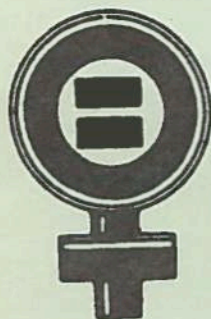


North Shore Women

Newsletter of the North Shore Women's Centre



OUR NEW LOCATION

Suite B - 117 E. 15th St.
North Vancouver, B.C.
V7L 2P7 984-6009

Hours: MON - FRI, 10 A.M. - 4 P.M.
SAT. 11 A.M. - 1

EMILY MURPHY HOUSE FOR BATTERED WOMEN - 987-3374

VOLUME 11

ISSUE 5

Happy New Year!

January 1986

Editorial

THE MACDONALD REPORT AND ITS IMPLICATIONS FOR WOMEN

Condensed by Joanne Graham

(The centre recently received an analysis of the MacDonald Report, written by Marjorie Cohen, an economist and at present vice-president of N.A.C.. She has attempted to examine the impact of the recommendations of this report on working women).

It would seem that the greatest effects of free trade will be felt by workers in manufacturing, in Ontario and Quebec, however she theorizes that the service industries will be affected also, right across Canada.

The central themes of the MacDonald Report are that the Canadian economy should be more directly controlled by market forces, and that the economic links between the U.S. and Canada should be made stronger, by free trade. The commissioners recognize that free trade would cause profound changes, but hope that people will be better off in the long run. They describe which industries would be weakest and strongest in the free trade arena, but have done no detailed analysis of how each industry would fare. Also the Report does not pay attention to the effects on various groups of workers and regions in the country.

Ms. Cohen is critical of the lack of consideration of the control that large transnational corporations exert on the economy and trade policies of a nation. Foreign ownership is still significant in Canada—manufacturing 49%, petroleum and natural gas 45%, mining and smelting 43% and agriculture, finance and other industry 26%.

Foreign corporations have located in Canada because of the extent of resources and access to the Canadian Market. She does admit that already cheaper resource production elsewhere and cheap labour markets in poor countries is resulting in undermining of Canada's advantage in resource production and a tendency for labour-intensive production to be located elsewhere. She feels that Canada with no trade barriers has more to lose than the U.S. and that our unemployment rate would increase substantially. Without protection, various other factors may result in "presipitous decline" of manufacturing in Canada.

Ms. Cohen takes issue with the assumption that the loss of certain foreign manufacturing firms will eventually be followed by relocation of other foreign investment previously discouraged by trade barriers. The commissioners sound merely hopeful on this and admit that the manufacturing sector is weak and vulnerable to free trade (except for automotive products). They feel that 20% of our labour force and "only" one-third of our manufacturing companies would be affected. Two sectors are predicted to be strong—urban transit and forest products. The weak sectors are more numerous, and two-thirds of workers in these industries are women. They account for 42% of female manufacturing workers. The commissioners hope displaced women will be re-trained to find higher paying jobs, and they allude to the need to relocated as well. Given the age, race, education, and marital status of most of these women, and the

fact that most of them live in Quebec, she fears women may be underrepresented in training programs and unable to relocate for family reasons.

Eighty percent of service workers are women in Canada. The services industry account for 66% of the GNP of the U.S. and 70% of it's labour force. The U.S. exports services worth billions of dollars. Canadian services have so far been protected. The commission wishes to continue protection to cultural institutions, but generally they acknowledge that the States has much to gain by access to our service markets. They reason that "the U.S. would have an incentive to offer improved access for goods exported from Canada". Many more workers are involved in service sectors than in manufacturing in Canada therefore it seems reasonable to conclude that jobs would be lost there.

The report goes on but I shall conclude that Ms. Cohen feels some trepidation at the prospect of even closer ties with the U.S.A. Even if free trade were beneficial it would be secure only as long as the agreement lasted. The rest of the Report deals with proposed social policies, incomes policy, changes in unemployment insurance and discussion of a guaranteed income. This is the most depressing part of the analysis and leads the reader to have little confidence that the situation for the unemployed men and women and underpaid women will improve.

