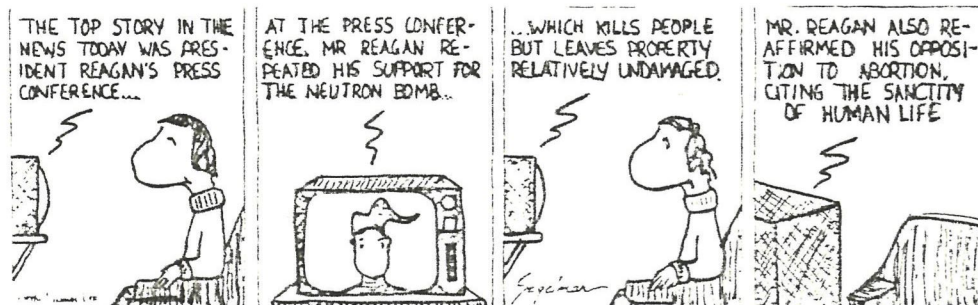
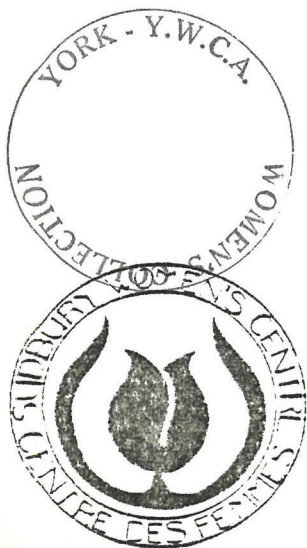


COMING EVENTS

- Wednesday, Nov. 2 : Daycare Committee meeting at 7:30 PM
- Monday, Nov. 7 : Rape Crisis Centre meeting at 7:30 PM
- Tuesday, Nov. 8 : Steering Committee meeting at 7:30 PM
- Friday, Nov. 11 : Resource Centre Committee meeting at noon
- Tuesday, Nov. 15: Native Women's Association meeting at 7:30 at the Centre
- Wednesday, Nov. 16 : Daycare workshop "Health and Safety Around the Home" at Church of the Epiphany, at 7:30. Daycare provided.
- Friday, Nov. 18 : Susan Nghidinwa from South-West African People's Organization (SWAPO), Women's Council, at the Centre at noon - pot luck lunch. See inside for more details.
- Friday, Nov. 25 : Resource Centre Committee meeting at noon.

NOTE: Pornography Working Group is meeting regularly. If you would like to work around this issue, contact Sheila.

Welcome to new staff member Elizabeth Earley, who will be working with the Centre for 5 weeks, finishing up Sheila's project. Goodbye to Jan & Laurie, whose project with the Centre finished October 6th. Now that a staff is down to one again, we need to help staff clean, etc... (the daily chores). If you have an hour or two to devote to the Centre, give Sheila a call. PLEASE.



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

FUNDRAISING REPORT



2

Donations from membership (Thank you).

August \$185.00

September \$147.00

All about BINGO

Our total profit from this undertaking comes to \$2,873.76!! In Sheila's own words, an "extra-specially THANX to all of the volunteers who ran, sold, called, counted and generally fretted during our 13-week BINGO extravaganza." THANX go to... Pat Tobin, Shirley Lacelle, Joan Buchanan, Carolynn Campbell, JoAnne Kuchera, Helen Ghent, Christine Peets, Maureen Hyman, Kathy Brankley, Yvonne Makosz-Jones, Dale Mansfield, Sue Byron, RoseMary Kohr, Louise Dubé, Nina Nasedkin, Philip Popovich, Marylou Murray, Jan Morel Laurie McGauley, Sheila Kelly.

The Centre has a new "Soup's On" Co-ordinator, Louise Dubé, 673-8770. Volunteers are needed to make soup. Please call Louise if you would like to tantalize our taste buds with your latest culinary concoction (in other words, a pot of soup). A special Thank you! to Lydia Kleppe for all the work she put into last year's "Soup's On".

GOOD NEWS!

