

WEST KOOTENAY

FEB/99

women's

ASSOCIATION

VOL. 4
NUM. 1

A Bit of History...

Twenty-eight years ago, Canada's Royal Commission on the Status of Women (RCSW) brought down its report. Given the unequal status of women's economic, social and political power, the government of Canada decided to engage in a concrete process to achieve equality.

Recommendations included establishing

work, child care, abortion, and violence against women.

The need for action, and the struggle for equality, social justice and human rights continues today. The current poverty rate for

national women's organization could potentially remove our most powerful national voice on issues continually faced by women in this country. It is a gross violation of the rights of Canadian women.

On December 17, 1998, I was one of a group of women from NAC's member groups who occupied Hedy Fry's Status of Women office in Vancouver. We demanded the release of NAC's funding and restoration of the Federal Women's Program

A call for action:

National Ad Hoc Committee on the Status of Women

a Ministry devoted to the status of women, establishment of the Canadian Advisory Council on the Status of Women, (which would monitor and evaluate the government's progress), the organizing of a national feminist lobby group, and creating a fund specifically for the development of women's groups.

In 1971, feminists formed the National Action Ad Hoc Committee (NAC) on the Status of Women. Its purpose was to ensure implementation of the RCSW recommendations. Women's Centres were founded, women's journals and newspapers were published, women's studies programs were created, and political inroads were made on issues like equal pay for equal

women is an appalling 20% or 2.9 million women. Women earn 50 - 73 cents for every dollar earned by men. Women's work in the home remains uncounted in economic activity. Violence against women is on the rise. Cuts to social programs are disadvantaging women and children.

Today...

75% of NAC's annual budget is found through donations, membership fees, and a host of fundraising efforts. As of now, there is a one year delay in the release of promised funding. That missing 25% has resulted in partial closing of NAC's office, and creation of a running deficit.

Withholding funding from the largest

funds which have been reduced by \$5 million since 1989. Support letters, phone calls and faxes poured in from across the country during and after the demonstration. Clearly, demands on this government to be accountable to the women of Canada will continue.

To help, contact Hedy Fry, Minister for Status of Women, Paul Martin, Minister of Finance, Marcel Masse, Treasury Board Chair and Prime Minister Chretien about demonstrating their commitment to the women of Canada by releasing NAC's funding, immediately.

Phone numbers for any of the above and more information on NAC's work is available from Hannah Hadikem, NAC Regional Rep. at (250) 352-3609.

Inside...

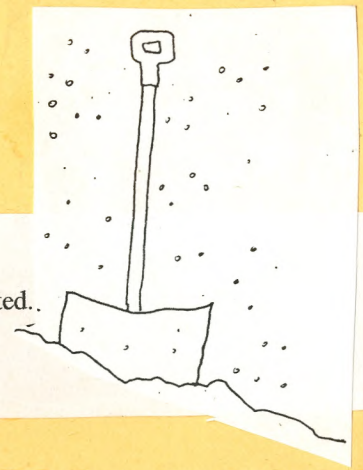
- February Events
- Eating Disorders
- Sappho Sez
- Book Reviews

book review

February, the perfect month to curl up with a great book. The beautiful set of shelves built by Heugette are now completely full of Kathleen Shannon's wonderful collection of donated books, with a great photo of Kathleen on the wall beside them. Looking through them, I found numerous and intriguing titles - Encyclopedia of Celtic Wisdom (Matthews), The Goddess Obscured (Berger), Women of the Celts (Markale), Amazons, Bluestockings and Cronos (Kramarae/Treichler), Women's Encyclopedia of Health and Natural Healing, Herbs for the Mediaeval Household, The Sacred Hoop (Gunn Allen), The book of Elders, The Courage to Raise Good Men (Silverstein), Letters Home by Sylvia Plath, The I Ching of the Goddess (Walker) and many, many more. So come have a look, if you haven't already.

During January, that month, it seems, where people seem to want to really hibernate, instead of trying to be 'active', I thought I would check out some humorous books, and perhaps exercise my laughing muscles. The Far Side Gallery 5 (Larson) was a welcome mini holiday, and then I had a look at Sister Goose, Feminist Nursery Rhymes and Cautionary Tales (O'Connell) where I found that:

The rhymes, alas,
were out of beat.
The thoughts were all disjointed.
Which is probably why,
as I read,
I was disappointed.



