



AWARE

Fall 2003; Special 20th Anniversary Edition

Fall Greetings from the AWRC staff...

Warm greetings to all from the staff at the Centre. The Centre is an exciting place this fall. Our fall programs have begun and we are busy preparing for our 20th anniversary celebration. Can you believe it's been 20 years!! We are celebrating 20 years of "women standing strong and moving on".

Our anniversary celebration events begin on November 19 and run through to November 22. Be sure to mark these dates on your calendar. We are looking forward to sharing this celebration with all of you - our friends. (Check for more details inside).

- Isabel Gillis

We dedicate this edition of AWARE to the general founding and sustaining members of this organization over the past 20 years.

To celebrate 20 years:

Film: *A Score for Women's Voices, World March of Women, 2000*; Room B-33 Nicholson Hall, St.F.X.U. ; 7 pm Everyone who participated in the weekly vigils is encouraged to attend.

Wednesday, November 19

Fall Greetings from the Board of Directors...

It is with great pleasure that I bring you this special 20th anniversary edition of AWARE. I have browsed through many past editions, reliving memories as well as learning anew. As much as I hate to use clichés, one certainly fits here: "the more things change the more they stay the same."

Looking back at past newsletters I saw so many changes, the first and most obvious one being the format. I now "cut and paste" with my mouse and editing programs, whereas the original newsletters were literally cut and pasted together from various sources. (There were also handwritten "by-lines", sketches and the like.) However, there were many common threads which have remained the same and have been repeated throughout the years: the first being concern over funding, the second being reminders for members to pay their dues and the third being requests for newsletter submissions! I see that I am not the only one hounding everyone to contribute to the newsletter!

This special edition is a collage of the past years, in a condensed form. Condensed in terms of content (I obviously can't include everything) and also in terms of size. In order to include as much as possible I have reproduced the old newsletter content at a smaller size. I apologize if you find it difficult to read.

I came across some commentaries written by a "fly on the wall" ... this fly must have seen many interesting things hanging around the centre over the years. I think I see her buzzing around a light now... we'll have to see if she feels like writing any more reports in the future.

I hope you enjoy this special edition and relive the look and feel of days past at the centre. Revisit the excitement over new locations, new faces and new technologies as we see the AWA announce "we now have a coffee maker" or "we have a computer!" Put your feet up, relax and enjoy 20 years of making herstory!!

— Charlie ten Brinke

In this issue...

20th Anniversary Celebrations

Fall 2003 Programs

A Look back at the past 20 years through AWARE



AWA phone: 863-6221

AWARE editor:
Charlie ten Brinke

Submissions to AWARE
can be emailed to
aware_news@yahoo.ca

Fall 2003 Programs

Check out the following Fall programs being offered at the Centre.

Stage 11 Therapy Group for Adult Survivors of Childhood Sexual Abuse: Monday - 7-9 p.m.

Embracing Ourselves: Women & Self-Esteem: Wednesday - 9:30 - 11:30 a.m.

Inspire - peer support group for adolescent girls. Thursday- 3-5 p.m.

Exploring Our Lives - After school program for adolescent girls.

For more information, or to register, call the centre at 863-6221. Please specify whether you prefer morning or evening sessions.

The AWRRC would like to welcome our two Canada World Youth participants Betty Boatseng (Ghana) and Sarah Bismilla (Bergus, Ontario). During their 14 week stay in Shungunshi, Betty and Sarah will be involved in a volunteer work placement at the Centre. Welcome to you both.

Looking Backward/Moving Forward: Feminism Activism in Northeastern Nova Scotia

This workshop will involve an examination of the key issues focused upon and strategies employed by local feminists in and around Antigonish over the past several decades. Building on this historical base, the workshop will also consider future activist initiatives feminists may pursue and research projects they may develop to further a social justice agenda in the immediate region. The facilitator for this workshop will be Peggy Mahon.

Location: Millenium Centre - 2nd floor conference rooms.

Date: November 22, 2003

Time: 9 am - 3:30 pm

All AWA members are invited.

Congratulations to...

~ Pam and Rob Fry on the addition of Georgia U. Fry to the family.

~ Sarah MacKinnon and Eaitlin Mulcahy on receiving Women's Studies book awards

~ Eaitlin Mulcahy on receiving a \$5000 renewable scholarship from the govt.

The AWRRC would like to congratulate Maureen Armour on receiving the Lion's Club "Ted Greene Memorial Bursary" valued at \$500. Maureen's dedication and commitment to her role in volunteer community service work while maintaining a good academic standing is inspiring to all.



Come out for "An Evening to Remember" on November 22. This

will be a fabulous cabaret that will feature a star-studded line-up of performers including Laura Smith, Emmy Alcorn, Jane Kansas, and much more! This will be the culmination of our week of celebrating 20 years of the AWA and AWRRC and all the people involved over the years. Bring your sweetheart, your friends, neighbours, co-workers, and family members, and everybody else you can think of.

Who? Men and Women 19 years of age and older

When? **Saturday, November 22 8pm to 11pm**

What? a fabulous evening of music, comedy, dance, and socializing!

Where? St. Ninian Place (new Parish Centre)

How much? \$10 for a single ticket, \$12 for a ticket that includes a contribution to tickets for anyone who can't afford one (some free seats will be available to lower-income people who call the AWRRC and reserve them)

Why? because we need to have fun once in a while too! It will be a blast! It will be An Evening to Remember! It won't be the same without you! For more information and to purchase advance tickets call the AWRRC at 863-6221. See you there!

Event: Social Evening

Date: Friday, November 21st

Place: St.Ninian Place downstairs, Room

#19 Time: 6 - 9 pm This is an evening to meet, greet and share memories with past and present staff, board members and volunteers from the AWA & AWRRC.

Dinner is potluck. Entertainment/music - TBA Also we are collecting the following for this evening - contributions welcomed! - we will be creating a display of any witty feminist cartoons or sayings you may have collected over the years. and - we are also collecting information for the AWRRC timeline - the past 20 years - which will be on display for this evening - our collective history is pretty amazing!! Please add your voice. Any of the above information can be sent to Jean at the AWRRC or e-mailed.

***RSVP for attendance is requested to

Jean Crosby :

ruralyouthawrc@ns.sympatico.ca



AWARE

Newsletter published by Antigonish Women's Association

VOLUME 1 No. 7

JULY 1984

RESOURCE CENTRE : 863-6221

BATTERED WOMEN'S HELP-LINE : 863-2852

SURPRISE, SURPRISE.....All you members who haven't gotten around to renewing your membership! We are back by popular demand and many notices to get out to you. We are going into hiding until Sept.

News

HOT & FLASH

CAREER EXPLORATION for WOMEN -

This cruise will be starting in Sept. and is designed for women who have been at home raising a family and who now wish to re-enter the labor force.

It will run for approximately 8 weeks/
5 days a week and will be C.E.C sponsored -
which means a small weekly allowance -
For more information call Janet Stenley
at 863-6510



Sharon Grant
Reporter



Wouldn't you know - just when I'm really getting into this reporting - I find out this is the last Newsletter till the Fall.

Oh well, fame never comes easily.

Finally, the funds have arrived for the Centre and things are getting back on track. Patricia and her volunteers did an excellent job keeping the place open and functioning.

Movies have been lined up for every

second Wednesday from July 11 to Sept. 20.

Also, it's nice to see an emphasis on

"social" things this summer - 2 pot lucks

and a big family picnic.

Anyway, it's too hot to be working like

this so I'll say "Have a Good Summer" and

I'll watch over things!

✱

*****MEETING WITH WOMEN FROM AROUND THE WORLD*****

The Coady International Institute is hosting an international consultation on WOMEN IN DEVELOPMENT: STARTING WITH THE ECONOMIC from July 23-August 1st. Approximately twenty women involved in women's development all over the world will present papers and work on 1) identifying personal, collective, institutional and cultural obstacles to development that women face; 2) comparing approaches to overcoming those obstacles through collective economic activity and; 3) evaluating how well various programs assist disadvantaged women to meet their needs and begin social reform.

While that consultation is not open to the public, the Coady Institutewants the women participating in the consultation to meet local women during their stay. In a meeting with area women's organizations it was decided to hold a workshop/meeting withthe visitors and interested Coady students. The session will be from 10:00--4:00 on Saturday, July, 28th, at the St. James United Chrch Hall. The registration fee is Lunch For Two; beverages will be provided but women from here will share a box lunch with one of the visiting women.

This session is for all interested women; women who've participated in co-ops or dreamed of economic co-ops, who've seen the need for economic development and for those who want to extend their links with women around the world because they see that we are working towards the same goals internationally

HIGHLIGHTS OF THE AWA BOARD MEETING HELD ON MAY 30, 1984

1. Fifteen Board members attended.
2. An application has been submitted to Canada Manpower; if approved it will be possible to hire a full time assistant at the Womens Centre.

COMMITTEE REPORTS

PUBLICITY/PUBLIC RELATIONS - Betty MacLean

AWA Brochures have been printed with the summer hours and the new membership fees. These have been palced with the local Tourist Bureau.

We have been busy preparing posters, etc. for the downtown Fall to be held during Highland Games Week.

VOLUNTEER COMMITTEE - TRICIA MIFLIN

Tricia will continue toline up volunteers for the Center (to run films, help at mall booth, etc.). This is one of the most difficult of committee and Tricia has worked hard and kept the Center open while we were waiting for the Grant to arrive (IT HAS!). The Board would also like to thank all those who did come in for a day or so and those who have contributed in other ways.

NEWSLETTER COMMITTEE - MARGARET WILSON

We continue to put out Newsletters. Margaret Wilson and Nancy Cullen.

FUND-RAISING COMMITTEE- Phil Campbell

At the moment the committee is busy getting ready for the Main Street Mall. They shall also be having raffles and are hoping to sponsor a Cabaret-like concert with Rita "achell, this Fall or Winter.

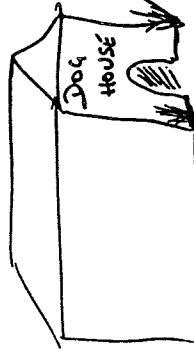
Social Action Committee

The social action committee has been meeting weekly from 5:30-7:30 at the library. We have been working mainly on pornography for the past few months. In May we presented a brief on pornography to the Fraser Commission. Since then we've been doing follow-up on the issue. We've sent the brief to about 45 people and agencies in Antigonish and have invited them to a showing of

THIS IS NOT A LOVE STORY,(the NFB's vcontroversial movie on porn), and a discussion. We hope that the film will stimulate discussion and allow us to share information and the, no doubt, varied views on whether the growth and changes in content of pornography are harmful developments. We've planned a public showing and discussion of "Not a Love Story" as well. We have also put a lot of time into dis cussion of approaches to action on social issues. We are unanimous in thinking that public education and community involvement around women's issues are most appropriate in our community and most effective in the long term.



If your committee reports are not submitted in time your name will grace our dog house!



ISSUE.

"A little of what you fancy does you good."

Marie Lloyd
Entertainer

1984



AWA R E

Newsletter published by Antigayish Women's Association

VOLUME 1 No. 6

JUNE 1984

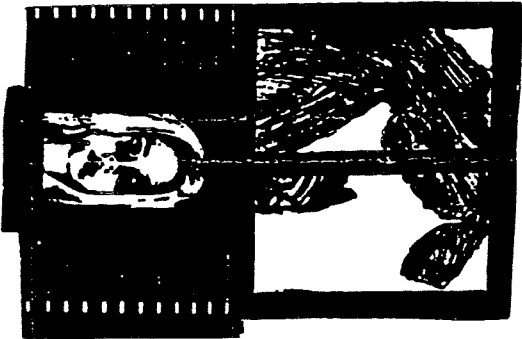


IS THERE VIOLENCE IN YOUR FAMILY?

If someone in your family
uses violence
to deal with problems
You CAN do something about it.
We have a confidential Help-line
staffed by volunteer women.
Information Service for
Battered Women.

865-2852

Monday, Wednesday, Friday 10 AM-4 PM.



FLX ON THE WALL: A Report from the Res. Center

What a month! Volunteers in and out of here---"Where's the washroom key?"---"Was I supposed to show the film?"

At the Board Meeting the other night, Dianne asked Oona to do a Xentre report for the Newsletter. Well, I can't say she was really excited about this task, so I thought - what the heck - I've watched Betty pecking away on the typewriter - I'll do it. Being the nosy extrovert that I am, I see and hear everything that happens in this place and now I can tell people about it. By the way, I'm a fly on the wall at the Centre. I like to think of myself as at least a member-at-large, if not the official mascot.

As I was saying, volunteers are keeping the Centre door open until the funding comes through. Hats off to Patricia for lining up people to come in! This is not always an easy task.

I understand there will be new hours for the months June 1 - Oct. 1 - the day will end at 3:30 P.M. (instead of 4:30).

That's all for this time but rest assured I'll be watching over things.

RESOURCE CENTER SUMMER HOURS

Effective Monday JUNE 11, the Resource Center will be open from 9:30 A.M. until 3:30 P.M.

Crafter Antigayish Membership Drive

Become a member or renew membership! Write to Box 1484-Antigayish, Crafters Antigayish Membership is \$5.00 single and \$7.00 Per Family

Collectable Sale--June 26th, 10 AM - 9 P.M.--Nicholson Hall Foyer. There will be crocheted dresses, antiques, flowers in glass, mugs, crocheted aprons, knitted socks, garments, wool, stained glass.

ANOTHER IMPORTANT NOTICE

Anyone interested in making the coming issues of AWARE informative and fun-filled is invited to drop their contributions at the Resource Center in the envelope marked Newsletter. We would greatly appreciate more input from members.

The Social Action Committee would like the names of local business and organizations who you think should receive a copy of the Pornography Brief. Please call the number into the Center or drop a note in the Social Action Envelope in the office.



I try to keep in shape



I keep myself...



to protect myself....



while trying to keep in shape.

GRADE 100 INNOVATION--COPIING SECRETARY

Wednesday
June
27



1746: Flora MacDonald meets with fellow clan members over a final meal before beginning her journey across the Hebrides Islands. With Bonnie Prince Charlie dressed as her servant girl Betty, she successfully smuggles the unsuccessful pretender to the English throne to safety.

calendar

june



1937: The Coast Guard cutter "Isasca" receives a radio message from pilot Amelia Earhart, who is on the last leg of the longest around-the-world flight ever attempted. It will be the last known communication before her mysterious, and as yet unsolved, disappearance.

August



We're planning a picnic at Crystal Bluffs for August 17, from ten until five for members, their families and friends. If you are interested in attending please contact the Center or leave your name. The Center will contact you when plans are finalized.



AWA R E



The Program Committee would like to get feedback from members on any of the following ideas:
1. an a study booth at the Main Street
2. a dinner and out together with Jody Green
3. developing a baby-sitting course
4. a...
5. ...



AWA RE



Newsletter published by Antigonish Women's Association

VOLUME 2 No 1

January 1985

RESOURCE CENTRE: 863-6221

BATTERED WOMEN'S HELPLINE: 863-2852



INSIDE THIS ISSUE:

NRG Report
Ellen Madem
Women in the Antigonish Movement
Non-Traditional Occupations
February Films
Caring for Caregivers
Calendar of Events
Weaving Women's Spirit
Canadian Women's Network



RESOURCE CENTRE REPORT

We are enjoying our new location (above Celtic Music Store) even more than the old one. Drop by and see the new space!!

Two very topical films will be shown this month, "The Business of Airing" and "Dream of a Free Country: A Message from Nicaraguan Women". A must to see.

The topic "Menopause/Middle Years" is one for which we have the most inquiries. We have lined up Jane Halliburton (Dept. of Nursing, Dalhousie University) to speak to us on MENOPAUSE, FEB. 18th. Jane has spoken on this topic at many conferences and comes very highly recommended. Plan to attend this very informative evening session.

On FEBRUARY 7, an information session entitled "Home Security for Senior Citizens" is being put on at the John Paul Centre at 2:00 P.M. If you know someone who would be interested, please spread the word and, if necessary, possible assist them with transportation to enable them to attend. If anyone requires transportation please contact the Resource Centre (863-6221 or 863-6222).



WEAVING WOMEN'S SPIRIT

Fifteen women came together to share a weekend workshop to get in touch with women spirit, and what it means in our lives.

A great collection of bags, crowns and women hankers, we shared our concerns about life, death, suffering and pain in our collective lives and the life of the planet.

