



AWA Fall 2002



Fall Greetings from the AWA/AWRC Staff....

Greetings to everyone from the staff at the Centre. Summer vacations are over and we are all looking forward to starting the fall off with a great line up of wonderful programs. Be sure to check them out. There may be one that interests you. The coffeepot is always on so if you're in the area, be sure to drop in to say hello! We'd love to see you.

— Isabel Gillis



We would also like to extend a warm welcome to the public— please stop by the centre and say hi the next time you're downtown!

— Charlie ten Brinke

Fall Greetings from the Board of Directors.....

The Board of Directors would like to welcome everyone back to the Centre for an exciting new season! A special welcome goes out to our new board members: Lynn O'Donnell, Mary Turay, Leslie Buckland-Nicks and Darlene Tate. I'm sure there will be many challenging and fun things to keep us all busy this year! It's great to have you join us!

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AWA/AWRC

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Congratulations to our winners from the Sr. Mary MacLeod Bursary ticket draw! Mike Doyle was the lucky winner of "South Wind", an art print donated by Linda Johns (value \$995.00) with framing donated by Lightsome Gallery. Jeremy Sutherland was the winner of a \$20.00 gift certificate donated by Gabrielle's Bistro. Thanks to all who bought tickets and supported our bursary!

Thinking of Christmas Shopping? You can start at the AWA- we still have the following items for sale:

Cookbooks \$15.00

AWA mugs \$15.00

Blank Greeting Cards \$8.00

AWA/AWRC Board of Directors for 2002-2003

Alexia Prescod
Charlie ten Brinke
Darlene Tate
Donna MacDonald
Elsa Arbuthnot
Heather Mayhew
Juanita Orhling
Leslie Buckland-
Nicks
Lynn O'Donnell
Marion MacDonald
Mary Turay
Nancy Forestell
Ronalda Doyle

Take Back the Night! by Heather Carson



The AWA hosted a Take Back the Night March on Friday, Sep. 20. We travelled down several of the main streets in the town, and also went through the St. Francis Xavier University Campus. Although the turnout was rather small--about 25, the energy level was high--thanks to the energy of the children participating in the March.

It was interesting to note that at one point several of the "marchers" got separated from the rest of the group. That was when someone started to heckle and cat-call. As we chanted, "Women unite. Take back the night", those who were not united, were in more danger than when we all stuck together.

The board of directors held a committee selection meeting on the 25th of September to formulate the various committees of the AWA/AWRC. If any members would like to participate, please call the centre at 863-6221. Some of the committees in need of extra bodies are:

- Social Action
- Membership
- Fundraising
- Public Relations
- Newsletter

What a great way to get involved!

"People call me a feminist whenever I express sentiments that differentiate me from a doormat or a prostitute."

-Rebecca West

October is Breastfeeding Month

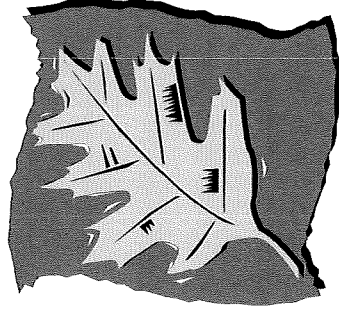


The Antigonish chapter of LaLeche League will hold their 11th annual walk for breastfeeding on Saturday, the 5th of October.

The walk will begin at 11am at the gazebo in Chisholm Park (behind the Post Office) and proceed to Columbus Field where we will end with a picnic. Come join us and promote "breastfeeding for a healthy community"!

Kids First's "Healthy Moms Healthy Babies" program is kicking off breastfeeding month with a breastfeeding social on Wednesday, the 2nd of October. All are welcome to drop by the centre between 9:30-11:30am. There will be lots of moms, lots of babies and good snacks too! Hope to see you there!

Our thoughts & prayers go out to all those who suffered a loss as a result of September 11th, 2001.