So onto Anne Cameron's Women Kids & Huckleberry Wine, which was very enjoyable. Published in 1989, it might not be news to everyone, but does come from the K. Shannon collection, so its new to the centre. It is a collection of seven short stories, and the four that I read were intriguing, with an edge of magic to them. Especially memorable is "Didja Ever Hear of a Gooliegy?" - a fantastic tale, rich in imagery and emotion. Anne Cameron always manages to take the reader to wild places.

See you next month, Heather McSwan ♀

International Women's Day

All over the world women are creating special events to honour women everywhere during March 1999. On Saturday March 6th, at the R & G Club Hall by Cottonwood Falls in Nelson, the afternoon and evening is reserved for a celebration of women in our lives. From 12 noon to 4 pm a variety of workshops and display tables are available. International Potluck Dinner at 6 pm. Please bring a dish from your cultural background, with a brief description of it on a card to display. All women are invited to come with a story, song, dance, poem, special clothing or other piece of your original culture, and to share it with everyone at the event. Musical entertainment begins at 7:30 pm and includes a set by the Buffalo Gals. If you would like to be part of the entertainment, display wares or information, help decorate, set-up and clean-up, and offer ideas please phone Jill at the Women's Centre. We have a small committee and could use your suggestions; how do you want to celebrate women in your life? 352-9916

As you've noticed we're trying some experiments in formatting the newsletter while waiting for our new software. Feedback, ideas, line drawings of a Kootenay nature are wanted. Call Jill 352-9916



ON
INTERNATIONAL
WOMENS DAY,
MARCH 8th,
How will you
honour the
special women in
your life?

Check out our Website!

We need you to participate in our two WKWPOWER discussion forums. One is an open forum, the other is about preventing violence against women. We also need activist women to give us 'Voices of Experience' profiles.

WWW.KICS.BC.CA/WKWPOWER

**THE WEBSITE
FOR KOOTENAY WOMEN
WHO MAKE THINGS HAPPEN!**

events



These next four pages are a community bulletin board of events around Nelson, mostly, (and picked at random), which may be of interest to women. Some of these activities have men participating also. We hope these opportunities might alleviate the winter blahs somewhat, and we offer these as your Valentines Day present from the Women's Centre. Enjoy!

Company of Older Women:

Meets last Monday of the month at the Nelson Women's Centre. Discussion, sharing activities eg. trips to Idaho Peak, Wildlife Centre, picnics, drawing outside etc. For info. Call 352-9916

Literary Salon :

the Dancing Bear Inn, Last Tues. Of each month, theme this month Love-Erotica. Feb. 23, 7:30 pm \$5 donation

Nelson Public Art Gallery

(at the Museum Bldg.) Mildred Erb Gallery Feb 5 - 27 Heather Cameron: PARAGONS: This new arrival to the Kootenays shows us her interpretation of the 7 Deadly Sins. By using women's undergarments in her installation, Heather shows us the stereotypes given to women throughout history.

Opening Reception: Feb. 5, 6 - 8 pm and also:

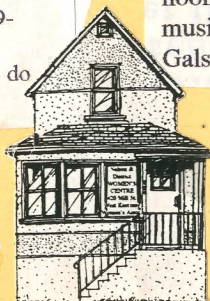
Mar. 5 - 27 Patrizia Menton:

PHOTOGRAPHY: The photographs in this exhibit are alpine and local nature images. Italian-born Patrizia uses the beauty of the Slocan Valley to fuel her creativity.

Opening Reception: Fri. Mar. 5th, 6 - 8 pm

WKWA presents **The ABC's of Boards** Tues. Feb. 23, 7 - 9:30 pm @ the Nelson & District Women's Centre, 420 Mill St. Info.: 359-7721 or 352-3177

Free presentation about how to do it and what is involved.



