

feminie

Toronto's monthly forum for Empowerment

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FREE

The Environment Issue

feminie

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May 1994	POLITICS	March 15/94	April 15/94
June 1994	CULTURE	April 15/94	May 15/94
July 1994	DREAMS	May 15/94	June 15/94
August 1994	MOTHERS	June 15/94	July 15/94
September 1994	SPIRITUALITY	July 15/94	September 15/94
November 1994	CELEBRATION	September 15/94	October 15/94
December 1994	FAMILY	October 15/94	November 15/94
January 1995	WRITING	November 15/94	December 15/94
February 1995	COMMUNICATION	December 15/94	January 15/95
March 1995	SEXUALITY	January 15/95	February 15/95
April 1995	RENEWAL	February 15/95	March 15/95

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What's new in *feminie*

This Month...

Food

feminie's food section features articles, restaurant reviews, a restaurant guide and alternative, healthful recipes. Look for it on page 28. If you have recipes or hot tips on great places to eat, contact us at 921-4536.

Kids' View

The latest addition to the "Intellect" section of *feminie* is "Kids' View" (pg. 13). If children you know have insights—drawings or articles—to share, please submit them to "Kids' View."

Financial Planning

How Much Money Will You Need For Retirement?

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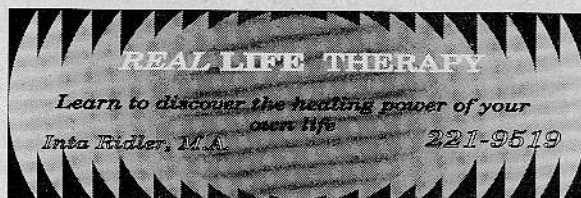
In The Works...

In Business

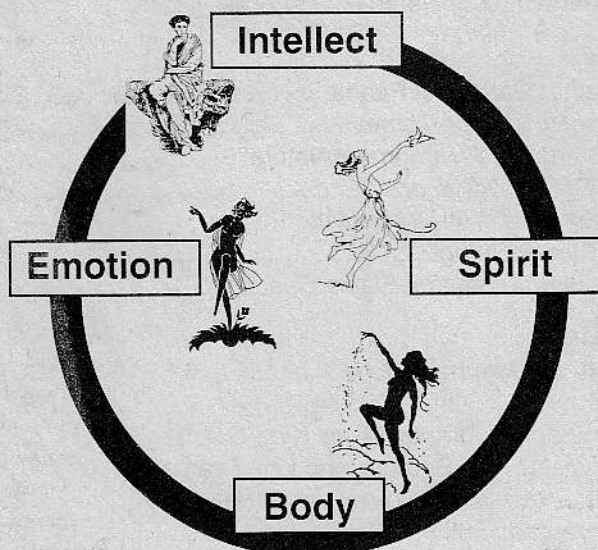
April's "Politics" issue will launch a business column that will feature everything from articles on financial management, to employment information to success stories from women who are changing the job market. Have some valuable info to share? Get involved! (416) 921-8145

Readership Survey

Thanks to everyone who completed the survey published in the March issue of *feminie*. The response has been great! As for the rest of you...we're still waiting! The deadline to return surveys is April 15/94. Results of the survey will be published in the May issue of *feminie*.



feminie philosophy



Feminie is a magazine for women. Its focus is personal empowerment of women fusing all aspects of our being to generate wholistic prosperity. As such, our readers are generally people who are developing a new awareness, individually and globally.

The *feminie* version of wholeness or wholistic is the integration of body, mind, spirit and emotions. As the house which holds our intellects, emotions and spirit, our bodies must be loved, protected and fed. In a like manner, our intellects, emotions and spirits must be cared for. We believe in equally supporting the body, mind, emotions and spirit - that the integration of our Selves creates harmony.

On a global level, patriarchy is seen as a diversion from wholism. The resultant imbalance is caused by excessive focus on the intellect and the body. Integration, we believe, will create a shift from patriarchy to a partnership society.

editorial

I was very happy to see the response to the "environment" issue of *feminie*. The articles we received indicate that we are beginning to develop a clear picture of how we fit into our environment. We know there are no definitive lines separating us from it—that we are simply miniature parts of the universe. We finally understand that when we thoughtlessly cut down a healthy tree, we are cutting out a piece of each of us.

This unity in life was demonstrated to me with real clarity in "Get the Best of Life," a Personal Resource Centre Lifestream workshop I took last weekend. For me, this workshop was a place to celebrate our diversity and develop a real sense of our unity on this planet. And, indeed, this diverse group of women and men (who may never have met each other outside of that room) bonded readily because of one common denominator: our search for the universal truth, the healing factor. The truly amazing outcome of the "Get the Best of Life" workshop is that such a diverse group of individuals do bond and create, in the safety of that group, the only ingredient necessary to clean up our environment—love.

Indeed, to get "the best of life," we have to play the game of life in the only way that works: the game of win/win relationships. As demonstrated by the workshop, and results all around us, our usual game is win/lose. In win/lose, everybody loses, including those who think they're winning. Most of us, including me, really believe we're adopting a win/win strategy. But I took a closer look at the way I played the game last weekend and realized I was continually willing to lose. What happened when I lost? My energies were depleted and I accomplished very little.

The condition of our planet is an excellent demonstration of our win/lose game playing. We are always ready to blame industry for environmental problems. It's true! They should accept that responsibility. But we have no power over whether or not they do. Pollution problems are fundamentally a result of industrial waste. We have a right to be angry. But we need to use that anger as a motivator to create good. Let's look at what we can do to turn the problem around. Blame and anger isn't going to solve the problem. We, too, have to accept some responsibility. That's where the power is. Where were we while the pollution was happening? Were we willing participants in the win/lose game? Were we willing to accept exploitation? Did we accept that our lives and the lives of our children and grandchildren were not worth fighting for? There. Now we can blame ourselves. That's not very useful either, is it? That is, however, where the power lies. Only you and I can make a change.

Once again, our frustration can motivate us. It is essential that we give up our passive behaviour. As women, we spend a lot of our lives being "nice" while destruction is happening around us. It's time to give up passivity and get the job done. Let's clean up our planet. If we can do it in a "nice" way, let's do that. If we can't, let's not let that get in our way. Our children's lives are at stake.

In the win/win game we operate out of love. In the win/win game, we give up fear. Are you ready to come out to play the win/win game with me?

Letters to *feminie*

Dear *feminie*,

I've known you for quite awhile but I don't think you've been that beautiful before. Belinda Ageda, an illustrator of yours, is one of the most talented young women on this earth. Her drawings are very nice, both mainstream and personal at the same time. I predict that in a few years we'll see her master-pieces everywhere in the country. I gratefully thank you for introducing her to me (and to all of us), and keep up the good work.

Jackie Morris
Toronto

Dear *feminie*,

I have just discovered your magazine and I think it's absolutely fantastic.

Sylvia Stavrinidou
Scarborough

Dear *feminie*,

Since my mother introduced me to *feminie* several months ago, I have been consistently impressed by the thoughtfulness and inclusivity of your magazine. Keep up the good work!

Colette Peters
Mississauga

To *feminie*,

I really appreciate the thought-provoking articles in *feminie* as the world is greatly in need of them.

Keep up the great work! The balance in intellect, emotion, and spirit is near perfection!

Grace Leung
Willowdale

Dear *feminie*,

I just finished reading the Feb/94 issue of *feminie* and it is encourag-

ing to see such a genuine magazine available for women.

A superb magazine that I am adding to my list of regular reading material. The articles are interesting and very informative. There is so much reading material provided about many important matters valuable to women.

Thanks for a terrific magazine. I can't wait to read the March 1994 issue.

Maria Zanella
North York

Letters to feminie are edited in the interest of space.

Dear *feminie* Readers:

Thank you for your tremendous support at the North York and Ryerson International Women's Day infor-

mation fairs. Thanks to you *feminie* is growing stronger each month.

Your enthusiasm is wonderful, however, some of us may be getting a little carried away... It has been brought to our attention that *feminie* has been appearing on racks that belong to other Toronto publications. We realize that you are just trying to make *feminie* more visible, but we can't use racks paid for by other companies uninvited.

There are many other ways that you can help support *feminie*—word of mouth, advertising, subscriptions, submissions—the possibilities are endless! You might even be able to sell us some racks of our own...

Thanks again for your support!



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Upcoming Events

April 8 - 10 WOMEN'S RETREAT WEEKEND With Janice Berger and friends. Call (905) 836-4555

April 9 at 8:00 p.m. & April 10 at 2:30 p.m.
Concerts featuring THE EQUINOX ENSEMBLE

April 16 & 17 ATTUNEMENT WEEKEND with Paul Price - working with healing energy.

April 30 SUPPORTING THE HEART'S DESIRE
with Diane Hoover.

April 30 A FIREWALK
Call Mario De Rose 233-2846

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Share the Power!

FUNDRAISER

Thank you to those of you who have donated your old good stuff to The First Women's Empowerment Garage Sale. For those of you who have been meaning to clean out your closets, garages and attics, it's not too late! Drop off items at:

- The *feminie* office
615 Yonge Street, Suite 601
Toronto
- Your Health Matters
c/o Diana Picciotolli
1488 Dundas Crescent
Mississauga

The sale will be held at Your Health Matters in Mississauga on April 16th, 1994 from 10 a.m. until 2 p.m.. All proceeds will be donated to Women's Empowerment Year #1 and its first project: empowering two women through education.

THANK YOU

Thank you to the Rosedale Diner for their generous donation of dinner for

two. We raffled off the dinner at the North York International Women's Day Information Fair.

Congratulations to our winner—Ms. Braithwaite of Thornhill. Bon Appetite!

WOMEN WORK IT OUT

The second annual ROSE-A-THON in support of the Rykă ROSE (Regaining One's Self Esteem) Foundation of Canada will take place on Sunday May 1, 1994 from 10 a.m. until 3 p.m. at the Sky Dome.

More than 5,000 exercising enthusiasts are expected to participate in the latest aerobic workouts. Walkers can participate in a 5km jaunt around the downtown core.

The event was attended by 3,100 supporters last year and raised \$75,000 for women's programs and organizations in Canada.

The cost of admission is a minimum donation of \$25 which includes a Marci Lipman Event T-shirt. Proceeds will go to support prevention, treatment and education programs to help end violence against women.

Celebrate Womens Empowerment Year #1

Order Your "Empowered" Ribbons Today!

The ribbons have a purple background, a white women's symbol and the word "empowered" in purple.

You can pick up or order your ribbons from the *feminie* office 615 Yonge Street, #601 Toronto, Ontario M4Y 1Z5 100 or more 50¢/ribbon 99 or less \$1.00/ribbon Add \$1.50 for postage and handling if required. For credit card orders, call Donna - 921-8145

PUTTING
HUMANKIND
INTO PERSPECTIVE:



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Magazine



You Can Help Save the Planet from Global Warming

We can all sense that our world is teetering on the brink: besides worsening air, water and land pollution, there is global warming. You may not think that you've felt the effects of global warming yet, but you have, and quite recently. Toronto's bouts of hot and cold weather since 1988 are one of the first concrete signs of global warming.

Just what is "global warming?" Much like the intensification of sunlight that takes place in a greenhouse, heat in the earth's atmosphere which would normally disperse is trapped by the many gases created through human activity. This trapped heat makes the earth's surface temperature increase and the result is global warming.

Among the many gases we create, the main offender is carbon dioxide because it is the most efficient "heat trap." Carbon dioxide is a by-product created when fossil fuels are burned. It is produced by the fossil fuels in our cars, furnaces, machinery, factories, and by some electricity production. Common fossil fuels include coal, gasoline, diesel oil, natural gas, home-heating oil and propane.

We can't predict how serious the effects of global warming will be or exactly when they will occur. However, we do know that this warming is likely to cause rising ocean levels and the flooding of cities and towns in coastal areas; increases in severe weather, such as heat waves, cold snaps, droughts and hurricanes; and changes in ocean temperatures, which will affect all marine life.

"What can one small human being do in the face of such a problem?" is the anguished, familiar cry of our Age. How can the average person make any difference? Given the magnitude of it all, it is easier to just throw up our hands and go on living as best we can. But, every journey begins with a single step, and we must determine what our first steps should be. First, begin to understand global warming and the choices that need to be made by each of us to alleviate it. You may have heard of global warming, but do you understand its cause and effects on you? Second, choose one or more simple, but significant actions that can be maintained over the long haul. Third, just do it!

What things can be done today with little time or money, but with commitment and the application of consistent action? You can ensure that your purchase decisions are positive, conscious choices. Here are five simple ways to get started:

- Buy a push lawn mower and use it instead of an electric one. For the average suburban lawn, this means 36 fewer kg of carbon dioxide will enter the atmosphere in a year.
- When you shop, make sure that the containers you choose are re-usable or recyclable. Be conscious of the packaging of everything you buy—from cereals to cleaning products to juices to snacks. For the average family, this can translate into about 105 kg less carbon dioxide every year.

