

Connections: A Womyn's Monthly

Vol 1 #7; October, 1995

Halifax, N.S.

Free! But we encourage and welcome donations!

Women's Health

Rules for Being Human

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full-time informal school called life. Each day in the school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error, and experimentation. The failed experiments are as much a part of the process as the experiment that ultimately "works."
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

(Continued on next page)

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6. "There" is no better than "here." When your "there" has become a "here" you will simply obtain another "there" that will again look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen and trust.
10. You will forget all this.

— anonymous.

taken from pg. 33, spring 1995 (#112) Humanist in Canada.

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Kentville, N.S.

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902-679-1051 (Call collect)

Subscriptions:

If you would like to receive this newsletter in the mail, subscriptions are ONLY \$13.00 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, Kelly would not mind.

Advertising rates:

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.

Advertising helps us pay photocopying costs, phone bills, travel and mailing expenses.

Some of the places where you can get Connections

all women's centres in NS

Atlantic News, Morris Street, Halifax, NS

Daily Grind, Spring Garden Road, Halifax, NS

Fresh Start Bed & Breakfast, Gottingen Street, Halifax, NS

Eos Fine Foods, Wolfville, NS

Mary Janes Alternative Tastes, 1313 Hollis St, Halifax, NS

Mi'kmaq Family Treatment Centre, Whycocomaugh First Nations Reserve, Inverness Co, NS

Murray Manor, Joan Semple, Yarmouth, NS

Nice & Natural, old Tower's Mall, New Minas, NS

Halifax City Regional Library, 5381 Spring Garden Road Halifax, NS

NSACSW, 202-6169 Quinpool Road, Halifax, NS

Odd Book, Wolfville, NS

Planned Parenthood, Quinpool Road, Halifax, NS

Red Herring Co-op, 1578 Argyle Street, Halifax, NS

Seekhers, 324 Main St, Wolfville, NS

Stonewall, Halifax, NS

Women Aware, Port Hawkesbury, NS

Women's Place, Lawrencetown, NS

Next issues

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

November: Women and kids

December: Spirituality

January: Women in Business

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. At this point, we are planning to meet on the night of November 2, 1995. Call Deb at 453-9475 or Kelly at 679-1051. (You can try my Cantel Cell phone at 452-0119 - but the #\$\$@! thing does not work most of the time, so you'd be lucky to get through.)

October

October is Women's History Month and Breast Health Awareness Month

Every Wednesday to November 29, 12 noon: Writing for Women, with Linda Burnett, a course presented by Saint Mary's University at the Halifax City Regional Library main branch. You may attend the lectures for free or for credit. (Continues in January.)

October 6 & 7: Access to Independence: a major exhibition focusing on products, services, and programs for people with disabilities. At the World Trade and Convention Centre. Very inexpensive. Call 902-425-8326, fax 902-492-1213, TTY 902-425-8326.

October 6-8: Western Canada's original & largest Psychic ESP FAIR PLUS Health & Wellness Section. Calgary, Alta. Big Four Building Calgary Stampede Grounds. \$12 Weekend Pass. Call (604) 986-9634.

October 8: Pot luck supper, Safe Harbour 4th Anniversary Celebration, 5500 Inglis St, 5 pm. Special service. 7:30 pm Rev. Brent Hawkes guest speaker.

October 10: Halifax Pride '96 at 7 pm, NSAC offices, 305-5675 Spring Garden Rd. Phone 422-2274 or write Box 36018, Halifax, B3J 3S9.

October 12: Corner Brook — Video Presentation National Coming Out Day. 7:30 pm at Grenfell College. Call 634-1066 for info.

October 12: Outline kicks off a new toll-free youth phone line. 1-800-566-2437. For info or to volunteer call the Community Pride Outreach office at 425-2700 or Planned Parenthood NS at 492-0444.

October 12-15: St. John's International Women's Film and Video Festival, LSPU Hall, Avalon Cinemas. Call (709) 754-3203 for info.

October 14: Women's Costume Dance. \$5/\$7 proceeds to REEL LIFE Film & Video Festival. 9 pm to 1 am. Church, corner of North and Fuller Terrace.

Oct 15-22: Provincetown Women's Week: very popular. 1-800-637-8696

October 17: Kate Millet will be talking of her experiences in the Women's movement in the 1960s & 70s. 7:30 pm. Brought here by the Dalhousie Women's Centre in honor of women's history month, Kate will be hosted in the McInnis Room at Dalhousie University Student Union Building, 6136 University Ave. The evening will be fully accessible, ASL interpretation and child care are available. Tickets \$7 at Frog Hollow Books.

Person's Day - October 18 - On this day in 1929 the Judicial Committee of the Privy Council decided that women were indeed persons and as such were eligible for appointment to the Senate. In the past Person's Day has been commemorated with activities such as Coffee Houses.