"I have a brain and a uterus, and I use both." -- Pat Schroeder, *New York Times Magazine*, 1972, in response to a question about being both a mother and a Congresswoman.

Fall 2002 Programs

Stage II Therapy Group for Adult Survivors of Childhood Sexual Abuse – The Stage II Therapy Group, a continuation of the spring Stage I Group is scheduled to begin its 10-week program in October. The Stage II therapy group is closed to new members. Barbara Hayes and Amanda Workman will be facilitating the program once again.

Note: Planning for the **Survivors of Childhood Sexual Abuse Group, Stages I and III** is underway. For more information, or to register, call Amanda at the AWRG, 863 – 6221. These groups are scheduled to begin in the spring – 2003.

Embracing Ourselves: Women and Self-Esteem (7 sessions)

Date: Thursday, October 24, 2002

Time: 9:30 – 11:30 am

Facilitator: Barbara Hayes

Topics for discussion include: Assertiveness, Self-acceptance, Sexuality, Anger and Depression.

Assertiveness Training (3 Successive Sessions)

Date: Tuesday, November 12, 2002

Time: 9:30 – 11:30 am

Facilitator: Barbara Hayes

Learn how to: Say No, Set healthy boundaries, Express feelings, and to Ask for what you want.

Sign up for a program today!!

Women and Financial Planning

Date: Thursday,
October 17, 2002

Time: 7 PM

Facilitator: Leonard
and Betty MacDonald

Do you have questions regarding: Budgeting, tax strategies, mutual fund investments, alternatives to GIC's and CSB's, children's educational plans, life and disability insurance, estate planning, etc. If so, come join us...

Teens Take Action

Teens Take Action, a peer education approach to dating violence and sexual assault will begin training in October. Youth interested in participating should contact their guidance counsellor or Amanda at the AWRG.

Young Women: Exploring Our Lives

Date: September 27, 2002

Time: 3:30 – 5:00 PM

Facilitator: Pamela Fry

If you are 14-17 and are looking for a quiet place where you can meet other young women, talk about issues, and plan for the future, this is the after school program for you. We will be meeting on Fridays.

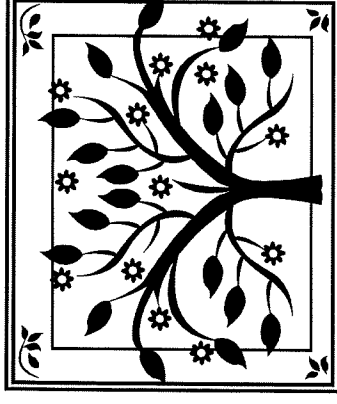
Inspire Group

Date: Monday, September 23, 2002 (Weekly sessions)

Time: 3:00 – 5:00 PM

Facilitator: Pamela Fry

“Inspire” is designed to provide a safe venue for young women to discuss topics of interest selected by participants. The group is intended to be interactive, incorporating artistic activities and such things as journal keeping.



Girls respond well to after school programs

by Pamela Fry

Our two after school programs, *Inspire* for young women at risk, and *Exploring Our Lives* for young women between the ages of 14 and 17, are clearly providing a valuable service to this community. Since February 2002, attendance for *Inspire* has averaged 6 girls each week, and *EOL* averages 4 girls each week.

The sessions have recently included topics such as assertiveness and anger, equality, and communicating with adults and parents. Journal writing, and activities including arts and crafts, and role playing, supplement our discussions. Notably, the *Inspire* group did not wish to have the Spring Break session cancelled, and has expressed interest in maintaining the weekly sessions over the summer holidays. Though fewer girls are attending *EOL*, their participation is affected by extracurricular activities competing for their time. Whereas, many of the girls participating in the at-

risk group have said that *Inspire* is the only activity they participate in outside of school.

These groups had their final sessions at the end of May. Summer sessions were held and the fall after-school program has just begun. If you would like to join the after-school program, contact Pamela Fry at 863-5212.

