

N.O.W. Bay Area Chapter

NEWS

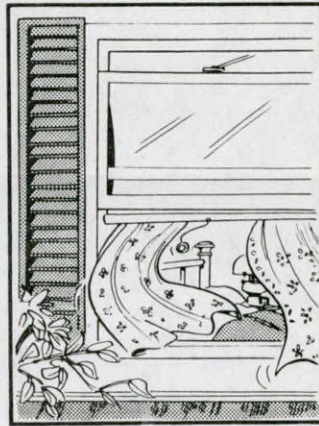
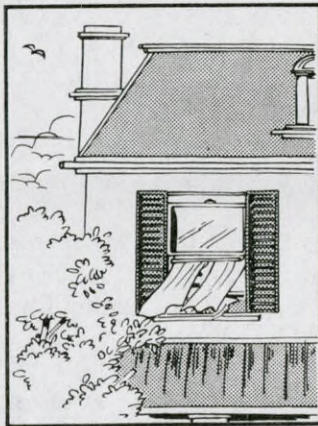
National Organization for Women



Volume V, Number 5 - May, 1977



DOONESBURY



by Garry Trudeau.

WOMAN'S HEALTH & SEXUALITY

Kathryn Jewell, R.N., M.N.Ed.
Therapist, UIMB Sexual Dys-
Function Program

Uniting Church
May 5
Clear Lake City
8:00 p.m.

Media and discussion on
human sexual response cycle,
physical examination rights,
how to demand care, sex
related problems.....
and anything you care to
ask.

Orgasm is the highly pleasurable, tension-relieving experience that is the summit of physical and emotional gratification in sexual activity. The physiological responses leading to orgasm are the same whether the sexual stimulation arises from sexual intercourse; manual, oral, or mechanical manipulation; or fantasy. In both sexes, the approach of orgasm is marked by a rise in blood pressure and pulse rate, faster and deeper breathing, engorgement of special tissues with blood, and, finally, an explosive release of muscular and nervous tension. This release is followed by a rather quick return to the nonstimulated state.

Orgasm is a short-lived experience (usually lasting about 3 to 10 seconds, ordinarily longer for women than for men), but it is among the most intense of human experiences. This intensity may be difficult to understand. However, if another body need—for example, hunger—were to be satisfied in an equally short period of time, perhaps a similar intensity of reaction would be experienced.

"Before Freud, women weren't supposed to have any. And then Freud came along and said you were supposed to have these vaginal ones. Then for 50 years they had these nice vaginal ones. And then what happened? Masters and Johnson came along and said, 'Those vaginal ones aren't any good anymore. You have to have clitoral ones now!' And then someone else came along and said, 'One is not good enough—you have to have multiple ones!' And now those aren't good anymore. You have to have multiple simultaneous ones! I predict that in five years the orgasm is going to be titular!"

ORGASM

NOW Calendar

- May 5 University of Houston Continuing Education Center offers workshop "The Contemporary Woman: Search for Employment" 9:00 a.m. - 4:30 p.m., fee \$40. Maybe there is a loan application attached to the registration form???
- May 5 Bay Area NOW regular meeting, 8:00 p.m. Uniting Church, CLC
- May 19 Rap session, home of Frances Hicks (488-8574), 8 p.m.
- May 27-29 NOW Regional Convention, El Paso. Texas NOW State Council meeting will be held also in El Paso the same weekend.
- June 1 Paid admission party (fundraiser to replenish chapter treasury) at Kathy Jewell's Galveston beach house. Details later.
- June 24-26 Texas International Women's Year State Conference at Joe C. Thompson Center on the UT campus in Austin. Workshops: education, employment, women and power, etc. Thanks to Pat Flores, San Antonio NOW for information: (512) 826 5095.

Nursing77, April

Bacteria infect women's urinary tracts more often than men's. Anatomy probably makes the difference.



If you can discuss sexual problems competently, and feel comfortable doing so, this is a good time to bring the subject up. You may find that, instead of being reluctant, your patient is actually relieved to be able to talk about sexual problems that have resulted from her urinary symptoms. If her sexual problems are causing marital discord, she may need sexual counseling along with treatment to relieve her UTI symptoms. Remind your patient that she'll have to assume an active role to prevent recurring infections. Here's a list of suggestions you can offer:

- After intercourse, empty the bladder, drink two glasses of water, and take whatever oral medication your doctor has ordered specifically at this time.
- After a bowel movement, wipe from front to back. Never wipe from the rectum to the urethra because you'll risk fecal contamination. Try disposable wet towels for toilet hygiene.
- Switch from nylon to cotton panties; avoid pantyhose, tight slacks, and any materials that increase perineal moisture. If you're home during hot weather, try to avoid wearing pants or tights.
- Give prompt attention to vaginal discharges. *Monilia* can be treated with nystatin, sporostacin or gentian violet. *Trichomonas* responds to flagyl tablets taken by both the patient and her partner.