October 21: Women's Dance. 8:30 pm. \$7/\$9. Halifax Civic Workers Club (corner Bloomfield and Isleville). Call 423-0264 for info.

Women's Dance

New Location!

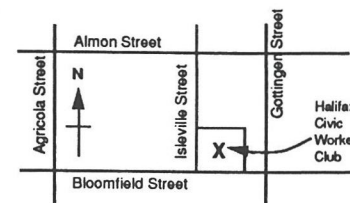
Halifax Civic Workers Club
corner Bloomfield & Isleville streets

Saturday Oct. 21 — 8:30 pm to 1:00 am

Tickets available: Red Herring Bookstore Advance: \$7
Entitlement Books Door: \$9
Stonewall Tavern

Call 423-0264
to reserve tickets
if you live outside Metro

Licensed event: 19 years and older



October 21: Truro Halloween Dance. 8 pm. \$5. 1100 Prince Street (Truro Lions Club). Call 893-2579 for info. Sponsored by the Central Nova Gay Men and Lesbian Group.

October 21: Lesbian Outdoor Club organizational meeting at Halifax North Branch Library, 2285 Gottingen Street. 11 am. Followed by hike (weather permitting) in Herring Cove. Call Joan 479-2428.

October 21: Fredericton: FLAG/AIDS NB Halloween benefit dance. 9 pm, Capital Winter Club, Rook Wood Ave (near Odell Park).

October 16-20: Dalhousie Women's Centre, Halifax, celebrates Women's History Month with a display in the Dal SUB, 2nd floor, honouring women in Dalhousie, Halifax and Nova Scotia history.

October 25: 5th Annual Entrepreneur & Franchise Expo at the World Trade and Convention Centre. More than 4,500 people visited last year's one day trade show which showcased exhibits by entrepreneurs, franchises & organizations that provide services to small businesses.

October 27: Gay, Lesbian, Bisexual & friends dance. 8 pm. \$5/ \$7. Halifax Civic Workers Club (Bloomfield & Isleville). Call 835-4955 for info.

October 28: WELL WOMAN CLINIC: Sponsored by the Lesbian Health Clinic. Paps, Breast exams, and more, or just coffee and info. All in a supportive environment. 10 am - 12 pm by appointment 455-9656. 12 pm - 2 pm walk-in clinic. Planned Parenthood Metro Clinic. 6112 Quinpool Rd, Suite 201, Halifax.

October 29: Women's Halloween party. 8 pm. \$3. The Studio, 1537 Barrington Street, Halifax.

November

November 2: 7 pm, Dalhousie Women's Centre. Are you a woman in business or interested in being in business? If so, come to this meeting. For information call Andrea at 423-9006 or Kelly at 679-1051.

November 6-12: Reel Life: Women's Film & Video Festival at the Art Gallery of Nova Scotia. Look for programs around mid October. Call 453-FILM for details.

November 11, 12: Introduction to video making workshop. \$30 fee for 2-day workshop. Call 453-FILM for more information.

Monthly/Weekly Meetings

1st Sunday of each month. **Valley Lesbian Association:** Call Emily at 902-542-2287 ext 2140 for information. (Warning: voice mail is not 100% confidential!)

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.

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.

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.

Women's 

Costume Dance

 **Saturday October 14**
9 pm to 1 am

Church (corner North and Fuller Terrace)

Admission: \$5 (unwaged) \$7 (waged)
Cash bar

Proceeds to go to REEL LIFE Film and Video Festival

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.

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.

Requests for writing:

Author of forthcoming book, "Secret Lives, Secret Loves", seeks submissions from couples or partners who are still in the closet. How has this affected your life and relationships with family and friends in particular? For more info or for a questionnaire, write Joanne at 10 Pondsview Dr., Willowdale, Ont. M2J 4B4 and confidentiality is assured.



The Nova Scotia Advisory Council on the Status of Women is pleased to announce the opening of our
**Cumberland County
Field Office**
at the

Cumberland Economic
Resource Centre
35 Church Street
Amherst, Nova Scotia
B4H 3A7

For office hours, contact fieldworker
Lorrie Melanson-Jones
at 667-8948 (telephone and fax)

Recovering Feminists Wanted!!! Women & Recovery: Surviving, Thriving & Reclaiming Your Body, Mind & Spirit. 48 pg qtrly pub, encourages, supports, & informs women who are confronting emotional, physical, or spiritual challenges. Want your stories, poems, photos. We pay \$\$\$. Sample issue \$5. Sub \$24/yr. SASE for guidelines, ad rates, wholesale/bulk prices. W & R, POB 151947-7, Cupertino, CA 95015-1947.

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.