Yours in Sisterhood,
JOANNE GRAHAM.

ABOUT US

North Shore Women is produced bi-monthly by the North Shore Women's Centre. Articles published in it do not necessarily reflect the views of the Centre. We are concerned with improving the status of women in education, public life, work, childcare, marriage, the market place, the media, housing and human rights. We offer a drop-in space, a lending library, community information, peer counselling, research files, lawyer and doctor files and pamphlets. Please feel free to use these services.

HOW TO GET THE WOMEN'S MOVEMENT MOVING AGAIN

Edited by Joanne Norrish

Betty Friedan wrote recently, what she calls "a personal message, not at all objective". (New York Times, November 3, 1985 edition) She is writing in response to the apparently widespread belief that the women's movement is over. Friedan states that though the job of the women's movement is not nearly done, the movement is suffering from symptoms of profound paralysis. She titles her article How to Get the Women's Movement Moving Again and after outlining symptoms of the movement's paralysis, Friedan proposes ten steps towards revitalization.

Friedan sites examples of the movement's impotence in the face of fundamentalist backlash. She even quotes a one-time radical feminist as suggesting that speaking in terms of women's rights, when discussing the choice-on-abortion issue, is inappropriate: "women's rights are not chic in America anymore". This, in the face of the critical inroads the fundamentalist churches have made in eliminating this newly-won right for women in America!

Friedan suggests that another symptom of our paralysis, is the nostalgic harking back to old rhetoric, ideas and old modes of action instead of confronting the new threats with new thinking. She says we have failed to mobilize the young generation, who take for granted the rights we have won, and who do not defend these rights - even as they are being taken away.

Betty Friedan believes that the pornography issue is also a reflection of our paralysis. She notes that this issue has engendered deep controversy, and divisions in the movement. Our fight against porn has been misinterpreted and has given us the reputation of being against sex. Friedan suggests that it also aids Right Wing efforts towards censorship. She proposes that women are over-reacting against pornography and sexually explicit material (she does not distinguish between the two) because society denies our true sexuality.

Friedan states that she senses an unwillingness to deal

with the complex realities of female survival in male-moded careers; with illusions of equality in marriage and in divorce; and with the reality of the feminization of poverty.

Friedan admits that she went to Kenya for the U.N. Women's Conference purely out of historic duty. Once there however, she found it an amazingly uplifting, unifying revitalizing experience. She wonders: "How can we let the women's movement die out here in America when what we began is taking hold now all over the world?" She suggests ten courses of action that might break the blocks that have stymied the women's movement in America.

- 1) Begin a new round of consciousness raising for the new generation - women who expect to have it all in both family and career (women who feel guilty if they perform less than perfectly at jobs structured for men who have housewives at home, and homes structured for full-time housekeepers and mothers).
- 2) Mobilize the new professional networks and the old established volunteer organizations to protect women's rights from the fundamentalist backlash.
- 3) Get off the pornography kick. Here Friedan compares the women's movement's involvement with prohibition issue to the first women's movement's involvement with prohibition and she hopes we take that as a warning.
- 4) Confront the illusion of equality in divorce. Friedan points out that until the working world is restructured, women and children are economically dependent on marriage. Division of property, child support and pension splitting are divorce issues that clearly reflect inequity in divorce.
- 5) Return the issue of abortion to the matter of women's own responsible choice. Poll after poll still shows that the great majority of women and most women still believe in choice.
- 6) Affirm the differences between women and men. First

stage feminism denied any real differences. Second stage feminism affirms the differences and promotes attempts at re-structuring every discipline and profession to encompass women's needs and concerns. This will lead to concrete changes in medical practices, worship, writing of history, ethics, and even in design of homes and appliances.

