Rafiq, Fauzia. <u>Developing an Antiracism Action Plan. A Manual for Workers in Service Organizations</u>. Toronto: Cross Cultural Communication Centre and Women Working with Immigrant Women, April, 1992.

This handbook addresses strategies and procedures for eradicating racism in service organizations. The author outlines racism as experienced in society today, describes myths, and discusses roles and current responsibilities of service organizations. Recommendations for positive action include ten profiles of organizations with antiracism plans for others to emulate. Subjects: Psychology, Sociology Library Call Numbers: HV 4013.C3 R33 1992

Remedies for Racism and Sexism in Colleges and Universities. Conference Proceedings. London: Fanshawe College, April 29,30, May 1, 1991.

This report of a conference held at Fanshawe College in 1991 includes detailed presenter's speaking notes and contents of workshop discussions as recorded on flip charts. Presentations are organized by topics: diagnosing the problems of racism and sexism, analyzing the issues and envisioning equity. Areas of interest: Psychology, Sociology, Education, Racism and Sexism

Srivastava, Sarita. "Voyeurism and Vulnerability: Critiquing the Power Relations of Anti-Racist Workshops" Canadian Women Studies. April, 1994. Toronto: York University.

Srivastava expresses concerns about the use of anti-racist workshops that must be remedied before we can effectively and ethically run such workshops at the College.

She points to the vulnerability she has felt in speaking about her personal experiences of racism to people who have not been oppressed by it. In some workshops, participants are asked to "share" their experiences of racism. This can single out people of colour, calling attention to their difference, and making them vulnerable to retaliation, ostracism and further marginalization from coworkers and employers. Srisastava writes that such participants may also have to put up with being misunderstood, misinterpreted, invalidated, or the subject of racist remarks.

Further, in some workshops participants are invited to use the members' personal experiences as "raw material" for discussion and analysis; the non-white member's lives become the subjects for white members to examine. This

voyeurism objectifies and degrades the non-white students. Use: by all faculty to understand the experiences of minority students in the classroom.

Thomas, Barb and Charles Novogrodsky. <u>Combatting Racism in the Workplace</u>. <u>Readings Kit</u>. Toronto: Cross Cultural Communications Centre, 1993.

A series of readings adapted for Humber College Labour Studies Centre by the Cross Cultural Communications Centre, this book provides a realistic view of racism in today's workforce. Ten "sessions" discuss these issues in the workplace: racism, immigration, legislation, collective agreement, union practices and plans for anti-racism programs. Subjects: Business, Psychology, Sociology, Racism Library Call Numbers: HD4903.5.C2 T442 1983

Three Rivers, Amoja. <u>Cultural Etiquette</u>. A Guide for the Well-Intentioned. Indian Valley, Virginia: Market Wimmin, 1991.

This 28-page guide promotes good cultural manners by correcting stereotypical and racist language and refining well-intentioned but racist behaviours and attitudes. Three Rivers gives in-depth examples of how language reflects racism and suggests if someone accepts others' racist remarks, in fact s/he tacitly approves of such remarks. Among the list of author's recommendations is the suggestion that the enlightened reader advocate and support anti-racist activities and language. This booklet is an effective human rights education tool for all educators/students. This easy-to-read, poignant booklet is an essential reference for Communications teachers and student. Available in Barrie LRC Vertical File: Ethnic Groups

Trompenaars, Fons. Riding the Waves of Culture: Understanding Diversity in Global Business. New York: Irwin, 1994.

Written as a guide for managers and trainers in multinational organizations, this book shows that there is no single best approach to management: each culture has its own way of building relationships, motivating employees, negotiating, and working. Those who venture into the multinational workplace must recognize these differences or face failure. In <u>Riding the Waves of Culture</u>, Trompenaars examines various global cultures, revealing how their intrinsic values and beliefs affect business interactions and interpersonal behaviour. He explains why some supposedly universal business techniques, such as TQM, do not work in some cultures. Specifically, Trompenaars defines cross-cultural attitudes to status,

time management, rules, relationships, etc.; examines how culture impacts and organization in visible and invisible ways; and guides the reader to business techniques that work in certain cultural environments. Subjects: Business, Corporate Culture, Comparative Management, Cross-cultural Communication Library Call Number: HD 30.55 T76 1994

VIDEOS ON ANTI-RACIST EDUCATION AND MULTICULTURALISM

Burden on the Land. Associated Producers, 1990. (52 minutes)

A detailed account of the issues affecting development in the sub-Saharan nations of Malawi, Mozambique, Rwanda, Burundi, Zaire, Ivory Coast, Mali and Ethiopia. Development issues and projects are examined in terms of the political. cultural and ecological realities that shape the individual regions.

Children are not the Problem. Preito-McTair Productions, 1991. (30 minutes)

This program examines the question of racism and discusses how children absorb values unconsciously. It highlights the voices of children, child care workers, parents and professional educators. It explores the subtle ways that children of diverse backgrounds develop their racial identities in society. This resource gets inside the issue and offers practical information and strategies for anti-racist education.

<u>Domino</u>. NFB, 1994. (45 minutes)

This video portrays the poignant stories of six interracial people's quest to forge their own identity. Although there is only one human "race", interracial people's experience underlines society's practice of categorizing its members by "race" - which inherently challenges the embracing of both parents and both cultures.

Interracial people are often asked, "What do you consider yourself?" - which knocks over the first of many dominoes. <u>Domino</u> explores the kinds of issues which are triggered by the question - issues of identity, cultural isolation and the search for community.

Filmmaker Shanti Thakur explores her own interracial identity by listening to the similarities and differences of interracial people. Some identify as one culture; others as both or neither. Through intensely personal stories, each person recounts how their identity was affected by the experience of their parents' histories, family politics and the hierarchies of race, gender roles and class. Their outspoken views demonstrate how living intimately with two cultures can be a source of strength and enrichment.

Human Rights and Anti-Racism - Effects on Education and the Workplace.

Presentation by Joanne St. Lewis at the Barrie Campus, Georgian College 1994. (52 minutes)

Joanne St. Lewis draws on her personal experiences to emphasize the importance of Employment and Education Equity. She believes that Employment and Education Equity are a continuous goal for educational and organizational institutions.

Long Time Comin'. NFB, 1993. (53 minutes)

(Women at the Well Series) There is a cultural revolution going on in Canada and Faith Nolan and Grace Channer are on the leading edge. In this program, these two African-Canadian lesbian artists give back to art its most urgent meanings - commitment and passion. They shun Eurocentric notions of art as devoid of political intent; rather they embrace its possibilities for changing the world—and they have a world to change. This video captures their work, their urgency, their hopefulness and their friendship in intimate conversations with both artists.

Minoru. Memory of Exile. NFB, 1992. (19 minutes)

December 7, 1941. That day that forever changed the Japanese community in Canada was barely noticed by nine-year-old Minoru Fukushima. But the bombing of the American naval base at Pearl Harbour by a nation he knew only by name would thrust the youngster into a world of racism so malevolent he would be forced to leave Canada, the land of his birth. Like thousands of other Japanese Canadians Minoru and his family were branded as enemies of Canada, forced from their home, dispatched to internment camps in the interior of British Columbia and finally deported to Japan.

Directed by Michael Fukushima, Minora's son, the film artfully combines classical animation with archival material. The memories of the father are interspersed with the voice of the son, weaving a tale of suffering and survival, of a birthright lost and recovered.

Ode to Joy and Freedom: The Fall of the Berlin Wall. NDR International, 1990. (54 minutes)

In impressive and moving pictures, the video documents developments in Germany in 1989. By looking back on the most important milestones which have preceded this development from 1945 - the conferences of Yalta and Potsdam, the building of the Wall, the opening up of Eastern Europe to the West, the mass exodus from the GDR and many other moments - the events are also put into a historical context.

Racism: Who is Peter Iswolsky? Canadian Learning, 1992. (28 minutes)

This video brings to focus the fact that we all have to deal with racism and that racism knows no barriers. The video states that stereotypes distort reality and can be dangerous. Students are asked how they would react to various situations and end up learning from their responses at this workshop led by Bernie Farber. This program deals with prejudice prevention, race relations, stereotypes, gender roles and values.

Return Home. NFB, 1992. (30 minutes)

First generation Chinese Canadian filmmaker Michelle Wong returns to her birth place, St. Paul Alberta, to get reacquainted with her aging grandparents. Her visit becomes an emotional journey into the past and into herself as she documents their stories and their lives.

This program captures the spirit and experiences of early Chinese Canadian immigrants, acknowledging a vital part of Canadian history. The film's themes of struggle, courage and the need to define and respect cultural and personal identities makes this program a very important one.

Sisters in the Struggle, NFB, 1991, (50 minutes)

Sisters in the Struggle features black women who are active in community organizing, electoral politics, and labour and feminist organizing. They share insights and personal testimonies on a legacy of racism and sexism. The analyses they present link their struggles with the ongoing battle against pervasive racism and systemic violence against women and people of colour.

Speak it from the Heart of Black Nova Scotia. 1992. (29 minutes)

Shingai, Tandi, Shawn and Krista are Black high school students with something to say. Set in Halifax, the film follows the students as they work to establish a cultural awareness youth group, a vehicle for building pride and self-esteem through educational and cultural programs.

In the environment of their predominantly white high school, the students face daily reminders of the presence of racism, ranging from abuse (crude racist graffiti on washroom walls), to exclusion (the seemingly more "innocent" omission of Black history from texts). Yet, they do not lose hope. With help from mentors, they discover the richness of their heritage and learn some of the ways they can begin to effect change.

The Human Race: A Species at the Crossroads. NFB, 1994.

A four part series written and hosted by Gwynne Dyer: Part One: The Bomb Under the World (51 minutes), Part Two: The Tribal Mind (51 minutes), Part Three: The Gods of Our Fathers (51 minutes) and Part Four: Escaping from History (53 minutes).

From an ancient village on the Nile to the frenzied Bombay stock exchange; from the megalopolis of Mexico City to the townships of South Africa, Gwynne Dyer's The Human Race weights the implications of the way we live together, the way we organize societies and our complex relationship with the environment.

The Multicultural Customer. Wilson Smith,1993. (22 minutes)

What is courteous in one culture may be discourteous in another. This video stresses cultural adaptability and emphasizes basic interpersonal skills: sensitivity, patience and flexibility.

While avoiding reference to culturally-specific norms and rules, this program offers over twenty strategies to help service representatives adapt their traditional customer service skills to the global marketplace. It includes specific techniques for speaking to customers with heavy accents or other language barriers.

No matter who your customers are, this program will help service reps develop the interpersonal skills necessary to satisfy the expectations of all multicultural skills.

Valuing Diversity. (A seven-film set) Copeland Griggs Productions, 1987.

- 1. Managing Differences (30 minutes)
- 2. Diversity at Work (30 minutes)
- 3. Communicating Across Cultures (30 minutes)
- 4. You Make the Difference (30 minutes)
- 5. Supervising Differences (30 minutes)
- 6. Champions of Diversity (30 minutes)
- 7. Profiles in Change (60 minutes)

"Valuing Diversity" means recognizing that individuals are different and that diversity is an advantage if valued, nurtured and well managed. "Valuing diversity" means changing behaviour and systems to nurture the richness of differences.

Diversity includes: men and women, young and old, abled and disabled, straight and gay, black and white, Asian and Hispanic, Native American and other cultures.

Presented in a seven-film series, issues addressed in the films include: labour and market trends, stereotypes and assumptions, cultural differences, unwritten rules, membership and the "glass ceiling", managing and supervising, mentors, networks and coaching, communication styles, leadership, teamwork and personal growth.

DISCRIMINATION

Baker, David, ed. <u>Reading Racism and the Criminal Justice System</u>. Toronto: Canadian Scholars' Press, 1994.

This is a collection of articles on racism and the criminal justice systems in Canada, Britain and the United States. "Various chapters focus on biases in criminal justice decision-making, from arrest to bail and sentencing decisions, the differential application of law and the economic factor." (p.6) Discussions include the role of race in the imposition of the death penalty and the institutional bias of race and the role of privilege in selecting members of juries. The portrayal of oppressed peoples as criminals is a tactic long employed by dominant cultures. The law is contrived by dominant cultures to protect their own interests. The criminalization of minority groups perpetuates racism, and together these factors serve to keep the dominant culture in power. Subjects: Criminal Justice, Law, Racism, Criminology, Corrections, Policing Library Call Number: K5001.29 R42 1994

Omatsu, Maryka. <u>Bittersweet Passage: Redress and the Japanese Canadian Experience</u>. Toronto: Between the Lines, 1992.

In the Forward, Ed Broadbent declares that <u>Bittersweet Passage</u> should be required reading for all students in Canada. This book is an excellent introduction to learning about human rights. Although we can never undo the harm inflicted on Japanese Canadians during World War II, we can learn how a courageous group armed with the facts and a determination for justice can succeed in gaining redress. Omatsu's book concentrates on the aftermath of the 1940s persecution and on the dramatically successful campaign to obtain redress for the injustice. Maryka Omatsu's family was victimized by the Canadian government's racist actions against Japanese Canadians during WWII. In the 1980s, she joined the redress movement. This is her story. Subjects: Japanese Canadians - evacuation and relocation, 1942-1945, WWII reparations, Racism Library Call Number: FC 106 .J3 063 1992

VIDEOS ON DISCRIMINATION

Freedom Had a Price. Canada's First Internment Operation. NFB, 1994. (55 minutes)

<u>Freedom Had a Price</u>, tells the little-known story of those Ukranian immigrants who, described by the Canadian government as "enemy aliens" at the outbreak of World War One, found themselves subject to discriminatory and repressive measures for the next six-years.

Between 1914 and 1920, about 80,000 Ukranian immigrants were forced to register as "enemy aliens," report regularly to the police and carry government-issued identity papers at all times. Over 5,000 of their compatriots suffered an even more severe fate, imprisoned in internment camps across the country. Treatment was often harsh, and conditions grim. Some died in the camps, many were sick or injured, and several were killed by guards while trying to escape.

Make a Move. Concept Media, 1993. (30 minutes)

This film examines the process by which individuals in society acquire prejudice and stereotyping, and the negative effects of these on others. It discusses racial and ethnic jokes and interracial dating. Dramatic vignettes and the personal stories of those who have experienced prejudice, as well as archival film clips which illustrate the media's role in stereotyping illustrate the negative effects of prejudice.

BLACK HISTORY

Blockson, Charles L. <u>The Underground Railroad: Dramatic Firsthand Accounts of Daring Escapes to Freedom</u>. New York: Berkley Books, 1994.

A moving collection of personal narratives, <u>The Underground Railroad</u> provides insight into the individual struggles of blacks escaping from slavery. The narratives are written by men and women from Alabama, Georgia, Florida, Mississippi, Louisiana, Texas, Nebraska, South and North Carolina, Tennessee, Kentucky, Maryland, Virginia, District of Columbia, Delaware, Free Midwest, Free Middle Atlantic, and Free New England. By 1820, the Canadian Anti-slavery Society had set aside land lots for the accommodation of escaped slaves. The

numbers of slaves arriving in Canada were small at first, but increased greatly after the Fugitive Slave Law was passed in 1850. In 1844, there were about 40,000 fugitive slaves in Canada. Most settled near the border, in hopes of returning to the United States. Many did. Amherstburg, adjacent to Fort Malden, was an important early settlement (also see The AfriCanadian Church). Groups and organized settlements also located in North and South Buxton, Dawn, and Kent County.

Hill, Lawrence. <u>Trials and Triumphs. The Story of African Canadians</u>. Toronto: Umbrella Press, 1993.

