouds

or

The sky it is fallin and
the leaves they is crawlin
for cover.

Gawd, let there be something more
than this!

Let there be an evaporation of the
fog - the shroud of darkness that
blights our minds and promotes so
much suffering in the world!

We must free ourselves, and take
care of eachother.

We must change our ways, and be
joyful.

THE END OF THE BEGINNING

by Muriel Hurry

Onakai was the only inhabited planet of the great star that would, far into the future become known as Sirius, sister star to the one which nourished the planet Earth.

But Earth had just passed through its last great ice age when Onakai was a dying world. It had been poisoned by a million years of mismanagement and greed, of wasted assets, of a destroyed ecology. The money hungry ruling governments were too involved in power struggles to explore the feasibility of space travel.

Until they began to die before their time. Inexorably, by the hundreds of thousands. They died from cancers, heart and social diseases, black plagues and cholera.

Only then did the rulers admit defeat, and promptly shifted the responsibility to the scientists, finally promising them every resource they needed.

"You must build us space ships," Sirian scientists were told. "You must find us another planet, in a new solar system, if need be. How long will it take?"

"If we start immediately," they were told, "we can isolate the healthy and prepare a small, clean environment around a selected group. It would take twelve to twenty years if we are lucky."

"But what about us?" they begged. "Can you design a safe area for us, so that we can go? We have to go. Somebody has to be in charge."

"Sorry, gentlemen," the scientists were cold. There had been so many warnings and so little heeding.

"As fast as we can develop a probe, to locate a safe planet, we still need many years to build space ships that will carry five hundred or a thousand people. And the people would have to be chosen with care. They may be generations in transit. It will be difficult, perhaps hopeless. The designs for the ships are no problem, they have been perfected for years."

"Then why aren't they built," the Sirian vice-president demanded angrily. "You should have been prepared."

The youngest of the scientists, Aron, shrugged and smiled thinly. "The answer is simple," he replied. "You rejected our requests for funding."

It was seventeen years later when the first ships were ready to go. They were a cluster of nodules, actually attached to each other and assembled in space. When the time came Piloter I was gently tugged away from the floating mother space station, computers were set on a course toward the nearest sun that had shown an oxygen-nitrogen atmosphere on its third planet.

It drifted for two days, still in sight of Onakai, grey and brown and burned out, but beautiful, nevertheless, in the eyes of those who had called it home.



The End of the Beginning (cont)

Finally, in outer space, the speed increased and they hurtled through bands of meteorites, passed outer planets of their solar system, hanging huge and frozen in the realms of frigid space.

Years passed. People grew old, and young were born. They had, in part, created their own environment by growing green things, small trees, bushes. Much of their food was artificial but it nourished them and they became accustomed to it. They existed.

The last few years were tense and difficult. They passed tiny Pluto and gigantic Saturn and Jupiter with its irridescent bands. And then Jann, the last of the master pilots died, and Aron, the scientist, poured over his books and tried to understand the complicated re-entry procedure.

And Piloter 1, the spaceship, almost made it. The grinding crash and the explosion could have been averted if any of the crew had ever before completed a landing.

As it was, it was nearly a total catastrophe. A few of the precious pregnant females survived, protected as they were in special capsules, three of the leaders; less than a hundred in all.

Frightened, in shock, reacting from the screaming of a dying child and the heat of flames, a woman named Mara fled through the jungle. Small animals scattered before her, monkeys chattered above, a lonely baboon wailed in the distance.

Finally, heavy with pregnancy and exhausted she fell into a tangle of bushes and huddled, sobbing. Seemed like hours before a sense of reality returned to her. There was a rustle nearby and a premonition of danger spread fingers of fear clutching at her heart. She brushed her tangled hair from her ravished, lovely face.

By all the dead planets of Sirius, she thought, this earth was inhabited! What a strange and ugly creature, splotched hide, scraggly fur, a snarling mouth!

She stared in disbelief. The animal stared back, mouth drawn into a vicious grin, drooling, obscene!



In the trees the monkeys became silent, absorbed in the primitive drama of the kill.

Now there were two hyenas and then a third crept in on silent feet. High above in the hot blue sky vultures circled, lower and lower.