Literacy Research Will Focus on Young Women

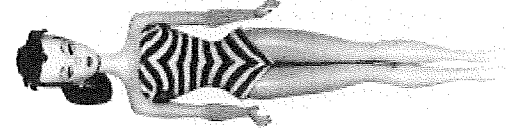
by Pamela Fry

A new project began at the Centre last April. *Life Literacy*, funded by the National Literacy Secretariat, is conducting a needs assessment of young women (17-24) who have been out of work or unemployed for more than one year. Utilizing a holistic approach to literacy, a program model will be developed in cooperation with interested individuals and organizations in the community of Antigonish.

Flora Murphy has joined the AWRC as Research Assistant on this project. Research participants will include a number of individuals from the designated population. Pamela Fry, Coordinator of the *Life Literacy* project, hopes to pilot the new model sometime in early 2003.

A GLIMMER OF HOPE IN A WORLD OF BARBIES

by Katherine Reed



You probably don't need for me to go over the frightening statistics about low self esteem and the eating disorders which affect primarily young girls and women. Karen Carpenter's tragic death is a sad example of this phenomenon. As crazy as it sounds to me to actually starve

yourself to death, it's not hard at all for me to understand how a young woman who is superbly talented and beautiful could respond in such a sick way to the unrelenting bombardment of messages we get every day telling us how important it is for women to achieve a certain type of physical attractiveness and how completely impossible that will be for most of us — even for those who happen to be young, slim, and pretty. The brainwashing is inescapable. Apparently most of us see an average of 1,500 ads each day in the course of our normal activities! Ok, that's probably based on people who live in big cities, but still, it's astounding, isn't it?

So I ask myself, If we live in a democratic society where we are perfectly free to vote with our dollars for the things we think are worthwhile, why don't people who recognize the destructiveness of this stereotyping simply refuse to put their money behind anything that promotes it? Why don't we stop

BARBIE cont.

buying all those magazines and movies and CDs, etc. that promote this singular fixation on that certain type of female attractiveness?

Well, aside from the fact that if you leave your home and venture out into the grocery store or drug store, you'll simply not be able to avoid it, we also must recognize that mostly, these images in movies, and on our music packaging are practically all that's available to us. If we want to partake of anything in the way of entertainment or if we want to shop for clothing, we'll have virtually no choice but to buy into (and therefore reinforce) this sick system.

Chances are, that if you hear a female singer or musical group on the radio and you go out to purchase their album, photographs of them will be featured on the cover and liner notes. Almost without exception the women will conform very closely to the Hollywood stereotype of female beauty and the attitude conveyed in these photographs will be very sexually provocative. If women don't look like that, and if they aren't willing and able to convey that kind of attitude, they probably have a very difficult time getting to first base in that industry. That's what the Big Daddies in the industry want to promote, so that's what gets onto the market where we shop.

I'm not saying that the stereotyped women on the covers of your CD are not talented on the music side of things. Usually they are. It's just that all the other women who are musically talented but who can't be molded into that look, (and stuffed into a size four outfit,

apparently) will never have a snowball's chance in you-know-where. Yes, there are exceptions, which I contend only confirm the rule. And yes, there's the fringe segment of the film, music, and magazine industries, but that's not what gets onto our TV sets every evening, that's not the music teenagers are listening to by and large, and that's not what is available to most of us on our newsstands and movie theatres. That is certainly not what is conveyed in the lion's share of those 1,500 ads per day, right?

There is a young Canadian who is trying to change all that by offering an alternative and more realistic image of humanity in the advertising industry, and allowing people the option to put their support behind that noble goal. I heard him interviewed in a broadcast called "Changing Faces of Fashion" on CBC Radio this summer. His name is Ben Barry and he runs his own a modeling and talent agency with offices in Ottawa and Toronto. He has a website at www.benbarry.com.

