

CASSANDRA

*radical feminist nurses  
newsjournal*

Vol. 2 No. 1 January, 1984



KAY GARDNER: MUSIC AND HEALING

by Peggy Chinn

"Note - The effect of music upon the sick has been scarcely at all noticed. In fact, its expensiveness, as it is now, makes any general application of it quite out of the question. I will only remark here, that wind instruments, including the human voice, and stringed instruments, capable of continuous sound, have generally a beneficent effect - while the piano-forte, with such instruments as have no continuity of sound, has just the reverse. The finest piano-forte playing will damage the sick, while an air, like "Home, sweet home," or "Assisa a piè d'un salice," on the most ordinary grinding organ, will sensibly soothe them - and this quite independent of association."

- Florence Nightingale, 1860 \*

In December, 1983, Kay Gardner presented a music and healing workshop and a concert here in Buffalo. Both of these events were magnificent testimony to the essential truths of Nightingale's words written so long ago. The major shift that has occurred over the intervening years is the fact that today our electronic age has made general application of music as a healing mode quite possible. Yet as with so many of Nightingale's insights, nursing has not taken seriously the healing value of music, nor have we studied the science and art of using this important tool.

-continued p. 4

Woman must not accept; she must challenge. She must not be awed by that which has been built up around her; she must reverence that woman in her which struggles for expression.

- Margaret Sanger, 1920

**CASSANDRA: RADICAL FEMINIST  
NURSES NEWSJOURNAL**

A publication of Cassandra: Radical  
Feminist Nurses Network  
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**BACKGROUND AND PURPOSE**

CASSANDRA: RADICAL FEMINIST NURSES NEWSJOURNAL is published at the time of the full moon in September, January and May. There are no editors or review board members; the material for each issue is reviewed, selected, and the issue prepared by a local Web which assumes responsibility for three sequential issues. The name of the Web producing each issue and the names of women who contribute to the production of the issue are printed in the "Thrums" section.

The name CASSANDRA is a tribute to Florence Nightingale who wrote an essay titled Cassandra two years before her service in the Crimean War. In it she states: "Why have women passion, intellect, moral activity - these three - and a place in society where no one of the three can be exercised?" Like the mythical Cassandra, Nightingale possessed the gift of prophesy and despaired at not being heard. CASSANDRA: RADICAL FEMINIST NURSES NEWSJOURNAL is dedicated to re-creating the Cassandra myth by providing a place where the passion, intellect and moral activity of women who are nurses can be voiced and heard. The newsjournal is a means for actively preserving and passing on written materials coming from a woman-defined perspective. Our hearing one another is critical to establishing a network among feminist nurses who need to be heard in nursing practice, education, research, administration and health care.

**MAILING LIST**

CASSANDRA's mailing list is confidential and will not be sold or given to any other group. Names and addresses of women who join CASSANDRA are provided to Contact Women in their geographic area; only the names and addresses of Contact Women and Coordinating Cronos (women responsible for specific tasks) are published in the Newsjournal. The Newsjournal is distributed to members and friends of CASSANDRA, and to institutions or groups that subscribe to the Newsjournal.

**PHILOSOPHY**

CASSANDRA: RADICAL FEMINIST NURSES NEWSJOURNAL publishes original works coming from a feminist perspective and encourages exploration of issues that radically effect nurses and women. While opinions expressed are those of the authors and not necessarily those of CASSANDRA as a whole, we do accept responsibility for what we print. We will not intentionally print material that is harmful to women because of color, sexuality, religious or cultural background, physical disability or economic situation. We reserve the right to edit material submitted, with the intent of remaining true to the author's original material. Insofar as possible, edited material will be made available to the author prior to publication.

**CONTRIBUTION GUIDELINES**

We welcome the contribution of articles, information, and letters that are of interest to women who are feminist nurses. Our regular features include nursing history, feminist research, myths influencing women's lives, reviews of books and journal articles, resource information, and notes that promote networking.

Articles should be original work that has not been previously published; preference is given to articles written by women who are members of CASSANDRA. The suggested length of articles, commentaries and reviews is 2-4 pages, typed double-spaced.

We welcome letters, notes and resource information from anyone interested in sharing information with members of CASSANDRA. Letters should be no longer than one page in length, typed doubled-spaced. Notes and resource information need to be very brief, approximately 12 double-spaced typed lines.

All information submitted must be accompanied by the author's name and address in order to be published. We prefer to publish names and addresses, but we will withhold your name and/or address if requested.

If you have something you wish to contribute, please mail it so that it reaches us by the following dates:

September issue: August 1

January issue: December 1

May issue: April 1

Our mailing address is:

CASSANDRA

P.O. Box 341

Williamsville, NY 14221

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## PURPOSES

CASSANDRA: RADICAL FEMINIST NURSES NETWORK is a gathering of women in nursing practice, education, research and administration. Our primary commitment is to end the oppression of women in all aspects of nursing and health care. We believe that oppression of women is fundamental to all oppressions and affects all women.

Our primary purposes are to:

- Develop and communicate radical feminist, woman-centered analyses of issues in nursing and health care.
- Nurture local, regional, and national networks of women in nursing who are committed to a radical-feminist perspective.
- Provide an environment for communication, support and safety among nurses regardless of race, class, creed, ability, or sexual preference.
- Share and pass on skills of leadership, analysis and communication.
- Take strong public actions on nursing and health care issues.
- Preserve and publish past and present significant works of nurses.
- Publish writings on women's health that are rooted in feminist analysis.
- Support nursing research using a feminist approach.
- Develop feminist educational material for nursing programs.
- Establish a feminist nursing journal.

## A.N.A. CONVENTION

The A.N.A. has not responded to our program proposal as of the date of publication of this Newsjournal. However, several Cassandrans are planning to be there, if for no other reason than to have a time of getting better acquainted. We hope to be able to have some time to spin and weave as well over some of CASSANDRA's concerns. Watch for details in the May Newsjournal, and if you have any ideas or specific requests about our planning, please write to Jeanne deJoseph, 16 Cape Hatteras Court, Redwood Shores, CA 94065.

The convention begins in New Orleans on Friday, June 22. The exhibits are open, and ANA programs are planned for June 23 - June 25. The House of Delegates sessions begin on Monday morning, June 25 and close at 1 p.m. on Thursday, June 28. Other programs will be scheduled for June 26 and 27. We will have a suite at one of the hotels in the area; the ANA convention activities will be at the Marriott and the Sheraton. Detailed information and registration information is contained in the January issue of The American Nurse; there are several Cassandrans on the program already!

Kay Gardner, cont.

Kay Gardner is an exceptionally talented musician. From the age of four, she has composed her own music, and her performance of it is like none that most of us have ever witnessed before. She holds a master's degree in music, but much of her knowledge and insight regarding the science of music and the healing principles of music are self-taught; these areas of knowledge are not routinely incorporated in the existing academic world.

Her music fits no existing category. If your taste in music is focused on punk rock or muzak, then you would probably not find Kay's music particularly appealing! However, if this is the case, you probably could benefit from some healing effects of music, and I highly recommend an intensive listening session!

Kay improvises, playing several different flutes, the piano and the guitar in performance; other instruments are used and blended together on her recordings. Her first album, Mooncircles, contains several vocal selections as well as instrumental; all of her music celebrates women. Her later albums, Emerging and Moods and Rituals, increasingly reflect her work with healing music. Kay is presently producing a fourth album, The Rainbow Path, which will be a comprehensive album of music and healing. It will be accompanied by 12" by 12" mandalas, drawn by a woman artist to provide a visual experience and color to accompany the music. The visual art and music together focus on the chakras of the body, each connected to an endocrine system function; each an important focus for healing.

Kay's workshop provides an introduction to the fundamental principles of music as a healing force. She explains the physics of music, and how the various characteristic sounds produced by different instruments exert different effects on the body. She emphasizes that music, and the principles of music and healing, are based on scientific principles, and provides clear explanations that can be readily comprehended by the non-musician.

The drone, a constant or steady sound such as that used in Indian music (most of us are more familiar with the bagpipe drone) is one feature of healing music. Kay has studied Indian music, as well as that of many other cultures, and presents the vast variety of scales and forms used in ancient and modern times. Unfortunately, our western/american ear has been dulled to an appreciation of many of these various forms, but in the workshop we found that we could indeed hear and learn! Kay has identified those scales and forms that provide a healing effect, and explains the details of some as examples.

The body chakras, the relationship of the chakras to color, to syllabic sounds, to pitch, and to the endocrine system are all outlined by Kay in the workshop. She involves participants in producing various sounds and experiencing the sensations that

accompany the sound. In the session in Buffalo, Kay used her alto flute to improvise music for various experiences that drew the various concepts together.