There was a crash in the distance, a voice called. Mara screamed again. Two survivors broke through the underbrush.

Zing, zing, zing--a laser weapon sang and two of the animals fell dead. The other retreated, turned and disappeared among the trees.

"Mara," Rena spoke. "I heard your screams. There are great dangers here. Whatever it is that inhabits this world is primitive and threatening. Come now, we must stay together."

"I can't go back," Mara sobbed. "They're dead, so many dead. The children, Trane, old Aron. The Piloter is burned. We have no food, no shelter."

"We're not all dead," Rena said firmly. "And we will survive. There's at least twenty pregnant women, and dozens more of us. There must be many edible plants. We can erect shelters, and we have weapons. It's a rich, beautiful planet."

"Beasts," Mara said, bitterly. "Terrible, terrible beasts. Look at those things in the trees," she gestured. "Too primitive to communicate. A world too undeveloped for existence."

"Oh, no," Rena protested. "Primitive, yes. But lush and warm and alive. We'll survive, because we can reason. We will bury our dead, we will make tools. We can outwit these animals. Here is a world that will nurture us. Here is an earth to civilize."

"But we will lose all our culture," Mara protested. "We are too few. We will become as primitive as they," and she gestured again toward the primates in the trees.

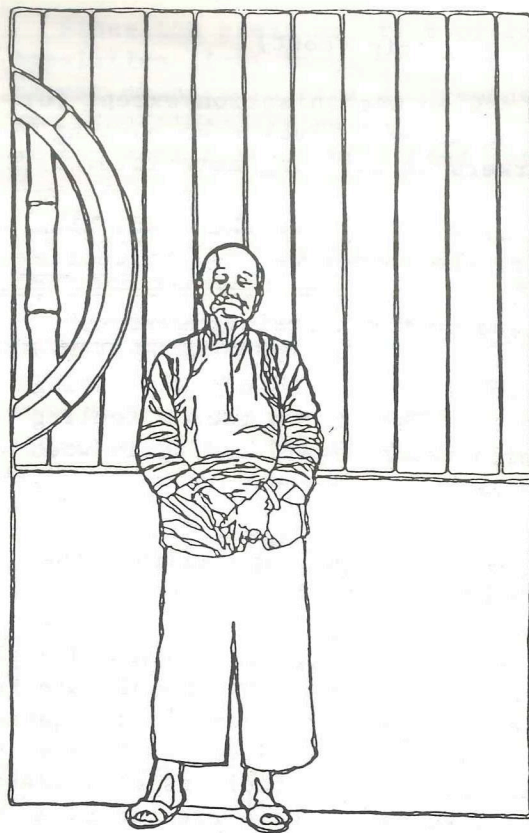
"Ah, but we have intelligence," the man with the weapon assured her. "We must inhabit this world or perish. In a hundred thousand years our descendants may have forgotten Onakai. They will build civilizations of their own."

"They will explain our appearance on this planet by creating strange, new religions," Rena mused. "But sometimes they will pause to look at the sky. They will find our star and wonder if there are planets circling that star, and wonder if there was ever life on one of those planets. We must hope they will recognize their kinship with the universe."

"In the meantime, come. We must establish our kind, here on this planet. We will call it Earth," she continued, "the planet Earth. And we are the first people, the very first, to come here from the stars. And someday, perhaps a millenium into the future our descendants will return to those stars."

"Perhaps to Onakai," said Mara eagerly. "To a healed and restored Onakai."

Quietly now, arms about each others shoulders, the women turned and walked through the jungle, toward the tumult of voices they could hear, toward death and toward life."



CHINA TRIP

by Jane Evans

In September, 1986 I went to China with a group of feminists from across Canada. We went at the invitation of the All China Women's Federation, ANHUI Province Branch.

The All China Women's Federation is supported by the government, has 10,000 paid employees across the country and, as was made evident to us, has representatives on every street in every village in China. They are, as regards policy closely tied to the government, but since the Chinese Communist Party has affirmed and legislated its dedication to the principle of full economic and social equality of all women, this is perhaps not the disadvantage it may seem to us.

It is not only the size of China and the diversity of her culture that lead to misapprehensions about the issues involving women's equality, there are profound differences in emphasis on what they, and we, see as the personal and as the political.

