

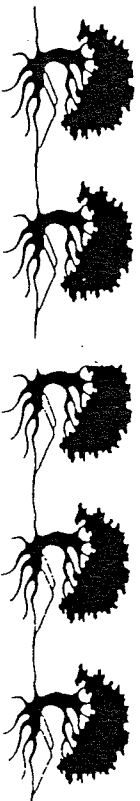
AWAIRE



NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION

RESOURCE CENTER

863-6221



NEWS FROM THE CENTRE

As I sit here reflecting upon the past year at the AWRC, a myriad of images, emotions, and thoughts swirl through my head.

I think about the work we did on sexual harassment and feel that in spite of the resistance to the idea that sexual harassment is a part of too many Antigonish workplaces, that more people now know what sexual harassment is and can take some steps to address it.

I think about our Housing Report and the seemingly endless hours Donna, Betty-Anne and I spent putting it together. And we did put it together with some frustration, tense moments - many laughs - intimate conversations and a great sense of relief when it was finished. It turned out to be a stark documentation of the rental housing situation in Antigonish that gives a hard picture of the difficulties low-income people (particularly women) face when looking for adequate, affordable housing. The challenge is now before us to work with the community to develop long and short term strategies to meet the low-cost housing needs in Antigonish.

Our struggle for funding was another part of the AWRC picture. The fundraising committee, spearheaded by Oona, raised a substantial amount of money this year. However, with our SOS (Secretary of State) funding frozen at pre-1988 levels, we used virtually all the extra money to cover increased rent, materials and supplies, utilities and increased staff hours. I am angry that women's centres are so badly underfunded when we serve such a huge need in the community and form a crucial part of the community helping agency network. To use an old cliché, we're running as fast as we can to stay in the same spot. To make life more difficult, the SOS Women's Program, our primary funder, didn't send us our year's funding (due April 1st) until the end of May. It doesn't look as though the Town or County Council will give us even a small grant.

I guess the Mayor figures in the year too - at least the Town Council. Seems when the Town had some extra money in their coffers they forgot that some people in Antigonish needed to go to the Food Bank to feed their children. The lack of adequate, affordable housing didn't seem to strike them as a place they could use the money to make a difference either. They clearly didn't want to recognize that the municipal assistance rate was far below actual rental housing costs either. And they got downright cranky when we pointed it out. Sometimes it's hard to know how to be helpful.

The real life of the AWRC, however, are the women who use it. I think of the faces of the many wonderful, courageous, determined women who came through our door this past year - women struggling with sexual abuse, or poverty, or single parenting, or returning to school and the workforce. Women laughing and crying - full of anger and love and frustration and hope. Full, beautiful women - wise women, witty women - women who love to sing.

And I'm off to a housing meeting and then to the annual meeting of NAC. This hasn't been proof-read so excuse the mistakes and have a long and happy summer.

Lucille

Lucille

Lucille





MEMBERSHIPS

Memberships are due in September for the '92/93 year. Regular memberships are \$15, Sustaining members pay \$25 and the low-income/unwaged rate is \$7. (Where \$7 is more than the member can afford, she may pay whatever she is able to pay.) Men can now become "Friends of the AWA" if they support the philosophy of the AWA (contact Centre for copy of this), and if they pay a membership fee. All members receive this quarterly newsletter.

VOLUNTEERS WANTED

Are you interested in giving some time to the AWA/Women's Resource Centre? Volunteering is a great way to meet people, learn new things, beef up your resume, feel more a part of the organization, etc., etc.! The Centre is a fascinating place! Some of the tasks that need to be done are staffing the Centre while regular staff are away, making phone calls, filing, writing letters, tallying Sobey's tapes, stuffing envelopes, and a host of other things. Please contact Katherine at the Centre if you would like to sign up for any amount of time, or any task.

SOBEY'S TAPES

We are always glad to receive your Sobey's cash register tapes. They do add up and we do make money this way. Please continue to support the AWA fundraising effort in this way. Thank you.

COMING UP!

AWA Annual General Meeting. June 18, 7PM. CACL Workshop

Coady Picnic. July 24, 6PM and Martha MacGuintt's house in Bayfield. Pot luck supper. Please bring enough food and beverage for yourself and one other person.

Comedy Trio "Sensible Footwear" presents "Close to the Bone" - an evening of wicked wit and pertinent information"

Halifax, Friday, June 26, 8PM

Advance tickets \$5 For info call Centre.

John Bradshaw speaks/workshops "The Power of Love; Where are you, Father?; and Homecoming: Championing Your Inner Child"
Toronto, July 3 to 6 For info call Centre.

Embracing Your Inner Spirit: A Women's Circle "a Journey to awaken that aspect of ourselves that expresses our Woman of Power. Through guided imagery, mask-making and dance"

Blomidon, NS, Saturday, July 25 9AM to 6PM

Tuition of \$60 includes lunch and materials.

To register call 582-7369

International Conference on Self-help/Mutual Aid
Ottawa, September 2 to 4
For info call Centre.

Some workshops/conferences coming up at Tatamagouche Centre are:
Creative Retirement June 17, 18
Psychosynthesis: Inner Voices June 19 - 21
Education and Program Design July 26 - 31
Psychosynthesis: Re-awakening the Child Within July 26 - 31
Single Parent Family Camp Aug 3 - 8
The Native Way Aug 9-12

Subsidies are available for some events where person(s) wanting to attend is/are unable to meet the cost. Contact the Centre for information on any of these programs.



ANNUAL GENERAL MEETING

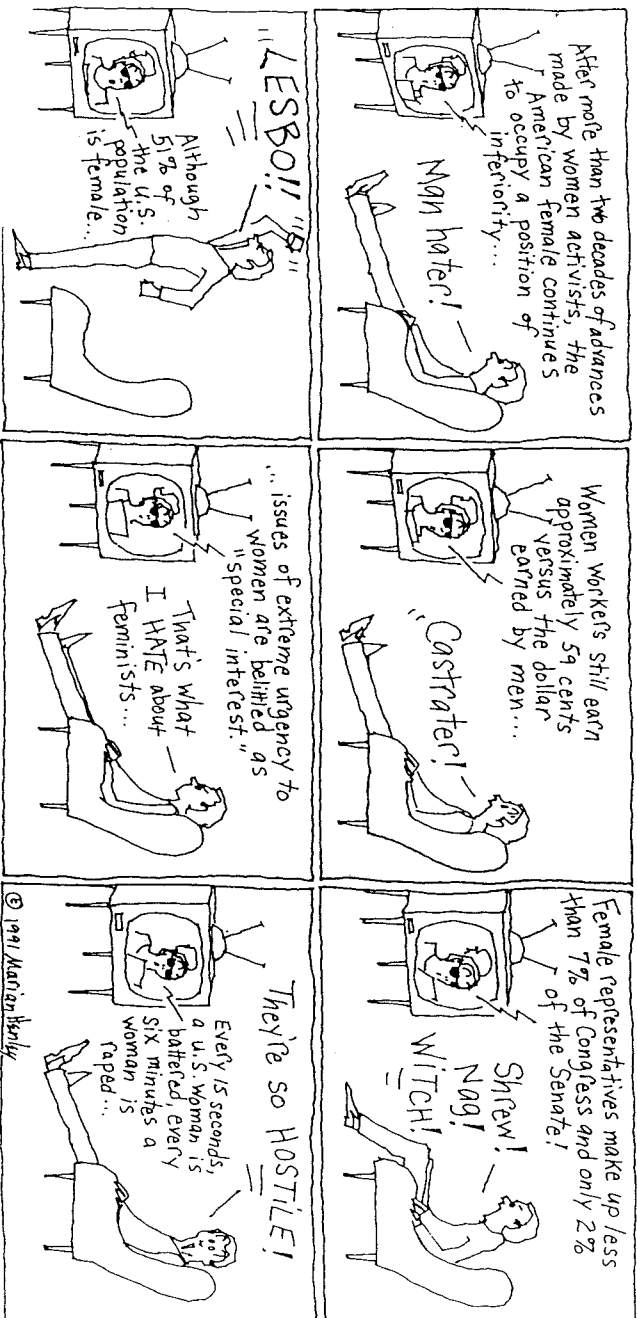
June 18, 7PM , CACL Workshop, Kirk St.

This past year the A.W.A.'s Adolescent Health Project has been involved in researching teen health in Antigonish.

The Adolescent Advisory Committee, a group of 10 teenagers, have been working on a video called "The Voice of Teens", a collection of words and images taken from a health survey of over 400 teens in Antigonish Town and County.

At this year's A.G.M. this 15 minute video will be premiered and will be followed by a panel discussion facilitated by the teens who produced the video.

All are welcome! Please bring Munchies!



Not Your Everyday Health News

■ *In Search of Exercise Shoes? Skip the Women's Department*

If your feet are of average width (between 3 and 4.5 inches), try the boys' and men's departments first before you buy your next pair of exercise shoes. According to a study by women orthopedic surgeons, few women's exercise shoes are more than three inches in width. "A street shoe can be one quarter to one half inch narrower than the foot without causing significant problems. But exercise shoes must be as wide as the foot," says Dr. Francesca Thompson, an orthopedic surgery professor at Columbia University medical school. Exercise shoes that are too tight can result in bunions, calluses on the ball of the foot, pinched nerves, and hammer or claw toes. (Check your foot's width by standing on a ruler at the widest part of your foot; your shoes should measure as wide.)



This newsletter was minimally compiled by MAY, DIANE, SIAN & BARBARA (in consultation)



- In Africa, for example, women do:
- Thirty percent of the plowing,
 - Fifty percent of the planting,
 - Seventy percent of the hoeing and weeding,
 - Sixty percent of the harvesting,
 - Eighty percent of the storing of food crops,
 - Ninety percent of the processing,
 - Sixty percent of the marketing of the produce.