Kay's concert was a marvelous experience as well. She plants her stocking feet firmly on the ground, and plays, sings and talks with ease. After her first piece on the flute, we all applauded enthusiastically, to which she responded with clear appreciation. However, she then spoke about the effect of the sound of applause in the context of the music that she was performing, and asked that after each piece the audience sigh instead, just as she does to relax and end the experience. What a delightful difference this made in the concert!

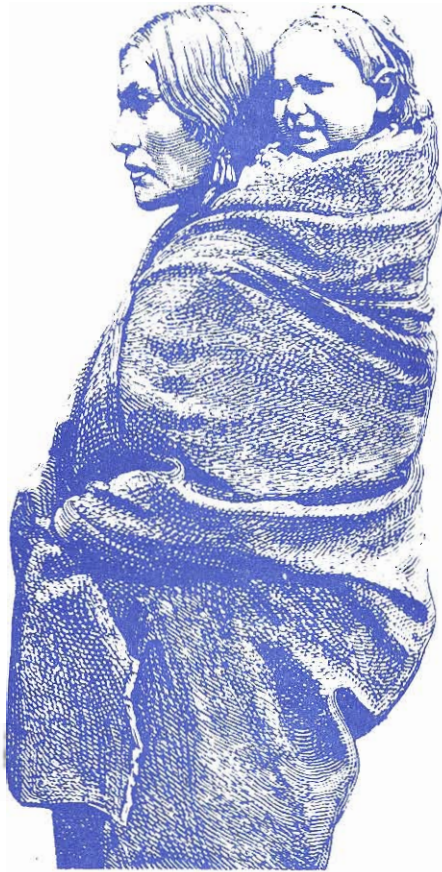
Kay does not plan a program, she moves from one piece to the next as she feels led, and actively participates with the audience. She encourages questions from the audience, and asked us to belly dance freely with one piece. However, our Buffalo winter garb seemed to inhibit us; she said they had done so in Minneapolis! We did provide rhythm with our keyrings, and drone sounds with our voices to accompany other pieces as she played. She responded with warmth and ease to questions from the audience, and shared fascinating tales of her own experiences, as well as informative "mini lectures" on the various flutes she played, the form and musical properties of her pieces, and how music can be used for healing.

In addition to the introductory workshop, Kay is available to conduct week-long intensive workshops on music and healing. I have not yet been able to participate in the longer workshop, but we are planning to arrange one in Buffalo before too many moons. If you would like to contact Kay to arrange either a workshop or a concert anywhere in the country, you can write to her at Box 33, Stonington, Maine 04681. She and other women also run Sea Gnomes's Home - a rooming house for womyn by the sea in Stonington. No meals, projects or entertainment - just rest and relaxation. It is described as a funky, partially restored victorian house offering semi-private rooms with double beds. Two room suites are also available. The Rose Room, a parlor which looks out over the harbor and islands is shared by all the guests. For more information and reservations, write to the same address.

If you are interested in obtaining her albums, inquire at your area woman's bookstore. If you do not have this resource in your area, write to Ladyslipper, Inc., P.O. Box 3124, Durham, NC 27705. Ladyslipper is a woman's record distributor, and provides a catalog with a vast selection of women's music. Kay's albums are available as LP's or as cassette tapes. The present albums do not contain an explanation of the healing principles and properties of the music you will hear; this is one of

the features of the forthcoming album to look forward to. She hopes that the new album will be ready for release later this year.

\* The quote is from Notes on Nursing: What It Is and What It Is Not. New York, Dover Publications, 1969, (an unabridged republication of the first American edition as published by D. Appleton and Co in 1860), p. 57-58.



#### WOMEN, HEALTH AND HEALING INSTITUTE

Information provided by  
UCSF School of Nursing

Faculty of the Women, Health and Healing project at the University of California, San Francisco have announced plans for the first annual Summer Institute on this topic for instructors in both social and behavioral sciences and school of nursing and public health to be held in Berkeley, California, July 8-21, 1984. It will be the first such Institute of its type to be held in the United States. Utilizing a residential format, the Institute will bring together specialists in a variety of disciplines related to women's health who will work with participants on issues which they face in teaching courses on this area. Participants will be drawn

from faculty in community colleges, private and public universities and colleges, schools of nursing and public health. It is expected that they will also share information about their work as they learn new developments related to women's participation in health and healing systems.

The Institute's perspective will be multidisciplinary with an emphasis on social and behavioral aspects, and will include women's health over the life cycle, roles as health care providers, women and work, cross-cultural and historical themes and implications for policy around women's health. Instructors will also deal with teaching quantitative and qualitative research methods. Also planned are visits to Bay Area health settings where care of women is central.

The Institute which will be sponsored in part by the Department of Social and Behavioral Sciences at the UCSF School of Nursing, is part of a larger project on Women, Health and Healing funded by the Fund for the Improvement of Post-Secondary Education. That project includes integrated courses at the graduate level for degree-seeking and continuing education students, and is directed by Ellen Lewin, Virginia Olesen and Sheryl Ruzek, who will also be the Institute's core faculty.

Virginia Olesen, PhD, Professor of Sociology, was one of the first social scientists to begin teaching in the area of women's health. She has conducted research and written on a variety of topics, including the socialization of student nurses, occupational health, gender and self-care, and the organization of nursing education. Sheryl Ruzek, PhD, MPH, a sociologist and epidemiologist, conducted a major study of the women's health movement. Her current interests focus on women, stress, and coronary heart disease, and in health policy in the United States and Europe. Ellen Lewin, PhD, and anthropologist, has a long-term interest in the reproductive experience of women and the health of immigrant populations. She conducted research on Latin American women in San Francisco, and more recently has been looking at problems affecting single mothers and older first-time mothers. With Dr. Olesen, Dr. Lewin is editing a collection of essays on women, health and policy, to be published by Tavistock/Methuen.

For further information on the Institute or the larger Women, Health and Healing Project, write to:  
Patricia Anderson, Project Coordinator  
Women, Health and Healing Project  
Dept. of Social and Behavioral Sciences  
School of Nursing, UCSF  
San Francisco, CA 94143

Deadline for receipt of applications is April 15, 1984.

## POLITICAL ACTION AT YALE

On October 28 the Yale School of Nursing Student Government Organization sent the following letter to President Reagan protesting US military policy. Cassandran Annie Teitleman, and colleagues Sylvia Metzler and Beth Blish Genly, were involved and have written to the Newsjournal about the process by which this occurred. It is hoped that this account will be helpful to other Webs who are wondering what kinds of action they might take around issues that are of concern to Websters as feminists and nurses. The Yale Web has asked to know how others view their process and actions.

Dear President Reagan,

As nurses and student nurses, as Americans and as human beings, we condemn the recent American military adventures in the Caribbean, Central America, and the Middle East, as well as the planned deployment of first strike weapons in Europe. We are fearful that the wars in which you have involved us are leading us ever closer to the threat of a limited or total nuclear war.

In particular the US invasion of Grenada stands in violation of the United Nations Charter, the OAS Charter, and the US Constitution. This illegal act has cost the lives of US and Grenadan citizens, and has not effected their protection. It has brought world tensions to an even higher pitch, thus endangering us all. We share the world-wide outrage over this reckless and immoral act.

Your actions in Grenada have further raised our fears that you will escalate your illegal covert war against the sovereign nation of Nicaragua. A small poor nation attempting to provide health care, education, and social services for its people cannot be seen as our enemy. Your continued action there leaves them no choice but to build up their military, the very action to which you object. Further, your involvement of US troops, advisors, and CIA operatives there also dangerously raises international tensions.

Your military support of the brutal government of El Salvador is also a violation of international law, as well as an expensive and dangerous betrayal of American ideals of human rights and democracy.

As if the American destruction of Central American self-determination and economic development were not enough, you are also endangering us with the continued presence of US Marines in Lebanon. We too are concerned for the safety of American military personnel. However, we feel they can best be protected within US borders. The occurrence of US Marines once again protecting a minority government certainly brings to mind Viet Nam.

We further oppose the US plan to deploy Cruise and Pershing II first strike missiles in Europe, despite the mass protests by French, German,

Italian, British and other European people and the opposition of many Americans. The Cruise and Pershing II missiles will radically destabilize the already shaky nuclear stalemate, bringing us to the very brink of nuclear war.

Added to our concern over these incursions, we object to the reappropriation of funds to pay for them. The health and well-being of those at home are suffering for your cutbacks in social services in favor of massive increases in military spending.

We are aware that the Pentagon wants to draft nurses and to call upon us in civilian hospitals to care for the casualties of these wars. Our dismay at having to care for such wounded stems partly from the knowledge that they are being hurt in unjust wars of aggression. Finally, there are not enough nurses in the world to care for the casualties of the greater war we fear you are leading us into.