- When washing clothes, avoid strong powders and bleaches, and rinse until the water is clear.
- Refrain from using bubble bath, perfumed soaps, feminine hygiene sprays or hexachlorophene.
- If alkaline urine relieves symptoms, use 1 teaspoon of bicarbonate in a glass of water twice a day. (But if you have a heart condition, consult with your doctor before doing this.)
- Never stay in a damp swimsuit. Bring along an extra one, and change. Void frequently and avoid dehydration.
- Chlorine in the drinking water may irritate your urinary tract. If so, try drinking spring water.
- Avoid prolonged bicycling, motorcycling, horseback riding, and traveling.
- If the vaginal epithelium is dry, use KY jelly as a lubricant. (Treatment with estrogens may be necessary, particularly for older women.)
- After prolonged use of antibiotics, watch for symptoms of monilia, which requires prompt treatment.

You have to help determine what could be causing your patient's cystitis attacks, suggest steps to prevent recurrence, and explain the importance of following her doctor's instructions to the letter. Above all, you're the person the patient can turn to for empathy, and depend on for answers to questions.

You & Your Sexuality

BY BENJAMIN GRABER, M.D., AND GEORGIA MILLER GRABER, R.N.,
DIRECTORS OF THE HUMAN SEXUALITY RESEARCH INSTITUTE.

Too often a woman who is having sexual difficulties is labeled neurotic or emotionally upset and whisked off to a psychiatrist without an adequate physical examination. One reason for this is that doctors until recently did not receive much more information on sexual functioning than the patients they were seeing. In fact, one physical ailment that can seriously damage a woman's sex life has been known for centuries, but only recently has modern medicine begun to deal with it.

In his excellent book, *The Key to Feminine Response in Marriage*, Ronald Deutsch reviews the history of our knowledge about the pubococcygeus muscle (PC for short), the muscle which surrounds the inside of the vagina. He recounts how some Oriental people knew about the importance of control of this muscle and instructed their young women in its use. In one African tribe no girl is allowed to marry until she can demonstrate her proficiency with the PC. He also reports that some Moslem countries, recognizing how sexual performance may decline after childbirth due to the stretching of the birth canal, "actually follow the appalling custom of packing the vagina with rock salt after giving birth, in order to make it contract."

In America as early as the turn of the century, Dr. R. L. Dickinson, whom Masters and Johnson credit as one of the outstanding pioneers in the field of sex therapy, was teaching women how to improve their sex life by exercising the PC muscle. But the real credit for bringing this condition to light belongs to the late Dr. Arnold Kegel of the University of Southern California Medical School. This brilliant gynecologist stumbled accidentally on the sexual significance of this muscle. While training women to exercise the PC in order to help them with bladder problems, he noted that "numerous patients incidentally volunteered the information, 'I can feel more sexually' and some experienced orgasm for the first time."

Any good gynecologist can examine you and determine what shape your

PC muscle is in. This exam is facilitated by the use of a perineometer, essentially a grip meter which was developed by the late Dr. Kegel to measure the actual strength of the muscle.

What actually is the PC and why is it important? It is a band of muscle, which should be about three-fourths of an inch wide when fully developed and runs circularly about one-third of the way into the vagina. The vaginal wall itself has very little sensation, but the PC muscle has numerous nerve endings in it. Unfortunately, it is often underdeveloped even in women who are in perfect physical shape and often is further damaged by trauma, such as surgery or childbirth. When the muscle is healthy and full, it automatically grips the penis during intercourse, providing much greater pleasure for both partners.

Happily, an underdeveloped PC is something that you can correct yourself in your own home.

1. In order to learn how to contract the muscle, practice when you are urinating by spreading your legs and squeezing the vagina together, stopping the flow of urine so that you are letting it out only a teaspoon at a time.

2. Try squeezing the sides of the vagina together; squeeze from the bottom up, rather than starting with the abdomen which is at the top.

3. The rectum will squeeze together as you are squeezing the vagina — this is perfectly normal and, in fact, cannot be avoided.

4. Squeeze the vagina together slowly, and when you are squeezing full strength, then hold to a count of three. Give a final short squeeze before relaxing even though you may already think you are squeezing full strength. It is all right to use the abdomen during this "last effort."