- 7) Breakthrough for older women. This means work on pension and medical issues as well as valuing the wisdom and experience and energy that may come to us in age.
- 8) Bring in the men, Friedan believes that men have been positively influenced by the women's movement and as men let down their masks of machismo women may admit a new need to depend on men without sinking back to subservience.
- 9) Continue to fight for real political power. Get more good women elected.
- 0) Move beyond single issue thinking. Friedan says "I do not think women's rights are the most urgent business for American women. The important thing is somehow getting together with others (including men) who also put the values of life first, to break thru the paralysis that the fundamentalist backlash has imposed on all our "movements". She continues with a discussion of how feminism is just one movement that is threatened in America; that liberalism, humanism, environmentalism, etc., are all under attack. Friedan hopes that by joining together with like-thinking groups we'll finally reach our goals. She concludes "I think the women's movement is only a movement in human evolution and once its job is really done, then it can and should be allowed to fade away "honourably discharged".

* * * * *

A CELEBRATION OF CANADIAN WOMEN'S ART

Contributions of art are being sought for the annual N.A.C. raffle. Tickets are available for a chance to win some of this art and meanwhile support the Status of Women Charitable and Educational Trust. Please contact the Centre for more information.



SELF-HYPNOSIS AND CHILDBIRTH

Rachel B. Aarons

Anyone who has felt her stomach knot and her palms sweat as she approaches a fearful situation knows the power of the mind over bodily processes. Some of us literally make ourselves "sick" with anxiety and dread. Surely, because the mind can affect the body in these familiar negative ways, it is easy to accept that the influence may also be positive. Optimism and faith in oneself will quell the doubts and fears so that we can approach the same situation calmly and with composure. The idea that the mind can influence the body through self-hypnosis is not, then, surprising or unique in itself. In fact, we are always and inevitably influencing ourselves through our thoughts. What is potentially so important about self-hypnosis is that it ensures that the influence is positive.

As soon as the word "hypnosis" is mentioned, many of us get an image of ourselves as robots under someone else's control, wandering about in a daze performing immodest and outrageous acts. Nothing like this happens in the course of learning self-hypnosis. As the name self-hypnosis suggests, each person is in control of herself. The therapist is there to act as a guide or facilitator to help you discover your own inner processes. You are neither asleep nor in a daze. You are aware of what is going on but your awareness is focussed not on external events but on what is happening inside. In a natural relaxed state of hypnosis, the inner mind can affect our ways of acting and reacting so as to reduce tension, relieve pain, and influence the responses of our automatic nervous systems.

Self-hypnosis can radically alter our experience of childbirth - before, during, and after the birth. In pregnancy, it can be used to overcome "morning sickness", heartburn, and other types of physical distress. It can help with

the pressure and fatigue that many women experience as they carry on responsibilities of home and work during nine months of continuing dramatic change in their bodies. It can help with the bonding process by opening up a channel of communication with the baby in utero. There is evidence that a baby can actually be turned from a breech position using self-hypnosis.

Self-hypnosis can influence the onset, duration, and intensity of labour. Recently a client of mine, two weeks past due, was booked for an induction the next morning. We did a hypnosis session and she went into labour naturally that night. Self-hypnosis helped her minimize the pain of her contractions so that she could relax with them and enjoy the birth of her daughter. In my own labour, I used self-hypnosis to speed up the process - even more effectively than I anticipated. I decided to try it while alone at home and ended up racing in an ambulance to the hospital and delivering an hour later! It is just as important to use self-hypnosis after the birth in the adjustment phase of the post-natal period. Mothers of infants are usually sleep-deprived, over-worked and stressed by the total change in the structure of their lives. In a few minutes hypnosis can offer the equivalent of a long peaceful nap - minus the calories of a cocktail. It can be a powerful deterrent or antidote to post-natal depression. Self-hypnosis is indeed a potent method for restoring equilibrium and creating a harmonious environment for mother and child.