Therefore, we add our voices to those demanding that you remove overt and covert military operations from Grenada, Nicaragua, El Salvador, and Lebanon and stop the deployment of Cruise and Pershing II missiles in Europe.

This letter was voted on and approved by the Student Government Organization of the Yale University School of Nursing.

Sylvia Metzler, President  
Student Government Organization  
Yale School of Nursing

## STORY OF THE YALE LETTER

by Kirste Carlson, from information provided by Annie Teitelman, Sylvia Metzler, and Beth Blish Genly.

Most graduate nursing schools only admit RN's who have BSN's but at Yale School of Nursing RN's and non-nurses who have degrees in other fields are admitted to 2 and 3 year Master's degree programs. In the fall of 1982 several YSN students formed a Political Education and Action Committee. The purpose of the group was for personal support and news/information exchange as well as forming a base for organizing political action among students. Another goal, expressed by Annie Teitleman, addressed some nursing and feminist issues. "I felt a need to examine the implications of our practice on client care. I had come from working in alternative clinics and had often been critical of the established health care model. Now I found myself a part of it. I needed to learn many new skills, yet sometimes I did not agree with my instructors philosophy of care. Additionally, I needed help in understanding what was happening to me. I was becoming a nurse! What did that mean? Rarely had I personally felt so put down for being a woman as

when I wore whites and worked on the hospital floor. I came to the profession a feminist but the contradictions between my ideas and my current endeavor were profound. I needed the support of like-minded colleagues to carry me through this vulnerable period-- to keep my perspective, my vision, my hope."

The Committee met monthly throughout the year, sponsored several meetings around a union drive at the University, and created a bulletin board with presentations on various timely issues (e.g. the Seneca Women's Peace Encampment, Nicaragua, tax resistance, anti-Klan activities). At the end of the year, when the only announced candidate for the Student Government Organization presidency was one of the few male students, the Political Education and Action Committee decided to run a slate of candidates for the four available offices. The group hoped that their presence in SGO would allow them to reach more people and offer funds and legitimacy for their political work without dispersing too much energy to SGO's responsibility for school social events. All four people on the team (representing blacks, whites, women, men, older and younger students) were elected.

In the beginning of the fall 1983 semester it was a struggle for the group to keep their campaign promises as well as to fulfill their academic and traditional SGO responsibilities. By the time the US had invaded Grenada, however, they had organized task forces on traditional student concerns, broadened the involvement of YSN students in University-wide affairs, and sponsored numerous social events. When the eventual criticism came that they were narrowly focused on leftist concerns they were able to point out evidence of a wide spectrum of activities.

Many YSN students expressed sadness and outrage following the invasion of Grenada and one woman (Kay Sophar) approached the SGO about the possibility of writing to Reagan to protest his action. It was decided to bring the issue before a general SGO meeting. A lengthy discussion about whether such action was appropriate for SGO and whether there were enough people present to make any decisions resulted in a vote to send one letter from the SGO and to include a copy as a kind of petition that individuals in the YSN community could sign. The SGO also voted to pay for copies of another letter written by Libby Averill to be distributed for individuals to mail on their own.

Sylvia and Kay quickly drafted the letter, prepared a press release and got everything into the mail. Within the next week and a half 60 signatures were collected on the letter. The YSN Dean's office and the Yale president's office, however, expressed concern because they had used Yale stationery without a formal disclaimer. At the next SGO meeting only three people came to object to the letter being sent. Further discussion is planned

about how to handle similar issues in the future.

In addition there are plans to send copies of the protest letter with a covering memo to other nursing schools and associations in the hope of mobilizing as many nurses as possible to take action as well. The Yale group can be reached c/o Annie Teitleman, 26 Whittlesey Ave., New Haven, CT 06511.



#### FEMINIST ANALYSIS

Cassandran Charlene McKee from Cambridge, Mass. sent us the letter printed below, which she wrote in response to the article "Who is the Seductive Patient" that appeared in AJN, April, 1984 (by J.L. Assey and J.M. Herbert, p. 531). The AJN staff indicated that they had received several other letters on the same subject and therefore were unable to include this letter.

June 26, 1983

To the authors

I am outraged - as a feminist, as a nurse, as a woman - by your April, 1983 article "The Seductive Patient". I am outraged that your writings, while claiming to represent the truth about common human interactions, can only serve to further miseducate nurses, and all women and men as well about issues which touch all our lives.

I am outraged by your interpretation of such acts as the stroking of a nurse's buttocks by the male patient or the groping for her breast when she least expects it as psychological problems arising from the man's unmet emotional needs. I am outraged that you interpret this groping behavior as a harmless search by the male for "friendliness" and "warmth" from the female, rather than the serious psychic abuse that it is. And I am outraged that you have yet to see the truth behind these actions - that they are not those born of friendliness or seductiveness or even of sexual desire - in truth they are acts of violence.

If, on my way to work, a man's hand were to reach out and stroke my breast or buttocks, I would consider this a violent act, and would feel, as a woman, within my rights to protect myself. If such forms of male-to-female abuse can be viewed as crimes of violence by the legal profession, why cannot the medical and nursing professions do the same? Why do you insist that the very same action, if it occurs in a hospital setting, must be met with the unconditional understanding of the victimized woman? What is it in the professional nurse-patient relationship that makes invalid a nurse's right, as a woman, to protect herself? Nowhere in your article did you mention this issue - yet it is essential for women to remember that this abuse is a violation wherever it occurs and cannot be tolerated.

It is therefore not appropriate for us, as nurses, as women, to search for the "therapeutic response", as you so direct us in your writings, since the problem is not a psychological or medical one, but rather a social and political one.

It is also not appropriate for us to "intervene effectively to meet the real needs of the patient", since the real needs of the patient are to dominate and control, and thereby harm hurt and violate.

Nor is it appropriate for us to tolerate work conditions which maintain such physical and psychic stress, nor to disregard our rights to protect ourselves, nor to expect other nurses to do the same.

Rather, it is indeed appropriate to search for a truly constructive response, although this may prove greatly different from the one you suggest.

A truly constructive response would involve a thorough re-thinking of our entire culture, and this must involve our entire culture since such acts of violence cannot be separated from the larger context in which we, as nurses, as women, live our lives - a thorough re-thinking about such issues as intimacy and sexuality and honest human need. A thorough re-thinking by the psychiatric profession would be especially appropriate, since it is they who often deal with the severest forms of human suffering resulting from pornography and violence.

A truly constructive response would involve a re-defining of significant words we use to describe our interactions with each other. Consider the title of your article and your use of the word "seductive". I could not interpret groping behavior as "seductive", but rather as a violation of my being. Candlelight and moonlight and erotic glances between respectful and consenting partners may be truly seductive, but I cannot conceive that the uninvited grabbing of my breast by an unwelcomed stranger is anything but violent.

A truly constructive response to this violence would involve a re-evaluation of the common mythic images of women and men through which their behavior is interpreted. Often the women in your article portray impressions of the stereotyped "good woman" of our culture, with "good" defined as

self-sacrificing (ever striving to understand and fulfill the needs of men, even at the expense of her own integrity), self-effacing (compulsively conspiring with other women to see how she "measures up" to approved standards of "good" behavior, or how she may have provoked the "sexual advances" of men) and also powerless (quick to run to the nearest male nurse when the work is too hard for her to handle).

And if the women portrayed in your article are not this "good woman", they then conform to cultural imagery of the "bad woman", who is either cold or aloof (and who could fault the poor man for seeking her attention through the grabbing of her breast?), or she is provocative (who "deserves it, anyway" by wearing her uniform too short or too tight or by standing too straight and tall). A full quarter of your article focused on how women provoke men to attack them - do you fully realize that such attitudes as "the provocative woman" impact into tenacious beliefs which ingrain deeply in our society's psyche, such as the belief that men are not responsible for their actions.

This dangerous idea is further developed through your modeling of men as physically aggressive, insensitive to the needs of women, and, being men, "can't really help it" after all, (although, of course, the provocative woman can).

The tragedy of such images is that people suffer, and suffer dramatically from them. (According to a recent FBI survey, one out of three women in this country is raped at some point in her life).

Can we not better educate nurses, and all women and men as well, to different images of ourselves? Have you ever in your psychoanalytic training embraced an image of woman as powerful - strong, compassionate, self-sufficient, competent? Couldn't we better heal ourselves (as women) and each other (as nurses) if we did?

Could we not better educate ourselves to the true "therapeutic response" that is required - the healing of our poor psychic imaginings of ourselves and the healing of our social and political systems which reinforce them?

Could we not heal ourselves more fully, as nurses, as women, by not succumbing to submissiveness and passivity when our rights have been violated, whether under the "veil" of professional ethics or the search for the "therapeutic response", but by the conscious effort to expand the awareness and integrity of all involved?