5. Relax the muscle, count to three, and relax it again. The idea is to be able to get as much movement in the muscle as possible, hence the maximum contraction and the maximum relaxation. This will build the muscle strength most quickly.

6. Do a series of one hundred squeezes three times per day. Count one, two, three, extra squeeze, relax; one, two, three, extra relax. Two, two, three, extra squeeze, relax; two, two, three, extra relax. Three, two, three, extra squeeze, relax; three, two, three, extra relax. And so on up to one hundred squeezes.

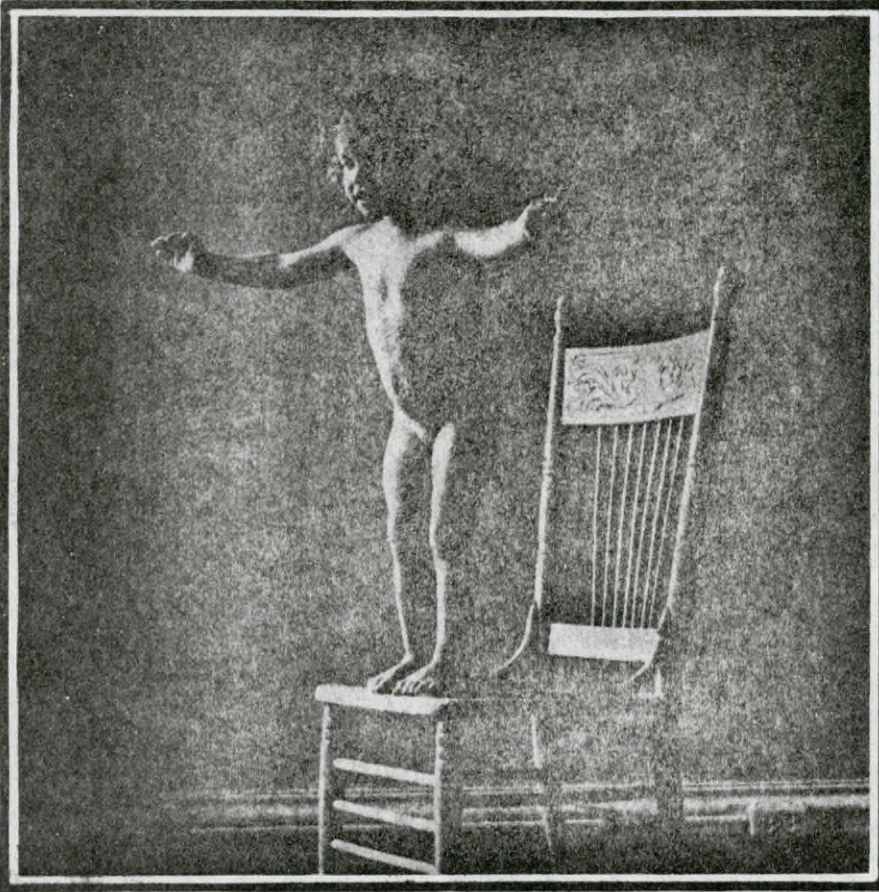
It is important to do the exercises throughout the day rather than all at one time. Good times are morning prior to arising, evening at bedtime, and times in between when you go to the bathroom. Other than those done while urinating, the exercises should be done either lying flat or while standing.

The goal of the exercise is not to contract the muscle as hard as you can, but rather to contract it as much as possible *without* moving the abdominal muscles at all. (You can "cheat" by using the abdominal muscles to help you contract the PC more but all this does is to strengthen the abdomen while the PC receives no strengthening at all.)

Remember to hold one hand on your stomach to make sure that the abdominal muscles are not moving. Check with your finger in the vagina to see if you are contracting the vaginal muscle. You will feel it close around the finger as you contract it.

Do not be discouraged if you do not feel a lot of strength in the muscle when you are testing it with your finger. Some muscles are quite loose to begin with, and it takes about six weeks of *daily* exercising to notice significant results, and may take even longer than that.

Again, your gynecologist can examine you periodically to determine whether or not your muscle is as strong as it should be. Many doctors and sexual therapists are teaching their patients these exercises. Often women practice their PC's while doing dishes, at work, or out shopping. So next time you're at the market and you see someone who looks distracted — remember your PC. □



WANTED: This CHAIRPERSON needs someone to arrange a meeting for her. Ruth Fruland offers to chair a meeting that someone else would arrange. Phone her at 488-8027 with your set-up, then sit back and relax, enjoying a good meeting after your work is done.

