



AWARE



NEWSLETTER PUBLISHED BY ANTIAGONISH WOMEN'S ASSOCIATION

RESOURCE CENTER

863-6221 FALL 93

WOMEN AND AGING



SERENITY AND POWER !!

By: Barbara Hayes

I have happily reached my forty-seventh year and find myself fascinated by the subject of aging and menopause as I move into what I consider to be one of the most exciting and powerful times of my life. As a feminist I have been aware of the struggles of women for equality, the discrimination, sexism and stereotyping women have been subjected to... when I think of women and aging I must say I have visions of women and poverty - Bag ladies - old women living in cramped apartments, eating cornflakes and toast and jam - surviving on a pittance (not so unrealistic- women and children are poorest in the work population). Fear is an emotion I connect with Aging - fear of poverty, fear of assault (we're even more vulnerable); fear of redundancy - being discarded by society. No place or nor use for old women. Indeed old women and old people in general are viewed with some contempt in our youth oriented culture. This aging, the negative sense of it, starts pretty early for women. Twenty five years old worry about wrinkles, grey hair. Thirty five year olds worry about sagging breasts, aging skin and are seen as over the hill, can't quite make it in the sexual or reproductive arena. If this wasn't so tragic it would be funny. That women's lives are so consumed by efforts to appear attractive, youthful and pleasing to others, particularly men and of course family, friends and community. To be womanly is to please....

So, that is one aspect of my perceptions of aging which includes fear. The other perspective on aging is how I feel in myself which is not related to fear and more related to power, wisdom, and serenity. I love this time in my life. I have learned a lot over the years. My body is changing - a recent illness has accelerated that and rudely reminded me of my mortality. The experience has softened me to life. It has opened a spiritual landscape which I feel will be a continuing thread in my life. I am much more reflective than my 20's and thirties. My forties I see as a time of gaining knowledge and accessing my power. I know what I want to do and I am taking more time for myself. In a few short years my two younger children will be out pursuing their own path in life and I will be free to chart my own course in life without worrying about meeting the needs of a family.

Germain Greer has written a book called The Change which is a very valuable resource for women our age. Much of what she writes resonates for me. She points out how as older women we can please

ourselves better than expending our energies pleasing others. She writes, "once involved in the inner climate of the climateric the aging woman should retreat into her own spiritual world and come to terms with herself. She should not be jolted out of it, bullied or ridiculed. To be patient she must be allowed to be quiet."

For me that translates as OK guys lay off (all of you). This is my time for inner work which translates powerfully in my outer life and outer world. There is also loss in this transition time. I have to adjust to my aging body. No more children. When I see small babies I have felt a pang then I heave a sigh of relief and feel lighter and freer. --" I have done my bit." I can let that go.

I find with this change, security is an illusion as it is at any other time. Life has a way of confronting us with events and experiences that challenge the very foundations of our values and beliefs. We just don't know what is in store for us. Even the best laid plans for aging and retiring can backfire. All of which is a reminder that we must live now fully and consciously with as much joy and celebration of the incredible beauty and mystery of life and of the considerable beauty, serenity and innerpower old age can bring.

GLORIA STEINEM

Actually, aging, after fifty, is an exciting new period; it is another country.

Just as it's exciting and interesting to be an adolescent after having been a child, or a young adult after having been an adolescent. I like it. It's another stage of life after you've finished with this crazy female role.

Observations On Aging

By: Janette Pecteau

(Age 26)

who knows when
I became my mother's sister
in this Age I am dancing
just as erratic
but less carefree sometimes

Softer now
the memory is lost
of a straighter

more energetic
less hairy

body

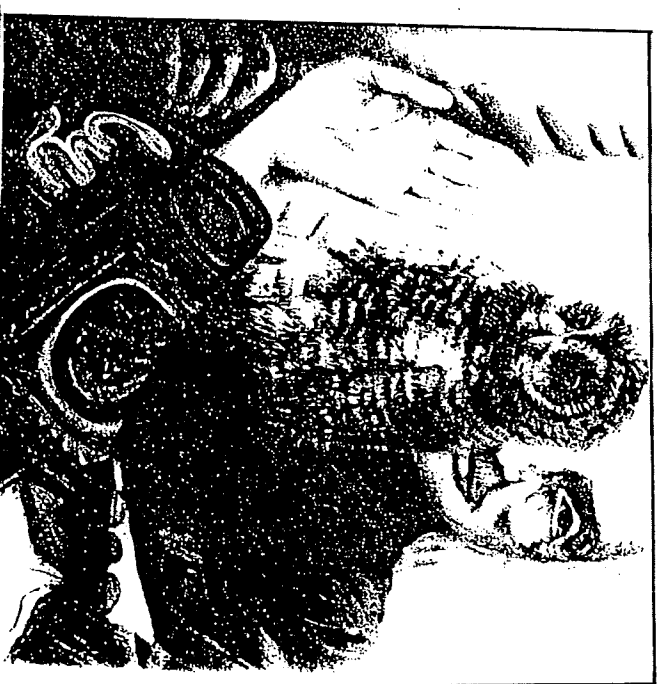
Softer now
more the lover, less the Judge

the Paunch has settled in
to stay
and I insist on wrinkles
(my older sisters laugh and can't see them)

Stronger now
managing myself
no longer lost to the overpowering Crush

laughing with Gladys
who at 85
went on munching her toast
on reading of the death
of one whom she'd fancied

looking ahead
try to imagine myself
in my mother's or grandmother's Age
hoping to be
half as Cool



GRANDMOTHER LODGE

Brooke Medicine Eagle

The Grandmother Lodge is the lodge of the white-haired (wisdom) women—those who have gone beyond the time of giving away the power of their blood, and now hold it for energy to uphold the Law.

When our elders step across the threshold of the Grandmother Lodge, leaving their bleeding behind them, they become the Keepers of the Law. No longer is their attention consumed with the creation and rearing of their own family. In this sense, they have no children, and in our ways those who are not parent to any specific child are parent to ALL CHILDREN. Thus their attention turns to the children of All Our Relations: not just their own children, or the children of their friends, their clan or tribe, but the children of all the hoops: the Two-Leggeds, the Four-Leggeds, the Wingeds, the Finned, the Green-Growing Ones, and all others. Our relationship with this great circle of Life rests ultimately in their hands. They must give-away this responsibility by modeling, teaching, and sharing the living of this law in everyday life—to men, women, children—that all might come into balance.

What this means for women, in very practical terms, is this. When you pass beyond menopause, you have the opportunity for a renewed and deeply powerful experience of yourself. As you drop away from the silliness and fear that has been generated by the "over the hill" cultural trance, and open yourself to the truth that lives within you—body and spirit—you will find an incredible challenge—a challenge for which you are better equipped than any other two-legged. You have the opportunity to sit in council, and using the power of the blood held among you, create a harmonious world around you.

Eileen Cameron-Henry ON AGING

AGING: The first thing you have to do is accept the fact that you are no longer a young girl. If you have to wear false teeth, so what? Just use one of the "grips" advertised, and you're confident they won't jump out on you. No sweat! Dress in style, but not what the fashion models are wearing. Your legs simply can't bear the exposure. Go easy on the makeup. Older skin needs a gentle touch, especially if brown "age" spots begin to show. Keep a simple hair-do that's easy to care for, and which doesn't show up the older skin tones. White can be beautiful, and it's in harmony.

