

0582

Membership Meeting Report

New by-laws were accepted by the membership at a general meeting, March 30, 1982. You can familiarize yourself with them by dropping in to the centre. We are now officially incorporated.

At the most recent membership meeting, April 13, 1982, our new steering committee was elected. These women will serve for one full year under the terms of our new by-laws.

Membership meetings will now be only once monthly, the last Tuesday of the month. General members may also attend steering committee meetings the second Tuesday of the month. Any member in attendance has equal voting rights with the five elected steering committee members.

The Steering Committee:

| | |
|-------------------------|-------------------|
| President | Linda George |
| Membership Co-ordinator | Lucille Mallette |
| Treasurer | Joan Kuyek |
| Secretary | Kathleen Howes |
| Reporter | Carolynn Campbell |



The Newsletter

Your viewpoint is needed!!! We invite you to comment on any concerns that would be of interest to other women. If we publish an article you disagree with--don't phone MaryLou--submit your own article. Leave all articles at the centre, marked NEWSLETTER, attention Carolynn Campbell.

A Reminder: Articles represent the views of their submitters, and are not necessarily in accord with Sudbury Womens' Centre policy.

Work Shop Committee

Educating ourselves is a priority. The centre has hosted excellent workshops with this end in mind. Jennifer Keck is co-ordinating their future projects. If there is a topic which is "hot" for you, contact her with your suggestion. Come forward too, if you have expertise to offer.

URGENT: TRANSLATORS NEEDED

Again a plea for anyone who writes well in French. We want our newsletter to be accessible to our French speaking members.

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WORKSHOP ON CHILDBIRTH AND PREGNANCY
FOR PREGNANT WOMEN AND THEIR COACHES
SATURDAY MAY 8, SUNDAY MAY 9
FEE: \$20.00 a couple

This weekend workshop will be led by Winifred Hunsberger of the Childbirth Education Association Toronto. Topics covered will include: preparation for labour and birth, breathing and relaxation methods, nutrition, breast-feeding, post-partum period, variations in labour. Pre-registration is essential. Please call the Women's Centre for further details.

MAY 4 - NOT A LOVE STORY: A FILM ABOUT PORNOGRAPHY

7:30 pm at the Sudbury Public Library.

You must be a paid up member of the Women's Centre to be admitted. About the film: Not A Love Story was produced by Studio D of the NFB's English Production branch. It is the chronicle of two women - Bonnie Sherr Klein, filmmaker and Linda Lee Tracey, stripper who together explore the world of peep shows, strip joints and sex supermarkets. Although their backgrounds are very different, both are motivated by a desire to know more about pornography - why it exists, what forms it takes and how it affects relations between men and women. The film combines frank interviews with people who earn their living in the "porn" trade - among them strippers, performers, a photographer and a magazine publisher - with scenes of them at work. Prominent Canadian and American feminists provide powerful insights into the effects of pornography on society and on the individual.

WOMEN IN TRADES

Women in Trades will meet next on Monday May 17 in the Dieppe Room at the Steel Hall. The topic for discussion will be women in the armed forces and the guest speaker will be Master Corporal Gigi Pelateau.

Watch out for the Women in Trades birthday bash on Wednesday June 23. More info in the next newsletter.

WELCOME THESE NEW MEMBERS TO THE CENTRE

BIENVENUE A CES NOUVEAUX MEMBRES

Doreen Murphy
Sudbury

Cathy Porter
Sudbury

Rachelle Aubin
Sudbury

Christine Fitzpatrick
Sudbury

Gisèle Brouillard
Sudbury

Evelyn Remillard
Sudbury

Liz Kvaltin
Sudbury

Pauline Paquette
Chelmsford

Carmen Rodrigue
Val Thérèse

Bev Crockford
Sudbury

Maureen Hennessy
Sudbury

Guylaine Lachance
Garson

Sherree Cameron
Copper Cliff

Nancy Recollet
Sudbury

La Coopération et les Femmes - un cour offert en français au College Cambrian en collaboration avec le Comité Entr'aide de Minnow Lake.