- If you recycle all of your newspapers, cardboard, glass and metal containers, the average family will save about 385 kg of carbon dioxide in a year. All of the cities of Metropolitan Toronto offer recycling programmes. Restrictions on the exact composition of items accepted vary; check your city's guidelines and recycle accordingly.
- Trees in your yard save energy by providing shade in summer and a wind barrier in winter. Living filters, they soak up carbon dioxide all around them. They're also simply beautiful and a great place for a picnic! If you plant two trees, either in your own yard or in a public space, you'll be reducing carbon dioxide emissions by another 9 kg a year.
- Whenever possible, leave your car in the driveway or at a "Kiss N' Ride" and take the TTC or the "GO" train. It's the single most important thing that you can do to help reduce global warming. It's better still to walk or cycle to work if you can. Reducing your car use can be a daunting task, so introduce it gradually. You might want to begin with once a

If all of the households in Metro took these actions, it would prevent about 103 million kg of carbon dioxide a year.

week in spring or fall when the weather is the most accommodating; as it becomes part of your routine, you can ease into two or more "car free" days a week. This measure can save almost 725 kg of carbon dioxide emissions a year—that's more than the weight of one and a half cars!

Together, these very simple and inexpensive measures save about 1260 kg of carbon dioxide a year for the average family. If all of the households in Metro took these actions, it would save about 103 million kg a year. That amounts to about one half of one per cent of Metro Toronto's carbon dioxide emissions for 1988—not bad for beginners.

These are only the most basic things that everyone can do right now. In the long run, when purchasing or replacing big-ticket items such as appliances or the car you use most often, much greater carbon dioxide savings are possible—as much as 4000 additional kg a year.

You too can help save the planet. Do your part to make your corner of the world cleaner and safer and feel a little bit better about your ability to create change. Seeing little things take root might inspire bigger dreams—one step at a time. ☐

C.L. Tancredi is an environmental analyst who lives in Toronto. She walks to work.

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Reducing Household Hazardous Waste

Many of the products we use to clean, maintain and improve our homes contain toxic substances. In return for providing us with convenience and effectiveness many of these products require expensive collection and disposal, and pose risks to our health and environment.

In the 1992 Metro Toronto Community Action Plan for the Environment (MCAP) toxic contaminants were one of eight environmental priorities identified for Metro Toronto. As its first initiative, the MCAP chose to target an area which could be addressed by the majority of Metro citizens: the production of household hazardous waste (HHW).

From April 1993 to September 1993 over thirty representatives of Metro's community groups, environmental groups, businesses and government agencies banded together to help citizens take charge of their own HHW production. They developed a public education campaign designed to inform Metro residents about the consequences of using hazardous household products, and provided them with safer alternatives. The Toxic Challenge concentrated not only on encouraging proper disposal of household hazardous waste, but primarily on preventing its creation in the first place.

Although the program is officially over, there is a possibility that it will be revived in a different form. In the meantime, the information collected is still relevant, and many of the programs run by other organizations are continuing. The greatest tool for reducing HHW is education, and every opportunity we get to share information is valuable.

What is Household Hazardous Waste?

Household hazardous material (HHM) is any household product which contains toxic compounds. Household hazardous waste is the toxic waste created when these products need to be disposed of. The first step in reducing household hazardous waste is learning to identify hazardous products.

You can always identify hazardous products by looking for one of four standardized hazard symbols: explosive, flammable, poison and corrosive. These are products to be avoided which require special consideration during storage, use and disposal. However, not all products which contain hazardous chemicals require labelling. In some cases,

when the amount of a toxin is considered negligible, companies are not required to provide labels. For example, if nail polish was purchased in a 200 L drum, the used container would be considered hazardous waste. When you try to imagine how many used or old bottles of nail polish go to landfill every year, it can be a cause for concern.

Some of the more surprising hazardous products you might find in your home are flea collars for pets, disposable butane lighters and cylinders, and unused medicines. Some of the most hazardous household products are drain cleaners, oven cleaners, pesticides and herbicides, and paints.

Why Should You Care?

On average, each household in Metro Toronto is responsible for producing 20 to 40 litres of household hazardous waste (HHW) each year. To properly collect and dispose of the hazardous waste produced by only 30,000 of Metro's households in 1992, Metro Toronto spent \$2.5 million. To properly collect and dispose of all the HHW produced in Metro would put an unmanageable burden on our present system.

In addition, household hazardous waste presents a number of problems that concern a great deal of people, and affect almost everyone. Although direct health effects are difficult to trace, toxic products can release volatile chemicals into the air, affecting indoor air quality. They also have a serious impact on our natural systems.

Although HHW can enter the environment through leaky landfills, and in some cases through inadequate sewage treatment, the most common pathway hazardous commercial products take is through the storm sewer system. Untold litres of hazardous waste in the form of paints and solvents, used oil and pesticides are deliberately poured into Metro storm sewers by uninformed residents. In addition, many hazardous lawn and garden, and automotive products are washed into the system by storm runoff. Toxins are either washed directly into Metro's waterways, or make their way via the storm sewer system, ultimately ending up in the Great Lakes Basin where they effect plant and animal life. Some of these toxins are persistent, meaning they remain in the environment for

Using these home recipes takes a little more time, and a little more elbow grease. If you don't think you have either, buy a non-toxic commercial alternative.

All purpose cleaning—Baking soda, Borax and vinegar are three basic ingredients that can tackle just about any household cleaning job. The one thing you'll have to sacrifice is a little elbow grease. Remember that a little more effort at home is making a big difference.

Scouring cleansers—Sprinkle surfaces with a small amount of baking soda, scour with a damp cloth, then rinse with warm water.

Glass/Mirrors—Just about everyone knows that 1 part vinegar to 4 parts water in a spray bottle is great for glass and mirrors. Don't forget to dry it after wiping to avoid streaking.

many years. These can become concentrated in the fatty tissues of birds and fish.

One of the common questions encountered throughout the campaign was "Why bother consumers about hazardous waste? Aren't there a lot of big companies out there producing a lot more pollution than we are?" Of course there are. However, polluting companies rationalize that society (the consumer) relies on the goods they produce. The goal of the Toxic Challenge is to help people take responsibility for their own actions. The relationship between consumer use of hazardous products and industrial pollution is much stronger than most people think. By reducing our use of and dependence on chemical products, we send a message to the industrial sector that convenience at the expense of human and environmental health is no longer acceptable to us. When we have significantly reduced our production of hazardous waste, we will be in a much better position to demand similar changes in the practices of the industrial sector.

What Can You Do?

The basis for change lies in planting the seed with one simple act. Taking the Toxic Challenge is as easy as following one of three simple steps:

1. **Buy an alternative.** Most stores stock household products which claim to be less harmful to the environment. Look for ingredient lists to be sure of their claims. (With Ontario Waste Management Corporation's handy *Guide to Hazardous Waste Terminology* you can identify toxic ingredients and their effects.)
2. **Try a home recipe.** There are several recipes using basic ingredients that you probably already have around the house which can replace many hazardous household products. The Conservation Council of Ontario has compiled a booklet from several sources, and there are several others which are available from Metro organizations.
3. **Spread the Word.** Spreading the word can be as simple as telling your neighbours about a great home recipe you've got or organizing a neighbourhood information session. There are quite a few groups in Metro that can supply speakers or materials. ☐

Julie Nettleton co-ordinated the 1993 Toxic Challenge Campaign. For more information, contact the Conservation Council of Ontario (416) 969-9637.

Spreading The Word

Sharing information with neighbours, friends, a community group, class, or tenants association is another way to get involved. The following groups can supply you with speakers, information or materials:

Metro Works—Metro's Household Hazardous Waste Program can provide you with information on proper disposal of any hazardous products you may have and hours of operation for HHW depots. More importantly, they have a series of "Non-Hazardous Alternatives" fact sheets which provide recipes and tips for household, laundry, and gardening products. Hotline (416) 392-4330

Citizen's For a Safe Environment—CSE has a great program called the Green Tea Party. Gather a group of friends together and CSE will provide you with tips on how to make less of an impact on the environment in your everyday life. They cover most aspects of home owning and operating, including HHW, energy and composting. (416) 462-3860

Toronto Environmental Alliance—Throughout the summer of 1993, TEA conducted an intensive door-to-door pesticide campaign. For information on pesticides and a support kit to help you "get your lawn off drugs," TEA can provide you with what you need. (416) 348-0660

Ontario Waste Management Corporation—The OWMC produces the guide to hazardous waste terminology and non-hazardous alternatives in the form of their Enviro-Dial. (416) 923-2918

Conservation Council of Ontario—(416) 969-9637

Drains—The secret to keeping your drains clear is sending 60 ml (1/4 cup) of baking soda, 60 ml (1/4 cup) of vinegar, and about 500 ml (2 cups) of boiling water down the drain, plugging it, and letting it sit for a few minutes. If you follow this procedure about once a month, it should keep your drains fairly clear. For really tough clogs, a plumber's snake is a safe, non-toxic way to clear them up.

Oven cleaner—The key to a spotless oven (if it's really that important) is to grab spills as soon as they happen. However, in the event that it's been sitting there for a while, try this method: mix 30 ml of liquid dish soap and 15 ml of borax in a 1 litre spray bottle with warm water (the warm water will dissolve the borax). Spray the area, wait an hour (or overnight, or during school, or during work, or...) and scrub with steel wool.

Water: A Glass To Your Health

Your health and the purity of your water is too important to take for granted. We are told to assume that the water that comes from our taps is safe to drink, but we should be concerned about the long-term health threat that "acceptable" levels of toxic chemicals have on us.

The September 1990 Toronto Department of Public Health report regarding the quality of drinking water in Toronto reported "evidence of the daily presence of dozens of chemicals in treated water drawn from Lake Ontario." Chemicals like chlorine, and its by-products the trihalomethanes, are well known carcinogens. There is no question that we are drinking poisoned tap water, it's only a matter of time before we suffer the consequences.

Before you rush out to find an alternative, you need to know a few things about water, water pollutants, bottled water and water filter systems.

BASIC WATER POLLUTANT INFORMATION

In the short term, each person must act independently to obtain the cleanest water possible. To be able to act properly on this, it is important to understand that pollutants fall into four groups:

Particulates are minute bits that do not dissolve in water. Asbestos, arsenic, heavy metals (aluminum, cobalt, chromium, nickel, mercury, lead, cadmium, manganese, silver), rust, dirt, sediment are all particulates.

Dissolved Solids are solid materials that decompose in water. They include fluoride, nitrates, sulfates and salts.

Volatile Chemicals are non-particulate substances that evaporate. Chlorine, chloramine, chloroform and THMs, chlorinated hydrocarbons, pesticides (DDT, dieldrin, lindane, heptachlor), PCBs, benzene, carbon tetrachloride, trichloroethylene, xylene, toluene are volatile chemicals.

Microorganisms describe microscopic plant and animal life-like bacteria and viruses.

Of course not all of these pollutants are present in any specific water supply, but the grouping gives us a better idea of what we are trying to remove from our drinking water. There can be some complexity involved in considering what to remove to "clean" our water, as too much removal of elements necessary for our nutritional needs can produce negative results as well.

TAP WATER

Without water there can be no life. While we can go without food for a week or two, we can live without water for very few days. Water treatment plants have come a long way since the turn of the century towards producing relatively safe drinking water. However, these are not equipped to remove most of the thousands of toxic chemicals found in our water sources today. We must also consider that chemicals get into our water during and after treatment. 80% of our water distribution lines are lead lined, and most homes have lead in the solder of the pipes. Carcinogenic chemicals such as chlorine and aluminium are added in the

process of "cleaning" the water. After chlorine is added to attack the organic matter—which is what we are as well—by-products known as trihalomethanes (also known carcinogens) form in our water. The September 1990 Public Health water study also reported that "tap water contained the highest levels of trihalomethanes."

A variety of scientific studies indicate that long-term exposure to even low levels of toxic chemicals is life threatening. We must develop a long-term program to reduce, whenever possible, the consumption of poisonous substances, no matter how minute.

WATER PURIFICATION SYSTEMS

There are three main types of water purification systems to consider: activated carbon, reverse osmosis and distillation. Other systems such as Ultra-Violet Irradiation, Ionization, Ozonation, and Chlorination are not discussed here because of their infrequent or specialized use.

Activated Carbon (granule type)

Although this method is the least expensive, it is totally ineffective on particulates, dissolved solids and microorganisms. It does, however, remove volatile chemicals. Activated carbon works by a process of adsorption (versus absorption), trapping pollutant molecules. When carbon granules are full or covered with particles they can release pollutants back into the water: it is important to change the filter often. In fact, improper maintenance of any filter system often leads to greater unwanted health effects.

D.L. Dadd, environmental writer, suggests that "The

little carbon filters that you screw onto your faucet are practically worthless. They are just as good as any other carbon filter for about the first glass of water, but they become saturated very quickly and then cause more harm than good." Another problem with these filters is bacteria growth in the filter itself. To combat this problem, manufacturers have added silver into the medium to make the system bacteriostatic. This means that bacteria can exist, but cannot multiply. However, silver, itself a toxic substance, can leach into the drinking water. Certain models also have problems with water bypassing the filter medium, thus leaving the water untreated. Beware of companies' claims for long duration of filters without showing you independent laboratory testing. For instance, you may be told that such-and-such filter removes chlorine, and the filter is good for 40,000,000 gallons of water. What you're not told is that the amount of chlorine being taken out diminishes over usage. The filter may be taking out chlorine after 25,000 gallons, but only 10% of it.

