

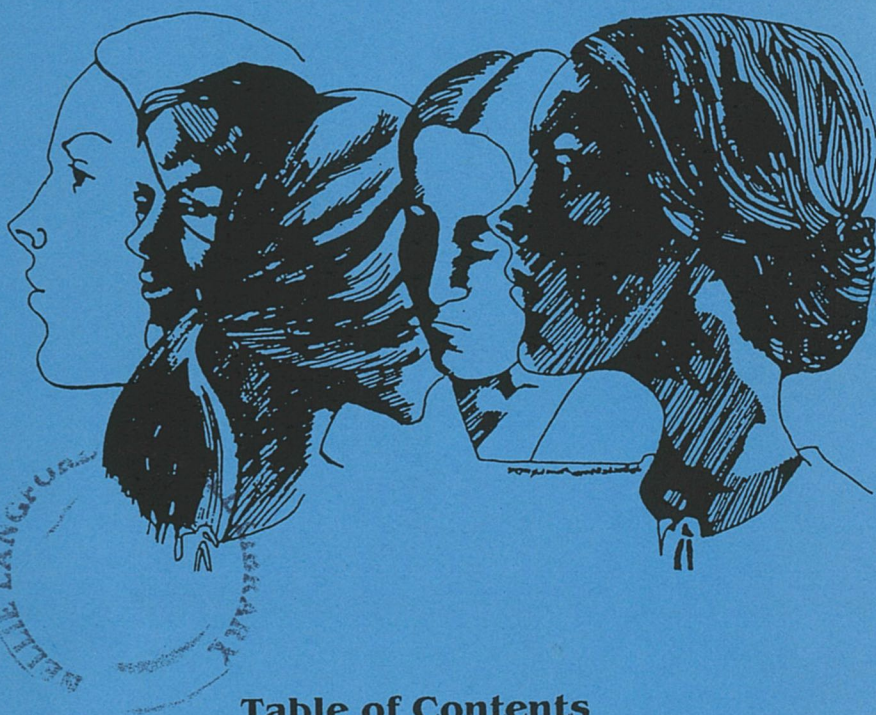
# Connections: A Womyn's Monthly

Vol 1 #11; February, 1996

Halifax, N.S.

## Women of Colour

Jo Beckelheimer



### Table of Contents

Calendher .....	3	Women of Colour .....	15
February .....	3	Resources for teaching	
March and on .....	5	& Learning .....	15
Monthly/Weekly .....	7	Assistance Resources .....	18
Might you be interested? .....	9	Groups/Organizations .....	19
Dal Women's Centre News .	11-14	Books .....	21

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## Subscriptions:

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If you would like to receive this newsletter in the mail, subscriptions are ONLY \$15.00 a year - to cover shipping costs. It's costing a small fortune to ship the bulk orders around the province too, so if you'd like to send a little extra, we would not mind.

## Contacts:

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Debbie Mathers 5419 Roome St. Halifax, N.S. B3K 2L6 902-453-9475 (phone) 902-453-9475 (fax, but you must phone first) E-Mail: Debbie_E_Mathers@bbs.mmcs.com or ab218@ccn.cs.dal.ca	Kelly Dixon 22 Canaan Ave. Kentville, N.S. B4N 2A6 902-679-1051 (Call collect)
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## Advertising:

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Please support our advertisers. They're essential to the existence of this publication and help us pay photocopying costs, phone bills, travel and mailing expenses.

back cover (4 3/4 x 7 1/2) — \$100;  
full page inside (4 1/2 x 7 1/2) — \$80;  
half page inside (4 1/2 x 3 1/2) — \$40;  
quarter page inside (4 1/2 x 1 3/4) — \$20.

## Some of the places where you can get Connections

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all women's centres in NS  
Acadia Women's Centre, Wolfville, NS  
Atlantic News, Morris Street, Halifax, NS  
Daily Grind, Spring Garden Road, Halifax, NS  
Dalhousie Women's Centre, Dalhousie University, Halifax, NS  
Eos Fine Foods, Wolfville, NS  
Fresh Start Bed & Breakfast, 2720 Gottingen Street, Halifax, NS  
Frog Hollow Books, 5640 Spring Garden Road, Halifax, NS  
Little Mysteries, 1645 Barrington Street, Halifax, NS  
Mary Janes Alternative Tastes, 1313 Hollis St, Halifax, NS  
Murray Manor, Joan Semple, 225 Main Street, Yarmouth, NS  
Nice & Natural, old Tower's Mall, New Minas, NS  
Maggie's Place, Family Resource Centre, 129 Arthur St, Truro, NS  
NSACSW, 202-6169 Quinpool Road, Halifax, NS  
Odd Book, Wolfville, NS  
Planned Parenthood, Quinpool Road, Halifax, NS

Red Herring Co-op Books, 1578 Argyle Street, Halifax, NS  
Seekers, 324 Main St, Wolfville, NS  
Stonewall, 1560 Hollis Street, Halifax, NS  
Women Aware, Port Hawkesbury, NS  
Women's Network, Charlottetown, PEI

## Next issues

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We are currently looking for information on the following topics for the next three months.