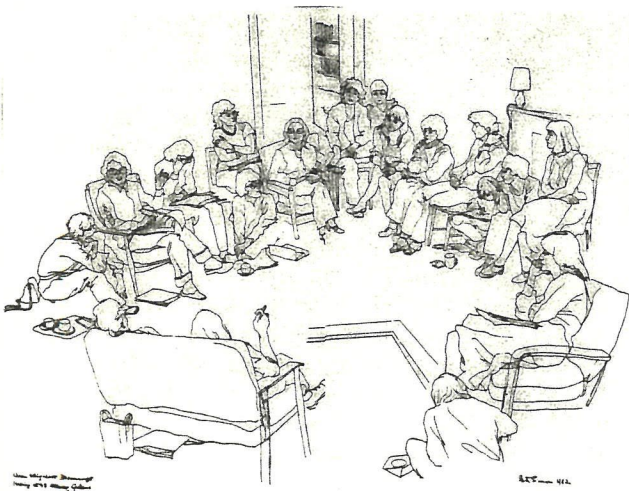
The Women's Centre has another phone line (yippee!) This extra line will be used as much as possible for the Daycare Registry, BUT if you can't get through the Centre's line (such a rare occurrence) phone 673-6622. Make sure to jot this number down in your Almanac.

HOMEMAKERS CONFERENCE

One of the activities which was planned for this year is a Homemakers Conference, tentatively scheduled for February '84.

Anyone who is interested in organizing this conference may call Sheila at the Centre.

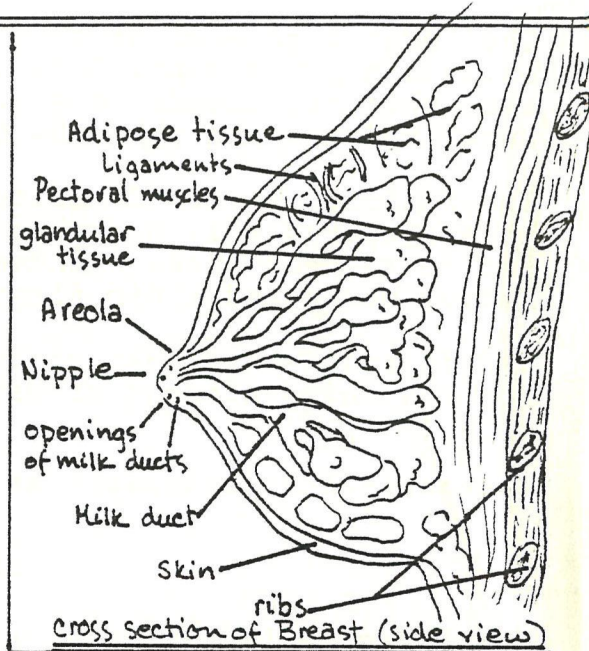
In the meantime, if you can think of any guest speakers, activities, workshops, resource people, please let us know.



Sorry about last month — I was mortified to learn I'd missed the dead-line... but here we are, finally, at Breasts.

Adolescence is hard on both sexes. Men worry about having a penis that's "big enough" (whatever that means!), and women worry about the size of their sprouting mammaries. Too big, Too small; uneven; nipples in; nipples out; areola pink, brown, black — plus, of course, the all pervasive advertising, telling us to jut out like Dolly Parton or be like raisins on an ironing board, like Bianca Jagger. Oh well, breast reduction or implants aside, we have to deal with what we've got.

Breasts (see diagram) are made up of adipose tissue (a nice expression for "fat"), with a liberal sprinkling of milk ducts. While exercise can improve the muscle tone to help "lift and separate", you won't add inches to your bust-line or return to that pert 13-year old shape without surgical intervention. If the old pencil-trick shows you droop, wear a good bra. Women tend to get lower back pain from not having adequate support for their breasts, and from slouching to minimize their size. "Stand up and show you're proud to be a woman", my mother used to admonish me — of course she had the raisin-on-the-ironing-board variety of breasts, while I, at age 13 was already a HUGE 33 B-cup! Such is the agony of adolescent life.