Prendre 5 jours pour repenser la société de façon à permettre aux femmes de jouer pleinement un véritable rôle productif dans la société franco-ontarienne.

Prendre 5 jours pour modifier résolument les attitudes stéréotypées. Il s'agit d'un processus à long terme, et on peut s'y engager de plusieurs manières à court terme.

Quinze femmes auront l'occasion de faire un tel apprentissage à partir de la coopération.

Voici les thèmes qui seront développés:

1. Me connaître et vivre avec les autres.
2. Découvrir l'esprit de la co-opération.
3. Ma part de femmes dans l'histoire de ma communauté.
4. La vie communautaire des femmes.
5. Comment travailler avec les autres.

Ensemble nous ferons une démarche qui nous permettra de mieux comprendre et de repenser notre engagement.

De lundi au vendredi 10 h à 3 h à partir du 3 mai pour 1 semaine au Campus Barrydowne. FRAIS: \$20.00

LA JOURNEE DU MIEL SAMEDI LE 15 MAI

Samedi, le 15 mai, la Ruche des Artistes organise sa Journée du Miel au Centre des Jeunes.

A cette occasion, nous aurons une table pour la vente de pâtisseries livrés, linges et divers articles usagés, aussi qu'une exposition de feuillets concernant la femme. Nous aimerions avoir votre aide, si vous désirez faire des dons de linges, livres et articles usagés ou si vous voulez faire de la pâtisserie, nous l'apprécierions beaucoup.

Nous aimerions que le tous soit rendus au Centre des femmes le vendredi 14 mai.

Nous aurons un tirage au fin de journée.

Plusieurs organismes prendront part à cette journée qui débutera à 11.00h pour se terminer à 5.00 h. En soirée il y aura un spectacle d'amateur

ANNONCES: Mercredi le 19 mai à 14:00 heures: une recontre sociale pour les mères francophones et leurs enfants.

Le format est simple: on jase de nous, nos enfants, et mille et une autre chose. Certainement qu'on peut s'aider, s'amuser et échanger de l'information. Il y aura des jouets pour les enfants. Profites-en! Sors de la maison. Viens faire de nouvelles rencontres! On (d'autres meres de famille) vous attend.

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SUDBURY RAPE CRISIS CENTRE

Rape and sexual assault have until recently been considered "taboo" subjects, not to be discussed in polite company. The underlying cause for this embarrassment was the perception that rape was a sexual offence, and furthermore, the victim was somehow to blame.

With the rise of the women's movement, such myths about rape are being dispelled. As women began to talk about the subject of rape, they increasingly saw the need to organize rape crisis centres to help other women. Rape Crisis Centres will of course respond immediately to a woman in crisis, by counselling her, accompanying her to the hospital, police station, and court. But Rape Crisis Centres are also vitally concerned with public education. Volunteers attempt to eradicate the myths associated with rape, and thereby to restore to women their sense of dignity and self-respect.

The Sudbury Rape Crisis Centre first opened in February of 1978. It began as an offshoot of Telecare, which is a telephone distress line. The counsellors at Telecare were receiving many calls from victims of rape, and it became apparent to them that a telephone service alone was not adequately meeting the special needs of the callers.

Telecare still answers all rape crisis calls (675-1121), but these calls are turned over to trained Rape Crisis volunteers, who will contact the caller and provide any support possible. The Rape Crisis Centre also has an information library housed at the Sudbury Women's Centre at 38 Beech Street (673-1916). Volunteers have organized a Speakers Bureau and will try to meet all requests from the community for public speakers. Also, the Centre recently held a Public Forum entitled "Everything a Women Should Know About Sexual Assault (But Wished She Didn't Have To Ask)". Over 200

people attended this forum, demonstrating that the issue of rape and sexual assault is of vital interest to women.

If any women are interested in becoming involved with the Rape Crisis Centre, all are welcome to the monthly meetings, held at the Women's Centre, on the last Sunday of every month.