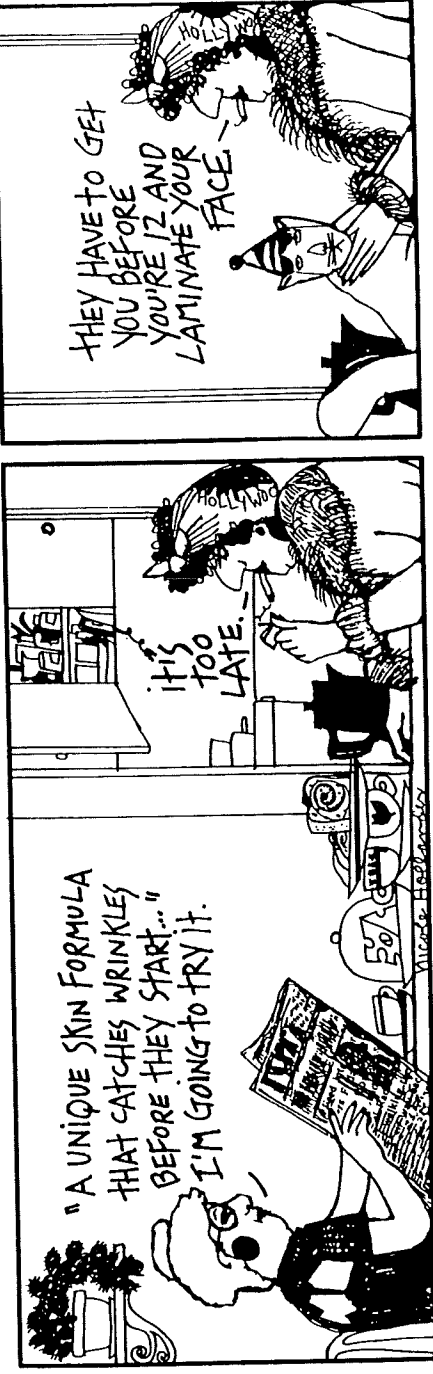
That's it for looks. Now for what is very important in your daily life. Find something that grabs your attention - exercises at Club Sixty, the craft lessons they offer. If you have had a career offer to go to Grandparents in the Classroom. One doesn't have to be a grandmother, simply enjoy children. Offer to help at such things as pantry sales, rummage affairs, your church groups, or any activity which takes you out of the house to places where you meet and mingle with people. Go the public meetings - you don't have to be active politically, but such meetings put you in touch with your town, or city. And you mingle with people, which is very important. Whatever you do, don't just sit home. If you drive a car take a couple of women you've met and go off to the next town for a look about the stores, and have lunch. Sounds like nothing much, but it is a change of scenery.

Join the local Library, and you'll find so many ways of reaching out from the house.

One thing is a must, especially if you live alone. SET THE TABLE at meals. Don't eat off the corner of the stove, or sink. Your health will be better, because everything looks better on plates, and surrounded by silver and a napkin. Try it.

T.V. There are many interesting programs on Cable - and you'll be surprised how you can bring such subjects into conversation. And they keep your mind ticking over. And walk every day. You not only meet people, you keep your blood moving and your heart beating.

We hope to see the twenty-first century come in, and we hope you do, too.



Grandma Sits Down

R. Kempa

Her knees lean against the front of the battered rocker, getting their bearings, while she frowns out the window at the garden, or squints into the poplars to see if the sparrow-hawks have returned. Slowly, flat-footedly, like a fashion doll in the department store, she rotates, knees locked, keeping contact with the chair. Her hands grope for, find, grip the knobs at the ends of the wooden arms. She's not looking at anything now, it hurts, she's concentrating. Holding her breath like an astronaut, knuckles white

around the knobs, she lets herself fall. The chair shudders, reels backwards, hangs for a very long instant on the coasters' rims (her eyes are shut, head pressed back) and then begins to oscillate. She breathes out: Another successful maneuver, nothing

to be especially pleased about. She knows not to take for granted she can get back up. Still, the wind of her motion cools her cheeks. She continues with the letter she's been writing: "The earth is beginning to thaw. I am anxious to plant some seeds."

(Reprinted from the book:
When I Am an OLD WOMAN I Shall Wear Purple.)

COME ONE, COME ALL!!
TO THE

TENTH ANNIVERSARY CELEBRATION

WHO?: ALL AWA MEMBERS
WHEN?: SATURDAY, NOVEMBER 13, 1993
WHERE?: T B A
WHY?: BECAUSE WE DESERVE IT
AND IT WILL BE FUN!!

WE ARE HOPING THIS CELEBRATION CAN DOUBLE AS A HOMECOMING EVENT FOR OUR SISTERS (MANY OF WHOM ARE FOUNDING MEMBERS) LIVING AWAY. TO THIS END, LOVELY INVITATION CARDS FEATURING THE GRAPHIC BELOW HAVE BEEN SENT OUT TO A STAR STUDDED CAST OF AWA PLAYERS. (THE GRAPHIC IS A FREEHAND REPRODUCTION BY SHARRON VILLANUEVA OF THE MINOAN FRESCO TITLED "LADIES IN BLUE" FROM THE PALACE OF MINOS.)

THE EVENT PROMISES TO BE A PERFECT OPPORTUNITY TO CATCH UP ON NEWS, MEET INTERESTING FOLK, ENJOY MUSIC, FOOD, LAUGHS... EVERYTHING NICE THAT WE SO RICHLY DESERVE. WE HAVE ACCOMPLISHED AND LEARNED SO MUCH! NOW IS THE TIME TO CELEBRATE AND REFLECT.

RSVP TO THE CENTRE PLEASE BY LATE OCTOBER SO WE CAN MAKE ARRANGEMENTS. IF YOU CAN BILLET SOMEONE FROM OUT OF TOWN, LET THE CENTRE STAFF KNOW. WE'LL KEEP A LIST. FEEL FREE TO CALL IF YOU WANT MORE INFORMATION.



National Women's Peace Resource and Education Centre to be established by Voice of Women

Over the last few years, the National Board of Voice of Women has been exploring ways to increase funding for the work of Voice of Women. The predominant feeling was that if we had charitable status we could attract and actively seek larger donations from individuals and private foundations. Our enquiries revealed that Voice of Women as an organization with a political and lobbying role cannot qualify as a charity.

We can, however, seek charitable status for a trust fund with a clear educational mandate that would be administered independently of Voice of Women. This is where the proposal of a Women's Peace Resource and Education Centre (WPREC) comes in. Voice of Women does a lot of educational and non-jobby work that could be transferred to WPREC. Our staff costs could also be absorbed by this new entity. As a 33 year old widely respected women's organization, we receive information request from many people including members, students, activists, film-makers, feminist historians,

and national and international groups.

A clear rationale thus exists for officially establishing a well-organized centre to serve members and the wider community. The resources, volunteer members and staff of the national office currently serve as a resource centre for our members and those who seek us out. We need, however, to receive funding to maintain and expand the services that are clearly in demand.

The working group for WPREC envisions a computer information retrieval system whereby the national and local holdings of VOW can be accessed by members via computer modem. In using computer modem technology, materials can be held in various places around the country and members can tap into that information from any computer with a modem. The initial computer set-up cost of \$3,000 is not something we can afford now, but could be aimed for in the future.

To move forward with the vision of WPREC we have hired two women on a 6-month contract through a Canada Em-

ployment programme. They are assisting the Working Group for WPREC. A survey has been designed to help members decide the priorities and direction that WPREC should take. The survey is enclosed with this newsletter and we ask you to please take the time to complete it so that we may all contribute to this important initiative in the history of Voice of Women.

In Memoriam

New Brunswick Voice of Women member Gwendolen Massey died April 6, 1993. Up to the end she was active writing letters; one denouncing NAFTA, appeared in the Spring issue of *Canadian Perspectives*, the publication of the Council of Canadians. One of Gwendolen's last acts was to introduce her daughter Isabel Massey of Toronto to the Voice of Women by buying her a membership.