And could we not heal ourselves more fully by not linking in conspiracy with other nurses (such as by requesting from other staff members their observations about our "provocative" actions), but by feeling in kinship and solidarity with each other in attempts to bring about less stressful working conditions, and more just (to all) interactions with patients.



It is your chosen responsibility as educators and clinicians to seek the truth in all these matters. If you do not, if no one speaks, then the pornographic violence which permeates our culture, as well as our profession, will never end. And the full integrity of the nurse as healer will never be known.

Sincerely,  
Charlene McKee  
Cambridge, MA.

CASSANDRA'S ACTION NETWORK:  
A REPORT OF SURVIVAL!  
by Maeona Jacobs

The November issue of Cassandra's Action Network included an item about some difficulties being encountered with its production. Responses to the appeal for suggestions for managing Cassandra's Action Network has resulted in a decision to not discontinue it, but to produce it as needed. Cassandrans' feelings included 1) the need to have a periodic communique in addition to the Newsjournal, 2) the need to continue C.A.N. until greater consensus about its management could be reached, 3) the important function it is serving for a portion of Cassandrans, and 4) the need to have the local Web producing C.A.N. be more committed to generating items as a way of communicating their activities. Unless there is overwhelming response from Cassandrans, this may translate into two C.A.N.'s being issued before C.A.N. is re-evaluated by women gathering at the ANA convention in June. Provided with this Newsjournal is a tear sheet opinionnaire about C.A.N. which you can fill out and return to me. Please let us know your thoughts as they will be helpful in coordinating the production of C.A.N. over the next few months.

The names of the women producing each planned issue of C.A.N. between now and the next Newsjournal are:

For February (lifeline date: Feb. 3)

Adrienne M. Roy  
1458 Ellicott Creek Rd.  
Tonawanda, NY 14150

For March (lifeline date: March 2)

Kathy Gregory  
725 N. Fig #81  
Escondido, CA 92025

For April (lifeline date: April 1)

Marylin Dodd  
1816 Lake Street  
San Francisco, CA 94121

Please note that all materials must be received by the lifeline date (as opposed to deadline date!). These women are working within a two-week production period, so give them some assistance by having your material in on time!

BRITISH RADICAL NURSES

CASSANDRA is now in contact with radical feminist nurses in Great Britain! Jane Salvage of London saw our notice in the AJN and has written us the following letter:

October 18, 1983

Dear Sisters,

Many thanks for sending your Newsletters, which I am enjoying reading and circulating 'round our group. It's comforting to know there are more of you out there across the Atlantic!

You already seem to be well organised and I congratulate you on the presentation of the newsletters. Most people in our network are junior full-time nurses (slave labour, in other words) and we lack people with both time and money to set ourselves up in the way we'd really like. Nonetheless we have gained enormous support and knowledge from each other in the three years or so since our group was first thought of, and we have all made lots of new friends... We have also published articles in the nursing press to publicise our views, and recently put up two candidates in the elections to our new statutory bodies for nursing, midwifery, and health visiting-- which may be the kind of activity nurses in the States are used to, but for us it was a really new step. We haven't heard yet whether our people were elected! (they weren't)

We have also been working on a handbook for nurses, combining information on rights at work with analysis of nursing from a feminist and socialist viewpoint. We feel it's important as although there are thousands of books telling us how to care for patients, there's nothing about caring for nurses - like all women, we're expected to give and keep on giving without relief or complaint. Our system here, i.e. the nursing hierarchy, is repressive and people who raise their voices are labeled as troublemakers... but we refuse to be deterred, and our numbers are growing.

The central address of the RADICAL NURSES GROUP is 20 Melrose Road, Sheffield 3, South Yorkshire, England - do pass it on to anyone who's thinking of visiting or working in the UK. I'm enclosing some articles, etc. we've written so you can see the ways we're thinking at the moment.

Love and sisterhood,  
Jane

The articles to which Jane refers are listed below, if you cannot find them in your area send an SASE and 5¢ per page (in stamps) to Kirste Carlson, 2446 Kenilworth, Cleveland Heights, OH 44106, for xerox copies.

What, exactly, is a Radical Nurse?, World Medicine, May 14, 1983, pp. 20-1. (2 pages)

Are you in the PINC (Public Image of Nursing Campaign)?, Nursing Times, Jan. 5, 1983, pp. 11-15. (4 pages)

Nurses and Nursing, Medicine in Society, vol. 8, no. 4. (18 pages-- includes six articles by the Radical Nurses and Radical Midwives, probably not available in US libraries.)

The RADICAL NURSES GROUP also has a newsletter which is in it's ninth issue now. Carolyn MacKeith, in the Oct. '83 RNG issue, presents their current concerns in her article "What's important to us about RNG". The four central items are: 1) Support; a place to talk and to get information about nurses' and patients' rights 2) Analysis; giving "time, thought and discussion to why nursing is the way it is, and how we would like to change it." 3) Working toward improvements in health care and nursing education 4) Focusing energy on nurses and nursing rather than on any other "good causes" that may ask for RNG's help.

#### NOTES/NETWORKING

This column is a regular feature of the Newsjournal. For this issue we did not receive any material for this column. It usually contains individual notes of interest, messages, requests for information on a particular issue or topic, requests for assistance with an issue or a problem. If you wish to have anything included in the next Newsjournal please send your note no later than April 1, 1984 to CASSANDRA, P.O. Box 341, Williamsville, NY 14221.

#### CASSANDRANS IN THE NEWS

CASSANDRANS please send a listing of articles, books, etc. that you have published which view nursing from a feminist perspective and include a one or two sentence abstract describing the content. An annotated bibliography of works by Cassandrans is planned for the Spring Newsjournal.

#### ANNE MONTES

Buffalo Webster Anne Montes' article "Women's Encampment for a Future of Peace and Justice Empowers Women", was published in MINERVA: QUARTERLY REPORT ON WOMEN AND THE MILITARY, Vol. 1, No. 4, Winter 1983, p. 20-24. This article deals with the Women's Peace Encampment at Romulus, NY in the summer of 1983 and the impact of experiences there on one woman's life.

MINERVA's editor contacted CASSANDRA and requested an article on the encampment after seeing Anne's piece about the camp in the August CASSANDRA'S ACTION NETWORK.

#### KATHLEEN MACPHEARSON

Maine Webster Kathleen MacPhearson was featured in the Personal Health column of the Maine Sunday Telegram, Nov. 6, 1983 in an article entitled, "Put More Faith in Yourselves and Less in Technology: A Nurse's Advice to Women." In her letter to CASSANDRA about the experience of being interviewed for the article Kathleen writes, "We must be leery of journalists using us to recreate old stereotypes of nursing and not hesitate to confront media people in an assertive and self-confident manner. When handled this way, working in collaboration with women journalists can be another means of promoting feminist theories, research and practice in nursing." She suggests negotiating with reporters to review a draft of any article and make corrections before it is printed.

#### ACTION NEEDED

SONIA JOHNSON, CITIZEN FOR PRESIDENT. The Citizens Party, founded in 1980, has nominated a woman and feminist, Sonia Johnson to run for US president in 1984. Johnson, 47, was excommunicated from the Mormon church in 1979 for openly supporting the ERA. In her statement to the press she says, "...women's issues -the hazards of being female which are regarded as being so peripheral and trivial to the men in power - are in fact the axis upon which all other issues of life and death turn." She pledges that, if elected, she will work to "eradicate the conquistador mentality from our culture", to "bring arms immediately and globally under female control" (to prevent them from being used), and to re-fund social programs cut under Reagan. For more information and a copy of her statement write to: 3318 Second Street South, Arlington, VA 22204.

THE FEMINIST PRESS (publisher of Nightingale's Cassandra) has suffered a devastating fire. According to an article in COMMON GROUND-Western N.Y. Women's Journal ("Women in Print", by E.R. Mann, Vol. 2, No. 4, Dec. 1983) they are facing financial challenges and had to postpone publication on 4 of 6 new titles planned for last fall. We talked with a woman at the Press when we ordered a new supply of Nightingale's essay for new Websters, and she assured us that they are optimistic and feeling like things are taking a positive turn. Cassandrans can support them by buying books or with donations. To request their catalog (which includes a new toll-free number for ordering) or to make a tax-deductible contribution, write to The Feminist Press, Box 334, Old Westbury, NY 11568.



## CASSANDRA IN CLEVELAND: A REPORT OF BEGINNINGS

by Sharon Deevey

I first heard of CASSANDRA in March 1983. I was standing in the nursing station of the psych division where I had been working for two months as a staff nurse. A nursing student, Kirste Carlson, started to tell me about the group and various reactions to it at her school. Intrigued by her mention of issues dear to my heart - and equally appalled by her indiscretion in discussing them at work - I agreed to meet her for coffee the next day.