Carbon Block (solid type)

A carbon block removes contaminants by adsorption as well, but its compressed design inhibits growth of bacteria (without silver being used) and is a very good particulate screen as well because it acts as a three dimensional screen. Blocks last longer (up to a year depending on size) and are easy to use and maintain. There are many different types and sizes available. While carbon does not remove heavy metals, some filters like the Matrikx Pb+5, a hybrid 3-stage cartridge,

contains special resins which do remove and reduce heavy metals significantly.

This type of system design, because of its larger volume and smaller screening size, does not release contaminants back into the water and offers easy access to very clean water. Also, carbon filters will not take essential minerals out of the water.

Reverse Osmosis (RO)

RO purifies water by forcing it through a membrane that allows water molecules, but not pollutants, to pass through. This works well for particulates and dissolved solids, however some systems have trouble with microorganisms and volatile chemicals. When used in conjunction with a carbon block filter, such a setup has a very impressive ability to remove contaminants.

However, the quality of water does diminish with use. Membranes should be regularly cleaned. Filtration may be inconsistent depending on the water pressure in your home. Some more expensive systems offer a pump to maintain proper water pressure thus boosting the cost of the unit. The environmental drawbacks are that RO units waste about eight gallons of water to produce two gallons, and the wasted water, which contains a higher concentration of pollutants, is poured back into the ecosystem. There are also health concerns. RO sys-

tems soften the water by taking out minerals. Many researchers assert that demineralized water is an "aggressive solvent" that can then leach those missing minerals out of your body. One study found less cardiovascular disease in areas with hard (mineralized) water. In his book, *Healthy Water for a Longer Life*, Dr. Martin Fox reports that there are a multitude of studies showing the relationship of soft water to heart disease and cancer.

Distillers

Distillation systems evaporate water through boiling, thus leaving behind impurities. In inexpensive models volatile gases and other contaminants evaporate with the water. More complex designs take out volatile gases, microorganisms and solid materials as well. Some systems have carbon post filters for any remaining chemicals.

Remember, with this system you are making your water; it's not there on demand. Systems under \$1000 do not usually make more than a gallon of water a day. Also, as with the RO systems, the minerals are taken out of the water. Power consumption, while low, is of concern with many models. As stainless steel distillers can add aluminum to water, it is recommended that a glass housing be used with this type of system.

BOTTLED WATER

"Most bottled waters are no better than the tap water

their buyers are trying to avoid." This assertion appears in Pollution Probe's *The Canadian Green Consumer Guide*.

There are presently no government regulations concerning the quality of bottled or tap water. Words like "Spring Water," "Natural," and "Pure" are ambiguous because of this lack of regulation. One U.S. study done by the Environmental Protection Agency (EPA) found that 75% of bottled water was merely treated tap water! This includes, in some cases, putting chlorine into the water to control bacteriological matter. According to the Ministry of the Environment of Ontario, you should not store bottled water more than three days to prevent bacteria buildup in the water. This becomes a greater problem for children whose immune systems are not fully developed enough to handle the buildup. Sensitive adults can also be seriously effected.

Some people are percep-

tive to foreign tastes found in bottled water. This may be due to polymer leaching from certain soft plastics or from gaseous movement through the plastic membrane. Large five gallon containers can allow various gas molecules to pass through the bottle into the water thus affecting taste and composition.

If you're concerned about cost, bottled water will cost you more than any filter system. Many people find bottled water cumbersome and restrict their usage to just drinking and cooking.

What can we do to reduce our exposure to environmental poisons? Unfortunately, it will be necessary to use a point-of-use water filter until our water source is cleaned up. In the meantime we need to find ways to change our lifestyles to alleviate assaults on the earth and on ourselves. ☐

Mark Takefman has been helping with environmental problems for the past four years. He is a journalist, researcher, and Environmental Inspector, (416) 230-3450.

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People are getting sick

...and very tired. We have been made aware of the state of our environment, and the stress upon our bodies and all living life, and we are at a turning point. Our immune and nervous systems are no longer able to cope with the destructive complexities of the natural imbalance we have created. Our history gives us a broader understanding of the need for "whole" change that begins with each and every one of us.

The evolution of humans relied heavily on physical creations. The mind, calculating and scientific, invented more and more comforts and conveniences and gave birth to the Era Of Invention. The invention of the steam engine allowed the rapid transportation of goods and travellers to foreign lands. Communication and travel produced an international currency flow that secured the economy of the business of invention. The more we invented, the more we wanted.

Now commerce was booming and ports were growing into cities. Waterway transportation provided environments for foreign germs, rodents and insects. World leaders armed their forces with efficiency and strategy. Masses of people were required to produce weapons—more products for economic and military power. This was the dawning of industrialization.

There was little worry of famine, and science was basking in the role as the "Preventer of Death" (but not doing so well in the preservation of "life"). The promise of an affordable home, a used car in the back yard, food on the table, a system of education, and a medical-care program took precedent in the political process. Meanwhile, the family was gradually breaking apart unnoticed.

Rock 'n' Roll became the way "to work it on out." Life seemed good. Everything could be obtained on credit. But the next generation rebelled. The "Hippie Era" was born.

Psychedelic drugs created an avenue for radical soul searching and emotional expression was "discovered." Women finally "came out," demanding rights in the Age of Aquarius. Outrage flew in the faces of politicians who

stammered replies to the confrontations. It was a bittersweet war between generations. The new generation chose alternatives to the status quo. Some ruined their lives with drugs, while others used them as catalysts for change. There was a drive to create a better, healthier approach to life that didn't deny our inner process.

The masses remained powerless and continued to buy into the commercialization of everything possible. Addictions became worse and more socially acceptable: "just take away my pain." Technologies and new generations were born and the need for money was greater than ever before. With two parents working and "designer" children in school, the demands became relentless. "Crisis Syndrome" emerged. We had worked hard to make life easier. What happened? The world was out of control. Human greed had led to spiritual and emotional death.

Today, scientists can't work fast enough to find cures let alone decipher a proper diagnosis for the New Age illness. The visible and invisible elements of our environments and work places have worked against our natural defense mechanisms and broken down the incredible resilience of the human body and all life. Molecular structures are changing at a rapid rate.

Science and medicine have failed to keep up with the breakdown of the human body. As individuals, we must take back control and make changes for the preservation of life itself. We must be aware and appreciate life to its fullest potential. The fulfillment of this challenge requires taking personal responsibility for ourselves. We must take personal inventories to discover undesirable behaviours and attitudes. We must listen to our bodies, including acknowledging our emotional imbalances and identifying our need for spiritual, intuitive growth. We must be trusting enough to discuss our truths with other people, and be willing to explore new alternatives and ask for help. We must begin to learn how to love ourselves and to love life so that we can go forth with a new perspective and belief system for our children and the future of our world. ☐

Valerie Daws is a freelance artist in the Beaches. She can be reached at 690-4229.

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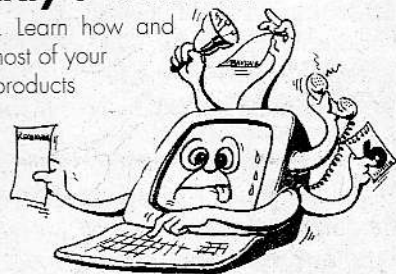
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KIDS VIEW

THINK ABOUT YOUR ENVIRONMENT —

RECYCLE, REDUCE AND RE-USE!



Soon I think that our world will become a dump because people are not recycling things and they are not re-using.

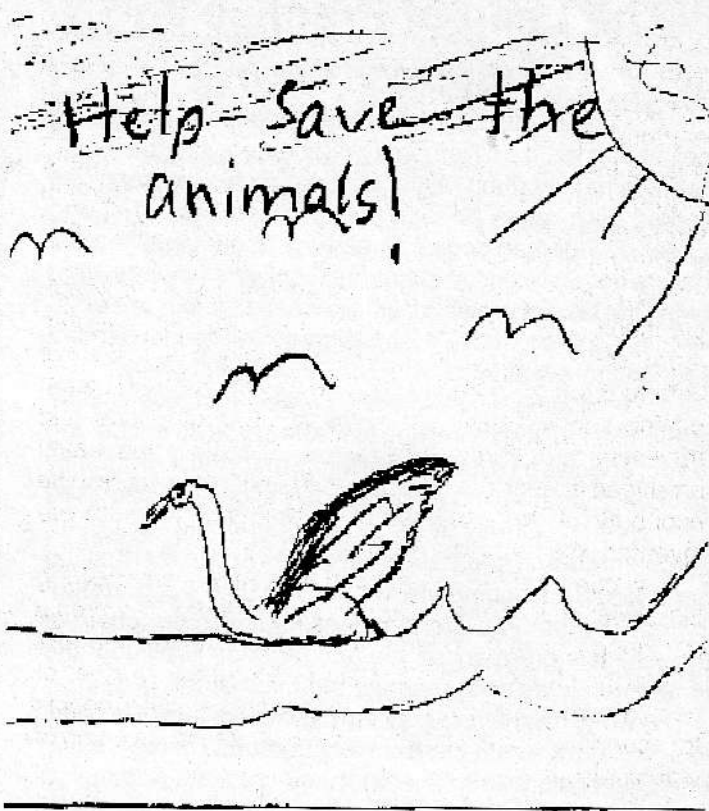
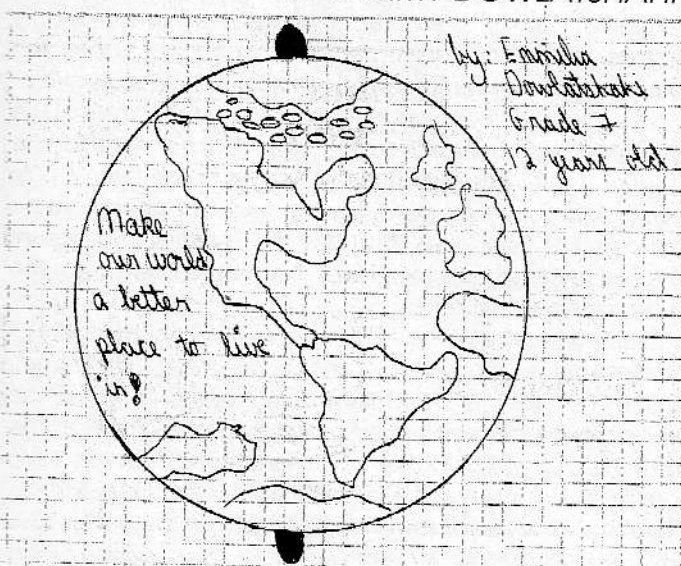
If you are walking in a park and you are drinking some pop in a can, when you are finished the first thing you would think about doing is throwing the can on the ground. That is wrong! Don't do that, take it home and put it in the recycling. If you are not close to your house, just put the can in a big disposal for cans.

If you are playing in a forest or anywhere else where there are animals and you are drinking a drink from a juice box when you are finished drinking don't be lazy, don't throw your juice box on the ground, recycle. If you leave your juice box on the ground, an animal will choke on the plastic straw.

If you are going to throw a jar in the garbage, don't, recycle or you can clean it and reuse it.

Think before you do something, recycle, reduce and reuse. Help make our world a better place!

BY SAMMY DOWLATSHAHI



Sadly the gas from cars pollute the blue air
 Sadly this is destroying the thinning ozone
 Sadly there is a black oil spill in the clear sea
 Sadly the beautiful fish in the sea shall perish
 Sadly many people around the world smoke
 Sadly their pink lungs turn black, like veils
 Sadly the white and elegant swan's are dying
 Sadly the swans' rivers are polluted
 Sadly the ozone layer may suffer
 Sadly its holes may become greater

BY EMMILIA DOWLATSHAHI

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The Leap of Practice and Empowerment

In the minds of many fem there remains the lingering feeling that the term "fem" may not be necessary after all. Perhaps names don't matter all that much—wo+man has worked as a name up until now. The practice of calling ourselves wo+man begins so early on in our development that we do not question the name. I believe, however, that taking the leap of practice from wo+man to fem is possible. I challenge you to make a leap towards self-empowerment through the word "fem."

It is humiliating to know that your wo+manness is a rite of submission. It is mortifying to feel that you do not belong to your species as a reasoning being, that your individuality has been negated and annihilated by exclusion disguised as inclusion. Surely it is worth something to be an autonomous and separate creative self and to feel that the earth would be incomplete without you. There is grandeur in knowing that you are a necessary link in the chain of thought. It is great and noble and moral to know that the fem brain is as necessary as the male brain.

The world has never seen fem call herself fem. It is scary to say, "I am a fem," after so many centuries of repression and oppression. Fem's lack of self-confidence coupled with the history of her oppression make the leap seem almost impossible. It will take great courage and forthrightness, my fellow kinsfem. It will separate the fems from the "real wo+men" who side with the patrists.

Like any other change of habit, it is best to stop the bad one in as large steps as you can handle, and to start the new behaviour with whatever small steps you feel comfortable making. Instead of the name wo+man, try terms like "our sex," "my sex," "the femininity-causing being." Once in a while you may want to use the term "opposite sex," emphasizing opposite, adding to it the gesture of quotation marks. These are also good conversation starters. You will get such questions as "What's wrong with the word 'woman'?" Why are you not using it?" If you are not yet up to answering, simply say, "I don't like the name." No one has a right to question your likes or dislikes. When you're reading a book that belongs to you, or an article in a paper, strike the word "woman" out, and scribble fem on it. When you do this you'll be surprised by how much the sentence or paragraph changes meaning. There is a difference between the concepts of wo+manness and femness.

