

AWARE



Newsletter published by Antigonish Women's Association

VOLUME 1 No.9

September 1984

RESOURCE CENTRE: 863-6221

BATTERED WOMEN'S HELP LINE: 863-2852



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The AWA would like to welcome all new members who signed up during the year and during our present membership drive.

The AWA (Antigonish Women's Association) is an organization whose goal is to provide the women of Antigonish town and county a means of approaching the issues facing them today.

One important goal of the AWA is to publish a regular newsletter to its membership, dealing with issues facing women and providing information about AWA activities.

The newsletter is put by an energetic and enthusiastic crew who welcome any contributions by the membership. Articles, issues, personal contributions, quips and quotes - anything you feel would benefit our readers would be appreciated. If you have anything to contribute drop by the Resource Centre or contact Diane MacKinnon at 863-1407.

The deadline date for October's newsletter is Fri. Oct. 26. The November deadline is Friday, Nov. 23.

Much of our time is spent typing (SLOWLY) so those of you who can type your contributions it would be gratefully appreciated.

The AWA has increased the membership dues primarily due to the cost of printing the newsletter. The membership dues have been adjusted to the following:

Associate members	\$7.00 (Students, senior cit.)
Regular Members	\$12.00
Sustaining Member	anything over \$17.00

*"Too much of a
good thing can be
wonderful."*

Mae West
Film Actress



WEN-DO

Wen-Do is a system of self defense designed for women: a very efficient form that teaches awareness, avoidance, and reaction to attacks. Since it's development in Toronto in 1972 by the Paige family, experts in martial arts, Wen-Do has been taught internationally to thousands of women of all ages.

Wen-Do offers ways to deal with harassment on the streets, at parties, and with physical assaults. The physical techniques include releases from chokes and holds, dealing with weapons, and attacks by more than one attacker. Discussions are an important portion of the class. Topics include safer ways of living, self defense, law, rape, and assertiveness. Through recognition of alternatives and understanding attack situations, women derive an important sense of self confidence.

A knowledge of self defense is an essential life skill. As unpleasant as the subject of assault is, it is one that no woman can afford to ignore. Being mentally and physically prepared to deal effectively with assaults is a way to help curb the growing violence in society.

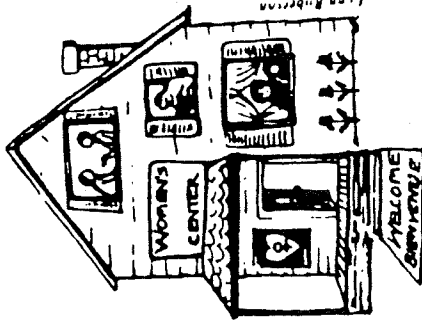
The course is from twelve to fourteen hours long and is usually taught in an intensive weekend. We have lined up the dates of OCTOBER 20 & 21 as the time here in Antigonish. The two women instructing the course are Johanna Padelit (Cape Breton) and Carol Millett (Halifax). Participants should wear loose and comfortable clothing for ease of movement, (sweatpants, shorts or stretchy pants, and a loose shirt of T-shirt). You can do the course either bare foot or in flat non-slip shoes such as running shoes.

The requirement is for 10 full paying students at \$35.00 each. For any women above that number a payment can be negotiated. Pre-registration should be completed by October 15th. Please phone the Resource Centre (863-6221 or 622) for further information or to register for this course.

P.S. - The word Wen-Do means "Women's Way"

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REPORT - RESOURCE CENTER

Betty took time to compile a few statistics from our Log Book that are interesting. These are from the beginning of May until the end of August.

Business Visitors:	148 (AWA or Resource Centre business)
Casual Visitors:	153
Business Calls:	190 (AWA or Resource Centre info)
Help/Info Visitors:	26
Help/Infor Calls:	6

When we consider this all took place while we were operating without full-time staff that's not bad. A big "thank you" goes to Patricia and all the women who volunteered their time for the Centre

As you can see from the "October Activities" calendar, Fall and Winter programming is going full tilt. Bowling and volleyball are two new activities and films this year will run for a week (noon hours) and the usual Wednesday evening. We are planning to have a number of special guest speakers throughout the year and also a monthly speaker; the latter will usually be focusing on various health/life topics.