(cont)

China trip (cont)

We saw no mechanisation except for an occasional truck transporting workers or building materials.

The rich peasant's house is in a small valley off the road. When we turn the corner we see the entire village turned out to greet us. They stand on the hillside, waving, smiling, applauding, the children with flags, a tremendously moving moment. This is in fact a feeling which recurs again and again when we see how happy people are to see

us. They stand on the hillside, waving, smiling, applauding, the children with flags, a tremendously moving moment. This is in fact a feeling which recurs again and again when we see how happy people are to see us, the first women's delegation to the province. Needless to say, we all suffer from feelings of inadequacy to live up to these greetings. As we walk along a row of welcoming people, I smile at a small child which bursts into tears. On this day of holiday in our honour, all we see is the idyllic nature of the valley. Everyone we see (not just here but all through China) is well fed, healthy looking, and decently clad. The children are gorgeous. When we enter the house of the rich peasant, his wealth is apparent in the noise of a TV, a ghetto blaster, and a chiming clock, all speaking at once. We sit down to a splendid feast; there are many toasts and speeches and the rest of the village clusters around the door watching us. The host is asked about his life before liberation. He was miserable, he replies, no home, no land, no money. He and his wife have, through hard work, built a good life for themselves and their family. When asked if there is anyone hungry in his village, he is shocked. When we tell him that in Canada there are homeless and hungry people, he does not believe us. How can this be, when we are so far in advance of China? When we assure him that it is so, he gives a grunt of disbelief and changes the subject. After lunch, we are taken to the Jasmine grove, for jasmine tea, and given a small package from the village's own packaging co-op.

There is no doubt that, under the responsibility system, women can earn

their own money from the produce they grow. One of the main causes of divorce we are told, is a lazy and unproductive spouse. The great majority of divorces are still sought by women and since 80% of the population is rural, most divorces disrupt the fabric of country life. This can make the process diffi-

cult for women. An uncontested divorce generally presents no problems, but if the husband is opposed, there can be enormous difficulties and delays. Negotiations are carried out at the local level by cadres who are predominantly male, and tied in to the elaborate kinship systems of the area. Since marriage is patrilocal, the woman may often be an outsider. The court, to which the case goes from the local level, may be more impartial and concerned with the rights of individual women, but often they simply rubber stamp the preliminary decision. This is an area in which the Women's Federation offers help, but with the national emphasis on the stability of marriage, I felt that their counselling would urge the continuation of all but the worst marriages. The divorce rate is 3-4% and, we are told, everyone gets married. The old system of arranged marriages is frowned upon but parental influence is strong. Canadians resident in Beijing tell us a story of a young man of their acquaintance who took his fiance home to his rural parents. They put her through a series of tests and ordered the breakup of the relationship because they felt she was not strong enough for farm life. Presumably, if they found a suitable girl for him, their influence would be equally effective in setting up a relationship.

Cohabitation without marriage is against the law. Promiscuity is punished by both social and legal sanctions. A Reform School to which we were taken had, as we do in Canada, a ratio of 75 males to 25 female offenders. The boys were there for fighting, theft, and truancy; the girls were there for 'sexual problems.' When we asked the nature of the sexual problems, we were told this meant having many sexual partners. There followed a striking example of a gap in understanding. When we asked if the boys with whom the girls had had sex were also punished, it seemed (cont)

China Trip (cont)

The family, as the basic social unit, is all important and because the family is generally an extended one, there is not the intensity of pressure on husband and wife to agree; they are simply two members of the family unit. At marriage, a woman is expected to move to her husband's home and will become part of his work unit. Thus a family with two girl children will eventually have no workers, and a family with two boy children will have four adult workers. This can be critical for a rural household which depends on the number of its workers for its income. Under the old feudal system, female infanticide was common and, experts feel, may exist even today in deeply rural areas.

The Women's Federation acknowledges that the struggle against feudal ideas of male superiority is far from over; this struggle is reinforced by Confucial ideals which mandate the subordination of women. China has in fact see-sawed between the two poles of women's equality for many years. In the period which lasted well into the twentieth century, women were completely without rights. In 1931, new rules were formulated affirming the rights of women but in the Marriage Law of 1934, there was strong curtailment of women's rights to child custody, and freedoms of marriage and divorce were severely abridged. From the time of liberation from the Nationalist government of Chiang Kai Shek in 1949, the Chinese Communist Party concentrated on the narrow abuses of patriarchy such as female infanticide, concubinage, child marriage, and restrictions on the remarriage of widows. After land reform, in 1952, the Party developed a new system, a kind of patriarchal socialism in which women did (theoretically) less heavy work which earned of course less work points, and were responsible for home and child care. Judith Stacey, in Patriarchy and Socialist Revolution in China (Univ. of Calif. Press, 1984) suggests that part of the failure of the Cultural Revolution and the Great Leap Forward was due to their conspicuous attention to the advancement of the status of women.

Since the great majority of the population lives in rural areas, the recent changes in land management are significant to an understanding of the social structure. Land reform was completed throughout the country by the end of 1952. Forty seven million hectares owned by landlords and rich peasants were distributed to 300 million landless peasants. In 1955 the movement toward collectivisation began with this movement, some feel rashly, being greatly accelerated in 1958 during the Great Leap Forward. Peasants who had worked hard in a small stage co-op, where they could see the advantage to themselves and the community, lost commitment and a sense of responsibility and production levels began to fall. Work points awarded often did not reflect actual work accomplished.

Beginning in 1979, the government of Deng Xiao Ping introduced new policies which seem, at the present, to have made a tremendous difference in the prosperity of the countryside. The Family Responsibility System depends on a contract for production with the individual household. Whatever they raise over the contracted amount can be sold on the open market, usually for a higher price than the quota. This has led to greater productivity and a higher level of incentive, and of course to a higher standard of living in rural areas. Unfortunately, it would also appear inevitable that women will remain responsible for work in the home as well as in the fields, a double burden, and because work in the home is not seen as productive, a loss of power and influence in decision making.

One of the high points of our trip through Anhui Province was to the house of a rich peasant for lunch. Our views of the lush and highly cultivated countryside were in sharp contrast to what we had read of the old days of poverty and starvation due to drought and flood. New houses are being built everywhere, each with its individual threshing floor in front, often covered with drying rice or peanuts. There were ducks and geese everywhere; pigs and chickens wandering around attested to the new wealth of the inhabitants. This had not been achieved without tremendous labour.

China Trip (cont)

impossible for them to answer the question. Not only was the Reform School not seen as punishment but re-education, but we sensed that, from a pragmatic view, since it was the girl who could add to the population explosion, it was she who needed the re-education.

Our interpreter, when asked what she wants from marriage, says that she wants love and understanding, a man she can talk to. She is twenty-three and says she must marry by twenty-five or be considered an old maid. In contrast with this is a doctor we met when one of our number had a massage. She is forty, never married, and fiercely independent. Both are typical Chinese women, with all their contradictions, strengths and convictions. Through them we have been in touch with a new culture, a dynamic social experiment. How will women fare under a government dedicated to socialist principles? Will that government in which, at the highest level, women are barely visible, persist in its stated intention to make women equal in all spheres of life, political, economic, social and cultural? The women we have met are confident and we will watch their progress with interest and concern.

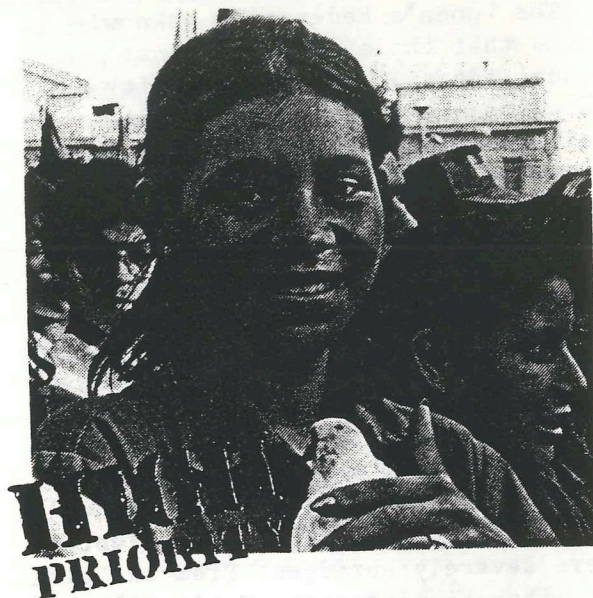
TOOLS FOR PEACE

The Okanagan Women's Coalition has worked with the local Tools for Peace organization this year. We have approached a number of shops in the Vernon area asking for donations of menstrual pads for Nicaraguan women. Some response was favourable, some was not. The effort of our collective members was great and we did manage to acquire some pads.

Catherine

Women in Nicaragua

Women in Nicaragua face a double struggle — for equality and for the survival of their country. 'Resistiremos con dignidad/We will resist with dignity' is a slogan of AMNLAE, the Nicaraguan Women's Association. This year, the *Tools for Peace* women's project will bring support to Nicaraguan women in their fight for equality and peace.



Survival with Dignity

New porn bill possible

The new Justice Minister, Ramon Hnatyshyn, has said that the Conservative anti-pornography legislation will be changed after it is re-introduced when the parliamentary session begins Oct. 1.

The bill's broad definition of pornography caused an uproar after it was introduced last spring by former justice minister John Crosbie.

The bill would amend the Criminal Code to define pornography as "any visual material showing vaginal, anal or oral intercourse, ejaculation, sexually violent behavior, bestiality, incest, necrophilia, masturbation or other sexual activity."

Hnatyshyn has said the definition may have to be changed.

Charter case

Equality is not equality, when a court is comparing a thirty seven year old man with the fourteen year old boy he claims agreed to an act of sexual intercourse. This is the ruling of the B.C. Court of Appeal, B.C.'s highest court, when the province appealed the acquittal on sexual assault charges of Victoria school teacher, David Le Gallant.

In the original trial Le Gallant's lawyer successfully argued that the Charter of Rights and Freedoms says age discrimination is unacceptable and that Le Gallant should therefore be acquitted.

In overturning the acquittal the Court of Appeal found that the Criminal Code provision recognizes consensual sexual activity between adolescents who are close in age is one thing but that the school teacher and the child he raped are not in the same class because it can be assumed that Le Gallant, as an adult, is more experienced.

The ruling indicates that the Charter's equality provisions will not have blanket coverage vis a vis age discrimination in B.C.. Age discrimination, under Section 15 of the Charter, will arise only if an unreasonable or unjustifiable distinction is drawn between citizens. The Court said the distinction in consent provisions with regard to sexual assault reflects parliament's intention to distinguish between sexual exploitation by adults of children, and consensual activity between adolescents.

As a result of the provinces' successful appeal Le Gallant will have to undergo a new trial.

Housing remains a problem for native people in general, and reinstated native women specifically. NAC will also pressure the federal government to reinstate all cutbacks in federal government funds for housing of native peoples since the September, 1984 federal elections.

The government should provide two distinct funds, with separate accountability procedures: one to ensure adequate housing for resident band members and one for adequate housing for reinstated women and their children who wish to return to the reserves.

NAC will also work with native women's, and other organizations, to obtain umbrella legislation comparable to the U.S. Indian Child Welfare Act of 1978. Forty to fifty percent of children in care in British Columbia are native children and many are never allowed to return to families.

NAC will call for an ombudsman's office to mediate disputes involving native women who wish to avail themselves of their rights in accordance with the amended Indian Act of 1985. The amendments provided that native women who lost their Indian Status as a result of marrying white men have regained their status.

Charter and native women

The National Action Committee on the Status of Women (NAC) will pressure the federal and provincial governments to entrenched a sexual equality clause for all aboriginal people that will guarantee sexual equality with respect to "other rights and freedoms" in the Canadian constitution.

NAC's Committee to Support Native Women pointed out that native women have justifiable reason to believe that only equality of existing aboriginal and treaty rights are protected and there is no constitutional guarantee of sexual equality with respect to other rights and freedoms. Specifically, independent self-government is outside section 35, part II of the constitution and therefore outside the protection of the sexual equality guarantees in that section.

D R E A M W O R K - T H E I N N E R Q U E S T

Sages throughout history have told us that we have within us a source of great wisdom, creativity and energy. By paying attention and regularly working with our dreams we can touch this source and integrate it into our conscious awareness. Dreamwork then becomes a practical tool for creative self-discovery and the transformation of one's life because it reveals the Self or Soul at work.