5.

Feminists and other concerned women are coming together more and more around health issues and older women. We need to both agonize 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 centre. 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 Newron, 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 youth, and for all of us, if we learned and lived this lesson?

Helen Levine is a sixty-one-year-old feminist living and working in Ottawa.

Ten Years

**Then, silence and solitude
were lonely items**

Now, they are hoarded commodities worth more than gold.

Then the only love
worth having
was that of my dream
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 29)

oppression 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.

THE
 SUCCESSION AGENT
 Refusing to interfere or more or
 sustained vigorous exercise
 four times a week
 Carrot smoking
 Behavior and disposition
 and smoking with other people
 and other people, where
 and vegetables and from
 man
 There is much difference
 and sleep between and needs
 between a machine and a
 sense of humor
 for plants and people and
 things, they look after
 yourself and maintain your
 independence
 things between other people and
 the world
 They maintain

My friend takes bottles of pills, and I take bottles of vitamins, also lozons and painkillers as insurance. We line our portions up on the bureau as we unpack. It's a hilarious scene for the two of us, who used to think old women were endlessly and inappropriately preoccupied with their bodies and ailments. We laugh uncharitably at ourselves, at the scene, at our youthful intolerance.

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 love 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. Self-help groups can be very important for our health.

- continued Top of column ↑

RESOURCES

Books Women and Aging

Informational Books

- Brewi, Janice and Anne Brennan, *Mid-Life: Psychological and Spiritual Perspectives*. N.Y.: Crossroad Publishing Co., 1982.
- Brown, Judith K., et al., *In Her Prime: A New View of Middle-Aged Women*. Massachusetts: Bergin & Garvey Publishers, Inc., 1985.
- Cobb, Janine O'Leary, *Understanding Menopause*. Toronto, Canada: Key Porter Books, 1988.
- Costlow, Judy et al., *Menopause: A Self-Care Manual*. Santa Fe, NM: Santa Fe Health Education Project, 1989 (Can be ordered from P.O. Box 577, Santa Fe NM 87501).
- Cutler, Whitford Berg, M.D. and David A. Edwards, Ph.D., *Menopause: A Guide for Women and the Men Who Love Them*. N.Y.: W.W. Norton & Company, 1983.
- Dickson, Anne and Nikki Henriques, *Women on Menopause*. Rochester, Vermont: Healing Arts Press, 1988.
- Dorees, Paula Brown, Diana Laskin Siegal and the Midlife and Older Women Book Project, *Our Selves Growing Older: Women Aging with Knowledge and Power*. N.Y.: Touchstone Books, 1987.
- Downing, Christine, *Journey Through Menopause: A Personal Rite of Passage*. N.Y.: Crossroad Publishing Company, 1987.
- Garfield, Patricia, Ph.D., *Women's Bodies, Women's Dreams*. N.Y.: Ballantine Books, 1988.
- Gillespie, Lillian M.D., *You Don't Have to Live with Cystitis*. New York: Avcon Books, 1986. See chapter on "How Menopause and Aging Affect Your Urologic Health."
- Greenwood, Sadja, *Menopause Naturally: Preparing for the Second Half of Life*. San Francisco CA: Volcano Press, 1989.
- Haddon, Genia Pauli, *Body Metaphors*. N.Y.: Crossroad Publishing Company, 1988.
- Hufnagel, Vickie, M.D., *No More Hysterectomies*. N.Y.: Susan K. Golant, 1989.



OLD PEOPLE EVERYWHERE

Old people need old people, but they also need the young, and young people need contact with the old.

There is a natural tendency for old people to gather together in clusters or communities. But when these elderly communities are too isolated or too large, they damage young and old alike. The young in other parts of town, have no chance of the benefit of older company, and the old people themselves are far too isolated.

Treated like outsiders, the aged have increasingly clustered together for mutual support or simply to enjoy themselves. A now familiar but still amazing phenomenon has sprung up in the past decade: dozens of good-sized new towns that exclude people under 65. Built on cheap, outlying land, such communities offer two-bedroom houses starting at \$18,000 plus a refuge from urban violence . . . and generational pressures. (*Time*, August 3, 1970.)

But the choice the old people have made by moving to these communities and the remarks above are a serious and painful reflection of a very sad state of affairs in our culture. The fact is that contemporary society shuns away old people; and the more shunned away they are, the deeper the rift between the old and young. The old people have no choice but to segregate themselves—they, like anyone else, have pride; they would rather not be with younger people who do not appreciate them, and they feign satisfaction to justify their position.

And the segregation of the old causes the same rift inside each individual life: as old people pass into old age communities their fore broken. Their youth is no longer alive in their old age—the two become dissociated; their lives are cut in two.

In contrast to the situation today, consider how the aged were respected and needed in traditional cultures:

Some degree of prestige for the aged seems to have been practically universal in all known societies. This is so general, in fact, that it cuts across many cultural factors that have appeared to determine trends in other topics related to age. (*The Role of Age in Primitive Society*, Leo W. Simmons, New Haven: Yale University Press, 1945, p. 69.)

More specifically:

. . . Another family relationship of great significance for the aged has been the commonly observed intimate association between the very young and the very old. Frequently they have been left together at home while the able-bodied have gone forth to earn the family living. These oldersters, in their wisdom and experience, have protected and instructed the little ones, while the children, in turn, have acted as the "eyes, ears, hands, and feet" of their feeble old friends.

Lark, Susan, M.D., *The Menopause Self-Help Book*. Berkeley: Celestial Arts, 1990.

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Mankowitz, Ann, *Change of Life*. Toronto, Canada: Inner City Books, 1984.

Martin, Emily, *The Woman in the Body: A Cultural Analysis of Reproduction*. Boston: Beacon Press, 1987.

Parvati, Jeannine, *Hygieia: A Woman's Herbal*. Monroe, Utah: Freestone Publishing Co., 1978.

Reitz, Rosetta, *Menopause: A Positive Approach*. New York: Penguin Books, 1977.

Rogers, Natalie, *Emerging Woman: A Decade of Midlife Transitions*. CA: Personal Press, 1980.

Scarf, Maggie, *Unfinished Business: Pressure Points in the Lives of Women*. N.Y.: Ballantine Books, 1988.

Taylor, Dena, *Red Flower: Rethinking Menstruation*. Freedom CA: The Crossing Press, 1988.

Walker, Barbara, *The Crone: Women of Age, Wisdom, and Power*. San Francisco CA: Harper & Row, 1985.

Weidager, Paula, *Menstruation & Menopause*. N.Y.: Alfred A. Knopf, Inc. 1975.

Wilson, J., *Women, Your Body, Your Health*. N.Y.: Harcourt, Brace, Jovanovich, 1990.

Publications

A Book About Menopause by Miryam Gerson and Rosemary Byrne-Hunter. To order, send \$4.00 to Montreal Health Press, P.O. Box 1000, Station Place du Parc, Montreal, Canada H2W 2N1; tel: 514/272-5441.

A Friend Indeed, a monthly newsletter whose "intention is to explore menopause as mythology, as biology, as feelings; to offer moral support to those who need it; to offer an exchange of information from woman to woman; and to gather together in one place relevant information so that women can make knowledgeable decisions." Box 515, Place du Parc Station, Montreal, Canada H2W 2P1, tel: 514/843-5730.

Healthsharing: A Canadian Women's Health Quarterly, issue on menopause, Winter 1990, 14 Sney Lane, Toronto, Ontario, M6J 3S4.