WANTED: Chairpersons, convenors, facilitators. Temporary assignments. Work at your own pace and in your own area of interest. Opportunity to use initiative and develop organizational skills. Sign up for the monthly meeting of your choice at the May 5 meeting of BANOW.

WANTED: People interested in improving education in Texas. Textbook reviewers are needed for two month job during May and June. Openings exist for persons who care about the stated and unstated messages school children are receiving through textbooks, the most widely used educational aid in the system. Opportunities for pointing out sexism

in various textbooks and offering corrective wording and/or illustrations. Requirements are love of reading, writing, children, education, or feminism. Apply at once to Twiss Butler (333-4764) or Marge Randal (488-4396).

FRISCILLA'S POP

Clear Lake News Citizen, 4/14/77, p. A4

by Al Vermeer



"To permit any group or segment of our society to accept second class status is to allow for an atmosphere which permits any other group to be so categorized. Unless all persons are permitted to achieve their own potential, then we are constantly chopping up a decadent pie and the size of the slice matters little."

- Editorial by David Rothenberg, Fortune News, Feb.'77

Notes From All Over

From the UH/CIC Women's Center

The Women's Center at UH/CIC has received a donation from Evie Whitsett for the purchase of books for the Women's Center library, for which we extend many thanks. Thanks to the many other members also for your contributions of materials, publications, books, supplies, and most of all, your time. Your help and support has been invaluable to the successful operation of the Women's Center this semester.

Be looking for upcoming news about a summer workshop sponsored by the Women's Center and the Counseling Office on the subject of re-entry women (those women returning to school after a prolonged absence from a formal educational experience). This workshop will focus on how to make the transition to "student" easier.

- Julie Noble Walker

From Bay Area Task Force on Rape (BATFOR)

BATFOR meets biweekly and has 18 members. One contingent has been visiting with area police chiefs in connection with Texas Rape Prevention Week (April 18-22) and National Crime Prevention Week (the end of May). Another group is planning a training session for victim's advocates. More about this later. More information: Evie Whitsett (488-1777) or Nora Mertz (554-6733).

- Nora Miller Mertz

From the National NOW Conference in Detroit

The most important priority we have is ratification of the ERA. We must not be pessimistic, but we must work, and work to attack more carefully. The ratified states must help the unratified, and Texas may need to choose an unratified state to analyze for successful passage of this Constitutional amendment. I will give a report to the chapter on this important convention and bring all resolutions, etc. to the May 5 meeting.

Thanks for sending me.

- Nanette Bruckner

From Austin - The Displaced Homemaker Bill (State)

Senate Bill 515, sponsored by Bill Patman, is back in committee and looks good, BUT write your Senator. In addition, write the following members of the House Appropriations Committee: Bill Presnall, Chairman; W. Parker; F. Agnich; Joe Allen; G. Barrientos; Roy Blake; Phil Cates; Melchor Chavez; Jim Clark (of Harris County); Milton Fox; Fred Head; W. S. Heatly; Bill Hollowell; James Kaster; Mickey Leland; Pike Powers; Richard Slack; Lou Nell Sutton; R. L. Vale; Leroy Wieting; and Doyle Willis,

The following members of the Senate Finance Committee to write are: A. M. Aikin, Jr., Chair; Don Adams; Chet Brooks; Tom Creighton; Ray Farabee; Kent Hance; Bill Meier; W. T. Moore; Tati Santiesteban; A. R. Schwartz; Max Sherman; W. E. Snelson; and John Traeger.

The thought on writing all of these is that those who support the Bill don't need the mail; those who oppose the Bill will disregard the mail; but those who are WAIVERING need all the letters supporting this legislation that you have time enough to write. According to the State Caucus, it is not now known which is which. So if anybody can write to all these, that is what we need to do.

- Jeanne Salatan

[May 1977]

SECRETARIAL

a career is something that begins early and stays with you a lifetime- consider the two best possibilities

Brown & Root

If your present position offers you little opportunity and even less freedom to challenge yourself and your goals, discover the potential available with us. We have numerous openings at our convenient Southwest locations and at our main headquarters on Clinton Drive. All positions offer excellent income, a comprehensive benefits program plus outstanding growth potential.

SECRETARIAL SERVICES

Typing: 60 wpm. Shorthand: 80 wpm (optional). Several openings are available in our fast-paced Secretarial Services Department.

MAG CARD II OPERATORS

Typing: 60 wpm net. 6 mo. - 1 year experience.

CLERK TYPISTS

Typing: 60 wpm. 1 year general office experience.