He's been doing this for about 6 years now, and his goal is to promote a — get this, they call it a "stable" — of great-looking models, male and female, who are a variety of shapes, sizes, races, and ages. Apparently he's been in this business since he was 14 years old and it's not hard to figure out by listening to him why he has been so successful. He's positively irrepressible, and he has an irrepressibly positive attitude.

He says he got into this because when he was in high school, a schoolmate of his took a \$3,000

modeling course, got some good training and very spiffy photographs of herself in the bargain, and then set out to find work. She was 5' 10" tall, and wore a size 8! The modeling school warned her that she might have a hard time getting work because she needed to lose some weight. Can you imagine? Ben says the average height of female models these days is 5' 10", and the average size is 4! That's what the man said: size 4! I keep trying to imagine myself, half a foot taller and 4 sizes smaller. I just can't fathom it. Wouldn't I be hospitalized at that point?

Anyway, Ben says "Coming out of high school, and now going to university, I see the affect the advertising industry has on my peers. The messages that advertisers send is so important. Advertising has such a huge affect on women." So Ben's out to make the world a better place. You go, boy! He says his models range in age from 5 years old to 75 years old, and they are great-looking people, who have some special kind of spunk and realism that jumps out at the camera. His sales pitch, (which he contends is working extremely well with advertisers) is that it is much more effective advertising to convey an image to the consumer that she can relate to. Ideally, the person looking at the ad will be able to put herself in the place of the model in the ad. If you consider that over half of all Canadians are now over 40 years old, and that the average Canadian woman wears a size 14, as Ben says "Clearly the demographic and the women in the ads don't match up" when the average age of the models is 20 and the average size is 4!

So there you have it. If enough people support agencies that offer a wide range of models, the "face of

Coady Women's Picnic

by Sue Adams & Charlie ten Brinke

The 2002 Coady Women's Picnic was again a huge success! The picnic was attended by 21 Coady women from 12 countries, and about 40 local women and their children. The picnic was held on Friday, August 9 at Oona Landry's home in Bayfield. Mary Turay facilitated a "get-to-know-each-other" exercise and Heather Carson introduced the work of the AWA/AWRC. The hosting women provided a fabulous potluck meal, everyone enjoyed the ocean and Oona's beautiful gardens, and there was singing, laughter and lots of good conversation.

The Coady women are visiting from Kenya, Nigeria, Ghana, Bangladesh, India, Zambia, the Philippines, Ethiopia, Egypt, Zimbabwe, Mexico, and Tanzania. It is always a pleasure to host and meet these amazing women.

Friday Brown Bag Lunch

October 18; 12:15 - 12:45

Katherine Reed & Maria MacDougall will speak on Social Assistance Policy reform in Nova Scotia

Margaret McGrath: thinking outside the box

Margaret McGrath is a recent high school graduate who was awarded a scholarship of \$2,150.00 by General Motors of Canada, as a result of her academic standing, an endorsement by a teacher, and her enthusiasm for attending NSCC Truro campus to pursue a diploma in information technology with an Internet concentration.

Margaret is a graduate of St. Mary's Academy. The following essay was one of the ways that her enthusiasm for the IT field was communicated.



It is at a very early age when many children decide what they want to become when they are older. It is not until they

get older when they want to be something different, and they should have the chance to become whatever they want. It took a very long time for me to realize what I wanted in a career. I had to like what I was doing and there had to be a demand for that field. The reason I chose NSCC was because of the hands-on experience that you receive and training you receive to expert yourself in your chosen field. The trade I decided to go into was Interactive Technology. The reason I chose this trade was because I love computers and took various classes with computers in my high school and I was good at it, so when you're good at a specific thing you should make it your career.