If you have any suggestions for things you would like to see the Resource Center doing, please give us a call and let us know. Betty and I will be back in their full-time from now on and that feels great!!

* * * * *



A JOB WELL DONE!!

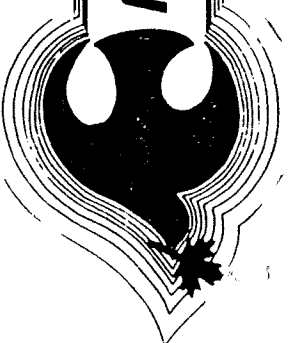
Most sincere thanks to Patricia Miffen and all who volunteered their time to keep the Center functioning during our layoff and summer cut back. To keep the Center open during the layoff was an enormous task that she handled with great dedication!

BUSINESS AS USUAL

As of October 1, Betty and Oona will be back at the Resource Centre on their original timetable. As we all know, the AWA was forced to lay off the staff when our funding was delayed. From that lay off time we went into a period of reduced hours per week that they would work. This was necessary because when the AWA sought 12 month funding we had to cut back the amount for salary so we trimmed hours that staff would work for four months.

In June the Board decided to reduce program activity but continue to show two films per month. Now that summer is over and staff is back on schedule we hope things will be hopping once again as it was in the Spring.

PEACE PETITION CARAVAN CAMPAIGN



The Peace Petition Caravan Campaign is a practical campaign that will provide information and give a voice to the silent majority in this country who want to live without fear of war. The possibility of nuclear war, once unthinkable, grows more real with each passing day. All of us have a direct stake in peace. That's why the Peace Petition Caravan Campaign asks you to join millions around the world in calling for nuclear disarmament. We are asking you to put your name to a coast-to-coast petition calling for:

1. AN END TO CRUISE MISSILE TESTING IN CANADA

The federal government has allowed testing of the American air-launched Cruise missile in Canada. This undermines our credibility as a voice for nuclear disarmament.

2. THE DECLARATION OF CANADA AS A NUCLEAR WEAPONS-FREE ZONE

Canada can play an important leadership role to end and reverse the arms race. Our country should be declared a nuclear weapons-free zone, which means renouncing nuclear weapons and ending the research, production, testing and transport of those weapons or their components in Canada.

3. A DIVERSION OF WASTEFUL SPENDING ON THE ARMS RACE INTO THE FUNDING OF HUMAN NEEDS

The amount spent annually on the arms race could provide basic food, water, housing, education and health services for every person in need on this planet.

4. RATIFICATION OF THE ABOVE THREE POINTS THROUGH A FREE VOTE IN PARLIAMENT

Our politicians should take a stand for peace, too. We ask that all Members of Parliament be allowed a free vote on these critical matters in the House of Commons. While any initiative is to be encouraged, peace begins at home.

The Caravan is sponsored by the Canadian Labour Congress, the Canadian Federation of Students, Voice of Women, Assembly of First Nations, Green Peace, Operation Dismantle, the Antigonish Campaign for Nuclear Disarmament, and representatives from all social sectors involved in the Canadian peace movement including women's groups, the Churches, labour, native, student, professional, development, cultural and environmental groups. There is a long list of individuals who have given the Peace Caravan Campaign their support including PIERRE BERTON, Patrick Watson, Margaret Laurence, Doris Anderson, Muriel Duckworth, Walter Gordon, Arthur Erickson, Tommy Douglas, Rev. Clarke MacDonald (Moderator of the United Church), Bishop Sherlock of London (President of Canadian Conference of Catholic Bishops), Archbishop Hayes of Halifax, Bishop Proulx of Hull, Bishop Remi De Roo of Victoria, Mayor Dewar of Ottawa, Mayor Eggleton of Toronto, and Mayor Harcourt of Vancouver.

ANTIGONISH CAMPAIGN FOR NUCLEAR DISARMAMENT

Dear Friends:
We would like to extend and invitation to representatives of your congregation or organization to welcome the PEACE PETITION CARAVAN to Antigonish

The Caravan will come through on Oct. 1st at approximately 3:00 p.m. for press conference - refreshments- celebration before they go on to other parts of the Province and eventually to a rally outside Parliament.