To start using the word fem with confidence, try looking at your self in the mirror every morning and saying: "I am not a wo+man. I am a fem. I am a fem." Narrate your gestures: "This fem is going to have a nice cup of coffee now." Define femness to yourself out loud: "Femness is

the state of being a femininity-causing or feme animal who uses speech to communicate." Repeat such correct and moral information many times. Sit down and meditate on the word fem and what it means to you; think of femlike behaviour, of femly activities; of your own femhood; of femkind working interdependently with mankind; think of the implications of being visibly named as a necessary creative being. These thoughts are empowering.

When you are brave enough, and sensitive friends use "woman," tell them kindly that you use fem instead; explain simply and quickly that you feel better about yourself when this name is used. Remember, no one has a right to question your likes. It will take several months to get to the stage of actually having enough confidence to use the word publicly, but this is our goal. To reach this goal we must all start alone. To find two fem in the same place at the same event who call themselves fem will be as scarce as hen's teeth. Each one of us will have to claim the name "fem" for ourself.

This means that most of you will have to boost your own self-esteem with large doses of your own femness. The patrists made sure it would be difficult to regain your self. They knew that to put "man" in fem's name was to put fem out of her self and out of all real intellectual arenas. They knew that the recognition of man-as-mind would create all sorts of cohesive privileges for males. "Man's right to dominate" and "wo+man's rite of submission" were pretexts for destroying both fem and men. And this condition persisted through 4000 years of bloodshed, torture, cruelty and incessant war. Patrists knew

It was after a feminist in the late 1960's named the phenomenon "sexism" that the feminist movement started to have concrete power. Naming is power.

that to knock out all traces of individuality in fem by flattening her into "wo+man" would make fem regard man as superior.

There was, however, one flaw in their wishful thinking. All of their scheming *did not* kill the self of fem. Our evidence: feminism. Those foremothers who started to make ugly noises about their discontent did so because they felt deeply that they were anonymous ancillas, invisible slave-wives. Many of these did not understand the extent of the malaise they were addressing. They had no name for the cause of their struggle until a feminist in the late 1960's named it. Some intuitive fem named the phenomenon "sexism." It was after this that the feminist movement started to have concrete power. Naming is power. It is the source of political power.

Destroying the name "wo+man" is to kill the concept of fem as man's helpmate and ancilla, as second-class man. Once you kill the concept of wo+man, and give birth to the concept of fem, you create a serious road-block on the patrists' highway of male domination, paved with male privilege. You put their faulty thinking into obvious jeopardy. This is the power of the name fem. ♀

Louise Gouëffic is a language specialist who has given papers all over the world. Call her at 962-6825.

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BOOKSHELF

Eco-Feminism, Nuclear Energy and Goats

Subversive Elements, Donna Smyth
Women's Press: Toronto, 1986

In the beginning I only wanted to cultivate my garden. In Nova Scotia that is more difficult than it sounds...

These are lines from *Subversive Elements*, a highly personal novel by Donna Smyth, Canadian academic, writer and environmental activist.

Smyth's novel presents a series of seemingly disjointed but profoundly resonating narratives. Part of the text recounts Smyth's own life: her struggle to grow a chemical-free garden, her obsession with goat raising ('for wisdom' she claims), and her commitment to live environmentally responsibly.

A separate narrative tells the story of Bea and Lewis—a highly romantic tale that Smyth refers to as "The Last Novel." These passages, which illuminate the concepts of the larger novel, deal with the relationship between Bea, a mature and worldly, beautiful woman, and Lewis, a younger and less experienced person who is forced to act as Bea's spiritual advisor. "The Last Novel" provides a break from the heavy themes of the activist section and, although the narrative is a little thin, it is quite enjoyable.

Subversive Elements links the environmental activism passages, "The Last Novel," and Smyth's goat raising together with passages of Taoist writing, ecological facts, humorous stories, personal reflections, newspaper clippings, philosophical quotations and other varied reflexive tidbits. These many different threads woven into the fabric of the novel give it a richness and meaning beyond what any one passage on its own could offer. *Subversive Elements* manages to link politics, art, feminism, philosophy and science in an empowering way that reminds the reader of the inter-connectedness of all living things: the web of life.

I would recommend this book to anyone who enjoys a challenging but inspiring read. The disjointed style may at first seem confusing, but the many textual levels, reflective passages and personal testimony are to be savoured and digested. *Subversive Elements* is a testament to the power of simplicity within a complex framework:

We are conditioned to think of anything less than a megaproject as inferior. Human scale and microprojects, E.F. Schumacher's "Small is beautiful," are not as satisfying as bank towers and transnational corporations.

At some level of our Being, we know we will have to change our lives but we are conditioned to view this kind of change as a negative state: I will have to give up my coloured T.V.

Will I?

Alternative energy sources and systems have bad press and a bad name: "soft" energy. Associations with femaleness.

Hard energy: hard-on.

Another male thrust into Nature...

It could be that changing our lifestyles will give us joy and sensuality. Not the quick fix of a "holiday in the sun" in yet another Central American country about to be invaded by the U.S. Marines, but a sustainable, balanced existence.

The Taoist Way. The path through the Valley of the Shadow. It could be. (Subversive Elements 128-129) ☐

Lory Picheca is in Canadian Studies at Carlton University.

A Helping Hand

The Power of the Other Hand, Lucia Capacchione
Newcastle Publishing: North Hollywood, 1988

Some books invite themselves to be read. Don't resist. There is likely some way that they can be useful at a particular stage in your life journey. One such find for me was *The Power of the Other Hand* by Lucia Capacchione, subtitled, "A Course In Channeling the Inner Wisdom of the Right Brain."

Using the right side of the brain has recently been the thrust of many prosperity consciousness groups. Meditation and focusing—non dominant brain activities—are now common practice in professional sports and have even invaded the boardroom. Cappacchione hasn't discovered anything new, but what she *has* discovered is a non-threatening way of plugging into our subconscious and becoming our own best friend and advisor.

Whereas many therapies can be frightening or inaccessible to those just embarking on personal growth, this method can open doors into better relationships, increased creativity, and better health—and enable us to achieve these things with little pain.

Our "other" hand, Capacchione says, represents the inner child—artist, writer, healer and teacher. Throughout her book are exercises with which Capacchione's students have had amazing results.

After a few awkward stabs at writing with my other hand (my left), I found all kinds of useful answers coming up for me. Another voice was giving me good solid advice that seemed right. What really emerged for me was a good method for becoming focused. I exercised such great concentration when I wrote with my other hand that nothing else existed. Afterwards I had a wonderful feeling of relaxation.

I decided to try this method with a client who had been coming to me for a very long time. Trained in the stiff-upper-lip philosophy of life, she had long claimed that she had no inner anger. But I saw someone subconsciously inflicting physical pain on herself because of her unwillingness to deal with certain areas of her life.

I asked her, as Capacchione advises in her book, to speak to a body part and ask why it pained her. Her right hand asked "Feet why do you hurt so much?" And her left hand immediately wrote, "Because you put too much pressure on me."

This is what she brought on her next visit:

Who are you?

I am your feet.

I want to know why you are always hurting.

Because you put so much weight on me.

That's what you are for.

Yes. But it is the added weight that causes trouble.

Well how can I lighten it?

Cast off the things that are making it heavy.

I don't know where to begin. I will try hard.

Maybe you try too hard. Start by not thinking so much about what others think.

She seemed to have a lighter step when she walked in with her recorded dialogues. ☐

Lucy Mekler, a workshop leader, is the creator of Living Journal (individual life story tapings). Call her at 631-7611.
feminie - April 1994



Emotion

The Gifts of Gab

Talking with other women has always been a tremendous source of pleasure for me. It is only in the last several years that I acknowledged that my private source of pleasure was also crucial to my sense of well being, my need for community, and my understanding of myself and of the world. I came to this awareness as I found myself longing for more opportunities to talk to women.

Feminist theory and the women who first put the theory into practice created an important and exhilarating momentum. An outgrowth of this momentum was the development of previously non-existent resources for women directly pertaining to the conditions of their lives. These resources include a wealth of literature written by and about women, rape crisis centers, crisis hot lines, shelters, feminist therapy and the availability of services to deal with childhood sexual abuse. This work, which has been done with incredible commitment and passion, continues to have an advantageous impact for all women.

The success of organizing numerous programs, providing services, and producing valuable information emerged from endless hours of discussion: discussion which illuminated the sources of inequity in our lives. We had to name the problems before we could begin to seek solutions. Naming the devastating and insidious ramifications of violence, woman hating, sexual abuse and discrimination based on race, class, gender, and sexuality was necessary. It propelled us into action. Naming the problems, however, was only a first step. These issues infiltrated our lives on a daily basis and we were left to seek ways of dealing, coping, grieving, healing. As more and more women undertook this process, the camaraderie which was central to our movement began to shift.

Currently, we have yet another problem which needs to be identified and named: the condition of our relationships with one another. There appears to be much divisiveness, increased isolation and far more reluctance to rely on one another for support. I presume there are many reasons for this. The work has been, and is, overwhelming: we continue to work at our jobs, take care of our children, our relationships, go to school and so forth with the same dedication and commitment we attached to our "political work." Burnout is

taking its toll physically, emotionally, psychically, spiritually. The amount of work we initiated required action—tasks had to get done, meetings organized, lives lived. Time for talking became less of a priority in the face of what needed to be done. And, of course, misogyny is ever present, wedging its way between and among us, pressuring us to view each other suspiciously, seducing us over and over again to believe in ourselves as "victim." Increasingly, "safety" meant forsaking public arenas and doing our dealing, coping, grieving, healing in private. There is no doubt that our personal growth journeys belong to us. However, we now have a situation whereby we are experiencing frequent collisions with each other and not stopping to repair the damages.

Stop, Stop, Stop! We are too valuable, knowledgeable, strong, wise, and powerful to continue to carry on in this way. It is time now to stop the work, the meetings, the grieving, even, perhaps, some of the healing in order to reevaluate where we have come from, what we have done, where we need to go and how to proceed. It is time to make time to talk to each other again—really talk—in public and in private. We need to get re-acquainted with our vast experiences and appreciate all over again the value of our differences as women. One of the best ways to do this is to seek out, organize and participate in groups. Groups are and have always been sources of inspiration, strength, encouragement and empowerment for women. I am referring to groups in the broadest sense. They can be as informal as women gathering for coffee on a regular basis, a salon concept, support groups, self-interest or therapy. What is essential to the concept of groups is women talking about our lives and relying on the vast amount of resources we have developed.

It is time to risk breaking out of the self-imposed isolation, bridging some of the divisiveness and doing more than squeezing some time in to be with other women. Historically, when women have gathered—and women have always done so—they have been attacked. At times the attacks felt fierce enough to undermine the impact of the groups. For example "coffee klatches" were referred to more and more as trivial, a waste of time. They implied that women were superficial, not busy. In reality, women talking in the home was and is very important—for some women it saved their sanity if not their lives to be able to share and receive information.

I wholeheartedly believe in the idea of women forming more groups and using them as legitimate and necessary forums to continue our work—personally and politically. I was thrilled that *feminie* has been thinking along the same lines and doing a lot of work to organize groups and generate interest in groups by making them as accessible as possible. I also believe in women—so I will be looking forward to meeting with and talking to more and more women in the near future. I've already cleared my calendar! ☐

Maria E. Minicucci is a psychologist, educator, consultant and co-founder of Women for Creativity, Knowledge and Change. She can be contacted at (416) 406-5950.



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Pause

Sable moves away from the edge of the bank slowly as not to disturb the subjects he has been transposing to canvass.

"Shh...girl. Donald and Daisy are back. I can't miss them this time." Donald and Daisy are a twosome of the feathered persuasion which has become an integral part of their lives. A metaphor for their relationship over the past two years or so.

"Double D remind me a lot of you and me," Care says as she sits up.

"How's that?" Sable asks, smiling lovingly back at Care.

"Well look at how Donald's always followin' poor Daisy around. Always on the girl's tail...You that Sable!"

"If you stopped flaunting your tail in my face I wouldn't be followin' it!"

"Oh yeah!"

"Yeah! And you...miss thang...you remind me of Daisy. Cause you always quackin'...Quack! Quack! Quack!...There's just no shutting you up is there!"

Care, like a wild cat, pounces Sable from behind and sends him head first into the pond! Care is rolling on a bed of pine needles laughing herself senseless. Sable climbs back up the bank soaked, looking both sexy and peeved.

The sun is now setting and the sky is streaked by a scarlet red with flamingo pink hue. Sable has fallen asleep in Care's arms...naked. As she gently rubs his tummy she thinks to herself, how beautiful he is. The locks, broad nose and thick lips seem almost mystic against this heavenly backdrop. Sitting there together Care feels as though time is standing still. Nature is the best aphrodisiac. It is a soundless lullaby...she is spellbound. As the sky grows darker and the creatures of the night arrive to have tea and crumpets, she decides they will still make time for mother earth and her supernatural powers once they move to the pavement zone. As soon as Sable awakes from his trance-like slumber...she will tell him her thoughts on their divine ties with the cycles of the earth. They will share the same sanctity the stars do, receive protective illumination from their mother...the moon goddess. But before she says anything, Care will pause...