Childbirth, when chosen, is one of the truly momentous events of our lives. Surely we want to enjoy, not just endure it. Self-hypnosis has the power to make the experience of childbirth the peak experience we hope and wish it to be.

(Rachel Aarons M.S.W., Ph.D. is a hypnotherapist in private practice on the North Shore. She is a member of the Society for Clinical and Experimental Hypnosis and the International Society of Hypnosis. Her specialization is preparation for childbirth and weight control. For further information she can be reached at 921-9744).

* * * * *

BEARING IT

Carolyn Stoloff

Bodies lift burdens
 sacked to shoulders to backs
 carry wool to spin
 twigs to burn grain
 water in earthen jugs
 baked hollows for bearing men
 lift blocks of bone
 building shells for shelter
 holes to lie down in
 to be warmed by women wormed
 into by infants men love
 marry carry stones
 and wooden bones curved
 roof tiles raise
 place secure
 these with mortar
 women bend at fountains
 catching flow in hollows
 rise with transparent water
 weight on shoulders in breasts
 bellies men leave
 staffs in hand tear
 down batter break
 scatter what holds
 ravish what's held make
 over fill women's
 baskets and bowls with fish
 loaves men
 leave come home again

New for Mothers

Over the Rainbow Playcare Centre offers a new concept in short term child care for children 18 months to school age. Drop by 1508 Anderson Street (by the Kids Market), Granville Island or call 683-2624.

EXCERPT FROM THE EQUALITY RIGHTS COMMITTEE BRIEF

-Nerys Blow
Kathleen Jamieson

(We commenced in the last issue of the newsletter to print excerpts from the Equal Rights Committee Brief. The following is a continuation of the paper. -ed.)

Apart from our concern with the overall focus of the paper, we have some specific comments to make about the issues addressed in the section on sex discrimination on pp. 27-36.

Starting with the introductory paragraph on p. 27, the following statement is made, "... there are complex economic and social policy reasons for them (i.e. distinctions on the basis of sex) which must be considered." This statement implies that one is being too simplistic if one fails to understand that economic and social policy reasons lie behind sex discrimination. The statement appears to us to suggest at the outset that such legislation may still be valid and the use of the word 'complex' suggests, in a paternalistic way, that if one does not agree it is because one is unable to understand the complicated nature of the reasons of discrimination.

In our view, it is very important to recognize what the discussion paper clearly does not - that the historical process of law-making has reflected the male perspective. Laws were made by men and have generally not considered women's view. The 'complex economic and social policy reasons' may once have been valid for men and may still be but they may no longer be valid for women (if they ever were).

The section on Unemployment Insurance proposes an equal qualification period for unemployment benefits and for maternity benefits. We support this suggestion. However, we do not support the proposal that both men and women should be entitled to maternity benefits. Once men can become pregnant, go through labour and can breastfeed, then men will need maternity benefits. Until that time, it is women alone who should qualify.

This attempt at making men and women the same is an example of the misconception that is the focus of the Discussion Paper: if we ignore any differences between men and women and change all the laws to apply equally to both sexes, then the discussion paper assumes that equality will be achieved. This line of reasoning argues that maternity benefits should be available to both parents as a matter of choice, because males and females are equal and the same. This reasoning is faulty and is reminiscent of the judicial decision in the Bliss case where the judge held that discrimination on the basis of pregnancy is not discrimination on the basis of sex. Men do not, as yet, bear children - therefore, we urge caution when, in the attempt to equalize our laws, the result may be less flexibility in the law and greater inequality for women.

Maternity benefits are not primarily for 'social adjustment' as the paper assumes, but are needed, among other things, to provide a mother with much needed time to rest and to help her body adjust to the biological changes that occur during and after pregnancy. Changing the law on maternity benefits to allow either parent to stay home for those 15 weeks could result in a situation where a woman with a less understanding employer, may be expected to have a 'weekend' baby. We believe that this would result in more pressures being placed on a working mother. Furthermore, we would like to point out that pregnancy is not a 'common event' as the paper suggests. At present, the average Canadian family has 1.7 children. Maternity benefits are thus only likely to be used between one and two times in the average woman's lifetime. Indeed, given the penalties that our society inflicts on women who bear children, it is not unlikely that the birth rate may be reduced even more.