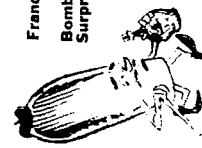
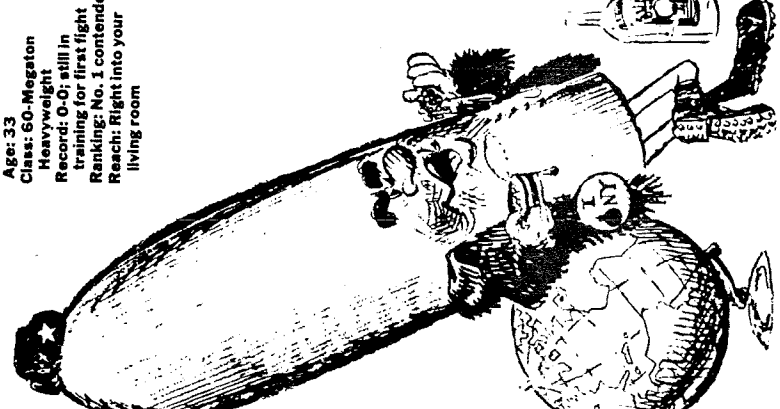
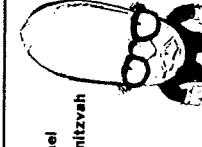
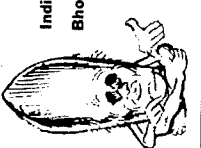
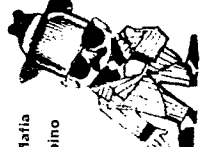
Bishop William Powers will be on hand at the John Paul Centre to welcome the Caravan. We urge everyone to get out in support of PEACE.

If you wish to help with petitions, phone line, etc. please contact

BARBARA HAYES 863-5361.



A Word from "Mr. Bomb"

France Bombe Surprise 	CONRADE BOMBSKI Age: 33 Class: 60-Megaton Heavyweight Record: 0-0; still in training for first fight Ranking: No. 1 contender Reach: Right into your living room 	Israel Bomitzvah 
India Bhombi 		ITT BOMCO 
China Ghengis Bhom 		Sweden Bjermb 

"Bombs of Many Nations" (pictured above) is just one of the nuclear absurdities in *Meet Mr. Bomb: A Practical Guide to Nuclear Extinction*. This funny, frightening satire from the "Futile Preparedness Agency" provides hints for "survival" before, during, and after nuclear attack. A joke that sends shivers up your spine. (Available for \$2.50 from *Mr. Bomb, High Meadow Farm, New London, New Hampshire 03257*.)

FROM MS. MAGAZINE

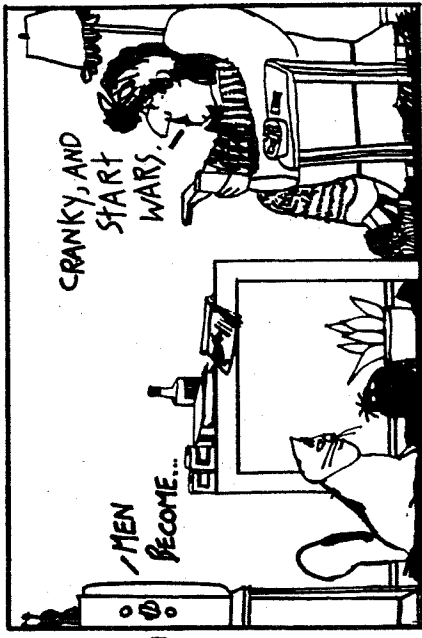
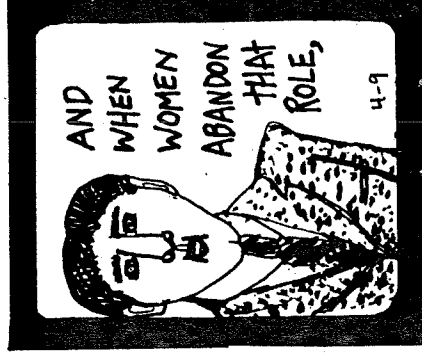
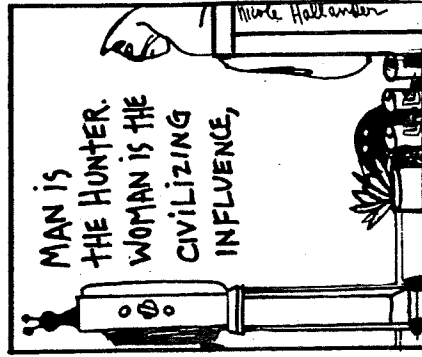


AMNESTY INTERNATIONAL HELPS HELP AMNESTY INTERNATIONAL!