Music Feeds: a musical

concert with community performers aged 15-92, together with the Selkirk Professional Music students. Proceeds to Meals on Wheels, Special Needs, and the Salvation Army. Feb. 18th, Capitol Theatre \$10 plus a can of food.

Lesbidyke Drop-in

First Fri. of each month. Jan. was video night, Feb., cards and games, March 5th's theme: your favourite book and why its your favourite, especially books relating to lesbians. Bring it along and share munchies and a great social evening. Info: 352-9916

Lesbian Political Discussion

Open Group. Next Meeting: Sunday, February 21st at 2 p.m. 352-9916

Nelson and District Women's Centre

March 8th is **International Women's Day. Celebrate on Sat. March 6th**, at the R&G Club Hall (the waterfall hall). Workshops & displays, noon - 5, Potluck supper 6 pm, music 7:30 pm with the Buffalo Gals and others. Circle the date!

Sappho Sez:

will take place at the Eagle's Hall in Nelson on Saturday, February 13. Doors open at 7:30 p.m. Tickets available at the door, \$12 - \$8 sliding scale. All women welcome. Short on cash? Volunteer and get in free. Call K.Linda at 352-9916 to join a Sappho Crew.

Workshop Info.: Alix may be offering a workshop. Possible topics include, lesbian culture, women's music or vocalization/songwriting. If you are possibly interested, please contact Norma at 352-1696.

Lesbian's View

The rebellious film, **A Question of Silence** will be shown Sunday, February 7, at 2 p.m. Nelson and District Women's Centre. Open to all women.

Mar. 8 & 9: Pan West

Conference in Vancouver for Women in Business Reg. Deadline Feb. 20, 99. Contact The Women's Enterprise Society of B.C. 1-800-643-7014 Email: wesbc@silk.net \$338.00

Lecture Mar 1st, 7 pm **One More**

Fight For Freedom. Elaine Dupuis talks about the life of Elizabeth Cody-Stanton (1815 - 1902) Library basement. (Part of a series)



well-being



Drop-In Clinic at the Chahko-Mika Mall in Nelson
Kootenay Lake Medical Clinic
Open Mon. - Fri.
9:30 - 7 pm
352-4666
Weekends: 10 am - 3 pm
and some holidays

If You Are The Victim of a Crime, going to the police can be very scary. You do not have to go through it alone. When you call the police ask them to call their **Victim Services Worker** (Edith Doyle). She can be with you the whole time and explain everything that is happening. Even if you're just thinking about reporting a crime call **354-1393** and she will tell you what it will be like so YOU can choose what you'd like to do. (This message re-printed from the Nelson teens book *Girls on the Town* available at the Women's Centre Library)

Personal Empowerment Group for Women 60+ Ongoing 10 weeks phone Dorothy Brown **354-6772**

Body Wisdom and Personal Power Women's mutual support group in recovery from compulsive overeating/binge eating disorder. Anona Zmur **354-6327**

Balancing Group: for women experiencing depression. Group will use movement, breathing patterning, boundary work and coping strategies to assist participants to balance and empower themselves. Myrna Martin **354-6324**

Caregiver Group for Seniors: ongoing Nelson and Salmo groups, bi-weekly, and open. Offering support, information, education and socialization to help prevent caregiver burnout and enhance

quality of life. D. Brown **354-6772** or in Salmo: Elisabeth Antifeau **354-6325**

The Interior World: ongoing group requesting a 3 month commitment. For individuals who experience recurrent depressive episodes and who have previous therapeutic experience. The group will utilize dreams and active imagination to deepen their relationship with their inner resources. Dey Stewart **354-6910**

Relaxation for Seniors: ongoing, 5 week sessions. Open group; Participants will learn to evoke the relaxation response, strengthen awareness, relieve stress, reduce anxiety, and depression. D. Brown **354-6772**

Recovery Group for Adult Survivors of Adult Sexual Abuse. Wait list. Begins Mondays in March 3-4:30. Maggie Haley & Anona Zmur **354-6329**

Support Group for Treatment of Anxieties and Phobias March - May, Wed. 1-3 p.m. Maggie Haley **354-6329**