* * * * *

bits and pieces ...

WOMEN POWER REQUIRED

The N.S.W.C. has an urgent need for a treasurer requiring a minimum contribution of time including:

- a visit to the Centre once every two weeks
- a presentation of our current financial status at monthly meetings.

Anyone interested in typing for the newsletter? This is about a once every two month job requiring about eight hours of time.

Now is the time to put some energy into our Centre.
Call - 984-6009

NEW PUBLICATIONS

Living Common-Law by Jane Small

A small, informative booklet explaining the rights and duties of partners in a common-law relationship. Copies available free of charge in B.C. Write to:

Legal Services Society of B.C.
Publication Clerk
Ste. 300, Box 3
1140 W. Pender St.
Vancouver, B.C.
V6E 4G1

Money Management for Women

The Merrill Lynch Company of Canada has been getting excellent feedback on their "Personal Investing for Women" seminars. The course concentrates on money management, including income tax laws and R.R.S.P. investments. The current session started in September and will run for six weeks (evenings or Saturdays). The cost is \$95. Contact Merrill Lynch Canada for information on the next session.

3rd Annual
EMILY MURPHY HOUSE

Fund 'Time
Auction

Friday, Feb. 7, 1986

Viewing 6:30 p.m., Auction 7:30 p.m.

Coach House Motor Inn North Vancouver

Admission \$5.00

Light Refreshments

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Dorothy 980-2209
NORTH SHORE CRISIS SERVICES SOCIETY
987-1773

DOCTOR'S NAME:

DATE:

ADDRESS:

SEX:

TYPE: G.P. GYNECOLOGIST OTHER (please check)

1. HOW LONG HAVE YOU BEEN A PATIENT OF THIS DOCTOR?

2. HOW LONG DOES IT TAKE YOU TO GET AN APPOINTMENT?

3. WHAT IS THE AVERAGE TIME THAT YOU WAIT IN THE WAITING ROOM?

4. BRIEFLY, CAN YOU GIVE US EXAMPLES OF WHAT YOU HAVE SEEN THIS DOCTOR FOR?

5. DOES YOUR G.P.
(A) TAKE A THOROUGH MEDICAL HISTORY?

(B) DO A THOROUGH MEDICAL EXAM?

6. WHAT IS THE AVERAGE TIME SPENT WITH YOUR DOCTOR PER APPOINTMENT?

7. DO YOU FEEL RUSHED WITH THIS AMOUNT OF TIME?

8. DURING A PHYSICAL EXAMINATION DO YOU FEEL YOUR DOCTOR IS: GENTLE _____ NOT GENTLE _____ OTHER _____

9. DOES YOUR DOCTOR EXPLAIN THE EFFECTS OF DRUGS THAT ARE PRESCRIBED FOR YOU?

10. DO YOU ASK FOR INFORMATION ABOUT YOUR DIAGNOSES OR TREATMENT?

11. ARE YOUR QUESTIONS ANSWERED CLEARLY?

12. IS YOUR DOCTOR OPEN TO SUGGESTIONS ABOUT YOUR HEALTH CARE?

13. DOES YOUR DOCTOR TALK TO YOU ABOUT ALTERNATIVE TREATMENTS (i.e. acupuncture and hypnosis)?

14. DOES YOUR DOCTOR DISCUSS PREVENTIVE MEDICINE (i.e. pap test, breast self-examination and others)?

15. IS THERE ANYTHING IN PARTICULAR THAT YOU WOULD RECOMMEND THIS DOCTOR FOR?

16. WHAT IS YOUR DOCTOR'S ATTITUDE TO YOU?
(CHECK WHAT IS APPROPRIATE.)

SUPPORTIVE
MORALLY JUGDEMENTAL
PATENALISTIC
AUTHORITARIAN
TAKES YOU SERIOUSLY

17. DOES SHE/HE SUGGEST A FOLLOW-UP APPOINTMENT TO ENSURE TREATMENT WAS SUCCESSFUL?

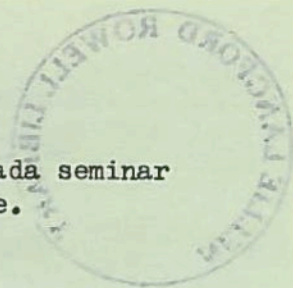
18. CAN YOU DESCRIBE WHAT IT IS LIKE TO SEE THIS DOCTOR AS A PATIENT?
(USE OTHER PAPER IF NECESSARY)

TO ALL MEMBERS:

Are you happy with the quality of your medical care?
Have you found the right doctor for yourself and your family?

The Women's Centre has a "Doctor's File" which needs up-dating. Could you please fill out the enclosed questionnaire and mail it to the Centre as soon as possible? Thanks for your support!

Calendar



January

- 31 - Immigrant Women: Steps into Canada seminar (Kelowna) - information at Centre.

February

- 5 - P.M.S. seminar (cancelled in December due to bad weather)
Call to reserve space - no charge
984-6009
- 7 - 3rd. Annual E. M. House Fund Time Auction (see details inside)
- 12 - N.S.W.C. Executive Meeting 7:30 p.m. - Everyone welcomed.

Coming Soon: International Women's Day Brunch
Economic Options for Women

FEBRUARY is our board nomination month. If you would like to nominate yourself for one of our executive positions or nominate another woman please let us know!! It will give us time to get acquainted before our Annual General meeting in May.

* * * * *

Congratulations

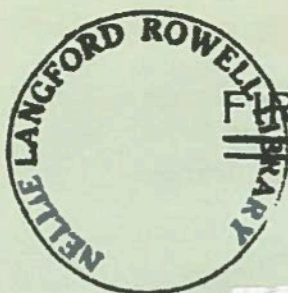
Our best wishes go to Diane Myrea. The birth of her baby girl was on November 20, 1985.

* * * * *

CLICK

Don't miss it! The February edition of "Click" will air January 27 at 8:30p.m., February 2 9:30 p.m., and February 7 at 9:30 p.m. on Cable 10.

* * * * *



FIRST CLASS MAIL



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ANNUAL FEE FOR RENEWAL OF MEMBERSHIP OR NEW MEMBERSHIP
IS \$15.00, OR WHAT YOU CAN OFFER.

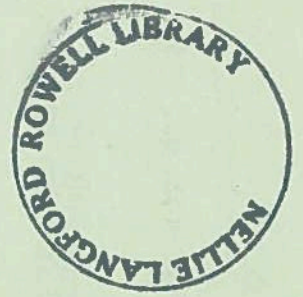
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AMOUNT OF YOUR DONATION ...\$.....

NORTH SHORE WOMEN'S CENTRE MEMBERSHIP - 1985

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ADDRESS: _____ ADDRESS: _____
PROVINCE: _____ PROVINCE: _____
POSTAL CODE: _____ POSTAL CODE: _____
TELEPHONE: _____ TELEPHONE: _____

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117 Suite 8B
East 15th Street
North Vancouver, B.C. V7L 2P7

The North Shore Women's Centre
invites you to celebrate



International Women's Day
at a luncheon with speaker

Joy Langan

"Surviving in a Man's Political World"

*Ms. Langan is president of the NDP & vice president
of the B.C. Federation of Labour*

**SUNDAY MARCH 9
11 A.M.**

*Riverwood Room
Canyon Gardens
North Vancouver*

TICKETS \$15

PHONE THE WOMEN'S CENTRE FOR RESERVATIONS
BY WED. MARCH 5 — 984-6009

TICKETS WILL BE HELD AT THE DOOR