Every year in October, Amnesty International conducts a worldwide awareness and action programme focussing on Human Rights. The event is called Prisoners of Conscience Week, and this year's theme is Women Silenced.

Each of us can help protest and sometimes PREVENT human rights violations of women. Enclosed with this newsletter you will find a brochure outlining the campaign. You can take an active part simply by reading and signing the four human rights appeal letters enclosed, and mailing them to the addresses given on each sheet. The authorities will be receiving thousands of letters from around the world - make your voice count. Help us speak out Against Silence.



Streetproof your Children: Helpful Rules to Keep Young People Safe

- Ten percent of Canadian families will be confronted by sexual abuse.
- One out of every three females will be sexually molested before age eighteen.
- One out of every ten boys will be sexually molested before age eighteen.
- More than 85% of abusers are known to the victim.

Most parents want to educate their children about sexual abuse, but they don't know how. These guidelines will help parents to teach their children how to keep safe. Remember, you can't tell a child too much; knowledge doesn't stimulate inappropriate behavior — ignorance does. Parents who talk openly with their children will be "askable" parents, and children will feel free to bring their worries and concerns to them in the future.

1 An unattended child is a child at risk. Arrange with your child an alternative place to wait if you are delayed, especially in the darker winter evenings. Suggest a well-lit store or inside an arena or school.

2 Always, where possible, have children walk in pairs or groups.

3 Children should always travel the same way home.

4 Use a secret family code. Children should never go with anyone, not even a close family friend, unless they are able to give the child the code. Once the code has been used, it should be changed.

5 Don't allow your young child to go to a public washroom unattended.

6 Check your babysitter's credentials thoroughly. In your absence, they are guardians of a priceless treasure.

7 Tell your child it is not rude to ignore an adult who is asking directions on the street. Another adult could be asked for more accurate directions.

8 Tackle the subject of sexual abuse prevention with the same honest, matter-of-fact manner you would attach to road safety. Remember, the only time a child will ask you about sexual abuse is after it has happened. Open the subject and your child will remember that you are askable.

9 Introduce your child to the "Hot and Cold" game. Describe a situation which is "cool" — "imagine you are walking home from a friend's house..." then make it "tepid" — "you hear footsteps and think someone is following you..." Request the child to make the situation "cool" again and suggest that it would be appropriate to cross the street. Now make the situation warmer by indicating that the footsteps also have crossed the street. Suggest that the child cross back again, and explain that if the footsteps cross the street for a second time, then the situation is "hot". Ask for ways to "cool" down the situation. You might help with ideas such as going into a lighted store, going into a neighbour's house, looking quickly for a Block Parent, or because it is a "hot" situation, they might yell "fire" which will bring a quicker response than "help".

10 Discuss with your child the difference between fact and fancy, fact and fiction so that they may understand the nature of taking an oath. (This may be necessary for a court appearance).

11 If you suspect that an abuse has taken place:

- DO encourage the child to talk about it.
- DO establish in the child's mind that he/she is not to blame.
- DO NOT correct the child's story; listen to the original words, even those which are babyish or family words.
- DO NOT suggest or modify what the child is trying to say. Your ideas might confuse the truth.
- DO NOT SHOW horror or anger; however if caught by surprise and unable to control your emotions, be clear that your anger is meant for the offender, not the child.

12 When you are aware of an incident of sexual abuse, call the police or the child welfare authorities immediately. Ensure that a social worker, a police officer and someone supportive to the child is present when the evidence is given.

This leaflet is a co-production of

Vis-à-vis National Clearinghouse on Family Violence Health and Welfare Canada K1A 1B5	Citizens Concerned with Crime Against Children Box 1715, Station "C" Kitchener, Ontario or Box 1737, Station "A" London, Ontario N6A 5H9
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Children who have been abused will show some of the following signs: a happy child becomes withdrawn and sad.

.....unusually seductive behavior
.....play and drawings show explicit sex, beyond what you'd expect from a child that age.