Help us plan, research, and distribute our next issue of Connections. We plan to meet November 2, 1995. Call Deb at 453-9475 or Kelly at 679-1051. (You can try my Cantel Cell phone at 452-0119 - but the #\$\$%@! thing does not work most of the time, so you'd be lucky to get through.)

Atlantic Women's Fishnet. Is a network of women in the Atlantic provinces concerned about the fishery and the current crises in our coastal communities. Women's voices have been excluded from government, research and planning in regard to the fishery. We operate as a collective and would like to hear from groups and individuals who are interested in exchanging information and working together to help each coastal community weather the fisheries crisis. Contact: Brenda Morash. 40 Scott's Rd., McGrath's Cove, N.S. B0J 3L0

Room to rent in Kentville. Large space to share with two other women. Must be lesbian friendly. Room is \$175 all inclusive except food and phone. Must be clean and quiet and a non-smoker. Call 679-1051 for more details.

Fresh Start bed & breakfast

OPEN ALL YEAR

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.

HOSTS: Innis & Sheila MacDonald
2720 Gottingen St., Halifax, B3K 3C7
(902) 453-6616

No Smoking

An Expensive Lesson-The Neiman Marcus \$250 Chocolate Chip Cookie Recipe

- The following was found during a jaunt on the Internet. Some say it's an urban myth and others say it's a true story. In any case, we hope you enjoy it as much as we have -

My daughter and I had just finished a salad at the Neiman-Marcus Cafe in Dallas and decided to have a small desert. Because our family members are such "Cookie Monsters," we decided to try the Neiman-Marcus Cookie. It was so good that I asked if they would give me the recipe. She said with a frown, "I'm afraid not," "Well," I said, "Would you let me buy the recipe?" With a cute smile she agreed. I asked how much, and she responded "Two Fifty." I said with approval, "Just add it to my tab."

Thirty days later I received my statement from Neiman-Marcus and it was \$285.00. I looked again and remembered I had only spent \$9.95 for two salads and about \$20 for a scarf. As I glanced at the bottom of the statement it read "Cookie Recipe - \$250." Was I upset! I called Neiman's accounting office and told them the waitress said it was "two fifty" and did not realize she meant \$250 for a cookie recipe. I asked them to take back the recipe and reduce my bill, but they said they were sorry, but all recipes were this expensive so not just anyone could duplicate the bakery recipes... the bill would stand.

I thought of how I could try to get even or try to get my money back. I just said okay, you folks got my \$250 and now I'm going to have \$250 worth of fun. I told her that I was going to see to it that every cookie lover will have the \$250 recipe from Neiman-Marcus for nothing. She replied, "I wish you wouldn't do this." I said, "I'm sorry, but this is the only way I feel I can get even and I will." So here it is, please pass it on to someone else or run a few copies... I paid for it, so now you can have it for free!!!

2 cups butter	2 cups sugar	2 cups brown sugar
4 eggs	2 tsp vanilla	4 cups flour
5 cups blended oatmeal*	1 tsp salt	2 tsp soda
3 cups chopped nuts	24 oz chocolate chips	2 tsp baking powder
1-8 oz Hershey bar, grated		

Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place two inches apart on a cookie sheet.

Bake for 10 minutes at 375. Makes 112 cookies (recipe may be halved.)

* Measure oatmeal and blend in a blender to a fine powder.



OCTOBER 1995

October is Women's History month. Dalhousie has an interesting past in terms of women and their involvement at the University. As a female student, my foremothers include the likes of Margaret Newcombe and Annie Hamilton; Dalhousie's first female graduate (1885) and first female medical graduate, respectively. Today women constitute 51% of the student population, 38% of faculty, and 55% of staff. Last year, 1058 of Dal's 1970 graduate students were women.

The DWC will be celebrating our history in many different ways. October 16-20 the DWC will display some of Dalhousie's women's history in the Student Union Building. On the 17th we will be hosting our keynote speaker for the term: Kate Millett. Furthermore, the DWC will participate in various Person's Day events on October 18. Call the DWC to see how you can get involved!



MEET THE DWC... PROGRAM COORDINATOR

Hello! My name is Heather Gibson. I hold the position of Program Coordinator this year for the Dalhousie Women's Centre. My job is to coordinate all of the events of the DWC, large and small. I am responsible for community outreach and external activities of the Centre. The upcoming year is very busy. We will, of course, be hosting our annual events, Week of Reflection and International Women's Week. In addition, we have added Women's History Month, Black History Month, and two keynote speakers to our list of major events for the year. Aside from the major activities of the DWC, we are organizing a lecture once a month, partaking in various volunteer events, and participating in an assortment of women's events around the city.

I have been with the DWC for two years now. My time spent with the Centre has taught me a lot about the Women's community and women's events but I still need lots of help. Suggestions are always welcome. Although many of our volunteers work within the Centre, I too need volunteers to help organize events. If you are interested in donating some time and energy to any of our upcoming events, please do not hesitate to call the DWC. Our events would be impossible without dedicated volunteers!

The Metro Eating Disorder Support Group

meets every Wednesday, 6:30 pm
at the Dalhousie Women's Centre
for more information call Janet at 423-0360
or the DWC at 494-2432

MEET THE DWC... VOLUNTEER COORDINATOR

Hi, my name is Kelly Redmond, Volunteer Coordinator and Office Manager of the Dalhousie Women's Centre. I have been in my new position for just over a month and things are going extremely well.

The operation of the Centre is heavily dependent on our volunteers. They ensure the accessibility of the Centre to residents of the Dal community from 10 am to 4 pm, Monday to Friday. They assist those contacting the Centre with referrals to other organization in the area and with our resource library.

October is Women's History Month and our volunteers will be called upon to assist with displays, gatherings, and even an evening with Kate Millett. A potluck is also scheduled for mid-month for these women to meet and become acquainted with each other. It will also serve as a means of thanking the many women who have already demonstrated their dedication to the Women's Centre. I have been thoroughly impressed with the enthusiasm and talents of these women. Each brings a unique perspective to the Centre and its vision.

I would like to take this opportunity to thank the long-standing associates of the Women's Centre who have made the transition into my new role enjoyable and rewarding. The level of commitment that exists with these women is evident, and I am pleased to learn from them on an on-going basis.

I look forward to working with the many women I have already met and any new volunteers interested in joining us. If you have any questions regarding the Women's Centre or wish to become involved, please do not hesitate to contact me at 494-2432.



Schedule of Events

October is Women's History Month!

October 12--DWC Potluck, 7pm, Dalhousie Women's Centre. Each month the DWC hosts a potluck for its volunteers and other interested women. This event is for women only. For a relaxing time and good conversation, drop by the DWC with your favourite dish!

October 16-20--Women's History Display, Dalhousie Student Union Building, 2nd Floor. In Celebration of Women's History Month, the DWC will display past Women of Dalhousie.

October 17--An Evening with Kate Millett, 7:30 pm, McInnes Room, Dalhousie S.U.B. A notable feminist author and activist, Millett will be discussing her experiences in the women's movement of the 1960s and 1970s. Furthermore, she will give her impressions of contemporary feminist movements. This event is fully accessible. Complimentary childcare and ASL Interpretation will be provided. Tickets are \$7.00 at the DWC or Frog Hollow Books. For more information, call the DWC at 494-2432.

October 18--Person's Day Celebrations. This day is designated as National Person's Day to commemorate the acknowledgement of women as persons in Canada. Watch for events at Dalhousie through the DWC or the Women's Studies department.

October 21--DWC Volunteer Training (tentative date), 9 am-3 pm, DWC. If you are interested in volunteering at the DWC, today is the day that we host a variety of speakers to inform volunteers of services throughout the city and map out crisis intervention methods for the Centre. Give Kelly Redmond a call at 494-2432 for more information about volunteering.



In Honour of Women's History Month
The Dalhousie Women's Centre
Presents

AN EVENING WITH
KATE MILLETT

7:30 pm
October 17, 1995
McInnes Room
Dalhousie S.U.B.
Tickets \$7.00

Tickets available at Frog Hollow Books
and the Dalhousie Women's Centre, 494-2432.

PRESENTED IN PART BY
The Dalhousie Women's Studies Department, The
Institute for Study of Women, Frog Hollow Books,
and The Dalhousie Women's Centre.

This event is fully accessible.
ASL Interpretation
and complimentary childcare provided.

For more information
contact the DWC, 494-2432.



Feminist Icon to Speak at Dalhousie

Kate Millett, noted feminist author and activist, will be speaking at Dalhousie October 17, 1995.

Twenty-five years ago Ms. Millett released her first novel *Sexual Politics*. This book became one of the most influential feminist works of its time. Millett was a prominent figure within the Women's liberation movement of the 1960s and 1970s. Educated at Oxford and Columbia University, Millett provided the movement with philosophy and added to its depth.

Millett has continued to write. Her works include *Sita*, *The Loony-Bin Trip*, *The Politics of Cruelty*, and her recently released *A.D a memoir*. Although Millett's voice in the movement has lessened over the years, due to the pursuit of personal goals, her opinions remain staunch and true.

Kate Millett is visiting Dalhousie on behalf of the Dalhousie Women's Centre to honour women's history month. Kate Millett will be discussing her views on the Women's Liberation movement, her involvement, and her impressions of contemporary feminist movements. Furthermore, Ms. Millett will read from her newest novel and partake in the signing of her books. Tickets are now on sale at the Dalhousie Women's Centre and Frog Hollow Books for \$7.00. The event is scheduled for 7:30 pm at the Dalhousie McInnes Room, October 17, 1995.

Volunteers!
if you are interested in the DWC
call Kelly at 494-2432

Women's Health

There were soooo many sub-topics from the issue of women's health that I couldn't even begin to touch on them all. Believe me, I tried. In light of this, I kept the information I first collected and decided to tell you what some of the other topics were and where you might find more information. (They have binders and binders full at the Status of Women on Quinpool Rd.)

Breast Exams

Cancer

Cosmetic Surgery

Education

Genital Mutilation

Medical Ethics

Mental Health

Patient Abuse

Self-image

Suicide

Breast Implants

Cervical

Dieting, Eating Disorders

Environmental Health

Hysterectomy

Menstruation/Menopause

Occupational Health

Reproduction

STD's

Toxic Shock

A Few Resources You Might Like to Check Out

FILM

Informed Bodies: A Women's Health Collection from National Film Board

To purchase or rent call 1-800-561-7104 in Atlantic Canada

INFORMED BODIES is a collection of seven videos about women's physical and mental health promoting self-awareness and challenging male perspectives, INFORMED BODIES raises a variety of issues including sexuality, premenstrual syndrome, menopause, in vitro fertilization, and genetic engineering.

WRITTEN

The Woman's Comfort Book

ISBN - 0-06-250581-9 Copyright 1992

Harper Collins Publishers

10 East 53rd St., New York, N.T. 10022

Canadian Woman Studies les cahiers de la femme Summer 1994 (Volume 14, Number 3) A York University Publication. Focusing on Women and Health. For a copy call 416-736-5356 or visit the Status of Women office on Quinpool Rd - above the Wendy's.

Women's Health Scene Magazine. (FREE) 1-902-465-4023

The Source: The Maritime's Holistic Health Quarterly (FREE) 1518
Dresden Row, Halifax, N.S. B3J 2K2 (902) 422-4972 Fax (902) 425-1830
Subs. \$10 + GST

Alive: Canadian Journal of Health and Nutrition. Distributed 11 times a year through Canadian Health Food Stores who pay for the magazine and give it to their customers. Individual subs. \$30.00. 7426 Fraser Park Drive, Burnaby, BC V5J 5B9 (904)435-1919 Fax 435-4888.

Women & Health & Safety Pamphlet 2282 Mountain Rd., Moncton, N.B. E1G 1B4

Information on Female Genital Mutilation Women's Health in Women's Hands, 344 Dupont St., Suites 402-403, Toronto, Ont. M5R 1V9 (416) 515-7655

Outrageous Practices: The Alarming Truth about How Medicine Mistreats Women by Leslie Laurence and Beth Weinhouse.
ISBN 0-449-90745-7 Copyright 1994
Fawcett Columbine. \$31.50

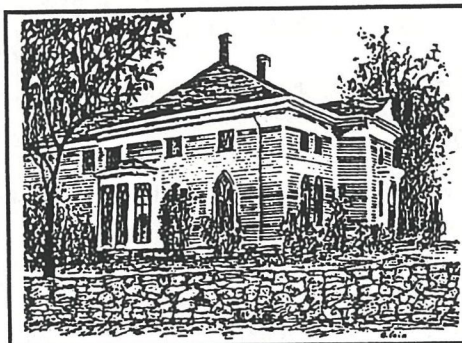
Womancare by Lynda Madaras and Jane Patterson
ISBN 0-380-87643-4 Copyright 1984
Avon Books

Fat and Furious: Women and Food Obsession by Judi Hollis
ISBN 0-345-37934-9 Copyright 1994
Ballantine Books \$29.50

Every Woman's Body by Diana Korte
ISBN 0-345-38652-3 Copyright 1994
Ballantine Books \$19.95

a great series of books from the Boston Women's Health Collective, including The New Our Bodies Ourselves and Ourselves Growing Older

In the last couple of years a large number of books have been published about menopause.



*Murray Manor
Bed & Breakfast*

Yarmouth, N.S.

*Joan Semple
902-742-9625*

PLACES TO GO

Well Woman Clinic Halifax Infirmary Location 496-4354

Eating Disorder Information Centre 200 Elizabeth St., CW 1-304
Toronto, Ont. M5G 2C4 (416) 340-4156

Nova Scotia Breast Screening Program: Provides 2 clinics where women 50-69 can have screening mammography. Info. Halifax 902-496-3960 or Toll Free 1-800-565-0548.

A PLACE TO STUDY

Women's College Hospital is a premier academic health centre affiliated with the University of Toronto. Founded in 1911 by women physicians who were denied the right to practice medicine in existing institutions. WCH was established as a new hospital with a new focus and with women at the centre of its family practice — as patients and as physicians. Women's College has established a solid reputation as an excellent, innovative provider of teaching, research and health care delivery for Canadian women and their families.

Statistics

From The Daily News, Tues, April 25, 1995:

Women Power

- of 899,000 people in N.S. 50.9% are women.
- The average full-time income of men in N.S. is 48% higher than women in N.S.
- Sixty percent of women earn less than \$15,000 per year
- 21% of female senior live below the poverty line.

Teenage Girls

- N.S. has a higher teenage pregnancy rate than the rest of Canada. Girls between the ages of 15 to 19 delivered 26 babies born for every 1,000 born compared with 23 per 1,000 nationally.
- Sexually transmitted diseases, including gonorrhoea and chlamydia, rose among teenagers in the 80s although cases dropped for adults.

What We Eat

- 95% of people with eating disorders are women.
- Overall, Nova Scotian women who answered a national survey in 1993 ate too little, yet, their diets contained too much protein and too much fat. Almost 20% of women 65 to 74 ate fewer than 1,000 calories per day, while a high number of women over 35 had a mean caloric intake of fewer than 1,500 calories a day, which is too low.

Smoking

- In Atlantic Canada, smoking among females has dropped only to 26% from 31% over the past 25 years.

- Lung Cancer has risen dramatically among women. In 1969, cancer caused six deaths per 100,000, rising to 25 by 1993.
- Almost half of all mothers younger than age 20 smoked while they carried a child, and 21% of mothers over 25 smoked while carrying.
- 61% of mothers over 25 nursed their babies, while only 39% of mother under 25 did.

Mental Health

- In a category Stats Canada described as "severely time crunched," 28% of the respondents were women who worked full-time compared with 16% of males. But in Nova Scotia, more men were admitted to hospital with mental illness than women.
- Of women admitted to hospitals, 18% had psychoses, 16% had neurotic disorders, and 11% experienced depressive disorders. Only Quebec women reported a higher rate of emotional disorders. In N.S., they affected 11% of all women.

Chronic & Degenerative Conditions

- Nova Scotian women reported an exceptionally high rate of hypertension. At 24%, this is the highest rate of all Canadian women or men.
- 10% of Nova Scotian women reported heart trouble compared with a national average of 7%.
- Arthritis and rheumatism is was reported by 27% of women in Nova Scotia.
- This year 13 out of every 100,000 women in Nova Scotia will have cervical cancer compared with 8 per 100,000 nationally. Seventy new cases will occur in N.S. this year and 25 women will die from the disease, according to estimates in Canadian Cancer Statistics 1995.

The case against male-oriented research

Excerpts From Globe & Mail section D8, Saturday, March 18, 1995

Did you hear the one about the drug designed to suppress ovulation that was tested almost exclusively on men? Or about the antidepressants tested only on male subjects, even though 70% of the drugs are prescribed for women?

Of the thousands of drugs in the world routinely prescribed to women, the vast majority have been developed with little or no research into their impact on the female body. Information about dosages, likely side effects and outcomes are developed solely on how the drug worked on male subjects.

In pharmaceutical science gender differences become irrelevant; the male (is) the norm. (In medical texts, it is still common to find illustrations of male bodies labeled simply "adult," while illustrations of women are

marked "female." This androcentrist attitude still prevails among researchers as they test new drugs.

Reasons for using men and not women in scientific studies include: fears about the effect of untried drugs on fetuses if female test subjects become pregnant during a study. Fetal health should be a concern, says Susan Sherwin, professor of philosophy at Dalhousie University in Halifax and author of *No Longer Patient: Feminist Ethics in Health Care*, but to exclude all women from drug trials to protect the few who may become pregnant could damage more lives than it protects.

Another common objection to the use of women in research is the belief that results will be skewed by the fluctuation of hormones in the menstrual cycle. However, since hormone fluctuation can affect a women's response to drugs, that reaction should be investigated in research, not screened out as an inconvenience, says Dr. Stewart.

Too bad, says Dr. Stewart. "That cost is an issue, but the bottom line is, if you're going to market drugs to women, you have to test them on women." Companies may realize this when they are faced with lawsuits brought by women harmed by drugs tested only on men.

However, many women's-health advocates make the point that simply including women in test samples will not necessarily address issues of women's health.

It is not enough "to just add women and stir," says Ms. Feldberg, medical historian and director of the Centre for Health Studies at York University. "You can't just decide at the end to break out women's results if you don't bother to figure out why women's results are different.

This tendency has already been seen in U.S. research. More and more studies announce that women were included, but the research doesn't - or can't - give separate results for specifically female data. "Unless you do substantial analysis," Dr. Richardson, chair of U of T's gender-issues committee says, "you won't know if a study's findings are valid for women or not."

Carrol Ann Smith, M.Ed. (Counselling)



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Some myths about massage therapy

- **Massage hurts**
In fact, massage can be so gentle it puts people to sleep.
- **You have to be built like Arnold to perform massage**
Not! Training in massage techniques enables the tiny therapist to do deep work on the large person.
- **You have to take all your clothes off to receive a massage**
Massage therapists are very conscious of people's concerns about modesty - sheets and/or towels must cover clients at all times. Some massage techniques allow therapists to work through clothes.
- **It takes too long to have a massage**
Some therapists come right to your home or office, giving 10-30 minute sessions. However, even a comprehensive massage in a therapist's office takes only an hour and offers a wider range of benefits than a shorter session.
- **Massage is too expensive**
Fees vary widely. Many health benefit plans provide some coverage for massage therapy.
- **Massage is only for the ill, injured, and stressed.**
Although these groups can benefit from massage, therapy's forté is prevention - especially in sports, industry, and the office.
- **Anyone can give a massage.**
Anyone can paint, but not like Renior! Registered Massage Therapists have a minimum of 2,200 hours of training (18 months to two years) and must pass written and practical exams.
- **You can become addicted to massage.**
Touch is a basic human requirement. Not an addiction.
- **Massage is just another "new-age" therapy.**
The ancient civilizations valued massage therapy for health maintenance as well as for medicinal purposes.

Taken From

Women less likely to get test on heart

by Paul Taylor Medical Reporter
Globe & Mail Wednesday, March 15, 1995.

Toronto-Women are less likely than men to be referred by their family physicians for heart-disease tests - even when women complain of having exactly the same symptoms as men, according to a Canadian study.

Other research has also pointed to differences in the treatment of women and men, such as fewer referrals for heart bypass surgery. This means that a proper diagnosis of heart disease, the major killer of women, can be delayed, thereby reducing the chances of successful treatment, said Susan Jaglal, one author of the study, which is being published today in the Canadian Medical Association Journal.

Many women said they were referred to a cardiologist only after they insisted on medical attention. However, the primary care physicians are not the only ones responsible for the lower rate of testing among women, compared with men.

Sometimes women themselves, particularly older women, do not tell their physicians that they are suffering from symptoms. "It was almost like the physicians were pulling teeth to get the information out of some women."

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Breast Cancer Fact Sheet

• Every day, 40 women in Canada learn they have breast cancer. Every day, 14 women in Canada die of breast cancer.

• Also accounted for 20% of deaths due to cancer in 1992 (5,200).

• Breast cancer accounted for 28% of new cancer cases among women in 1992 (15,700).

• Unlike some cancer, the incidence rates have not declined over the past 20 years. In fact, recent Ontario statistics indicate that deaths due to breast cancer have increased at a rate of 1% per year between 1964 and the late 1980s.

• The survival rate for women diagnosed with breast cancer is approximately 66%. This means that 30% will die in the first five years following diagnosis. This rate is virtually unchanged when compared to the rate 20 years ago.

HOW TO DETECT BREAST CANCER

A lump that a woman can feel in her breast is already 2 to 3 years old



Average-size lump found by women practicing occasional breast self-exams



Average-size lump found by women practicing regular breast self-exams



Average-size lump found by first mammogram



Average-size lump found by regular mammograms

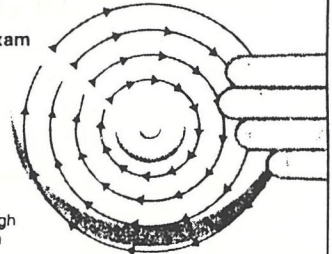
Regular breast self-examination and mammograms can help detect cancer in early stages, when physicians have a 90 percent success rate for treatments.

How to do a breast self-exam

The best time to examine your breasts is seven to 10 days after start of period, or for postmenopausal women, same day each month.

■ Before a mirror:

Inspect breasts with arms at sides. Next raise your arms high overhead. Look for changes in shape or contour of breasts, swelling, dimpling, skin or nipple changes. Then rest palms on hips and flex chest muscles. Look for same irregularities.



Techniques for breast exam

■ In the shower:

Examine breasts during bath or shower. Hands glide more easily over wet skin. Fingers flat, move gently over all parts of each breast and in underarm area. Check for any lump, hard knot or thickening using a technique shown above right.

■ Lying down:

Flatten right breast by placing a pillow under right shoulder. Fingers flat, use sensitive pads of middle three fingers of left hand. Feel from collar bone to base of normal bra line and in underarm area for lumps or changes using a rubbing motion shown above. Repeat for left breast using right hand.

NOTE: See your doctor immediately if any changes are detected

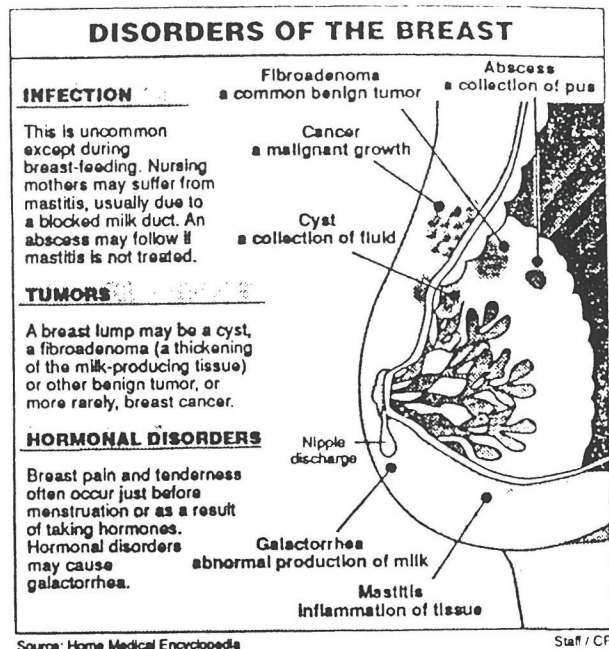
Prevention

Increase fibre intake and lower fat intake; maintain normal weight.

Do a breast self-exam	Age 20 and over	Monthly
Breast exam by doctor	20-40 40 and over	Every 3 years Every year
Mammogram	35-39 40-49 50 and over	Baseline test Every 1-2 years Every year

Sources: American Cancer Society, "The Race Is Run One Step at a Time," Copley News Service

San Francisco Chronicle graphic



Know the symptoms of heart attack & stroke and how to act on them

Signs of heart attack in women include:

- vague chest discomfort rather than the "crushing, radiating chest pain" men often describe.
- heaviness, pressure, squeezing fullness, burning, discomfort or pain which may begin in the centre of the chest and may spread to the neck, jaw, and shoulders, lasting for at least 10 minutes and not relieved by rest.
- nausea and vomiting and/or indigestion
- shortness of breath, paleness, sweating, or weakness

Signs of stroke include:

- sudden weakness or numbness and/or tingling of the face, arm, or leg. These signals may be brief, lasting for only a few minutes.
- sudden trouble speaking or understanding speech.
- sudden loss of vision, particularly in one eye, or double vision
- sudden severe, unusual headache.

What to do:

- Any signal symptom or combination of the above may be a signal of a

heart attack or stroke. If you are experiencing these signals, don't deny them, tell someone immediately - a family member, friend, or call for emergency help.

- Know the telephone number of your local emergency medical care system and use it immediately. You must have rapid 24-hour access to emergency medical care to increase your odds of survival.
- Don't wait. Don't feel embarrassed. Remember that time is the signal most effective way of improving your chance of living. Be familiar with the signals. Call your local Heart & Stroke Foundation office to find out where you or a family member can take a CPR course.

OSTEOPOROSIS: What you can do for protection & prevention

By Sharon Fraser Education Coordinator The Arthritis Society.
Excerpts from Women's Health Scene, June 1995.

Over 2.5 million Canadians are at risk for osteoporosis, a disease that weakens the bones in adult women as we age.

What is Osteoporosis? Our bodies normally remove small amounts of bone and replace it with new bone; when the old bone is not replaced the bones become more porous and less dense. Bones that are less dense are more likely to break or fracture, even in a minor fall.

The Risk Factors: Female, post menopausal, thin; a low intake of calcium; little or no regular exercise; smoking or heavy alcohol intake (more than 2 drinks a day).

How To Prevent or Slow the Onset:

- Increase your calcium intake - by diet or supplements. If you have kidney disease or kidney stones or a family history of either, talk to your doctor before increasing calcium intake.
- Avoid smoking or heavy alcohol use.
- Exercise is important. At least three times a week.
- Safety at home so that accidents or falls are less likely.

The T-shirt— Its History & Growth!!!

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- During WWI, cotton t-shirts were worn by the military and Navy men under the wool tunics for comfort.
- A tremendous growth curve in T-shirt sales began slowly in the U.S. circa 1950. With movies like 'A Streetcar Named Desire' and 'A Rebel Without a Cause' the appeal of the T-shirt was brought to the masses.
- The trend continued through to the 1960s when T-shirts emblazoned with California leisure messages "hot car" prints and surf board designs became all the rage.
- By the mid-1960s, the T-shirts became a powerful voice for the disenfranchised; slogans such as "Stop the War!", "Black Power!", and "Women's Rights Now!" allowed people to voice their demands and feel part of a collective group that they could identify with.
- By the late 1960s the T-shirts evolved into the de rigeur wardrobe of most popular (and even not so popular) rock stars. They strutted around on stage wearing decorated T-shirts. Eventually, their managers began marketing their designs in concert hall lobbies to fans.
- Soon this ignited the demand for all entertainment souvenirs including sports, theatres, and music. Now the tourist demands a souvenir T-shirt wherever they travel. The big attraction of the T-shirt is that it is accessible by price to all incomes. As well as being a medium for messages, the T-shirt is also a great palette for artists.

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