Take time. Take time out to inhale the delicate scent of flowers which is a woman's perfume.

Feel the warm breeze stroking tenderly across your face like a woman's hand.

As the sun beats down its addictive rays of sunny pulsations on the nape of your neck like a woman's lips or finger tips. Take time. Take time out to thank the womb of metaphysical solace mother earth, for all her spendor and grace.

Rain drops seek refuge on your inviting tongue, while thunder rocks the trees and the mountain tops beyond the land.

Take time. Take time out to touch the holy rocks.

Fondle the grass with a smooth palm...slowly.

As the birds scatter above like a single mass of

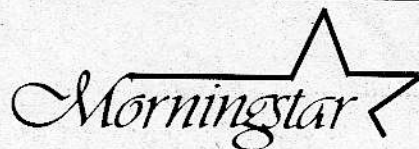
Feathers from the heavens.

And insects take their militant formations while fleeing to their secret haven of wet earth.

Take time. Take time out to make passionate, relentless, love,

To the atmosphere, that keeps all Mother Nature's creatures And glorious creations Alive.

Sistah Caroline Outten is a poet, playwright, performer and activist within the black community.



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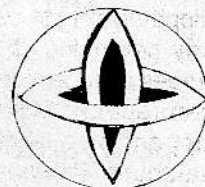
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Poet-tree

She had
had enough.
She leaves,
looking for the
tree that will
welcome her.
Finally, cradled by a
branch of
the lovers' tree,
she gazes up, reading
the names
carved
scars
and thinks of
those who leave no trace...
an
ant
crawling over
her toes
notes the tremor
as they take root,
as she stretches out,
arms outspread
and sighs:
no longer apart
but a part.

Colette Peters

so strong
i yearn
for spring
to turn
the land
to fertile ground
about
so all
the earth
renewed
to birth
the Hope
to bring new zeal
around

yet faithfully in Winter's hand
i wait—like Penelope—
waiting...

Meg of "The Grove"

Downpour

seemingly endless strings of raindrops
fall like beaded curtains
splat so hard on my window screen
that I consider closing the pane
but the breeze is so healing
so soothing
and what showers through is like my tears

I leave it open
and stand against the sill
I watch cars slush by on the street
I envy their direct exposure to the rain

then I find myself standing on the grass
facing the sky
being bathed
crying laughing
realising that even a less than perfect human
like me
can be cleansed

Marita Hollo

An Ancient Call

*they say that
everywoman
has the goddess
within*

*remnants of
an ancient time
when females
ruled the world*

*known as
one with nature
nurturer
of the earth*

*she has the power
to sustain
to create
to nourish*

*as woman
she is mother
one who gives
and honours life*

*this goddess was suppressed
as patriarchy ruled
progress was priority one
the environment, an overused tool
technology and science
has left
an ugly
mark*

*do you feel it? I call
feel the goddess
aching in your soul
she cries for it to end*

*for trees to grow tall
the sky to shine blue
children to breathe free
the soil to renew*

*women and the earth
constantly violated
but I am not
surprised*

*women and the earth
tied at the basest level
yet it cannot be too late
for each woman hears her call
it is the goddess within
who has the power to take control
she can make the earth move
she can make our planet whole*

Janet B. Cocklin

Moon Under the Bed

Rain is knocking on the window like a bird.
The Bloor Street drummer
beats his rhythm up and down the street.

I catch the wind up in my breath.
The yellow leaves turn on their stems
and then drop slowly wet with rain.

I go to bed. The moon rolls around
and around under the bed.
All night the stars come to the window and look in.
All night, the rain keeps knocking on the window
like a bird. Oh moon, the bough
scrapes on the house and
I am tapping out a poem
upon my lips, upon my thigh,
"...to moonlight in our human night."

Inside the room of lights.

Sophia Kaszuba

Separated at Birth

*As I nourished my children with milk and cookies,
Mother Earth nourished her children with
raindrops of hope and soil of seeds;
When my children whimper, I smiled over them,
to reassure them of my patience,
A lesson I learned from the Sun, who absorbed
my tears and outshined my fears;
On cold nights, I sheltered my children in my arms,
just as Mother Nature did for her's,
with her warm green trees,
but that wasn't good enough for them.
We could never understand what more we could offer,
why they wanted so much more.
Today, their mothers live, but slowly fall to
sleep, in a mess of poisoned clouds, oily water, dusty wind
and drying trees.
We've got to do something,
to save my sister Earth, her children, ourselves.*

Sumita Bidaye

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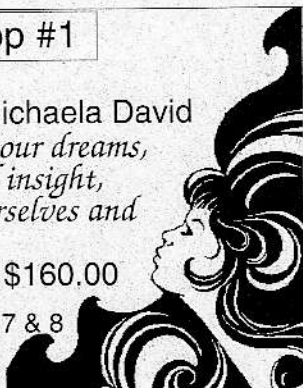
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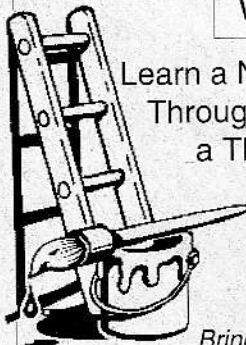
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Eight consecutive Wednesday evenings 7-9 pm
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June 4 & 5,

9:30-5:00.

How we communicate involves our body language, our feelings, our perceptions and our history. In these workshops you will come to understand your own way of hearing, listening and sending signals; how you interpret others; and work toward developing a response-able style of communication.

Workshop #4



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with Michaela David

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with Michaela David

This eight-week Personal Growth Group is an excellent experience in learning and exploring together. It will be small, supportive, and open to the needs of individuals to address their personal concerns and issues.

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Art and Other Spaces: the environment of galleries

The immensity and power of the three paintings—separately and together—made the edge of the canvases and everything else in my vision only a distant horizon. I saw the orange enveloping the space between the green—echoing somehow the green grass, mimicking the motion. I saw the grasses on fire. I came to consciousness and looked behind me to see the boxes and photographs. I was only mildly interested in this periphery. I was only humbled by the paintings.

It was in a high school art class that we received the assignment to go to an art gallery, pick a work, draw it and write about it. When I walked in to the gallery, I felt open and excited. But I was unable to explore the exhibition without a weighty feeling—the feeling that something was not welcoming—to the point that I wanted to leave. I craved relief. It was the same feeling that came over me when I walked into the Gorlitz exhibit at The Power Plant, Queen's Quay. I wondered how this would affect other people: even I, familiar with the nature of galleries, felt intimidated. I considered leaving before Will Gorlitz arrived but I did not want to abandon the opportunity of hearing the voice of the hands.

When Gorlitz was offered the space, he was overwhelmed by the magnitude of the obstinate structure and the considerations necessary to accommodate and make successful his communication. His attitude was: "Well, when you have this kind of an opportunity, you take it." This attitude subtly resonated with the conflicts of art space, opportunity to show, politics, freedom and boundaries.

I took the time to contemplate the source of my anxiety. I thought perhaps it was the neighbouring exhibitions. But I realized it was the space, the whiteness, the starkness, the unnatural sterility. I found it difficult to

concentrate on the art because I just wanted to leave. I thought about those white walls and what this whole white wall movement meant. When I was designing my gallery, I never thought about white. I knew that everyone was and had been doing it and out of that collectively grew some kind of a time-tested substantiation and validity. I asked around but no one—artist or dealer—could actually rationalize these white walls beyond the logic that the pieces stood out more against white.

I walked around The Power Plant and envisioned other white spaces—medical places and interrogation rooms—determined to resolve my place on this use of white. I worked on a possible line of reasoning: if a work of art was presented in a clean, white space, its voice would be clear. The audience would benefit from this uninterrupted posture. Perhaps it was a manifestation of the boundlessness of art. It also could have been one of those trends that caught on, became status, and, eventually, everyone was doing it without question.

I was haunted with the recollection that I had once come across a reference for these white walls. *The Art Dealers*, by Laura de Coppet and Alan Jones is the only book in my library that, uncharacteristically, I did not return to its owner. It is a book of interviews with current "influential powers" in the New York art scene. In it Betty Parsons explains: "I was the first to put up plain white walls in a gallery. Why? Well, showing these great big pictures of the Abstract Expressionists, I got to thinking about the look of the gallery itself. In those days galleries mostly had velvet walls and very Victorian decoration. I decided to hell with all that, and the artists agreed... The white was very severe I wanted nothing else in the gallery, no furniture, except maybe one chair or bench. That was the idea, to have it as simple as possible, and it did catch on."

It seems to make sense for a moment: Celebrating a movement for-

ward in the acknowledgement of the *artspace*. I realized, however, that it had been the subsequent indiscriminate application of white as a backdrop to almost all art that was the issue. That this act of clearing away "interference" was in fact alienating audience from art. Strange, since the philosophical job of a curator is to create an environment conducive to *communication*, which is what art is. In life, in Nature, in our source, juxtaposition and reflection create balance. An unnatural ambience that does not draw from, apply, and exercise the wisdom of Nature, but draws rather from fashion or ego, creates milieux that are uncomfortable because of their vacuum of balance. Imbalance causes discomfort and prohibits communication. An artspace must honour and balance the art.

I began talking to more people about all of this. It stirred lofty discussion: *...Now I'd always shied away from galleries. You know, those stark, angular whiter than white places holding opening attended by white, angular people, sipping white—dare I say angular?—wine.*

...I wanted to tell you about my friend's gallery. A gallery that doesn't aim to send you away. The funny thing is, people's pre-conceptions about the Art Place get in the way I think. Just the other day a woman screamed joyously when she looked in the window. I'm not exaggerating. She as much as galloped in, slowed her walk, became serious, and left quickly. I myself gallop into my friend's gallery whenever I can. I've seen others do the same. It is something about my friend and the gallery, I think.

Will Gorlitz, *Real Time*, Royal LePage Gallery, The Power Plant, 14 January - 20 February 1994.

"In our culture there is a preoccupation with the urgency of the immediate present that systematically ignores the things that are sustained and enduring. My project proposes to create a work comprised of dissimilar media that affirm the interdependence of these paradigms of time."

Installation: 3 large canvases, the

(continued on page 31)



Spirit

The Inner Garden of Peace

What does the word "environment" mean for us? A dictionary describes it as "the aggregate of external circumstances, conditions, and things that affect the existence and development of an individual, organism, or group." The environment for most of us brings thoughts of the Green Revolution, recycling, organic gardening, waste clean up, tree planting, forest protection and World Wildlife Federation. I would like to suggest that we broaden our scopes to include the smallest and the biggest picture of "our environment."

Our Body, Our Self

It's clear that a healthy, cleansed body is essential to live a productive, joyful life. Here are some healthy body basics that you will find fun and energizing to do:

- take a juice fast from food one day every month (consult your doctor if you haven't done one before)
- go to a naturopath or homeopath or Ayurvedic physician for internal cleansing through fasting, diet and detoxifiers
- make a routine of daily exercise that is muscle stretching and aerobic—like swimming, walking, dancing, yoga
- think about eating vegetarian
- learn to breathe deeply on a regular basis (meditation and rebirthing/holotropic and breathwork will help)

Our Emotions—Living life with ease and energy

The word "emotion" means to move with energy. Keep your emotions environmentally friendly by letting them move through you regularly. Try not to let a toxic emotional wasteland build up inside you. Remember, you have emotions, emotions don't have you. You are your unique individual self (there is nobody else who will ever be just like you) and it's permissible and fun to have a full range of emotions, from anger and sadness, to humour and joy. Here are some emotional processing tips:

- keep a journal to write down feelings, thoughts, dreams, hopes, conversations and doodles
- practise speaking your emotions out loud with your friends and associates
- each day be aware of feelings as energy shifts in your body and mind: dance, draw/paint, sing your feelings—it's essential to change your physical-emotional state as often as you need to by moving around in space
- be ecologically minded with feelings: try to stay centred in your heart, focused on what you are feeling, come back always to a state of calmness after feelings of anger, fear, and sadness

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- go for walks in the environment of your feelings; let them take you places you have never been before; open up to your passion, your true heart's desires, explore your inner emotional landscape

Our Mind—Imagination is Reality

Nothing in anyone's life was ever accomplished that was not well thought-out and planned in the inner imagination. "If it can be imagined, it can be done." It's no good just to talk about it, you must creatively visualize yourself actually doing, speaking or making the change in your inner environment. Then it will manifest in the outer. Jung knew that trying to change the outer world, other people and the environment won't work. The only way to change the environment is to change ourselves. After all, aren't we the ones who are devastating the world about us? Mother Earth certainly isn't doing it to herself. It's not the earth we need to change, it's ourselves. As H.H. The Dalai Lama says, "take responsibility for yourself and act compassionately from an open heart to all living beings around you."

- creatively visualize people laughing and talking and sharing openly in all situations
- visualize peace and calmness in your being, the beings of others around you, and in places that need peace
- imagine yourself at your most creative in art, work, conversation, and loving relationships
- you can obtain new skills and accomplish various tasks; see/feel yourself accomplishing these goals with ease
- see yourself cleaning up your own internal and external spaces and having fun doing it

Our Spirit Environment—the Inner Garden of Peace

If spirit is energy, then focus all your energies on positives around social change, global change, environmental change.