Teens and pre-teens:

.....unusual fear
.....self-loathing, low self-esteem
.....dependency
.....juvenile delinquency, running away
.....suicidal feelings, depression

Adult Incest Survivors:

....."I can't function"
.....Difficulty relating to people
.....low self-esteem
.....shame, as if they were to blame for what happened to them
.....difficulty in marriage and mothering
.....depression and suicide

*INCEST*INCEST*INCEST*INCEST*

The taboo against incest has not prevented this particular scarring exploitation of children. The taboo has prevented investigation and discussion of this painful topic. The taboo has protected the offender and left the victim absolutely vulnerable to sexual attack from the people who should be protecting her--father, brother, step-father, uncle, grandfather.

People do not believe when a child tells them they are being sexually abused. Courts require testimony besides the child's; how can the child bring a witness? A California study found that out of thousands of reported cases among children, not one child lied about the sexual assault.

There is a belief that incest happens among the rural poor. But incest is not confined to any one class or area. It is as prevalent among middle and upper class families. The average age of the first attack is 8. But infants have been sexually used. Four year old girls have been found with venereal diseases.

The offender in incest has a powerful exterior that hides insecurity and self-loathing. He wants to control his family. He feels that his wife and children are his property. He is able to justify using his children sexually. His home is his castle. His wife is frigid. His daughters seduced him. He couldn't control himself. It is good for a daughter to learn about sex from her father. None of these excuses can really excuse the sexual abuse of a child. Incest is something a person rarely can forget.

A father or step-father often uses one daughter till she is a teen and more able to protest, protect herself, run away or marry at a young age. The offender then moves on to a younger sister.

Sexual abuse happens to boys too, though this is not so prevalent as it is with girls. Protect both daughters and sons.

SEPTEMBER 26th: Child Sexual Abuse: The Untold Secret.

In this film five adolescent girls describe the trauma of being sexually abused by their fathers or stepfathers over a period of many years. Although they knew that what was happening to them was not right, they were afraid to speak out for fear of reprisals, disbelief and hurting other members of their families.

Showing at: 12:00 noon

7:30 PM.

AT THE CENTER.

DISCUSSION TO FOLLOW

WHAT WE CAN DO

1. Support the recommendations of the Badgley Report: increase sentences for offenders; improve programs to protect children; recognize children's testimony; pass severe laws against child pornography; make juvenile prostitution illegal; appoint a commissioner to co-ordinate all efforts.
2. Protect your children: Let them know incest and sexual abuse is wrong; let them know their body belongs to them; teach them that they can say no to people, even people in authority, when it comes to touching.
3. Keep aware of what is happening legally, in your schools and in our communities.
4. Offer your help. The Naomi Society needs volunteers to answer the help line phone. The Naomi Society has information on child abuse and incest and offers programs that you or your organizations can book for meetings. (call 863-3807)
5. If you are an incest survivor, talk about it; get help; help others understand. Call the help line: 863-2852. ^{Join a self-help group.}
6. If you suspect child abuse you must report it. Your anonymity will be protected. Call RCMP, Social Services, doctors, clergy, lawyers.

*"Pray for the dead and
fight like hell for the
living."*

Mother Jones

CHILD SEXUAL ABUSE

The Badgley Report on the sexual abuse of children, released in mid-September, is based on 3½ years of investigation. The 11 member committee found that the problem of sexual abuse of children was of astounding dimensions. The thousands of known cases of sexual abuse of children show a problem so pervasive and deep rooted that no government can ignore the urgent need for tougher laws governing sexual offences and pornography.

Among their findings:

- ...1 in 2 females and 1 in 3 males are victims of one or more unwanted sexual acts ranging from exposure to sexual assault. 4 in 5 acts happen while they are children.
- ...1 in 4 assailants is a family member or a trusted person. 99% of the assailants are male.
- ...92% of child sexual abuse cases reported are found valid. Unfounded cases occur among youth aged 16-20.

Dream-Makers

Mary Daly

Radical feminist writer, theologian, philosopher.

Author of *Gyn/Ecology, The Church and the Second Sex, Beyond God the Father: Toward a Philosophy of Women's Liberation, Pure Lust.*

Topic:

Wanderlust/Wonderlust: Re-membering the Elemental Powers of Women.