Seed Saving & Trading learn how to maintain the biodiversity of Kootenay Seeds Sat. Feb. 6th, 1 - 4 pm in Nelson Library basement. Suggested Donation: \$2-\$5

Seed Swap Sun. Feb. 7th for the Slocan Valley, Threads Guild 11 am - 2 pm

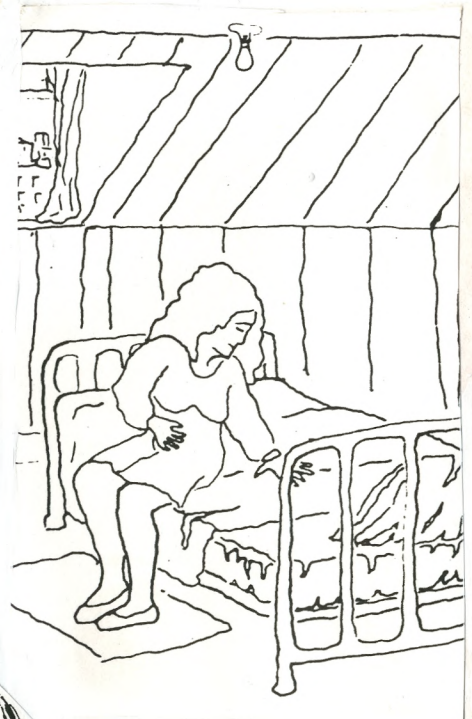
Seed Swap-Barter Pot-luck Nelson United Church, Feb. 13, 5 pm (on Silica Street)

For more seed info 354-4615 Eco-Centre

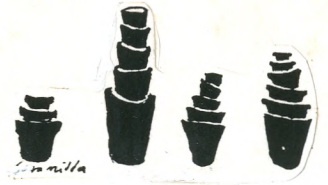
Grief Support Group Wed. Feb. 3 7:30 - 9 pm for 8 weeks. No charge for group, donations to Hospice are accepted. Phone: 352-2337 to register

Women's AA Group: Sisters in Sobriety meets 5 pm Tuesdays Phone 354-4574 for info.

Women's Centre Volunteer Training Program starts again in February. It includes communication skills, resource and referral information, education on women's issues, and various other ongoing project involvement. An excellent way to meet all sorts of women, and find out more about the area. Call 352-9916 for more info. or to sign up.



recreation



Nelson and District Youth Centre

608 Lake Street, Nelson, V1L-4C8
352-5656 or 352-5595.

Girls' Night - 6:30 - 9:00 every second Thursday. Girls have the whole building to themselves. Come down and enjoy movies, crafts, ramps sports, music, food and friends. Girls of all ages welcome. Next girls' night February 11.

Girl's Skateboarding - Tuesdays 3:30- 6:00. A young woman will be present to coach and help girls with their skateboarding skills.

Girls' Mural Group - Meets every Tuesday night 6:30-8:30 with an instructor and supplies are provided. Join in the group and create murals for NDYC. Artistic creativity, positive peer interactions, and team work are all a focus of this program and its free. Call 352-5656 for more information.

Recreation Commission Offerings

Pro-D Day Adventures, Civic Centre Blue Room. 6 - 12 years Games, crafts, skating or swimming. Fri. Feb. 12, 8a.m. - 5 p.m.
Instructor: Dawn Hammond Fee: \$22.00

Valentine Crafts Age: 7 - 12 All supplies provided Fri. Feb. 12, 6:30 - 8:30 p.m. Civic Centre Blue Room. Instructor Jeannie Elgie Fee: \$14

Aquatic Centre

Public Swim: Mon/Wed/Fri 1:30 - 4 pm and 6 - 9 pm Adult over 18 \$3.35.
Friday nights is Teen Swim from 8:30 - 10:45, bring your own music and they will play it LOUD!

