



CAR SEATS: Car seats available through Isabel Archibald at 833-2518. Rental fee is \$20.00 for 10 months. \$10.00 returned if the seat is returned in good condition. Get your name in early as there is a waiting list.

"Arise all women who have hearts....say firmly: we women of one country will be too tender of those of another country to allow our sons to injure theirs. In the name of brotherhood and humanity I earnestly ask that a general Congress of Women, without limit of nationality, promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interest of peace."

WHEN CONFERENCE - WOMEN AND VIOLENCE
APRIL 27, 28, 1984 Truro

KEYNOTE SPEAKER- by PEGGY HINCH

The Keynote speaker at the WHEN Conference this year was Lorrene Clarke, author, lawyer and an absolutely dynamic person. In her keynote speech and later in the workshops on rape she defined the many aspects of violence against women and brought them into focus in the context of the new sexual assault laws.

By redefining rape, incest and wife battering as sexual assault and stressing the illegality of these acts we can then bring out of the closet and into the justice system.

Historically, perpetrators of violence in the home such as spousal rape, incest, child abuse and wife abuse have received much lower sentences if convicted. Incest carries a maximum sentence of 14 years. If that same male sexually assaults (rapes) someone elses child he could then receive a maximum sentence of life.

Lorrene went into great depth explaining and clarifying the new laws and outlined some strategy for us as women working with other women, to ensure that the laws be applied. She also touched on pornography.

In her speech she pointed out that porn is one of the worst forms of violence against women because it is so incideous and far reaching and underlies and depicts all aspects of violence against women.

From Ms. Clarke's address and workshops we all came away much enlightened about the new laws and with some strategy for dealing with victims, as well as realizing that public education is of tantamount importance if we are going to be effective in curbing family violence and violence against women as a whole.

COPING SKILLS AND STRESS

This workshop was given by Hazel Hemeon.

Hazel has a B.A. and a Degree (BSW) in Social Work; is a member of the Board of Directors of WHEN And is founder and director of Supportive Action for Women Program in the Bedford, Sackville area.

Hazel conducted a very helpful practical and useful workshop on stress as related to time management and self-discipline.

Success is a progressive realization of ones goals. We were given a plan to follow or a formula to impliment into our lives which will be of much help in realizing our goals.

We discussed:

1. Goal Identification - Our wants and needs and value conflicts in regards to our goals.
2. Stress Identification - To identify our stress in order of priorities and to look at characteristics of this stress.
3. Planning to reach my goal. - BE SPECIFIC: Breaking plans down into something you can handle and planning towards acquiring your goals.

"Goals become manageable when chopped into manageable pieces:"
We were advised not to attempt the impossible, but, as

Hazelsaid "Dream a little, you are worth it!"

SELF - DEFENSE by BARBARA HAYES

The highlight of the "WHEN" Conference for me was the self defense class given by Johanna Padelt. Pat Alpert, Elizabeth Ormond and myself arrived feeling good on a wonderful sunny day, and decided to keep this positive feeling flowing by choosing a workshop on self defense. It was easy to recognize our instructor striding down the corridor glowing with vitality and a sense of her own personal power.

The workshop was run on a personal, informal level. We recognized our need to learn to defend ourselves in a culture where so much violence is aimed at women.

We agreed we needed to conquer our fears which immobilized us when threatened. The way to do this is called Wen - Do; meaning women's way, a discipline evolved specially for women's self defence. Wen-do is a combination of attitudes and physical techniques for self-defense. It emphasizes recognizing and getting out of bad situations before they get worse. With Wen-do power comes from self-trust and confidence. The loud yell releases adrenalin and gives oxygen; the smooth powerful movements break holds enabling you to run away.

I was excited to share experiences and ideas with other women. There was a great feeling of our potential growth of power. It was a taste to whet our appetites for the coming workshop Johanna is planning for Antigonish. We left with a sense of delight and exhilaration and a conviction that women need more "up" workshops to turn on our positive energies and help us feel powerful and confident.

INCEST by Elizabeth Ormond

Mary Hamblin, a Halifax resident and employee of Planned Parenthood, held an attentive audience throughout her presentation on incest. I felt a persistent ache while she defined the subject, gave historical and psychological analyses and made parallels with rape.