Less than a year later CASSANDRA IN CLEVELAND has a mailing list of 60, an active Web of 20 nurses, a schedule of gatherings for the next six months, and Kirste is in Buffalo working on the *January Newsjournal*. Kirste arranged for Peggy Chinn and Charlene Wheeler to come from Buffalo to discuss CASSANDRA at a student speaker series on April 15. About 35 nurses, nursing students, and faculty attended; a dozen signed a mailing list for further information, and several attended a potluck supper that night for more informal talk with Peggy and Charlene.

On April 30 several of us met at Kirste's apartment. I recognized about half the faces, but knew no one well. We talked about what CASSANDRA would be - a discussion group, an outreach project, an action group. We identified local publications where we could advertise the

existence of CASSANDRA. Kirste had arranged for Peggy to call during the gathering, and when she did we delighted in her excitement that we were meeting. We jokingly said we'd call ourselves "You Gyns", because Charlene had noticed (as we hadn't) that Clevelanders use the sexist expression "you guys" (referring to women and men) where Southerners would say "y'all". Plans were made for several Cleveland women to go to Buffalo on May 17 for a Buffalo/Rochester/Cleveland gathering.

A short article about CASSANDRA appeared in *What She Wants*, the local feminist newspaper. Fifteen nurses attended the June 4 gathering, and all but four of them were new. The meeting was a general discussion of the purpose and structure of CASSANDRA, and the meaning of feminism.

The July 7 gathering was advertised in *The Voice*, the Greater Cleveland Nurses Association (GCNA) newsletter and again several new people attended. The discussion was about feminism and directions for CASSANDRA to go. During these two months we continued to build up the local mailing list. We decided to finance the Web temporarily by passing the hat at gatherings instead of charging local dues. One nurse prepared a basic feminist reading list to share with the group.

The next gathering on August 27 became a planning session for an all-day retreat for the autumn. We wanted to provide more time for discussion among ourselves and with the Buffalo Web about the goals of local and national CASSANDRA.

The retreat had to be rescheduled from Sept. 24 to Oct. 1 and we realized that decision-making between local gatherings was an issue we needed to address.

Before the retreat, several CASSANDRA Websters were delegates to the Ohio Nurses' Association (ONA) Convention Sept. 26-28. Sharon Deevey and Pat Sullivan sewed a banner, had "CASSANDRA IN CLEVELAND" buttons made, and posted a note on the Convention message board inviting anyone interested to come to their suite or join other Cassandrans for dinner one evening during the Convention. Eighteen nurses, including one ONA board member and the Executive Director of GCNA attended the dinner. Many nurses requested to wear the button, and asked questions about the goals of CASSANDRA, the meaning of the symbol, and the meaning of the Cassandra myth. A couple of Websters were asked if CASSANDRA was in opposition to ANA. At the Ohio Nurses' Political Action Committee auction nine of us pooled our resources to bid for Peggy Chinn's Advances in Nursing Theory Development, which was purchased for CASSANDRA IN CLEVELAND for \$115. We met Judith Carr, the CASSANDRA contact woman from Columbus. A brochure listing the purposes of CASSANDRA (from the Sept. 1983 Newsjournal) was hastily printed and given to those wanting more information.

At the retreat Oct. 1, about 30 of us from Cleveland, Columbus, Buffalo, and Utah met at a farm house from 1 to 10 PM. The items for discussion and the goals of the national CASSANDRA, written out on large sheets of paper, hung on the walls. Our banner was hanging from a balcony in the back of the room. In the kitchen the table was piled with potluck.

For the first time the group had hagographers to keep notes. The principles of CASSANDRA gatherings - check-in, rotating chair, concensus, and criticism/ self-criticism were reviewed. A discussion of the meaning of "radical feminist nursing network" ensued. The decision to exclude men from the gatherings was not acceptable to several nurses in the group (and they have not returned to later gatherings). During one afternoon break a group photograph with the banner was taken.

By the end of the day, we had reviewed the continental goals, scheduled the next gathering, discussed financial commitment to CASSANDRA, postponed a decision whether the Cleveland Web would publish the Newsjournal at a later date, and identified several issues to keep on the loom for further discussion: decision making, feminist theory, feminist research, professionalism and nursing, and feminist action. The hagographers' notes were taken with the speaker's name and what she said which gives a movie-script recall of the gathering on re-reading. Much energy that day focused on learning the process of gathering.

Before the next gathering, Elizabeth Berrey

received a sharply-worded letter from the Executive Director of ONA stating that the CASSANDRA IN CLEVELAND activities at the convention had been "inappropriate", "unethical", or a result of "unfortunate... naivete". At the gathering Nov. 3 we discussed how to respond to the letter without over-reacting. The group could not reach a consensus to respond as a Web, in part because several of those present were not active in ONA or GCNA. Three of us who highly value our active memberships in ONA, and were delegates, sent a response clarifying our support of ONA and requesting further information about woman-focused activities sponsored by ONA. GCNA also received some criticism of CASSANDRA activities at the Convention. CASSANDRA Websters who serve on the GCNA Board of Directors reported that the GCNA did not agree that there had been any inappropriate activity during the Convention. The Board stated that complaints about the delegation should have been made at the convention to the GCNA President or Executive Director.

Correspondence and discussion about this subject continues at the time of writing. The issues seem to be: 1) ONA's concern about competition for membership, 2) the definitions of "feminist" as understood by ONA and CASSANDRA, 3) the different philosophy of structure and leadership in the two groups, 4) the strong stance by several Cleveland Websters that the two groups meet different personal and professional goals and that membership in both is logical and desirable, and 5) a great deal of emotion about the discussion.

The need to respond to ONA again raised the question of decision making at the Nov. 7 gathering. We realized that because there were four or five central contact people who made most of the decisions informally between gatherings, we did have an unofficial executive committee, despite the fact that such a structure is an anathema to our basic philosophy. Our goal is to use concensus and equal participaiton for decision making. We drew out on paper all the social and professional interconnections between the Websters. We decided that decisions would be made by contacting as many of the Web as possible through the interconnections and sending input back to the person needing the decision to indicate what the Web concensus is.

At the Dec. 1 gathering Barbara Sibley presented a felt-visual of the Web. We had a potluck social gathering. Childcare was available but not requested by any Websters. Belle Potter and Jane Peterson agreed to set up a six-month schedule with the topics still to be discussed from the current list and it was suggested that gatherings be held in the Women's Building to increase contact with other local feminist groups.

At this time, CASSANDRA IN CLEVELAND has 15-20 active local Websters. Some of us work in staff development or as clinical specialists. Some

work as staff nurses in public health, psych, maternity, and med-surg. One Webster is a nurse practitioner, one is in private practice, one is director of a health center. Several are nursing students and a couple have twenty years' experience in nursing. A few have been active in other feminist groups. We cover the usual spectrum of education - diploma to Ph.D. Many of us are connected with one nursing school. There are pre-existing friendships and professional connections among some of us. Our age range is 22-52.

We are just beginning to know who we are and where we are going as CASSANDRA IN CLEVELAND. We have identified ourselves - to ourselves, to each other, and publicly - as radical feminist nurses. Some of us are surprised there are so many of us; others are impatient we've accomplished so little. To all of you in the continental network here is our beginning herstory - tell us yours.

GREETINGS FROM THE NORTH COAST!

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#### WEB REPORTS

Web Reports is regular feature of the Newsjournal. If you are gathering with other Websters please let us know what you've been doing and thinking about together. For the next Newsjournal please write by April 1, 1984.

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#### CHICAGO

Chicago area Websters gathered Nov. 6 at the home of contact woman Helen Ramirez. Helen writes, "Our first get together was small, consisting of a school nurse, a nurse practitioner, and a nursing professor. We decided that at this time we would function as a support group to each other in our personal lives and various feminist activities." They plan to post CASSANDRA posters in "strategic places" and to announce their gatherings in the Chicago Nurses Association Newsletter in hopes of increasing their numbers.

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#### BAY AREA

The Bay Area Web met on Dec. 10 for four hours! Websters are working on a brochure, plans for a program on feminism and nursing at the ANA convention in June, incorporation of CASSANDRA as a non-profit corporation, the December CAN, and ways to publicize CASSANDRA at WICHEN (the Western Interstate Commission on Higher Education in Nursing) which will be in S.F. May 2-4.

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#### MAINE

Kathleen MacPhearson wrote that CASSANDRA'S northernmost Websters gathered in Portland on Dec. 6 "to get acquainted and set out our strategies for becoming both vocal and visible in the state."

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#### BUFFALO

Adrienne Roy writes:

The Buffalo Web has so many exciting ideas and plans to share with sister Cassandrans! Since the last Newsjournal, ideas which had been newly formed and not yet implemented are now in process and are being found to be quite helpful. These we'd like to pass on to other Webs so that they can be used or varied or discarded as is suitable.

Last summer the Buffalo Web planned our monthly meetings for a year in advance. In keeping with Cassandra's lunar tendencies, we have our gatherings as close to the full moon as possible. We rotate days of the week every month to help accommodate women who have standing obligations such as evening classes. (i.e. In January we meet on Tuesday, in February we meet on Wednesday, etc.)

Each of the Buffalo gatherings has a notetaker (on a rotating basis) who is responsible for compiling minutes and sending them to all the Websters so as to keep inactive members abreast of our action. An hour from Buffalo is Rochester in which a small Web of Cassandrans live and we've sent our Rochester sisters our minutes to help them to know that there are friends close by.

Cassandra's deep commitment to nursing research and education is alive in Buffalo and we've planned to incorporate that commitment into our meetings in several ways. In January, Peggy Chinn, editor of Advances in Nursing Science, will present thoughts about feminist research methodology, including critiquing methods and feminist research. Anne Montes will convene a discussion of "fat oppression" in February and we will also learn about her master's research project on cystic breast disease classifications. Other topics that have captured our interest include Susan Jo Roberts' research of nurses as an oppressed group. Susan Jo is a Cassandran from the Boston area. Her article was published in ANS 5:4, July, 1983. We also plan to discuss Peggy's in-process historical research of childrearing advice given to women. With these in mind, Buffalo Cassandrans are looking forward to some wonderfully growth-producing gatherings!

Perhaps the most exciting news that we have to share with you is that Wilma Scott Heide, a past national president of the National Organization for Women and a nurse, has agreed to come to Buffalo on March 8 during International Women's Day celebrations. Through the efforts of Penny Bresnick, who is the Buffalo Cassandrans' liaison to IWD activities, Ms. Scott Heide will present the women's community here with a discussion entitled, "A Values Transformation is Our Destiny: Humanity Yearns for Feminism." A Cassandra member herself, she has also agreed to address the topic of politics in nursing to a graduate nursing class called "History and Politics of Nursing" at the University

of Buffalo. Three Cassandrans will be part of that class and no doubt will have much to report. Watch for an update in the next Newsjournal!!



#### RECOMMENDED READINGS

Compiled by Charlene Eldridge Wheeler  
and Peggy L. Chinn

This initiates a new column for the Newsjournal. We invite all Cassandrans to suggest readings so that we can all become familiar with important feminist writings. These do not necessarily need to be the most current, but should have some importance for a radical feminist analysis in nursing. All of the titles we have annotated here are positively recommended; in the future we will also include titles that should come to our attention because of their bias, flaws, or negative representation of women.

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Women of Ideas and What Men Have Done to Them, by Dale Spender. Boston, Routledge & Kegan Paul, 1982. 586 pages, \$23.95 (hardcover), paper available in the Spring, 1984. If you read no other book in 1984, this is the one to read. Spender traces the emergence of feminist thought from the 1600's to the present, bringing to our knowing the writings of women who have disappeared from accessible history. How they have disappeared, and why they have disappeared, is graphically traced. While Spender is scholarly in her approach to un-covering women's past, the book also contains delightful personal commentary that gives one a sense of the author. The cover jacket notes "She is well trained in male-oriented education which, she suggests, is neither difficult nor challenging, and is delighted to be currently engaged in work of intellectual rigor - on women."

Gyn/Ecology: The Metaethics of Radical Feminism, by Mary Daly. Boston, Beacon Press, 1978. 485 pages, \$14.95 (hardcover), also available in paper. This foundational work by America's leading feminist philosopher and theologian is one which no radical feminist should omit from her reading list. In a way that few authors before her have ever done, Daly goes to the very root of the journey of women becoming, tracing lovingly, melodically, and meticulously their Passages. If you have not already read this book, do so now, because in the spring of this year her next book Pure Lust: Elemental Feminist Philosophy will be released by Beacon Press. Pure Lust focuses on, and spirals off from the traditional deadly sin of lust. Daly's treatment, as you would expect, is un-traditional. Daly writes about Lusty women who wield Labryses of lustrous minds - double axes of divination.

In A Different Voice, by Carol Gilligan. Cambridge, Mass., Harvard University Press, 1982. 174 pages, \$5.95 (paper). Reviewed in Vol. 1, No. 3 of our Newsjournal (Sept. 1983). Gilligan, MS. Magazine's 1983 Woman of the Year, is an educator and psychologist who has been listening for more than a decade to the voices of people as they speak about morality in their own lives. Without assigning blame or making judgments, Gilligan carefully reports and analyzes the differences between how males and females define and apply concepts about relationships, rights and responsibilities, separation and attachment, violence and intimacy, and the resolution of conflict. Gilligan has a clear message for the future, and it is a very hopeful one. She has worked with Kohlberg, whose moral theories are taught in most schools of nursing today. She re-assesses the very work that she did with Kohlberg and moves beyond that work in indentifying and valuing a woman-defined system of morality.

Reweaving the Web of Life: Feminism and Nonviolence, edited by Pam McAllister. Philadelphia, New Society Publishers, 1982. 440 pages, \$19.95 (hardcover), \$8.95 (paper). A brilliant collection of essays by women about feminist solutions to a violent patriarchal world, as varied in approach as the women who write. McAllister states: "Feminist nonviolence is the process/strategy/philosophy which makes sense of both my rage and my vision of the world I want to live in. . . . A new world, the world I long for, cannot be built with the tools, psychology, belief system of the old. . . . Put into the feminist perspective, nonviolence is the merging of our uncompromising rage at the patriarchy's brutal destructiveness with a refusal to adopt its ways - a refusal to give in to despair or hate or to let men off the hook by making them the 'Other' as they have made those they fear 'Others'."

Nice Jewish Girls: A Lesbian Anthology, edited by Evelyn Torton Beck. Watertown, Mass., Persephone Press, Inc., 1982. 286 pages, \$8.95 (paper). Beck notes that this book is different from all other books because according to Jewish law, this book is written by people who do not exist - Jewish lesbians. This is an exceptional collection of poetry, short stories, essays, and theoretical analyses, that take the reader to the heart of the silent experience of Jewish women. Beck's introduction is particularly helpful for the non-Jewish woman, as she discusses responses to anti-semitism, and the Jewish image in lesbian-feminist and feminist literature - helping the reader understand the triple vulnerability in being a "nice Jewish girl."

This Bridge Called My Back: Writings by Radical Women of Color, edited by Cherrie Moraga and Gloria Anzaldua. Watertown, Mass., Persephone Press, Inc., 1981. 261 pages, \$8.95 (paper). An intensely moving collection of writings by women of Black, Hispanic, Native American, and Asian heritage. In planning for this work, the editors wrote "We want to express to all women - especially to white middle-class women - the experiences which divide us as feminists; we want to examine incidents of intolerance, prejudice, and denial of differences within the feminist movement. We intend to explore the causes and sources of, and solutions to these divisions. We want to create a definition that expands what 'feminist' means to us." The contributors to the volume brilliantly accomplished what they set out to achieve and much more. They remind us "The revolution begins at home."

Stone, Paper, Knife, Poems by Marge Piercy. New York, Alfred A. Knopf, 1983. 144 pages, 79 poems, \$5.95 (paper). Piercy is the author of eight books of poetry, and seven novels, all of which speak uniquely to women's experience. For readers who are familiar with Piercy's work, this is another in a series of strong pieces that bring a fresh perspective to the familiar. For readers who are not familiar with Piercy's work, this book would be an excellent introduction. Her poetry has a particular kindredship with nursing, even though she does not have a direct association with nursing. From her poem "Ragged ending" are these words: "In pain, all women are grey. We endure one long hollow, endless night drilling the marrow of our brains." (p. 17). From her poem "Dis-ease" are these words: "With a sore back everything is hard. The choice of a chair becomes critical. Picking up a pencil is an operation requiring planning, craft and caution, a retreat executed with skill." (p. 50).

How to Suppress Women's Writing, by Joanna Russ. Austin, University of Texas Press, 1983. 159 pages, \$7.95 (paper). A brilliant, satirical

work which exposes misconceptions and attitudes that permit us to disregard the artistic contributions of women. Russ defines patterns clearly and persuasively. Although Russ does not focus on the work of nurses, she identifies the techniques that are used, often by ourselves, to dismiss and devalue the creative work of women in nursing. Russ's work is an exposure of 'buts . . .' "She wrote it but, she shouldn't have." "She wrote it but, look what she wrote about." "She wrote it but, she had help." "She wrote it but, she's an anomaly." "She wrote it but . . ." Russ wrote it, but - we ought to read it!