March: Resources for Women

April: Festivals/Travel

May:

If you have any information or know of any resources on any of these subjects, please contact us. We'd love to hear from you.

# CALENDAR

If you know of events of interest to womyn to be included in next month's Calendar, please let us know. We believe this could be one of the most useful sections of Connections: A Womyn's Monthly, but it will only work if you send us stuff!

## Announcements

Help Deb and Kelly plan, research, and distribute our next issue of Connections. Call Deb at 453-9475 or Kelly at 679-1051.

## February

**February: African Heritage Month.** Gala Cultural nights, children's puppet shows, school time programs and discussions of contemporary issues highlight the rich cultural heritage and ongoing social contributions of African-Nova Scotians. For events in the Halifax area 421-6897. Also, events have been listed in the Daily News on Feb. 1.

**February 1 - June 30:** "Notable Women of Nova Scotia 1820-1900" 1685 Argyle St., Halifax. New display at the Dal University Costume Studies Institute and Museum, Carleton House. Open Tues - Sat 11 am - 3 pm. 494-6515.

**February 10 (Saturday):** Sweetheart Women's Dance. 8 pm to 1 am. Halifax Civic Workers Club (corner of Bloomfield and Isleville Streets) Tickets \$7 advance \$9 at door. Call 423-0264 for info.

**February 11 (Sunday):** Confronting Anger: What Does Your Anger Look Like? When anger is confronted it releases powerful energies that can transform your life. Giving a creative expression for anger helps to release these energies trapped within your anger. For information call LaLonnie Wood, Bedford. (902) 832-1626.

**February 11 (Sunday):** Lunch and the Zodiac. A free lecture with astrologer Wynne Jordon at Little Mysteries 1645 Barrington St. Discussing PISCES. Noon - 1 p.m. Bring a lunch 423-1313.

**February 13 to 18:** Sheree Fitch's First Play by Claudia Habib. At the Sir James Dunn Theater in Halifax in coordination with Family Violence Prevention Week. Performances begin at 8 pm. Tickets are \$16.50 and \$12.50.

**February 13 (Tuesday):** African Canadian Women, their contributions to family, school, community and church with guest speaker Tracy Jones, 7 p.m.

**February 13 (Tuesday):** 7 pm. The Internet: What is it, sponsored by the Centre for Women in Business, Mount St Vincent University. \$10 (\$4 students). Preregister by phoning 457-6449.

**February 14 (Wednesday):** Celebrating black mothers and daughters, North Branch Library, 10 am - 12 noon.

**February 16 (Friday):** Nova Scotia black female educators, lessons from the past with Adrienne Dorington, Ed. D., University Faculty Club, \$13, noon.

**February 16 (Friday):** 5th Annual Black Women That Made a Difference, Black Cultural Centre for N.S. 7 p.m.

**February 18 (Sunday):** Halifax Lesbian Outdoor Club. Scheduling meeting for February and March activities at the Dal Women's Centre, 1229 LeMarchant St. 11 a.m. followed by a hike. Contact Joan at 479-2428.

**February 21 (Wednesday):** Lesbians in Business Meeting at Second Cup on Spring Garden Rd. 7 p.m. for info call Andrea at 423-9006.

**February 22 (Thursday):** Public lecture, racism, and the criminal justice system with Dr. Martin Ruck, Black Cultural Centre, 8 p.m.

**February 24 (Saturday):** Fund raising DANCE for the Women and AIDS

Project at Deep Nine Recording Studio, 3200 Kempt Rd. Tickets \$5 at Red Herring, Stonewall, and AIDS Coalition of NS. Special guest appearance EARTHWITCH 9:30 - 10:30.

**February 27 (Tuesday):** Multicultural gala, Cole Harbour District High School, \$4, 7 p.m.

**February 28 (Wednesday):** 7-10 pm. Managing Your Cash Flow, sponsored by the Centre for Women in Business, Mount St Vincent University. \$25. Call 457-6271 for info.

## March and so on

**March 6 (Wednesday):** Judy Small, Australia's international singer-songwriter is performing at the Festival Theater in Wolfville. 7:30 p.m. Tickets \$15.00 Call 542-5055 or 422-5087 for tickets.

**March 6-7:** Entrepreneurial Self-Assessment Workshop. \$50. Mount St Vincent University. Call 457-6271 for info.

**March 7 (Thursday):** Aboriginal Women in the Oral Tradition, lecture by

## February Events

**Sunday February 11:** Get a Heart On, 8:30 pm  
regular cover charge

**Wednesday February 14:** Valentine's Dinner and Karaoke



**Mondays:** 5¢ Wing Night

**Tuesdays:** Shooter Night and Trivia

**Wednesdays:** 10¢ Wing Night and Karaoke

**Daily Lunch Specials** starting under \$3

(use our lunch card and get every fifth lunch free)

Dining Room & Lounge  
1560 Hollis Street, Halifax, N.S.  
425-2166

"A great place for us to meet"

Maria Campbell, writer/playwright. 7:30 pm. Auditorium D, Seaton Academic Centre, Mount St Vincent University. Halifax.

**March 8 (Friday):** International Women's Day. Variety Show at Dalhousie Student Union Building, Halifax. 7:30 pm. Call 494-2432 for info.

**March 12 (Tuesday):** 7 pm. How to do Business on the Internet, sponsored by the Centre for Women in Business, Mount St Vincent University. \$10 (\$4 students). Preregister by phoning 457-6449.

**March 23 (Saturday):** 10 am - 12 noon. Morning With a Banker, sponsored by Centre for Women in Business. Call 457-6449 for info.

**March 28-29:** Self-Help Connection conference "Professionals Tapping into Self-Help Groups. Keddy's Halifax Hotel. Fees: before Feb 29: \$75-100; after Feb 29 \$125. Contact Sandi Flemming at (902) 466-2011 or fax (902) 466-3300 for info.

**April 9 (Tuesday):** 7 pm. Advertising Your Business Effectively Through Print Media, sponsored by the Centre for Women in Business, Mount St Vincent University. \$10 (\$4 students). Preregister by phoning 457-6449.

**April 15:** Home-Based Business Conference at Holiday Inn, Dartmouth. Sponsored by Business Development Bank of Canada and Centre for Women in Business. \$99. Call CWB at 457-6449 or BDC at 426-7850 for info.

**April 26-28:** Body Consciousness Through Belly Dancing at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

**May 10-12:** Mothers and Daughters at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

**May 14 (Tuesday):** 7 pm. Personal Selling as a Means to Advertise Your Business, sponsored by the Centre for Women in Business, Mount St Vincent University. \$10 (\$4 students). Preregister by phoning 457-6449.

**May 17-19:** Adult Survivors of Childhood Sexual Assault at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0. Contact Eastwind (902) 422-3760 for info.

**June 11 (Tuesday):** 7 pm. How to Keep Your Customers, sponsored by the Centre for Women in Business, Mount St Vincent University. \$10 (\$4 students). Preregister by phoning 457-6449.

**June 21-23:** Honoring the Ripeness of Women, of Summer at Akala Point, Box 1627, RR #1, Tantallon, NS, B0J 3J0, 902-823-2160.

**June 38-July 1:** For Lesbians Only: Lesbian Fair, live entertainment, dance, workshops & more. To get on mailing lists, send SASE with name and address to N. McNamara, RR #1, Scotsburn, N.S. B0K 1R0. (This is a drug-, alcohol-, s&m-free event.) Registration fee to be announced. (See also Might You Be Interested section.)

## Monthly/Weekly Meetings

1st Sunday of the month: Pictou County Lesbian Brunch Club. 10:30 ish at local (Pictou area) restaurants. Call 485-8526 for info.

2nd Sunday of each month. Juka (N.S. Black Lesbian, Gay, and Bi Association). Call 429-7922 for details.

Every Sunday. Safe Harbour MCC. 7:30 pm in the Universalist Unitarian Church, 5500 Inglis St., Hfx. Call 454-2522.

Every Sunday. Truro Lesbian Support Group. 7 pm. 897-6722 for info.

In celebration of International Women's Day 1996,  
you are invited to

### *Making the Links: The Road to Beijing*

*A video presentation and panel discussion  
with remarks by the Honourable Eleanor Norrie,  
Minister Responsible for the Status of Women*

7-9 pm, Friday, March 8, 1996  
Seton Academic Centre, Auditorium A  
Mount Saint Vincent University  
Reception to follow

Sponsored by Mount Saint Vincent University, the Nova Scotia Women's Directorate, and the Nova Scotia Advisory Council on the Status of Women. For information, call 457-6472.

**Every Monday.** Halifax Gay AA. 8:30 p.m. at St. Mary's Basilica. Spring Garden Rd., Hfx. Call 461-1119 for details.

**2nd and 4th Monday. Humans Against Homophobia.** Meets from 5:30 - 7:00 in Rm #302 Dal Sub, University Ave, Hfx. All sexual/gender orientations welcome. Call 494-6662.

**Women's Recovery Support Group** meets Tuesdays 6-7:30 pm. 4th Floor Lord Nelson Bldg, Drug Dependency Office, 5675 Spring Garden Road. Hfx. Contact Kathleen Howell, 424-5920.

**Every Tuesday evening:** Lesbian singing group near Pictou. 7-9 pm. Call 485-8526 for info.

**Tuesday Evening Discussion Group.** The Seeker's Emporium host a series of talks on a number of topics including reflexology, Yoga and the art of breathing, crystal awareness, Reiki, tapping into your intuitive potential and colon cleansing. 7-9 p.m. 1518 Dresden Row, Upper Level, Halifax. (902) 423-8961.

**Outlet.** Lesbians, gays, and bi's meet 1st and 3rd Tuesday in Wolfville. Charlene 542-2287 Ext. 140.

**Women's Group for Young Lesbian and Bisexual Women (25 & under).** First & third Tuesday of the month. Drop-in/social from 6-7 pm. Meeting at 7 pm at Planned Parenthood NS offices, 6156 Quinpool Rd., Hfx. Call Maura 492-0444 for info.

**North Branch Women's Group.** Wednesdays at 10 am. Join us at the North Branch Library on Wednesday mornings for two hours of friendly conversation, film, and discussion on what affects you. All women welcome! For further information contact Tina Robertson at 421-6987.

**FLAG** general meeting. 2nd Wednesday of each month. 7 pm, Rm F108 of the Science Library Concourse, UNB campus, Fredericton. Phone 457-2156 for details.

**NGALE** General Meeting. 2nd Wednesday. 7:30 pm at Newfoundland and Labrador AIDS Committee offices, 347 Duckworth St, 6th floor, St. John's. Bring a friend. 579-8656.

**Last Wednesday. Central Nova Lesbians and Gays Group** regular meeting. Call 893-2579 for details.

**The Business Network Intl.** meets every Thursday morning at 7:00 -

8:30 am in the Smitty's Meeting room, Bedford, NS. A great opportunity to network with other business women and men in your community. For info call John Renouf at 454-7424.

**GLAS** (Gays and Lesbian Association for Support) every 1st and 3rd Sat. 7:30 pm in the Student Common Rm. Grenfell College, Corner Brook. 634-1066 for more info.

**Every Saturday. N.S. OUTLine.** The toll-free queer youth line is now available from 5:30 - 9:30 p.m. at 1-800-566-2437.

## Might you be interested?!

Volunteers are needed:

- to work shifts at the Red Herring Co-op Bookstore, 1578 Argyle St., Halifax. (902) 422-5087 or drop by.

**Wednesday March 6**

**7:30 pm**

***Festival Theatre,  
Wolfville, NS***

**Judy Small**

**in concert**

**Tickets \$15**

available from  
Red Herring Co-op Books,  
1578 Argyle Street, Halifax, (902) 422-5087  
Seekers Imports,  
324 Main Street, Wolfville, (902) 542-5055

- to help us plan, research, write or distribute our next issue of **Connections**. Call Deb at 453-9475 or Kelly at 679-1051.

- **Stepping Stone** is a street outreach organization working with women, men, and youth who are involved, or at risk of becoming involved in prostitution. We are looking for tutoring volunteers to assist us with our upcoming literacy program. Volunteers must have experience in literacy tutoring/upgrading. A non-judgemental attitude is also required. For more info call Suzanne at 420-0103.

"**LICK**" - Lesbians in Constant Konfusion - a group for lesbians who have sexual abuse issues, alcohol/drug/smoking addictions/coping mechanisms, and who want to talk about the "Konfusion" in their lives. Call 485-8526 or write Nadine McNamara, RR1 Scotsburn, N.S. B0K 1R0 (Only REAL [Raging, Entertaining, and Loud] lesbians please).

Looking for **Lesbian Entrepreneurs** with services or wares to buy/sell/exchange at Lesbian Fair, June 29, Pictou Co. Book space by Jan 1. Apply in writing with name, address, phone number, your particular ware or service to N. McNamara, RR #1, Scotsburn, NS B0K 1R0. (See also Calendher events June 28-July 1)

Looking for **environmentally sensitive women-positive** people for the purpose of forming a support group. Contact Johanna Cash at 7 Frederick Ave, Halifax, N.S., B3N 2K3.

A project to explore the **abuse of parents** by their teenage children. The aim is to find out more about parent abuse, and to collect information about what resources are needed by parents, teens, and support people in order for the abuse to end. If your willing to be interviewed about your experiences please call Barbara Cottrell, project coordinator at 454-4801.

**Winter Classes** at Great Ocean Natural Foods. Vegetarian cooking classes with Laura Bishop of the famous Green Door restaurant in Ottawa and now Heartwood Bakery & Cafe in Halifax. Eat what you create! Holistic Health Care with Dr. Cheryl Lynette N.D. Learn more about what is troubling your body and your environment. For dates contract Great Ocean Foods, 6112 Quinpool Rd., Halifax, N.S. (902) 425-7400.

**Health and Nutrition** - Individuals interested in health and nutrition workshops and courses contract Nella Pidutti in Digby (902) 245-6720.



## February 1996

**It seems impossible that January has come and gone so quickly. With the second academic term well underway, the Centre's volunteers have been extremely busy with daily activities and gearing up for International Women's Day. Volunteers have had the opportunity to gain extensive knowledge of the surrounding community, the women who reside there, and issues specific to their needs. If you are interested in becoming one of our volunteers, please contact Kelly at 494-2432.**



## Schedule of Events

### African Heritage Month Events:

**February 16**—Harambee Party, Dal. Student Union, 8 pm-1 am. The Party includes a fashion show, live musicians, and traditional food. For more information please call the Black Students' Advisor at 494-6648.

### More Events...

**February 10**—Annual Charity Ball in support of the Metro Food Bank. 6 pm, McInnes Room, Dal. Student Union. Includes a casino, charity auction, bingo, cocktails, and dinner. Music by Big Picture. Tickets \$20 each or \$190 for a table of ten. Tickets available at the SUB Info Centre, or call 494-1106.

**February 14**—Black and Pink Triangle Day. Watch for a display in the SUB Lobby. For more info on events call Heather at 494-2432.

**March 8**—International Women's Day Variety Show, 7:30 pm, McInnes Room, Dal. Student Union Building. Doors open at 6:30 pm. Tickets are \$4 and are available by calling the Dalhousie Women's Centre at 494-2432. All Proceeds for this event will go to the Women's and AIDS Project. This event is fully accessible. Childcare and ASL Interpretation will be provided. For more information, suggestions, or to volunteer, please call the Centre.



# International Women's Day Variety Show

**March 8, 1996**

McInnes Rm, Dalhousie Student Union

**Tickets \$4.00**

*If you belong to a not-for-profit women's organization and would like to display information about your group and its activities, please call Heather at 494-2432 to book a table.*

This event is fully accessible. ASL Interpretation and free childcare will be provided.

**ALL PROCEEDS TO THE WOMEN AND AIDS PROJECT**

Before I came to Nova Scotia I was unaware that African Heritage Month existed. There is a reason, just or unjust, for my ignorance. Growing up in rural Manitoba, the only place I ever saw black people was on television or in movies. Occasionally, you may have come across a few Black families in Winnipeg on a weekend shopping trip. But rural Manitoba is a long way away from Winnipeg. Nova Scotia opened my eyes to a black community outside my T.V. screen (a medium that provided gangsters or the Cosby's).

When I began volunteering at the Women's Centre I became more aware of Black issues. Initially I thought that events like Africville were scars on the Canadian body politic of times past, but nonetheless relatively isolated. The Klan in the Canadian West was anti-French, anti-Catholic, and anti-Semitic, not anti-Black. I now realize that the reason for this was simple; there simply are not enough Black people in the West and the Klan needed a new outlet. So I began to do some research. Why were there so few Black people in the prairies? It turns out that the West had its own, less talked about, Africville of sorts.

In the great land rush at the beginning of the century, Clifford Sifton and his contemporaries decided to open the Canadian border to Americans. Canadian racism prevailed. Immigration officers for Sifton had distinct instructions to inform all Blacks who applied to immigrate to Canada that they simply did not fit the type of settler Canada needed. In short, we didn't want Blacks. Sifton is quoted as saying that these measures were to ensure that Canada did not have the Negro 'problem' of the States. The Black people who made it past immigration officers were often stopped at the border and subjected to rigorous, and false, medical examinations that claimed they were carrying diseases. Of the tens of thousands of Americans who entered Canada at the turn of the century, 1500 were Black. The 'moral' Canadian government had succeeded in keeping Blacks out of the West and the new frontier 'pure'. If Sifton and Smart had not imposed such racist immigration laws on the West, the prairies would be a different place today. Black history would be part of Western history. The richness of the Black community in Nova Scotia could have extended West. Unfortunately it did not and today not just the prairies, but the country, suffers.



## Women of Colour

Please note several important items before proceeding with this resource list. As always, we know it is not a complete list. To help us make it more complete for future issues, please send any information you have that we have not included here. Also, the use of terminology and the decision to capitalize words, or not, has been taken as it appeared in the resources they were found in. Again, if anyone has any suggestions as to how we might do it differently, we would love to hear from you.

### Resources for teaching and learning

**N. S. Advisory Council on the Status of Women - Resource Centre**, 424-8662 or 1-800-565-8662;

PO Box 745 Halifax, N.S. B3J 2T3, or at Quinpool Centre Suite 202, 6169 Quinpool Rd, Halifax, N.S.

The resource centre has a selection of books, reports, videos, binders of newspaper clippings, and various other resources.

**Halifax City Regional Library** 421-698; 5381 Spring Garden Rd, Halifax  
**North Branch Library**, Gottingen Street, Halifax.

**Ujamaa Books and Cultural Store**, 423-7617  
2150 Gottingen Street, Halifax, NS B3K 3B2.

**Nova Scotia Museum** 424-7391 or Fax 424-0560;  
1747 Summer St., Halifax B3H 3A6

Has published several books, a variety of curatorial reports, video tapes, and Info sheets on the Mi'kmaq.

**Education Media Services** 424-2440 or Fax 424-5049;  
3770 Kempt Rd., Halifax B3K 4X8

Has a large collection of video and film resources. The EMS catalogue provides annotated info about these resources.

**National Film Board of Canada** 426-6000 or Fax 426-8901;  
Queens Court, 5475 Spring Garden Rd., Halifax B3J 1G2

**7th Generation Books** - a Native publishing enterprise;  
39 Spadina Rd., 2nd Floor, Toronto, Ont. M5R 2S9. 416-972-0871 or fax 416-972-0892

**Millbrook Native Learning Centre** 897-0599 or Fax 897-1976;  
PO Box 634, Truro, B2N 5H2

Unama'ki Training and Education Centre 379-2758 or Fax 379-2586;  
Eskasoni Mini-mall, RR2 East Bay, BOA 1H0

**Mi'kmaq Native Friendship Centre** 420-1576;  
2158 Gottingen St., Halifax, N.S. B3K 3B4

A community centre and a hostel for transients. Programs include employment counselling, court worker services, cultural awareness and interpretations services, alcohol and drug counselling, and hospital liaison.

**Valley Black Resource and Information Centre** 678-1574

Work with black communities to become aware of the needs of our communities and encourage development of programs and/or services to the black residents of the valley.

**Native Internship Program (NIP), Black Internship Program (BIP)**  
If you are a full-time student, this program provides job opportunities in Human Resources Development Canada offices in clerical positions and at officer levels. Apply through the Federal Student Employment Program at your local Canada Employment Centre listed under Human Resource Development Canada in the blue pages of your local telephone directory.

**Black Learners Advisory Committee** 678-3390;  
Provincial Building, 136 Exhibition St., Kentville, N.S. B4N 4E5  
We work with any school boards and educators, provide counselling and direction to black learners, and provide resource materials.

**African Canadian Education Project** 429-0123;  
1650 Argyle St., Box 31154, Halifax, B3K 5Y1

## *Fresh Start bed & breakfast*

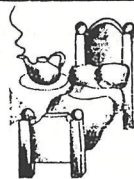
*A comfortable, century-old house with an informal atmosphere.  
The teapot is always on. Breakfast as you like it.*

*Situated directly across from Admiralty House Museum. Within walking distance of Citadel Hill, Fort Needham Park and the historic Halifax Waterfront. Leave your car with us and take Metro Transit to many other interesting places.*

*PLUS... Special events and theme weekends during the winter months.*

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2720 Gottingen St., Halifax, B3K 3C7  
(902) 453-6616

*OPEN ALL YEAR  
No Smoking*



Volunteer organization with a resource centre at location and a Saturday school program.

**Black Cultural Centre** 434-6223  
Web Page Address <http://www.nstn.ca/bccns/>.  
Hwy 7, at Cherry Brook Rd, Westphal, Halifax County.  
Opened in 1983, it consists of a museum, amphitheater, library, and educational resource centre.


**Black Learner's Advisory** 424-7036;  
2021 Brunswick St., Suite 418, Halifax B3K 2V6  
Provides a forum for the Black Community to share in planning, operating, and full benefits of the education system.

**Dartmouth East Black Learning Centre** 468-2880;  
Brownlow Ave., Suite 57, Dartmouth B3B 1W2  
Assists young adults academically, personally, and with employment.

**N.S. Association for the Advancement of Coloured People** 443-7766  
HAJ Wedderburn, Suite 303 287 Lacewood Dr., Halifax, B3M 3Y7  
Provides money for education, continuing education, and universities in the form of scholarships.

**African Canadian Employment Clinic** 422-3391, fax 423-5976  
5663 Cornwallis St, Suite 100, Halifax, NS B3K 1B6  
Help its users access jobs and join together with community to plot our joint economic destinies. Resume Writing Workshops on Tuesdays 7-9 pm. Job search and Job interview workshops on Thursdays 10 am to 12 noon.

**Native Women's Resource Centre of Toronto, Inc.** 963-9963  
245 Gerrard St. East. Toronto, Ont. M5A 2G1

The Attic  Owl  
Bookshop

*Used Books Bought & Sold*

*All the books  
one needs!*

5802 South Street, Halifax  
(Next to the V.G. Hospital)

**10:30 — 6 Daily  
12 — 4 Sundays  
422-2433**

Mi'kmaq Language Program 895-1523 or Fax 895-0024  
Native Council of Nova Scotia P.O. Box 1320 Truro, N.S. B2N 5N2

The Native Council of N.S. Education Fund 895-1523  
P.O. Box 1320 Truro, N.S. B2N 5N2

Providing student services, scholarships, interest-free post secondary student loans, incentive awards, leadership development, emergency assistance to students, and a small adult education loan fund.

**The Issue of Right:** A Series of Pamphlets by Sandra Smith  
The Story of the Missing "S", Affirmation of Women, Affirming Minority Rights, Multiculturalism and Canadian Identity. All 4 for \$10.  
New Publishing Co, PO Box 727, Adelaide Stn., Toronto, Ont. M5C 2J8  
905-527-0070 (Include \$2 for postage and handling.)

## Assistance Resources

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**Immigrant and Visible Minority Women** 443-3253  
20 Parmbelle Lane, Halifax, Nova Scotia, B3M 1N3  
Provides social, financial, and psychological support to immigrants.

**East Preston United Baptist Women's Missionary Society**  
Martha Boucher, President, 461-2618

**Mi'kmaq Family and Children Services of Nova Scotia** 1-800-263-8686  
Box 179 Shubenacadie, N.S. B0N 2H0  
Assisting native people by providing services such as: counselling, referral to mental health counsellors, family skills workers program, parent education programs.

**Mi'kmaq Family and Children Services of Nova Scotia** 1-800-263-8686  
Eskasoni, N.S. B0A 1J8

**A GREAT GIFT FOR YOURSELF OR SOMEONE ELSE:**

### **Connections: A Womyn's Monthly**

a lesbian-positive information/resource newsletter for women

**Subscriptions \$15/12 issues.**

Mail check or money order (made out to Kelly Dixon) to:

**Connections, 5419 Roome St.  
Halifax, N.S. B3K 2L6**



Assisting native people by providing services such as: counselling, referral to mental health counsellors, family skills workers program, parent education programs.

**Native Women's Healing Circle** c/o Mi'kmaq Native Friendship Centre  
420-1576; 2158 Gottingen St, Halifax, NS B3K 3B4  
Offers support and referral services.

**Welkagnik**, 895-3222, Truro, NS  
Provides shelter, second stage housing, support and counselling for Native women and children.

**Association of Black Social Workers** 678-0091, 423-3857  
6414 Coburg Rd, Halifax, B3H 3J5  
A volunteer advocacy group for the Black community whose areas of concern are family, education, and employment.

**African United Baptist Association Women's Institute** 835-5983  
Site 91, Box 7, RR#1, Bedford, N.S. B4A 2W9  
Assisting women in spiritual, educational, and social needs. Offers a bursary for women re-entering the work force.

## Groups and Organizations

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**Cultural Awareness Youth Group** 425-0287  
2342 Longard Plaza, Halifax, N.S. B3K 5K6  
An independent, non-profit society to foster the educational and cultural development of Black youth.

**Inglewood Community Club** 665-2601, 665-2633  
Box 325, Bridgetown, N.S. B0S 1C0  
A community group addressing the needs of the black community.

**Western Region Alliance of Black Communities** 665-2633, 678-3390  
Working together to emphasize a good quality of life for the Black communities of south-western N.S.

**Black Professional Women's Group** 434-4841, 435-1717  
Comp. 80, RR #1, Porter's Lake, N.S. B0J 2S0  
Box 3314, Dartmouth East, Dartmouth B2W 5G3  
A non-profit organization in existence for over 20 years which is open to all women interested in issues affecting Black women.

**Bear River Indian Band Council** 467-3802

Box 210 Bear River, Digby B0S 1B0

**Confederation of Mainland Mi'kmaq** 895-6385

Box 1590 Truro, N.S. B2N 5V3

Providing advisory services and band staff training and promote the socio-economic development of member First Nations.

**Congress of Black Women of Canada** 462-0344

SS#2, Site 10, Comp 2, 1935, Highway #7, Dartmouth B2W 3Y5

A voluntary, non-profit group dedicated to improving the lives of Black Women and their families and to bring due recognition to our roles in Canadian society.

**Congress of Black Women of Canada-Antigonish, Guysborough Chapter**  
Dr Agnes Calliste. 867-3990 (office); 867-2133 (messages); 867-2133 (fax)

**Major Ritchie Community Association** 532-7285

Lequille, N.S. B0S 1A0

A community centre which addresses the needs of the black community.

**Nova Scotia Native Women's Association** 825-3835

A political group representing Mi'kmaq women in N.S. in social, cultural, and economic areas.



## Nova Scotia Breast Screening Program

### AN IMPORTANT MESSAGE FOR WOMEN 50 – 69 YEARS

Stationary Clinic, Halifax Shopping Centre  
(902) 496-3960

Mobile Unit, Cape Breton Island, Antigonish  
Guysborough Counties  
Toll Free 1-800-565-0548

*Make an appointment at the location of your choice*

**Africville Genealogy Society** 865-0587

110 Balam Circle, Lower Sackville, B4C 1S9

Preserving the culture of former residents and descendants of Africville.

**Afro-Canadian Caucus** 434-5454

Box 1671, Halifax, B3J 2Z1

Political organization dealing with the social and economic situation of African Canadians in N.S. Sponsors the African Canadian Employment Clinic at 5663 Cornwallis St, Suite 100, Halifax, NS B3K 1B6 Phone 422-3391, fax 423-5976.

**Black Business Consortium** 425-8885

2099 Gottingen St., Suite 203, Halifax, B3K 3B2

Promoting economic development for black owned businesses.

## BOOKS — Spiritual/Empowerment/ Motivation/Business

This list was prepared by Ujamaa Books & Cultural Store

*Acts of Faith* by Iyanla Vanzant

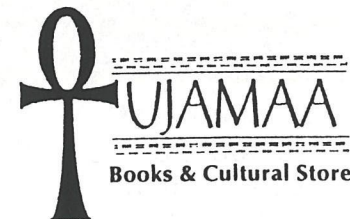
A collection of meditative statements that explores the unique pressures on people of color while providing inspiration and support.

*Work, Sister, Work* by Cydney Shields

An invaluable guide covering a wide range of practical information including how to attain career goals, how to deal with racism in the workplace as well as mentoring and networking.

*The Value In the Valley* by Iyanla Vanzant

A Black Woman's guide through life's dilemmas. "The value in the



2150 Gottingen St.  
Halifax, N.S.  
B3K 3B2  
902-423-7617

Ms. James

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Seminars Workshops Available

Valley is a healing lifeline, thrown to Black women in a loving and insightful way to remind us just how divinely powerful we are! "—BeBE Moore Campbell.

***Carnival of the Spirit* by Luisah Teish**

A vibrant synergy of African spirituality, folktales and kitchen-table wisdom in an exuberant tribute to world holidays and nature's four seasons.

***Black Feminist Thought* by Patricia Hill Collins**

An exploration of the familiar themes of family and work examining new areas of cultural thinking about Black men and women.

***Grammar of Dissent* by Dionne Brand/Claire Harris/M. Philip**

Poetry, fiction and essays from three of Canada's most powerful women writers covering racism, sexism and classism.

***Womanist Rumbings: A Place to Record Your Story* by Linda Hollies**

Women are encouraged to write their own story of daily challenges, struggles and triumphs in an empowering journal.

***In the Spirit* by Susan Taylor**

A collection of inspirational essays from the editor of Essence Magazine, meditations that can help women deal with everyday living.

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Our next issues will focus on:

**March:** Resources for Women

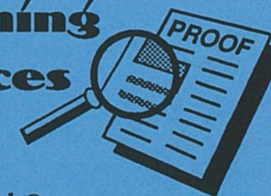
**April:** Travel and Festivals

**May:** Focus on Food (Kraft Dinner™ is not enough)

**Contact Andrea D'Sylva at 423-9006**

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*Debbie Mathers*

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