October 25th 8pm
Cohn Auditorium

Marge Piercy

American writer, poet, political activist, civil rights advocate.

Author of *Woman on the Edge of Time, Braided Lives, Fly Away Home.*

Topic:

Feminism: A Vision to End Dichotomies.

October 11th 8pm
Cohn Auditorium

Shella Rowbotham

British writer, social historian.

Author of *Women, Resistance and Revolution, Woman's Consciousness, Man's World.*

Topic:

Traditional Values: Defence and Transformation.

October 18th 8pm
Cohn Auditorium

A woman's place is in the world
The relationships have changed
Visions are now realities
And they're growing

Many authors have written about their "visions" of women.

This October Dalhousie has invited three internationally renowned authors to share their visions in the Killam Public Lectures.

Three Thursdays in October

The 1984 Killam Public Lectures

Feminist Visions

October 11, 18, 25

8pm

Rebecca Cohn Auditorium

Dal Arts Centre

Reception to follow

The lectures are free and the public is welcome

During the Killams this year you are invited to visit the Dal Art Gallery to

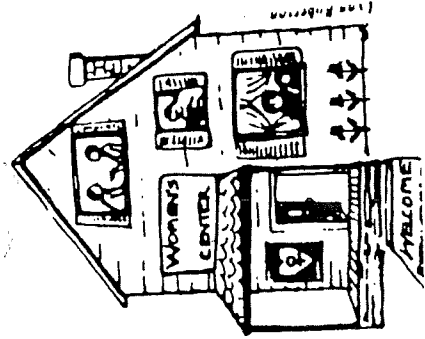
view an outstanding exhibit of paintings by seven Nova Scotia women artists.

Each Tuesday evening before the Thursday Killam Lectures, Dal Part-Time Studies will offer special free pre-lectures on the works of the visiting lecturers in Room 115, Weldon Law Building, at 7:30 pm. Phone 424-2375 for details.

Feminist Visions

Put your name & number on a list at the centre if you need a drive to Halifax for the lecture or if you can offer a drive to another person. (863-6222)

he Dorothy J. Killam Public Lectures
October 11, 18, 25 at 8pm in the Cohn



"Millions long for immortality who
do not know what to do with
themselves on a rainy Sunday
afternoon."

—Susan Ertz,
British author

OCTOBER: ACTIVITIES

*****UPCOMING FALL EVENTS*****

- 1 - Peace Caravan Reception (3 p.m.) John Paul Center
- 2 - Bowling (8-9 p.m.)
- 3 - Volleyball (7-9 p.m.) St. Andrew Jr. High School
- 4 - AWA Board Meeting

Week of Oct. 8-12: FILM: Margaret Laurence - First Lady of Manawaka
everyday at noon hour and Wed. 7:30 p.m. - Resource Centre

- 9 - "Women in Community" - Non Degree Course (7-9 p.m.) Extension Bldg

- 10 - Volleyball (7-9 p.m.)

- 14 - "Terms of Endearment" B33 Nicholson (7 & 9 pm)

Week of Oct 15-21: Amnesty International Prisoners of Conscience Week

- 16 - Bowling (8-9 p.m.)

- 17 - Volleyball (7-9 p.m.)

- 20 & 21 *WEN-DO Course (pre-registration by Oct. 15th)

Week of 22-26: FILM: Lucy Maud Montgomery: The Road to Green Gables
everyday at noon hour and Wed. 7:30 p.m. - Resource Centre

- 23 - "Women in Community" (7-9 p.m.) Extension Building

- 24 - Volleyball (7-9 p.m.)

- 28 - "Educating Rita" B33 Nicholson Hall 7 and 9 pm

- 29 - SPEAKER: "Adolescent Suicide" - Angela Gillis Time To Be ANNOUNCED

- 30 - Bowling (8-9 p.m.)

- 31 - Volleyball (7-9 p.m.)

*Please contact the Resource Centre (863-6221 or 6222) for further info.



Doris Lessing

WE HAVE AN EXTENSIVE LIBRARY.

PLEASE COME IN AND USE IT.

WE LEAD!!!

P.S. THE FILM "SILKWOOD"
WITH MERYL STREEP
WILL BE SHOWN AT
7 & 9 pm at B33
Nicholson Hall on
Sept. 30th