Man Made Language by Dale Spender. Boston, Routledge & Kegan Paul, 1980. 250 pages, \$11.50 (paper). Highly readable and entertaining, Spender's early book exposes how through patriarchal language women's oppression is structured and maintained. This book is particularly important for nursing, because of the resistance to eliminating sexist language in nursing literature. It is also important for Cassandrans because of our commitment to creating and defining our own reality in the language that best expresses it. The book begins with a poem "Women's Talk" containing this stanza: "women's talk is women together . . . probing the privatised . . . pain isolation exclusion trivialisation . . . in their everyday lives . . . if situations were reversed . . . men would react with identical symptoms . . . to what women feel in their gut - . . . worthlessness selfdepreciation depression"

Florence Nightingale: 1820-1910, a biography by Cecil Woodham-Smith. New York, Atheneum, 1983. 382 pages, \$11.95 (paper). See the review in this Newsjournal!



## BOOK REVIEW by Charlene Eldridge Wheeler

FLORENCE NIGHTINGALE 1820-1920. a biography by Cecil Woodham-Smith. New York, Atheneum. 1983, 382pp. \$11.95 paper.

Florence Nightingale aroused as much controversy during her lifetime as she does today. Myths and legend surround much of what we know about Nightingale and about her life. Accounts of Nightingale, her life, her work, and her beliefs abound in nursing literature. The accounts are too often poorly documented and present only partial information, or biased interpretations of events and circumstances surrounding Nightingale. It is difficult to sort out myth from malice, fact from fantasy, bias from realism for two reasons; much of what is written about Nightingale is contradictory, and much of Nightingale's original work is unavailable to most of us. The value-laden language used in many current nursing journal articles to describe Nightingale and her work has an even greater effect than just trivializing a significant person. More insidious and dangerous to us all is the subtle influence such writing has on our perceptions of our nursing heritage. By giving us a picture of an 'eccentric' individual who 'had some good ideas, but . . .' we are led to discount and dismiss as eccentric that individual and her contributions to nursing and to health care.

Cecil Woodham-Smith died in 1977 at the age of eighty. She enjoyed a reputation as one of Britain's most scholarly historical authors. Her biography of Nightingale was originally published in 1951. This book has not been in wide circulation because it has been out of print. Atheneum has done us a great service by making this classic once again readily available.

Woodham-Smith's portrait of Nightingale is one of a strong-willed woman, of deep conviction and with a willingness to fight for what she believed in. She describes in detail Nightingale's singleness of purpose when involved in her work, her unrelenting demands for excellence from herself and from those who worked with her. Woodham-Smith provides the context in which Nightingale lived and worked, illuminating for the reader the monumental significance of Nightingale, replacing depth and dimension for the shallow reports about her life and work that we have been exposed to in much of the current literature. Nightingale emerges not as a caricature, but as a 'real' person.

Woodham-Smith was primarily a war historian. Because of this perspective, much of the important work that Nightingale did in relation to nursing is not contained in this account. Nightingale lived to be 90; nursing was only one of her interests. The total of her life's accomplishments is staggering! It would be difficult for one book to do her justice. Because we know so little about Nightingale, any

information that is accurate is welcome. For this reason Woodham-Smith's biography is an invaluable resource. It is carefully written, with close attention to detail. Woodham-Smith is meticulous in documenting facts about Nightingale, her life, her work, her friends, her family, her habits and her health. Woodham-Smith enlightens our understanding of Nightingale and of the forces that influenced her; she also leaves us wanting to know more.



## BOOK REVIEW REVIEW

## THE WOMEN'S REVIEW OF BOOKS

by Kirste Carlson

THE WOMEN'S REVIEW OF BOOKS is an excellent new periodical which provides valuable help in deciding what of the feminist literature to read, what to buy, and what to avoid. Finally... a source of scholarly critique and dialogue about new books that is dependably fair-minded and feminist. We no longer have to wonder about the politics of a reviewer or yearn for a deeper analysis than may be presented for example in MS., or wait until a respected friend or colleague has time to read a book before we hear an opinion on it. Also, the WOMEN'S REVIEW often discusses new books which may not be available in popular or even women's bookstores. These books are written primarily for a scholarly audience but some academic bookstores won't buy them because they are feminist. If not for the WOMEN'S REVIEW we might never otherwise hear about some of them.

Since nursing's literature is notably and regrettably almost devoid of analyses of issues from a feminist viewpoint (with a few exceptions, of course), in order to pursue feminist research we must cultivate an awareness of the work of feminists in other disciplines. In this way we can learn from





Although based in Washington, DC, O.O.B. reports on world and national feminist issues and events. Subscription for 1 year (11 issues) is \$11 for an individual (\$15 contributing) from 1841 Columbia Rd., NW, Rm. 212, Washington, DC 20009.

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SAGE- A SCHOLARLY JOURNAL ON BLACK WOMEN is a new biannual journal the purpose of which is "to provide an interdisciplinary forum for the discussion of issues relating to Black women and to share this knowledge with a broadly based audience of people committed to improving Black women's lives." The first four issues will focus on education, mother-daughter relationships, health, and black feminist theory. Individual subscriptions are \$15; institutional, \$25 from SAGE, P.O. Box 42741, Atlanta, GA 30311-0741.

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SINISTER WISDOM has a new address: PO Box 1023, Rockland, ME 04841. Michaele Uccella and Melanie Kaye/Kantrowitz, the new editors, have expressed interest in manuscripts on the following topics: women's sexuality and physicality, survival/resistance, violence, money, humor, traditional and non-traditional women's work, incarceration, revolutionary politics in and out of the feminist movements, children, ecology, eccentricity, woman-identified spirituality, relationships of lesbians to their home cultures-- families, communities, racial and ethnic identities. Individual subscriptions are \$13 for 4 issues (\$6 hardship) or \$25 for eight issues.

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TELEWOMAN is a newsletter/network of lesbians and other woman-identified women living in the US and Canada. This monthly publication costs \$12/year and can be ordered from P.O. Box 2306, Pleasant Hill, CA 94523. A sample issue is \$1.00.

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COORDINATING CRONES

If you want to get INVOLVED - this is the information you need! This column contains the names and addresses of women who are coordinating our major tasks, and they need support, assistance and participation. There are some tasks that are not yet assumed by an individual, so if you want to take on something new, write to P.O. Box 341, Williamsville, NY 14221.

Finance: Denise D. Connors, 101-A Stark Ave., Dover, NH 03820. Denise will be passing this task along to the Salt Lake City Web during the next three months. She has done a magnificent job of keeping track of our finances, and will of course remain an active Cassandran in other areas! Her current budget report is in this issue. If you have any finance ideas now, write to Denise. The next Newsjournal will have the name of the new Coordinating Crone.

Cassandra's Action Network: Maeona K. Jacobs, 6757 S. 2485 East, Salt Lake City, UT, 84121. See the special article about C.A.N. in this Newsjournal. Also remember to fill out and mail the opinioaire about C.A.N. to Maeona - our process of concensus decision-making depends on everyones participation.

Newsjournal: Charlene Eldridge Wheeler, c/o CASSANDRA, P.O. Box 341, Williamsville, NY 14221. Kirste Carlson from Cleveland has spent most of December and part of January in Buffalo working on this issue of the Newsjournal. She will report on her experience in the next Newsjournal! Other Websters who might want to participate in preparing future issues for a few hours or for several days - write to Charlene! Our greatest need is for articles of interest prepared with our Guidelines given on page 2 of this Newsjournal. Lifeline date for contributions to the May issue is April 1, 1984.

Membership: Peggy L. Chinn, c/o P.O. Box 341, Williamsville, NY 14221. We currently have a total of 248 Websters and Friends. Since September, when the first renewal dates came due, 26 women have not renewed. During this same time period, about the same number of women sent in their initial contributions, so our total numbers have not changed significantly over the past few months. We are exchanging the Newsjournal with 11 organizations (including the British Radical Nurses), and have three institutional subscribers. Our Websters and Friends are from 34 states and Canada.

ANA 1984: Jeanne DeJoseph, 16 Cape Hatteras, Redwood City, CA 94065. See the article on the ANA convention in this issue. Jeanne needs LOTS of participation in the next few months, so she would be delighted to hear from you!

T-shirts: C.J. Dodd, 61 Deming St., San Francisco, CA, 94114. About '20 t-shirts were

ordered and sent out since the last Newsjournal. Unfortunately, our cost for the shirts is somewhat more than we anticipated, and so we just barely met expenses this first go-round; this accounts for the increase in price reflected on the order form in this issue. Also, we omitted the option of the french-cut style since it is only available in bulk orders.

Brochure: Kay Rousseau, #6 Adolph Sutro Ct., San Francisco, CA 94131. A new brochure, designed by Charlene Wheeler, is now firmly in process. Kay will have quantities ready for distribution within the next month or two; if you would like to obtain copies for distribution, write to Kay and let her know. Watch for details in C.A.N. soon!