Homeopathy to Help You Overcome the Blues. Tues. Mar. 2, 6:30 -9:00 p.m., Civic Centre Blue Room. Instructor: Barbara Gosney Fee: \$25

Dog Obedience Wed. Feb. 17 6:30-7:30 pm, 8 classes North Shore Hall. Instructor: Lee Jarchow Fee: \$45

Felted Mittens Feb. 17, 18, 20, & 24. (Wed, Thurs, Sat, Wed.) 7-9:30 pm Civic Centre White Room Instructor: Cyndi Sandeveland Fee: \$35

Take the Embarrassment Out of Financial Planning Th. Feb. 18 7-9 pm Civic Centre Blue Room Instructor: Debbie Bayoff Fee: \$12

Women and Finance - Control Your Money! Thurs. Mar. 4 7-9 pm Civic Centre Blue Room Instructor: Debbie Bayoff Fee: \$12

Saturday Watercolour and Acrylic Painting Designed for any level student. An adult must accompany children under nine. Supply list provided. Sat. Feb. 20 - Mar 13, 11 am - 2:30 pm 4 Classes Blue Room/Civic Centre Instructor: Karla Pearce Fee: \$59

Quilt in a Day: Sunshine & Shadows An Amish pattern good for beginners. Feb. 13, 8:30 am -4:30 pm at LV Rogers School Textile Room
Instructor: Simone Varey Fee: \$38 Cost: \$1.50



Loonie Swims

Bargain-priced swim, \$1.00 Mon & Wed 7-8 pm, Fri 3 - 4 pm for everyone over 6 years old
Valentine Swim Sun. Feb 14 1 - 8 pm Bring your sweetheart or a non-perishable food item for the food bank and get in two for the price of one

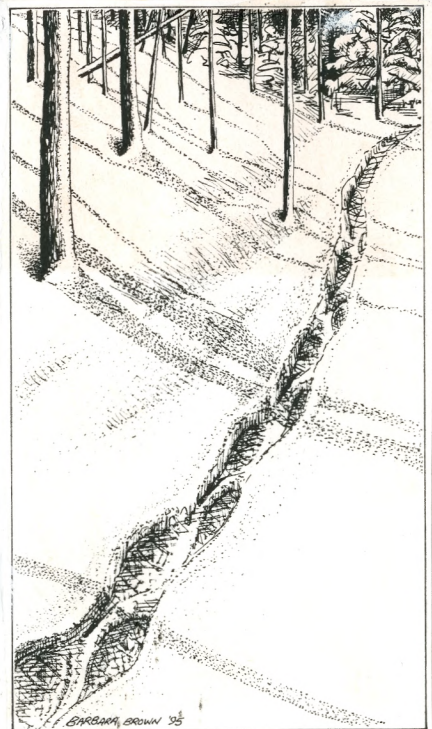
Basic Kayaking starts Feb 16, Bronze Medallion Lifesaving starts Feb. 9

Aqua Leader Swimming Instructor course starts Feb 12 Many other programs for all ages (and both genders)
Aquatic Centre: 354-4044

Phone 352-7257 to register for the above Rec. Programs.

Nelson Civic Centre

Public Skating, All Ages:
Friday: 7 - 9 pm \$1
Saturday & Sunday: 3:30 - 5:30 pm \$1
Age 50+ Skating: Tues/Thurs 9:45 -10:45 am Cost: Donation
Adult Skating: Tues/Thurs 10:45 - 11:45 am Cost: Donation
Phone 352-7257



education



Want a place to produce your manuscript? Career Development Services has computers you can book for employment or education related projects. They have Microsoft Word and Winword. 354-3888

Learn About Your Groundwater. Are you curious about how safe your water is and how stable the supply? Learn all about the movement and character of your groundwater. Local geologist Ron Butler, water quality specialist Ian Bourne and local drillers. Valuable information. Tues. Feb. 16 7-9:30 p.m. @ Selkirk College in Nelson Room 114 Fee: \$10 352-6601



A Sample of Women-Centred Internet Sites

www.kics.bc.ca/wkpower West Kootenay women planning the way to equal representation, locally operated

www.wwwomen.com the premier search directory for women online

<http://www-unix.umbc.edu/~korenmman/wmst/links.html> Women's studies/women's resources sites

