

N.O.W. NEWS

Bay Area Chapter

National Organization for Women



VOLUME II
Number 4
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PROGRAM MEETING

April 4, 1974
Thursday
U. of H. Graduate Center
7:30 P.M.

TOPIC: NEW CONCEPTS IN GYNECOLOGY - THE EMERGING WOMAN

an informal discussion with: Stephen Falk, M.D.
Lois Rollins, M.D.
Victor Kahler, M.D.

SELF-HELP -- WHAT IS IT?

from the Feminist Women's Health Center, 2930 McClure, Oakland, CA.

A group of women not long ago banded together to seriously consider some mutual questions concerning the care of their bodies, particularly their sexual and reproductive organs. It all came about because each of them seemed to be getting the same kind of no help from our physicians. So they decided to just rap, share experiences, and maybe as a group seek out some answers. Some of the situations first confronted were: can I recognize my vaginal infections early? Can I treat early infections effectively and inexpensively? What does a syphilitic chancre, one of the first stages of syphilis, look like, and can I recognize gonorrhea? Are there marked changes in the cervix of my uterus during a 28-30 day menstrual cycle? Does the cervix show change due to pregnancy, and if so, how soon can I see the change?

Out of their first rap/self-help session came a gold mine of information - no wonder physicians are reluctant to share this information\$. They learned that there are differences in the cervix, depending on the size of the woman, numbers of children and other factors. They were able to easily recognize problems early and thereby seek medical help quickly, before the problem becomes a major disease.

Some of the tangible findings produced from the original self-help clinic were: (1) any woman who is exposed to the risk of pregnancy, by examining herself once a week, and becoming thoroughly familiar with her own cervix, can, within one week after missing her period, recognize the possibility of pregnancy. she need not depend on chemical tests; (2) routine examination with a speculum increases dramatically the chances of discovering syphilis in its early stages;

gonorrhea is still difficult, but when uterine discharges occur, they can be caught early and positive action taken; (3) yeast infections can be recognized easily and treated inexpensively and in many cases with positive results within 24 hours without a prescription.

By far the most important aspect of the self-help concept is its political implications that women have the right to control their own bodies, by giving abortion referrals, and by becoming fully aware of the great need for abolishing all laws that restrict and control women. Getting to know yourself can save your life. In spite of restrictive laws, getting to know your own body and what you can do for it has opened up far better choices of personal care. We are continuing to live under outrageous laws and barbaric medical practices. We believe that in learning to accept the care and knowledge of our own physical selves, we will be well on the road to self-determination!

The West Coast Sisters

Consider these topics:

The American Way of Birth - except in poverty -stricken rural areas, virtually all American babies are born in hospitals. Doctors will not attend home births, and the comparatively few midwives are usually compelled to work in the hospital system.....

Obstetrics has become a very lucrative field in the U.S. and is completely male-dominated...the prevalence of heavy medication, anesthesia and Caesarean section are much higher than should be necessary...

- from the Proceedings of the First International Childbirth Conference, June 2, 1973, Stamford, Connecticut.

NOTES

National Conference

Dorothy Pearson and Marge Randal attended the National Conference Planning Committee meeting March 23, 24 at the Rice Hotel, Houston. Mary's garage is now filling up with conference materials to be compiled by this chapter - a promise of things to come! Please call her, 333-3870, if you plan to stay in the Chapter suite for the conference.

Texas Constitutional Convention

Out of committee has come a bill, passed by a vote of 16-1, which would prohibit any bill "destructive to the sanctity of the family unit". Clearly vague and apparently intended to create loopholes for the E.R.A., this bill sorely needs our criticism. Call

- State Sen. Bob Gammage, committee chairperson (512) 475-2751
- State Rep. Gene Green 475-2813
- State Rep. Lindon Williams 475-4741
- State Rep. Jim Clark 475-3103.

Textbook Report

Marge Randal has attended School Board meetings of Deer Park, Friendswood, and Clear Creek School Districts. Friendswood, Pasadena, and Deer Park have adopted but not necessarily ordered the infamous Palo Alto Series of Supplementary Readers. Clear Creek Independent School District did not adopt this series! Further action by our Chapter concerning these adoptions is being considered and is open for discussion.

Consciousness-Raising

Some of our people have expressed interest in a shortened form of C-R to run 3-6 weeks, based on a real need to talk some problems out with sisters but faced with a shortage of time coming into the summer months. If you think it's feasible and would like to participate, call Linda McCollum, 488-0950.

ACTION: THE SCHOOL BOARD

Set aside April 9; the Friendswood School District Board of Education will meet to discuss teacher salaries and contracts. Since the Home Economics Department provides dinner for this Board meeting, we will be joining them - bring a sack lunch with tortilla chips! April 9, 302 Laurel, Friendswood, 6:00 P.M.

Funds for a Special Project of the Education Task Force, discussed at the March Business Meeting, will be raised at a garage sale, tentatively scheduled for April 26, 27. Frances Hicks is donating her garage for use; contact her, 482-7840, for donations.

Business Meeting - President's Report

Support should be given to the efforts of all teachers to gain the recognition and respect due women in the practice of their profession. This includes the right of a contract and wages commensurate with ability and experience. No longer can women sit by while administrators (predominantly men) add sizeable salary increases to their already generous salaries, while teachers (predominantly women) are asked to accept the crumbs left over, in the "spirit" of dedicated service to our children.

No longer can we allow women, isolated from their peers by fear, to stand alone. I hope that we of the Bay Area N.O.W. stand ready to offer our support with action, legal referral service, and numbers, when called upon by our teaching Sisters.

I swear it to you
 I swear it on my common woman's head
 The common woman is as common
 As a common loaf of bread . . .
And will rise.

Bay Area Chapter
National Organization for Women

Officers:

President	Mary Buxton	333-3872
Vice-President	Marge Randal	488-4396
Documentarian	Ann McClung	488-0148
Treasurer	Marie Marlow	482-3600

Task Force Coordinators:

Speakers' Bureau	Jonnelle Owen	471-5208
Legislative	Grace Baker	482-7094
C-R	Linda McCollum	488-0950
Education	Mary Buxton	333-3872
Alternatives for Young Women	Julie Walker	488-3854
Employment	Linda Burns	333-2670

Newsletter: Linda Burns, 333-2670
Karen McPherson, 339-1880

Publicity: Rusty Richards, 488-5546

RAP ON

A lot is happening these days for our chapter and for the feminist movement. It's been awhile since we've seen each other informally, and I invite you all for an evening to exchange views, ideas, new ways. Bring yourself - and whatever you need for rapping, eating and drinking - see you Friday, April 19, 8:00 P.M., at my house, 18302 Point Lookout Drive, Nassau Bay!

Mary

JOIN NOW

_____ I would like to become a member of N.O.W. (\$15).

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

_____ I am not a member but would like to receive the Newsletter (\$3).

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

Name _____ Home Phone _____ Work Phone _____

Address _____

City _____ Zip _____

Occupation and Employer _____

Mail it to N.O.W., c/o Marie Marlow, 412 S. Shadowbend, Friendswood, Tx. 77546.