A historical perspective of black people in Canada, this book discusses hardships and discrimination faced by the newcomers in this country. The author focuses on black men and women who, by overcoming struggles and obstacles, have made positive political, social and/or economic contributions to Canada. The book ends with highlights of important Canadian and world events in black history and a list of discussion questions useful in the classroom. Subjects: Psychology, Sociology Library Call Numbers: FC 106.B55 H54 1993

Jewell, Terri L. (ed.). <u>The Black Woman's Gumbo Ya-Ya: Quotations by Black Women.</u> Freedom, California: The Crossing Press, 1993.

Tired of hearing Sojourner Truth's "Ain't I A Woman" and knowing there were more than ten "quotable" black women in the world, Terri Jewell set out to find them. Here they are: quotes from 350 black women. These are Gumbo Ya-Ya, "rich words, found words"; they are the thoughts, views, songs, poetry, dreams, observations of black women about and for black women. These are black women's words to use — place them in your pocket, sip them with your tea, place them over your desk at work, give them to your enemies. Argue about them and think about them for they are writings of black women who are survivors, thinkers, warriors, lovers, changers, critics, and movers. Subjects: Black women — quotations Library Call Number: E 185.86 B5572 1993

VIDEOS ON BLACK HISTORY

Ethnic Notions. California Newsreel, 1987. (57 minutes)

This is an award-winning documentary which takes viewers on a disturbing voyage through American history. It traces for the first time the evolution of the deeply rooted stereotypes which have fuelled anti-black prejudice.

Loyal toms, carefree sambos, faithful mammies, grinning coons, savage brutes and wide-eyed pickaninnies roll across the screen in cartoons, feature films, popular songs, advertisement, household artifacts and even children's rhymes. These dehumanizing caricatures permeated popular culture from the 1820's to the civil rights era and implanted themselves deep in the American psyche. Narration by Esther Rolle and commentary by respected scholars shed light on the origins and devastating consequences of this 150-year long parade of bigotry.

AFRICAN-CANADIAN HISTORY

Shreve, Shadd Dorothy. <u>The AfriCanadian Church: A Stabilizer</u>. Jordan Station, Ontario: Paideia Press, 1983.

This little book is a history of the positive role of the Black Church and its leaders in the settling of black people in Amherstburg, Ontario and other areas over the last two centuries. Shreve describes the problems of settlement of blacks in Upper Canada and the development of religious institutions. She describes the patronizing, exclusionary tactics of the white church leaders and members and the corresponding growth of the black churches — Black Baptist Church, British Methodist Episcopal Church, and the African Methodist Episcopal Church.

VIDEOS ON AFRICAN-CANADIAN HISTORY

A Proud Past--A Promising Future. School Services of Canada, 1986.

This eight-part video is a documentation of the arrival, settlement and achievement of blacks in Ontario, from 1780 to the early 1980's. The video emphasizes the political and economic causes for black immigration to Canada, documents prejudice and discrimination against blacks in their daily lives and outlines the struggle by blacks and whites for anti-slavery and equal opportunity legislation. The information in each unit is intended to increase student awareness of black history in Ontario and to encourage research in this area of Canadian history. For the best educational benefit, this video should be viewed in segments. For this reason, the Guide is organized according to the eight segments of the video entitled: Part 1: Slavery in Upper Canada, Part II: The Underground Railroad, Part III: Emancipation and the Role of the Church/1834-1890, Part IV: Early Settlement and Community Life/1830-1850, Part V: Education and the Emergence of Community Leaders/1850-1900, Part VI: Social and Economic Changes/1900-1939, Part VII: The War Years/1812-1945, Part VIII: Today's Community/1950 to Present.

British Columbia the West: On this Rock. International Tele-film, 1994. (58 minutes)

Hymn to Freedom series: The program features the Collins family and examines the early history of the area and the way in which African Canadians influenced British Columbia to join the Confederation of Canada instead of becoming a part of the United States.

Nova Scotia: Against the Tides. International Tele-film, 1994. (58 minutes)

Hymn to Freedom Series: The Nova Scotia story speaks to the waves of immigrants who eventually contributed to the formation of the province. The population ebbed and flowed from the major wars that shaped Canada and the United States. The people who came brought with them some of the behaviours and attitudes of the Southern U.S. and the practice of slavery. They established a segregated society. The Jones family tells the ways in which attitudes and concepts influenced their lives. They also discuss the black institutions which supported and gave spiritual, political and social succour.

Older Stronger Wiser. NFB, 1989. (28 minutes)

This video focuses on five rural and urban black women who speak compellingly of what life was like for them in the 1920's to the 1950's.

Personal accounts authenticate the untold history of black women in Canada and the contributions they have made to the vibrancy of the community and to the heritage of African-Canadian people.

The film documents their legacy of hard work and optimism in the face of adversity. The thread running through their stories is that of resistance and, as the portraits of these five women interweave, we become familiar with their life experiences, achievements and survival.

Ontario: A History Buried. (Hymn to Freedom Series). International Tele-film, 1994. (58 minutes)

Reta Duvall-Cumming is the matriarch of her clan. She is the granddaughter of Pleasant Duvall who came by foot from New Orleans all the way to Collingwood in the 1860's. Reta's story represents the lives of many of the people who came to Ontario to freedom (following the passage in the U.S. of the Fugitive Slave Act) along the Underground Railroad. However, there were already 25,000 black people in Canada when the Underground Railroad began.

Remember Africville. NFB, 1991. (35 minutes)

Africville, a small black settlement, lay within the city limits of Halifax, Nova Scotia. In the 1960s, the families who lived there were uprooted and their homes demolished in the name of urban renewal and integration. Now, more than twenty years later, the site of the community of Africville is a stark, underutilized park. Former residents, their descendants and some of the decision-makers speak about and, with the help of archival photographs and films, tell the story of that painful relocation.

Slavery: A Canadian Story, The Packwood Family. International Tele-film, 1994. (58 minutes)

Hymn to Freedom Series: This Canadian story features the history of slavery in Lower Canada. Using illustrations, maps, archival documents and photographs, narrator/host Fil Fraser guides the viewer through the centuries from the first documented slave sale of Oliver Le Jeune in 1626 to the present day black community of Montreal. Members of The Coloured Women's Club (a ninety year old institution), historians and community leaders tell the story of early Quebec.

2. DISABILITY ISSUES

Besides the resources described below, there are two magazines "Archetype" and "Abilities" which focus on issues related to persons with disabilities. Also available in the LRC and Student Success, Special Needs Office are two handbooks on special needs for faculty and students. They are clearly titled: "Faculty Handbook for Special Needs" and "Student Handbook for Special Needs". These handbooks are published by Georgian College to inform faculty and students of their rights and obligations for accommodating students with special needs and are available in the Barrie LRC's vertical files under Handicapped--Education.

Bickenbach, Jerome E. <u>Physical Disability and Social Policy</u>. Toronto: University of Toronto Press, 1993.

The International Year of Disabled Persons in 1981 finally brought to light the plight of people with disabilities and the lack of social policy responding to their needs. Bickenbach contends that a social policy for people with disabilities requires a complete and coherent theory of disablement and addresses three known models of disablement: Biomedical, Economic and Socio-Political. The last chapter discusses equality and disablement using the four nominative bases used in the three models - charity, needy, compensation and welfare maximization. Subjects: Sociology, Health Sciences Library Call Numbers: HV 3011 .B53 1993

<u>Focus on Women with Disabilities</u>. Toronto: Ontario Women's Directorate, January, 1993.

One pamphlet in a series on women's issues produced by the Ontario Women's Directorate, Focus on Women with Disabilities discusses barriers to and improvements in employment for women with disabilities. Statistical data, definition of terms and a list of resource organizations for networking purposes are included. OWD has included permission to photocopy the booklet for distribution. This material is useful to supervisors and managers who hire employees and to students taking management courses. Subjects: Work, Women with Disabilities, Accommodation Available in Barrie LRC Vertical File: Labour--Ontario

Frado, Lana. <u>Diversity Works. Accommodations in the Workplace for People with Mental Illness</u>. Toronto: Canadian Mental Health Association, 1993.

This guide provides information for employers who supervise, have hired or are considering hiring a person with a psychiatric disability. Initially, the booklet emphasizes the importance of feeling comfortable with the notion of mental illness. The 24-page handbook guides businesses in addressing mental health issues in the workplace by providing guidelines for strategies ranging from recruitment to accommodation to unacceptable behaviour and termination. Subjects: Business, Psychology, Sociology, Disabilities Available in Barrie LRC Vertical File: Mental Illness--Rehabilitation

Frado, Lana. <u>Learning Diversity</u>. <u>Accommodations in Colleges and Universities for Students with Mental Illness</u>. Toronto: Canadian Mental Health Association, 1993.

A resource which dispels myths and stereotypes of psychiatric disability, this 18-page booklet defines terminology related to mental illness, describes barriers to post-secondary education for students with mental illness, relates human rights legislation and issues about accommodations and lists possible resolutions of problems common to students with psychiatric disabilities. Subjects: Mental Illness, Accommodation, Students with Psychiatric Disabilities, Business, Psychology, Sociology Available in Barrie LRC Vertical File: Mental Illness-Rehabilitation

<u>Guide to Ontario Government Programs and Services for Person with Disabilities</u>. Office for Disabled Persons, Ministry of Citizenship. Toronto, 1990.

In this booklet, the Ontario Office for Disabled Persons has gathered information from 23 Ministries on Access, Accommodation and Support Services, Awards, Education, Employment, Health Services, Income Maintenance, Recreation and Travel, Services for Children, Transportation, Information Sources, and General Inquiry Numbers. Subjects: Persons with Disabilities, Caretakers, Students Available in Barrie LRC Vertical File: Handicapped

Jim Ward Associates. <u>Violence Against People with Serious Mental Health Problems</u>. Toronto: Canadian Mental Health Association, November, 1993.

This booklet details survey results of 184 consumers (referring to people who have experienced mental health problems and who have used mental health services) in a national study on violence against people with serious mental illness. Interview data is tabulated in easily-read tables. Material in this report is useful to anyone interested in a clearer understanding of circumstances and statistics of persons with mental health problems or to those who work in a field dealing with people with mental health problems. Subjects: Violence, Mental Illness, Health Sciences, Psychology, Sociology Available in Barrie LRC Vertical File: Mental Health

<u>Profile</u>. The Handicapped Employment Program, The Ministry of Labour. Ottawa: 1987, and <u>Profile: Issue 2</u>. The Centre for Disability and Work, The Ministry of Labour. Ottawa: 1992.

These booklets feature a series of personal accounts of people with disabilities who have challenged and overcome barriers restricting success of people with disabilities. In their own words, people with disabilities talk about their careers, and their hopes for the future. The booklets advise the workplace to "raise your profile" by creating opportunities, finding candidates, improving accessibility, accommodating workers, retaining workers and making it happen. Both booklets are available on audio cassette; Issue 2 is also available on computer disk, braille, or large print in French and English.

Research by/for/with Women with Disabilities. North York: The Roeher Institute, 1990.

Rather than discussing specific research projects this booklet attempts to point out more general issues relating to research for and by women with disabilities. The Roeher Institute specializes in women with disabilities: researching, publishing materials, training people and providing up-to-date information. The Roeher Institute also publishes the magazine, entourage, for Canadians with a mental disability. A list of useful books available from the Rohmer Institute is provided. Subjects: Research Methods, Sociology Available in Barrie LRC Vertical File: Women—Health

Yuditsky, Ilanna. <u>Effective Empowerment: Strategies for Making Education Accessible for Persons with Disabilities</u>. Toronto: Canadian Rehabilitation Council for the Disabled, 1991.

First principles are: different needs for different people, dignity of individual needs, empowerment versus helping, effective integration, creating an equal access environment, and allowing individuals with disabilities to take responsibility for their actions and therefore, their education. Each of these principles are explained in this excellent document. Further, specific guidelines for creating accessibility are presented with suggested devices and their costs listed. Barrier-free design resource sources are also listed. Alternate testing and experiential education are discussed. Further, materials and ideas are described for educating and preparing teachers and students for accommodating students with disabilities. Finally, a resource guide is included in this compact, informative book. Subjects: Persons with Disabilities, Education, Staff Development Library Call Numbers: LC 4821 .C3 Y83 1991

In addition, we have obtained booklets produced by the DisAbled Women's Network (DAWN), a Canadian advocacy group for women with disabilities. Some of the materials received are listed below:

Bacon, Joanne. <u>Violence Against Women with Disabilities</u>. <u>Practical Considerations for Health Care Professionals</u>. Toronto: DAWN, 1994. Available in Barrie LRC Vertical File: Sexual Assault

Cusitar, Leanne. <u>Strengthening the Links. Stopping the Violence.</u> A Guide to the Issue of Violence Against Women with Disabilities. Toronto: DAWN, 1994. Available in Barrie LRC Vertical File: Domestic Violence

<u>DisAbled Women's Network. Health and Disabled Women. A Symposium for Change.</u> Geneva Park: DAWN, October 2-4, 1992. Library Call Numbers: RA 564.85 .S93 1992

Odette, Fran (ed.) Staying Healthy in the Nineties: Women with Disabilities Talk about Health Care. Toronto: DAWN, 1994.

DISABILITY ISSUES

Listed below are various government publications relating to people with disabilities. Some of these resources are available in LRC vertical files; others are on the LRC shelves with call numbers.

<u>DIRECTORY</u>. Federal Programs and Services: Persons with Disabilities. Ottawa: Minister of Supply and Services, 1995. Library Call Numbers: HV 1559 .C3 D5565 1995

Human Resources Development Canada. <u>Help Yourself! Hints for Persons with Disabilities</u>. Ottawa: Ministry of Supply and Services Canada, 1994.

Human Resources Development Canada. <u>Aids to Independent Living</u>. <u>Breaking Through the Barriers</u>. Ottawa: Minister of Supply and Services, 1994. Library Call Numbers: HV 1569.5 A52 1994

Human Resources Development Canada. <u>Tips. Tools and Techniques. Home</u>
<u>Maintenance and Hobbycraft. People with Disabilities and Seniors</u>. Ottawa: Ministry of Supply and Services Canada, 1991.

<u>Persons with Disabilities in Canada. 1986 Statistics and Bibliography</u>. Ottawa: Supply and Services Canada, 1993. Library Call Numbers: HV 1559 .C3 P53 1993

Status of Disabled Persons Secretariat, Department of the Secretary of State of Canada. A Way with Words. Guidelines and Appropriate Terminology for the Portrayal of Persons with Disabilities. Ottawa: Minister of Supply and Services Canada, 1991. Available in Barrie LRC Vertical File: Handicapped

The National Strategy for the Integration of Persons with Disabilities. Ottawa: Supply and Services Canada, 1991. Available in Barrie LRC Vertical File: Handicapped--Law and Legislation

VIDEOS ON DISABILITY ISSUES

All Wavs Welcome. Ministry of Tourism and Recreation (18 minutes)

The Ministry of Tourism and Recreation developed this video to assist staff in the workforce to provide quality services to people with disabilities. The accompanying facilitator's guide provides exercises for a 2-hour workshop and attempts to promote a new image for people with disabilities by including disability awareness tips.

Gateway to Opportunity: Interviewing Job Applicants with Disabilities. Wilson Smith, 1994. (19 minutes)

Organizations have much to gain in employing individuals with disabilities. Designed with everyday interviewing demands in mind, this program offers practical guidelines to help employers recognize and use effective strategies when interviewing disabled applicants. Viewers learn:

- how to ask questions that focus on the applicant's abilities and skills
- how to use some rules of etiquette
- how to focus on assessing ability to perform a specific job



Women with disabilities are working towards full participation in all areas of life. This video is a cross-disability affirmation of the right of women with disabilities to seek, develop and sustain intimate relationships with the partners of their choice. In this moving one-hour video, four disabled women from across Canada share their personal experiences, with particular emphasis on sexuality, self-esteem. stereotyping, and parenting.

3. EDUCATION

Arnold, Rick et al. <u>Educating for a Change</u>. Toronto: Between the Lines and the Doris Marshall Institute for Education and Action, 1991.

Empowerment and the issue of power is a key theme in this book promoting social change through education. The authors' goal is to transform power relations through change while offering ideas for planning and designing related programs, presentations/ workshops, guided discussions, structured activities, and democratic facilitation. An excellent guide for faculty/facilitators interested in power relationships in society. Subjects: Education, Communications, Psychology, Sociology Library Call Numbers: LC1036 .E38 1991

Bourne, Paula et al (eds). <u>Feminism & Education</u>. A <u>Canadian Perspective</u>. <u>Volume 2</u>. Toronto: Centre for Women's Studies in Education, 1994.

Twelve feminist writers/educators contributed articles focused on advocacy of gender equitable education for females. Feminist perspective discussions include anti-racist/ feminist pedagogy, distance/electronic education, classroom discourse/practice and curriculum content. Areas of interest: Psychology, Sociology LC1762 .F45 1990

Freire, Paulo. <u>Pedagogy of the Oppressed</u>. New York: The Continuum Publishing Company, 1993.

Friere, in his treatise originally published in North America twenty years ago, points to the very pedagogical issues we are struggling with today in the Colleges. If you read it years ago, it is worth another look. Exiled from Brazil in the mid-sixties, he worked and travelled in the "Third World", evolving a theory for educating illiterate adults. His theory is based on the assumption that people are able to actively participate in their learning and in changing their environment.

In Freire's discussion of the interaction between the oppressors and the oppressed, he describes the loss that people in positions of power feel when more equitable conditions arise. When the oppressed gain a more equitable share of resources, the oppressed feel great discomfort. "Formerly, they could eat, dress, wear shoes, be educated, travel, and hear Beethoven; while millions did not eat, had no clothes or shoes, neither studies nor travelled, much less listened to Beethoven" (p.39). Any restriction of their lifestyle, in the name of

communal equity, is perceived as a profound violation of their individual rights. For the oppressors see only their rights.

Traditional education, wrote Freire, is fundamentally narrative. The teacher "fills" the student with knowledge as if the student was a "receptacle". This is education as banking: the student is the depository and the teacher is the depositor. Knowledge is a gift of the knowledgeable to the ignorant. Banking education is a function of the ideology of the oppressed and negates education as a process of inquiry. It keeps the teachers, the oppressors, in control, and it assumes that the students are ignorant and cannot contribute to their own education.

Instead of the "banking concept", Friere proposes liberation: "problem-posing" education which epitomizes consciousness and consists of acts of cognition (rather than transferral of information). Through dialogue the teacher and the student teach one another. The students are not docile listeners but are critical co-investigators. Problem-posing education is a liberating praxis, positing that the subjects of domination must fight for their emancipation; students must challenge the dominant thoughts of the oppressors. Problem-posing education does not serve the interests of the oppressor. Subject Areas: Education—Philosophy, Critical Pedagogy, Education—Popular

hooks, bell. <u>Teaching to Transgress: Education as the Practice of Freedom</u>. New York: Routledge, 1994.

Still whirling from her experience of racism in white schools, and boredom, apathy, and pressures to conform in graduate school, bell hooks determined that if she was going to teach, it would not be like that. She drew on Paulo Friere's critical pedagogy, the holistic teaching approaches of the black women teachers in her childhood segregated school, and her knowledge of critical feminist thinking, and developed her own pedagogical style. Believing that the classroom should be an exciting place, and if it became boring something had to be done. Even if it is "disruptive" discussion and activity, hooks decided that "fun" and "excitement" must be a key element in education. To create excitement in a classroom, not only must the academic content be intellectually challenging and exciting, but the members of the classroom must want to talk to and listen to one another. Teachers must sincerely value everyone's presence. Every individual effects the dynamics of the classroom and the teacher is accountable. "Excitement is generated through collection action" (p.8). The classroom is a communal place.

In the essays in this book, bell hooks shares her insights, strategies and reflections on pedagogical practice. They are meant as intervention, as constructive commentary, as celebrations. Each essay addresses common themes that arise constantly in pedagogical discussions. She shares some of her strategies but warns that they are not blueprints, because excitement and creativity can only be achieved through flexibility, change, challenge, and criticism. Subjects: Education, Critical Pedagogy, Critical Thinking --study and teaching Library Call Number: LC196.H66 1994

Kaprielian-Churchill, Isabel and Stacy Churchill. <u>The Pulse of the World: Refugees in Our Schools</u>. Toronto: OISE Press, 1994.

Unable to prepare and plan for emigration as voluntary immigrants do, refugees are compelled to leave their home, usually involuntarily and quickly. They experience great loss and powerlessness, given few options or opportunities to determine their futures. In Canada, refugees are met with apprehension and sometimes prejudice. They may be located in small, isolated places with no friends, relatives or existing cultural community networks. They face culture shock given differences in language, religion, values, socio-economic background, and environment. There is usually no orientation for refugees and their knowledge of Canada may be incomplete, exaggerated or inaccurate. Families may experience anxieties related to changes in family composition, traditional roles and relationships. Canadian cultural norms, values and beliefs may directly contradict those of the refugee's homeland and cause stresses within the family unit. When refugee children come to our schools, they may have been out of school, in transit, for years. The Canadian school may look and sound very different from their traditional schools -- in structure, tradition, format, rhythm. The family's socio-economic class, educational background, geographical origin (rural vs. urban) can affect the student's adjustment to school. The trauma of their refugee experience may cause emotional and social problems. And, of course, refugee students often have to face the racism in Canadian schools. Subjects: Education, Immigration, Refugee Children, Racism Library Call Number: LC 3734 .K36 1994

VIDEOS ON EDUCATION

A Better Tomorrow: Transforming the Classroom Through Feminist Pedagogy. University of Saskatchewan, 1994. (30 minutes)

This film introduces educators to feminist teaching practices and the philosophy that underpins them. Featured are ten Canadian feminist educators from across the disciplinary spectrum, from Mathematics through Sociology to English Studies. This program will be of interest to teachers in training, as well as experienced educators eager to enhance their effectiveness in the classroom through the incorporation of feminist teaching strategies. Feminist teachers themselves will find it helpful for consolidating their pedagogical principles and practices.

Backlash to Change: Moving Beyond Resistance. University of Western Ontario, 1995. (approximately 33 minutes)

Falling on the heels of the previously produced "Chilly Climate for Women in Colleges and Universities", this video attempts to consolidate the gains achieved thus far in the development of harassment-free inclusive institutions by addressing the defensive reaction to equity initiatives ("backlash") and demonstrating the gains still to be achieved. As well, a second video, "First Nations Voices", has been developed. This video specifically addresses the negative experiences of First Nations peoples within post-secondary institutions. A facilitator's handbook will accompany the video which will be distributed to all Ontario Colleges and Universities in the late fall/early winter, 1995.

Havergal: Portraits in Time. Omega Films Ltd., 1994. (23 minutes)

This insightful and provocative program explores the way young women have been educated at Havergal College for over 100 years. We get a candid view of these women who were taught by their school that "the world is your oyster." Graduates, ranging from 1921 to the present, parents and educators discuss subjects such as boys, discipline, religion, careers, single sex educations and the future in a lively and uncensored way. Original photographs and animated archival film from Havergal's early days are used.

Inequity in the Classroom. Concordia University, 1991. (27 minutes)

This program examines the often subtle and inadvertent sexual and racial biases that women students frequently encounter in colleges, universities and adult education settings. Student testimonials and dramatized learning situations highlight the issue while university professors provide in-depth analysis on inequity issues based on current research findings. Related issues such as academic freedom and the dynamics of power relationships are also addressed.

4. FAMILY AND INTIMATE RELATIONSHIPS:

Gray, John. What Your Mother Couldn't Tell You and Your Father Didn't Know. New York: Harper Collins, 1994.

John Gray, the author of Men are from Mars, Women are from Venus, has a new book, What Your Mother Couldn't Tell You and Your Father Didn't Know which explores why men and women are dissatisfied in relationships and offers new skills to help them resolve new problems. The old rules, taught by our parents, are no longer appropriate and we need to learn new job descriptions to establish and maintain intimate relationships. Women are overworked and unable to carry out the traditional role of "waiting on" men while men feel unappreciated because women expect more understanding. One of the skills for men is learning to listen to women without getting upset and feeling blamed, defensive, criticized or controlled. One of the skills for women is learning to talk so that men will listen. Gray also explores the male tendency to forget to do things and the female tendency to raise issues over and over again. What Your Mother Couldn't Tell You and Your Father Didn't Know clearly sets out relationship skills in each chapter. Numerous, simple subheadings make it easy for the reader to find a particular issue and skill set. This book should interest anyone interested in improving their intimate relationships. It is also an excellent reference for faculty teaching courses in Interpersonal Relations or Interpersonal Communications. Library Call Numbers: HQ 801 .G697 1994

Teyber, Edward. <u>Helping Children Cope with Divorce</u>. Toronto: Maxwell Macmillan Canada, 1992.

This is a good resource for parents going through a separation or divorce. Teyber explains the effect of divorce on children and provides the parents with guidelines to alleviate the anxiety children experience. He describes the short-term and long-term reactions of children of different ages. In describing the pain of divorce for parents, Teyber points out the problems of parental guilt and how it undermines effective parenting. Parents will find help in explaining separation or divorce to their children, including sample scripts to alleviate blame. Parental conflict and the role of children in communication of the conflict is described. Subject Areas: Family, Divorce, Children of Divorce, Parenting Library Call Number: HQ777 .5.T49 1992

VIDEOS ON FAMILY AND INTIMATE RELATIONSHIPS

For Generations to Come. NFB, 1994. (82 minutes)

A family can take many different forms, whether a tightly-knit "traditional" rural family in Newfoundland, a single mother and her daughter in Montreal, a same-sex couple with three children in New Brunswick, or a large "blended" family in Toronto. This video takes us on an intimate journey into the homes and lives of seven families across Canada, challenging our views about what is family and what it will be in generations to come. Includes the new booklet <u>Canadian Families</u>, published by the Vanier Institute of the Family.

Love, Intimacy and Sexuality. Magic Lantern Communications Ltd., 1993. (60 minutes)

Older couples speak frankly about their enjoyment of sex. One couple finds sex plays a smaller role in their relationship and another man finds fulfilment as a homosexual. Experts examine physical and emotional issues of sexuality.

Sex and the Older Woman. (Episode 2) Liber Films Inc., 1995. (24 minutes)

An honest, entertaining and outrageous half hour documentary series about the sex lives of women over sixty from diverse cultures and backgrounds. Episode 2 includes information on learning about sex, first sexual experiences, cultural differences, relationships, lousy sex, menopause and sex in care facilities.

5. GAYS/LESBIANS/BISEXUALS

Chauncey, George. <u>Gay New York: Gender. Urban Culture and the Making of the Gay Male World.</u> 1890-1940.

Between 1890 and the beginning of the Second World War, a complex, visible gay male world evolved in New York City. It included gay neighbourhoods, widely publicized dances, saloons, speakeasies, bars and restaurants that catered to gay male clientele. The participants in this culture created their own customs, language, traditions, folk histories, and heroes. They wrote and produced gay literature and theatre, organized cultural events, held male beauty contests and drag balls, and built communal ties and group identity. Chauncey, in this book, reminds us of this lost history, this denial of a strong gay subculture that preceded the more recent gay movement. He tells of the urban culture and policing of bachelors in the city; the gathering places such as the YMCA, rooming houses, cafeterias and other gay social centres; the privacy that could only be had in public; the social world of the baths; the building of gay neighbourhoods; camp culture and the making of a collective identity; and the exclusion of homosexuality from the public sphere in the 1930s. Subjects: Gay Subculture, History, New York

Library Call Numbers: HQ 76 .2V52N53 1994

Epstein, Debbie, ed. <u>Challenging Lesbian and Gay Inequalities In Education</u>. Buckingham: Open University Press, 1994.

Although the literature on gay and lesbian issues has grown remarkably in the past decade, little has been written on how these issues relate to education. Pointing to the increased "conservative" leanings in Great Britain and the United States (and Canada), and the moral panics about sexuality that erupt regularly, Epstein argues that the lack of published writing in this area is not surprising. We do like to keep the public sphere (education) and the private sphere (sexuality) separate in our English-speaking countries. In the first part of the book, the writers tell personal accounts of their struggles and achievements. Part II traces the problems and achievements in combatting lesbian and gay inequalities and oppression. Part III examines theoretical and historical issues. Subjects: Gay and Lesbian Discrimination in Education Library Call Numbers: LC192 .6.C43 1994

Ferry, James. In the Courts of the Lord: A Gay Minister's Story. Toronto: Key Porter Books, 1993.

The sanctioning of Anglican priest James Ferry by the Church was not because he was gay, but because he was honest about his sexuality. As a younger man, he had worked hard at denying his homosexuality. He prayed for a cure. He even got married to prove to himself he was straight. His honesty with himself came only after these mighty efforts failed. But his honesty brought him into direct confrontation with the Church. Some Church ecclesiastics in higher positions who were gay forced their positions of power and sexual attentions on him. Finally, Ferry discussed the conflict of his vocation as a priest and his love for his gay partner with his bishop. The bishop dismissed Ferry from his position, prohibited him from practising as a priest, and put him on trial for "disobeying his bishop" when he refused to leave his partner. No Canadian Anglican bishop would testify on his behalf. It became readily apparent that "(I)n the Church bishops and priests who are homosexual and dishonest continue to serve, while those who are homosexual and honest are removed" (p.xi). Subjects: Gay clergy, Anglican Church, Religion BX 5620 .F47 A3 1993

Hoagland, Sarah Lucia. <u>Lesbian Ethics: Toward New Values</u>. Palo Alto California: Institute of Lesbian Studies, 1992.

Heterosexism is not simply a matter of men having sex with women, it is an entire way of life promoted and enforced by every institution in male society. "Heterosexism is a way of living that normalizes the dominance of one person and the subordination of another" (p.7). Hoagland argues that the principles of traditional ethics are based on individual subjugation to the dominant interests and are inconsistent with lesbian ethics. In exploring lesbian ethics, she examines issues of separation from heterosexism, female agency, power and paternalism, integrating reasoning and emotions, moral agency, and moral revolution. Subjects: Ethics — moral, political sexual, Lesbianism, Heterosexism Library Call Numbers: HQ 75.6. U5 H63 1988

Hutchins, Loraine and Lani Kaahumanu, eds. <u>Bi Any Other Name: Bisexual People Speak Out</u>. Boston: Alyson Publications, 1991.

Rejected by both heterosexuals and gays and lesbians, bisexuals are caught in a state of non-existence, of denial. The authors argue that we are not "naturally" heterosexual or homosexual and suggest that bisexuality may be more in tune with our "natural" sexuality. In this book bisexual people tell their stories. The

editors have grouped the stories into four parts: psychology: facing ourselves; spirituality; healing the splits; the bisexual community: are we visible yet?; and politics: a queer among queers. Subjects: Sexuality, Bisexuality Library Call Numbers: HQ 74 .B5 1990

Marchessault, Jovette. <u>Lesbian Triptych</u>. Toronto: Women's Press, 1988. (translated by Yvonne M. Klein)

Jovette Marchessault is a leading contemporary Quebec feminist literary writer. Because so little of the Quebec feminist's literature has been translated into English, some of us are less familiar with the group's works. Exploding on the literary scene in the 1970s, this group rejected conventional forms of genre and language, and created a new "ecriture feminine" (women's writing) employing the subversive tactics of the avant-garde. Although, Marchessault has drawn upon myths of origins, her work critiques the masculine domination of the Quebec mystical tradition and turns it around. The first story, "A Lesbian Chronicle from Medieval Quebec", "is a poetic chronicle of a girl's growing up and coming out as a lesbian. Marchessault's wit is rapier-like in its punning on the images of religious authority and underlines the way in which power has been exercised to kill women" (p.23-24). In "Night Cows", Marchessault builds on "Chronicle" with the utopian vision of women in a world beyond patriarchy. Here women float on the Milky Way, displacing the heavenly father. In "The Angel Maker", Mother is your mother, my mother, and the mother of a new generation of women who will give birth to the creativity buried within themselves. This collection of Mother-Daughter texts circles the evolution of feminist consciousness. Subjects: Literature -- Quebec, Feminism, Lesbian Library Call Numbers: PS 9575. A733 T7913 1985

Rooney, Frances, ed. <u>Our Lives: Lesbian Personal Writings</u>. Toronto: Second Story Press, 1991.

The women who have written their stories in this collection have done so in various forms: poems, journal entries or diaries, short stories, short notes, photographs. In them they expose their personal, private thoughts and feelings as they wish to share their experiences with other women. This is a unique collection of lesbian writings of everyday life that contrasts markedly with some of the other more academic and theoretical lesbian works. Subjects: Literature, Lesbian's Writings, Lesbianism, Diaries. Library Call Number: PS 8235. L4 087 1991

Roscoe, Will. <u>Living the Spirit: A Gay American Indian Anthology</u>. New York: St. Martin's Press, 1988.

Gay and lesbian American Indians have always been recognized and valued members of tribal communities. They lived openly with the support of families and communities who encouraged them to develop their skills. In turn, they made special contributions to their communities. The History Project of Gay American Indians (GAI) has documented the alternative roles of gays and lesbians in over 135 North American tribes. They served as artists, providers, and healers. Women hunted for food for their families and were warriors who defended their communities. Other gay women were powerful shamans and medicine people. Gay men specialized in arts and crafts and performed important social and religious roles. Gay American Indians have traditionally been mediators or "go-between" individuals who would help different groups communicate with one another. This is a role they hope to continue to play. This anthology is part of that role.

But, Gay American Indians face double oppression -- racism and homophobia. Living the Spirit is their story -- their history, traditions, current lives and challenges. These are expressed in poetry, myths, tales, and personal experiences. Subjects: Gay and Lesbians, Native People and Culture, Gay American Indians, Literature, Poetry Library Call Number: PS 509 .H57 L58 1988

Shilts, Randy. <u>Conduct Unbecoming: Gays and Lesbians in the US Military Vietnam to the Persian Gulf.</u> New York: St. Martin's Press, 1993.

Randy Shilts investigated the situation of lesbians and gays in the United States military over the past three decades. He found that some of the most celebrated soldiers were homosexual. His interviews of over 1000 gay service people uncovered stories of heroism and persecution. On the one hand, a vast gay subculture has been created in the forces; on the other, fierce purges of gays have raged. Gay dragnets in the past decade have been extraordinary. Their goal is to coerce personnel to reveal names of other gays and lesbians. After the investigations, the named face hearings and courts martial. These investigations and hearings cost hundreds of millions of dollars, apart from the disastrous effect on people's lives. Careers are ruined; despairing women and men sometimes commit suicide. The military policies claim that lesbians and gay men are dangerous to the well-being of Americans and should not be granted basic civil rights. For lesbians, the issues are more complex: many men didn't want women in their army anyway. Women in the military are assumed to be

lesbians; to prove otherwise, they must have sex with the men. The profound victimization of lesbians in the military has more to do with sexual discrimination than heterosexism. Subjects: Armed Forces -- Gays and Lesbians Library Call Number: UB 418.G38 S55 1993

Stone, Sharon Dale. (ed). Lesbians in Canada. Toronto: Between the Lines, 1990.

Written from an experiential rather than a theoretical viewpoint, Lesbians in Canada offers casual readers as well as researchers insight into the life experiences of lesbians. It is often assumed that lesbians are similar to gay men, merely their feminine counterpart. Stone corrects this assumption. Lesbians are women. Therefore they do not have access to male privilege. No matter how much lesbians reject traditional femininity, they do not have the same access as men to well-paying jobs. Similarly, lesbians are subjected to sexual harassment and assault. These realities alone confirm differences between gay men and lesbians. The articles in this book are written by a diverse group of women and cover topics such as: lesbian mothers, disabled lesbians, lesbian teachers, lesbian life in a small town, lesbians and the law, and lesbians in academe. Subjects: Lesbians -- Canada Library Call Number: HQ 75 .6 .C3 L48 1990

Weston, Kath. <u>Families We Choose. Lesbians, Gays, Kinship</u>. New York: Columbia University Press,

An anthropologist, Weston gathered data for this book from participant observation and interviews in the San Francisco area in the late 1980s. To increase the diversity of her sample, she deliberated selected people of colour and working-class people. Most of her subjects were young (20s and 30s), few were parents, and most were well educated. In her analyses, Weston traces the ideological shifts in which lesbians and gay men portray themselves as seeking to maintain ties with blood relations; the relations of gays and lesbians with their "straight families"; the families gays and lesbians choose; lesbian and gay lovers in committed relationships; gay and lesbian parenting; and the political implications of gay families. Subjects: Family Sociology, Alternative Families, Gay and Lesbian Families, Gay and Lesbian Relationships, Kinship Patterns Library Call Number: HQ 76.3 .U5 W48 1991

VIDEOS ON GAYS/LESBIANS/BISEXUALS



Brain Sex. Part Three. Magic Lantern, 1992. (50 minutes)

How do brain sex differences affect our personal relationships? Falling in love, sex, marriage, and parenthood are the focal points of this entertaining demonstration of the way brain sex differences permeate our lives and loves. What men and women seek in a mate is fundamentally different and through "man in the street" interviews, this difference is explored. This episode will also examine the varying types of relationships from heterosexual to homosexual -and analyze the pros and cons of each. The aging process brings a biological blessing and the episode concludes with the thought that as the tides and tempest of the hormones recede and grow calm, men and women come more and more to resemble each other.



Forbidden Love. NFB, 1992. (85 minutes)

Compelling, often hilarious and always rebellious, the 10 women interviewed in this program paint a portrait of lesbian sexuality and survival in Canada during the 1950's and 1960s when lesbian love was "the love that dared not speak its name."

Against a fascinating backdrop of book covers from lesbian pulp novels, tabloid headlines, archival photographs and film clips, these women tell stories about their first loves and their search for the beer parlours and bars where openly 'gay' women were tolerated in Vancouver, Toronto and Montreal. With the irreverence and candour of true survivors, they describe the butch/femme subcultures and romance they found in these bars and the harassment and intolerance they encountered as they sought to live and love in their clandestine world.

Their histories are interwoven with a fictional love story (Laura moves to the big city and meets Mitch) inspired by the then popular lesbian paperback novels. Unlike the tragic outcomes in the lesbian novels of the '50s, there is a happy ending in this "film within a film". An interview with novelist Anne Bannon and the reminiscences of the women who read these books bring to life the contrast between the way lesbians were fictionalized and their actual experiences.

Gay Youth. NFB, 1992. (40 minutes)

This is the first video to explore the emotional strain placed on Canadian gay youth by intense feelings of isolation. Adolescence is typically a time of conformity when one needs to feel secure in a peer group. But lesbian and gay young people are acutely aware of being different and often have no one to talk to about these feelings. This isolation frequently leads them to drug and alcohol abuse, violence, homelessness and even suicide. In fact, in the recently published report on youth suicide, the shocking fact emerged that fully 30% of young people between the ages of 15 and 24 who committed suicide were gay or lesbian. This documentary has been designed to break the silence surrounding adolescent homosexuality. It contrasts the suicide death of 20-year old Bobby Griffith with the remarkable and courageous life of 17-year old Gina Guitifreez. Gina is not afraid to meet homophobic attitudes straight on. This video shows that information, acceptance and support can make enormous differences in the lives of these young people.

Out: Stories of Lesbian and Gay Youth. NFB, 1993. (73 minutes)

This program is an intimate exploration of the struggles and victories of gay and lesbian youths in Canada. Delving into the emotional, societal and familial conflicts lesbian and gay youths often face, this film breaks the damaging silences surrounding sexual orientation and sexual differences.

Through explicit interviews with gay and lesbian youths from varied cultural and racial heritages, issues of discrimination as well as the compounding problems of confronting racism and sexism are sensitively addressed. This video provides awareness, understanding and hope -- to gay and lesbian youths, parents, counsellors and educators.

Pink Triangles. Cambridge Documentary Films Inc., 1983. (35 minutes)

In society, the presence of groups of people who are different from the status quo can be seen as very threatening. As the film illustrates, particularly in times when a society experiences dislocation and crisis, racial, ethnic and political minorities and other critical groups are the targets for scapegoating and attack. Rather than admit confusion or make changes, a society often chooses to try to shift the focus from its own failing.

This is a study of fear and persecution of lesbians and gay men, a film that will challenge some of our most deeply rooted feelings, or attitudes toward homosexuality. "Pink Triangles" examines both historical and contemporary patterns of persecution in which racial, religious, political and sexual minorities are singled out as "different", "not normal", or "inferior" and become the victims of the scapegoat mentality of societies under stress.

When Shirley Met Florence. NFB, 1994. (28 minutes)

A romance? Yes and no. A friendship? Not exactly. Meet Shirley and Florence, whose lifelong attachment to one another defies categorization. This program offers an intimate portrait of two women in their mid-sixties—one lesbian and the other heterosexual—whose love for one another and the music they create together, transcends differences.

6. GENDERED LIVES

Aman. (as told to Virginia Lee Barnes and Janice Boddy) Aman. The Story of a Somali Girl. Toronto: Knopf, Canada, 1994.

This is the oral history of Somali life as experienced by a girl, Aman, and told to the authors, both anthropologists. Barnes' and Boddy's anthropological focus is evident as they discuss cultural artifacts and Somali rituals. Aman's voice. however, dominates the book. She is a strong, independent girl who lived her first years with her nomadic mother -- a precarious life, but she was happy living in the bush. At 8 years of age, she was painfully but proudly circumcised. At 13, she was married to a 55 year old man. She ran away and lived an urban nomadic life in Mogadishu. While there, she was brutally raped, married again, and had a son. To escape the confines of her society, she fled to Kenya and Tanzania where, at 17, she started a new life with her third husband. Aman warns Westerners to watch their prejudices and ethnocentrism, which seem to skyrocket over female circumcision. She says: "This is my culture, my religion, and I don't believe another nation can take away another nation's culture. If Somali women change, it will be a change done by us, among us. When they order us to stop, tell us what we must do, it is offensive to the black person or the Muslim person who believes in circumcision. To advise is good, but not to order". Aman is the perfect antidote to media images of Somalia as a country of starving, neglect children and inhumane warlords. Aman tells us a fuller story. Subjects: Women - Somalia, Culture, Anthropology. Library Call Number: HQ 1795 Z75 A43 1994

Belenky, Mary Field, et al. <u>Women's Ways of Knowing</u>. The Development of Self. <u>Voice and Mind</u>. New York: Basic Books, 1986.

Women's Ways of Knowing is one of the theoretical and research bases for Georgian College's Nursing Programme's "Caring Curriculum". It is a landmark work in showing that the generalized view of the construction of knowledge has not included women and has, in fact, silenced them.

Belenky, Clinchy, Goldberger, and Tarule examine women's ways of knowing and describe five perspectives from which women view reality and determine truth, knowledge and authority. They show the interconnection of women's ways of knowing with their self-concepts, and how the family and the schools promote and hinder women's development. Their research is based on interviews of ordinary women. The authors discuss silence and how women experience disconnection, feel "deaf and dumb", obey wordless authorities, maintain their

place as women, conceive of themselves, and are seen but not heard. Women experience received knowing (from listening to others), subjective knowing (from within), procedural knowing (from developing, testing, communicating, and using procedures), and constructed knowing (from shaping the knowledge ourselves). Subjects: Psychology, Women's Studies, Self-actualization, Feminism, Theory of Knowledge Library Call Number: HQ1206 .W88575 1986

Chong, Denise. <u>The Concubine's Children: Portrait of a Family Divided</u>. Toronto: Penguin Books, 1994.

Drawn from letters, photographs and memories, this is a tale of a family's history: a family divided on two continents and their eventual reunion. Denise Chong grew up in Prince George B.C.. She went to China as an adult and found not only her family history, but her family itself. Her grandfather had left his wife in China in 1913. Chong's grandmother was a concubine in Chinatown with whom her grandfather started a second family. The second family sacrificed for the benefit of the first family in China. Subjects: Canadian history, Family,. Social conditions Library Call Number: FC3850.C5C5 1994

Conway, Sheelagh. <u>The Faraway Hills are Green. Voices of Irish Women in Canada</u>. Toronto: Women's Press, 1992.

Conway's book gives voice to Irish immigrant women who were silenced and erased from Canadian histories and records. Some of these women are now speaking out, identifying themselves as feminists, looking beyond the patriarchal role prescribed by the Catholic Church and reviving older times of the Celtic Goddesses. They are subjects of patriarchy and the political divisiveness of Protestant and Catholic. In their tales, the women tell of the heartbreak of emigration, and the racism they experienced in England. These women were also the victims of classism as they were from humble peasant roots. Conway travelled across Canada, interviewing Irish Canadian women -- as Lindalee Tracey crossed Canada and talked with poor Canadians. As Conway discusses this method of oral history: "The listener must listen" (p.27). Library Call Number: FC 106. 16 C66 1996

Jeffrey, Liss. <u>Progress in Canada Toward Women's Equality and the Media: Access to Expression and Decision Making 1980-1994</u>. Toronto: Status of Women Canada, 1995.

This booklet was prepared as a background paper for UNESCO International Symposium: Women and the Media: Access to Expression and Decision Making, in Toronto, February 28 to March 3, 1995. It reviews equality of women in the media. The document addresses four questions: "What key initiatives have led to a more equitable media and cultural environment that serves the needs of all Canadian women as citizens and audiences?" "What progress has been made toward equitable portrayal of women in the media?" "What progress have women made within the media professions, and what obstacles block their equitable participation and representation in mainstream media?" and "What challenges can we anticipate and prepare for?" Subjects: Psychology, Sociology

Knafla, Louis A. and Susan W. S. Binnie. <u>Law, Society and the State. Essays in Modern Legal History</u>. Toronto: University of Toronto Press, 1995.

Law, Society and the State consists of nineteen of more than fifty papers presented at an international conference of common law legal historians at the Law Society of Upper Canada in May, 1992. Editors Knafla and Binnie have selected these essays and divided them into four major areas of study: Colonial Legal Experience, Disorder, Dissent and the State, Gender and the Law and Archival Sources in Legal History. Of particular interest to Georgian staff/faculty is Dr. Wendy Ruemper's article "Locking Them Up: Incarcerating Women in Ontario, 1857-1931." Subjects: Law and Security, Sociology Library Call Numbers: KF 394 .Z85 L4 1995

Lowe, Mick. One Woman Army. The Life of Claire Culhane. Toronto: Macmillan Canada, 1992.

A social activist, Claire Culhane played a part in political struggles that have spanned the twentieth century -- the Spanish civil war, the women's movement, the FLQ crisis, the Vietnam war, and struggles for prison abolition. She has pressed establishment forces repeatedly, but remains firm to her convictions. She is a woman who has made a difference. Subjects: Social Action, Corrections, Social Reformers, Political activists Library Call Number: HN 103.5. L69 1992

McKenna, Katherine M. J. <u>A Life of Propriety</u>. <u>Anne Murray Powell and Her Family</u>. <u>1755-1849</u>. Montreal: McGill Press, 1994.

To understand the contrasts and similarities in the lives of British settlers, aboriginal people, and African-Canadians, it is necessary to read about the experiences of all three groups. A Life of Propriety is the story of Anne Murray Powell and her family from 1755 to 1849. The Powells were a middle-class English family who lived in England, New England and Upper Canada. During this time, the split between the private and public spheres of life widened, and women's and men's roles diverged. Values shifted. Anne Powell's story draws us into this time of changing cultural values about gender and family relations. Subjects: History, Early Canadian Settlers, Gender and Family Relations—Historical Library Call Number: FC 3097.26 .P69 M34 1994

Merritt, Susan E. <u>Her Story: Women from Canada's Past</u>. St. Catherines: Vanwell Publishing, 1993.

This well-designed book contains 16 short chapters, each describing (in print and photographs) the contribution of women in Canadian history. Besides the predictable inclusion of Laura Secord, Emily Carr, and Lucy Maude Montgomery, the book documents the role played by women who are less celebrated — women such as Shawnadithit, Harriet Tubman Davis, Mary Shadd Cary, and Martha Munger Black. Although this book was written for younger students, it provides an excellent quick reference about women in Canada's past. Subjects: History, Canadian women Library Call Number: FC 26 .W6 M47 1994

VIDEOS ON GENDERED LIVES

The Burning Times. NFB, 1990. (57 minutes)

This beautifully crafted program is an in-depth look at the witch persecutions that swept through Europe just a few hundred years ago. False accusations and trials led to extensive torture and burnings at the stake, and ultimately, to the destruction of a way of life that had endured for thousands of years. Of those killed, 85 percent were women. Widespread violence against women, still prevalent today, can be traced back to those times. This program explores the process whereby the old pagan communities, founded on spirituality and cooperation, were transformed into the misogynist capitalist societies of our own century.

By Woman's Hand: A Tribute to Three Women Artists Whose Lives and Works Were Almost Forgotten. NFB, 1994. (57 minutes)

This film is a poignant documentary exploring the life and times of three Canadian women artists. Although these female artists showed their work with the Group of Seven and exhibited to favourable reviews around the world, their paintings all but disappeared after their deaths. Trapped in a world which placed the greatest value on the work of men, their paintings remained hidden in the vaults of galleries or hung on the walls of family homes, waiting to be rediscovered by a new generation of art historians, curators and art lovers.

Full Circle. NFB, 1992. (57 minutes)

This program is a stirring documentary that awakens memories of the ancestral roots that connect us to each other and to all living things. It is the third program in the series. In this journey, we are shown some of the manifestations of the modern women's spirituality movement in the western world. We find women meeting together around kitchen tables, and in circles on hilltops, performing rituals that 're-source' and empower them, giving them the strength to transform their personal beliefs into political and social action. Authors, social activists, teachers, feminists and others move us beyond patriarchal boundaries to a space where reverence for the earth can root and grow, healing us in the process.

Goddess Remembered. NFB, 1989. (55 minutes)

This stunning and poetic documentary is a salute to 35,000 years of "prehistory", to the solid values of ancestors only recently remembered, and to our ancient goddess-worshipping religions. This program reveals forgotten cultures, taking us to the palaeolithic caves of France, the neolithic subterranean temples of Malta, the mysterious earthworks of ancient Britain, and the sun-drenched palaces of Delphi and of Crete.

Lt's My Turn Now: The Choice of Older Women to Live Alone. Gerontology Research Centre, Simon Fraser University, 1992. (21 minutes)

This program explodes some of the myths surrounding older women living on their own. An academic researcher interviewed over 175 women on the experiences of older women living alone. The conclusions of this study are surprising and inspiring. Older women thrive when they can "do what they want, when they want to do it". Entertaining, humorous and poignant, the video also reveals a dynamic partnership between institutional and community researchers.

Motherland: Tales of Wonder. NFB, 1994. (89 minutes)

This humorous and provocative feature length documentary casts a critical eye at the North American experience of motherhood over the last half of this century. Through conversations with seven mothers, a wonderful selection of archival footage from the 1950s, as well as some very candid and funny home movies from the director, Motherland offers new ways of thinking about new ways of thinking about what it means to be a good mother.

GENDER AND COMMUNICATION

VIDEOS ON GENDER AND COMMUNICATION

She Talks, He Talks. McIntyre Media, 1994. (22 minutes)

Viewers of this video meet Jasmine, Fran and Bill as they put together the noonday news at the local TV station. The three professional communicators are smooth and friendly on air, but once the cameras stop, the battle of the sexes rages. Some of the subjects addressed:

- How the playgrounds of childhood shape styles of adult communication.
 Girls focus on telling secrets and being liked; boys play competitive games and manoeuvre for status.
- How men and women use communication differently. To a man, conversation is a debate to win. To a woman, conversation is glue holding relationships together.
- Why males place greater importance on the literal meaning of words while females develop the art interpretating the emotional context.

The Legacy of Mary McEwan. NFB, 1978. (56 minutes)

This tribute to an extraordinary women is also a remarkable story of friendship, respect, leadership and radical change. Mary McEwan was a tireless innovator. A doctor, a wife and the mother of four, she made a dramatic career switch in mid-life to become one of Canada's first feminist psychiatrists. In profiling an extraordinary innovator and some of the women whose lives she helped mould, this program underscores the importance of women as mentors and of women supporting each other. The film is a celebration of courage and creativity. of women's ability to grow, of relationships and of the power of women to effect changes in themselves and in society.

Women in the 40s and 50s. How They Saw Us. NFB, 1977. (109 minutes)

How They Saw Us is a video compilation of films made about women during the 1940s and 1950s. This twenty-year period saw significant changes in the role and status of women in Canadian society. The eight films presented here reflect those changes and serve as a graphic reminder of the values and attitudes of that time. Often enlightening, sometimes heartrending, they offer a window into our recent past.

GENDER AND SPORTS

Mariah Burton Nelson played professional basketball in the United States; now she writes about women and men in sports. The two books described below are wellresearched, humorous, provocative and astute. Enjoyable, they are essential reading for people who love sports and wish for equality in sports.

Nelson, Mariah Burton. Are We Winning Yet? How Women are Changing Sports and Sports are Changing Women. Toronto: Random House, 1991.

Although attitudes are slowly changing, gender inequality in sport is a fact: women's sports are usually led by male coaches, publicized by male journalists and endorsed by male-headed corporations. The author discusses the struggles of both famous female sports figures and non-professional athletes, and the difficulties of maintaining female attitudes in the male-dominated world of sport. Areas of interest: Psychology, Sociology Library Call Number: GV709 .N44 1991

Nelson, Mariah Burton. <u>The Stronger Women Get. The More Men Love Football.</u> <u>Sexism and the American Culture of Sports</u>. New York: Harcourt Brace & Company, 1994.

Sports is one of the few remaining social endeavours in which male muscle matters. Women are competing in social, economic and political areas, but in football and other male sports, male muscle still dominates. The stronger women get, the more enthusiastic men are embracing a particular form of masculinity – toughness, aggression, denial of emotion, and denigration of anything labelled as feminine. Rather than uniting society, male sports glorify the aggressive, white male, and establish a two-tiered gender system. Within this pre-civil rights world of male sports, white men can behave in ways that would be illegal or intolerable on the streets. They can assault one another, express racist, sexist, and homophobic attitudes. Burton argues that we must take sports seriously – not the scores but the process, not who wins but who loses. Who loses when most community athletic resources are spent on male sports? Who loses when rape jokes are part of the game? Who loses when players are called sissy if they resist aggressive play? Subjects: Sports--social and psychological aspects, Gender Roles Library Call Number: GV 706.4 .N45 1994

Strachan, Dorothy and Paul Tomlinson. <u>Gender Equity in Coaching</u>. Coaching Association of Canada, 1994.

Written for the National Coaching Certificate Program, this handbook provides valuable information for anyone associated with sports programs, providing information on gender equity (subtle exclusion and systemic discrimination) and suggesting workshop activities to raise awareness about fairness and equality for girls and women in sport. Advice on "thoughtful language in sport" is also addressed. Areas of interest: Sports, Coaching, Physical Education, Psychology, Sociology

VIDEOS ON GENDER AND SPORTS

Shooting Stars. NFB, 1987. (50 minutes)

Love of the game of basketball led a determined group of graduating high school girls to form their own team in 1915. They recruited their high school coach, Percy Page, and the rest is sports history. The Edmonton Commercial Graduates women's basketball team chalking up an incredible world record that

of participants, procedures, design, implementation and evaluation. Educators teaching new Canadians will find this book a useful tool for the workshop/classroom process. Subjects: Business, Communications, English as a Second Language, Psychology, Sociology Library Call Numbers: JV 7282 .W7 M67

VIDEOS ON IMMIGRATION/IMMIGRANT WOMEN

Canadian Immigration. Classroom Video, 1993. 23 minutes

Today a third of our population has an ethnic background other than French or English. This video examines the issues Canada faces on immigration: "Why do we need immigration?" "Canada's history of immigration," "How immigration works," "The immigrant experience," and "Debunking some of the common myths about immigration?"

Immigration Advice. CTV, 1993. (10 minutes)

Some immigration advocates call "The Newcomers' Guide", a government booklet about Canadian customs, insulting. Has the Ministry of Immigration gone too far?

Make Contact. Concept Media, 1993. (24 minutes)

This film illustrates both the historical and contemporary immigrant experience, helping viewers develop an appreciation of the difficulties and challenges of adapting to a new land with a new language and customs. Explores the root reasons for prejudice and stereotyping in U.S. society.

8. NATIVE PEOPLE

Brant, Beth. Writing as Witness. Essay and Talk. Toronto: Women's Press, 1994.

This is a collection of Beth Brant's essays, talks, and theory. She says others invite her to speak are because she is "an oddity to some (First Nations, lesbian, mixed-blood, urban, not educated in western 'tradition')".(p.3) A Mohawk, she explains the difference between European-based "literature" and Aboriginal writing. "Native women's writing is a generous sharing of our history and our dreams for the future. That generosity is a collective experience". (p.10) Native women do not write as individuals but as members of an ancient cultural consciousness. Brant recounts the writings of Native women: Pauline Johnson. Hum-Ishu-Ma, Maria Campbell, Leslie Marmon Silko, and others. She points to the common themes of writing from the heart, from deep connections with female elders and ancestors -- respecting female wisdom manifested in their lives and therefore, in their writing. Writing for many native women is a healing process -for them and for their whole nation. Some of the women write about their experiences; some write about recovery -- from substance abuse, racism, sexism and homophobia. Brant speaks to the new-age religion and the attempts of non-Natives to appropriate or intrude upon Native religion, rituals, secret societies rather than working on environmental issues or real support for aboriginal peoples' freedom and sovereignty. Subjects: Canadian writers -- Aboriginal Women, Homophobia, Gay and Lesbian Two-spirits Library Call Numbers: PS 153 J52 B73 1994

Cameron, Anne. <u>Daughters of Copper Woman</u>. Vancouver: Press Gang Publishers, 1981.

Daughters of Copper Woman is a rich, written account of the Northwest Coast Indian myths told to Anne Cameron by "a few loving Native women" of Vancouver Island. The stories are very special, known only by women who are members of a secret society which has existed since "the dawn of Time". The women are part of a matriarchal, matrilineal society who have kept the sacred stories of their past. The "memorizers" were the carriers of their history; now there are no more memorizers. The Native women agreed that Anne Cameron could write their histories and share them for the benefit of other women. Subjects: Native women -- British Columbia, Oral History, Literature Library Call Numbers: PS 8555 .A383 D38 1981

Churchill, Ward. <u>Indians Are Us? Culture and Genocide in Native North America</u>. Toronto: Between the Lines, 1994.

Ward Churchill is a strong advocate for American Indian rights. He is an activist, an academic, a respected writer, and an eloquent and powerful spokesperson. In this book he examines the relationship between culture and genocide, arguing that the commercialization of American Indian cultures threatens the groups' struggles for freedom and sovereignty. To give you an idea of the strength of Churchill's argument -- in one chapter, "Let's Spread the 'Fun' Around", Churchill discusses the use of native names, images and symbols as sports team mascots by professional clubs, colleges, and high schools; for example, Kansas City "chiefs", Florida State "Seminoles", Washington (or for that matter Barrie Central Collegiate) "Redskins". Mascots and fans decorate themselves in "war paint" and wear buckskins, feathers, beads, and spears; and adopt "nifty little 'pep' gestures like the 'Indian Chant' and 'Tomahawk Chop'." (p.66) Considering the historical North American context of the "Conquest of America" and the annihilation of Native peoples. American Indians have protested this practice as virulent racism, comparing it to contemporary Germans naming their soccer teams "Jews" or "Yids". In response, players (usually African-American or other minority group members) have been sent out by the teams to claim that their intention is to "honour" native people, not insult them. Sportscasters call it "good, clean fun" -- and we need more of it.. Well, argues Churchill, if, in fact, these derogatory names and images are meant to honour and not insult, why are other groups not honoured. Why is there no NFL team called "Niggers" to "honour" Afro-America? Where are the Kansas City "Kikes", the Hanover "Honkies", the Daytona "Dagos", the Hollywood "Holy Rollers", the Gainsville "Gimps", etc.? Subjects: Native people -- social conditions, political conditions, Literature, Politics, Cultural appropriation and genocide Library Call Numbers: E98. P99 C48 1994

Maracle, Brian. <u>Crazy Water. Native Voices on Addiction and Recovery</u>. Toronto: Penguin Books, 1994.

Brian Maracle, a Mohawk, journalist and writer, interviewed 75 people (Onkwehonwe from all over Great Turtle Island). He asked them about their own drinking and everything they knew about native people and alcohol. His book is a collection of their stories. Maracle's goal is not to isolate alcohol as the only serious problem facing native people nor is it the cause of their troubles. Drinking is a symptom that must be eradicated for native people to be whole again — to institute social injustice, to heal themselves, to strengthen their

culture, language and traditions. Subjects: Native People, Alcohol use, Alcoholics Rehabilitation Library Call Numbers: E98 .L7 M37 1994

Maracle, Lee. Ravensong. A Novel. Vancouver: Press Gang Publishers, 1993.

Set along the Pacific northwest coast in the early 1950s, <u>Ravensong</u> is a fictional story about an urban native community devastated by a flu epidemic. Stacey, 17, balances her family's traditional ways against white society's values, knowing that her future lies in both worlds. Celia, her sister, imparts visions from the past. Raven warns that conciliation between cultures will not yet occur, but knows that the gulf between the two cultures must be bridged. Lee Maracle is an acclaimed writer and poet. Subjects: Native life, Fiction Library Call Numbers: PS 8576. A595 R38 1993

Sterling, Shirley. My Name is Seepeetza. Toronto: Groundwood Books, 1992.

Seepeetza is a native girl who was taken from her home on her ranch to live and study at an Indian residential school. This is her diary. In it she describes her life experiences and her feelings. When she was taken away to the residential school, her name and her life were changed. The school denied all that being an Indian meant to her. This is Shirley Sterling's moving, personal tribute to all those who went to the residential schools. It is a sad tribute to the survivors of one of the most blatant expressions of racism in Canada. Subjects: Indian residential schools, Racism in Canada, Literature — personal diary Library Call Numbers: PZ 7 .S8377 M9 1992

Theriault, Madeline Katt. <u>Moose to Moccasins.</u> The Story of Ka Kita Wa Pa No Kwe. Toronto: Natural Heritage/Natural History Inc., 1992.

Moose to Moccasins is a fascinating account by Madeline Katt (born Ka Kita Wa Pa No Kwe) of her life in both native and non-native culture. Born in a tent on Bear Island, Lake Temagami in 1908, she vividly recalls her youth in this land, now in dispute with native claims, forestry and environmental issues. Madeline describes in intricate detail her life with her family in the bush, illustrating her tale with her wonderful family photographs. The book is a delight to read, and provides a wealth of knowledge about a life most non-natives know nothing about. Subjects: Native traditional life, Temagami Library Call Numbers: E78 .C2 T44 1992

Before Columbus. NFB, 1992. (3 videos, 51 minutes each)

Part One: Invasion

Part One tells the real story of Columbus' "discovery" of the Americas, a story not often found in the history books. The film describes the seizure of territory on two continents from the Arctic to the tip of Tierra del Fuego, an attack against Native people that continues to this day, from the flooding of Cree lands in Canada for hydro development, and the destruction of the Florida Everglades of the Seminole to the clearing of the Amazon rainforest of the Panara in Brazil.

Part Two: Conversion

Part Two shows that the European conquest of the Americas was not just a struggle for territory but a battle for souls. The priests were never far behind the conquistadors. Churches were built on the ruins of temples, sacred relics were plundered and Indian children were forced to attend residential schools. This film recounts the tragic history but also shows that Indian spirituality was not destroyed. It survives in the ceremonies of the Zuni, in the rituals of the Maya and in the prayers of the Kogi Mamas.

Part Three: Rebellion

Part Three describes the war against the Indians, a war that never ended. It is estimated that 90 million people died in this slaughter in the first century after Columbus. The Ona of South America were exterminated in the early part of this century, a fate shared by many Native peoples since 1492. But people as diverse as the Kuna of the Caribbean coast of Panama, the Ika of Colombia, the Sioux of the Black Hills of Dakota and the Mohawk of Quebec continue to fight for their land, their rights and their culture.

Note: Due to the violent nature of certain scenes, viewer discretion is advised. Each program is divided into two parts of about twenty-five minutes each, for classroom use.

Broken Promises: The High Arctic Relocation. National Film Board, 1994. (53 minutes)

In the summer of 1953, the Canadian government relocated seven Inuit families from Northern Quebec to the High Arctic. They were promised an abundance of game and fish--in short, a better life. The government assured the Inuit that if things didn't work out, they could return home after two years. Two years later, another 35 people joined them. It would be thirty years before any of them saw their ancestral lands again.

Abandoned in flimsy tents, the Inuit were left to fend for themselves in the desolate settlements of Resolute Bay and Grise Fiord, where the sea was nearly always frozen and darkness reigned for months on end. Suffering from hunger, extreme cold, sickness, alcoholism and poverty, Quebec's Inuit had become the victims of a government policy supposedly designed to return them to their "native state." Evidence points to the government's wish to strengthen Canada's sovereignty in the Arctic as playing a part in the decision to relocate.

Interviews with survivors are combined with archival footage and documents to tell the poignant story of a people whose lives were nearly destroyed by their own government's broken promises.

Circle of Justice. New Vision Media, 1994. (26 minutes)

This film documents the story of Gloria Morgan, a Shuswap First Nations woman and her search for justice. Her struggle for survival, dignity and justice in a country trying to recover from its colonial history is compelling, tragic yet hopeful and optimistic. Gloria Morgan's life goal was to help change the conditions that had such tragic effects for herself and her family. She sought to work within the system and after serving ten years as an RCMP officer, she resigned from the force and has just completed her degree in law. The film examines the issues of the Canadian justice system versus a traditional First Nations justice system versus a traditional First Nations justice system and seeks to find a balance that will work for all people.

Coppermine. NFB, 1992. (55 minutes)

The Copper Inuit of the Coronation Gulf region of Canada's Northwest Territories were among the last aboriginal groups to be contacted by people from outside,

mainly during the early years of the 20th century. When Doctor R. D. Martin arrived in Coppermine in 1929, he had to deal with a tuberculosis epicemic, one of the consequences of that contact.

Denial, Healing and Hope. Northern Insights, 1994. (59 minutes)

This unique documentary provides first hand evidence of how First Nation communities in northwestern Ontario are seeking healing solutions to the suicide epidemic among young people.

The film presents sad tales of child abuse, alcoholism and suicide attempts and challenges all communities to reach out and seek better forms of communication and dialogue across generations. Leaders of the Nishnawbe-Aski Nation also present what they have learned about the process of healing both on a personal level and a community level.

<u>Divided Loyalties</u>. AP Video International, 1990. (102 minutes)

Never before have Canadians seen their history portrayed on the screen like this. <u>Divided Loyalties</u> captures the passion, the power and the epic sweep of the pivotal events that eventually led to the birth of this nation. It is a film that has truly made history.

At the heart of <u>Divided Loyalties</u> is the towering figure of Joseph Brant, the warrior chief of the Mohawks whose destiny helped shape the future of a continent. The time is the American Revolution. Imperial Britain faced a full scale insurrection in its American Colonies and the great Indian empire of the Six Nations was forced to choose between the long time allies, the British, and the American Patriots whose democratic ideals the Six Nations shared.

Joseph Brant's decision affected not only the fate of his people but ours as well.

Hands of History. NFB, 1994. (51 minutes)

Four Aboriginal artists, each from different nations, each from different experiences, each from different artistic mediums. Yet all share in the life of the artist, in the creation of beauty, in the expression of culture and in the recording and examination of history.

compelling reminder that this conflict began centuries ago and the issues that came to a head a Oka will not fade away just because the barricades have come down. "The Oka crisis changed the lives of all aboriginal people in this country," says Obomsawin. "We cannot go back."

Keepers of the Fire. NFB, 1994. (55 minutes)

For half a millennium, First Nations women have been at the forefront of aboriginal peoples' resistance to cultural assimilation. Keepers of the Fire profiles contemporary Canadian Native women who, in the time-honoured tradition of their foremothers, are fighting for the survival of their cultures and their peoples in the rain forest and the city, in the courts and the legislatures, in the long houses and the media.

Mi'Kmag Family. NFB, 1994. (33 minutes)

Raised in a small town, Catherine Anne Martin sets out to explore the deep roots of her Mi'kmaq traditions in the heart of Cape Breton. Like many young First Nations people today, she is looking to the ways of the past for guidance in raising her children.

She takes them to a Mi'kmaq summer gathering at Chapel Island-a Mawio'mi. For decades, the Mi'kmaq from all over the Atlantic provinces have come here to celebrate Ste. Anne's Day, to renew friendships, share stories and gain spiritual and cultural strength from the richness of their heritage. At Chapel Island, Catherine learns anew that for the Mi'kmaq, raising children is a sacred task to be undertaken by the parents, the extended family and the whole community.

Mission School Syndrome. Filmwest Associates, 1988. (59 minutes)

From the 1920s to the early 1980s, native children attended mission schools and residences in order to pursue their education. The main stream education included religious studies and a very different moral structure. Native children were directed to put aside their own language, beliefs and way of life in order to truly embrace the "civilized world". Taken from their families at such a young age, many of these children grew up without being parented. Government agents and missionaries were their only parent figures for a number of years.

This program examines the implications of the "Mission School Syndrome" through archival film footage and photos, interviews with students, teachers and government agents. Some of the questions posed include: How did these students function upon return to their village and family? Were they able to function successfully in the main stream, urban setting, if they chose to do so? What were their parenting skills after years of not being parented themselves? How were they able to reclaim their cultural heritage?

Who We Are: A Celebration of Native Youth. Canada Employment and Immigration, 1992. (34 minutes)

This video/guide features candid, action-oriented profiles of young Native people, their elders and other inspiring Native role models across Canada. It provides positive messages to Native youth about continuing their education, valuing their culture and making their own unique contributions to their communities -- both urban and rural. From a Haida potlatch in B.C., to an Inuit elder's igloo, to a Native rock concert in Quebec -- Native youth are invited to share in a spirit of pride and celebrate who they are.

NATIVES AND THE JUSTICE SYSTEM

There are a number of monographs from the Ontario Native Council on Justice in the LRC. A few of them are described below.

Jolly, Stan. <u>The Path to Cross-Cultural Awareness</u>. Toronto: Ontario Native Council on Justice.

This document contains the materials developed for workshops for crown attorneys to increase their knowledge of Native people (their history and culture), increase their awareness and sensitivity to Native issues, and work with Native people to solve problems related to Native people's encounters with the justice system. Included are a description of the content, a listing of the audio-visual resources used, evaluations of the workshops, and some of the reading materials shared with the participants. Subjects: Native Culture, Training Methods, Sentencing Decisions

McGlynn, Monica. <u>Crime Prevention and Native Youth: An Annotated Bibliography</u>. Toronto: Ontario Native Council on Justice, 1987.

Although existing models of crime prevention are far from successful, they have spawned new efforts. Some are comprehensive models that include prenatal care, parental training, housing, recreation and education. They target both the potential offender and the potential victim. Other models promote cultural awareness and increased self-esteem among native people. Some simply suggest that youth be kept busy. In this monograph, McGlynn introduces a variety of models and relevant resources. Subject: Crime Prevention Models, Native Youth

Montagnes, Carol. <u>Indian Children In Ontario's Juvenile Justice and Child Welfare Systems 1983-1984</u>. Toronto: Ontario Native Council on Justice, 1985.

Status Indian children are over-represented in the juvenile justice and child welfare systems. However, in absolute terms, their numbers are small. The consequence of relatively low absolute numbers is that it is difficult justifying government spending on the implementation of special programs for these children. However, for the children involved and their communities, the institutionalization of these children has disastrous effects. Subjects: Ontario's Juvenile Justice System, Child Welfare System, Status Indian Children

Perrott, Beth. <u>The Young Offenders Act and Native Youth: An Annotated Bibliography</u>. Toronto: Ontario Native Council on Justice, 1986.

In compiling this bibliography, Perrott notes the lack of substantive material and data relating to the Native population. As she comments, this lack is "astounding" in light of the overwhelming evidence that Native people are disproportionately represented in correctional institutions. Her review of the existing literature provides a good start to any researcher. Subjects: Young Offenders, Native Youth

9. POVERTY

O'Reilly-Fleming, Thomas. <u>Down and Out in Canada. Homeless Canadians</u>. Toronto: Canadian Scholars' Press, 1993.

With the present socio-economic climate in Canada, the faces of homeless Canadians are changing to include more unemployed and underemployed persons, abused women and their children, and a disproportionate number of members of visible minorities. The author recounts cases of homeless people and the hopeless conditions they face, stressing that political and social changes in Canadian policy are necessary to improve their situation. Subjects: Psychology, Sociology Library Call Numbers: HV 4509 .073 1993

Tracey, Lindalee. On the Edge. A Journey into the Heart of Canada. Vancouver: Douglas & McIntyre, 1993.

Lindalee Tracey toured Canada, casually meeting and talking to poor people. Her book is a delightful, touching insight into the lives and troubles of everyday life of the poor. Tracey discovered many kinds of poverty. Some of her acquaintances had jobs, some had many jobs, some were unemployed, on welfare, retired, disabled or retreating into their own way of life. Some were dirt workers or illiterate rural folks; others were scammers and welfare cheats. But the latter's crimes, so virulently attacked in the media, seemed so pitifully small to Tracy, and the people so terrified and so ashamed, she could not hate them or even blame them. This is a remarkable close-up, real life look at the lives of the down and out. Subjects: Poor in Canada, Social Class, Sociology Library Call Numbers: HC 120 .P6 T72 1993

VIDEOS ON POVERTY

Return to Regent Park. NFB, 1994. (56 minutes)

Ten thousand people live in Toronto's Regent Park, Canada's first large-scale housing project. Built in a spirit of post-WWII optimism that social problems could be corrected through urban renewal, Regent Park replaced a working class neighbourhood with a modern, park-like community of apartment buildings.

But, forty years later, it has become a paradigm of city planning failure. The physical isolation of Regent Park from the surrounding community has created a unique ghetto-like environment. Within its confines, many residents feel as if they are under siege by an army of outsiders who are using the Park as a haven for drugs, prostitution and violent crime.

Frustrated by the apparent "benign neglect" of the Metro Toronto Housing Authority, groups of Regent Park residents have banded together into committees organized by residents-turned-social activists. They are now persuasive advocates of the concept that Regent Park requires radical physical redevelopment in order to be successfully reintegrated within the larger social community.

Bay Weyman lets the people of Regent Park tell their own story of desperation and hope. Featuring interviews with residents, activists, community organizers, local politicians, academic planners and the police, the film compresses three stories into one: the failure of traditional urban renewal schemes, the impact of drugs and crime on an enclosed environment, and the positive effects of social redevelopment in which people are empowered with a newborn self-respect, changing the way they think about themselves and their community.

Stir It Up. NFB, 1994. (25 minutes)

This video is a documentary about collective kitchens, a grassroots movement that nourishes the body and the spirit.

Told by the participants, nutritionists and community leaders affiliated with kitchens across Canada, it is a story of dignity in hard times and a testament to the possibilities of co-operative living.

A collective kitchen is a group of people who pool their money, time, energy and skills to make economical, healthy meals for themselves and their families. They get together each month to plan meals, to shop and cook, and share a bowl of soup. Nutritious meals are taken home and frozen, handy for when money is particularly tight. But there is more to be gained from collective kitchens that just healthy meals. While the hands chop and stir, the mind takes pride in absorbing new skills and making new friends.

The crippling loneliness and isolation that so often accompany poverty are left on the doorsills of the churches, schools and community centres that host collective kitchens across Canada.

Them That's Not: Single Mothers and the Welfare System. NFB, 1994. (55 minutes)

This video puts a human face on the statistics relating to women and poverty. Closely monitored to ensure that they are conforming to all rules and regulations, the women featured in this video must accept having their rights and privacy violated. We share through their eyes, their voices and their experiences what it feels like to be poor and to raise children under the scrutiny of an unsympathetic welfare system.

10. RELATIONSHIPS AND PERSONAL HEALTH

GENDER AND HEALTH

MENOPAUSE

Whether menopausal women should use hormone replacement therapy is one of the debates between traditional medical practitioners and alternative advocates who see menopause as a natural life process for which women need no artificial hormones. Advocates of the traditional scientific approach point to studies that show women who take hormone replacements are less likely to suffer from osteoporosis and heart disease. The following three books are examples of some of the work in this area.

Sachs, Judith. What Women Should Know About Menopause. New York: Dell Publishing, 1991.

This little paperback gives concise, clear information about diagnosis, treatment and alternative therapies. Sachs explains how to identify the signs of menopause, discusses the pros and cons of hormone replacement therapy and encourages women to pursue healthy lifestyles in their diet, exercise and management of stress. The book serves as a practical source of quick information for women experiencing menopause or interested in learning more about the so-called "change of life" and how it does not have to mean a change in lifestyle. Subjects: Women's Health, Menopause, Hormone Replacement Therapy

Jovanovic, Lois and Genell J. Subak-Sharpe. <u>Hormones. The Woman's Answer Book</u>. Toronto: Random House, 1987.

This little paperback provides a quick reference on menopause, answering questions such as: What causes hot flashes? The authors, one of whom is an endocrinologist, give a medical description of various disorders and their treatment. Library Call Numbers: RC 648 .J69 1987

Kamen, Betty. <u>Hormone Replacement Therapy. Yes or No.</u> Novato: Nutrition Encounter Inc., 1993.

Betty Kamen challenges the use of hormone replacements and advocates a more natural approach to women's health. Her book clearly and succinctly describes how food, exercise and some vitamin and mineral supplementation can help women troubled by symptoms of PMS and menopause. This is a good reference for educating women about their own hormones and body chemistry.

Taylor, Judith. <u>Women and Smoking</u>. Kingston: Action on Women's Addictions - Research and Education, 1990.

The authors of this booklet are women who smoke; their goal is to help women better understand the reasons for their smoking habits and to encourage women who smoke to make healthy choices. Steps guide the reader through exercising, eating nutritious meals, changing some smoking habits, getting medical advice and finding or starting a support group. Areas of Interest: Health Sciences, Psychology

Action on Women's Additions - Research and Education. <u>Drug Wise. A Book About Safe Drug Use For Older Women Who Are Caregivers</u>. Kingston: AWARE Press, 1992.

AWARE has written this booklet to explain possible drug problems for both the caregiver and the older person using the services of a caregiver. This excellent resource advises against random use of mood altering drugs, delves into the effects of alcohol on older women, deals with problems associated with prescription drugs and over-the-counter drugs and addresses both short and long-terms drug use. The latter part of the resource deals with the very survival of caregivers in their stressful world, helping someone with a drug problem and using drugs safely. Areas of interest: Health Sciences, Psychology Library Call Numbers: RM 301.15 .R48 1992

VIDEOS ON GENDER AND HEALTH

Born at Home. A Film About Midwife-Assisted Home Birth. NFB, 1993. (49 minutes)

What does it mean to a woman and her family, when she chooses to give birth in the intimacy of her own home? In this film, we join the Waddell family of Red Deer, Alberta, to share in the joy and celebration of the midwife-assisted home birth of their child. In this moving film, women from across Canada reflect on the social and political obstacles they overcame in order to make their dreams of home birth a reality. This program powerfully demonstrates that giving birth at home represents not only a safe childbirth alternative, but one of life's most powerful and rewarding experiences.

ALTERNATIVE HEALTH STRATEGIES

There is a growing interest and literature on alternative medicines and therapies, as Canadians have begun to question the superiority of scientific medicine and its monopoly of our health care system. The following books provide a glimpse of the discussions around alternative health strategies and criticisms of our existing medical system.

Caplan, Paula J. <u>They Say You're Crazy: How the World's Most Powerful Psychiatrists</u> <u>Decide Who's Normal</u>. Reading, Massachusetts: Addison-Wesley Publishing, 1995.

Paula Caplan, a psychologist and professor at OISE and the University of Toronto, served as a consultant with the team of mental-health professionals who constructed the DSM (Diagnostic and Statistical Manual of Mental Disorders). She discloses in her book the shoddy way that decisions have been made by this group about what behaviours will be labelled as mental illnesses. The DSM is the guide that psychiatrists, therapists and social workers use to classify people's illnesses, determine whose care will be covered by insurers, who may be hospitalized or incarcerated willingly or unwillingly, and who may be judged incompetent or too disturbed to care for their children. Caplan dispels the myth of the DSM as "bible" and reminds us that this powerful manual is constructed by a small clique of conservative white males within the psychiatric establishment. Subjects: Psychology, Mental Illness -- classification, diagnosis, politics and social implications Library Call Number: RC45.3.C4C37 1995

RELATIONSHIPS AND PERSONAL HEALTH--ALTERNATIVE HEALTH STRATEGIES

Cappacchione, Lucia. <u>The Creative Journal: The Art of Finding Yourself.</u> North Hollywood, California: Newcastle Publishing Co. Inc., 1989.

<u>The Creative Journal</u> combines art therapy with creativity and inner healing. It is a guide to discovering inner potential through drawing and writing dramatic dialogues, letters, poetry, and prose. The book contains over fifty exercises such as self-inventory, career planning, and contacting the Higher Self. Subjects: Psychology, Creative Art, Communications BF697 .C27

Dyer, Wayne. Your Sacred Self. New York: Harper Collins, 1995.

In this book, Dyer focuses on the spiritual self (the real self), encouraging the reader to face inward and explore and listen to their inner world. Through participation with your inner, sacred self, you can experience heightened awareness and peace. To find your sacred self, Dyer explains that you must leave behind your personal history and release old beliefs such as "more is better", "blaming externals " for your life circumstances, and "you must always do your best". Dyer proposes a model to achieve higher awareness and to allow the higher, sacred self to bring you peace and control your ego which keeps you in a state of turmoil. Subjects: Psychology, Self-actualization, Spiritual Life

Friedan, Betty. The Fountain of Age. Toronto: Simon & Schuster, 1993.

Betty Friedan challenges old myths and gerontologists focus on aging as an illness and the aged as objects of care. The Feminine Mystique exploded the myths about women; The Fountain of Age breaks through the mystique of age as a problem. Friedan argues that doctors must go past the traditional goals of medicine -- to cure and prevent disease -- and to "preserve and improve the quality of life for the older person" (p.427). The new paradigm is not medical at all, but is maximizing your own autonomy in your own everyday life and care. Friedan describes her own and other's experiences in finding their own viable choices for life. Subjects: Aging, Alternative approaches to health, Nursing Library Call Numbers: HQ1064 .V5 F753 1993

Lanctôt, Guylaine. <u>The Medical Mafia.</u> How To Get Out Of It Alive and Take Back Our Health and Wealth. Coaticook: Here's the Key Inc., 1995.

Guylain Lanctôt is a medical doctor who has practised in Canada, the United States and France. She argues that our current health system is extravagant and ineffective. Based on a medicine of sickness, it is perpetuated by the Medical Mafia, those social institutions and organizations that exist and profit from sickness itself. She proposes a medicine of health which incorporates a variety of approaches that heal the whole person. In this alternative model that focuses on improving health, the individual "patient" is the centre, guiding his or her own recovery and growth. This is a fascinating and stimulating book that raises key questions about our traditional health care system. A must for health practitioners! Subjects: Social Institutions, Medicine, Health Care, Personal growth.

Lee, John. <u>The Flying Boy</u>. <u>Healing the Wounded Man</u>. Deerfield Beach: Health Communications, 1987.

Flying boys are men who fly away from commitments, responsibilities, intimacy, feelings, male friendships and their own bodies. They use fantasy to escape reality and hide in their mind/intellect/reason to avoid pain. They are always searching — for another job, degree, city, relationship, high, religion, etc. They run from relationships. John Lee's book is a personal account of himself as a flying boy and how he healed his wounds. Lee describes his own journey to find his "true masculinity" and rid himself of co-dependent and addictive relationships. This book is about men's feelings and coming to accept and understand those feelings. Men can identify their own feelings in the text; women can identify the feelings of the flying boys they love. Subjects: Men—Psychology, Case Studies in Emotions, Grief, Interpersonal Relations, Self-actualization Library Call Numbers: BF 692.5.L43 1989

Liberman, Jacob. <u>Light: Medicine of the Future</u>. Santa Fe, New Mexico: Bear and Company, 1991.

This is a fascinating book on the science of light as a new paradigm in healing. The science of light bonds the intuitive and the rational sciences. It brings together scientific knowledge, intuitive knowing, health and personal evolution. Light, the basic component from which all life originates, heals is central to this holistic approach, this new medicine — energy medicine. Liberman describes the body as a living photocell, stimulated and regulated by light coming in

through the eyes. The light regulates human physiological and emotional functioning and the development of consciousness. Colour and light are used in healing. Liberman introduces the concept of light as food and explains how humans suffer from malillumination, which like malnutrition, creates major imbalances in humans. He argues that our current lifestyles of living indoors and covering ourselves, when outdoors, with suntan lotions and sunglasses may actually be harming us. We need light coming in through our eyes to maintain a healthy emotional and physical body. The current scare about ultraviolet (UV) light may be unfounded, and in fact, be dangerously leading us away from healing. Liberman includes a listing of products, practitioners, treatment centres and sources of more information. Subjects: Phototherapy, Holistic Medicine, Mind and Body Library Call Numbers: RM 838 .L53 1991

McKay, Matthew and Patrick Fanning. <u>Self-Esteem</u>. Second Edition. Oakland, California: New Harbinger Publications, 1992.

Labelled as "popular psychotherapy" and subtitled "A Proven Program of Cognitive Techniques for Assessing, Improving and Maintaining Your Self-Esteem" this book gives step-by-step advice on how to talk back to the self-critical voice inside you, foster compassion for yourself and others, use hypnosis and visualization for self-acceptance, handle mistakes and respond to criticism, ask for what you want, and raise children with high self-esteem. Clearly and carefully written with activities and exercises included for readers, the book uses a cognitive approach that systematically examines and offers help for the ramifications of self-criticism on self-esteem. Subjects: Self-esteem, Self-actualization, Psychology, Visualization, Hypnosis Library Call Number: BF 697.5 .S46 H37 1992

Neziroglu, Fugen and Jose A. Yaryura-Tobias. <u>Over and Over Again: Understanding Obsessive-Compulsive Disorder</u>. New York: Lexington Books, 1995.

This is a thorough, yet easy-to-read manual on obsessive-compulsive disorder (OCD) written for OCD sufferers, their families, and clinicians. It explains the disorder, its symptoms, myths, and the pros and cons of a variety of treatments. The behavioural and the biological approach are both explored. Subject Areas: Abnormal Psychology, Obsessive-Compulsive Disorder, Health Sciences. Library Call Number: RC 533.N49 1995

Sahley, Billie Jay. <u>The Anxiety Epidemic</u>. San Antonio: Pain and Stress Therapy Centre Publications, 1994.

Billie Jay Sahley, writes about the effects of stress and pain on unexplainable anxieties and describes her personal recovery from fear and panic without using drug therapy after being severely burned as a child in the 1930s. She explains basic physiology of the brain and promotes proper nutrition and implementation of a multi-dimensional approach to desensitization and healing for the reduction/elimination of anxiety, fear, panic and phobia. Subjects: Nursing, Psychology, Anxiety, Panic Disorder

AUDIO ON ALTERNATIVE HEALTH STRATEGIES

<u>Humor and Healing</u> with Dr. Bernie Siegel. Colorado: Sounds True Recordings, 1990. (90 minutes)

This program is Dr. Siegel's conversation about the healing power of love and laughter. From how positive thinking helps us lead longer, more productive lives...to new findings about the healing power of laughter...to miracles of spontaneous remission in "terminally ill" patients...you will find this film to be a life-affirming house call from this respected surgeon and speaker. As Dr. Siegel says, "If you live in your heart, magic happens." This is the essence of his powerful approach to living your life in the present. Each insight about the psychology of illness shared by Dr. Siegel is supported by a real-life example drawn from his work as a surgeon and teacher. Dr. Siegel also includes many stories about exceptional patients who have opened to the heart of healing and unforgettable results.

HEALTHY LIFESTYLE

The following two resources apply the general principles of caring for oneself and thriving at work and at home.

Krames Communication. <u>Developing a Low-Stress Workstyle</u>. San Bruno, California: 1989.

An excellent resource with pertinent information for students and staff, this 15-page booklet outlines methods for avoiding and overcoming stress in the workplace (the information is also useful for students in the classroom). Cartoon figures accompany the material discussing reaction to stress, development of a

low-stress attitude, practice of a low-stress workstyle, maintainance of low-stress relationships, and use of resources available in adopting a low-stress workstyle. Subjects: Interpersonal Relations, Business, Tourism, Communications, Psychology Available in Barrie LRC Vertical File: Stress

Krames Communication. <u>A Working Parent's Guide. Meeting the Challenge at Home and on the Job</u>. San Bruno, California: 1989.

This 15-page booklet provides advice on stress and time management, parenting "hurdles" when dealing with children of various age groups, on-the-job suggestions for parents, and child care options for working parents. Any student/staff member who is also a parent may find this information useful coping with the classroom/workplace. Subjects: Business, Tourism, Health Sciences, Social Services, Communications, Psychology, Sociology Available in Barrie LRC Vertical File: Parenting

Reynolds, Wendy and Sara Raftis. <u>SmokeScreen: Identifying health Promotion Strategies that Really Work to Prevent Smoking Among Young Women</u>. Kingston: AWARE Press, 1994.

The SmokeScreen project was carried out in Kingston among young women aged 12 to 24. The project staff found that young women did not know the addictive qualities of nicotine, which led some smokers to report they could quit any time. The young women were able to articulate clear gender differences in smoking — women have more to deal with than men and smoking helps; smoking helps women keep a good shape and men don't really worry about that, etc. Further, they found that young women want information about smoking to be factual, realistic. The approach should treat them as adults. Moreover, messages about the long-term health risks of smoking are ineffective because young women perceive themselves as invincible. Several recommendations incorporate these findings. Subjects: Smoking, Health, Young Women

EATING DISORDERS: There are many resources on eating disorders. The two listed here are compassionate self-help guides that contain practical exercises, dialogues, answers to common questions, an in-depth comparison of treatment options. The authors direct the books to people with compulsive eating, chronic dieting, body dissatisfaction, anorexia nervosa or bulimia. However, they are also good resources for students and staff researching eating disorders. One of the authors, Lindsey Hall is a recovered bulimic, who shares her experiences with the reader. Her book comes with an audio-tape.

Hall, Lindsey and Leigh Cohn. <u>Bulimia. A Road to Recovery. Understanding and Overcoming the Binge-Purge Syndrome</u>. Carlsbad, Gürze Books, 1992. (plus audiotape) Library Call Numbers: RC 552 .B84 H35 1992

Cohen, Mary Anne. <u>French Toast for Breakfast. Declaring Peace with Emotional Eating</u>. Carlsbad, Gürze Books, 1995. Library Call Numbers: RC 552 .E18 C63 1995

VIDEOS: EATING DISORDERS

Thin Dreams. NFB, 1986. (21 minutes)

This program is a look at how young women in high school feel about their bodies, and how their self-images are affected by North American society's obsession with thinness. Whether fat, skinny or "just right" from others' perspectives, the majority of high-school females worry about their weight, talk endlessly about it and either diet or plan to diet. Most are convinced they are fat.

This video is an excellent discussion starter on body images, societal values, and the power of the media and of advertising. In mixed female/male classes, discussion can extend to how male students feel about their bodies and the various factors that help to shape these self-images.

11. SEXUAL HARASSMENT

Aggarwal, Arjun P. <u>Sexual Harassment</u>. <u>A Guide for Understanding and Prevention</u>. Toronto: Butterworths Canada Ltd., 1992.

Describing sexual harassment as "a cancer in the workplace", the author has written a concise account of legal concepts of sexual harassment in non-legal terminology. This information has been geared to those in positions of power, for example, executive officers, managers, supervisors, union stewards and others. This handbook is a valuable resource for handling and preventing sexual harassment complaints in the workplace from a Canadian perspective. In his discussion, the author includes discussion on the nature and extent of sexual harassment, sexual harassment and the law (Canadian and international case laws), remedies available to the victim, employers' liability and unions' concern in sexual harassment cases. People who want more information on the subject of sexual harassment will find this book a useful guide. Subjects: Tourism, Business, Law and Security, Health Sciences, Psychology, Sociology Library Call Numbers: KE 8928 .A82 1992

Allen, Ben T. <u>Preventing Sexual Harassment On-Campus: Policies and Practices for Higher Education</u>. Washington: The College and University Personnel Association, 1995.

An excellent resource for both "quid pro quo" and "hostile work environment" forms of sexual harassment, the author provides examples of and practices for prevention of sexual harassment and includes a brief discussion of U.S. laws pertaining to sexual harassment. He provides a sample Sexual Harassment Policy, Incident Form, Advice Regarding Sexual Harassment Form, and a Sexual Harassment Survey. Subjects: Tourism, Business, LASA, Health Sciences, Psychology, Sociology

Eberhardt, Louise Yolton. <u>Confronting Sexual Harassment: Working with Groups in the Workplace</u>. Duluth, Minnesota: Whole Person Associates, 1995.

In this guide, experiential exercises are used to define the problem of sexual harassment. They answer questions such as 'Why are we here'? 'What is sexual harassment'?. The guide explore causes of sexual harassment and considers the consequences and impact of sexual harassment. It demonstrates how to prevent harassment by setting the tone, creating a policy, empowering women to speak up, and discussing workplace responsibilities. Subjects: Sexual Harassment, Women and Work

Pettifer, Shirley and Janet Torge. <u>Sexual Assault</u>. Montreal: Montreal Health Press, Winter, 1994.

This 50-page booklet discusses sexual assault of victims and others' fears of becoming victims. Part I describes practical information about sexual assault including prevention, dealing with an assault, and the psychological impact of an assault. Part II details the societal impact of sexual assault, dispelling several popular beliefs and myths and offers creative solutions for generating respect and changing power relationships between men and women. Subjects: Law and Security, Business, Tourism, Health Sciences, Technology, Psychology, Sociology, Law, Criminology Available in Barrie LRC Vertical File: Sexual Assault

VIDEOS ON SEXUAL HARASSMENT

Chilly Climate for Women in Colleges and Universities. Kem Murch Productions, 1988. (28 minutes)

The video provides information about chilly climate issues such as stereotyping, devaluation, trivialization and exclusion through women relating their experiences of those behaviours. The discussion of academic discrimination against women in colleges and universities generates emotional involvement by the audience.

Everybody's Problem. CFTO-TV, 1992. (48 minutes)

This program addresses the problems of living through a time where men's and women's relationships have been challenged. Sex and power, as well as the games people play in the workforce, are examined with the use of real-life situations and case studies.

Isabel Bassett investigates the effect sexual harassment has on productivity. "Companies that will survive will be the ones that keep abreast of more than just technology...technology has changed but attitudes are often mired in the past and it's creating problems for everybody" asserts Bassett. This program provokes discussion and offers some solutions to help men and women work together successfully.

Safer for Women...Safer for Everyone. Council of Ontario Universities, 1991. (28 minutes)

This video is about making public and semi-public places safer and more comfortable for women, focusing specifically on preventing sexual harassment and assault. It is about improving the safety of places like classrooms, locker rooms, library study areas and stacks, walkways and paths, parking lots, bus stops, residences, campus grounds and anywhere else where people feel unsafe. This program is also about improving the safety in non-physical environment of academe.

Sexual Harassment. Working It Out. Ontario Women's Directorate, 1992. (21 minutes)

Jointly produced by Ontario Women's Directorate and the Ontario Federation of Labour, this video and presenter's workshop manual for Union local leaders promote strategies that combat sexual harassment in a unionized environment and help provide appropriate workplace responses to incidents of harassment.

12. VIOLENCE AGAINST WOMEN AND CHILDREN

Bass, Ellen and Laura Davis. <u>The Courage to Heal. A Guide for Women Survivors of Child Sexual Abuse</u>. New York: Harper Perennial, 1994.

This book is an excellent guide for women who are coping with memories of child sexual abuse. The authors profile touching yet frightening stories of women victims of sexual abuse, offer suggestions for the healing process of victims and the survival process for the supporters of survivors and share the challenges and triumphs of healing for some courageous women. Women who have experienced child sexual abuse may be able to cope more effectively with these traumatic memories while non-victims can gain insight into the realities of child sexual abuse. Subjects: Law and Security, Psychology, Sociology Library Call Numbers: HQ72.U53B37 1994

Centre for Research for Violence Against Women and Children. <u>Educating for a Change</u>. Recommended Materials on Violence Against Women and Children. Toronto: Ministry of Education and Training and Government of Ontario's Interministerial Violence Against Women Prevention Initiative, 1995.

The mandate for The Centre for Research for Violence Against Women and Children is "to promote the development of action-oriented, community-centred research that is based in a feminist analysis of violence against women and children" (p. 3). In annotated bibliographic format, this guide recommends selected audio-visual/print materials relating to violence against women from over 400 materials reviewed. The authors describe their methodology and findings, suggest structured facilitation for educational materials and provide an analytical framework for assessing educational materials. Readers are encouraged to photocopy this material for use in the classroom. Subjects: Evaluation, Law and Security, Abuse Library Call Numbers: LC 1036 .E38 1991

DeKeseredy, Walter S. <u>Woman Abuse in Dating Relationships</u>. The Role of Male Peer Support. Toronto: Canadian Scholars' Press, 1988.

This book studies the relationship between psychological and/or physical abuse of female university students in dating relationships and the effects of males supporting men and women involved. This is the first Canadian survey research available on women abuse in the context of university dating relationships. The author concludes that while male peers provide psychological support for males, there may be adverse effects on the women involved. Subjects: Law and Security, Psychology, Sociology Library Call Numbers: HV 6626 .D44 1988

Elliott, Anne and Patricia Williams (eds). <u>Isolating the Barriers and Strategies for Prevention: A Kit about Violence and Women's Education for Adult Educators and Adult Learners</u>. Toronto: Canadian Congress for Learning Opportunities for Women, 1995. Available in Barrie LRC Vertical File: Domestic Violence

Designed to provide information to post-secondary educators, this publication raises awareness that a woman's fundamental right to education is often negatively impacted by past or on-going violence, thereby affecting her performance in the classroom. Produced by CCLOW, which advocates equality for women, the booklet includes description of systemic and external barriers, accounts of women's violent experiences and articles on counselling and systemic changes needed in post-secondary education. Faculty will find this information useful in understanding needs of some women students and when conducting a workshop or unit on violence against women. Subjects: Law and Security, Psychology, Sociology

Jones, Jennifer. Making the Links: A Book for Young Women About Sexual Violence. Drugs and Alcohol. Kingston: Action on Women's Addictions - Research and Education, 1990.

This 23-page booklet was written for young women who have turned to drugs or alcohol as a direct result of sexual violence. The author describes three young women's personal accounts of sexual violence, and suggests methods of getting help for sexual abuse, or drug/alcohol problems. Finally, physical and mental health improvement and general well-being after experiencing sexual abuse including specific agencies are addressed. Subjects: Health Sciences, Psychology, Sociology

Miller, Dusty. <u>Women Who Hurt Themselves: A Book of Hope and Understanding.</u> New York: Basic Books, 1994.

Dr. Miller is a psychologist who treats women suffering from childhood trauma. Childhood trauma includes physical or sexual abuse or invasive caretaking. The trauma originates in chronic psychological or physical neglect. It results in a sickening of the child's being and a sense of loss of safety. The psychological wounds may never heal and the victim may continue to suffer for a lifetime. Men who have experienced childhood trauma are likely to inflict their anger on others. and fight back when attacked. Men are taught that aggression is acceptable. Women learn not to fight back, they allow themselves to be hurt and humiliated, and are more likely to hurt themselves than others. They do this through selfmutilation, purging and vomiting, suicidal behaviour, compulsive exposure to danger, substance abuse, compulsive cosmetic surgeries, and excessive dieting. Studies have reported that female self-mutilation may express rage or shame, ease tensions or help the victim escape feelings of emptiness or unreality. Miller adds another dimension to these explanations. She suggests that self-mutilation is the physical and psychological reenactment and expression of childhood trauma. Subjects: Self-destructive Behaviour, Women and Mental Health, Posttraumatic Stress Syndrome Library Call Numbers: RC569 .5.545 M54 1994

NiCarthy, Ginny and Sue Davidson. <u>You Can Be Free</u>. <u>An Easy-to-Read Handbook for Abused Women</u>. Washington: The Seal Press, 1989.

This book serves as an excellent support guide for women who suffer physical, emotional and/or sexual abuse by their partners. The authors provide assistance to these women by offering a check list to determine whether the relationship is based on romantic, addictive and nurturing love, providing systematic steps to making the decision to leave or stay, and suggesting sources for help to survival and first steps toward a new life. Lesbians who suffer from partner abuse will find helpful information in this book. Subjects: Women and Mental Health, Sexism Library Call Numbers: HV 6626.N5 1989

<u>Publications Available From the National Clearinghouse on Family Violence</u>. Ministry of Supply and Services, September, 1994.

This booklet annotates publications available free of charge through the National Clearinghouse on Family Violence. Listed under the subject headings child abuse and neglect, wife abuse, violence against women, elder abuse and family violence, most of the publications are available in English or French. Faculty may order publications as resource materials for the classroom. Subjects: Early Childhood Education, Law and Security, Nursing, Psychology, Sociology Available in Barrie LRC Vertical File: Domestic Violence

Rundle, Lisa and Nicole Scott. Making Change: Raising Awareness About Violence Against Women as a Barrier to Women's Education. Violence: A Barrier to Your Learning. Toronto: The Canadian Congress for Learning Opportunities for Women, 1995. and Scott, Nicole and Lisa Rundle. Making Change: Raising Awareness about Violence Against Women as a Barrier to Women's Education. An Educator's Guide to Creating Safe Learning. Toronto: The Canadian Congress for Learning Opportunities for Women, 1995.

Based on the premise that "every person has a right to live and learn free of violence and fear", these booklets address violence as a barrier to a woman's learning environment from the perspective of the victim of violence and the educator. Violence often prevents a woman from gaining admission to a learning institution, and once she has been accepted into a program, violence can inhibit learning.

Educators can take action to improve the learning environment of abused women using practical tools and suggestions supplied in these booklets. Victims of violence will appreciate the authors' tools for a safe, supportive, relevant and useful education. The authors encourage readers to photocopy and recycle any or all material. Subjects: Law and Security, Education, Nursing, Psychology, Sociology

VIDEOS ON VIOLENCE AGAINST WOMEN AND CHILDREN

Adjust Your Set: The Static is Real. Media Centre, University of Toronto, 1995. (17 minutes)

This production is unique in that it addresses the issue of power dynamics between men and women and includes vignettes on emotional manipulation, subtle threats of violence, heterosexism, feminist backlash in the classroom, disabled women and harassment and battering in heterosexual relationships.

The video was developed as a tool to be used in workshops or lectures to encourage students to talk about their experiences of harassment on campus.

Rape Prevention: Trust Your Instincts. Magic Lantern Communications, 1989. (18 minutes)

Although no rape victim can accurately predict when or where she might be sexually assaulted, in the aftermath many women have recognized suppressing a feeling of danger shortly before the attack. Women teach women to trust their intuition and how to respond if they feel threatened or vulnerable. Practical non-violent response options are demonstrated.

The Boys of St. Vincent. Part One of Two. NFB, 1992. (93 minutes)

The world of St. Vincent Orphanage: a fortress of stained glass and polished hardwood floors run by the All Saints Brothers. When we first see ten year old Kevin Reevey (Johnny Morina), he's frantically scrubbing himself in the communal shower. Slowly we understand why. He's the "favourite" of the head of the orphanage, Brother Lavin (Henry Czerny), who in late-night sessions in his office alternately molests and savagely beats Kevin.

We begin to realize that Brother Lavin, in the name of the Church and with the support of the government and the local constabulary, runs an authoritarian ministate complete with all its terrible trimmings — secrecy, informants sexual and emotional humiliation, torture — a closed system, in short, that easily and tragically withstands young Kevin Reevey's final brave, futile rebellion.

The Boys of St. Vincent. Part Two. 15 Years Later. NFB, 1992. (93 minutes)

Fifteen years have passed since the first episode of <u>The Boys of St. Vincent</u>. The Newfoundland government at last pursues a long-delayed public inquiry into sexual and physical abuse at the orphanage. The boys so severely abused at the hands of the All Saints Brothers who ran the St. Vincent Orphanage are men now. Some, like Kevin Reevey (Sebastian Spence) age 25, have stayed in Newfoundland; others have left, but all have tried to flee the dark memories, the ravening past.

Brother Lavin who made Kevin his "special boy" is also gone. Brother Lavin, who terrorized the days, nights and dreams of hundreds of boys has left the All Saints order and is living in Montreal. Brother Lavin has married; he has two boys of his own now.

Twice Condemned. NFB, 1994. (54 minutes)

Against a backdrop of glaring lights, rattling keys and echoing hallways, female offenders reveal how their lives went wrong. Most have been physically or sexually abused. Most never finish high school. Many develop addictions or become dependent upon abusive partners. Now they are serving time for murder, drug dealing and fraud. With a borrowed video camera, the women give us an insider's view of life behind bars in Canada.

The numbing routine of incarceration continues a legacy of pain and oppression that began in the earliest years. Tensions build, anger explodes and the women land in "the hole", attempt suicide or slash themselves. Many of the women are mothers; separation from their children creates a new generation of victims.

Witnessing this suffering, we are led to examine fundamental notions of right and wrong, free will, social responsibility and, ultimately, how the Canadian penal system can respond effectively to women in crisis.

When Women Kill. BBC, 1992. (47 minutes)

A powerful documentary about battered women who, after years of violence, kill their abusers. Three women lead us through the stories of the abuse they endured, abuse that led them to that moment when they stood to defend their lives. The battered women who speak in this program killed when they felt they had no other options; the police did not protect them, the courts did not give weight to the "domestic" crimes committed against them, and the world around them asked with scorn, "Why don't you leave?" Against an historical background sketched by Ann Jones, the film examines the court treatment of the "murderess" - past and present - and challenges the legal system to confront the systematic and widespread violence that men inflict daily on the home front.

This film is a good depiction of the medicalized, infanticized treatment approach of Great Britain's penal institutions for women.

Without Fear. Status of Women Canada, 1993. (23 minutes)

A powerful program of how some women became survivors. Following the journey of Bessie, Dulari, Emma-Jean, Leonie and Lisa, we begin to understand the landscape of violence in Canadian society and why all women are at risk of being abused. These women are among the 4,000 people that the Canadian Panel on Violence Against Women met during a nationwide consultation tour. In this film, you will get to know them personally and find out what needs to be changed so that one day all women in Canada can live without fear.

AUDIO TAPES ON VIOLENCE AGAINST WOMEN AND CHILDREN

"Learning & Violence: Women Speak Out," and "Violence Prevention" from <u>Women's Education Magazine</u>, Vol 9(4) and Vol 10(1).. Canadian Congress for Learning Opportunities for Women, Summer, 1992.

Learning & Violence: Women Speak Out is a compilation of first person narratives about the impact of violence on education and learning. In "Breaking all the rules, breaking silence," Colleen Race recounts how she excelled in school because it took her mind off the violence she faced everywhere else. Elizabeth Bear describes her experience as a native student in a residential school and an anonymous contributor tells of her struggle to become literate as she deals with abuse from the past. Jean Wasegijig writes about her hope for "A

new beginning" and Jessica Slights describes her efforts to deal with sexual harassment in a university setting.

Articles in <u>Violence Prevention</u> take the stand that violence against women and children *can* be prevented. Claudette Dumont-Smith outlines the necessary conditions for an end to the racist and sexist violence in the lives of Native women; Suzanne Mulligan and Donna Mitchell describe a program to incorporate violence prevention into school curriculum. Maria Barile writes about validation as a means of prevention for women with disabilities and Nupur Gogia from Education Wife Assault outlines how to get "Beyond the Culturally Sensitive" in violence prevention work with immigrant and refugee women. Stories of successful prevention appear throughout the issue, bearing witness to the strength of women and children who have prevented violence in their lives.

Both tapes include powerful poetry that articulates women's daily struggle with violence and the Resources section of each lists relevant organizations, books, publications, film and video.