Hot Flash, the official publication of The National Action Forum for Midlife and Older Women, Box 816, Stony Brook, NY 11790.

Woman of Power, issue #14

Articles

"Estrogen replacement: What are the risks?" in *Consumer Reports Health Letter*, November 1989, Vol. 1, No. 3.

"On menopause and the toll that loss of estrogens can take on a woman's sexuality," by Jane Brody, *The New York Times*, May 10, 1990.

"The Estrogen Fix," by Andrea Boroff Eagan, *Ms.*, April, 1989.

"The Menopausal Years" by Beth Reimer, M.D., Daly City, CA: PAS Publishing, 1980.



We therefore need a way of taking care of old people which provides for the full range of their needs:

1. It must allow them to stay in the neighborhood they know best—hence some old people in every neighborhood.
2. It must allow old people to be together, yet in groups small enough not to isolate them from the younger people in the neighborhood.
3. It must allow those old people who are independent to live independently, without losing the benefits of community.
4. It must allow those who need nursing care or prepared meals, to get it, without having to go to nursing homes far from the neighborhood.

All these requirements can be solved together, very simply, if every neighborhood contains a small pocket of old people, not concentrated all in one place, but fuzzy at the edges like a swarm of bees. This will both preserve the symbiosis between young and old, and give the old people the mutual support they need within the pocket. Perhaps 20 might live in a central group house, another 10 or 15 in cottages close to this house, but interlaced with other houses, and another 10 to 15 also in cottages, still further from the core, in among the neighborhood, yet always within 100 or 200 yards of the core, so they can easily walk there to play chess, have a meal, or get help from the nurse.

Build small cottages specifically for old people. Build some of them on the land of larger houses, for a grandparent; build others on individual lots, much smaller than ordinary lots. In all cases, place these cottages at ground level, right on the street, where people are walking by, and close to neighborhood services and common land.

Former Yugoslavia

Beyond the homelessness of lost souls

By Lepa Mladjenovic

The following is excerpted from a testimony given by Lepa Mladjenovic at the UN Human Rights Conference in Vienna in June.

I come from Belgrade — the seat of the government which some of us believe started the war in Croatia and Bosnia and which led to the massive genocide of Muslim people, and which is now introducing practices of terror among the citizens of Serbia.

I am one of the women of Belgrade who formed the women's opposition to Serbian politics, one of the Women in Black Against War who (since October '91) stand on the street of Belgrade to show our opposition. I am one of those from the SOS Hotline who formed a special group to work with women who survived sexual abuse in this war. I am one of those who work with women who come from Croat, Hungarian, Muslim, Gypsy, Albanian, and Serb ethnic origins. I believe in solidarity as the body believes in the air that she breathes.

Many of our days are filled

with activities that deal with war, we search for candles and food cans to be sent to Sarajevo.

We find bus drivers to go to Bosnian towns and we write letters to our Bosnian sisters in Denmark, Sweden, Holland and elsewhere and we help others to get out. When the night comes and the sound of the wind brings back the fear for loved ones, I fight depression with the urge to activate my despair.

Caught between guilt and activism, between helplessness and the strength that comes out of concrete work, between complete impossibility to know the way out of this war and my deep feminist vision of the world, I need to say a few things with my friends. Witnessing the tortures of war, I have learned that the institution of compulsory heterosexual sexuality has invented rapes in war.

In our encounters with women survivors of the war rapes we have learned that women from all three nationalities have been raped, and that there are examples of systematic and individual rapes committed by men of all sides. The war rape survivors we met are women like us. We have listened to them and heard their silence.

We have taken a position that from the point of view of survivors there is no greater or lesser rape victim. Each woman

experiences trauma in her own way and develops her own mechanisms of survival. The torture they were subjected to has left some of them in a state of homelessness in their own bodies and souls. Many are refugees without a home address.

Thousands of women from all three nationalities are left without warm places to go back to. All of us who they meet on their road of despair, escape, or search for a new life could be those warm sources that will reawaken the particles of the feelings for familiarity and faith by which they can start their new

Facts: There are at least 5 million displaced and refugee people as a result of this war.

The UN High Commission for Refugees report of May 1993 registered 3.5 million refugees within the territories of the former Yugoslavia.

People of Muslim nationality have no country of origin to refer to. We have taken a position not to divide women on the basis of their nationality and not to count them according to their ethnic group. Each government is counting their dead, and their injured, their refugees, and their raped women. We believe this selective counting is the same kind of nation-state logic that lead to the war.

After many discussions and exchanges of experience with feminists from different countries, we have come to some hypotheses about war rape in Bosnia and Croatia:

1. We have agreed that any and every rape is a violation of human rights. We have to work to change our legislative system so that perpetrators will punished (even though some of us do not believe in the present penal system).

2. We have agreed that war rapes should be explicitly made a war crime; that the Geneva Convention should give this crime its full name; that all governments, state institutions and the general public should know that this crime must be punished; and each soldier-perpetrator from all three sides be put on trial.

3. We see that this is another historical case where war has produced genocidal rapes. We are witnessing thousands of Muslim women being subjected to systematic rapes, death and deportations as a part of genocidal military tactics (ethnic cleansing) by the Serbian Army. Instances of genocide have lately been recorded on all three sides of the war. We therefore demand that genocidal rape be named as such, and that political

Woman to Woman relief project for women refugees of the former Yugoslavia

The Women's Multi-Faith Coalition in Toronto, made up of women from different faiths, is launching a campaign to provide emergency supplies to women and children, refugees of the former Yugoslavia, in the form of personally wrapped packages of essentials. Women in communities throughout Canada are urged to gather together, to wrap a number of these packets. If you can help organize this in your community, please call VOW members Lyn Adamsen (416) 596-7528 or Dorothy Goldin Rosenberg (416) 968-1944. If you cannot organize in this way, you are invited to send \$10 and a personal note and we will send a packet for you. Send to: Woman to Woman c/o Laurie Bachman, 40 Homewood Ave. #104, Toronto ON M4Y 2K2. Packages will be distributed among Croatian, Serbian and Muslim refugees.

The supplies most urgently needed include soap, shampoo, sanitary napkins, water sterilizing tablets, and military leaders be put on trial for this crime.

4. We are witnessing many different abuses of women raped in war. Serbian and other governments are using raped women to increase hatred against the enemy and to rationalize their national chauvinism. Some journalists have been putting enormous pressure on raped women. Various state institutions manipulate numbers to such an extent that one has the impression that they are glad about the increases in numbers. They use rape statistics as a weapon against the enemy, ignoring the reality of male violence against women. Video tapes of testimonies by Serbian rape victims are being sold for foreign currency.

War rapes in Bosnia are no longer the top issue in the world's media. War rape did not become a media issue because there was concern for the protection of women's rights. It is up to women to use this break of the invisibilities of the rape in war and enter all institutions at all levels to establish sanctions against male violence against women. It is up to us to continue our group work with women survivors in solidarity with each other — our pain, trauma, isolation and loneliness.

Women from the war zones Budapest, Arany J. vt. 2.

ons and death with the help of women of different nationalities. This taught us once again women's solidarity can save lives and is the force that transcend the concepts of nation and state to make us surer and closer to each other.

June, 1993

Lepa works with Women in Black Against War, SOS phone Hotline and Cent Women Raped in War. She is in Toronto March 1993. Tour Toronto Voice of Women. Toronto Voice of Women is accepting donations urgently needed books and materials on trauma counselling, feminist therapy to send feminist telephone. Send donations to: SOS Women, 736 E. St. Toronto, ON M5S 2L1. and others c/o Stojanovic, Kneza Milankovic, 11000 Beograd, Yugoslavia Fax 38-11-334. Donations for the Cent Women Raped in War will be sent to a SOS Belgrade account in Budapest, Hungary. Bank code: HUHB MHB Rt. Bank Arany J. vt. 2. Bankfor Budapest, Arany J. vt. 2.

VOW Halifax vigil in solidarity with Belgrade Women in Black Against War

Excerpt from Atlantic Voice of Women Newsletter, Spring 1993

Out of the horrors of the civil war in the former Yugoslavia have come some signs of hope. There are women's groups active in Croatia and Serbia who are working across ethnic, racial and religious barriers to give aid and support to women and children caught in this conflict. These groups are anti-war and anti-nationalist and are attempting to develop feminist analysis and practice under very difficult circumstances.

VOW National and VOW Nova Scotia have taken on this issue as one of special significance. We have been in touch by fax and phone with two of the women's groups: SOS Hotline Women in Black in Belgrade, Serbia, and Anonymous Women's House in Zagreb, Croatia.

VOW learned that Women in Black in Belgrade were holding a weekly vigil every Wednesday in downtown Belgrade to be visible witnesses against war and nationalism and to demonstrate solidarity with the women and children victims of the war.

VOW N.S. decided to organize a weekly vigil in solidarity with these women. We've been standing outside the Halifax Regional Library every Wednesday for eight weeks. The last vigil will be held on May 5th, the Wednesday before Mother's Day — a special day for women of peace. We wear black and hold signs in silent display and we pass out information leaflets. On May 5th, we are presenting a letter petition to a representative of the United Nations. We are also having one-minute speeches from representatives of groups who have supported our vigil and our letter. They include members of the Muslim community services for Sexual Assault Victims, Women and the Law, Women's Studies group, VIA, Atlantic region, Oxfam, and the Dalhousie Women's Centre.

NEWS FROM THE CENTRE

by Katherine Reed

The title of this column seems like an enormous understatement. Have we got news! Everyone is reeling from all the changes, opportunities, accomplishments, and details, details, details. Here is a brief summary:

Due to the efforts of Lucille, and previous work done by Marion Mac Donald and Rieky Stuart, we now have a Charitable Tax Number registered under the name of The Antigonish Women's Resource Centre! (not the AWA). This enables us to issue official tax receipts to financial supporters of the AWRC. This has already inspired more people to donate.

Three new project proposals were granted to the AWA: Thanks to Lucille's vision (and skilled, hard work), a project proposal designed to enhance services to survivors of sexual abuse and sexual assault was approved by the provincial government under the Victim's Services program. Also, a Secretary of State "Voluntary Action" project was approved. This will research the fundraising capabilities of an equality seeking organization in a rural community and develop a fundraising strategy. A small Community Health Promotion Fund (Dept. of Health NS) initiative will be supported which will enable us to carry out a public education campaign about sexual abuse, and a directed therapy group for women survivors. Judy Whitty is currently working on the public education component. Watch for events in the next couple of weeks.

The provincial government granted the AWRC \$8,000 in June, thanks to the efforts of Women's Centres CONNECT!. This money kept the Centre staffed throughout the summer. This was an opportunity for me to finish organizing the library, coordinate a preliminary survey of AWA members, and put together a volunteer program. I was also able to help The Society for Affordable Community Housing in Antigonish (SACHA) develop plans to bring some new housing stock to Antigonish, and carry out an awareness campaign to inform the public of our activities.

Our library is now entirely on a computer system. This enables users to find books according to author, subject, or title. Trained volunteers are now able to use the computer program to organize the library. We have about 3500 books now (!) thanks to the generosity of many, many people. If you would like to donate a book to the library, it would be appreciated... and put to good use.

As part of a preliminary AWA members survey, roughly 40 members were interviewed by telephone. The questions asked were 1) How long have you been a member?; 2) Do you know other members?; 3) Do you intend to continue your membership?; 4) What do you think the AWA and RC should be doing?; 5) Would you like to be part of a discussion group which would reflect on the 10 year life of this organization and plan for the future?; and 6) Would you be interested in volunteering your time to either the AWA or AWRC? The survey is not yet complete. If you would like to register your responses, or find out more about this work, feel free to call me at the Centre.

Much work was accomplished by SACHA, a committee of people working to bring more housing to Antigonish and Area. My time at the Centre this summer allowed me to be on an advisory committee helping our summer student, Tish Langlois coordinate communications about the project to potential participants. This work is ongoing. If you would like to know more about becoming part of a home ownership co-op, or if you have housing difficulties, call us at the Centre for information.

The AWRC now has a volunteer orientation kit which was used to run two orientation sessions. This bit of work builds on the efforts of earlier volunteers and staff. The Centre is only able to maintain a high level of service because of the valuable contributions of volunteers. We always had volunteers, and work had been done in the early years toward coordinating their contribution. For the first time this summer it was possible to pull together an orientation kit. The kit is modelled after a couple of other women's centres' volunteer information and is ready to use at any time. If you are interested in doing a little work at the Centre this year, just give us a call. We could be ready to run another session on a few day's notice!

The work of the Centre in the coming months will involve collecting impressions of the AWRC from members of the general public, Centre users, human service workers in the community, and AWA members. A "streetier" style survey will be conducted soon, focus groups will be set up, and a survey questionnaire will be mailed to human service workers. If you have an interest in helping out with any of these efforts, or if you have thoughts on any of this, just give us a call. We'd love to hear about it.

We are working with PSAC members in planning another all-candidates public forum scheduled for Oct. 12, 7 PM at the Parish Centre. Everyone is encouraged to come out and raise issues of concern and hear the candidates speak. If you need information or assistance in putting together a question, we'll try to help.

DO YOU HAVE THOUGHTS ON THE 10-YEAR HISTORY OF THE AWA/RC?

WOULD YOU LIKE TO BE PART OF CREATING A VISION FOR THE FUTURE?



IF YOU WANT TO GET INVOLVED IN THE
UPCOMING "FOCUS GROUPS" PLEASE CALL THE
CENTRE AND SIGN ON! YOUR INPUT IS
IMPORTANT TO THE FUTURE OF THE CENTRE
AND THE AWA. SCHEDULING IS FLEXIBLE.

THIS IS AN AUTUMN DRAW TICKET

No. 122

Autumn Draw

Name _____

Address _____

Phone _____

AWRC Women's Association

10 PRIZES - \$1000 EACH

2 PRIZES - \$500 EACH

1 PRIZE - \$10000

Tickets \$2.00 each 15 chances to win

Exp. Date Nov. 1 1984-85

AS YOU CAN SEE, IT'S A GOOD GAME... GOOD
ODDS, EXCITING PRIZES... PROCEEDS GO TO
SUPPORT A WORTHWHILE CAUSE...
WOULD YOU LIKE TO BUY ONE? COULD YOU
SELL ONE? A FEW? A WHOLE BUNCH? CALL
THE CENTRE IF YOU ARE INTERESTED.

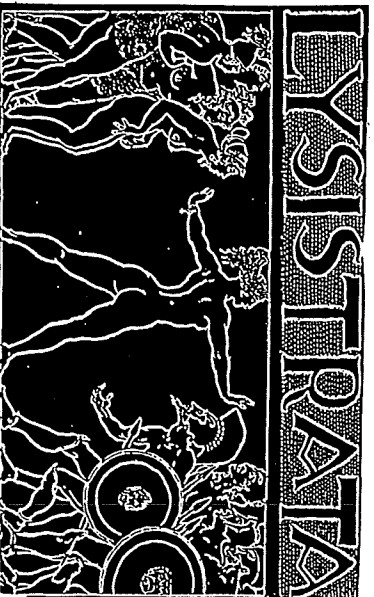
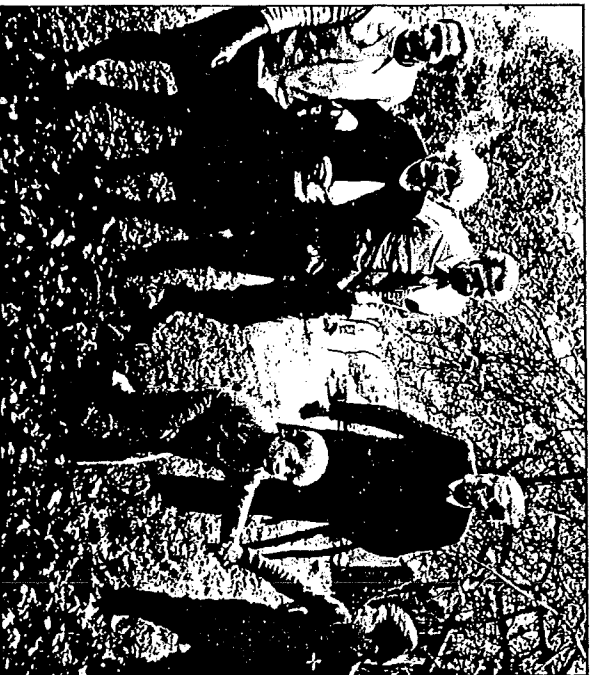
Anti-Ageist Work

When we move to change our consciousness, we free ourselves of built-in disablers. When we share information with other women, we discover patterns in the problems we face. When we generalize the specifics of those problems into political actions, we devise women's shelters or abortion clinics or the legal/educational fight to reduce violence against women.

As long as the existing divisions between women encourage political impotence, we have to stumble along taking one step at a time. Perhaps the first step will be forming groups of young and middle aged women who wish to confront their own ageism. However, there is a danger in this similar to that encountered in male consciousness raising groups. Men used the opportunity not to explore their sexism but to exchange complaints about women—especially uppity women—and ultimately, to devise ways of resisting the momentum of women's liberation. (It was only when some men committed themselves to anti-sexist work and to female authority over the naming of sexism that some of them began to change.) Perhaps women in forming their own groups to combat ageism will fall into the same trap, complaining first about their mothers and then old women in general.

Another difficulty which I have witnessed in Ageism groups is the tendency of everyone in the group from eighteen to sixty to talk about the ageism which they experienced as teens (Adulthood) or are experiencing as mid-life women. This is a valuable catharsis, but it will leave the prejudice against old women intact.

With these problems in mind, I have been devising a list of discussion topics for women who want to change their ageism. I have given copies to the few politicized old women I know and incorporated their reactions. I have tried them on a mixed age group of lesbians when I was living on women's land. These questions can be used in a



not be used as a test to see how clean one is but to confront one's inner feelings: 10

1. "I can't help feeling that a mother is someone you *hate* not someone you *are*." What are your feelings about this statement?
2. An old woman often finds that other women expect her to see their needs as hers. *Her* priorities often become invisible. Can you describe situations from your life when you may have made this assumption?
3. Men go to war assuming they will not meet a bullet. Is this similar to your reaction to your own aging process?
4. When do you first remember encountering or feeling revulsion toward old women or the aging process?
5. When did you stop looking up to a woman older, more sophisticated, more wise than you?
6. When did you first sense that reaching a certain age meant a loss of power? What age? Over whom?
7. Describe times when you tried to pass for younger. Try pass for older. What privileges were you seeking? In what ways do you anticipate trying to pass in the future?
8. When did you first notice that you treated older women differently than your contemporaries? How much older?
9. When you share confidences with a woman much older than yourself, what are your expectations of her?
10. Women face terrible pressure to hide their disabilities or their age. How do you participate in exerting these pressures?
11. Make a list of the terms or concepts which demean, trivialize or otherwise diminish women of age or mothers. Make another list of the negative stereotypes of old women which you remember from your childhood, TV, books.
12. Fill in the blanks: Older women always _____ women I generally feel _____ When I am with older women I wouldn't want an old woman to _____ When with old women, I'm afraid I will _____
13. Do you feel revulsion toward a woman's wrinkles, sagging muscles, stretch marks, sagging breasts, knobby joints, thin hair, facial hair, fat, poor hearing or sight? How about those possibilities or realities in yourself?
14. How do you feel about sex between two old women? Between an older woman and a younger woman? Is the latter example, who did you identify with? Whom do you imagine as the more empowered, the initiator, the possible exploiter? What age span is OK?
15. Old women find themselves "pedestalized" by younger women because of their accumulated experience. They also are stereotyped as dependent, decayed or incompetent. Discuss the whys and hows of these contradictory methods of distancing older women.
16. What did you learn from your mother or grandmothers about the aging process?
17. Do you speculate about the age of an older woman, but not about your contemporaries? Why?
18. How has ageism hurt you? How do you confront it in your daily life? Do you feel that you are actively anti-ageist, as opposed to "not being ageist?"

COMMEMORATIVE

EXHIBITION

December 6-12, 1993

In conjunction with other university events, an exhibition of art works to commemorate the tragic death of fourteen women at L'École Polytechnique on December 6, 1989 will be hosted by the St.F.X. Art Gallery. Many well-known artists across Nova Scotia are contributing works that reflect a sense of hope, peace, and compassion.

DECEMBER 6

Open House, 11 a.m. - 5 p.m., Art Gallery

A Continuum - Five Women on Aging



As we grow older our feelings about aging change. When I was young, I'm sure I felt immortal and gave little thought to becoming 'middle aged' or 'elderly'. Marrying and having children seemed to propel me quickly ahead several years. I am much more thoughtful now about my spirituality, morality, as well as mortality, particularly as I am guiding the development of two children (or are they guiding mine?). As I contemplate what lies ahead, fears and even a curious anticipation float through my mind. I asked five women, varying in age from 19 to 68, to consider their changing priorities, fears and anticipations as they contribute their thoughts on the question:

"How do you feel about aging?"

Leslie Hart Buckland-Nicks (age 37)

Tanya Vincent (age 19)

I'm at the point now where I'm breaking away to be independent and responsible for myself... looking ahead and planning how I want my life to be, and reality is really setting in! The thing I fear most is waking up one day and realizing that I'm not happy, not where I really wanted to be. So many people...feel bored and trapped - that's a scary thing. I look forward to having experiences. I want to do a lot of travelling. Also find a way to survive without conforming.

Heidi Lowe (age 20)

Aging means growing. If a person eats well, exercises and gets enough rest...they should age gracefully. The older you get, the more responsibility you have. Sometimes it means loneliness and sickness...or people lose their relatives through death. Getting older also means becoming more independent, get to know ourselves as we age. The main thing I find in older people is their great wisdom.

Heather Mayhew (age 29)

Although I fear the physical aspects of aging, I look forward to the emotional and spiritual growth. What I expect from the years after my 'forties' ...seems like a generally positive vision, not one I would want to avoid. That's probably good since avoidance is not much of an option! I hope that the more immediate future...will be an age with defining power, where my identity is strong and my life plans are clear.

Penny Fuller (age 44)

My priorities are family centred...although my immediate focus has changed completely...my major role is mother and wife rather than daughter, sister, aunt. I am very tuned in to the passage of time and the aging of our parents...and am determined to give my children as much contact as possible with their grandparents and other relatives. My own focus and priorities are totally determined by the age of my children. Fears - I am afraid of deaths of family members...of their debilitating illness, and future living arrangements - of getting a physical (or especially mental) disability and loss of personal independence - fears of what life has to offer my children. I look forward to increased mobility and freedom with our children as they age - stability (I know I can 'get on with it') - losing the pre-menstrual syndrome turmoil.