THE BEST EXERCISE YOU CAN

DO for muscle tone is — lie flat on your back, arms spread out at 90° from your bod. Very slowly lift your arms (keeping them straight) until they meet in the air over your head. Holding a book (or a tin of tomatoes) in each hand helps. Do this exercise very slowly — raise those arms, then lower them 10 or 15 or 20 times. You'll feel the pull on your pectorals.

Next month, stay tuned for BREAST PROBLEMS and BREAST SELF-EXAMINATIONS

By the way, are you still doing those elevator exercises with your vagina? Sure hope so! See you then! Rosemary.

The Federal government should soon have the report of the Sub-Committee on Indian government. Once this report is available, Indian Affairs will know what recommendations will overlap, contradict, etc., between this Sub-Committee and the Sub-Committee on Indian Women and the Indian Act.

The National Action Committee on the Status of Women anticipates that both these reports will be tabled mid-October/November, and women should be prepared to address these amendments, particularly if they don't reinstate both Native women and their first generation children.

NAC is requesting that women write, telephone, and generally show support for the reinstatement of Native women and their children. Write your MP today!

PROGRESS REPORT

The Caregiver's Registry, which started up last month, is progressing well. Currently, there are approximately twice as many caregivers as parents on file. This is probably due to the high unemployment situation in the area: consequently, women are staying home with their children. We're hoping that as time goes on, more people will be calling up. It seems that publicity is the name of the game. Once people are registered with us, a follow-up letter is sent stating that we are not responsible for screening caregivers. All financial agreements are between parent and caregiver, and the Registry receives no fee for the service. A list of upcoming workshops is also enclosed with our letter to parents. If any more information is required, call Dale at the Centre, or at home, 983-2279.

Dale Mansfield

EQUAL PAY FOR WORK OF EQUAL VALUE

On Sept. 27th NAC, together with the Equal Pay Coalition, called for the resignation of Sally Barnes as President of the Ontario Status of Women Council, Barnes had earlier refused to endorse equal pay for work of equal value before an Ontario Legislature Committee. The Steering Committee of the Sudbury Women's Centre supported NAC's decision. Since then, Sheila Copps, Ontario M.P.P. introduced a resolution, or rather, sparked debate on a resolution introduced last Spring.

The good news is that M.P.P.'s endorsed the principle of equal pay for work of equal value: it remains to be seen if legislation will be introduced to make the principle law.

ED.'S NOTE: for a look at why people oppose equal pay for work of equal value, read the Letters to the Editor page of the Toronto Star(though you won't know whether to laugh or cry). One woman wrote last week to say that women should not be paid as well as men, because after all, men must support families, whereas women only work because they' re greedy or lacking a chromosome.

Love-quiz ... For Married Folks Only



WHY IS HER HUSBAND SO CRUELY INDIFFERENT?

- A. Jim adored her when they married. But now—so soon—he almost ignores her. Unfortunately, this wife is not even aware of her one fault which has caused his love to cool.
- Q. What is that one fault she is unaware of?
- A. Failure to practice sound feminine hygiene with a scientifically correct preparation for vaginal douching, such as "Lysol" in proper solution.
- Q. Aren't soap, soda, or salt just as effective?
- A. Absolutely not. Because they cannot compare with "Lysol" in germ killing power. Though gentle to delicate membranes, "Lysol" is powerful in the presence of mucus. Destroys the source of objectionable odours . . . kills germs on contact.
- Q. Do doctors recommend "Lysol"?
- A. Many doctors advise patients to douche regularly with "Lysol" brand disinfectant just to insure daintiness alone . . . and to use it as often as they need it. No greasy after-effect.

KEEP DESIRABLE by douching regularly with "Lysol". Remember—no other product for feminine hygiene is more reliable than "Lysol" . . . no other product is more effective! No wonder three times more women use "Lysol" than all other liquid products combined.

Check these facts with your doctor



Many doctors recommend "Lysol" brand disinfectant for feminine hygiene. Non-caustic, "Lysol" is non-injurious to delicate membranes. Its clean, antiseptic odour quickly disappears. Highly concentrated "Lysol" is economical in solution. Follow easy directions for correct douching solution.

WHY 4 OUT OF 5 PREFER "LYSOL"?

It's safe. For over 50 years "Lysol" has had the acceptance of the medical profession . . . and of mothers and housewives, too. It's the standard antiseptic in modern hospitals throughout the world. Its continued leadership is based upon the confidence of the most prominent doctors. No other general antiseptic and disinfectant enjoys such absolute trust or is so widely recommended.

For Feminine Hygiene use
"Lysol"
Brand Disinfectant
Every time



FREE BOOKLET! Learn the truth about intimate hygiene and its important role in marital happiness. Mail this coupon to Dept. M. P. Loh & Pink (Canada) Limited, 37 Hanna Avenue, Toronto 3, Ontario, for frankly informing FREE booklet in plain envelope.

NAME.....

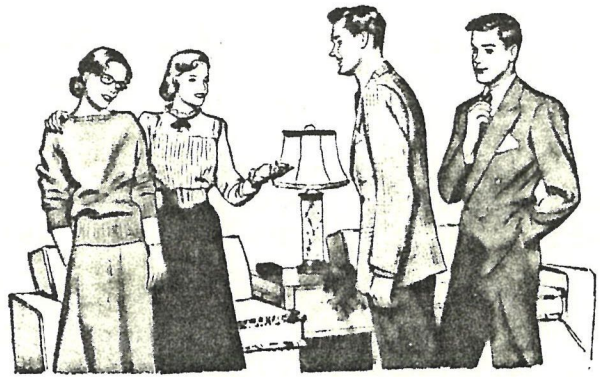
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Are you in the know?

5



Which gal would you ask to complete a foursome?

- ☐ A Suave Sally
☐ A numb number
☐ A character from the carnival

Your steady freddy asks you to produce a date for his pal? Here's advice! Choosing a gal less winsome than you, can doom the party. It flusters your guy; disappoints his friend. Best you invite Suave Sally. You can stay confident—regardless of the day of the month—with Kotex to keep you com-

fortable, to give you softness that holds its shape. You risk no treachery with Kotex! It's the napkin made to stay soft while you wear it. And think of the comfort you get with your new, all-elastic, Kotex Sanitary Belt. So smooth . . . snug-fitting. Doesn't bind when you bend!



How much should she have tipped him?

- ☐ 10%
☐ 15%
☐ 20 to 25%

Don't wait 'til a waiter wears that "why don't you do right" look. Hone up on tipping! 'Taint what it used to be, so leave a little extra on that silver tray. A 15% tip these days pays off; in good service. And for certain times there's a special service Kotex gives . . . in preventing telltale outlines. Those flat pressed ends just don't turn traitor . . . they don't show. (As if you didn't know!). It pays to try all 3 absorbencies of Kotex: Regular, Junior and Super.



If she tries on your hat, should you—

- ☐ Lend it
☐ Resent it
☐ Feel flattered

You break away from babushkas . . . wow your cellmates with a whammy chapeau. But, it needn't go to their heads. Why court ol' dabbil dandruff? Like borrowing combs or lipstick, trying each other's hats is scowled on in cactus (sharp, that is) circles. Discourage same, for your own protection. On "those" days, too, let caution guide you. Straight to the counter that sells Kotex. For it's Kotex that has an exclusive safety center . . . extra protection against accidents.



More women choose
KOTEX* than all other
sanitary napkins

"Very Personally Yours", new Free booklet for teenagers. Gives do's and don'ts for difficult days. Send your name and address to Canadian Collocation Products Co. Ltd., Dept. 1401, Niagara Falls, Ontario.

KOTEX IN 3 ABSORBENCIES: REGULAR, JUNIOR, SUPER

AND NOW! THE SUDBURY WOMEN'S CENTRE BELIEVE IT OR NOT COLUMN: these advertisements were taken from a 1949 issue of Maclean's magazine. The ad, on the left is for Lysol, guaranteed to win your husband's heart back (note that this is the same Lysol we use to clean floors and toilet bowls). The ad, on the right is for Kotex: note that women who used Kotex were believed to be smarter than their non-Kotex using counterparts. Kotex users would know not to fix up a male friend with a "Numb Number" or "A Character from the Carnival" - they would pick "Suave Sally". It is pretty obvious that advertisements reflect the image of women of the day: I leave it up to you to judge whether we have come a long way.

6

As you might have known, the Women's Centre had a representative at the "Health Care in the '80s and Beyond" Conference held at the Holiday Inn, the end of July. The rep was - you guessed it- me, the flying nursing student. It's about time you got a report!

The purpose of these regional conferences was to give health care professionals and interest groups a chance to examine both broad health-care issues in Ontario, and the more specific issues of our own region.

The idea is to bring back to Queen's Park a truly representational view of the actual problems - and possible solutions (we were asked to behave as if we were "Health Minister for A Day") although several delegates I talked with were cynical: "probably the only thing to come out of this will be votes!

But what I found was that the majority of the 160 participants had both strong views on regional problems (lack of adequate services; vast transportation difficulties; life-style disasters because of isolation - alcoholism, physical abuse...) and solution (more funding for crisis centres; more emphasis on telecommunications; more emphasis on education re: family planning and parenting in school and community; encouraging health professionals to relocate to the North...) Of course, the consensus of these regional conferences (this was the 6th and last in the series) will be assimilated and hopefully implemented by the Ministry of Health (once Keith Norton figures it all out).

It was gratifying to experience the voiced concerns of this conference for the needs of women in our region re: physical and psychological well-being.

The participants of the conference were a pretty powerful lot (I felt somewhat overwhelmed!) and all seemed really concerned that our needs are heard by the gray-flannel suits in Toronto.

One recommendation was that other conferences be held to continue the process of thrashing out solutions to our problems - and perhaps it would be wise to take a more active role (in ourselves we trust?). I hope the networking occurs. I hope the people with good ideas turn them into viable proposals. We all want the best possible health care for our communities - and this type of conference builds on our own resources and abilities - with a little nudge from Uncle Bill and Uncle Keith down South.

By the way, the official report on the Conference should be out soon - it will be at the Women's Centre.

RoseMary Kohr

Notice to all members from the Daycare Committee. All of the workshops are to be held at Church of the Epiphany, Coffee House, 85 Larch Street (next to St. Andrew's Place). Parking is available free after 7:00 at Civic Square unless events are held there, Parking is also available at the Arena. Admission to all workshops is free. Please pre-register.

JOAN BUCHANAN: 673-4590. Available anytime for babysitting, maintenance or odd jobs.

ABORTION UPDATE

A few months back, Norma Scarborough was in Sudbury to remind us that the decision on Joe Borowski's battle against freedom of choice had yet to be handed down. Her account of Borowski's battle was sufficient to prompt many people to action.

It was a relief to many (though not much of a surprise to many others) when Justice W.R. Matheson of Saskatchewan Court of Queen's Bench recently ruled that Canada's abortion law is valid, dismissing Borowski's argument that the Constitution protects the fetus' rights. Matheson wrote that there is no basis in law which justifies a conclusion that fetuses are legal persons.

Justice Minister Mark MacGuigan stated that Parliament has absolute supremacy in the matter of abortion legislation: "in the opinion of the government, the law can't be successfully challenged either by one side or the other. We will be defending the law".

Borowski is optimistic about the outcome of the challenge: you see, Matheson's ruling will now be taken to the Saskatchewan Court of Appeal and then to the Supreme Court of Canada.

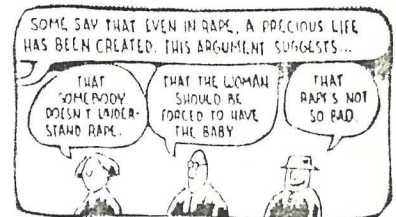
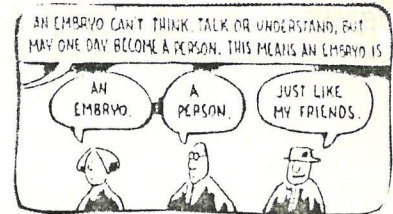
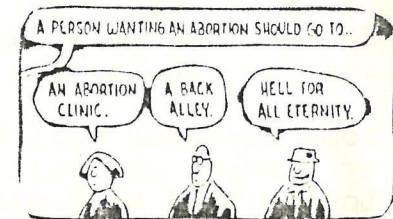
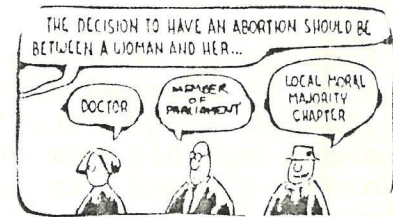
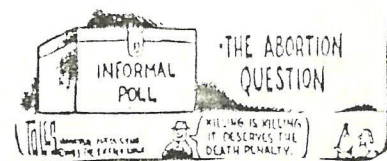
I remain confident that the latter will also uphold Canada's abortion law as valid, reflecting the belief held by the majority of Canadians. However, we mustn't relax in our efforts to protect our rights and to work on improving them, especially in Sudbury (last Friday's Sudbury Star printed the names of 7,300 people who pledged their support to the Right to Life movement - where else but in Sudbury?).

NOTICE

The Toronto Women's Bookstore, which was destroyed by anti-choice forces, is still seeking funding. They have, however, reopened for business at 296 Brunswick Ave. (at Bloor), and are looking forward to moving back to Harbord in January or February. Donations to help cover costs should be sent to 296 Brunswick Ave., Toronto M5S 2M7.

UPDATE ON WORKING COMMITTEE AGAINST PORNOGRAPHY

Although a small group we are moving along very well, with ideas flowing back and forth. We have already had a request to present our slide show to a local group, or rather a provincial group who will be meeting in Sudbury in November. As you may recall, the slide show is made up of porn slides from magazines purchased locally. If you can think of any groups who might want to work on this issue with us, please call Sheila at 673-1916 or Vivianne at 674-3870.



RESOURCES COMMITTEE REPORT

8

Well, we finally did it, we actually formed a Resources Committee! We'll be meeting every second Friday over "Soup's On" and any member is welcome to join us (come on now, why not be a resourceful member too?). At our first gathering we answered such questions as: just what the heck IS a resource committee anyway? And, how are we going to get back all the over-over-over-due library books and materials? (and where will we put them when they do come back?)

Seriously, here are some of the areas we'd like to be tackling - the library and its clogged circulation, the vertical files and the clipping and filing that go along with that., and even human resources like the speakers' bureau and a monthly new members' soup's on. We desperately need you to return any overdue books, as in some categories we are down to only one book, and other people would like to read them too.

If you have time to spare during the day, drop over to the Centre, and Sheila or one of the other resourceful members will gladly accept your helping hand for an hour or so with the backlog of filing for vertical files, typing cards for new books, etc..

Joan Buchanan will be looking into promoting the Speakers' Bureau to community groups, and will be bringing our suggestions to the Steering Committee. Louise Dubé will clarify services of other similar agencies, clip articles from Le Voyageur and file resources en français, Jan Morel will try to unstick the book drain and get the library up to date, Christine Peets will look into funding for some of our more grandiose schemes and will contribute books. Sheila Kelly is going to contact the library technicians for their help and will type up all this blah-blah for the newsletter (ed.'s note, THANKS!)...

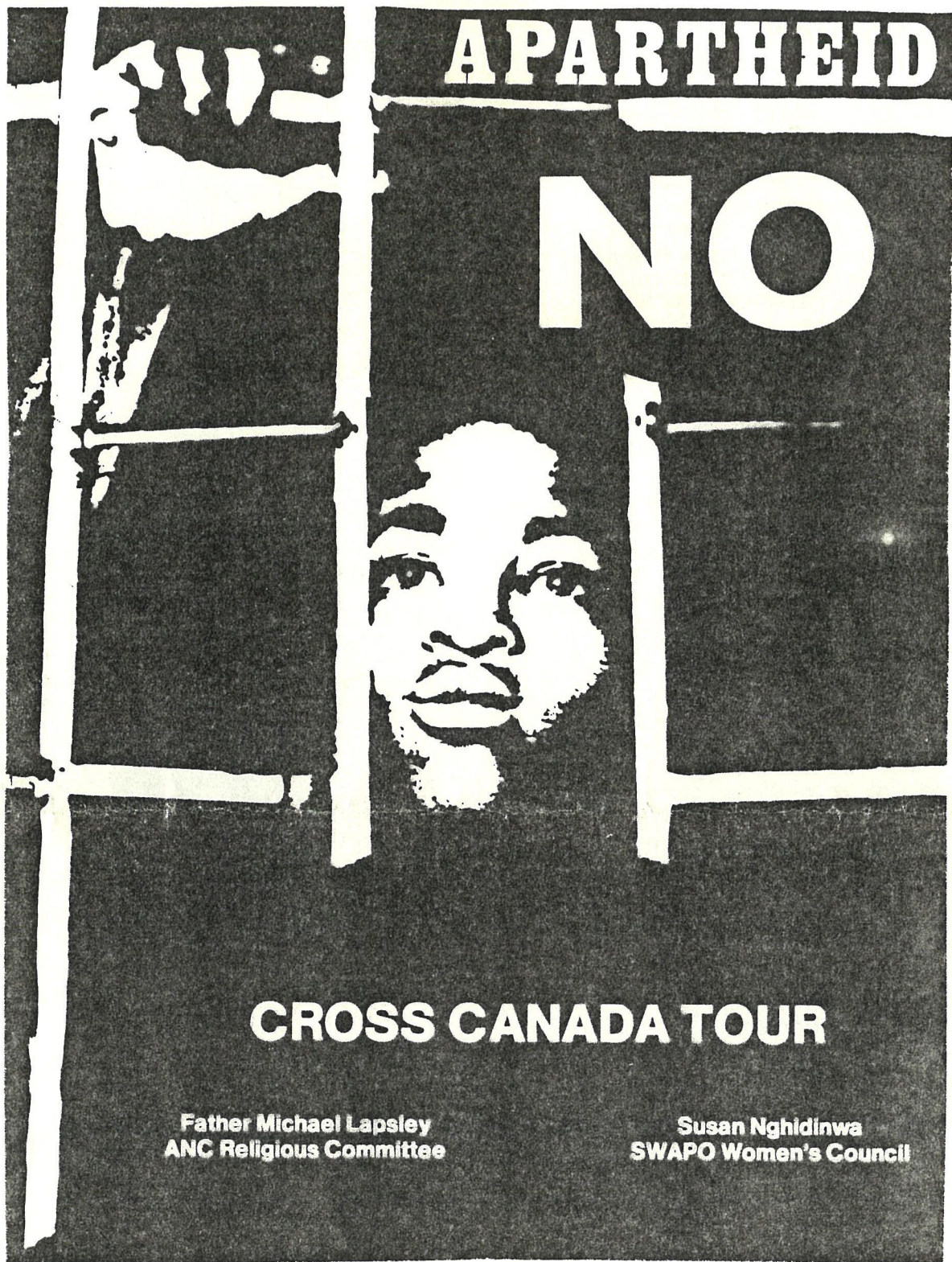
... and you?

Jan Morel



NOTICE: to all my friends - as of November 1st, I'll have a new phone number (listed under K. O'Gorman): 673-6078. Please write this down in yer women's almanacs or little black books... and call me sometime!

RoseMary Kohr (same address)



Susan Nghidinwa, a Women's Council representative of the South-West African People's Organization will be at the Women's Centre Friday, November 18th for a pot-luck lunch to talk about conditions for women in South Africa. She is touring Canada, sponsored by OXFAM, and the Canadian Southern Africa Coalition. Do come and hear her speak. Conditions for women in that part of the world are not only determined by sex, but also by race. The women's movement must struggle against the forces of apartheid and the long-standing male culture. Ms. Nghidinwa's insight into the situation for women in her part of the world should be shared with women the world over.

WE NEED TO SHARE

There is a growing demand for change. Concerned health workers and women's groups across the country are actively researching, testing and suggesting new approaches to health problems.

Healthsharing updates us on these activities and provides current information on resources, events and developments. It keeps women in touch with what other women are thinking, saying and doing about health care and reminds us that we are not alone; that we can share our knowledge, findings and news.