- meditate first thing each morning to get your mind focused and centred on your "inner garden of peace," your healthiest visualization of your own personal environment
- set a daily prayer/meditation time with friends, say 8 a.m. each morning: pray and see people laying down weapons around the world and greeting each other with open hearts
- make amends with a friend, a neighbour, a family member, and clarify conflicts, ask forgiveness, and start afresh with a loving commitment to work things through
- with the love of your Higher Nature take steps to honestly confront your own manure, which all the roses in your "inner garden of peace" need to be healthy and smell fragrant: the inner composting visualization
- in your spirit know that the person on the street or subway beside you is no stranger, they are yourself, for we are all one body after all.

As Chief Seattle says: "We are all brothers and sisters after all. We are all children of the same Mother." Practise saying this to yourself and know it is the truth. ☐

Barry J. Martin, Ph.D., is a psychotherapist and Director of The Academy of World Psychology and Creative Arts. For more information and a brochure please call 416-964-7245.

feminie - April 1994

ASTROLOGY

Aries As usual we find our ambitious Ram scheming about how to achieve that million dollar deal. Your willpower and drive is emphasized for April so expect to channel your mind, body and soul toward initiating and completing numerous projects. Restlessness is also accentuated as spring approaches as you find yourself aggressively devouring every challenge that comes your way. Look forward to romantic opportunities developing after April 28th.

Taurus Now that the building blocks have been laid and everything is going according to schedule, April is an excellent month to brush-up on your social skills. This is your chance to exhibit your mastery of the culinary arts and invite those VIP's over for dinner. You could be feeling quite loveable and your ability to appreciate the finer things in life will heighten (especially for those born between April 27th-May 1st). Catering to your every desire will become a #1 priority.

Gemini Relief is on its way to our troubled Twin who was experiencing difficulty. Your period of re-adjustment is over and it's time to move on to bigger and better things. For best results, start April off slowly and focus your mind on less than three objectives. As the end of the month arrives, try to stay connected to what you are doing and watch for tendencies toward impulsiveness. People will be attracted to your fun-loving personality in April so anticipate receiving many tempting invitations.

Cancer Be prepared to release any repressed anger in April. You may be tested by everyone and feel a necessity to defend yourself. This could trigger off day-to-day mood swings compelling you to seem more sensitive than usual (this is intensified for those born July 16th-20th). Also watch for passive-aggressive behaviour which may be expressed through your comments to others. All of these tendencies should begin to lessen around April 27th as your senses slowly regain their balance.

Leo The sun's shining and so is our noble lion. Your spirits are high as is your determination "to get the job done right." Everything will seem larger than life, and your friends will find your enthusiasm contagious. April bestows you much affection and attention from others, particularly within the relationship area. Those born from July 29th-August 4th could find themselves compromising and necessitating trade-offs to get what they want.

Virgo Stretching beyond your limitations and utilizing all your talents is the key that will open many doors for you at this time. Make the choice not to settle for less and learn to release any pessimism that may be holding you back. April could bring a certain amount of frustration in dealing with the outside world, because your plans "just aren't going the way they should!" However, by the 31st tensions will ease offering you safety and security once again.

Libra Confrontation has inauspiciously come back to tip the venusian scales. It's imperative that you pay close attention to your actions and your anger from April 10th-26th. Resentment could cause you to create situations that may be upsetting and uncalled for. Always remember to rationalize with yourself first and then react to the circumstances later (this is extremely significant for those of you born from October 16th-20th).

Scorpio Hopefully by now you've drafted your blueprints and your empire is well underway towards being built. Keep working on the plans you have initiated and spend the next two months re-evaluating what needs to be changed or altered. This is a turning point month where you will find yourself examining all your current goals and objectives. It's also recommended that you wait until June before introducing any additional activities to your schedule (this is stressed for every Scorpio).

Sagittarius Adventure and travel is the theme as winter draws to a close. Spring fever has taken over so expect to find yourself off on many wild and exciting tangents in April. Freedom could also become an issue as your Sag nature wants to soar and experience day-to-day living to the fullest. You very much want to be the master of your own destiny, make your own choices and move in any direction you see fit.

Capricorn Your drive to achieve and reach for the top is heavily accentuated over the next 60 days. Socializing is also advised as it could play a role in getting what you want. Assuming an authoritative position or simply wanting more authority within your work environment seems to be a concern. Just make sure that you are honest about your intentions and guard against overstepping your adversary—you have to learn how to play the game before you win.

Aquarius Take the plunge and commit yourself to realizing one of your utopian ideals. April is an excellent month for you to set these dreams into motion. If you master how to become more pragmatic in implementing your goals, you can then give meaning to your ideas and commerce realistically upon the path of progress. People will be more open and willing to listen to your emblazoned visions in April. It's up to you to open your mind to *what is possible*, and challenge yourself to go deeper into understanding why your fixity often holds you back.

Pisces Smooth sailing indicates what's in store for the last sign of the zodiac. Your imagination is spiraling as your creativity blossoms in every direction. Some of you may be actually experiencing the feeling of "passion" for the first time in your life. Falling in love or being in love could occupy your thoughts and cause you a considerable amount of thinking around the subject of marriage (this is especially true for those of you born from February 26th-March 2nd).

Lisa Turney owns and operates an astrological consulting firm in Toronto. She currently writes a sun sign column for Tribute magazine. For further information call 532-7832.

Improving The Environment Naturally

Reflecting over the last year, I realize a word that seems to have popped up everywhere is *environment*: our environment, the one we have created, the one we are going to give to our children and them to their children. I took to understand the word *environment* as our surroundings: the air we breathe, the earth on which we live and in which we grow our food. It also includes the water we drink, which adds moisture to the air we breathe and to the precious earth. Humanity has been given one earth, one air, and a finite amount of water. Considering the present state of these three, I began to contemplate what humanity could do.

I got to wondering about the word humanity and these thoughts took me off to my son's room to look up the word humanity in his child's dictionary. There I found a three part definition, very similar, by the way, to Webster's definition: 1) human beings as a group; 2) the quality of being human; 3) the quality of being humane - sharing kindness.

These thoughts brought back the remembrance of a day in late August, very treasured to me. It was a simple day, but the happenings had a rather heartfelt effect on me. It was one of those lovely end-of-the-season days. This significant day was made more so as I had the privilege of sharing it with a truly beautiful human being.

We had set off for a walk in the park and found ourselves in a small, secluded, rarely disturbed wooded area. We had planned to spend this day enjoying the beauties of Mother Earth. Although the terrain was such that few would pass that way, there were signs that humans had been there. There were more of those telltale signs than I would have cared to see. Soon I realized that my friend was stopping each time and picking up those remnants: a coke can here, a piece of foil there and of course the occasional beer bottle. Before long, and without any conscious thought, I found myself doing the same. At the end of the trail we returned to the park and deposited our collection in the park waste container. All of this was carried out with no verbal interaction between us. As I reflected internally on what had transpired, I realized that it sure felt good to have done my part.

Later I found myself remembering that special day and those actions. I wondered whether I could have the same impact on others. Being a person who is often out walking, I decided to experiment. And you know what?—it works! With friends, yes, but I was most surprised when out walking with one of my boys. I started to pick up the odd piece of litter here and there, and so did he! Here I was consciously causing changes in the behaviour of those around me. And this positive ripple effect had been taught to me without a word being spoken! I was (and am!) very impressed.

Now I extend the invitation and the challenge to each and every other human being. Do one little thing to join in being "human"—show mother earth a little kindness. Set an example. Our collective efforts will help restore our environment and make the world a better place to live. ♀
Sherry Davidson is a polarity and cranial therapist. Call her at (905) 474-1848.

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Environment in The Year of the Family

When one speaks of the word "environment" these days, images of polluted land, water, and sky are conjured up in our minds. We tend to forget the real meaning of the word, which is "surroundings." Environment consists of the physical, cultural, and social influences which affect the growth, development and existence of a living being.

In that sense, our work place and our home are classified as our environment. Everyday we work to build our lives within these two places, trying to maintain a balance between our comfort level and those of the others who share the environment with us. At home or at work, a small compliment on a job or chore well done, a smile of appreciation, or doing something nice without being asked to can bridge and steady that balance. But life isn't always that simple. There are times when we make the mistake of "polluting" our environments by using harsh words or taking people and their deeds for granted. It is our obligation as a member of an environment to make sure we don't become "polluters" and to encourage others to do the same.

On a more national or global scale, there are many organizations aimed at transforming harsh environments to create a more loving and comfortable living space. Unfortunately, in many cases, to change the entire surroundings of a war-country or family isn't possible. And so we create a new, more caring environment or relocate the victims. Groups whose purpose is to help abused or refugee people are a great example. These innocent victims of circumstance need the help of others to get on with their lives, they need to learn how painful environments shouldn't and don't have to exist and that a relaxed life is possible. All it takes is a couple hours a week, or even a month, for anyone to make a difference in someone else's life: food banks, children's charities—the possibilities are endless.

Have you thought about the different environments in our world today and how they contribute to your life? Have you given anything positive in return so that others can continue to enjoy life? Your environment is based on what you make of it, so try to adapt to and tolerate the small isolated incidents which don't live up to your ideals. When life gives you lemons, make lemonade! Preach this to your co-workers, friends, and family, because it isn't you alone who makes up an environment, it is the collective which creates the atmosphere of any place.

As 1994 is the year of the family, I urge everyone to set aside time every day to make your home and working environments a little more comfortable and a little less "polluted". A simple gesture can go a long way. ♀

Grace Leung is a 16 year old student in Toronto. She would like to thank her friends, teachers and her family for their contributions in the creation of loving environments.



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Your Handwriting

Environment and handwriting go hand in hand (no pun intended!). As far as handwriting is concerned, your environment is the piece of paper on which you write. How you utilize this "environment" tells much about you.

A Word to the Wise

Your word spacing delineates your need for contact with others. The amount of space you leave between words indicates the amount of space you require to distance yourself from others.

If you have kept up your reading of body language books, you will know that everyone allows a certain "space" between themselves and others. You will likely admit an arm's length or more from your "inner space." Those you allow to come a little closer may include those who are no threat to you such as a store clerk or the mailcarrier. Friends and acquaintances you will allow closer yet; your significant other, of course, can come even closer.

Should someone violate your "comfort zone," you will instinctively pull away to enlarge the space between you and the offending person. Similarly, the word spacing in your letter to your lover may be closer than that in your monthly inventory report.

Tight and Narrow

How do you feel when you see the word spacing illustrated below. Someone whose word spacing this close may push others to include him or her to avoid feeling isolated. Such a writer may offer advice without being asked to fill their emotional need to be involved. Such a person needs to give themselves and others more "space," both figuratively and literally.

words come close to what they see

Average Word Space

If your word spacing is average, you likely have adaptable interpersonal relationships that make it easy for you to communicate and cooperate. You are likely someone who can include others in your life, and offer advice without overstepping the boundaries of others; you likely can "let go" to give others time and space to themselves.

Our family is going

Mac Truck Work Spacing

If you leave more than two letter's worth of space between words, you likely feel distant from others. Even when you want to build a friendship, you may withdraw or feel uncomfortable if you come too close, too soon. Offering advice without being asked would be abhorrent to you, for you respect the space of others as much as you need your space to be respected. "Don't Fence Me In" would likely be your theme song.

*I enjoy seeing the
world and its*

After this issue, you not only will be reading between the lines, you'll be reading between the words, too! ♀

Elaine Charal is a Master Graphoanalyst whose company, Positive Strokes, serves a variety of corporate and individual clients. She may be reached at (416) 446-2903.

Body



Touch

Touch can be received in various ways: one of the most powerful is massage. Massage accomplishes important breakthroughs and brings forth changes according to what period of life one is in.

Massage is especially powerful during infancy, childhood and adolescence because this is when potentials and patterns which stay with us for life are being developed.

Ideally, during the first 12 months of life, infants should receive a lot of touching. Massage is an excellent way of accomplishing this. Studies show that touch helps the infant to develop physically. Premature infants gain weight more quickly, are able to maintain a steady state of function when they are touched. At the turn of the century infants that were hospitalized in North America were not touched much for fear of bacterial contamination. Many children died for lack of touch.

Analogies have been drawn between the licking of their young by animals in order to establish organ function and touching of human infants by their parents. Touch establishes function of organ systems, especially the nervous system.

Touching also assists bonding. Bonding is the process that ensures healthy integration and development between the mother and young for time to come. The proximity between parent and infant, via sensory experiences and living interactions brings them into synch with each other. This ensures the infant's survival. Infant massage gives you a chance to talk through touch. It can also help with sleeping problems because studies show that infants who are touched a lot tend to settle better. Infants who receive a lot of positive touching tend to establish early independence. They learn to trust the world and trust that their needs will be met.

By comparison, little research has been done on touch for children and adolescents. At different points for everyone, "no-touch" rules take over. First we begin warning toddlers not to let any strangers touch them. Then sadly, we warn ourselves that we must stop touching because it might be misread by others. We never outgrow the need for touch that we were born with, but western society puts limits on touching.