<http://www.niagara.com/~merrwill/> women in Canadian history

<http://www.weq.gov.bc.ca/> the Ministry of Women's Equality

To place an ad in the WKWA News phone 352-9916

Couples Massage Sat. Feb. 13 2-5 p.m. Instructor: Christine Sutherland Fee: \$15
Herbal Allies for the Childbearing Years Tues. Feb. 23 7-9 p.m. Room 114 Instructor: Donna Draper, Hebalist Fee \$15
Residential Landscape Design For homeowners wanting to make their own plan. Instructor Chris Holt Sat. Feb. 13 & 20 9-3 p.m. Room 114 Fee \$60 for 2 sessions

Feng Shui Workshop Feb. 20 and 27 8:30 - 2 p.m. Rm. 114 Instructor: Charlyne Chiasson Fee \$80

NOTE: NEW HOURS AT NELSON WOMEN'S CENTRE Drop-in Tues - Fri. 12 noon - 4 p.m. & Thurs. 10 a.m. - 4 p.m. 352-9916 All women welcome. Free internet training, children's clothing free-box, awesome library on women's issues, resource files, comfortable atmosphere. To our men friends and supporters: We ask you to respect that some women want or need woman-only space. We request that you not come into the Centre during Drop-in hours. Men are welcome at many events and some meetings at the Centre. ♀

Computer Training Course for women and men @ The KEEN Learning Centre, 520 Victoria St., above Oso Negro/Only Bakery. Feb. 15, 17, 22, 24, & 26 from 9 - 11 am. 12 hours instruction - \$120 Contact: Bobie Pearce: 352-9686 or KEEN: 352-7852.

Evenings on Knowledge Network

Tues. Feb 9, 7 p.m. Opening Doors Social Housing
Fri. Feb. 12 @ 7 p.m. At Home With Herbs: Herbs for Men
Tues. Feb. 16 @ 7 p.m. Opening Doors Social Housing part 2,
Thurs. Feb 18 @ 10 p.m. Baseball Girls
Fri. Feb. 19 @ 7 p.m. At Home With Herbs: Children's Herb Garden Tues.
Feb. 23 @ 7 p.m. Opening Doors: Building Strong Communities Fri.
For a free program Guide call 1-800-663-1678 or E-mail: knonline@knowtv.com For Website descriptions of programs etc. visit www.knowtv.com

The Women's Centre Library has a large selection of feminist and non-sexist novels, non-fiction, reference books and periodicals for adults and children. Library members (\$5/yr.) May borrow books for a three week period. Donation of books to the library or to our annual book sale are welcome. Hours: 12 - 4 pm Mon. - Fri. and 10 - 4 pm on Thurs.

Heavy Equipment Operator Training Program

Hands on training including excavators, loaders, and bobcat. If you are an Aboriginal, woman, unemployed or a member of a visible minority, special funding may be available. Starting early Feb. Call: Gerry Gauthier, Selkirk College (250) 365-7292 (414)



Sappho Sez: *Ninth annual event upcoming*

For those involved in the feminist, lesbian or women's music scenes in the 70's, **Alix Dobkin's** name will be especially familiar, though she has continued to write songs, record, perform and lecture since. In 1973, she released the groundbreaking album *Lavender Jane Loves Women*. The first of its kind, the album set the scene for the emergence of womyn's music and lesbian feminist culture. One reviewer described Dobkin as "a funny woman full of passion about the lesbian community," as well as "angry, sensitive, articulate, intelligent, responsible and a delight to listen to." Dobkin has also been described as "the original Riot Grrrrl" for her pioneering role.

**"...the original
Riot Grrrrl..."**

For this 9th annual Sappho Sez (the Kootenays only annual event celebrating women loving women), organizers decided to bring in Dobkin "for a change of pace." Traditionally, Sappho Sez has featured a wide array of local lesbidyke talent. Our mission has been to nurture local lesbidyke culture. We felt that a dynamic and out performer like Alix could inspire us in that vein. Local singer/songwriter Carol Street will be opening for Alix. Carol, a warm and intimate performer, is known to many of us for her insightful lyrics and guitar playing prowess. Her set will feature new songs. Catch them both on Sat., Feb. 13th. Doors open 7:30 pm. \$12 - \$8 sliding scale ♀ ♀

Sometimes

Sometimes the water pipe
freezes glee
solid my bones
brittle as ice
hard.