Community is a major priority to

me, because the one I grew up in (Fisherman's Harbour) is very small, and there are not very many opportunities in our small community to get together as a group. I am very active in my community. I get very involved in fundraising activities like suppers, or anything that gets the community together as a whole. This year I was nominated for most outstanding volunteer in my community and this was one of my greatest achievements because it has shown me that volunteering is a worthwhile experience; to help someone else before helping yourself is a treasure all its own.

While I was involved in the Techsploration in grade nine I learned various things about women in trades and technology. Before then I never even realized that those types of options were even available to women. Our group did a lot of research on our role model who was a mechanical engineer. We learned so much about her and her career.

Techsploration was like a window to my future to me. It was at this NSCC campus in Port Hawkesbury when we took a tour of the campus to see some of the classes there. Techsploration was an experience that I will never forget and I would recommend it to any young women in grade nine, because it can open doors to you that you might not know you have.

Now that I finally know what I want in a career, I cannot wait until September when I am enrolled at NSCC to start my training and with the help of Techsploration I know that anything is possible.

Love Your Body Day by Charlie ten Brinke



"A primary reason that women and girls smoke and are afraid to quit is their terror of gaining weight — the tobacco industry plays on this in ad after ad."

—Jean Kilbourne

"Creating the idea that independence was attached somehow to smoking or that it was a sign of rebellion to endanger your health has been the main purpose of cigarette advertising."

— Gloria Steinem

"Tobacco, alcohol and fashion advertising are not only a health problem but also a political problem for women, because these industries contribute to stereotyping of women and discrimination against us."

— Patricia Ireland

October 16, 2002 is "love your body day". This is a national day of action to speak out against ads and images of women that are offensive, harmful,

dangerous, and disrespectful.

Take this opportunity to think about how great YOUR body is- just the way it is. Mothers, think about how your body grew life and nourished a baby; teens, think about the amazing changes your body is going through. All women of all shapes and sizes, think about how your body is perfect for you... and give yourself a hug!

Here are a few things you can do in honour of love your body day:

Lobby to add "size" and "physical appearance" to local, state, and national anti-discrimination legislation.

Size discrimination in employment. Put pressure on companies that discriminate against fat people or force employees into weight-loss programs.

Organize an International No-Diet Day Action (May 6th every year). Participants wear light-blue ribbons.

For more information, check out the love your body website:

<http://www.nowfoundation.org/health/lybdkit/index.html>

AWA / AWRC Staff

Lucille Harper, Director

Katherine Reed, Women's Programming

Amanda Workman, Crisis Support Worker & CASAC project

Isabel Gillis, Crisis Support Worker

Vangie Babin, Office Manager

Christine Hanlon, Book-keeper

Heather Carson, Re-Entry - Project Co-ordinator

Sherry Battiste, Re-Entry - Life Skills Facilitator

Pamela Fry, Stepping Forward - Project Co-ordinator

Life Literacy - Project Co-ordinator

Flora Murphy, Life Literacy - Research Assistant

Maria MacDougall, SWC Project

Jean Crosby, Rural Youth Project - Project Co-ordinator

Jackie Jacques, Rural Youth Project- Office Administrator

Krista DeCoste, Rural Youth Project - Research Assistant/ Adult Facilitator

A MOMENT OF SILENCE, BEFORE I START THIS POEM

Before I start this poem, I'd like to ask you to join me in a moment of silence in honor of those who died in the World Trade Center and the Pentagon last September 11th. I would also like to ask you to offer up a moment of silence for all of those who have been harassed, imprisoned, disappeared, tortured, raped, or killed in retaliation for those strikes, for the victims in both Afghanistan and the U.S. And if I could just add one more thing... A full day of silence for the tens of thousands of Palestinians who have died at the hands of U.S.-backed Israeli forces over decades of occupation. Six months of silence for the million and-a-half Iraqi people, mostly children, who have died of malnourishment or starvation as a result of an 11-year U.S. embargo against the country. Before I begin this poem, two months of silence for the Blacks under Apartheid in South Africa, where homeland security made them aliens in their own country. Nine months of silence for the dead in Hiroshima and Nagasaki, where death rained down and peeled back every layer of concrete, steel, earth and skin and the survivors went on as if alive. A year of silence for the millions of dead in Viet Nam - a people, not a war - for those who know a thing or two about the scent of burning fuel, their relatives' bones buried in it, their babies born of it. A year of silence for the dead in Cambodia and Laos, victims of a secret war ...

ssssshhhhh Say nothing ... we don't want them to learn that they are dead. Two months of silence for the decades of dead in Colombia, whose names, like the corpses they once represented, have piled up and slipped off our tongues. Before I begin this poem, An hour of silence for El Salvador ... An afternoon of silence for Nicaragua ... Two days of silence for the Guetmaltecos ... None of whom ever knew a moment of peace in their living years. 45 seconds of silence for the 45 dead at Acteal, Chiapas 25 years of silence for the hundred million Africans who found their graves far deeper in the ocean than any building could poke into the sky. There will be no DNA testing or dental records to identify their remains. And for those who were strung and swung from the heights of sycamore trees in the south, the north, the east, and the west... 100 years of silence... For the hundreds of millions of indigenous peoples from this half of right here, Whose land and lives were stolen, In postcard-perfect plots like Pine Ridge, Wounded Knee, Sand Creek, Fallen Timbers, or the Trail of Tears. Names now reduced to innocuous magnetic poetry on the refrigerator of our consciousness ... So you want a moment of silence? And we are all left speechless Our tongues snatched from our mouths Our eyes stapled shut A moment of silence And the poets have all been laid to rest The drums disintegrating into dust. Before I begin this poem, You want a moment of silence You mourn now as if the world will never be the same And the rest

of us hope to hell it won't be. Not like it always has been Because this is not a 9-1-1 poem This is a 9/10 poem, It is a 9/9 poem, A 9/8 poem, A 9/7 poem. This is a 1492 poem. This is a poem about what causes poems like this to be written And if this is a 9/11 poem, then This is a September 11th poem for Chile, 1971 This is a September 12th poem for Steven Biko in South Africa, 1977 This is a September 13th poem for the brothers at Attica Prison, New York, 1971. This is a September 14th poem for Somalia, 1992. This is a poem for every date that falls to the ground in ashes. This is a poem for the 110 stories that were never told . The 110 stories that history chose not to write in textbooks The 110 stories that CNN, BBC, The New York Times, and Newsweek ignored This is a poem for interrupting this program. And still you want a moment of silence for your dead? We could give you lifetimes of empty: The unmarked graves The lost languages The uprooted trees and histories The dead stares on the faces of nameless children

cont.....

Moment of Silence Cont....

Before I start this poem we could be silent forever Or just long enough to hunger, For the dust to bury us And you would still ask us For more of our silence. If you want a moment of silence Then stop the oil pumps Turn off the engines and the televisions Sink the cruise ships Crash the stock markets Unplug the marquee lights, Delete the instant messages, Derail the trains, the light rail transit If you want a moment of silence, put a brick through the window of Taco Bell, And pay the workers for wages lost Tear down the liquor stores, The townhouses, the White Houses, the jailhouses, the Penthouses and the Playboys. If you want a moment of silence, Then take it On Super Bowl Sunday, The Fourth of July During Dayton's 13 hour sale Or the next time your white guilt fills the room where my beautiful people have gathered You want a moment of silence Then take it Now, Before this poem begins. Here, in the echo of my voice, In the pause between gooseteps of the second hand In the space between bodies in embrace, Here is your silence Take it. But take it all Don't cut in line. Let your silence begin at the beginning of crime. But we, Tonight we will keep right on singing For our dead.

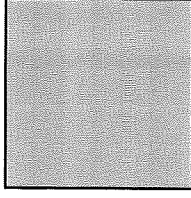
- **Emmanuel Ortiz 9.11.02**

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