Women's political action on peace issues, militarism, rape crisis, wife battering and all forms of violence were common threads of concern. We discovered our spirituality was as unique and different as each of us, yet, sprang from a collective source of universal life of life.

We did weave a web of yarns while recounting our spiritual journeys. We shared meditations and free space-- a retreat from the pressures of our everyday lives.

And Hurrah!! for fun and relaxation in the evening... Sing songs, Sarah's hi-tech synthesizer, story telling and a slide show of the Debert Women's Action.

We shared the stories of our struggles as women; cried and laughed together, and wished all women could experience this growth process and the wonderful bonding it brought.

"Can't kill the spirit
Can't put us down."
Barb Hayes

We can still do this together in Women's Support Groups!
Call Barb at 863-5361 or the Centre 863-6221.



WHAT'S GOING ON WITH ANTIGONISH WOMEN???

Members are involved in a great variety of activities-- literacy, social justice in South Africa, Ethiopian famine relief, peace-work and education to name only a few. Please let us know what you are doing. If you need help or contact with others interested in the same work the NEWS-LETTER can help you make contact.

Wendy Lill's Play on Frances Reyon and Nelly MacClung opens in Ottawa in the Spring. Wendy was interviewed on CBC Sunday the 26th. We'll have an interview with excerpts from the play in an upcoming newsletter.

Angela Miles is giving a talk: "Confessions of a Harlequin Reader: Romance and the fantasy of Male Mothering" in Dartmouth on February 7th, 8PM.

Barbara Hayes and others are involved in Peacework. She is working towards to International Peace Conference in Halifax.

A workshop in Despair and Empowerment, March 9-11th in Halifax, with the INTERHELP Group should be very useful. For more info call Jim McCalla Smith 425-5117. Barbara is a mlpe of info in this area especially.

CARING FOR CAREGIVERS

Do you care for an elderly relative or know someone who does? Would you like to join others in a similar situation to share the rewards and hardships of this task? The Women's Resource Centre (above Celtic Music Store) has organized a time and place for such a group. This group will meet on a regular basis so that members can encourage and support each other in this worthy but often lonely and difficult task. For further information or to express your intention of joining the group, phone 863-6221 or 6222. The first meeting will be at the Resource Centre on MONDAY, FEBRUARY 25th at 7:30 p.m.



PROJECT ACCOMPANIMENT

There is an exciting new group in Antigonish. Project Accompaniment-- Guatemala has been formed to raise awareness about the situation of refugees returning from Mexico to Guatemala, and to raise funds for two local volunteer "accompaniers", Kathryn Anderson and Terry O'Toole.

"Accompaniment" is about international presence and solidarity in a country where the government has systematically tortured, harassed and murdered its own people in a brutal "scorched earth" policy. In recent years, over 100,000 Guatemalans have been killed, and over one million displaced. There are approximately 100,000 orphans, 50,000 widows, and over 45,000 disappeared. 150,000 to 200,000 people have fled to Mexico as refugees. Many of these refugees are living in camps where there is little hope of self sufficiency, and many want to return home. They are aware that human rights have not improved indeed, the violations have been continuing at alarming levels. However, the refugees have chosen to return home because they believe that they can be a force for change. They have asked the Guatemalan government to meet five conditions, one of which is international accompaniment during the return and resettlement. Their other requests are for free association and organization outside the country; the right to life, community and personal integrity. Up to last week and the recent change in government, these conditions had not been observed; the refugees have experienced military intimidation. Despite such problems, the first group's return on January 20 of this year has been termed a success largely due to the refugees' determination, and the national and international support.

The local group, initiated by Kathryn Anderson, has been sending faxes and letters to both Guatemalan and Canadian government officials. A portion of funds raised will go to support this urgent action network. The rest will help defray the costs of travel for the volunteers. Any persons or organizations wishing to make a donation can do so at the Bank of Nova Scotia, in the "Project Accompaniment--Guatemala" account. Anyone who is interested in joining or helping out in any other way-- perhaps by being part of the Urgent Action network-- can contact Kathryn Anderson at 863-8045, Heather Carson at 863-3433, or Diane Walsh at 863-5565.

MARCH 8--INTERNATIONAL WOMEN'S DAY-- is coming up. Keep the date open for celebrations! If you have material on women's day, the UN International Women's Decade or celebratory ideas or information for the newsletter or for the Antigonish celebrations contact the Centre. 863-6221-6222.

1985

AWARE



Newsletter published by Antigonish Women's Association
Volume 2 Number 4 Resource Centre 863-6221-2 May, 1985



Not even when it is dead. All this a man does not know; He knows nothing. He does not know the difference before love and after love, before motherhood and after motherhood. He can know nothing. Only a woman can know motherhood and speak of that. That is why we won't be told what to do by our husbands."

An Ethiopian Woman quoted by Jung & Kerenyi from the Romans Encyclopedia of Myths and Secrets.

ANNUAL GENERAL MEETING

Everyone is encouraged to attend the A.W.A.'s Annual General Meeting which is being held at the Extension Dept. Building (white building across from the tourist bureau) on May 24, at 6p.m..

This is a **VERY IMPORTANT MEETING** and we hope you will make and extra attempt to attend. This meeting is being held in conjunction with Rural Woman Together Conference being held at Saint F.X. during the weekend. Anyone attending the Conference is urged to PRE-REGISTER.

After a short business meeting there will be time for general discussion on the direction of the Association and the election of a new Board of Directors.

Following the A.G.M. all are urged to attend Muriel Duckworths' key note address "Women Working Together". Ending the evening with a social and cash bar..

INSIDE THIS ISSUE :

- MOTHER ANNUAL GENERAL MEETING
- WHEN CONFERENCE VOLUNTEERS -Naomi
- RURAL WOMEN TOGETHER
- NAC AGM.

Approximately twenty women from Antigonish were among the 350 women attending the WHEN Conference held in Truro on April 19-21 weekend.

Besides having a choice of over twenty workshops to choose from, we were also entertained royally. Joella Foulds sang Four The Moment, a four woman group from Halifax. Four The Moment is like the Nylons, they use no instruments except their voices. However, unlike the Nylons their songs are significant.

Delvina Bernard rearranges spirituals, protest songs, and women's songs.

They have set two poems by Halifax poet, George Clark, to music. "Lydia Jackson", is Clarks' poem about a freed slave from the U.S.A. who is cheated, raped & beaten in Halifax & at last moves to real freedom with the Maroons who sail to Sierra Leone. It was one of the most moving and powerful songs I've ever heard. Four The Moment has no record out as yet. If you have any chance to hear them, do. They are wonderful!

On Sunday we saw Side Effects, the play about the international drug industry. This drama was moving and informative. Women were alternately laughing and weeping like fountains.

The WHEN annual General meeting and discussions of future directions were fruitful. The day care people did a great job with our children. The workshops were spotty--the time was to short and the numbers of participants too large to deal with the topics.

Allin all the conference was a tremendously exciting and full event. Thanks to the WHEN board for the incredible amounts of work that went into organizing the conference for all of us!!

Economic Issues '85

NAC's presentation at the Economic Summit will be made by Chaviva Mosak on March 22, 1985. Many of the concerns of the Employment Committee are affected by the economic approach of the government. Controlling the deficit by cutting social services and direct job creation can only hurt women. Creating jobs by militarizing the economy will produce the inflation that is supposedly being fought because of this type of nature of this type of fundamental risk to peace. The government's Economic Summit will not be the last word on these issues. NAC's Annual Meeting will address economic issues and strategies and will be a Women's Economic Summit. The following employment committee issues will be specifically addressed: equal pay, affirmative action, labour standards, union strategies, jobs.

WHAT'S WRONG WITH PORNOGRAPHY?????

You are invited to attend a workshop that explores the effects of today's pornographic messages on us all.

Tuesday May 7 Thursday May 9
6:30-10PM 6:30-10PM
At the Trinity United Church on
Temperance St. in New Glasgow

CHILDCARE PROVIDED

Dr. Susan Clark from the Fraser Commission on Prostitution and Pornography, Deborah Chansonneuve of the Naomi Society, Francene Cosman, president of the N.S. Status of Women and Pamela Corbett of CRIAM will speak. Not a Love Story and Man Alive's documentary on porn will be shown.

For full information call the Resource Centre (863-6222) or the Pictou Women's Centre (755-4647).

ATTENTION

Renew your Antigonish Women's Association membership!! Phone in, mail it in (315 Main Street, Antigonish, B2G 1C1), or renew at the annual General Meeting on May 24th----BUT RENEW!!! 12 dollars per year.

The Resource Centre needs volunteers until the grant money from Secretary of State arrives. We expect to get the cold hard cash by the 15th of May--but until it comes in---pitch in to keep the centre open.

AWARE



Tanya McLelland--
Volunteer of
the Month of
... MAY....



I volunteered...
will you?...
(suddid Tanya)

AWA WOMEN'S RESOURCE CENTER
NEED VOLUNTEERS!!!

WE HOPE TO RECEIVE THE SECRETARY OF STATE GRANT MONEY BY MAY 15. UNTIL WE GET THE CASH, THE CENTER MUST BE STAFFED BY VOLUNTEERS. PLEASE HELP!

CALL : 863-6222 :

Spring 1985



AWA'RE



NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION

Volume 2 Number 5 Resource Centre 863-6221-2 August-Sept. 1985

WOMEN'S RESOURCE CENTRE RE-OPENS



Open House

On Friday, Sept 6th, the Women's Resource Centre hosted an Open House. The day was very successful with many people dropping in to chat, relax, and eat. Old and new visitors passed through the Centre that day. And thanks to the Antigonish Women's Association, excellent refreshments were served. The day concluded with laughter and conversation, not to mention the calories consumed! Now that the Centre has been re-opened, we hope that all members will feel free to drop in.

A.W.A. Picnic.

Crystal Cliffs was alive with merriment and camaraderie the evening of August 14, when the women from Coady were hosted by the A.W.A. at their 2nd annual picnic.



~ DEAR FRIENDS! ~

A POEM FOR LORRAINE

When the time comes to judge
the quick and the dead,
we know where you'll be!

Your mind is quicker than your
tongue and your true heart,
quick to feel, quick to care,
makes the speed of light
look like a Sunday driver.

Thanks for your support and
enthusiasm! Best wishes from
all of us.

Pat Brennan-Alpert.

In July, a farewell party was held
on Dunnes Beach for Lorraine
Chisholm. Many women attended from
various sources. AWA, feminists,
peace activists and dear friends.

The evening was celebrated among
women who support and nurture each
other, thus enabling them to have
a wonderful time.

Women's Association is
The Antigonish of Antigonish needs and
the NW women of Antigonish needs and
County. The backgrounds, to share
of all ages, work with each other
strengths to help and
common goals and experience, celebrate
knowledge and change, work for lives,
learn about our lives.

The A.W.A. sponsors the Women's Resource
Centre Store, next to the drop-in centre,
The Centre space, Informal counselling, books,
meeting space. Call 863-6221/6322.

1985



NEW 'N OLD

In an attempt to become more
self-sufficient and at the same
time fill a need in the
community, the AWA is appealing
to its members to donate
used books.

With your initial donation we
hope to offer used books for
sale and as we generate
business to then be able to buy
and sell books through the
Resource Centre.

At the moment there are some
books in the Resource Centre
please come in and browse.

If you have donations call
Diane MacKinnon 863-1407 or
Star O'Neill 863 6221



Thanks to Barbara MacDonald,
Angela Miles and Pat Brennan-
Alpert, our library will include
many new and fascinating books.
With this new expansion, we are
pleased to bring to you, new
fiction, non-fiction and science
fiction books. So for any of the
people that find their personal
library a bit thin, please come
down and visit ours.

TRIBUTE TO YOU WILL INDEED BE
PATRICIA BRENNAN-ALPERT MISSED!!!!

who has kept the Newsletter
going with wit and zeal and
zany glee: with support and
dedication to Women's struggles
-- with humour and good grace
and with her ever present
generosity--of time and
energy!!!!

THANKS
GOOD LUCK in Ottawa and.....
FROM
PAT O'NEIL

THANK YOU DIANE!!

For organising the Newsletter!
Bugging Pat to get it out on
time...
with your keen graphic skills!

And exquisite sense of balance...
(carrying the pile of Newsletters,
glue, the box of Newsletter
graphics and kicking the door
shut at the same time!)

For your speed and efficiency!!!!

PLEASE ACCEPT OUR APPRECIATION

AND THANKS...

the
Newsletter
must
continue!!





Abused women victimized by society, task force told

By GAIL LETHBRIDGE
Valley Bureau
GREENWICH Kings County -
women victimized by family violence
in Nova Scotia face a court system
hesitant and inconsistent in its treat-
ment of the problem and a social in-
frasture ill-equipped to render
proper assistance, a task force on the
concerns of women heard
Annapolis Valley.
Citing the "court just-
ice"

reply from
Re A.L.
Crombie
Women:
Homemakers?
Equality?



pension:
Women
NAC
Pornography,
immigrant
Women:

Stepping Back:
THE RETURN OF PASSIVITY?

In what kind of
our children to be raised?
From what it's said, R.E.A.L.
Women wants a monolithic,
male-dominated, totally
heterosexual, sexually ignorant
schools, fascist society.



R.E.A.L. Women, the women's job
will not, State
by, re-ary group.
See told the campaign which en-
has despite port of Mr. Crombie
the supple
Cris decided that the group
has qualify for federal money.

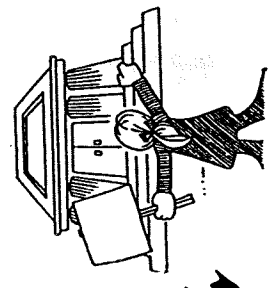
Funding REAL Women will hurt women's cause



My goal in life is to die young -
but at a very old age.

Women in general, and the women in this organization, are a diverse group of different ages, races, classes, marital status, sexual orientation, educational backgrounds and life situations. But we believe that our shared subordination and shared responsibility for crucial, largely overlooked areas of life means that, at the deepest level, more things unite us than separate us. And we will be able to find ways to work together: to recognize and learn from women's diverse experience, skills and strengths; to build a sisterhood of mutual respect and support; to work to overcome and eliminate the differences among us which are based on power; to explore other differences resources rather than threats.

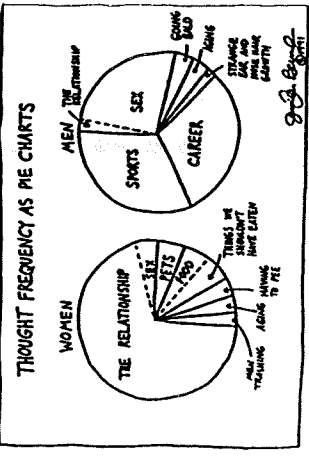
We will lobby for women's interests but will not restrict our attention to "women's issues." All issues are women's issues. We want a world where: the values of caring, sharing and co-operation are the organizing principles; every-body, women and men and children are equally respected with equal rights and equal recognition as full moral beings; women's reproductive role will be redefined - child care will be shared by women, men and society as a whole; basic needs become basic rights; poverty and all forms of violence are eliminated; the massive resources used in the production of the means of destruction will be



R.E.A.L. WOMEN OF CANADA

R.E.A.L. Women of Canada describes itself as an "organization of independent women concerned with the well-being of women and the preservation of family values." It opposes equal pay for work of equal value, universal day care, easier divorce, and affirmative action for women.

Recently R.E.A.L. Women stepped up its anti-feminist political activities. Its prime targets are Secretary of State's Womens Programme and the National Action Committee on the Status of Women (NAC) which, it claims "will break up marriages and destroyed family life." It has attacked some mainstays of the feminist press, including Hysteria and Herizons, on the grounds that they are anti-male, pro-choice, and pro-homosexuality. Studio D, the women's studio of the National Film Board (Not A Love Story; If You Love This Planet; Abortion Stories, North and South; Behind the Veil: Nuns) is another target, one likely to receive increasing attention in the near



Winter
1987

diverted to areas where they will help relieve oppression both inside and outside the home, eliminate disease and hunger and give women the means for safe control of their fertility; the environment and all living species are protected from industrial, military and technological exploitation.

This is radical vision because it runs counter to all established arrangements of control, violence, scarcity and inequality. But it is also a realistic vision for it recognizes (1) that the only hope for women and for humanity in these times lies in major change, and that (2) women have the means to envision, and therefore the responsibility to seek, that change.





AWAIRE



NEWSLETTER PUBLISHED BY THE ANTIGONISH WOMEN'S ASSOCIATION

VOLUME 2, NUMBER 6 RESOURCE CENTRE 863-6221/6222 DECEMBER, 1985

MERRY CHRISTMAS

WOMEN'S RESOURCE CENTRE

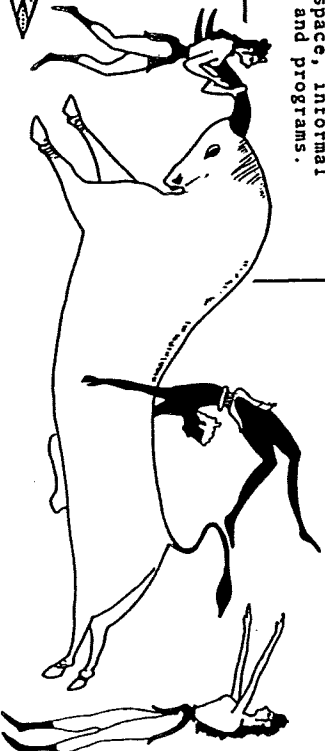
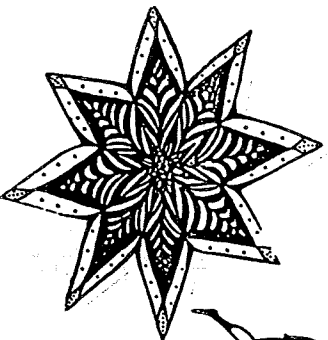
CALENDAR OF EVENTS

NOVEMBER	
27th Wed	FILM: "Being Male" - Noon and 7 pm showings - at Centre
29th Fri	FRIDAY LUNCHESES: 12 to 2 - Bring your lunch, enjoy conversation and friends - coffee/tea/sweets provided - at Centre
DECEMBER	
4th Wed	FILM: "The Tender Tale of Cinderella Penguin" - (amusing and thought provoking) - Noon and 2 pm showings - at Centre
6th Fri	FRIDAY LUNCHESES: 12 to 2 - at Centre
6,7,8th	CONFERENCE at Tefenague on Women's programs - if interested, contact Centre at 863-6222/6221
10th Tues	"SPEAKING OUR PEACE:" Film on peace from Studio D, women's section of NFB and makers of "Not a Love Story" - 8:00 pm at St. James United Church
13th Fri	CHRISTMAS BAKE SALE: at Hall - 10:00 to 4:00 - sponsored by Antigonish Women's Association - please support by bringing baked good (preferably to Centre before 4 pmure)
13th Fri	FRIDAY LUNCHESES: 12 to 2 - at Centre
14th Sat	SOBERING THOUGHTS ON CHRISTMAS EXTRAVAGANCE: Slide show, pamphlets, and information on social justice - 2:00 to 4:00 at Centre
17th Tue	WINE AND CHEESE PARTY: Celebrating women and Christmas - "End of the Decade" discussion and celebration - come with your ideas, concerns, wine and cheese - 7:00 to 10:00
20th Fri	SPECIAL CHRISTMAS OPEN HOUSE AND FRIDAY LUNCH at Centre - Come and enjoy the Christmas spirit - 9:00 to 3:00
24th Tue	OXFAM CHRISTMAS CAROLING for South Africa - Hall - 3:00
December 23rd to January 2 the Women's Resource Centre will be closed for the holidays - for information call Star 863-2723 or Vicki 863-6915	
UPCOMING in January: Film, lectures, community advocacy program, and Workshop on Pornography	
ANTIGONISH WOMEN'S RESOURCE CENTRE 315 Main Street 863-6222/6221	



The Antigonish Women's Association is for ALL women of Antigonish town and County. The Association enables women of all ages, backgrounds, needs and strengths to work with each other on common goals and interests, to share knowledge and experience, to help each other, work for change, celebrate and learn about our lives.

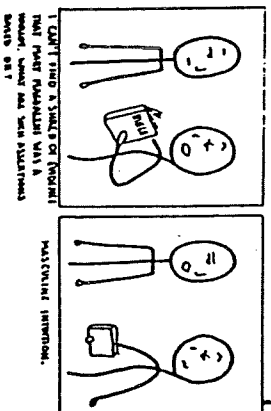
The A.W.A. sponsors the Women's Resource Centre (315 Main Street, above the Celtic Music Store, next to the Post Office). The Centre provides a drop-in centre, meeting space, informal counselling, books, and programs. Call 863-6221/6222.



The famous bull dancers from a fresco at the Palace in Knossos, Crete. Particularly fascinating is the fact that the figure to the left holding the bull by the horns and the figure to the right tossing the acrobat are female—traditionally depicted as white in Cretan art. The central figure—traditionally red in color—is male. Line drawing from the original: Jeff Helwig.

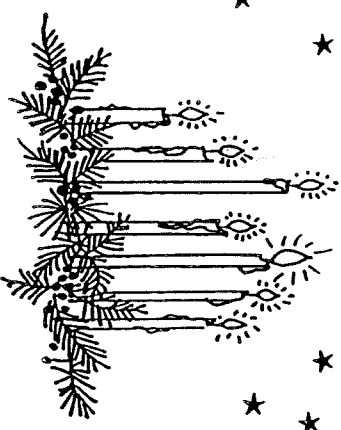
"Whatever women do, they must do twice as well as men to be thought half as good. Luckily, that is not difficult."

Charlotte Whitton



CHRISTMAS ORNAMENTS

"Twinkles" Christmas tree ornaments are on sale every Sunday at the Flea Market, until December 22nd. All proceeds go to the Antigonish Women's Association. These ornaments are on display at the Resource Centre.



FRIDAY LUNCHESES

Since we began the Friday lunches, numbers have grown and Fridays are becoming busy and exciting at the Centre. Women are enjoying the opportunity to relax with other women and share thoughts, concerns and laughter.

The Friday lunches will be part of an ongoing program at the Centre, and we are hoping that their popularity will spread as more and more women hear about them. Coffee, tea and cookies are supplied by the Centre; so bring your sandwich, salad or soup and come along!



TAPES

A collection of tapes are now available at the Women's Resource Centre. Topics range from stress management, assertiveness training to general topics of interest to women. Tapes may be borrowed for a two-week period.

BOOK SALE

The Antigonish Women's Resource Centre has opened a used Book Shelf. Books will be sold at 50% of the cover price. A wide selection of books are available, many of them are nearly new and could be given as gifts. Anyone wishing to buy or donate books should visit the Centre.

Behind the Veil (cont'd)

showing only the two opposite poles of the life of religious women today; namely, the traditional cloistered life of the Benedictine nuns in Quebec and Rome, and the activist grass roots American nuns in Chicago. While I find myself in agreement with what the contemporary American sisters have to say, I wonder why contemporary Canadian sisters were not interviewed. While no one can quarrel with these articulate, intelligent and devoted women, I am positive that equally impressive Canadian sisters could have been available for interviews.

I wonder, too, why the camera constantly pans back to the cloistered community in Quebec. To my mind this leaves the viewer with a completely distorted picture of the contemporary religious woman in Canada. It gives the impression that Canadian sisters are still very much in the traditional mode, when nothing could be further from the truth.

Even allowing for these few lapses, BEHIND THE VEIL is an astounding achievement. Although I do not find that it really gets "behind the veil", this film is an infinite improvement over anything yet produced purporting to give an account of religious life. Certainly it gives to viewers a unique perspective of the role and life of religious women in the church across the centuries. And in so doing, it accomplishes what it set out to do; namely, to point up the tremendous influence of religious women in history and in the contemporary church and social scene.

1985



What does Feminism mean to Women

Arlene Mantle... Political singer, song writer.

I struggle to be a Feminist and experience my Feminism as a process. Being involved in that process helps me form a vision of what can be. The vision is never static, it changes with a new piece of information, another story told, a new friend met, and time taken to discuss, analyze and strategize. Feminism is Activism! I have experienced many changes since embarking on this process. I have learned to be comfortable with my body, to be less self critical, to love other women and to share my joy, my pain, my energy, my time and what money I have. It is not idyllic for at times I still hate my body, think racist, anti semitic or homophobic thoughts and wish I was rich. Our Patriarchal legacy of growing up in Capitalist North America is not to be undone with knowledge and awareness alone, but must be balanced with action over a long period of time. As a primarily middle class movement, we cannot dump our theories and information into the heads of poor women without involving them in the process. How much of our work allows the full participation of women in poor communities? There is no room in Feminist liberalism. I feel I am straddling the We and Them. However the access and privilege that I have derived from my work has given me insight and information about women who don't share my economic situation. There are two realities and the vision is that someday there will be one.

Jan 1988 cont.

Non aba Msimani... South African Women Pro-lance Photojournaler...

I am a feminist. Mama was a feminist. She scrubbed White women's kitchens. She sold cosmetics on sidewalks. She worked in furniture shops until she became her own boss. As a human being she was crucial to any man. She was in charge of her life and her four children. She led a feminist life of Self Sufficiency. This is the only inheritance I have for you she said. She grew up in a society which said the men would take care of the family, they never did. To me feminism is about survival. We all live on this planet, we all have a right to decide what happens to its human and natural resources. Feminists will have to continue preaching the gospel that daycare is not a women's issue and world destruction not a male prerogative.

Feminism Means...

Affecting small changes as well as large ones...

That all women care what happens to a sister...

That all women people will have the opportunity to live to their full potential...

Is the "Empowerment of Women"...

Validation, Affirmation, and Incorporation of Womens Experiences...

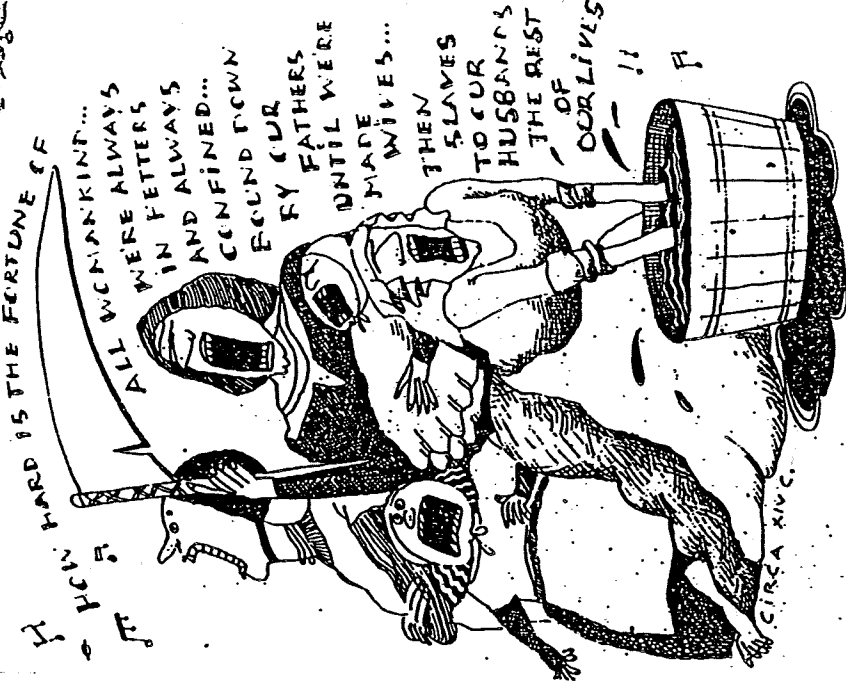
Survival, in its starkest reality for many women.

Seeing the commonalities between us as women rather than the differences.

Means struggling with the everyday ordinary injustices. If we don't have those rights how can we gain the big ones...

Bonding as women, our love and support for each other and our right to equal treatment under all existing life circumstances...

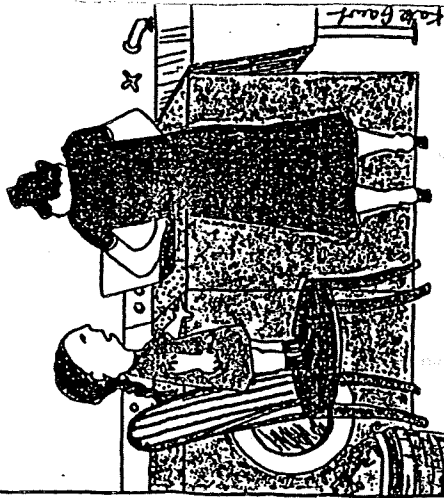
Creating womens Culture and heritage anew.



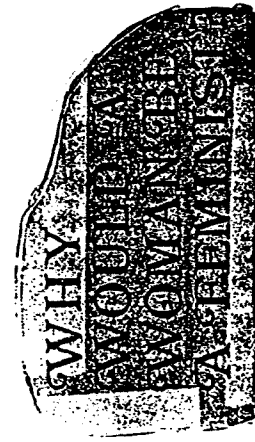
Have Courage young girls to say No Have Courage young girls to say No Have Courage young girls to say No! Have Courage young girls to say No! —Georgia Sea Islands folk song"

1088

HEY WAIT A MINUTE... YOU MEAN... YOU DONT GET PAID FOR THIS?



Reconsidering a possible career option



Extracted from Anjala Miles Why would a women be a Feminist

It is not too much to suggest that the functioning of our human communities, the care we show each other, the powerless and the needy has been womens work and womens concern both in the public realm and the private realm, the home. And this work and these concerns have been consistently undervalued.

Feminist re defining breaks down debilitating divisions "the good women the bad women" (by mans definitions) and housewife and working women (who both do the housework and childcare without pay) Feminists can do this because we realize we are not the only exceptions to the dominant negative image of women. All women are exceptions. Housework is hard skilled valuable work. Sexual harassment is endemic a constant in womens lives. Our best and surest support comes from our women friends This is SISTERHOOD key aspect of FEMINISM COMMITMENT OF SUPPORT FOR WOMEN.

Feminism is then not just the demand for Womens Equality in the World and the structures that we know. Nor is it simply the continuation of womens caring and sharing round the edges of this world. It is about transformation of this world which is threatened with destruction. Women must play a Central role, to make caring & sharing the organizing principles. & Women must love support and respect women and therefore themselves.. Feminism is a Celebration and a trust, it is what we all make it together. That is why a women would be a





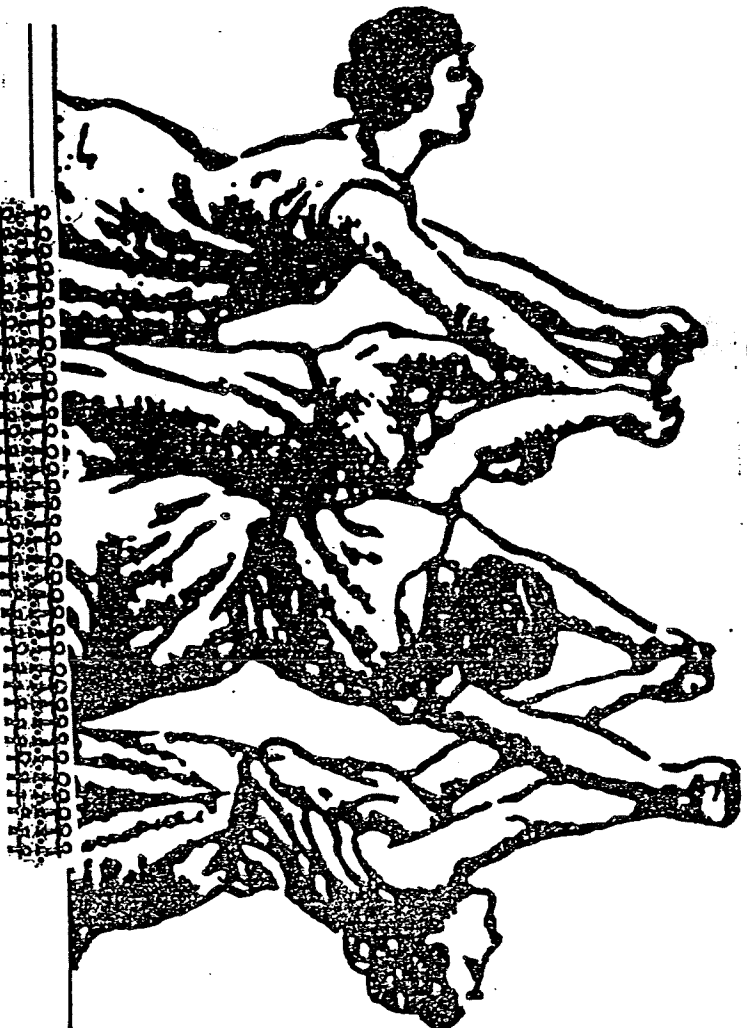
AWARE



NEWSLETTER PUBLISHED BY THE ANTIGONISH WOMEN'S ASSOCIATION

VOLUME 5 NUMBER 1 RESOURCE CENTRE 863-6221 JANUARY 1988

a newsletter on feminism



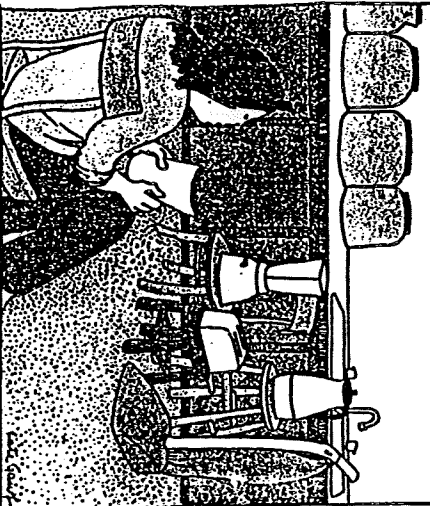
Behind naming, beneath words, is something else
An existence named, unnamed, unnameable

I am a woman come to speak for you
I am a woman speaking for us all
From the tongue of dust and fire
From the bowl of bitter smoke
This is a song for strength and power

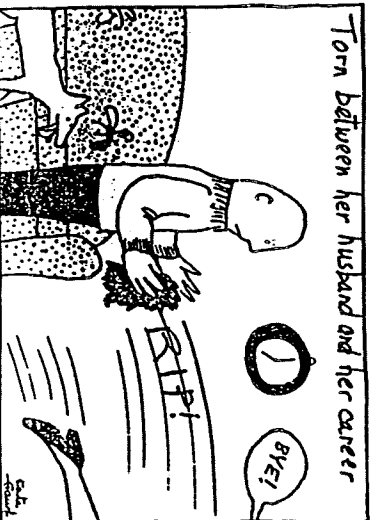
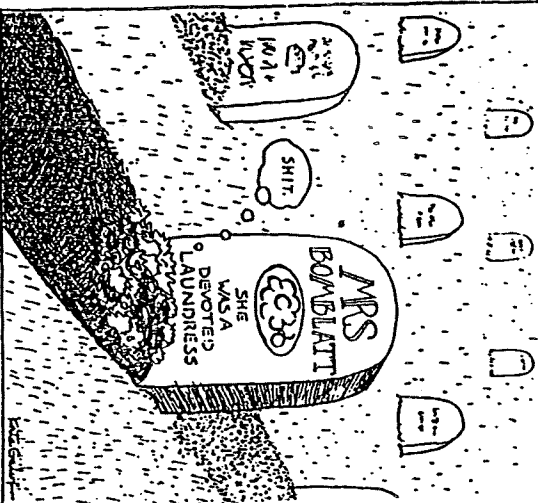
I gave birth to a daughter yesterday
The house still feels hushed and holy...
And the quality of the light is otherworldly.
It took me a few moments to realize she was there,
The sense of wonder is persistent.

- "Women's Spirit Bonding"

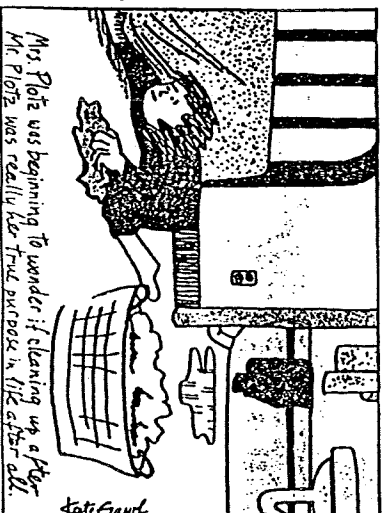
In her spare time,
Mrs Bombblatt writes
poetry and reads
it to her friends.



Mrs Bombblatt suddenly realizes
she has spent her entire life cooking
and cleaning for other people.



Torn between her husband and her career



Mrs Plotz was beginning to wonder if cleaning up after
Mr Plotz was really her true purpose in life after all.



DEAR READERS

To introduce this issue of our newsletter on "Feminism" I would like to quote from Sr. Isabel MacDougall's article on violence against women published in the Casket in Feb. 1987

A noted feminist once wrote "to be a feminist is to be in a constant state of rage". Some will seize upon that statement as validating their own often expressed perception that feminists are groups of angry women. Just such benighted souls derive even momentary comfort from the statement, let me hasten to disillusion them by explaining the depths of poignancy behind such an admission. In doing so it will be necessary to define the term "feminist" and then to discuss some instances of just what it is that makes feminists angry.

A feminist is a person female or male, who is in favour of and who promotes the equality of women with men; a person who advocates and practices treating women primarily as human persons (as men are so treated) and willingly contravenes social customs in so acting.

The litany of offenses against women which angers feminists is almost endless. Any woman or man worth her or his salt is angered by the degradation of women as it is manifested in so many practices throughout the centuries and right into our own enlightened times."

There is an endless catalogue of overt, violent crimes against women and girls: rape, sexual abuse and assault, wife battering, sexual abuse of children; (overwhelmingly directed against the female child); add to this

list the degradation of women in pornographic magazines, books and films in the advertising industry, the trivialization of women's concerns and culture in our courts, the male domination in our society and the churches, the enormous economic inequalities suffered by women, most of whom it might truthfully be said are just one man away from welfare! The proportional increase of the poor who are women has been so great in recent years that the term "feminization of poverty" has been coined to describe this situation

Sr Isabel continues what is an excellent article on violence against women and her interpretation of feminism is very succinct. In this issue we will mention in several instances feminism as "sisterhood" women caring about women" and the empowerment of women which Sr. Isabel shows clearly in her writing it is this value we must celebrate in "feminism" and keep before us as a central theme or principle in our lives and work with women...for a more sane world.

Who says feminists don't have a sense of humour???

1988



Angie Syperek

Summer flashes by in a mad green rush...too much to do, too many visitors, things growing too fast. ...favourite moments of summer being alone picking raspberries or blueberries on a hot summers day in the fields or woods...love jumping into the ocean and jumping out...summer evenings, northern lights, having friends visit.



Readers.
Please come
and check
out our
wonderfull
library
at the
center.
lots of new
books!!
good summer
reading.

Summer is a time of dreams, ambitions, and fantasies: some lived, but most of them not. I guess that's what most of the magic of summer is.

name withheld

330 East Suburban-Sale

PENN. HILLS \$45,000
BEAT YOUR WIFE
to the phone! make an appointment to see this 4 BR 1 1/2 story completely remod with 1 1/2 baths fln. garrm with bar new w/w carpet covered porch Call or

REAL ESTATE

real estate advertisement from the Pittsburgh Press, submitted by Lynne Paladino-Graney, Oleana, Pa.

Equal Pay - and Women.

Janet Trembley.

he economic picture for a full time woman worker in Canada looks like this. The earns on an average 54 cents for every dollar earned by her male counterpart - a 36% wage gap! Put in terms of dollars and cents, she earns annually \$18,056 while her male co-worker earns \$25,096 - a difference of \$9,030. While the percentage gap has narrowed somewhat since 1976, the dollar difference is increasing. Since 1911 when women earned 53% of men's wages, there has been an improvement of only 11% points.

he cost to women and society of not fairly paying women is staggering. Estimates vary, but it is generally recognized that, if equal pay for work of equal value were fully implemented through legislation and collective bargaining, the average annual earnings of women would increase by approximately 5 to 25% or \$2400 to \$4000.

omen are now 42% of the work force and may represent 50% of the year 2000. Women have a right to equality in the workplace regardless of their economic circumstances. Sixty percent of women workers are in 20 of 500 occupations mostly clerical, sales and service. Men's jobs on the other hand are more evenly distributed and highly paid.

hile a variety of factors contribute to the wage gap, the most important single factor is the undervaluation of "women's work". Employers, whether consciously or unconsciously, have a double standard for wages-one for women's work and one for men's work.

his is graphically illustrated by the following chart, which shows the large pay discrepancies which were corrected in a federal equal case filed by the Public Service Alliance of Canada (PSAC).



SEX	CLASSIFICATION	JOB EVALUATION POINTS	HOURLY RATE IN 1979	
			MALE JOB	FEMALE JOB
M	Warehouse Labourer (Stores Subgroup)	257	\$5.57	
F	Kitchen Helper (Food subgroup)	256		\$4.22
M	Messenger (Messenger subgroup)	244	\$5.26	
F	Laundry Worker (Laundry subgroup)	256		\$4.44

The female kitchen helpers were evaluated by the government's own plan at basically the same value or points as the male warehouse labourers, and yet they were paid \$1.35 less per hour. Even where the female laundry workers were evaluated higher than the male messengers they received \$.82 less per hour.

Traditional laws for equal pay for "equal" or substantially the same work require women and men to be paid the same if they perform the same or similar jobs. For example, pay disparities between male and female nursing aids and orderlies can usually be corrected under these laws. These laws do not however correct pay discrepancies which are caused by the undervaluation of women's work.

Equal value laws allow comparisons to be made between different kinds of jobs performed for the same employer. For example, if the jobs of the filing clerk and the janitor have the same overall value and the filing clerk is paid less, her pay must be raised to the janitor's rate.

Spring 1988

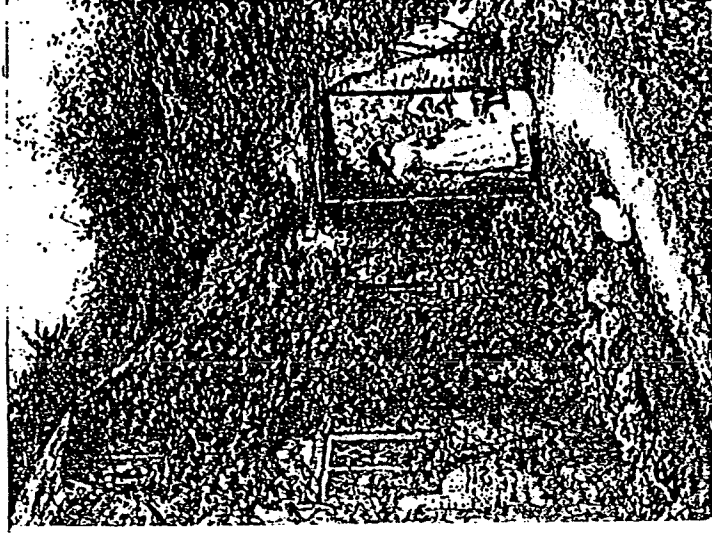


AWARE



Newsletter published by Antigonish Women's Association

Volume 5 Number 2 Resource Centre 863-6221-7 MAY '88



Summer 1988

SURPRISE...SURPRISE.....All you members who haven't gotten around to renewing your membership!! If you wish to keep informed with this wonderful newsletter RENEW YOUR MEMBERSHIP Only 12 dollars Drop it off at the Resource Center..Your last newsletter until September..Have a wonderful SUMMER...

Inside this issue:
Report from N.A.C. Conference
Janet Trembley on Equal Pay
W.H.B.N. Conference Report
Calendar of Events
Coady Picnic (We welcome your help)
Special Thanks To STAR and DIANE...
for all their great work!!!

feminist BOOKS !!





AWAIRE

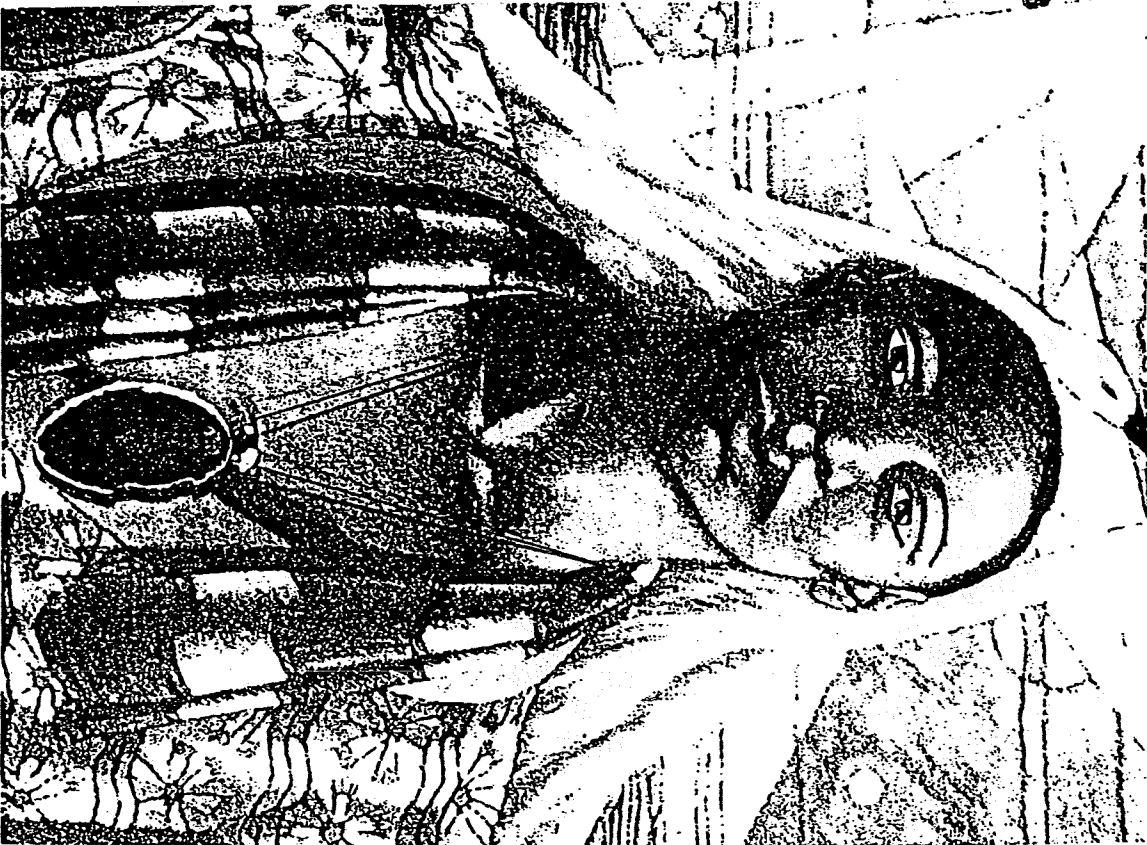


NEWSLETTER PUBLISHED BY THE ANTI-GONISH WOMEN'S ASSOCIATION

VOLUME 5 NUMBER 1 RESOURCE CENTRE 865-6221

APRIL 1988.

SPRING 1988



*Read down the tree of knowledge, and you'll uncover a strange bird from Nightwood by Diane Barzila
ed printing 20 x 14, 1984, photo by Sheila Thomas*

FEBRUARY 12 SPECIAL MEETING TO FOCUS ON

FUTURE DIRECTIONS OF A.W.A.

A meeting was held at Anjela Miles house to focus on what have been the strengths of the center, and what we would like to see happen on a regular basis in the future, particularly the up-coming year. We went around the room to comment and share ideas. There were many and varied comments starting with a need expressed to see more public service projects and community oriented co-sponsoring. Some women felt that too many meetings were being held at the center which was offputting when women dropped in. This brought us to the question of space and accessibility. The fact that we do not have a room for projects and meetings aside from the social room. The fact that we are not at street level or wheelchair accessible. Regular drop ins should be encouraged so that women can keep in touch with whats going on. All women must be made welcome. We must find time for celebration, and keep the alternative vision of a Women centered space in view.--share and expand on that. Some women felt that these comments are all well and good, but when translated to work and getting things done that there was much to be desired. In response to this other women felt that we seem to rely on a core group of women (who are active in many other areas) to work on the board and organise events. This was again taken up by Riley in seeing lack of energy and commitment because women are overworked and again it is the same core group doing the work. Riley also said that the strengths of the womens center is meeting with the monitoring committee on service delivery from social services. (which was set up by agencies who were concerned about the poor and sometimes disrespectful service delivery at Social Services, particularly to poor women)

Lucy Harper felt that first and foremost we are a womens organization and this is very important in her life and in many womens lives. Feminism puts her life in focus--women are each others strength and each others hope. Janie Humphries suggested more women from the membership putting in time at the center to keep in touch with whats happening. She felt that there are some skilled and powerful women but process is important. Anjela Miles, we need more communication between the center and the members we have few active members, why? In pamphlet "Why would a woman be a feminist the philosophy on the pamphlet, principles on the back still hold good. Members need to meet and talk.

The Wickeddiary
World Web Two..

Batty adj.: having the qualities of a bat--self directed, uncanny, eccentric, and active by night, applied especially to crackpot cronies and Old Bats examples: Ruth Gordon, Old Bette Davis, Calamity Jane.

Battle Ax n(stang): a quarrelsome, irritable, domineering woman. Webster's 1: a raging, dreadless, unconquerable crone, 2 double edged weapon of a women warrior. Labrys wielded by an A-mazing Amazon.

Nag n:(to affect with re-currant' awareness, uncertainty need for consideration and concern make re-currantly concious of something(as a problem, solution, situation) Webster's, this definition has been awarded the Wickeddiary's inter galactic seal of approval.

Spinster n: a women whose occupations is to spin, to participate in the whirling movement of creation: one who has chosen her Self, who defines herself by choice neither in relation to children nor to men, one who is Self-identified.

Rage n(violent action of the elements (as wind or sea), furious storm tempest extreme force of feeling: passion, frenzy Webster's): transformative focussing force that awakens transcendent E-motion: passion that unpoets the potted passions, passion when unleashed enables furies to sever our selves from the state of severance breathe fire and fly into freedom.

Examples The righteous rage of Celie at Mr. in Alice Walkers The Colour Purple. I curse you I say. Until you do right by me everything you touch will crumble.. Until you do right by me I say everything you dream about will fail, every lick you hit me you will suffer twice, You better stop talking because all I'm telling you ain't coming just from me, look like when I open my mouth the air rush in and shape my words. Im poor, im black, I may be ugly, and cant cook a voice say to everything listening. But im here!!!!!!



women
forging
ahead

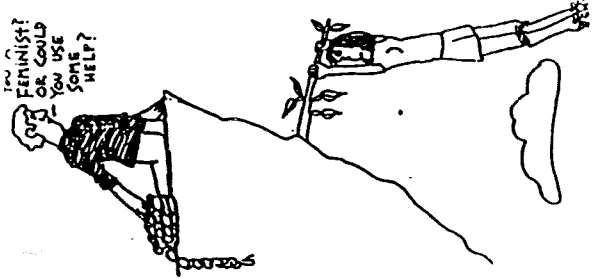


SPRING 1988





AWARE



JANUARY 1989 Resource Centre 863-6221

WORKING TOWARD EQUALITY

I have been active in the Women's Movement for many years and consider myself a feminist. While thinking about writing this article I have been sifting through the many changes I have undergone. As everything changes, never remaining static, so too do our perceptions of feminism and Equality. In the consciousness raising groups of the Sixties we saw many examples of "the Personal is Political". The primary focus of these groups was the telling of and listening to women's stories - speaking the truth of their lives. Consciousness raising was a vehicle for personal liberation. In these groups women realized, became conscious, of how they had been socialized to accept their status as not equal to men.

Women were relegated to the domestic sphere (instinctive mother and homemaker). At the same time this work was devalued. The question "What do women want?" was raised at that time and it is still being heard today. What we wanted was to be equal to our men, our time and work respected. We wanted equal pay and access to jobs traditionally done by men - judges, lawyers, politicians, etc.. We wanted our men - brothers, sons, husbands - to share household work and assume responsibility for childcare. Those of us who worked outside the home assumed a double workload with occasional help with the dishes or childcare. As time went on women spoke about more than the unequal division of labour. The stories included the horror of rape, battering and incest. The family, once considered a safe haven in a cruel world was for many women and children a place of terror, fear and brutality.

As "Women Libbers" we were frequently asked by friends, male and female alike, "Why would you want to be equal to men?" After all we were different weren't we? This was natural. Men would care for and protect us and we would keep our natural place, in the home. What was happening was a process of change. We wanted to do whatever job challenged us, we wanted to be powerful and strong. However we were still being exploited by men, sexually, politically and economically. As changes occurred in a broader context changes were also occurring in the women's movement. Sisterhood was embraced by women who wanted to examine equality in more detail.

It is the meaning of equality which brings me to the point I have pondered most while writing this article. That point is about how difficult it is to place importance on our relationships with women.

NEWS FROM THE CENTRE

HAPPY NEW YEAR!!! and may 1989 begin to herald a new decade in which we use the feminist values of co-operation, caring and sharing to determine the planet's future, our future and our children's future.

As Yael says, "We are suffering matricide (the murder of our mother, Earth) and it is the patriarchy that is doing it." The 80s has been a particularly frightening decade in its turn to ultra-conservative, individualistic and consumer values. The gap between rich and poor has increased dramatically. The debt of the third world has led to mass starvation in some countries, encroaching desert and the virtual decimation of the rain forest (the lungs of the earth) in others, all the while lining the pockets of the first world lending institutions, ie. the banks. We've seen an increase in violence against women and visible minorities. Our children have easier access to pornography than they do to information on birth control and healthy human relationships.

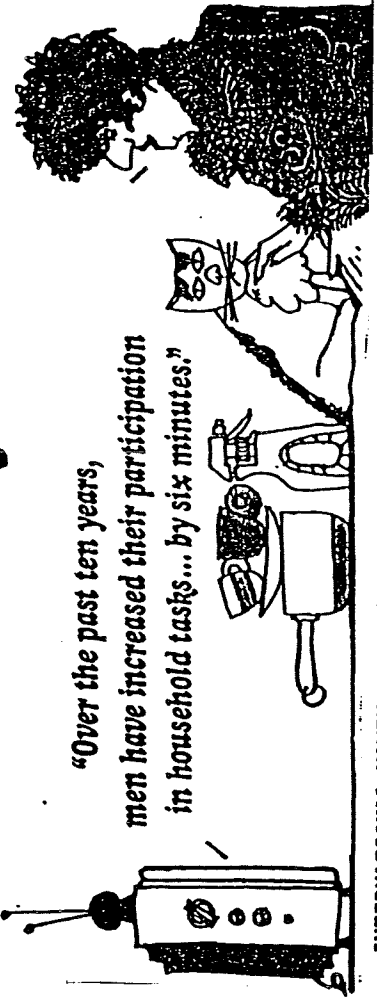
And yet women continue with courage, intelligence, compassion and determination to stop the violence, the pain, the injustice, and to heal the planet. So, to begin this new year, we'd like to thank all of our members for your involvement in the struggle for justice and equality. We recognize and celebrate you.

We've moved to a new space - 204B Kirk Place. Our old centre is being turned into an apartment. January was busy with packing, unpacking, sorting, categorizing, labeling and all the many other tasks involved in a move. We would like to thank all of you who have helped us.

We now have our kitchen set up complete with running water for tea and coffee, new bookshelves (feel free to add your favourite books to our library), windows for natural light.

It looks like we'll be getting a computer (on loan from the Coady) thanks to Rieky. Once Katherine and I learn how to use it, it will lighten our writing load and revolutionize the newsletter. Members will be welcome to book time on it.

'Mercy, it's the revolution' and I'm in my bathrobe.'



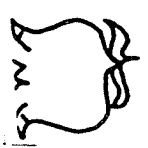
INTERNATIONAL WOMEN'S DAY is March 8th. We have a number of events planned. Saturday, March 4th, the Women's Action Coalition Council is meeting in Antigonish. That evening there will be an IWD DANCE, 8pm, at an as yet undecided location. The Resource Centre will remain open this year and sponsor an OPEN HOUSE on the 8th. We are hoping to convince the local restaurants to participate in IWD activities by serving women FREE COFFEE. We assume, as in past years, that women will meet on the 8th for dinner at the Venice. After dinner, 7:30 at the CAMR, the AWA is presenting the play, "THE INDEPENDENT WOMAN (OR A MAN HAS HIS PRIDE)". This is our day to celebrate ourselves. Let's do it in style.

January
1989

The end
of the 80's



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NEWSLETTER PUBLISHED BY THE ANTIGONISH WOMEN'S ASSOCIATION

VOLUME 5 NUMBER 2 RESOURCE CENTRE 863-6221 October 1988

Women of Color: Towards A Celebration of Power

The powerful define the powerless. In the present world order, white, Western and male are the norms; all the rest have been turned into "others." The others are defined not by who they are but by who they are not. They lose independent and authentic identity. They are reduced to being non-white and non-Western and often, in the case of women, to their roles as mothers.

In centuries now, whites have called the rest of the world's people primitives, heathens, Orientals, coloreds, Third Worlders, minorities, minorities, and so on. Even today, the term *minorities* is used to identify people of Asian, African, Latin American, and Native American backgrounds living in the West. Yet, on the planet as a whole, people of color constitute nearly eighty percent of the world's population. Over a fifth of the world's population lives in China and over a sixth in India. And in both the U.S. and the Soviet Union, people of color are increasing much more rapidly than the whites!

Historically whites have used the term *colored* in a derogatory way to describe dark people and to keep them in their place. "White supremacy is a global political force. As such, all people everywhere are shaped and defined by the white/color relationship in varying forms and degrees. However, for most people who still live in racially homogeneous environments, global terms like *white* or *colored* do not make much sense. A peasant woman in India thinks of herself in caste/tribal, religious, ethnic and, at best, national terms. Nevertheless, from the dominant white male world view, she is a mere colored woman, one of the teeming masses of the poor in the "underdeveloped world."

Black nationalists George Padmore and Marcus Garvey were among the first to use the term *people of color* for purposes of political mobilization. Today, this term is gaining popularity as a concept of self-empowerment, especially among Asian, African, Latin and Native American people living in the Western capitalist countries. It seems to be replacing the term *Third World* (generally referring to Asia, Africa and Latin America), which until very recently was more popular. The Third World label, its critics argue, is a hierarchical one; once more, it puts "non-Western" nations at the bottom; it ignores the color/racial dimensions of global oppression; it overlooks the experiences of "non-whites" within the first capitalist Western and second socialist Eastern bloc worlds.

Yet, are there pure races? There is no even demarcation between the races at times even between the broad categories of white and "colored." Race is quite often defined historically and contextually. It is not simply a biological given. A person who is colored in South Africa becomes a black in the United States and may pass for white somewhere else. The Buraku in Japan, although racially the same as other Japanese, are considered a separate race and discriminated against. Jews, marked and discriminated as a separate race in Nazi Germany, are generally included among the whites in the West. "Oriental" and African Jews, however, are "colored." To further illustrate this complexity, are Hispanics to be considered a racial or a linguistic group? What percentage of white ancestry makes one white? Where does Europe end and Asia begin? Can the East be East and the West be West when the planet is spherical and is constantly revolving? It is the dominant group in the world, the group which wields political and ideological hegemony, that defines and demarcates the boundaries of race as well as ethnicity, nationality, and even gender as a behavior category.

ANTIGONISH WOMEN'S ASSOCIATION ANNUAL GENERAL MEETING

The Annual General Meeting was held on August 15th at the Coady International Institute. Approximately 30 women attended. Ricci Stewart, chairperson of the AWA reported on the wide range of activities carried out over the past year. The election of the Board was done. This year's Board consists of Barb Hayes, Dorothy Gilson, Janie Humphries, Carol Keil and Ricci Stewart. Yael Gluck, Nasha Murphy and Liz Hagell are new people on the Board. All members of the Board are looking forward to an exciting and busy year.

Also announced at the meeting was the appointment of Lucille Harper as the new Coordinator of the Women's Resource Center. Lucy is well known for her energy and ongoing commitment to the Women's Movement.

After the reports and election Ricci introduced the evening's guest speaker Mary Clancy. Clancy a well known lawyer from Halifax and political commentator spoke about women and the political process relating it to the results of the provincial election. Although not overjoyed with the overall results Clancy did feel that there was reason to be optimistic. She noted that the increasing number of women running for office and that the increased number of people voting for women was very encouraging.

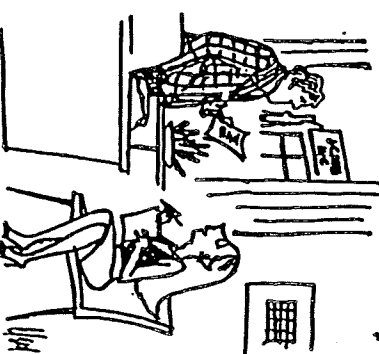
Clancy was very informative and entertaining. Questions were asked and there was a short but lively discussion. A Chinese auction ended the evening.



Message from the Editors

Another year of A.W.A. newsletters to inform, challenge and affirm Women's opinions, voices and perspectives. This year Liz Hagell has volunteered to help put the newsletter together, and I am sure her wit, wisdom and expertise will greatly improve the format and content of our newsletter. We are hoping to urge you to participate by beseeching your indulgence in writing and submitting an article of interest to women. Graphics would be gratefully accepted!! Letters to the editors are really encouraged so that we may get some dialogue going, which would give us some idea of what you want to hear read, or talk about relevant to women. If there is anyone out there that wishes to participate by helping to type, edit articles, put it together mail it out, please join the fun, we'd love to have you!!!!

ON A LIGHTER NOTE



I am efficient. My last boss stopped coming to work for three years before they noticed.

--UAW-LUPA



NEWS FROM THE CENTRE

The Women's Resource Centre re-opened after the summer holidays on September 6th with new staff members, Lucille Harper and Katherine Reed. Star has moved to Sydney where her talents will be put to good use and Diane has decided to take a break from the centre to try something different. Both Star and Diane will be missed and we wish them the best of luck in their new endeavors.

The Centre has new hours. We are open from 9am-4pm, Monday through Wednesday, and 9am-5pm on Thursday and Friday. We welcome all women to the centre.

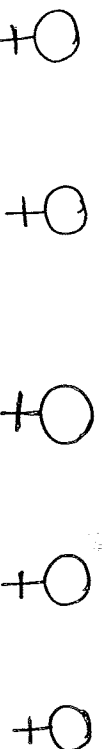
We are focusing on three types of programming this fall, a film series, Friday Lunches and issue presentations. Ann Perry from the St. F.X. Department of Nursing is leading a Menopause Discussion Group, beginning Oct. 24th, 7pm. She is planning to continue for six sessions. If you're interested in participating, please call the centre.

A day to mark on your calendar is Wednesday, Nov. 30th. Ann Camozzi, environmental educator, will be speaking on "The Brundtland Report" which is the United Nations report on the state of the world's environment. Ann, for those of you who don't know her, is dedicated in her work on the environment and is a passionate and compelling speaker. This promises to be a stimulating, informative and empowering evening. So... pass the word and bring everyone you know who breathes the air, drinks the water and is taking up planetary space.

Muriel Duckworth is coming December 8th to address the question "Women and Peace - Where Now?" Muriel has just celebrated her 80th birthday!! Her insight, wisdom, energy, compassion, courage and determination have won the respect of all who have worked her in many organizations and over many years. She is the wise crone and her words are not to be missed.

Lyghtsome Gallery is arranging an ongoing display of local women's artwork at the Centre. It's a wonderful addition to our centre, a chance to bring women's energy in in a very visual way. Anna Sypersek's work is here now. Artworks will be here in November. Thanks to Beth Parker for all her work.

Fall 1988

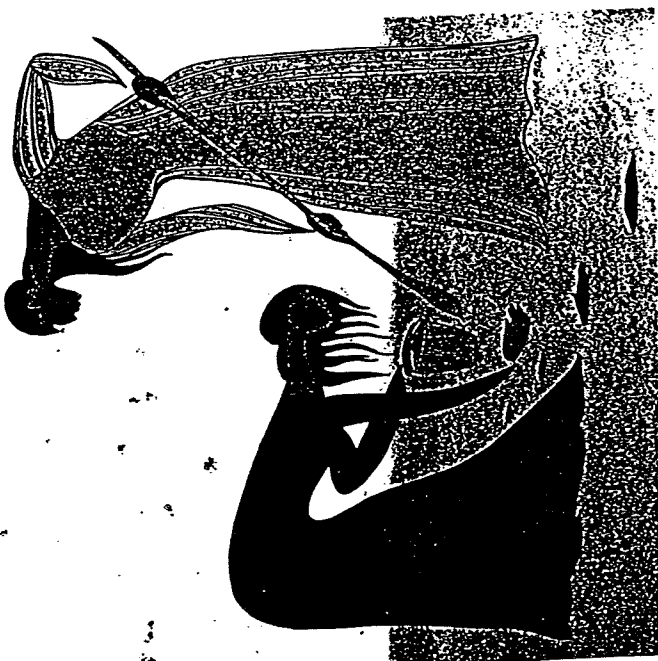




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NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221 NOVEMBER 1989



WOMAN TOIL

Working Together

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NEWS FROM THE CENTRE

After a lovely summer's break, the Resource Centre re-opened in September. Katherine and I were both looking forward to a quiet month to plan fall programs and establish our momentum. Not to be! We quickly realized we were working flat out almost from week one.

We've seen many new women come into the Centre this fall, some referred by other organizations, some coming with a friend, some finding us on their own. We've heard again and again the frustrating tales of inadequate housing and futile housing searches, the struggle to put food on the table with a social assistance income, telling the children there's no money for a ticket for the movies or to take dance lessons or play hockey, ex-husbands late with the support cheque again this month, the search for a job, any job, that pays more than minimum wage. We continue to see women beaten time and again by "the system". We have developed a deep respect for these unsung heroines - for their ability to survive, and not only to survive but to retain their fire, their tenacity, to keep fighting and even laughing, albeit cynically, at society's pretension of social justice.

When we think about all the woman energy that we have put into working for daycare, pay equity, decent wages, etc. only to see the government introducing the Goods and Services Tax, cutting funds to the Women's Program, shelving the promised daycare program, de-indexing the family allowance, introducing Free Trade - all areas that hurt women and children most, it is hard to understand why we put up with it. Why isn't there an all out women's strike? a political party with a feminist socialist agenda? a total refusal to participate in the system that is oppressing us? Why is it so difficult for us to act from our collective power when we feel in our guts the pain of our sisters and know that until we are all free, we are all in bondage?

Together we have the power, the ability, the numbers, the vision to change the world NOW into the life-affirming, nurturing, dynamic, colourful, textured and anarchic society our spirits long for. So what is it that keeps us attached to an oppressive, divisive, death-culture system? We all experience the frustration, anger and seeming futility of trying to change the world using the tired old methods of lobbying, pleading, battering our heads against the walls of patriarchy. Sonia Johnson talks about individuals creating non-patriarchal spaces of freedom around themselves. This needs to be discussed by all of us working for social change - is discussed in a collective context where individual freedom is the basis of collective freedom brought to reality through the connection of our life-affirming values. It is time to revive Feminist Thinkers!

And so it is that life at the Centre carries on - often in a similar, seemingly disjointed fashion as the thoughts above, always attempting to fit individual crises into an overall sense of how to secure change.

Lucille Harper

Women's participation in the labour force has increased dramatically over the past 30 years. It is estimated that by the year 2000, 45% of the Canadian labour force will be women. However despite the progress women have attained in entering the work place and working in new areas, numerous problems continue to exist while others arise. Women continue to be predominantly educated and employed in "traditional" female employment (ie. clerical) and as a result suffer from traditional "female underpayment". Women continue to earn only 60¢ for every one dollar men earn.

About 80% of the entire part-time work force in Nova Scotia consists of women. Low incomes and a lack of certain benefits such as pensions for most of the part-time labour force are factors that help explain the high incidence of poverty among elderly women. An alarmingly high proportion of Canadian women have incomes below the poverty line.

In addition to the numerous problems women face in the paid labour force women also confront problems in the home. Since work is defined as that receiving and income, domestic labour, despite its necessity to our very existence, is devalued and ignored while paid work is over valued. It is no coincidence that men dominate this sphere.

Women who work outside the home are further disadvantaged when they come home to face yet another job, housework. Women continue to be primarily responsible for childcare and domestic labour despite their increased participation in the work force.

In world where males are the preferred sex women will continue to experience discriminatory practices at home and in the work place keeping women financially dependent on men.

Ten Years

Ten years ago, I was alone.
Now, I am twenty-four.

Then, silence and solitude
were lonely times
to be traded for events,
Now, they are boarded commodities
worth more than gold.

Then the only love
worth having
was that of my dreams.
How could I dream
of the love
of a child?

Ten years ago,
I thought I was wise.
Now, I know I am not.
Yet.

Heather Mayhew
(age 25)



CRONES

by Helen Levine

"My image of old age was that of my grandmother, with her, however, more and kinder... She had great tenacity and was strong-willed... When she became weak and in need of care, the hospital, doctors and some-gone treated her like a slightly demented child, incapable of making decisions."
(From Small Expectations: Society's Betrayal of Older Women by Leah Cohen)

AGING IS SUCH A RELATIVE TERM, especially for women. Young women in their twenties worry about age as do most of us who are at or beyond the middle years. Initially we tend to be preoccupied with external signs, like grey hair, weight and wrinkles. Sooner or later we're forced to think more about our health, as we get daily reminders that we can no longer take our bodies for granted. Some women learn this lesson earlier than others.

But I want to talk mostly about older women and not so much about how young women feel about aging. First we have to take a brief look at the framework of most older women's existence. It is no accident that elderly women are the poorest people in Canada. Poverty has to do with women's place in the world. It has to do with a lifetime of daily living and working for no pay or low pay, under terrible working conditions and with few benefits. It is not an abstraction. It means many elderly women suffer in slum housing, with poor nutrition, indifferent medical and nursing care, institutional senilities and broken hopes and dreams.

Health - mental and physical - is profoundly affected by women's oppressed condition, which includes everything from poverty to exploitation, from violence to subordination. Servitude is the dominant lifestyle of most of women.

It is also important to remember that notions of aging in relation to people in general mask what happens to women in particular. As with His and Her Marriage, there is also His and Her Old Age. They are profoundly different experiences. Yet most of the literature and research on aging is based on male experience or needs (e.g. retirement), and unfortunately most of the services provided for old people follow this pattern. The stark fact is that women rather than men constitute the vast majority of the elderly, in and out of institutions. Without the contemporary women's liberation movement we might not have even recognized the specific poverty and humiliation suffered by older women. We would not have listened long enough to hear older women telling their stories of their realities and their struggles.

The women's movement has begun to give some of us a sense of significance and centrality in our own lives and in the world. We have begun to see the spectrum and beyond this to the courage and daring, talents and wisdom of older women. We have begun to develop a new vision of the possible.

My friend and I go away together for a weekend each summer. We are in our 40's, married, work at paid jobs, have grown children and husbands and enough money to think of holidays as part of our lives. My friend and I know we're lucky to be able to vacation together in this way. The good fortune we're necessarily hold up indefinitely, for reasons of health, money and mobility. There are really no exceptions among women over the long haul - this we learn with age. All of us, eventually, will face some of the indignities reserved for older women.

We know this annual trip is good for our health, mentally and physically. When my mother used to do the same thing, in my earlier years, I judged her to be selfish or greedy. Ah, youth can be a harsh judge, especially of daring mothers.

My friend takes bottles of pills, and I take bottles of vitamins, also known as punk pills as insurance. We live our positions up on the bureau as we unpack. It's hilarious now for the two of us, who used to think old women were malicious and inappropriately preoccupied with their bodies and ailments. We laugh uproariously at ourselves, at the scene, at our youthful intolerance.

Should we need institutional care in our very old age, we know the hilarity would cease. Strong-willed as we are, we could easily be labelled as problems in need of behaviour modification, as suffering from psycho-geriatric disorders. I belong to a "crones" group in Ottawa made up of about eight older women all in our fifties and sixties. The group has existed in various forms for four years now. We have having a peer group of women interested in both feminism and aging. We share experiences, past and present, support each other, celebrate birthdays, sing and laugh and cry together and hope to be there for one another in this latter phase of our lives. Selfish people can be very important for our health.

Feminists and other concerned women are coming together more and more around health issues and older women. We need to both ignore and organize together, to battle for change in small and large ways. There is no substitute for an autonomous women's liberation movement that keeps our issues front and center. And as feminists we need to keep in touch with the reality and experience of older women. Feminist authors like Leah Cohen, Tillie Olsen, May Sarton, Ellen Newton, Margaret Laurence help us to do this. We have to fight for older women individually and collectively. After all, most of us will be one some day.

I think the respect, importance and standard of living accorded to elderly women is a measure of any civilized society. Might it not be healthier for you, and for all of us, if we learned and lived this lesson?

Helen Levine is a thirty-year-old feminist living and working in Ontario

1989



AWARE



NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221 MAY 1981



HEALTH AND HEALING

Healing Touch

The World Health Organization, in the preamble to its charter defines health as a "state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". The World Health Organization goes on to say that health is not just a result of socioeconomic development and stability but that health is a basic investment in economic stability.

The human energy generated by improved health can be channelled into sustaining economic and social development. In other words good health makes economic sense for society.

The existing medical care system must change because at the present time and in its current configuration it is unable to deal with health as defined by the World Health Organization.

The Pottle Award annually funds one proposal for a 6-12 month study program for a woman "working towards strengthening the role of women in building a sense of community". Applicants must be Canadian citizens under 30 years of age, with post-secondary education or equivalent and demonstrated writing ability. Other criteria include evidence of a religious commitment, and community interest in improving the quality of life for women.

Not designed for an individual to pursue studies in academic institutions. It is expected that applicants will develop a plan of self-directed activities that will directly benefit women either locally, nationally or internationally in the immediate future.

Proposals must be received by May 31 at the latest. For complete details write: Ann L. Pearson, Administrator, The Pottle Award, Ottawa NW/MC1, 180 Argyle St., Ottawa, Ont., K2P 1B7.



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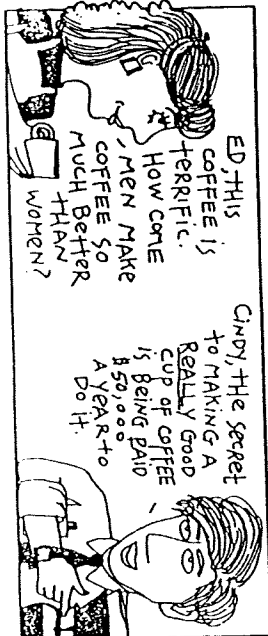


Grants for farm women. In August, the federal government announced an enhanced grants initiative called the Farm Women's Advancement Program, to finance projects undertaken by farm women's groups. The program is designed to support legal and economic equality for farm women, promote their increasing participation in decision-making on the farm and to recognize their important contribution to the well-being of the agriculture sector. Program funding will be provided in the amount of \$50,000 over the next five years.

Criteria for determining priorities are now being finalized in consultation with farm women's groups across the country. For more information contact the Status of Women Canada, 151 Sparks Street, 10th Floor, Room 1005, Ottawa, Ont., K1A 1C3.

FRIENDSHIP QUILT

A few women from the Meadow Green area who came together as a result of the Rural Women's Outreach Program have decided to organize a friendship quilt. 1989 is the International Year of the Quilt so we are inviting area women to contribute a square to this quilt. The theme is Home and Neighbourhood. We will need at least 20 squares measuring 12 inches with an additional 1/2 inch seam allowance. They should be of pre-washed cotton or cotton blends, any colour, heartfelt and imaginative. The collection will be peliced together in the fall and an old-time quilting bee will be planned to bring together all the contributions. The finished quilt will then be donated to Teatarnn Transition House. Anyone who would like to participate please contact Stan McLean 386-2474.



Honoring Ritual

If you want to celebrate a young woman's menarche in a beautiful way that won't embarrass her but yet will support her and acknowledge the importance of this huge life change, the following ritual will be appropriate.

Have the young woman take a special bath or shower or take her to a sauna or hot tub. She can imagine this bath as cleansing her, washing away the things of childhood she no longer wants, and preparing her for entering adulthood. Flowers and fresh herbs can be floated in the water to enhance the special feeling of the day.

Following the bath, the girl can be given new clothing to wear as a symbol of her new status.

Women friends and women relatives prepare a meal with all of the young woman's favorite foods. Or everyone can meet in a restaurant which has a ritual atmosphere to it. Guests recall their own transitions into womanhood and younger guests can share their expectations. The ceremony can be done with humor and seriousness without any moralizing which adolescents naturally resist.

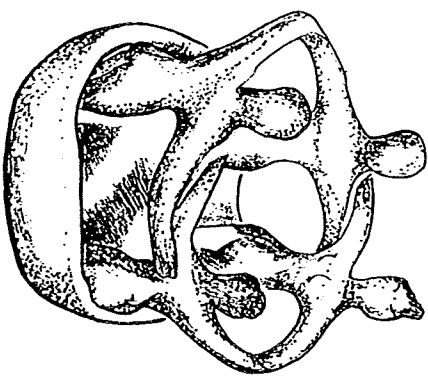
Following the meal, each guest gives the young woman a gift: flowers, a conch shell, carved images of goddesses, pictures of spirals, lunar calendars, jewelry, new clothing, small makeup kits, books, poems, and quilts. Each guest in turn might say why she is giving it to her and express her wishes or hopes for the future.

Simple and direct as this ritual is, it will give the young woman a clear message that even though puberty is full of change and confusion, it's natural and it's good and right to celebrate this time.



And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both men and women will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish life's creatures
And then all will cherish life's creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again

—Judy Chicago



HELP! HELP! HELP!
WE'RE TALKING ABOUT MONY!

AS IS USUALLY THE CASE WE'RE MOEPUFULLY UNDERFUNDED....SEEKING HELP FROM BOTH MEMBERS AND FRIENDS. EVEN THOUGH WE KNOW YOU'VE PAID YOUR DUES. WE ARE LOOKING FOR EITHER A SERIES OF POST-DATED CHEQUES FOR A 12 MONTH PERIOD OR A LUMP SUM IN WHATEVER AMOUNT YOU CAN AFFORD.

Make cheques out to Antigonish Women's Assoc
Mail to:
204B Kirk Place
219 Main Street
Antigonish, NS
B2G 2C1

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FOR more information please call the Centre
or Leave a Message for Oona, Charlene, Myrna
Thank you



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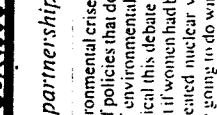
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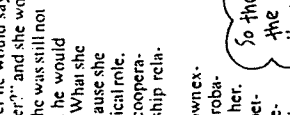
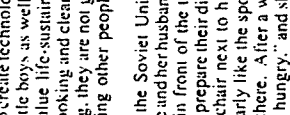
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NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221 FEBRUARY 1990

WELCOME



...I am the soul of woman, like great life in the universe. From Me, all things proceed and unto Me they must return. - Ben Jonson. I have been with you from the beginning, and I am there which is recorded at the end of days. - From the traditional 'Chant of the Goddess', poem version by Starhawk, from the Witchespace book. OIL 36" x 30", artwork © 1989 Stella Rahmura. Photo by M. J. Sharpe.

TO THE 90S



As we enter a new decade we all have hopes for positive changes in women's place in our society. We asked women around the province the following question.

If you could make one change for women in the 90's what would it be and why?

We received the following responses:

One change for women in the 90's would be better pensions for women including a homemaker's pension.

- Pictou County Women's Centre

If there is one thing I could change for women in the 90's, I would replace the existing members of the legislature with women and men who understand women's interests and voices to fulfill women's need. We need the change to make equality for women a reality in our lifetime.

- Alexa McDonough, Leader, NDP

I would like women to be able to slay our own dragons. When I see the barriers in front of women, many of them coming from fears (justifiable fears from neglect, abuse, abandonment) I would like us to have a sense of our own power, our own strength and courage.

- Nancy Wright, GLOW

The turning of the decade and the approach of International Women's Day makes these few months a likely time for reflecting on past victories and challenges ahead. As Rhene Eisler writes in her recent book, "The Chalice and the Blade":

"Never before has the world seen such a mushrooming of governmental and nongovernmental organizations with memberships in the millions - groups ranging from the official All China Women's Federation to the National Women's Studies Association, the National Organization for Women, and the Older Women's League in the United States - all dedicated to improving the status of women. Never before have there been global conferences attracting thousands of women from every corner of the world to address the problems stemming from male supremacy. Never before in all of recorded history have women from every nation on this earth come together to work for a future of sexual equality, development, and peace - the three goals of the First United Nations Decade for Women."

On the other hand, we know all about the horrific conditions of many women's lives, which is a situation that co-exists with all of the sunny "You've come a long way baby!" evidence of women's gains. Let me remind you of a few realities of life for women in our back yard:

-women and children are sexually abused and assaulted in this locality every day. It happens in our homes and on our streets. Many, many of these men get away with their crimes.

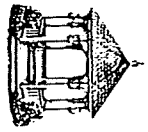
-anyone can buy pornography in our stores. Lucille has found that there are no laws restricting the sale of porn to minors, and anyway, many comic books are junior porn, explicitly linking sex, violence and male domination.

-a lack of information and a lot of misinformation about sexual violence and preventing unwanted pregnancy and STD's is rampant here and there are still many people who wish to thwart the efforts of people trying to correct this problem and prevent suffering.

-there is no reason to believe that the Health & Welfare Canada statistic that 1 in 10 women in our country are physically abused by their spouses has changed, or that it somehow does not apply to the Antigonish area. As yet we have no stats on the number of women who are sexually and emotionally abused by spouses.

-women and children who remove themselves from destructive family relationships by way of separation or divorce are stigmatized and punished economically for not conforming, (no matter what the costs) to the "traditional family" lifestyle.

A. W. A. BOARD OF DIRECTORS BIOGRAPHIES



JESSIE E. KENNEDY - was born in Guysborough County. She had seven children. She worked at Canada Post Office for seven years and later worked as assistant harpist master-wharfinger for transport Canada for 14 years. She is presently working at Bloomfield Centre at St. F. X.

ELLEN CAROL MACKINTOSH - was born in Cobourg, Ont., raised in Manitoba and moved to Clementsport, Nova Scotia in 1960. She attended Dalhousie University and graduated with a B.A. in Sociology. Since then she has been doing volunteer work with Naomi and the A.W.A. She is presently working as a research assistant for Ann Bigelow. She plans to attend the Maritime School of Social Work in the fall.

EDNA MACDONALD - a native of Antigonish graduated from St. F. X. in 1967 with a B.A. in Sociology. She is presently writing her Masters thesis at Acadia University and is working as a research assistant at St. F. X.

LAIL GLUNT - Born in Sweden. Moved to Israel at the tender age of nineteen. Served two years in the Israeli army. Came to Canada to study and has remained here ever since. After completing her studies at York University in Toronto, worked one year at Bishop's University in Toronto and then landed a job at S.F.X. teaching sociology. Is presently involved in reflections on the good of a change of LIFE. All suggestions appreciated!

MARION MACDONALD - is a native of Antigonish. Many of you may also know her as an employee at the Bank of Commerce.

JUDITH MACLEAN - is Co-Investigator of a St. F. X. research project on the role of women in the Antigonish Movement. Other interests include women and unions, pay equity and child care. She lives in James River with husband Peter and daughter Mariko.

CATHERINE VINIG - is originally from Toronto. She lived in Algonquin Park where she worked as an outdoor wilderness guide year round. She moved to Antigonish in 1987, where she is a student at St. F. X. and is involved in the women's group on campus. She always has been a growing feminist.

NATHALIEBERT - was born in Holland, came to Canada in 1950 and has been living in Antigonish for the past 27 years. She has always been interested in community affairs - being involved in 4-H and the Home & School Association. She is presently working in the Adult Education Department at St. F. X.

WENDY THOMPSON - was born in Bermuda. She studied in both Canada and England. She arrived in Antigonish in 1987 and is presently an associate professor with the department of Adult Education at St. F. X.

BETTY ANN FRASER - hails from Cape Breton. She is a graduate of St. F. X. with a B.Sc. in Nursing. She has been a public health nurse for several years. Betty Ann is presently living on Big Island.



FEBRUARY 1990 A NEW DECADE AWAKENS



TO THE 90S

All these problems exist and more, (too numerous to mention) in our little Maritime community and they are crying to be addressed by our organization. I don't think we have any grand delusions about how much can be done and how soon things can change, but I think it would be very valuable to indulge in a little fantasizing now and then, (perhaps collectively) about what life would be like in our community if we had overcome even one problem. For instance just take a minute to imagine what life would be like for us and all women here if we only had equal pay for work of equal value, or if we only had universal, high quality child care for all families regardless of what shifts they work. Or imagine the difference it would make if there was a decent system of pensions for women, even if they had devoted half, (or all) of their adult lives to caring for families. I like to imagine a society where no child is labelled "illegitimate" because their mother is not legally attached to a



AWARE



NEWSLETTER PUBLISHED BY ANTI-GONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221

WOMEN AND PLAY!

FALL 1991



Dear readers,

Imagine if you will the newsletter committee assembled at the center to fire themselves up for another issue. Yes myself, May Bancroft, Sian McLean, Lucille, in a lunch hour meeting... what theme could we focus this issue on?... You can blame it all on me. My thinking was... we always do such serious topics... why not have some fun and choose a light topic like "Women and Play"? How do we play? When and where? How much play, fun and laughter is there in our lives? Do we take time? Do we have playful natures? Who do we know that takes time for play?

What ensued was a very serious discussion. I mean dead serious. We actually sat around looking confused and at a loss as to who has fun. Starting with ourselves was disheartening when we all admitted we were not taking enough time out for fun in our lives. Then the discussion was why don't women have fun? Was it economics, is it cultural, are people in some cultures more playful than others even when faced with poverty and deprivation such as in the Caribbean, Latin America and Africa? Is it also in a sense spiritual? When we are content and at peace with who we are can we be joyful and light and playful?...

We pondered these and other reflections on the subject until we got bogged down in our pondering and said let's hear from other women...

We present you with perspectives on the subject from different women along with our usual newsletter fare. Read on sweet readers... don't be deterred in pursuit of the light and livelier, the whimsical, in joyful abandon, hey nonney nonney no, hey no, exeunt, what madness is in the air...

S. Hayes



LAUGHTER

DID YOU KNOW THAT LAUGHTER -----

- RELEASES ENDORPHINS WHICH ARE NATURAL PAINKILLERS
- PROVIDES AN INTERNAL WORKOUT BY EXERCISING INTERNAL ORGANS
- RELAXES THE MUSCLES IN YOUR FACE WHICH CAN TENSE UP CAUSING TENSION HEADACHES
- STIMULATES THE THYROID GLAND THUS HELPING OUR IMMUNE SYSTEM FIGHT OFF DISEASE
- TEARS SHED WHEN LAUGHING CONTAIN DIFFERENT CHEMICALS THAN THOSE SHED THROUGH GRIEF
- INCREASES OUR CREATIVITY ---- HAVE I GOT YOUR ATTENTION YET! THE LIST COULD GO ON AND ON!

MYTHS ABOUT LAUGHTER ----- GREAT MATERIAL FOR DISCUSSION!

- WE LAUGH BECAUSE WE ARE HAPPY
- LAUGHTER AND HUMOUR ARE THE SAME
- WE MUST HAVE A REASON TO LAUGH
- WE LAUGH BECAUSE SOMETHING IS FUNNY

LAUGHING WITH VS. LAUGHING AT

Humour can be used in constructive and destructive ways. Looking at the following associations can help us distinguish the difference. I'm sure you can add your own perceptions of "laughing with" and "laughing at".

LAUGHING WITH

1. CARING
2. PUT UP
3. BRINGS PEOPLE CLOSER
4. EMPATHY
5. BUILDS CONFIDENCE
6. MAKING THE CHOICE TO BE THE "BUTT"
7. INVITES PEOPLE
8. CAN INVOLVE LAUGHING AT YOURSELF
9. SUPPORTIVE

LAUGHING AT

1. CONTENT
2. PUT DOWN
3. DIVIDES PEOPLE
4. LACK OF SENSITIVITY
5. DESTROYS SELF ESTEEM
6. HAVING NO CHOICE
7. OFFENDS PEOPLE
8. LAUGHS AT OTHERS
9. SARCASTIC



AWARE

Contributors to this wonderfully alive and fabulous newsletter are May Bancroft, Bar bara Hayes, Sian McLean, Betty-Anne Fraser, Myrna Skakun, Diane Walsh, Katherine Reed, Lucille Harper, Susan Jewkes and Ricky Stuart.

Any quips, queries, quotes, quibbles or questions may be addressed to the Women's Centre. In plain language - we invite your response.



Something to think about this Halloween...

KIDS AND SLASHER MOVIES

Do kids need horror to deal with everyday life?

It's a simple thing, really. I shouldn't take it so seriously. I realize that. For it was only a child, a boy of about 10, buying a toy. For Halloween. This was the toy.

A sinister white mask and a quite convincing little rubber meat cleaver. Packaged together in a cellophane. It's the "costume" of a maniac killer from one of the slasher movies. The boy wants to play at being a faceless, unstoppable murderer of innocent people (mostly women). At this moment, in this Woolworth's, that's this boy's idea of fun.

Understand that I didn't stand there and decide intellectually that this simple and small event is when all is said and done, the worst thing I've seen. My body decided. My instincts, my knees, my chest. It was only later that I tried to think about it.

This boy's eagerness to "play" maniac killer is an event worse than the Bomb, worse even than Auschwitz. Reduced to its simplest terms, the bomb is a fetish, an object of worship--like other objects of worship before it, it is used as an excuse for arranging the world in a certain fashion, allocating resources, assigning powers. It is insane, but in many ways it is an extension of familiar, even honored, inanities. As for the Nazi camps: The people being murdered knew, as they were being murdered, that they were being murdered; the murderers knew they were murdering; and, when the world finally knew, the camps became the measure of ultimate human evil. A crime to scar us all, and our descendants, forever.

There is nothing so clear in the Woolworth's scene. The boy is certainly not committing a crime. The toy's merchandisers are within their rights. To legislate against them would be to endanger most of our freedoms. The mother buying the toy is perhaps making a mistake, perhaps not. Without knowing the boy, and knowing him well, who's to be certain that it isn't better for him to engage in, rather than repress, such play? The mother did not put the desire for the toy in him. Three thousand years of Judeo-Christian culture did that. Not that the mother the power to take that desire from him. Nobody has that power. If he can want the toy at all, then it almost doesn't matter whether the toy exists or not. Doesn't the boy's need for such play exist with or

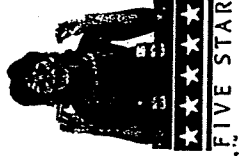
without the toy? Nor would I be too quick to blame the boy's desire on television and slasher films. The Nazis who crewed the camps and the scientists who built the bomb did not need television and slasher films to school them in horror. In fact, the worst atrocities from the pariahs to Vietnam were committed quite ably before the first slasher film was made. Keeping your child away from TV may make you feel better, but can any child be protected from the total weight of Western history? In a world shorn of order, stripped of traditions, molling every decade, every year, a dancing, varcolched state of a century--pointless violence is evident everywhere, on every level. Professional soldiers are statistically safer than urban women; senseless destruction is visited on trees and on the ozone and on every species of life. No one feels safe anywhere. This has become the very meaning of the 20th century.

So I am in a Woolworth's one day and I feel a sort of final horror as I watch a boy buy a psycho-killer toy so that he can pretend he's an unstoppable maniacal murderer. What is so horrible is that this boy is doing this instinctively, for his very survival. In order to live, in order not to go mad, this boy is acclimating himself to the idea of the killer-maniac, because killer-maniac energy is so present in his world. He's trying to inoculate himself through play, as all children have, everywhere, in every era. He thus lets a little bit of the energy into him--that's how inoculations work. Too little, and he is too afraid of the world--it's too terrifying to feel powerless amid the maniacal that's taken for granted around him; to feel any power at all he needs a bit of it inside him. But if he takes in too much, he could be swamped.

How horrible that he is forced to such a choice. You'd think it would be enough to stop the world in its tracks. And what can we do for him? Struggle for a different world, yes, but that won't change what's already happened to him. What can we do for that boy except be on his side, stand by his choice, and pray for the play of his struggling soul?

—Michael Ventura
L.A. Weekly (Nov. 3, 1989)

THIS IS DEBBIE. SHE WANTS YOU TO HAVE THIS PAIR IN YOUR CAR!



THEY'RE OUR MOLYBDENUM AND TEFLOON® GREASE GUNS ADD THEM TO OUR SPRAY RACING OIL AND SPRAY RACING MOTOR OILS. WE HAVE THE BEST MOTOR OILS AND GREASES FOR THE MAINTENANCE OF YOUR CAR.

THE SPRAY OIL FOAMS DIRT AND GRIME OUT OF BEARINGS AND ALL HIDDEN MOVING PARTS, LEAVING THEM PROTECTED AND LUBRICATED. THE MOTOR GREASE CLEANS THE CARBON/GREASE BUILDUP FROM YOUR CAR'S VALVES AND TECHNICAL COMPONENTS AND MOTOR OILS. WE HAVE THE BEST MOTOR OILS AND GREASES FOR THE MAINTENANCE OF YOUR CAR.

ASK FOR THEM AT YOUR FAVORITE DEALER.

AND YES DEALERS, DEBBIE WORKS FOR US. SO CALL HER AT 1-800-777-8873 FOR MORE DETAILS.

FIVE STAR

SUGGESTIONS FOR PRIMING THE LAUGHTER PUMP

Get a carrot, alligator or other funny pen to write with----
Rent old funny movies and watch them with friends.

Take a 10 minute laughter meditation break. During this meditation shut out your "present reality" and read a funny part of a novel, jokebook or listen to your favourite comedian on tape.

Take 10 minutes and become the camera on a Candid Camera show. Pan your camera and see all the ridiculous activities going on (also known as truly human activities) around you. Soon everything does not seem as serious or tense. This is especially fun to do at work or during a particularly tense moment during a meeting.

Make a pact with yourself to spend some time each week with a person who always makes you laugh.

This is a great one for the workplace! Ask everyone to bring in baby pictures and post them on the bulletin board. Everyone will have lots of laughs figuring out who's who! Beyond the laughter is a realization that "everyone really is someone's baby."

Remember, laughter is the shortest distance between two people! Sometimes your HA HA'S can become your AHA'S.

AWA'RE



NEWS FROM THE CENTRE

Fall is upon us and we're into our 7th year at the Resource Centre. We have a dynamic new board of directors and we are anticipating an exciting and challenging year.

During a discussion with Pat McInnis, field officer for Secretary of State Women's Program, about our work in Antigonish the word "feminist" and the prefix "woman" as in Woman-centred came up. This discussion feels like a merry-go-round ride - you can stay on it as long as you want without ever getting anywhere. So... these words make some people feel uncomfortable, perhaps defensive or alienated, faced with their own fear of ... what? Fear of change in the status quo? I think the uneasiness people feel when a woman identifies herself as feminist or her perspective as woman-centered is their gut-level understanding that our social norm, the oppression and exploitation of women, is being challenged and named. Women who speak their truth, name their oppression, risk ridicule, censorship, dismissal, physical beating, job loss, isolation. But can we afford to protect the status quo by softening our truths, our voices, and our rights. When we name our truths, our experience as women in the world, we give others permission to name theirs. We begin to not collude in the oppression of women through our silence and our refusal to recognize the violence perpetrated against us.

Towards the end of our eating disorders awareness workshop, one woman had the courage to make herself vulnerable and state her eating disorder. There was silence. She was alone. And then another woman told us her story. She had never said it to anyone before. The group decided to form a support group and a number of women are keen to participate - to have a place where they can dare to speak their lives. Unless that one woman had had the courage to speak out, we would all have left the workshop with more knowledge about eating disorders but in silence about our lives.

Reclaiming our world means reclaiming ourselves - speaking from the wholeness of our bodies, minds and hearts - taking courage from each other.

"A GRAIN OF SALT - A KERNEL OF TRUTH"

Here we go again with our little um, social column. Now doing this column is a little dangerous because you never know if a good-natured chuckle might be misunderstood you see. Oh well, I'll continue with it as long as y'all promise not to take things too seriously. I don't know if the AWA is insured for libel.

Past Chairperson, Eileen Carey-MacIntosh has recently put down her saw and picked up a pen. You know what they say about the pen being mightier than the saw... Eileen is studying social work at Dal and I'm sure that with her clear feminist consciousness and some new academic credentials she'll be able to do some good equality work that hits the nail right on the head. (You might be right sore from groaning by the time I'm through here.) Speaking of women in carpentry, Catherine Mae MacDonald is just finishing a major project. She has been helping with the construction of a new home for her family. She had lots of help from some real nice guys who descended upon the place and did phenomenal amounts of work in very short periods of time. If you have ever participated in such a project, you can easily understand when Catherine Mae says, in her own sweet and demure little way how "glad" she is that it will soon be finished.

Linda Steeghs is in the aesthetics business and is enjoying being her own boss.

Yael Gluck entered into the bonds of holy matrimony on Oct. 1 and is expecting to complete the family with a baby in March. Didn't I tell you that her thoughts had taken on a new flavour, eh?

In this issue, we are including articles which explore the theme of native women. Watching the events unfold at Oka, Kahneseatake, and Kanewake this summer was a disturbing reminder of the struggles faced by all native peoples for aboriginal rights. There was a noticeable strong presence of women in some of the scenes shown on television. We know that the media do not tell us the whole story and now, more than ever, we are more aware of the need for us as non-native women to be informed about native culture and the issues of importance to native women.

"Without struggle there is no progress" WARRIOR SOCIETY

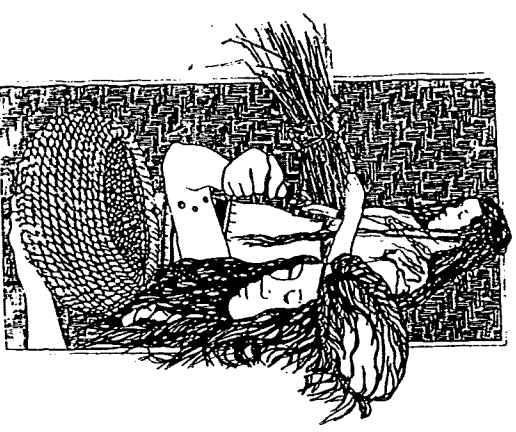
The American Indian Movement sees itself as a Warrior Society for Indian people. There are various concepts of a warrior society. To white people, the warrior is the armed forces. It's the guy who goes out there and fights and kills for his people; paid soldiers. But Indian people have never had hired killers.

Warrior Society to them means the men and women of the nation who have dedicated themselves to give everything that they have to the people. A warrior should be the first one to go hungry and the last one to eat. He should be the first one to give away his moccasins and the last one to get new ones. That type of feeling among Indian people is what a warrior society is all about. He is ready to defend his family in time of war -- to hold off any enemy -- and be perfectly willing to sacrifice himself to the good of his nation and his people, and that's what we see ourselves as, what we idealistically try to be. That's not saying that we are all completely selfless or any kind of saint, but we try, with the spiritual direction of our holy men, to get ourselves to the point where we don't have the aversion and greed that is so much a part of white society in this land.

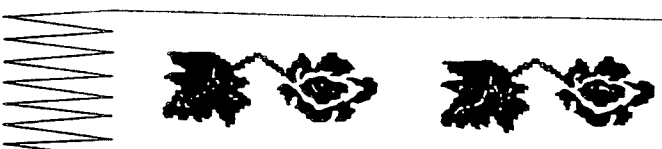
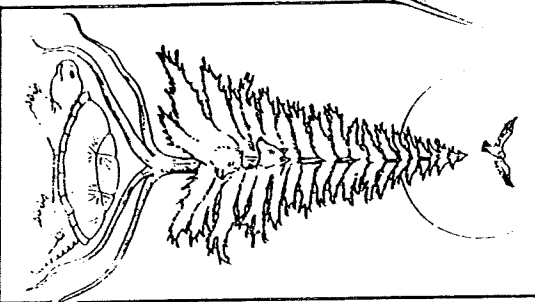
We believe that the power of this universe is held within our peace pipe. It is a pipe of peace, a pipe that at all costs tries to guide us in avoiding any deaths by our own hands, or any violence on the part of the American Indian Movement, and if anyone will check back into the history of the American Indian Movement, though we take a very strong stand for our people, we've never killed anyone. We have never had violence unless violence was perpetrated against us. The real violence in America is committed by the government against our people. The real violence is the fact that on a reservation our women are taken and raped in the back seat of cars.

Our job is to regain our humanity and our spirituality as it once was. Our job is to fight for freedom against oppression. Our job is to fight for land to stand on; land, a part of our Mother Earth which will be our physical and spiritual power base.

We are freedom fighters.



I have killed the deer.
I have crushed the grasshopper
And the plants he feeds upon.
I have cut through the heart
Of trees growing old and straight.
I have taken fish from water
And birds from the sky.
In my life I have needed death
So that my life can be.
When I die I must give life
To what has nourished me.
The earth receives my body
And gives it to the plants
And to the caterpillars
To the birds
And to the coyotes.
Each in its turn so that
The circle of life is never broken.



BY ART SOLOMON, ELDER AND WARRIOR
MEMBER OF THE LEONARD PELTIER DEFENSE COMMITTEE



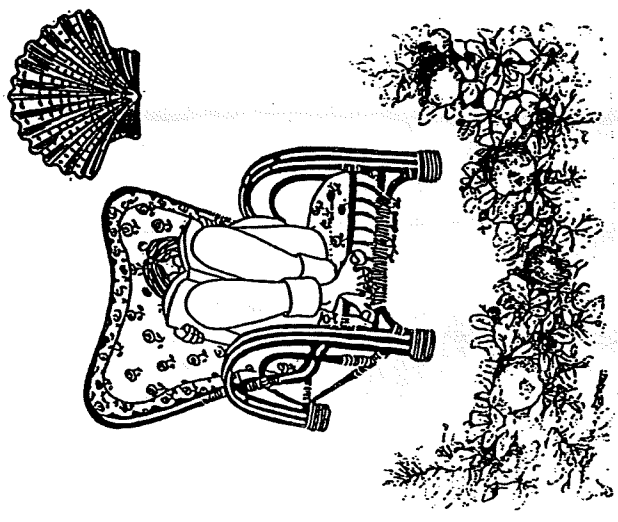


AWARE



NEWSLETTER PUBLISHED BY ANTIGONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221

- 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.



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 Lamb



AWARE



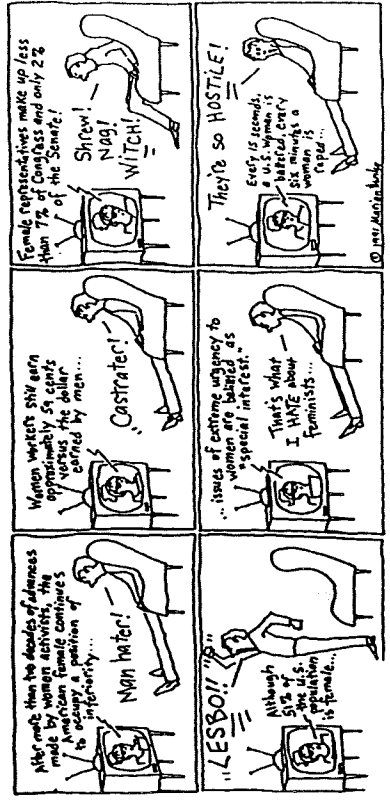
MOTHER



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!

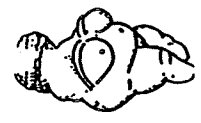


Not Your Everyday Health News

In Search of Exercise Shoes?
Slip the Women's Department

If your feet are of average width (between 3 and 4.5 inches), try the boys' and men's department 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, SHAN & BARBARA (in consultation)



FEEDBACK

If you know of upcoming events of special interest to women, please send the information on to us. We would also appreciate your feedback: ideas, information, reports, drawing, cartoons, etc. Deadline for the March issue is March 15th. Write to: Antigonish Women's Association Newsletter, 222 Main Street, Antigonish, N.S.; call 863-6221 or 6222; drop off material from 9:30 - 4:30 Monday through Friday or from 7:00 10:00 p.m. Tuesday evenings.



AWARE



LIFE AT THE WOMEN'S CENTRE

NEWSLETTER PUBLISHED BY ANTIAGONISH WOMEN'S ASSOCIATION
RESOURCE CENTER 863-6221

SPRING 1997

WOMEN AND GARDENS



"I know I am made from this earth, as my mother's hands were made from this earth, and all that her dreams came from this earth, and all that I know, I know in this earth... all that I know speaks to me through this earth, and I long to tell you, you who are earth too, and listen as we speak to each other
—Susan Griffin, 1978
of what we know: the light is in us."



Life at the Women's Centre carries on at a hectic pace. Along with our ongoing work on sexual harassment, we recently made presentations to the Town and County Councils informing them about our work and requesting \$1,500 donations to the Centre.

Along with other women's groups from the Highlands-Canso riding, we met with our M.P. Francis LeBlanc. We expressed our concerns about Bill C-49, the new rape legislation. We also discussed dropping the universality of family allowances, pay equity, the CFC leak in Canso, unemployment and poverty in our area, housing, the peace tax fund and the need to increase Secretary of State funding for women's organizations.

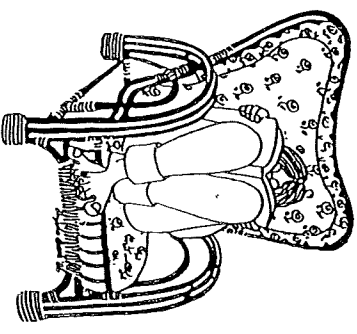
We met with the Canadian Panel on Violence Against Women in a round table format with the Naomi Society, Women for Social Awareness (St. F.X. Student Women's group), GLOW, Antigonish Single Mother's Association, and the Adolescent Health Project. The panel's goal is to develop a national action plan to eliminate violence against women. We focused our comments on economic violence against women. We talked about the need to broaden the usual definition of violence to include poverty which is a form of social violence directed primarily against women and children. In developing the idea that violence against women is a systemic problem in Canadian society we made the case that a culture which objectifies women and closes doors of opportunity for our education and economic independence not only facilitates and reinforces the abuse of women, but is in itself, abusive to women.

We left the panel with mixed feelings of hope, frustration, futility and sadness. Hope that the somehow our voices would be heard and that our children would be spared the abuse and violence we know too well. Frustration that after twenty years we are still saying the same thing, still struggling with the same issues. Futility, knowing that the government is spending \$10,000,000 to fund a panel to regather information they already have been ignoring for years when that money could have been used to fund women's work against violence. Sadness that women and children continue to live under seige in a society that permits sexual abuse, sexual assault, woman battering, child abuse, pornography, and poverty to destroy their lives and spirits.

On another note, our International Women's Day Cabaret was a wonderful celebration of women's marvelous strengths, talents and joie de vivre. The feeling of connection among the women in Somers Hall that night was at once comforting and inspiring. It made me feel that everything is possible when we work together in a way that honours all our sisters.

It's wonderful to see the sun returning. It's warm quickens our blood and lightens our step, revitalizing our energies for the tasks ahead.

Lucille Harper



THE GREAT MOTHER

Once upon a time before the rule of the fathers- in the dawn of pre-history, the mother goddess reigned supreme in the lives of peoples. Stone age sculptures of the great Mother, aside from cave paintings, are the earliest works of art known. They appeared everywhere from Siberia to the Pyrenees depicting a world view centering around the goddess. When Heredith Stone (feminist historian anthropologist) researched and wrote her book *When God Was a Woman* it sparked the imagination of women interested in a revival of goddess lore, wisdom, ritual and religion. Since then (easily sevenites!). Many books have been written on the goddess and many women have welcomed this world view which places the divine within oneself, nature and the universe. Seeing the divine in every thing and person demands a world view which respects the earth, animals, plants, and water, and recognizes each and every thing as interrelated, interconnected, dynamic parts of a whole- a cosmic order in and of itself.

Rich Neumann wrote a classic text called *The Great Mother* in which he described the appearance of the mother in sculpture and painting throughout many cultures. The great mother was depicted as a fertility symbol. Stone age figures show her as squat, huge and fecund with rounded body and breasts. Early female figurines also depicted half female half bird, showing the shamanistic qualities of women- the power to move between worlds: the act of giving birth involves

A Place for Solitude

Have you ever wished for a quiet place, away from the bustle of work and the demands of home, for just a few hours of solitude?

For the last couple of years, I've thought, on and off, of building a simple asram or meditation house overlooking the hills and valleys of Kappoch. Something about the idea was incomplete, though - and so I hesitated.

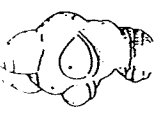
Now I've realized that what was missing was an element of sharing, with other women, the planning, building and enjoying of such a space: the communal energy and joy that balances the peace of solitary reflection.

So, I would like to offer the space and materials for us to create a place for ourselves. Together we could design and build a small retreat where women could meditate, read, pray, sing or just be alone for a time.

With enough women, a couple of weekend work parties would do it! Does this sound exciting, or crazy? Or both? Would the Kappoch mosquitoes pick it up and carry it off before we could finish it? What about a naming party to dedicate it?

If anyone finds this idea inspiring, let's get together and talk! Can we do it? Of course we can!

Sue Adams





AWARE

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NEWS FROM THE CENTRE

As I sit here reflecting upon the past year at the AVRC, 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 AVRC 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 recognise 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 AVRC, 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.

WISHING IN ADVANCE Lucille / m.b.c.

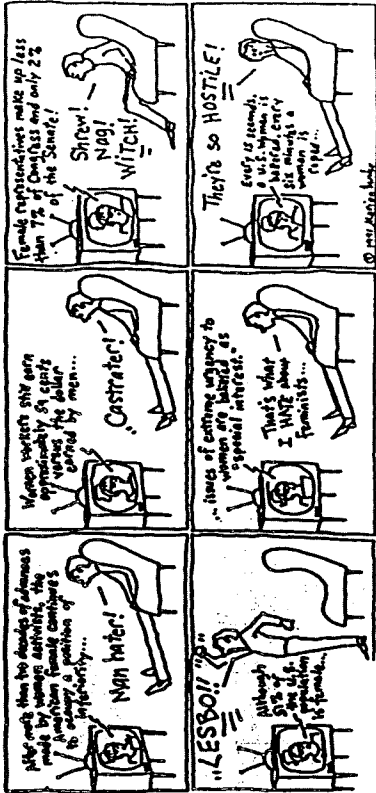


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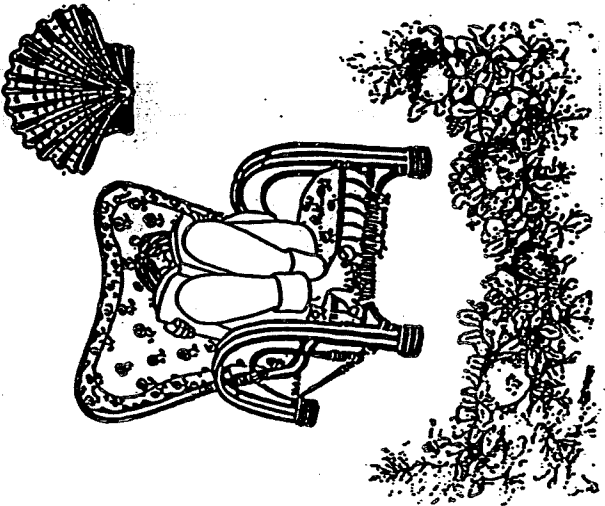
ANNUAL GENERAL MEETING
June 18, 7PM - CACL Workshop, Kirk St.

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!



- In Africa, for example, women do:
- Thirty percent of the plowing,
- Fifty percent of the planting,
- Seventy percent of the weeding 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.



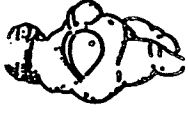
Not Your Everyday Health News

a la Sarah of Exercise Staff
Slip the Women's Department
If your feet are of average width (between 2 and 4 1/2 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. Frances 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.)

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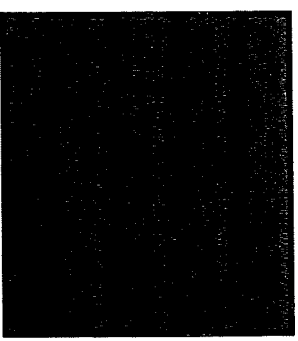
MOTHER



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Antigonish Women's Association
Suite 204, Kirk Place
219 Main Street
Antigonish NS
B2G 2C1



AWARe - Fall 2003

Special 20th Anniversary
edition of **AWARe!** Check out
the 1st two pages for
information on upcoming

Remembering **Lindsay Elizabeth Myers**: Sept 13, 1946- October 3, 2003. Lindsay made you want to be in her presence, for there you knew you would be at ease and at peace. She embodied a rare wisdom, beauty, dignity and undying love for life and all she shared it with. Life and love were perhaps what she understood best. She wanted to live with her Leukemia, she would direct it not have it direct her. She journeyed with it and through it. We have learned so many things from her life for which we can carry close to us as we continue this journey. Lindsay did not search for the reasons for her illness or the explanations because there were none. Instead she searched for ways to live every moment that she had. Life and love is not here and now, it is eternal.