Ancient beliefs in dreams, visions and inspirations was the vital connection to the source of their spiritual life. Unfortunately, our culture has greatly diminished the importance of our subjective lives, especially the wisdom of our dreams. Thereby, we have sadly impoverished ourselves and have created a wide gulf between our conscious lives and the life of our Soul. Most people are spiritually stranded by being cut off from the living sources of life within. The problem with our times is that we are like uprooted trees. Our roots no longer extend down into our inner depths to nourish us, so our growth can not reach upward into the realms of the spirit. Our task will be to see how dreams are like roots that reach far down into the nourishing depths of the earth of our Souls, and help energy flow upward so that growth and development are possible.

Dreams can become our most cherished personal allies and teachers because they bring a much broader and wiser perspective to our daily lives than the limited awareness of our waking consciousness. We can say that in deep sleep we tune into an altered state of consciousness that is beyond time and space and cause and effect as we know it. We tune into larger areas of our Being called the subconscious, unconscious, inner Self, higher Self, source of our Being or God. This kind of 'tuning-in' leads us to an experience with our larger Self that has an enormous energy, is highly informed, wiser and has depth of feeling far surpassing our daily waking self. We would then translate

this experience into a dream by skillfully choosing the right images from our subconscious storehouse of memory and association, to get across as much of the essence of the original experience as possible. We will choose images and events that will make enough of an impression on our conscious self to encourage morning recall and to significantly affect waking life attitudes. Conscious work with these dream images will bring new insights into ourself and our world.

In the dream state we have access to information on the state of our body, mind, heart and spirit. We can gather insights on the nature of our relationships with those we love and hate. We can experience ourselves in other times and places and become aware of strengths and abilities we have not used. We can also screen test various possible future actions and choose the most rewarding path among them. Daily working with our dreams can better our lives and enrich our depth of feeling and understanding by expanding our sense of identity to include the experience and awareness of greater realities in which we also have our being.

It is important to emphasize here that although we connect into a larger reality during our sleep, we are the producers of our own dreams. We write our own screenplays, we choose the script, the setting, the actors and we have directed and organized the whole dream show. There are no accidents or coincidences in our dreams because we have carefully written the entire play with strict attention to each detail. We play the parts of all the characters in our dreams plus the Star Role which is ours. We have created supporting roles for our close friends and family so when they play themselves, we tend to use them in a scene to represent some feelings or illustrate dynamics of our relationship with them. Thus most dream characters represent aspects of ourselves.

This procedure commonly called 'Dream Incubation' is not new. Many cultures practised elaborate dream incubation rituals such as the ancient Greeks, Egyptians, Phoenicians, Hebrews and

(cont)

Dreamwork--The Inner Quest

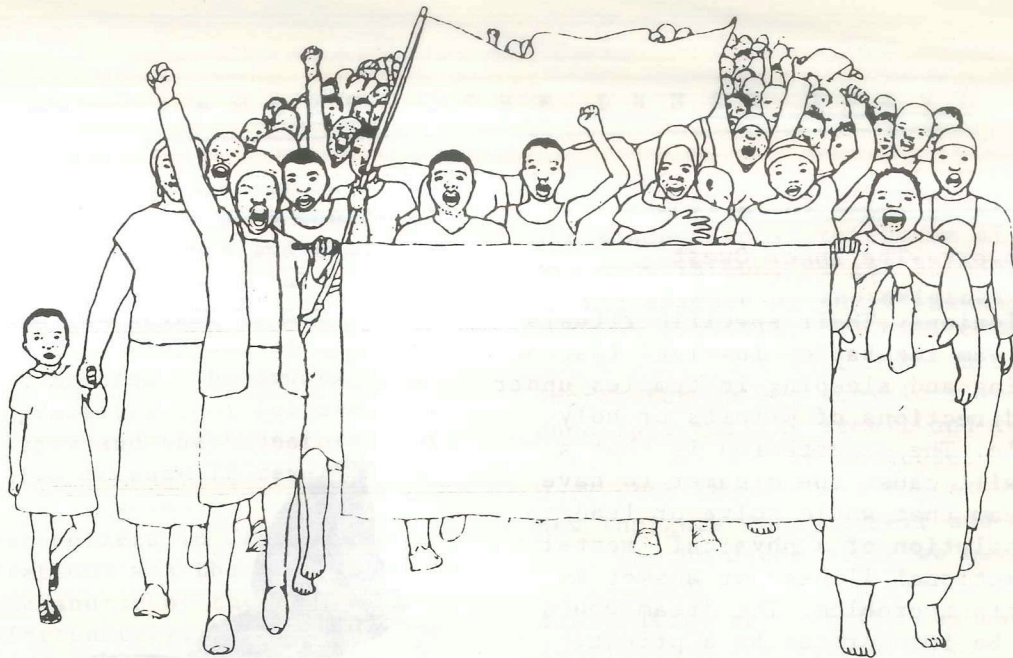
Babylonians. Their specific rituals of dream incubation involved fasting, bathing and sleeping in temples under the directions of priests or holy people. The expectation is that a God will cause the dreamer to have a dream that would solve or lead to a resolution of a physical, mental or emotional illness or answer an important problem. The dream would then be interpreted by a priest. Such dreams can be successfully incubated at home through the regular practise of simple techniques.