Some researchers believe that deprivation of body touch, contact and movement are causes of depressive and autistic behavior, hyperactivity, drug abuse, violence and aggression. Warm, affectionate touching relationships in childhood and adolescence deters violence in adulthood.

As far as adolescence goes, another researcher wonders if the fact that parents and children touch less during adolescence contributes to their difficulties communicating with each other. Touch truly is a motivator. When children/adolescents lack motivation, perhaps they lack the energizing sense of touch.

The most common touch scenario in childhood is touch as direction (take my hand while we cross the street) or punishment. In adolescence, touch is usually relegated to aggression in sports or confusing sexual messages. What kids need are tender touches of communication, empathy and understanding. As children move through puberty they desperately need tender touch as a reassurance that they are not awkward and to help self-esteem.

Touch is an important sense that impacts on us physically, emotionally and ultimately spiritually. Many of us are not sure how to establish this type of contact. Massage is a wonderful tool for getting started and can easily be adapted to each developmental stage of the lifespan. However, it has the greatest impact on us when it is established in infancy and childhood because the potentials it creates stay with us for life. ☐

Corinne Flitton is a registered massage therapist and instructor at the Sutherland-Chan School. She has been practising in Toronto for 11 years. Call her at 585-9555.

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Vegetarian Light


Tired of dieting, feeling deprived and getting nowhere long-term with your weight?

Try adding vegetarian cuisine to your menu plan. Start with three meals a week, as the Canadian Cancer Society and The Heart and Stroke Foundation suggest. Then work your way up to three full days per week. You will discover a wonderful and tasty way to eliminate fat from your diet.

The fat most of us want to lose comes from the consumption of animal fat, red meat, milk, cheese and eggs. Even meats that are engineered to be lean are still in no way a low fat choice. The more you eliminate these foods from your diet, the faster and better results you will see. Try thinking of your food as one to five pounds of medicine per day. Then ask yourself if that donut qualifies. Not everyone is ready to change their diets all at once. Start by becoming aware of the fact that calories do not make people fat, *fats* make people fat. This will help you make informed choices at the supermarket.

The vegetarian diet offers endurance, stamina, focus and a step towards health. Many of today's athletes have caught the competitive edge by adopting the vegetarian diet. Famous television and movie stars use the diet to manage their weight and help to keep their skin clear, healthy and glowing.

When you increase your intake of fruits, vegetables, whole grains and beans, you will experience taste and fullness. A lot of people think vegetarian food is "Rabbit Food." *Au contraire!* Eggplant parmigiana, luscious lentil soup with whole grain bread and a vegetable studded salad can fill the palate perfectly, providing all the protein and vitamins your healthy body demands.

Taking responsibility for our health and our lives is a rewarding experience. Noticing the subtle signs of what our bodies are saying to us at ovulation and menses time are opportunities we can explore both physically and emotionally. Eating healthy food and including vegetarian meals in your diet can contribute to this empowerment. 

Cindy King-Gaffney, owner of CK-G Enterprises offers vegetarian cooking classes for beginners, intermediate and advanced students. (905) 898-2329.

Chocolate Tofu Pie

Recommended by our resident chocolate expert Sharon Barlow, this pie is easy and healthy.

Filling:

10oz chocolate chips or carob chips

21 oz tofu (firm)

3 tbs light honey

Heat chips in a double boiler until smooth. Add honey. In a blender or food processor, blend tofu until smooth. Add the chocolate/honey mixture to tofu and whip until creamy. Pour filling into your favourite pie crust, chill over night and enjoy!

Us'n Mom
Artist/actress
Gloria
Valentine
stars in *How to Live Alone Until You Like It...And Then You Are Ready for Someone Else.* May 17-29 at the North York Performing Arts Centre.



Yin-Yang Tea, Samosa and Live Drama Cafeteria-Style

Restaurant Review by Linnea Voss

As the door closes behind me, I can hear the window beads angle from the draft. The café is buzzing with movement and music as I amble towards the rear where the celebration is taking place. A woman is singing and playing guitar on the small stage, she is one of the twenty performers who will be entertaining this evening. Café Verité is celebrating its first anniversary and is louder and busier than usual. Generally the café is quiet, a great place to meet a friend for tea and a small bite. It is also the perfect spot to go alone for lunch and perhaps play chess, or one of the many other games available, with a stranger. In the evening the candles are lit and by 10:00 pm the evening performer begins.

The café is not licensed which allows one to try many of the nonalcoholic 100% natural drinks. There is a wide selection of juice and tea including "yin-yang" which is a traditional chinese herbal tea. Some other favourites are: cafix, a coffee substitute which is 70% barley; natural cream soda; soyaccino, cappuccino made with soya milk; and the unique amashake, a shake of rice and soya milk, in vanilla, cocoa, or almond.

The food is strictly vegetarian with some vegan dishes and nothing over five dollars! The subtle flavours in the delicately prepared samosa, at \$1.30, is a wonderful appetizer, followed by lasagna with salad, or a roti roll, at \$3.25. If you still have room there are a variety of healthy and delectable baked desserts such as muffins, butter tarts and cookies—I was told that the cardamom-honey

cookie is a must!

While speaking with Vipin Sharma, one of the two partners of Café Verité, he told me that there are more dishes to come, such as a vegi-burger, brochette and pizza. He also said that he will stick to his philosophy of healthy food at low prices. As the café has only been open for one year he is welcoming any one who would like to contribute new dishes and ideas to the kitchen.

You may be disappointed if you expect white table clothes, an elaborate decor and servers because there is not even a semblance of these in the café. It is strictly self-serve and not uncommon to see the regulars helping themselves behind the counter.

The food, however, is not the only highlight, as the café is a sort of art space for local talents. The walls are decorated with art exhibits which rotate every three weeks at no charge to the artist. The back room, where nightly evening performances take place, is also a free meeting space during the day. Usually the evening performances are musical, however, there is also a monthly poetry night. Vipin Sharma is a film maker and organises small film festivals and screenings for local film makers. The plays *Zoo Story*, *Dumbwaiter* and *No Exit* have also been performed at the café.

Café Verité is a Toronto haunt that should not be missed. It is located at 686 Bloor Street West (just east of the Christie subway station). It is open from 10:00am-3:00am on weekdays and 12:00pm-3:00am on weekends. You can reach the café at 537-0579. If you are interested in performing or having an exhibition, it is free of most intimidations and very conscious of the need for women performers. Give it a try!



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Restaurant Guide

Café Verité, 686 Bloor Street West (416) 537-0579

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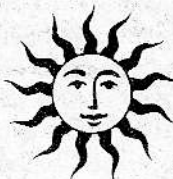


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The Healing Wing

Humanity is like a bird, with its two wings—the one is male, the other female. Unless both wings are strong and impelled by some common force, the bird cannot fly heavenward.

Abdu'l Bahá

The Art Of Inner Ecology

The Environment! Everyone seems focussed on the outer manifestations of our environmental crisis. Great effort is expended to stop this, clean up that, and prevent yet another disaster somewhere in our fragile universe.

This effort is special; the concern and resources directed toward healing these devastating violations against our sky, earth and water are real. The state of the environment is a genuine, human dilemma of the 90's. We all know it, although many of us prefer not to deal with it. We continue to self-destruct, impeded only by the sparse factual education that trickles down to penetrate our lives. We recognize the danger we are in, and yet we continue to perpetuate it.

The mind of the matter is what really has my attention: retraining our thinking; committing to mental ecology; thinking constructive thoughts; taking responsibility for the impurities in our minds long before we crusade to stop the logging, clean up our rivers, save the whales and plant a garden.

The aim and focus of psychoneuroimmunology, the art of inner ecology, is to understand and explore the realization of how our inner violence, unrest and negativity contributes toward our outer catastrophe. Psychoneuroimmunology teaches that it is up to each one of us to find ways to hone that energy in a more positive, life-affirming manner.

The results of the last 50 years show us that we cannot continue to be selfish and mindless. Our lukewarm interest and faint-hearted commitment to our psychological ecology is mirrored in our economy, schools, hospitals, prisons and long-term care institutions. It is not enough to negotiate our outer reality and deal only with the visible. If we continue in this manner, we will only find provisional relief from suffering. The ego's view of reality cannot confront the depth of the mess in which we all participate.

At this point in history it would be naïve to be seduced into thinking that recycling our bottles, donating a few dollars to Greenpeace and attending a rally once every few years, is enough to stop this ailing earth from trembling. We must all learn to face our deceptions and their consequences: our problems are severe. It is up to each one of us to examine where she/he can make a difference. It is possible for each one of us to do something meaningfully significant right now!

Engaging in the ancient practise of mindfulness, minding our thoughtforms, and contemplating attunement to our "inner" state are essential and affordable tools. The beauty of this approach is that it can be practised anywhere, anytime, by anyone. There are no pre-requisites. Regardless of ethnical, cultural, social and economic factors, everyone has the option to recognize the potential to heal from within. The native peoples of this land have attempted

to communicate this message to us through their tribal heritage and psycho-social alignment, both of which have the good of all in mind. We must find a way to observe, change and control our thoughts and projections.

We need a new forum where we can share possibilities of healing ourselves and our planet simultaneously. We need a "spring cleanse" where we release some of our selfish habits, attachments, and negativity and really take stock of how our lifestyle reflects our true self. Our lifestyles have left many of us sick, depressed, unemployed and worse, fragmented and plainly unfulfilled. Just as our planet needs help on the exterior, we need help for our interior.

This society needs more education in fundamental self-ecology and self-help modalities that direct us toward strengthening our immune systems. Our individual health will in turn strengthen the web of society in the weaving of planetary ecology. Psychoneuroimmunology is a system of education for the whole person in a healing world. It deals with the urgent problems confronting us as a species and providing insight into the epidemic chronic disease patterns with which western society is afflicted.

Through psychoneuroimmunology we give voice to the subconscious and rediscover our inner strength and resources and our higher guidance. For this we need a clear, still and purified mind. While the discovery that the mind rules the functions of the body is not new, the solutions derived from this understanding are groundbreaking. These principles support the immune system via a positive healing paradigm that shifts perceptual reality in the psyche. The process allows us to find keys to our troublesome areas. We discover unresolved issues in our lives which we project and inflict upon one another and the environment. This work goes beyond symptom removal to the realms of personal integration and spiritual awareness.

Wellness, experienced as a gift, is sacred and must be preserved and tended respectfully from an instinctive alignment with only the highest, purest vibration. A natural willingness to preserve the environment evolves in those who have developed this level of wellness. Psychoneuroimmunology teaches that each of us has a unique constitution and a very personal journey which is determined at conception. When balance is maintained we are healthy. An unbalanced condition is a deviation from innate harmony, and presents itself to us during times of great individual or collective stress.

Many of us underestimate our capacity to positively contribute to the environment through our thoughtforms. We can directly effect our immediate and common environment by the clarity, ease and peace with which we think and function.

Scientific evidence concludes that we now have access to the brain tools which create and effect our personal and global healing. Psychoneuroimmunology shows us how influences such as lifestyle, diet, relationships, neighbourhood, climate, environment and spiritual practise can be accessed in an integral way to realign our relationship with nature. As governments implode and chaos increases worldwide, the benefits of preventative selfcare will become more evident. Taking responsibility for our own health is fundamental to the philosophy of psychoneuroimmunology. In our severe health crisis, it is predicted that one out of every three North Americans will be afflicted with a chronic disease by the year 2000. This need not happen. Practise wholistic mindfulness and keep yourself clear, awake, present and aware of all that is, has been and will come to be. It is natural and our birthright. ☐

Christine E. Devai is a cancer survivor, self help educator and facilitator of Compassionate Cancer Care. You can contact her at PO Box 190, Jackson's Point, Ontario L0E 1L0.

Art and Other Spaces (continued from page 22)

opposite wall arranged with photographs and metal rectangles of the same dimension; floorspace filled with oversized cardboard shipping boxes, some containing televisions screened with the standard countdown.

Gorlitz began his talk with the boxes. He then talked about the photographs and the kind of specific "blank" expression that he sought to catch: an expression that allowed for the projection and reflection of the audience's feelings, the doorways to souls. He was eloquent and informative. But his deceptively detailed delivery and ephemerally satisfying communication almost mesmerized me into believing that all had been said. I asked if he had had the time to observe his audience interacting with the work, to determine where they spent the most time in the installation. He replied that he had not enjoyed the luxury of maker-voyeur and escorted us to the paintings. Gorlitz spoke of painting and colour and the inspiration of the grasses, Nature. He referred to the act of painting as human technology and of building a fire as the same. Neither to be lost nor underestimated. He did not reference the television sets.

Art does not necessarily need explanation. But when an artspace, by the nature of its construction and concept, is prohibitive to communication, it is necessary to create something of the space to convey that encourages the message. Will Gorlitz's paintings require neither explanation nor props. However, the boxes and televisions and photographs and metal balanced the vast, white space to create an appropriate stage from an otherwise unwelcoming space.

That evening I attended a gathering of Clayoquot Sound rain forest preservationists. I thought about those white walls. ☐

Andrea Shewchuk, is an art agent and promoter currently working on a collection of stories which examine the creative process. Contact Andrea at (416) 440-0464.

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Right On!