Lorna Hart (age 68)

New priorities are...to use my time each day to do what seems important to *me*, not what is expected by others (cut out the guff!). I want to leave my grandchildren an inheritance of memories and ideas that will enrich their lives when I'm dead. More emphasis on maintaining health by exercise and nutrition. -to adjust now for future lack of stamina, for example by designing an easy care garden. My fear is long term ill health leaving me a poor quality of life and dependent on others. What do I look forward to about aging? *Nothing*. Ten years ago, I would have said "More free time".

UPHILL

12.

And Barb Hayes said, "Why don't you just do sort of a review of a few chapters..." and there they were, two chapters from Germaine Greer's The Change. I guess I had a bit of a mental block about this climacteric theme... in case reading about it would induce premature onset or something (Confronting my own ageism is like having a stubborn cold: I have to sniffle and cough and feel its snotty ugliness before it goes away); however, the actual reading lessened the fear. Accumulation of years doesn't have to be seen as decline but rather as incline towards our ideal self. Germaine of course says it ever so much better:

" There are many books written now for aging women which argue that there need be no change, that the middle aged woman can continue being what she always was, an attractive and responsive lover, a dutiful wife, an efficient employee. These books never consider the possibility that a woman could actually be tired of being all these things, or that she might be conscious of having led an unexamined life. Such books assume that what the middle aged woman is afraid of, that there is no point in a woman's life if she is not functioning as lover, wife and employee, is actually true. You are not reading one of those books..."

Certainly not. Germaine Greer is not rendering menopause invisible. She writes that "The Change" needs "mental preparation and profound acceptance if it is not to be

experienced as unbearable". Far from being a change from life to death, or death-in-life, it can be a liberation. From the "white slavery of attraction duty", and from the roles of being "someone's daughter, someone's lover, someone's wife and someone's mother...", "The Change" means that a woman may be finally allowed to turn into herself.

In the "developed" world there are no rites of passage for menopausal women. A bigger fuss is made of retirement from paid employment, because "the state and the employer have constituted themselves the arbiters of life-span events and they issue the markers."

Greer says that women will have to devise their own rites of passage whether this be wearing loud jewelry, divorcing a difficult husband after years of "putting up", or making a decision which may incur the collective tongue clicking of the younger generation. The transition may be easier "if we think of what we are doing not as denial of the change or postponement of the change, but as acceleration of the change, the change back into the self you were before you became a tool of your sexual and reproductive destiny. You were strong then, and well, and happy, until adolescence turned you into something more problematical, and you shall be well and strong and happy again."

Accelerate that change? Amen.

Diane Walsh



Canadian Association of Elizabeth Fry Societies
Association Canadienne des Sociétés Elizabeth Fry
600 - 251 Bank Street, Ottawa, Ontario K2P 1X3
Telephone : (613) 238-2422
Facsimile: (613) 232-7130

Urgent Request

The purpose of this memorandum is to ask that you join CAEFS in calling on the Prime Minister to encourage the Minister of Justice, Pierre Blais, to exercise his legislative power to introduce Canadian legislation that would enable them to undertake a comprehensive, *en bloc* review of the convictions and sentences of women who have been imprisoned for their involvement in the killing of abusive male partners.

Background

In 1990, the Supreme Court of Canada decided a landmark decision for women in Canada: R. v. Lavallee. In this case, Madam Justice Bertha Wilson decided that when a woman is charged with the killing of her mate, evidence of his prior abuse and of the effects of long term abuse (ie. "Battered Women's Syndrome" (BWS)), may be heard by the judge and jury, where such information helps her show that she acted in self-defence. If successful, self-defence results in a finding of "Not Guilty".

more info send forms to send to the center
the justice minister

ELECTION '93 SUPPLEMENT TO AWARE

Here are some questions the Women's Centre asked of the federal election candidates. Their responses follow in this order: NDP, Reform, Liberal, PC. If you have any questions, we encourage you to call the candidates' headquarters at the following numbers:

Lewis Mac Kinnon, PC: 863-2006 Junior Bernard, NDP 756-3461
Henry Van Berkel, Reform: 863-2069
Francis LeBlanc, Liberal: 1-800-565-5713
(We were unable to contact the Natural Law Party in time to process the information.)

1) RETRAINING: If elected to the House of Commons, would you work toward providing expanded, 2-year training programs for women so they could then be prepared to take on highly-skilled jobs which would pay a living wage (eg. a minimum of \$24,000/yr)?
Junior Bernard: Yes.

Henry Van Berkel: I would not discriminate on the bases of sex. Two-year training programs (could be different lengths) are realistic. I believe in free education and training and retraining and would advocate the use of funds currently used to pay people to do nothing.

Francis LeBlanc: Workers today know that they will change jobs several times in their lives and that most jobs require higher levels of literacy, mathematics and technical training than in the past. And the gap between what we learned in school and the skills today's jobs require is often large.

A Liberal Government will introduce a Canadian Apprenticeship Program for growth industries in an attempt to bridge the gap between school and work. We will re-commit federal funds to the National Literacy Program. Liberals will encourage the private sector to provide more training for its workers, taking into account the different needs of different sized businesses (while tax-based incentives may work well with larger firms, small businesses need help designing and implementing training plans). We will maintain the UI system, ensuring that funds are better spent to help the unemployed acquire the skills necessary to find work. And we will reform the way labour market training programs are delivered, placing greater authority at the community level through community-based boards.

Lewis Mac Kinnon: We are spending \$3.8 billion on training and adjustment for Canadians in 1993 alone.

The Canadian Labour Force Development Board, made up of business and labour representative, educators and social activists, was established in January 1991. It makes sure the private sector plays an active role in training decisions about the Canadian labour market, and is part of the Labour Force Development Strategy (LFDS). The LFDS proposed increasing funds for training. Of particular benefit to women are:

- Incorporating employment equity objectives into human resource planning; and
- Integrating women into entry-level skills developmental programs.

In May 1992, we announced a voluntary test project for single parents that will make it easier for social assistance recipients to enter the labour market and support themselves. It was jointly developed by us and the governments of New Brunswick and British Columbia. The project runs simultaneously in both provinces. Under it, participants who get a job are paid a temporary earnings supplement. This enables them to meet their needs as they gain experience and move up the wage scale.

We invested \$106 million in the Canada Scholarships Program from 1992-93 to 1995-96. Through this program, we award scholarships to encourage students to study science at university. Roughly half have gone to women. We created the Canadian Committee on Women in Engineering to increase the number of women engineers and the number of women students in this field.

Prime Minister Kim Campbell has announced that, starting in 1994-95, we will give special opportunity grants under the Canada Student Loans Program to women in doctoral studies.

2) FUNDING FOR WOMEN'S CENTRES AND ORGANIZATIONS: Are you committed to strengthening and expanding the Women's Program (which funds women's equality-seeking groups and women's centres), so that women can hold onto the progress we've made and continue our struggle toward gender equality?

Junior Bernard: Yes.

Henry Van Berkel: I would not specifically work to fund on the basis of sex, but rather work for the equality of all citizens.

Francis Le Blanc: For 5 years, I have actively supported the work of women's centres in Cape Breton Highlands-Canso. In 1990 when the Tories cut core funding for women's centres across the country, I and my Liberal colleagues spoke out in the House of Commons against the measure. In the years following, if a project needed a letter of support or a phone call to track down funding, I was there to help.