---Kathleen Howes

THIS MONTH'S NEW RESOURCES

BOOKS

Friedman, Nancy. Everything You Must Know About Tampons. New York: Berkely Books, 1981.

Millet, Kate. The Prostitution Papers. New York: Avon, 1973.

Millman, Marcia. Such A Pretty Face: Being Fat in America. New York: Berkely Books, 1980.

Abbott, S. and Love, B. Sappho was a Right On Woman. New York: Stein and Day, 1972.

Weideger, Paula. Menstruation and Menopause. New York: Dell, 1977.

Friedan, Betty. The Feminine Mystique. New York: Dell, 1974.

Federation of Feminist Women's Health Centres. How to Stay Out of the Gynecologist's Office. Culver City, California, Peace Press, 1981.

Peed, Evelyn. Sexism and Science. New York: Pathfinder Press, 1978.

Stein, Gertrude. The Autobiography of Alice B. Toklas. Great Britain: Penguin Books, 1981.

Oakley, Ann. The Housewife, Past and Present. New York: Vintage Books, 1976.

Balis, Andrea. What Are You Using? A Birth Control Guide for Teenagers. New York: Dial Press, 1981.

Piercy, Marge. Woman on the Edge of Time. New York: Fawcett Crest, 1976.

Women's Programme, Secretary of State, Listing of Women's Groups Canada 1982. Supply and Services Canada

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MAGAZINES

Fireweed: A Feminist Quarterly (on women and popular culture) Issue 11
Prevention: The Magazine For Better Health, April 1982
Canadian Women's Studies, Volume 3, Number 2, (sexuality and symbol)
Canadian Labour, Volume 27, Number 3, March 1982.
Kinesis, April 1982.
Status of Women News, Winter 1981.

NEWSLETTERS

Indian Eskimo Friendship Centre, April - May.
No Name Newsletter (a publication of Resources For Feminist Research),
No. 6, April 1982.

KITS

Canadian Human Rights Commission Information Kit (contains pamphlets,
annual report, a fascinating report (59 pp) entitled Bank and Credit
Policies)

NEW NEW NEW WE HAVE RECORDS THAT CAN BE BORROWED

Heather Bishop, Celebration

Heather Bishop, Grandmother's Song

Ferron, Testimony

Connie Kaldor, One of These Days

Jane Siberry, Jane Siberry

MEETINGS...MEETINGS...MEETINGS... MEETINGS...MEETINGS...MEETINGS...

May 11, 1982. Steering Committee 7.30 p.m. at the Women's Centre.
All members welcome.

May 25, 1982. General Membership Meeting 7.30 p.m. At Women's Centre.
There will be a speaker from The Elizabeth Fry Society.

June 25, 1982. The Sudbury Women's Centre and The Sudbury & District
Labour Council will co-sponsor an all day work shop.
The keynote speaker will be Claire Marie Fortin of the
Canadian Labour Congress in Ottawa. The topic is
Occupational Health and Safety. Place to be announced.

Who Are The Women of La Leche League ?

It all started at a picnic, in Illinois. Conversation turned as it so often does to children and mothering. A great need was felt for support for and information about breast-feeding, an art not widely practiced in North America in that year of 1956. Big business had actually convinced us, that we were inadequate to meet the needs of our infants at the breast. The young women gathered that day decided otherwise and set about to show the world they were right. They have done it!

Twenty-five years later, La Leche League International (LLL) has trained leaders and certified groups in 42 countries. A LLL leader undergoes thorough training. She must first have nursed her own baby for at least one year. This insures personal experience with nursing children of many ages. She then embarks on a reading and study programme which covers various topics: child birth, child rearing, and breast-feeding. Her material is selected and approved by a professional advisory board of the world's most renowned pediatricians, obstetricians, allergists, nutritionists, psychologists etc. Her progress is supervised by other experienced LLL leaders. When a leader speaks on behalf of LLL, she does so with authority. She can be trusted with your questions and concerns.