Metro Police told *The Toronto Star* that as of March 17 they had charged five men in three days under the new "stalking law." Charges of "criminal harassment" had rarely been laid previously in Metro. The *Star* reported that the law covers harassing someone by repeatedly following, watching, phoning or otherwise making communications. The offense, which became a "crime" last summer, is punishable by up to five years in prison.

Have an article you think is "Right On!" or an absolute "Write Off..."? Submit it to *feminie* at 615 Yonge St., Ste. 601, Toronto ON M5Y 1Z5.

Write off . . .

On March 17, both *The Toronto Sun* and radio station *CFNY* reported that the South Boston Allied War Veterans Council felt compelled to cancel the annual Boston St. Patrick's Day Parade after a supreme court judge failed to support their plea for an Irish gay, lesbian and bisexual group to be banned from the parade.

calendar of events

ONGOING

STORYTELLING EVENINGS WITH PAT ANDREWS (BEAR CLAW)

Pat Andrews, one of Canada's best-known storytellers, enjoyed a unique childhood, growing up on a trapline in Northwestern Ontario. Living in one room cabins, listening to stories by the light of the stove draft, and watching the shadows going up and down the walls creating images of the stories told by her father. Growing up close to the land has given her a deep respect and reverence for the earth. To register or to arrange personal bookings, call the *feminie* office at 921-7504.

MEN & WOMEN HEALING SHAME & MOVING TOWARD EMPOWERMENT. This ongoing program is designed for those who want to confront their unresolved conflicts in order to heal & transform their lives. Thursday Evenings. Linda Wells, BA, CAP, ICADC. Info: (416) 588-8979.

WOMEN HEALING SHAME & MOVING TOWARD EMPOWERMENT. This ongoing group is designed for women who want to explore and heal the messages and behaviours that are creating sexual and spiritual shame. Wednesday Evenings. Linda Wells, BA, CAP, ICADC. Info: (416) 588-8979.

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ONGOING

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APRIL 2 & 3

DREAMS When we pay attention to our dreams, we uncover a rich source of insight, uncover hidden parts of ourselves and discover creative ideas and solutions to old issues. \$160, 9:30 am - 5:00 pm with Michaela David. To register, call Jo Ann Chew at 921-7504. Next class starts May 7 & 8.

APRIL 4-8

DAYTIME SUPPORT GROUP for lesbians healing from childhood trauma. 12-week group beginning this week. Day to be determined. To request a flyer, call Deb Conners (416) 363-5059.

APRIL 7

LEARN TO TELL YOUR STORY WITH PAT ANDREWS (BEAR CLAW) Six Thursday evenings, 1 1/2 hours each. \$125. Pat Andrews, one of Canada's best-known storytellers, enjoyed a unique childhood, growing up on a trapline in Northwestern Ontario. Living in one room cabins, listening to stories by the light of the stove draft, and watching the shadows going up and down the walls creating images of the stories told by her father. Growing up close to the land has given her a deep respect and reverence for the earth. Bring your own stories or folk stories you want to tell. Limited space. To register, call the *feminie* office at 921-7504. Next class starts May 19.

APRIL 9 & 11

THE DANCING PATH Workshops invite you into the magic and mystery of who you are through the medium of movement, sounding and ritual. There are no steps, no rules, no rights, no wrongs. The secret of this work is trust; trust in our body and in the deep wisdom of ourself. This trust opens us to love, which is the healer and the miracle worker. Call for more information 480-1990. April 9 - Ecstasy in Motion 1 day workshop. April 11 - 7 week series.

APRIL 9 - MAY 28

WRITING FROM THE INSIDE OUT Eight week writing course. Saturdays 1 - 4 p.m. \$195 Anita 463-4170.

APRIL 9, 10 & 17

1-2-3 GO FOR IT Would you like to start your own business? Are you wondering if you're ready? Do you know the practicalities of getting started? 1-5 p.m. For three days. \$85. To register, call the *feminie* office, 921-7504. Next class starts May 14.

APRIL 16

LANGUAGE AND SELF-ESTEEM with Louise Gouëffic. In this 5-hour workshop, learn how a crucial area of language is structured to make you work against yourself, and what you can do to break down the glass walls of words that keep you self-effaced. \$45. To register, call 921-7504. Next class starts May 21.

DISCOVER YOUR INNER HEALER Experience your magnificance through breath therapy, energy balancing hands-on healing, music, movement, colour, sounding, chakras, play & more. 10-5 p.m. 26 Anne Street, Mississauga, \$25 preregistration \$30 at door. Marlene George (905)796-0101.

APRIL 17

THE MAGIC OF HUNA: BASED ON HAWAIIAN SHAMANISM Transform your reality to create the life you want. Simple; practical; powerful healing of self-others-environment. 12-5 p.m. Call Elehna de Sousa 925-1742. Also offered May 29.

APRIL 19

PERSONAL GROWTH an exploratory 8-week workshop for people looking for their personal avenue of development. Workshop leader - Michaela David. For more information and to register, call *feminie* at 921-7504. Next class starts June 14.

APRIL 20

PATRIARCHAL WOMEN A discussion group about women and the internalization of men's view of our world. A Fundraising Event by Women for Creativity, Knowledge and Change and *feminie's* Centre for Personal Growth. 7-9 p.m. Minimum donation \$10. Tickets must be purchased in advance at 615 Yonge Street, Suite 601. For more information call 921-7504. Jo Ann Chew.

BREAKING THE CYCLE OF CHILDHOOD PSYCHOLOGICAL ABUSE I've often heard people say that they grew up in a normal home. Then they tell me "my mother screamed and called me a bad girl" ... "my father always referred to me as a loser" ... "I was never hugged" ... "I was sent to my room when I cried" ... "but my parents never hit me". This is commonly accepted as a "normal" home. Years later you are drawn to relationships that are emotionally disruptive and non-supportive ... you use the same demeaning words with your own children ... you keep an emotional and physical distance. In this support group we examine what you learned as a child and how you bring that to your life today. But awareness is only the starting point for change. Through discussion and experimentation you will discover new ways to be emotionally self-supporting and new tools to express your needs and feelings that are responsible and self-empowering. Jo Ann Chew, 921-7504. Next class June 15.

APRIL 21

LISTENING TO YOUR DIGESTIVE SYSTEM Take a fascinating journey through digestive symptoms. Learn the language of the body. 5 Thursdays 7-9 p.m. \$95. Barbara Sauvé 961-4537.

APRIL 22 & 23

WRITING TO HEAL WORKSHOP Learn to express and release unresolved emotions. Simple, easy-to-learn exercises. No writing experience necessary. \$145. Fri. 6:30 - 9 pm. Sat. 10 am - 5 pm. 778-0765.

APRIL 23

THERAPEUTIC TOUCH LEVEL 2 \$60.00 2 mins. from Brampton GO station. 10 - 4 p.m. Marlene George (905)796-0101.

DARE TO BE YOU Presented by Ann Iachetta. Explore and discover many new levels of yourself. A compelling workshop that will impact your life forever. Call (905)278-0443.

APRIL 23 & 24

OUR FAMILIES with Michaela David. There is no such thing as the perfect family and our family relationships have had a powerful impact on our adult lives. The adjustments we made to fit into our families may have been perfect solutions then... and may be interfering with our actions and choices now. In these workshops, we will work towards resolving unfinished family business, breaking free from the past and finding creative ways to live our lives today. 921-7504. Next class May 28 & 29.

APRIL 23 - 30

5 DAY INTENSIVE WORKSHOP in Sarasota, Florida. Explore family history; identify conflicts; emotional release; reconstruction work. Fun and sun at Crescent Beach on Siesta Key. With Linda Wells, BA, CAP, ICADC and Linda Charbonneau, RN, ICADC. Info (416)588-8979 and (416) 966-4471.

APRIL 24

STORYTELLING BENEFIT FOR *feminie's* Centre For Personal Growth. Proceeds will allow us to provide a sliding scale for participants of our support groups. Tickets available at 615 Yonge Street, Suite 601. Location to be announced. It will be close to subway line. For more information, or if you are a storyteller and would like to donate your time and skills, call Jo Ann at 921-7504.

APRIL 30

REIKE Level 1 \$60.00 2 mins. from Brampton GO station 10-5 p.m. Call Marlene George (905)796-0101. Also offered May 14.

THE ART OF COLLAGE with Eva Lewarne. Learn a new forum for self-expression in an afternoon of creativity. To register for this 3-hour workshop, call 921-7504.

WRITING FROM WITHIN with Sally Cooper. A safe, relaxed approach to releasing first thoughts. These techniques will help you discover what you really want to say. 1-4 p.m. \$39.00 760-0170.

MAY 3 - JUNE 7

MID-LIFE DIRECTIONS WORKSHOP I A 6-week workshop for personal and spiritual growth in mid-life (35 - 65+). \$120 call Marilyn Melville, 653-0563.

MAY 4 - JUNE 29

WRITING WORKSHOP: FICTION/POETRY Given by acclaimed author and York University professor Libby Scheier. Nine weeks: Wednesdays 7-10 p.m. Arcadia Artists' Co-op, Toronto (Bathurst/Lakeshore) \$325.00 (\$300.00 before April 15) (416)260-6621.

MAY 14

WRITING FROM WITHIN COUNTRY RETREAT with Sally Cooper. Explore the creative process in peaceful surroundings. 1 hr. N.W. of Toronto \$60. 9:30-4:00 p.m. Call (416)760-0170. Vegetarian lunch included.

MAY 15

THE DANCING PATH Workshop For Couples invite you into the magic and mystery of who you are through the medium of movement, sounding and ritual. There are no steps, no rules, no rights, no wrongs. The secret of this work is trust; trust in our body and in the deep wisdom of ourself. This trust opens us to love, which is the healer and the miracle worker. Call 480-1990 for more information.

MAY 17

A JOURNEY THROUGH THE CHAKRAS Explore how energetic blockages in the chakras reflect in physical and emotional issues. Uncover the buried treasures that lie inside. 8 Tuesdays 7-9 p.m. \$150 Barbara Sauvé 961-4537.

MAY 17 - 29

How To Live Alone Until You Like It. . . And Then You Are Ready For Somebody Else, North York Performing Arts Centre, Studio Theatre, 5040 Yonge St., Ticketmaster (416)872-2222.

MAY 20 - 23

PORT BURWELL Weekend of releasing, transmuting energy and rediscovery of who you are. Cost \$195.00. Deposit \$75.00. Call (905)796-0101 or 271-3227.

MAY 29

THE MAGIC OF HUNA: BASED ON HAWAIIAN SHAMANISM Transform your reality to create the life you want. Simple; practical; powerful healing of self-others-environment. 12-5 p.m. Call Elehna de Sousa 925-1742.

JUNE 4 & 5

COMMUNICATION How we communicate involves our body language, our feelings, our perceptions and our history. In these workshops you will come to understand

your own way of hearing, listening and sending signals, how you interpret others, and work toward developing a response-able style of communication. 2 full days from 9:30 to 5:00. \$160. To register, call 921-7504.

JUNE 6 - 30

WRITING YOUR LIFE Eight session autobiographical writing course. Mondays & Thursdays 7-10p.m. \$195 Anita 463-4170.

JUNE 11 & 12

THERAPEUTIC TOUCH Level 3 \$120.00 2 mins. from Brampton GO station. 10-4 p.m. Marlene George (905)796-0101.

JUNE 17 - 18

WRITING YOUR SPIRITUAL LIFE Weekend writing workshop to explore your relationship with yourself and the sacred. Fri. 7-10 p.m., Sat 10 a.m.-6 p.m. \$95. Anita 463-4170.

"INTRODUCTION TO THE REMEMBERING" A journey to sovereignty and self healing with Marilyn Pequinot and Harvey Banks. Lecture - Fri. June 17, 7-9:30 p.m. Workshop - Sun. June 19, 9-5:00 p.m. Video available for viewing at the Omega Centre (416) 975-9086. Marlene George (905) 796-0101. Also note Sept. 25 - Oct. 1st listing.

JUNE 24 - 25

WRITING FROM THE INSIDE OUT Weekend writing workshop. Fri. 7-10 p.m., Sat 10 a.m.-6 p.m. \$95, Anita 463-4170.

JUNE 24 - 26

HEALING THROUGH BREATHING YMCA Geneva Park Accelerating the healing journey combining powerful breathing, evocative music, artwork, creative self-expression, focused bodywork and group processing. \$199/\$50 deposit. On the shores of Georgian Bay, Orillia. Includes workshops, 2 breakfasts, 2 lunches, 2 dinners and accomodation based on 2 persons sharing. Camping available at nearby Provincial Park \$12 per person/per night, workshop and meals \$119.00 per person. (905)796-0101 or (905)471-3273.

SEPT 25 - OCT 1

"THE REMEMBERING" Level 1 A journey to sovereignty and self healing with Peter Inman, Marilyn Pequinot, Harvey Banks and Mercer Griffin. Best Western 401 and Dixie. Marlene George (905)796-0101. Advanced Level Oct. 16 - 22.

NOV. 24

MAUI - HAWAII Week of Light Package includes 9 nights/ 10 days hotel accommodation at the Royal Lahaina Hotel. Workshop focus - Integrated breathwork, sunrise and sunset meditations, healing, music, sharing, bodywork, sun and surf. Marlene George (905)796-0101.

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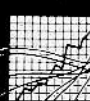
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