Sometimes green is not
colour loses meaning
and white runs
to black nothing
else.

Sometimes the sun balks
behind hill legions
of sullen firs
set against day
dark.

Sometimes too many poems
ink idle winter
musing snow I
dodge one more
cliche.

KLKivi



The Coordinating Collective Projects Committee is looking for new members. This committee deals with requests from groups who approach WKWA with proposals to sponsor grants. It is interesting and fun work that doesn't take up too much time. Interested? Call Rhonda: 365-1087

Fundraising Committee

Want to meet fabulous women and help get exciting projects off the ground? WKWA needs your help! We need **volunteers** to brainstorm ideas, staff tables, input data, and co-ordinate volunteers. If you have interest, ideas or abilities call 352-9916 and leave a message for Sandi with best time to call you back.

LOGO CONTEST!

Spiff up our existing
WKWA logo
or create a new design.
Fax, mail or bring to the Women's Centre
by Feb. 28th, 1999.
Big prizes for the winner!

Our Present Logo

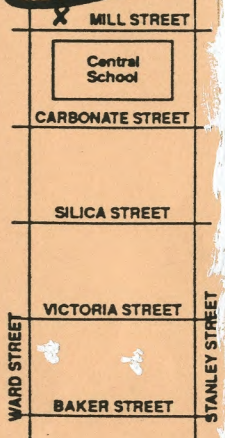
Volunteers and contributors:

- Kathleen B.
 - Diann B.
 - Anne G.
 - Val A.
 - Kyra S.
 - Diane Mc.
 - Myrna L.
 - K Linda
 - & others,
- Thank-you!**



Here's how to find the NELSON & DISTRICT WOMEN'S CENTRE

Women's Centre
420 Mill Street



420 Mill Street
Nelson, B.C. • V1L 4R9
(604) 352-9916

Email us at wkwomyn@netidea.com

HOURS:

Tuesday, Wednesday & Friday

Noon to 4pm

Thursday

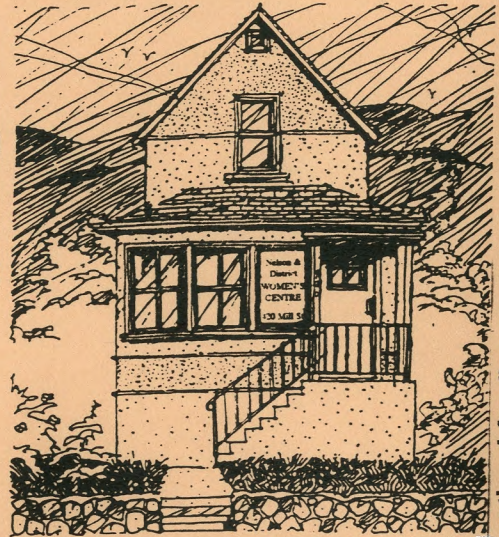
10am to 4pm



*The Powering
of a warrior,
Watch her make
a new path of
the old world upon
our planet -- o°*



If you're a woman,
the
WOMEN'S
CENTRE
is a place
for you!



NELSON DISTRICT WOMEN'S CENTRE



THIS IS YOUR OFFICIAL INVITATION TO JOIN THE West Kootenay Women's Association

Your \$30 (\$15 student or low income) gets you a newsletter (10 times a year), library borrowing privileges, and the chance to "associate" with some of the finest women in the Kootenays! If you can't afford the dues, send us back this form with a contribution or do a work trade (four hours - call the Centre to arrange something).

Please make out cheques to the **WKWA** - 420 Mill Street • Nelson, B.C. V1L 4R9

Name: _____

Address: _____

Postal Code: _____ Telephone: _____

All memberships are due at the Annual General Meeting and are valid until the next AGM.

Objectives of the Association

1. to promote, lobby and advocate for the rights of all women to have social, economic, and physical control of their person regardless of race, class, sexual orientation, physical or mental ability, age, size, spiritual or political beliefs;
2. to supply and render service of a charitable and educational nature to women;
3. to establish resources for women;
4. to co-operate with other organizations which have objectives similar to the objectives of the Association.