Sudbury has two LLL groups. Their notice of meetings is included in this month's newsletter. The meetings are informal. Nursing babies and toddlers are usually in abundance. A first time mother would find it most helpful to come to meetings about three months before delivery. (I sure wish I had.) Breast-feeding is natural, and easy. There are very few women who actually cannot nurse. However we sometimes have unrealistic expectations or put artificial road-blocks in the path of our own success--The four hour schedule, supplemental bottle feedings? Sharing encouragement and practical solutions with women who have had proven success is invaluable. In our highly mobile, nuclear family society, we often have no one to turn to at this time in our lives when we are so needing of support, and so vulnerable to intimidation.

The meetings, held in a member's home, cover four general topics: 1) advantages of breast-feeding, 2) over-coming nursing difficulties, 3) child-birthing, 4) nutrition and weaning. Each group has a lending library, as well as books for sale on these topics. LLL has published its own book entitled The Womanly Art of Breast-feeding. It is the most extensive of the many books I have read on this subject. Also check out the especially well researched LLL re-prints which are of a more technical nature. Some of these are provided free of charge to a woman attending her first meeting. Membership is not compulsory for meeting attendance, but does go a long way in supporting the group to further its work. All staff is volunteer.

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LLL is a single-minded organization. It does not espouse any other causes. You will find among its members, women of strongly divergent views on other issues. When they come together, however, they channel their energies towards their one purpose: the fostering of better mothering through breast-feeding. Their mandate goes far beyond the idea of food from the breast. The concept is much more holistic. We are looking at the nurturing of the child body and mind which starts in the relationship at the breast. In my own case, I found that LLL nurtured the mother, giving me support in the essentially human task of raising another sound human being. I should add here, for those of you who may have missed the experience of nursing a baby, that you will not find self-righteous judgment of the bottle-feeding mother.

If you plan to nurse your next baby, or would simply like to know more about this important community resource, catch the next La Leche League meeting. Meet the women who are helping women regain a feeling of competency in their body's ability. Meet the women who found an information vacuum and filled it expertly. Meet the women who have turned the trend in infant feeding around the world.

Carolynn Campbell

NOTICE OF LA LECHE MEETING

1) May 4, 1982: 58 Village Cres., Sudbury. 9:30 a.m.

Topic will be Nutrition and Weaning.

2) May 19, 1982: 20 Mooney St., Sudbury. 8:00 p.m.

Topic will be Art of Breastfeeding and Overcoming Difficulties.

For questions about nursing, contact local leaders

Pat Fraser 858-1786

Jackie Clausen 560-2548

Laurie Young 969-4524

Carmen Briere can answer our
questions in French.

| S/D | | M/L | | MAY T/m | | W/Lm | | T/S | | MAY F/V | | S/S. |
|-----------------------|--|--------------------|--|----------------------------|--|------|--|--------------------|--|-----------|--|-----------------------|
| ASERTIVENESS TRAINING | | 3. | | 4. | | 5. | | 6. | | 7. | | 8. |
| | | S.T.E.P. Programme | | NOT A LOVE STORY 7.30pm. | | | | | | SOUP'S ON | | CHILDBIRTH WORKSHOP |
| 9 | | 10 | | 11 | | 12 | | 13 | | 14 | | 15 LA JOURNÉE DU MIEL |
| CHILD BIRTH WORKSHOP | | | | Steering Committee | | | | Resource Committee | | SOUP'S ON | | WOMEN & ECONOMICS |
| 16. | | 17. | | 18. | | 19. | | 20. | | 21 | | 22 |
| ASERTIVENESS TRAINING | | | | | | | | | | SOUP'S ON | | |
| WOMEN & ECONOMICS | | | | | | | | | | | | |
| 23 | | 24 | | 25 | | 26 | | 27 | | 28 | | 29 |
| ASERTIVENESS TRAINING | | CLOSED HOLIDAY. | | | | | | | | SOUP'S ON | | |
| ASERTIVENESS TRAINING | | | | General Membership Meeting | | | | | | | | |



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