When dream work becomes more familiar we can extend our influence in dreams by consciously and creatively participating in the dream state while dreaming. This is called pre-lucid dreaming and involves influencing the dynamics and outcome of a dream toward a more positive and favourable resolution. This technique is widely used among the Senoi of Malaysia and largely responsible for the incredible emotional maturity and personal power of these people. We can regain our sense of identity and personal power in the same way through very simple techniques of dream control.

The wealth that is locked within us wants to be found and tries to reach consciousness through the medium of our dreams. There will, however, be a certain price that we will have to pay if we wish to tap into the creative possibilities of relating to the unconscious. Learning to work with our dreams will require from us time, commitment and study, but our efforts will be richly rewarded.

by Marya Milligan





POLITICAL PARTIES

Homosexual and Lesbian Police Recruits
--Position of New Democratic Party

Mr. Gordon Taylor (Bow River): Mr. Speaker, the New Democratic Party is urging the Government to compel the Royal Canadian Mounted Police to accept lesbians and gays. Can you feature a fairy RCMP constable trying to arrest a lumberjack with a powder puff? Can you imagine a lesbian RCMP fairy at the scene of an armed robbery screaming: "Stop, surrender, or I will hit you over the head with my purse"? If fairies were not hired, they would cry discrimination. The RCMP--

Mr. Speaker: Order. I would ask that the Hon. Member perhaps examine some of the words in his statement which might very well be very offensive to a great number of Canadians and might cause a question of privilege or point of order in the Chamber.

Mr. Taylor: Mr. Speaker, the RCMP is an excellent police force because it recruits men and women who meet its high standards and who can do the job required. If we compel the RCMP to accept recruits from certain groups, thus giving such groups special consideration, we will not only weaken the force but, more than that, we will discriminate against better qualified Canadians and, indeed, against the people of Canada.

The RCMP is now the finest police force in the world. Let us keep it that way. Viva the Royal Canadian Mounted Police.

from Hansard October 20 page 510.

Mr. Gordon Taylor is the conservative M.P. from Bow River. This man obviously discriminates against lesbians and gay men. We must lobby the federal government to include sexual orientation in the Charter of Rights under section 15.

Write to Prime Minister Brian Mulroney and Justice Minister Ramon Hnatyshyn House of Commons Ottawa, Ontario K1A 0A6 with copies to your Federal M.P., Hon. Robert Kaplan-Liberal Justice Critic and Svend Robinson- N.D.P. Justice Critic, demanding legislation on sexual orientation.

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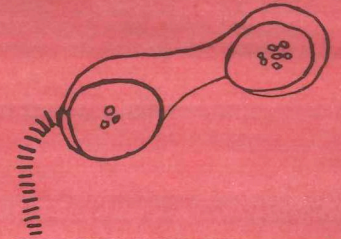
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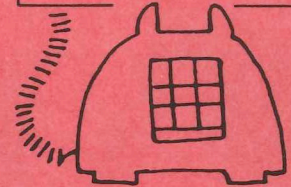
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