For more information, please call: 676-7590 or 676-7690

Or direct your resume to P.L. Ternquist, Senior Department Manager, Corporate Personnel, P.O. Box 3, Houston, Texas 77001



Brown & Root, Inc.
And Associated Companies / Serving Progress the World Over
A HALLIBURTON Company

An Equal Opportunity Employer M/F



Crafts-
Skills-Trades

Crafts-
Skills-Trades
640



BROWN & ROOT, INC.

One of the nation's largest engineering and construction firms has an immediate need for:

heavy duty mechanics

to work on Caterpillar, Gradall, Galion. Position requires first-class heavy equipment experience for work in the Equipment Maintenance Shop at our Home-office complex on Clinton Drive. In addition to our comprehensive benefits program, we offer an hourly wage of \$7.05, a 45-hour work week and long-term employment.

Qualified applicants may call: 676-4565

Or apply in person at 4101 Clinton Drive

Brown & Root, Inc.

And Associated Companies / Serving Progress the World Over
P. O. Box 3, Houston, Texas 77001 A HALLIBURTON Company
An Equal Opportunity Employer

8AA *The Houston Post*
SUNDAY, FEB. 20, 1977

Everyone plays

The Westland YMCA, 10401 Fondren, is organizing its spring baseball program for boys and girls, grades kindergarten through eight. Softball leagues will be open to girls grades two through nine. Rules are adjusted to assure each child gets to play. Registration deadline is March 5, and parents will meet to organize the program on March 12. Call 771-8333.



NOW IS THE TIME!

© NEW ORLEANS N.O.W.

Everyone plays what? Apparently, girls will be playing softball only and boys will be playing baseball only. Same old game.

From Title IX Workshop

The Bay Area Coalition Task Force for the Study and Enforcement to Title IX (composed to members of Bay Area NOW, AAUW, and League of Women Voters) presented its program to AAUW April 11. Members had obtained the "so-called self-evaluation forms school districts are required by law to have completed on their compliance with Title IX from seven area districts (Deer Park, Friendswood, Clear Creek, Dickinson, Alvin, Pasadena, and LaPorte). These evaluations, along with school district reaction to the requests for them, were most interesting. We look forward to presenting the same program to BANOW soon.

Plans are for this Task Force to meet throughout the summer, so please call me if you're interested in becoming active in this work. Apparently, compliance will depend on public insistence, so we must be prepared to insist.

- Rema Lou Brown (488-1896)

From CHANGING by Liv Ullman, 1976
pp. 21-22

"Quite a few people have gathered for lunch. New film projects are discussed. Success is measured by the number of offers one receives. The more money you are offered, the more producers ring your agent and offer yet more.

This is Hollywood's way of talking about the weather.

An elderly actor stops at our table. He is German. A flood of words at furious speed: his wife has left him and their five children. He whispers, looking around nervously, hinting that I am the only one to receive this confidence. But I can hear that he has told his story many times. To all who have time to listen.

He can't understand. Had thought they were so happy. She had the lovely house. Its location was a bit isolated---he would admit that---but it was so beautiful....and, after all, she was never alone, plenty to do with the children. He was always good to her, in love with her, did everything he could to see that she was happy. Perhaps he was away traveling too much, but when he couldn't get work in the film city itself---what was he to do?

Now she had gone, and he tells me confidentially he is sure she was crazy all along. Only he had never realized it. He had been too gullible. He was going to get a doctor's certificate of insanity so that she could never come back with claims on the children. Would I give evidence in court?

He is thin and his hands tremble. Once he was a handsome man that many a girl tried to get. And eventually he wed the youngest of them all. There were children---one every year---and they both waited for happiness to follow. Something in which to relax and feel secure. Now the two will meet in court. And everything they didn't know about each other they will reveal to indifferent and tired attorneys."

JOIN N.O.W.: Clip and mail with your check to : Marjorie Randal, 1922 Redway, Houston 77062.

_____ I would like to become a member of Bay Area N.O.W. and National N.O.W. (\$20)

_____ I want to join, but can only afford \$_____.

_____ I am not a member, but would like to receive the NEWSLETTER for a year. (\$4)

_____ I would like to make a contribution of \$_____ to N.O.W.

_____ As a N.O.W. member, I authorize my name and address to be published on chapter roster.

NAME _____ Home Phone _____ Other Phone _____

ADDRESS _____ City and Zip _____

Occupation and Employer _____

Interests and/or skills which I can contribute to Bay Area N.O.W. projects:

Criticism of Bay Area N.O.W.'s program, organization, goals:

