

NEVILLE LANGFORD
MAR 31 1992
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WHAT'S HAPPENING AT THE SUDBURY WOMEN'S CENTRE IN MARCH

- Tuesday
March 2 Rape Crisis Centre meeting. 8:00pm.
- Wednesday
March 3 Volunteer Training Session. Come and find out how to use the Community Services Directory.
- Thursday
March 4 International Women's Day film night at the Sudbury Public Library on Mackenzie Street. A cartoon and A Wife's Tale.
- Sunday
March 7 International Women's Day, at the Steel Hall on Frood Road, 12:00 5:00 pm. Come and celebrate - displays, crafts, entertainment
- Tuesday
March 9 General membership meeting at the Sudbury Women's Centre, 7:30 pm.
- Wednesday
March 10 Yoga classes begin. A six week program. Read the notice on page 5 and BE SURE TO PRE-REGISTER
- Monday
March 15 A nine week STEP (Systematic Training for Effective Parenting) begins at the Centre. See the article, page 7 .
- Thursday
March 25 Poet Judith Fitzgerald will give a reading of her work at the Women's Centre at 7:30 pm.
- Thursday
March 25 A study group session on women and pensions, using the NAC pensions kit and slides. 7:30 pm
- Tuesday
March 30 Bi-annual ? Semi- annual ? One of two that we have every year general membership meetings to look at our constitution, elect a new steering committee, and all that important kind of business. 7:30 pm.

And don't forget, in your spare time you can come and offer your services at committee meetings.
IN MARCH:

- | | |
|-----------------------|-------------------------------|
| Resource Committee: | Thursday March 11, 7:30 pm |
| Membership Committee: | Tuesday March 9, 6:30 pm |
| | Tuesday March 30, 6:30 pm |
| Workshop Committee: | Wednesday March 3, lunchtime |
| | Wednesday March 17, lunchtime |
| Political Action: | Tuesday March 23, 7:30 pm |



38 Beech Street West, Sudbury, Ontario P3C 1Z3
telephone: (705)-673-1916

Women: Beware of your doctor!

If you are a woman living in North America, the greatest danger to your health is, in all likelihood, your doctor. So says Dr. Robert Mendelsohn, author of the recent book titled 'Male Practice: How Doctors Manipulate Women'. He feels that chauvinism, as ingrained in medicine as it is in other areas of our society, is nowhere more horrifying than when practised by those in whom we entrust our care. Female patients are subjected to medical procedures that are degrading, unnecessary and downright dangerous - sometimes fatal.

Here are a few of the examples cited in his book:

As of 1978, 64 million American women had climbed on the medical merry-go-round of tranquilizers, sedatives and diet pills. Millions of normally anxious women have been hooked by their doctors on these dangerous drugs. Valium alone provides 50,000 patients a year for hospital emergency rooms.

American surgeons performed 690,000 hysterectomies in 1979. It is estimated that no more than 1 in 5 of them could be justified as necessary on the basis of life-threatening needs. The American Medical Association's principal spokesman defended the frequent performing of such hazardous surgery saying women wanted it as a convenient form of sterilization and to eliminate the possibility of uterine cancer in future years.

How many women if given the opportunity to make an informed choice would decide on a non-essential hysterectomy if they knew that:

- in 1975 more than 1,100 American women died from the procedure
- 30 per cent of patients contracted an infection as a result of surgery.

Would women choose this method of sterilization if they knew that it was 20 times more likely to kill them than a tubal ligation? Sixty per cent of women who have had their uterus and both ovaries removed suffer reduced sexual drive. And what of the headaches, dizziness, hot flashes, insomnia, and depression that can be produced?

But you can be certain that your doctor is unlikely to discuss these possibilities with you. Given the increased supply of gynecological surgeons coupled with a decreased birth rate, hysterectomies may just provide an easy way to pay the rent.

These examples provide a peek at the incredible and shocking information covered in Dr. Mendelsohn's book. I feel that if women understand the slant of their doctor's training and the motives by which they operate we may be better able to safeguard our own health. Doctors have been intimidating women for too long. We need to stand up and demand the reasons for and the risks of all treatments. It is time to dissect and expose the sacred cow.

In subsequent newsletters, I will present a variety of other topics discussed in Male Practice by Dr. Mendelsohn.

Maureen Hyman

1982 SUDBURY WOMEN'S CENTRE MEMBERSHIP

NAME _____

ADDRESS _____

POSTAL CODE _____

TELEPHONE _____

\$5.00 Employed
\$3.00 Student
\$1.50 Unemployed

A WIFE'S TALE

A Documentary of the Wives
Supporting the Strike Committee
and their activities during the
1978-79 Steelworkers Strike
in Sudbury

Thursday, March 4, 1982

7:30 pm

Sudbury Public Library Auditorium

74 Mackenzie Street

free admission

coffee

bring your friends!

SPONSORED BY: The Sudbury Public Library Adult Services Branch in
Cooperation with the International Women's Day Coalition.

Labour Donated

Resource material we received in February.

MAGAZINES

1. Prevention Magazine, January 1982.
2. Communiqu'elles, January 1982.
3. The Optimist, Vol. 8, No. 1, January 1982.

BOOKLETS AND PAMPHLETS

1. Final Report, 1981 Lesbian Conference. Lesbian Power: Organizing for the 80's
2. Human Rights in Employment: A Guide for Employers, Employees, and Employment Agencies. Ontario Human Rights Commission.
3. Human Rights in Ontario. Ontario Human Rights Commission.
4. Annual Report 1980/81. Ontario Human Rights Commission.
5. Racism Hurts Everyone. Ontario Federation of Labour.
6. Sexual Harassment at Work. National Union of Public Government Employees. 31 pp.
7. National Union of Public Government Employees, Research Report Number 4. Government Cutbacks: Women As Targets. 6pp.
8. National Union of Public Government Employees, Research Report Number 6. Women in the Labour Force - The Truth Behind the Myths.
9. National Union of Public Government Employees, Research Report Number 7. Sexual Harassment in the Workplace. 5pp.
10. National Union of Public Government Employees, Research Report Number 8. Myths About Sexual Harassment. 3pp.
11. National Union of Public Government Employees, Research Report Number 9. Affirmative Action. 4pp.
12. National Union of Public Government Employees, Research Report Number 11. Stress At Work. 6pp.

KITS

1. Women and the Law. Ontario Ministry of Labour, Women's Bureau.
2. Community Development Kit Re: Adolescent Birth Planning Needs: Ontario in the Eighties.

NEWSLETTERS

1. Women in Trades newsletter, February 1982.
2. Action Daycare newsletter, February 1982.
3. ACTION, Manitoba Action Committee on the Status of Women newsletter



YOGA FOR WOMEN



THIS COURSE IS DESIGNED SPECIFICALLY FOR WOMEN, WITH EMPHASIS ON BENEFITS FOR THE FEMALE ANATOMY.

BASICALLY, THE PURPOSE OF YOGA IS TO COMPLETELY TONE, RELAX AND REVITALIZE THE ENTIRE SYSTEM AND TO HELP YOU CONTROL AND RELAX THE MIND. YOU WILL LEARN A SERIES OF POSES, BREATHING PRACTICES AND RELAXATION TECHNIQUES.

WHEN? Course begins Wednesday, March 10 -- 7:30 to 9:30 p.m. for six (6) consecutive weeks.

WHERE? Sudbury Women's Centre, 38 Beech Street

FEE? \$15.00 -- Register in advance at the Women's Centre

WHAT TO BRING -- Mat or blanket to do poses on.
Wear leotard or loose fitting clothing.

INFORMATION -- Donja Jarrett 674-6027

Resource material received in February, con't

BOOKS

1. Carol v. Horos, Rape, Dell, 1974, 176pp.
2. Noreen Connell and Cassandra Wilson, Rape: The First Sourcebook for Women, New American Library, 1974, 283 pp.
3. Andra Medea and Kathleen Thompson, Against Rape, A Survival Manual For Women: How to Avoid Entrapment and How to Cope With Rape Physically and Emotionally, Farrar, Strauss and Giroux, 1979, 154pp.
4. Lynn Z. Bloom, Karen Coburn and Joan Pearlman, The New Assertive Woman, Dell, 1975, 221pp.
5. Linda MacLeod, Wife Battering in Canada: The Vicious Circle, Canadian Advisory Council on the Status of Women, 1980, 72pp.
6. Stop Rape, Women Against Rape, 1973, 50pp.

International Women's Day occupies a special place in the history of women's struggles. On March 8, 1908, 30,000 women textile workers in New York went on strike with the slogan "Bread and Roses", which symbolized their plea for economic security and a better quality of life. When the strike began every shirtwaist factory in New York City was an open shop. When it ended, 13 weeks later, 312 shops had a full contract.

Since the rebirth of the women's movement in the 1960's, women around the world have claimed March 8 as a day of protest, solidarity and celebration.

Plant closures, slashes in social service budgets, lay-offs such as at INCO, mean hard economic times. The advances women have made over the past decades are under attack. Women everywhere know that now, more than ever we must reply with a collective call for recognition of our rights.

This year across Canada, women formed networks in an attempt to gain equality in the Canadian Constitution. Postal workers won the right to paid maternity leave. Wives committees in support of strikes have sprung up in several cities. The hiring practices of major corporations are being challenged by women around the Country. There has been a growth of women's committees in unions and policy papers adopted in support of women's rights.

In Sudbury we have seen the formation of a daycare coalition, an expansion of the Rape Crisis Centre and the birth of Women In Trades, an organization to support women in non-traditional jobs.

In Sudbury we join women around the world in celebrating our past victories and in building our unity for future ones. Join us in celebrating.....

WOMEN RISING IN THE 80'S

1982 INTERNATIONAL WOMEN'S DAY CELEBRATION:

12:00 - 5:00 pm Information booths
 Displays
 Coffee, Tea and Desserts

(including)
1:00 - 4:00 pm Entertainment
 Speeches
 Guerilla Theatre

For Children Supervised Play Area
 Cartoon
 Refreshments

STEP - Systematic Training for Effective Parenting

A relatively new idea, but one that is spreading fast in some areas of Canada is that of training parents in groups. Adult Education courses include many subjects but parenting is often left to chance. The mere fact that we have been raised by our own parents does not adequately prepare us for assuming that difficult role. With our own children. Most parents, when asked, admit to being amateurs in their role and while hoping that what they are doing is "right" feel it would be helpful to have some guidance and to be able to talk to other parents about their child rearing practices.

STEP is conducted by means of study groups, with trained leaders who are also part of the group. The program is based upon the work and principles of Rudolph Dreikurs who wrote 'Children - The Challenge.' It is a democratic approach to parenting with the emphasis on equality. Treating your children with dignity and respect simply because they are human beings is stressed. It is our right as human beings to be respected.

This course runs for nine weeks and involves one 3 hour meeting once a week. To begin with parents are helped to understand their children's behaviour. According to Dreikurs children misbehave because they are discouraged. Their need is to belong and to find their place in their family but if they feel this cannot be achieved by good behaviour, they misbehave. Becoming aware of how we as parents maintain the child's undesirable behaviour allows us to begin to change. Demonstrating our own willingness to change is the most effective way of helping our children grow and develop. Dreikurs noted that there are only four goals of misbehaviour: Attention, power, revenge and inadequacy. Can you think of any others?

In this course we learn to open the channels of communication between parent and child by learning certain skills. We learn how to improve the parent-child relationship through the use of reflective listening and problem solving. We also learn how to use natural and logical consequences instead of reward and punishment, to help our children grow into responsible adults. The concept of family meetings, not only as a forum for the assigning of tasks and presentation of problems but also as a way to include all family members in the decision-making process, is also learnt.

The STEP program uses cassette tapes, posters and charts which are displayed at group meetings. Each participant is also required to buy the STEP handbook. The program is suitable for parents of all age groups and both mother and father are encouraged to attend.

The leaders will be Marilyn Clulow and Cynthia Gedy, who are both experienced as participants and as leaders. Anyone can learn to become a leader and this will be discussed further.

The course will begin on Monday March 15th at 7 pm at the Sudbury Women's Centre and will run for nine weeks. The fee will be \$10.00 for one parent and \$15.00 for both parents as well as the cost of the handbook.

For further information, or to register, call Marylou at the Centre 673-1916.

SOUP's ON

Don't forget there's lunch at the Women's Centre every Friday from 12:00 - 2:00.

NEWS FLASH

Not A Love Story: A Film About Pornography will be shown by the Women's Centre on Tuesday, May 4. You will need a membership card to get in.

Allow drug to be used, report says

By SYLVIA STEAD

The federal Government would be justified in allowing the drug Depo Provera to be used as a contraceptive, even though it is known to cause cancer in some animals, says a draft report by a committee of eight doctors.

The final version of the report is being sent to federal Health and Welfare Minister Monique Begin. Miss Begin does not have to act on the report unless the drug's manufacturer, the Upjohn Co. of Canada, asks the Government to approve the drug for contraception.

Depo Provera, a drug which lasts three to six months per injection, is not approved by the health protection branch of the department as a contraceptive, but it is approved for treatment of endometriosis (an internal disorder found in women) and easing pain in certain cancers. It is not approved as a contraceptive in Canada and the United States, but is approved in some European and Asian countries.

In Canada, although the limitations on the drug establish constraints on promotion and advertising, a doctor can use it for other purposes when he finds the benefits outweigh the risks.

If the drug is approved for use as a contraceptive, Upjohn could promote and advertise its use.

Use of the drug in Ontario institutions for the mentally retarded sparked a controversy in the Legislature last year after studies showed high doses caused breast cancer in beagles.

let's guess how
many women on
this committee

let's write
letters

It might be
funny if it
weren't so sad
column.

not hazardous?
who are they kidding →

no
evidence? →
ok
good!! →

An Ontario study found that three women in institutions died of breast cancer while taking the drug.

Ian Henderson, director of the bureau of human prescription drugs for the federal Department of Health and Welfare, said although studies have connected the drug with breast cancer in beagles and uterine cancer in monkeys, there is no evidence that the drug is dangerous in humans.

"There hasn't been anything to suggest it is any more hazardous than the birth control pill. It has been used by 10 million women worldwide. (The committee) said there is no grounds to say it should not be accepted," Dr. Henderson said.

Dr. Henderson said, "The report says the committee feels it justified to use Depo Provera for contraception and possibly (stopping menstrual flow)." The committee was appointed by the federal Government.

In Ontario, 533 women in institutions were given the drug from 1967 to 1981. Last year there were 199 women on the drug.

The Compendium of Pharmaceuticals and Specialties, produced by the Canadian Pharmaceutical Association, says that the use of Depo Provera should be stopped if there is a sudden or partial loss of vision. It also says that because the drug may cause some degree of fluid retention, caution is indicated in epilepsy, migraine, asthma, cardiac or renal dysfunction.

Please post!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	
	IWD meeting	Rape Crisis 8:00	12:00 Workshop Ctr	IWD 7:30 Film nite	Soups ON	
7	8	9	10	11	12	13
INT'L WOMEN'S DAY		6:30 Membership General 7:30 Membership	YOGA	Resource 4:30 Ctr	Soups ON	
14	15	16	17	18	19	20
	4:30 STEP		12:00 Workshop Ctr	JUDITH FITZGERALD	Soups ON	
21	22	23	24	25	26	27
	4:30 STEP	7:30 Political Action Ctr	YOGA	Pensions Study session 7:30pm	Soups ON	
28	29	30	31			
		6:30 Membership Bi Annual Membership Mtg	YOGA			

March at the Sudbury Women's Centre



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telephone: (705)-673-1916

CANADA



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SUDBURY, ON

SUDBURY

Hysteria
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