Liberals have historically been more sympathetic to the important role that voluntary organizations have played in the development of federal law and policy. While a new Liberal government cannot undo everything the Tories have done since 1984, we can and will conduct a thorough review of the levels of funding to all organizations.

Lewis Mac Kinnon: In February 1993, we renewed the Women's Program on a permanent basis. In 1992-93, the total budget of the Women's Program was over \$11 million dollars. Funding priority is given to women experiencing barriers to equality in addition to gender. The program also works co-operatively with mainstream institutions to integrate women's equality issues into their mandate and activities.

3) HOUSING: Do you feel that the federal government should be making more funding available for social housing? How would you see the federal and provincial governments working together to provide housing for low-income Canadians?

Junior Bernard: New Democrats would cancel the housing cuts in the April 1993 budget. Long-term subsidy programs, so necessary to the creation of non-profit housing, would be restored. A National Cooperative Housing Program would be introduced. For further information see "There is a choice for affordable housing".

Henry Van Berkel: Bureaucratic agencies such as CMHC do little to enhance housing for low-income Canadians. I would concentrate efforts on raising income so that decent housing is within reach of every citizen.

Francis Le Blanc: Yes, I believe that the federal government has an important role to play in social housing in Canada - to maintain national standards and equal access to affordable housing by all Canadians. Critics of social housing argue that affordable housing can be more efficiently delivered through the private market. But they do not acknowledge that the housing industry is very cyclical in nature, and affordable housing, with its low profit margin, is last on the list for developers.

The conservative record of cuts to social housing is clear. In 1992, the Tories eliminated the Co-op Housing Program. In 1993, it froze funds for all CMHC programs, effectively killing the Federal-Provincial Housing Program and the RRAP, to name only a few.

A new Liberal government will create a national housing policy that will provide stable funding levels for social housing development. In particular, we will re-establish the RRAP program for two years, making \$50 million a year available. In addition, Liberals want to develop a new approach to native housing that emphasizes community control and flexibility.

Lewis Mac Kinnon: Through the Canada Mortgage and Housing Corporation (CMHC), we will maintain our support for the existing social housing stock, spending \$2 billion annually to help 652,000 families live in adequate housing. Approximately \$41 million will be available for new commitments under the social housing programs this year.

Funding for future social housing will depend on achieving greater efficiencies and improvements in program development and delivery, as well as new partnerships to generate innovative new approaches for responding to social housing needs. One of the ways in which we are already realizing savings for social housing is through the direct lending initiative that will save \$100 million over five years.

The federal commitment to special-purpose funding for shelters for victims of family violence will be maintained. In 1988, we established the Family Violence Initiative, and in 1991, we introduced a four-year, \$136 million plan to target the serious problem of family violence. In conjunction with the CMHC, almost 500 shelters have been built.

We plan to spend more than \$20 million on some 150 self-contained units for victims of family violence after they leave emergency shelters. We will also build another 100 emergency shelter units. These initiatives help protect women and their children at the time of crisis, and in the weeks and months following their departure from the transition home.

Our action in the area of housing also includes working in partnership with other governments and institutions, both public and private, to give Canadians access to a minimum level of housing service, and to help to enhance the quality of life through improved living conditions, and to develop a national awareness of housing issues.

We are bringing together the public and private sectors to produce housing for low-to-moderate income households. We are making surplus federal lands available for affordable housing in high-demand markets.

4) SOCIAL PROGRAMS: Do you see further cuts to social programs, (especially social assistance, medicare, and housing) as a way of addressing the deficit?
Junior Bernard: No.

Henry Van Berkel: Large percentages of our people have become non-productive. Harnessing the human resources of all will improve the tax base and the capacity of government to deliver services such as social assistance, medicare and housing. The Reform Party is on record to maintain health care funding. Social assistance needs will diminish as more and more people become productive.

Francis Le Blanc: I and my Liberal colleagues believe that deficit reduction can only be achieved through a balanced approach, combining job creation and economic growth with spending restraint.

Social assistance has been helping those in need since 1966. Liberals believe that it is time to redesign it, moving it from passive to active support. People should be offered the opportunity for employment-related counselling, training/education and work experience.

In health care, we must not confuse the basic principles of medicare and the delivery of services under the system. Liberals remain firmly committed to the 5 principles in the Canada Health Act. In particular, we reject user fees in any form, direct or indirect. But Liberals have offered some specific proposals regarding improving the delivery of health care - establish a

National Forum on Health, create a Centre of Excellence for Women's Health research, offer a Prenatal Nutrition Program for low income mothers, and pilot an Aboriginal Head Start program.

Lewis Mac Kinnon: Prime Minister Kim Campbell is committed to not cutting health care, education, social assistance, Old Age Security, Unemployment Insurance or disabled persons' or veterans' pensions and allowances.

We will introduce the Learning Incentives Program. It will reform the education tax credit to:

- Increase the credit for full-time study;
- Make part-time students eligible for a new credit;
- For the first time, make part-time students eligible for a child care expense deduction to help pay for their child care costs; and

- Allow single parents to claim a child care expense deduction against all income, including UI and child support income, not just income earned from employment. This is a critical change because many single parents, especially women, have limited earned incomes from part-time or low-paying jobs, or are collecting social benefits and so cannot benefit from the existing deduction.

5) CHILD CARE: How will your party ensure that viable child-care options are available to all families who need them?
Junior Bernard: "The Jobs Plan" (an NDP strategy) includes a national child care program. It will double the number of child care spaces over the next Parliament, allowing parents to stay in the work force, learn new skills and build a better life. It will create 40,000 new jobs for child care workers across the country, and improve working conditions for another 35,000 workers. It will also save a lot of money for low- and middle-income families. For further information see "Canada Works when Canadians work: a strategy for full employment", and "There is a choice for access to quality child care".

Henry Van Berkel: The Reform Party does not support a national child care program. We support the financing of needs not funding for a huge bureaucracy. We advocate funding to individuals to allow them a choice between child care and work force participation.

Francis Le Blanc: Parents with young families need support that enables them to participate fully in the economic life of Canada. Single mothers in particular need quality child care. Many are dependent on welfare - they cannot earn a living or get training because they cannot find good care for their children. Keeping these women on welfare is much more expensive than helping them enter the workforce with child care.

The object of the Liberal policy on child care is to create genuine choices for parents. We also support the principle of basing fees on the parents' ability to pay.

A Liberal government, *if it can obtain the agreement of the provinces*, will be creating 50,000 new child care spaces in each year that follows a year of 3 % economic growth, up to a total of 150,000 new spaces. A regulated space may be based in a person's home with only a few children, or it may be run by a community organization, a parent board, local government, an owner-operator, or a multi-service agency such as the YMCA/YWCA. For these new spaces, a Liberal government will provide 40% of the cost, the provincial governments 40% and parents will provide the remaining 20% (exact fees will be determined by a sliding scale based on income).

Lewis Mac Kinnon: We remain committed to quality care for Canadian children. We now direct more than \$1 billion a year to child care, and spend \$15 billion a year on programs for children and their families.

Since 1984, we have more than doubled the Child Care Expense Deduction for pre-school and special-needs children.

Our new Child Tax Benefit provides up to an additional \$213 for children under seven, if child care is not claimed.

Under the Canada Assistance Plan, we continue to share day care costs for low-income families with the provinces. We provide dependant care allowances for people taking part in federally sponsored training programs.

Through the Child Care Initiatives Fund, \$100 million is being spent over seven years to support research and pilot projects on ways of developing improved child care services.

Prime Minister Kim Campbell has proposed a new education tax credit that provides child care expense deductions for part-time students.