Early in the address Mary Hamblin revealed that 80% of child abuse cases involve incest. Unless incest is exposed and treated the pattern goes on in families for generations. Ms. Hamblin emphasizes education as a means to prevent the transgression. This would be of more help to the victim than to the offender.

LEGAL ASPECTS OF VIOLENCE AGAINST WOMEN by Pat Alpert

Katherine McDonald, a lawyer with the firm of Cooper and MacDonald, answered participants' questions on the topic. Ms. McDonald was very clear in her explanations of the workings of the law. Two bits of information I carried away were, first, that the law tends to be as much as twenty years behind public awareness and opinion changes. This protects us from faddish changes. Second, a new legal approach to marriage breakdown has been passed which will make the first year of separation much more complex with regards to custodial and property arrangements.

VIOLENCE

Women's Inter-Church Council of Canada is concerned about the increase in violence against women and pornographic material across Canada. We are collecting data in order to become clearer about our concerns. We are asking that women across Canada clip from their newspapers and magazines articles about pornography and violence against women and send these into our office. Our task group dealing with violence will make good use of these. Please help us begin to deal with this problem. **START CLIPPING NOW.**

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of Canada,
77 Charles St. West,
Toronto, Ontario M5S 1K5.
Tel: (416) 922-6177.

BOOKS Pat Alpert

With the commission on pornography and prostitution coming to Halifax on May 11th, there is a lot of discussion on the issue of pornography. We used the following books as sources for parts of the position paper on pornography that we will present to the commission:

TAKE BACK THE NIGHT: WOMEN ON PORNOGRAPHY, edited by Laura Lederer with an afterword by Adrienne Rich, 1982. This is the best single book on pornography. It has articles on every aspect of the issue; what it is, who is hurt, who benefits, the effects of pornography and taking action against pornography. Writers represented include Gloria Steinem, Alice Walker, Phyllis Chesler and Susan Griffin as well as women who are unknown but have worked in the industry or worked to have pornography removed from public places.

FEMALE SEXUAL SLAVERY by Kathleen Barry, 1981. Barry documents international sexual slavery today in this thorough book. She covers international prostitution, recruitment of girls and women in prostitution and the pornography industry, conditions of work, possibilities of women escaping slave conditions. The book leaves you feeling a responsibility to keep informed rather than stay in blissful ignorance.

PORNOGRAPHY: MEN POSSESSING WOMEN by Andrea Dworkin, 1981.

PORNOGRAPHY AND SILENCE: CULTURE'S REVOLT AGAINST NATURE by Susan Griffin, 1982. Both Griffin and Dworkin analyse pornography's themes using techniques from psychology, economics and poetry. Both are frightening and useful.

To lighten things up a little, I want to recommend Grace Paley's short stories, THE LITTLE DISTURBANCES OF MAN and ENORMOUS CHANGES AT THE LAST MINUTE. Her characters are quirky, her plots are life like and her language is a delight. Here is one of her women: "You would certainly be glad to meet me. I was the lady who appreciated youth. Yes, all that happy time, I was not like some. It did not go by me like a flitting dream. Tuesdays and Wednesdays was as gay as Saturday nights."

MEETINGS - MAY

Wed. 2nd: Board Meeting

Thurs. 3rd: Single Parent Vocational Training

Lyn Cheek 7P.M.

Wed. 9th: Annual Gen. Meeting. 8P.M. Continuing Ed. Building
Mon. to Fri. 14 - 19: Film "Workplace Hustle", daily at noon
and wednesday at 7:30

Sat. and Sun.: Self-Defense Course for Women. Call for information.
26th&27th

Wed. May 16th: Watch local media for info on the Great Canadian
Participation Challenge.

Wed. 6th: Film: "An Unremarkable Birth" 7:30 PM.

A WISE DECISION

*I might have been a Broadway star
Or a witty talk-show hostess,
Or come up with a cure for colds
Or led a "No Nuke" protest.
I might have played at Wimbledon,
In front of kings and queens.
Or made it big in fashion—
With my own designer jeans.
I might have written novels
Or led a world crusade,
Or climbed the corporate ladder
Or dealt in foreign trade.
I pondered the above and yet
I opted for another.
No salary, but the job's secure—
I chose to be a mother!*

—MAXINE SCHNEIDERMAN