WE MEET A NEED

Healthsharing, in its fourth year of publication, is committed to advancing the struggle of women to influence the decisions that affect our health—physically, mentally and socially. It speaks to the personal experiences and concerns of women today and strives to promote health care options aimed at maintaining well-being, preventing illness and improving the existing avenues of health care delivery.

Healthsharing is published by a collective of eight women who share the conviction that health care issues must be addressed in the broadest social and environmental context. Healthsharing's articles and features reflect this conviction, making it valuable both as a means of exchanging essential information and as an agent for social change.

WE NEED TO KNOW

Serious health issues are facing women today. Among them are dangerous health products, environmental pollution and harmful working conditions. Yet when we try to become better informed about health we find a lack of accurate, unbiased and non-technical information.

Healthsharing magazine recognizes our need to know. It examines personal and political health issues from a feminist perspective and provides current information and analysis on a wide range of health concerns.



Make cheque payable to:

Women Healthsharing

Box 230, Station M

Toronto, Ontario M6S 4T3

Telephone: (416) 598-2658

SUBSCRIPTION ORDER FORM

I want to subscribe to Healthsharing

☐ Individual \$8.00 ☐ Library or Group \$15.00
(Outside Canada add \$1.50)

NAME _____

ADDRESS _____

_____ CODE _____

☐ Payment enclosed ☐ Bill me

Send a gift Subscription to

☐ Individual \$8.00 ☐ Group \$15.00

NAME _____

ADDRESS _____

_____ CODE _____

Send a gift notice from: _____

I want to support Healthsharing. Total amount enclosed \$ _____

Healthsharing is a project of Women Healthsharing—a feminist resource and writing collective.

11

DAYCARE COMMITTEE REPORT

November Activities: the next meeting will be held Wednesday, Nov. 2 at 7:30 at the Centre. The agenda will include planning for a workshop to be conducted by representatives from the Ontario Coalition for Better Day Care, who wish to come up in late November. We will also be discussing how we wish to break down the series of workshops for February. New members are always welcome. Bring your ideas - new members are welcome even if you do not wish to become a permanent member of the committee.

On Wednesday, Nov. 16th our workshop series continues with "Health & Safety Around the Home". The presentation, to be conducted by two nurses from the Sudbury & District Health Unit, will include slides and a question forum.

Encore, cet atelier sera présenté en français et en anglais. L'atelier est gratuit. mais s'il-vous-plaît inscrivez-vous en appelant notre nouveau numéro, 673-6622. La garde des enfants sera gratuite.

Workshop Report: our first workshop, Sept. 26th, "Choosing Good Daycare" was led by Linda Marion who is the area Early Childhood Education consultant for the Ministry of Community & Social Services. Linda outlined the nature of day nursery programs in general and went into specifics as to the type of discussion which could, or should take place between a parent and potential caregiver. The second workshop, "Tax Advice for Parents and Caregivers" was also extremely interesting and much valuable information was shared by our presenters, Carolyn Thain and Diane Boucher. As there were no francophones in attendance, each woman presented different aspects of the workshop topic.

We are disappointed about the low turnout from members: you have missed two quality workshops which received enthusiastic response from those in attendance.

NOTE: Daycare is being provided at the two workshops by two students from the Education des Petites program at Cambrian College, so please bring your children. There is no charge for the workshop or for daycare.

THANK YOU! THANK YOU! THANK YOU!

A belated but warm thank you to Karen Stos for her great posters advertising the workshops. We are lucky to have such a talented artist in our midst and are thankful to Karen for volunteering her services to us. Merci beaucoup,

Christine Peets

NOTICE; any members who can pitch in a few hours' time each month to help out with the newsletter will be welcome with open arms. Help is needed to batch, staple and address over 200 copies of the newsletter every month. Thanks to Joan Buchanan for the super-powerful stapler, which will definitely assist us with that task. Thanks also to those who regularly contribute to the newsletter (you know who you are), and again, an invitation to all members to submit articles, cartoons, graphics, poems, etc...

If you would like to offer your services, please call Vivianne Leduc at 674-3870 (evenings) or 675-0621.

See you next month!

Vivianne

Canadian Woman Studies
204F Founders College
York University
4700 Keele Street
DOWNSVIEW, Ont. M3J 1P3