Incorporation: Barbara J. Limandri, 557 59th St., Oakland, CA 94609. The Bay Area Web got together all day on January 7 to begin drafting the paperwork for our incorporation. They decided to use California as our place for incorporation because they have a large Web there to do the work, they have the necessary information easily available, and Lenore Bes is an enthusiastic and knowledgeable (and willing) legal back-up. The disadvantage is that California has a tough tax structure for corporations, but mostly these affect profit corporations. They are planning to proceed unless they hear of other ideas from Websters. As they get the nitty-gritty work done, they will communicate with all of us through C.A.N. and the Newsjournal, so watch for more on this important issue.

Journal: Charlene Eldridge Wheeler, P.O. Box 47, Akron, NY 14001. One other woman has indicated an interest in doing some of the work in preparation for establishing a journal. So far, some ideas for getting started have been shared, but one of the major concerns is funding. One possibility is to devote a percentage of our membership contributions to a journal fund, like we do for research. This is one goal that will require some long-range planning! If you are interested in working on this project now and over the next several years, contact Charlene!

Jewelry: Sue Dibble, 3998 Duncan Pl., Palo Alto, CA 94306. No new news now! Watch for more information.

Herstorians: Emily Anderson, 152 Pearl St., Cambridge, MA, 02139 (East Coast); Kay Rousseau, #6 Adolph Sutro Ct., San Francisco, CA 94131 (West Coast). If you take an action based on any of the items included in the Newsjournal or Cassandra's Action Network, please send a copy of your letter or an account of your action for our archives. If you have media coverage of your Web in your local area, or any other information that would be valuable for our archives, send it to Emily or Kay. Ultimately we would like to have an archive that would be useful to women who are doing historical work. If you have ideas on this, contact Emily or Kay!

Coordinating Croners still needed:

Planning for 1985 continental CASSANDRA gathering. We still don't have a specific time and date for the next continental CASSANDRA gathering. If you think your city would be a good location, if your Web is likely to be willing to work on arrangements, and if you like (or at least don't mind) this sort of thing, you are a prime candidate for this responsibility!

Planning for future area gatherings: If you want to plan for Cassandrans in your region to get together and would like to connect with others in the area to determine dates, places, etc., let us know and we will publish your interest in future Newsjournals. If your Web knows of an event coming to your area and would like to plan a CASSANDRA event in conjunction with it in order to connect with others who are attending from around the continent, start planning and let us know!

Research Fund: In San Francisco we made a commitment to begin a research fund. We projected that it will take a period of time before we are ready to begin dispersing this fund, but did not begin to work out details for doing so. If you are interested in working on such a plan, and coordinating ideas from other Cassandran's for this plan, let us know!

Educational Materials: One of our purposes is to develop feminist educational materials for nursing programs; another is to preserve and publish past and present significant works of nurses. Let us hear from you if you would like to begin working on this, or have some ideas to pass along!

#### HAVE YOU READ YOUR DICTIONARY LATELY?

doctor, (verb) 1. to try to heal; to apply medicine to; . . . 2. to repair; to mend; to readjust . . . 3. to confer the title or degree of doctor upon. . . 4. to adulterate; to falsify; to tamper with; to change for the purpose of deception . . . .

nurse, (verb) 1. to suckle (an infant) . . . 2. to suck milk from the breast of. 3. to take care of (a child or children). 4. to bring up; rear. 5. to tend (the sick, injured or aged). 6. to take special care of; to nurture, foster, develop, or cherish; . . . 7. to treat; to try to cure . . . 8. (a) to use, operate or handle cautiously or carefully, so as to avoid injury, pain, exhaustion, etc. . . (b) to drink slowly, so as to conserve . . . 9. to clasp; to hold carefully, to fondle. . . .

- from Webster's New Twentieth Century Dictionary, unabridged, 2nd ed. 1983.

## CONTACT WOMEN . . . .

Names and addresses of all members of CASSANDRA are forwarded to their nearest contact woman; otherwise our mailing list is not distributed. If you would like to be a contact woman for your area, please let us know. If you are a Contact Woman and you are not listed, or if the information given here is incorrect, please notify us. Write Cassandra, P.O. Box 341, Williamsville, NY 14221.

Massachusetts:

DENISE D. CONNORS	RRI Box 251-11	Montague	01351
KIRSTIN L. MAHLER	94 Upland Rd.	Brookline	02146

New Hampshire:

JANNETTE HOFSTEDE	38 South Main St.	Concord	03310
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Maine:

KATHLEEN MACPHERSON	23 Sheridan St.	Portland	04101
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New York:

PAT HURLEY	4 Washington Sq. Village #132	New York City	10012
CONNIE SPENTZ	24 Worchester Pl.	Buffalo	14215
JACQUELYN CAMPBELL	4 Lawton Dr.	Pittsford	14534

Delaware:

VIOLET MALINSKI	72 Wilsh Tract Rd, #306	Newark	19713
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West Virginia:

M.G. NAGAI-JACOBSON	Rt. 9, Box 246	Beaver	25813
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Georgia:

ESTHER E. WYNNE	1837 Wrightsboro Rd. #4	Augusta	30904
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Alabama:

MARY PRAHLER	522 Grove Park Dr.	Montgomery	36109
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Tennessee:

PEGGY MYERS	4821 Deanbrook Rd.	Knoxville	37920
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Kentucky:

NATALIE C. GRAY	Rt.4, Slaters Landing	Harrodsburg	40330
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Ohio:

JUDITH A. CARR	P.O. Box 5874	Pleasantville	43148
KIRSTE L. CARLSON	2446 Kenilworth	Cleveland Hts.	44106
BRIGHID KELLY	9040 Spooky Ridge Lane	Cincinnati	45242

Michigan:

LINDA CRONENWETT	806 Sycamore Place	Ann Arbor	48104
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Wisconsin:

DOLORES DAWN	1115 Millwood Ave.	Waukesha	53186
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Illinois:

D. JEAN WOOD	206 N. Monroe	Hinsdale	60521
HELEN M. RAMIREZ	5615 N. Kimball	Chicago	60659

Missouri:

D. ANN CHASE	9021-D Eager Rd.	St. Louis	63144
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Kansas:

JUDY SCHROCK	Rt. 4, Box 24	Manhattan	66502
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Louisiana:

MARGARETE SANDELOWSKI	2300 Edenborn #393 III	Metairie	70001
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Utah:

I. KELII SINE	2626 E. 3020 SO.	Salt Lake City	84109
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California:

BARBARA J. LIMANDRI	557 59th Street	Oakland	94609
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Washington:

PEG SHEPHERD	7414 N.E. 36th Ave.	Vancouver	98665
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THRUMS

(Any loose end, fringe, or tuft of thread; the fringe of warp threads left on a loom after the cloth has been cut off).

This Newsjournal was produced by:

The Buffalo Web. The women who were responsible for production of this issue were Charlene Eldridge Wheeler, Kirste Carlson, Peggy Chinn and Adrienne Roy. Layout and design was done by Charlene.

Appreciation to

-Kirste Carlson for thinking of the idea to spend time in Buffalo, and actively participating in the passing along of skills.

-Denise Connors, for keeping track of our funds.

-Websters who contributed information and articles for this issue.

-Coordinating Cronos who sent reports to be included in this issue.

-Peggy, Charlene and Frigid for preparation and design of the new brochure.

-The San Francisco Web for their energy and time devoted to our incorporation.

-C.J. Dodd for taking care of our t-shirt orders.

-Kay Rousseau for arranging printing and distribution of the brochure

-Maeona Jacobs, Peggy Myers, Emily Anderson, and Jeanne deJoseph for production and distribution of Cassandra's Action Network

-Jeanne deJoseph for continuing the planning and arrangements for our presence at the ANA convention.

-Frigid, the technological wonder, without which all of this would be infinitely more difficult, if not impossible.

-Margaret Sanger and Florence Nightingale for inspiration.

Illustrations

The illustrations appearing in this Newsjournal are from Women: A Pictorial Archive from Nineteenth-Century Source, New York, Dover Publications, 1978.

Quotes

The quote used on the first page of the Newsjournal is from The Quotable Woman, Vol. I, 1800-1899. Edited by Elaine Partnow. Los Angeles, Pennacle Books, 1977, p. 461. The Sanger source is cited as "Women and the New Race", 1920.

Criticism/Self Criticism

We have received criticism about typographical errors in the previous issues of the Newsjournal, and about a relative white, middle-class bias reflected in our illustrations. This issue has been subjected to three independent proof-readers, as well as scrutiny by Frigid, the technological wonder, who is admittedly quite ignorant of the difference between 'affect' and 'effect'! We have all been quite meticulous, but do not claim perfection!

In relation to a bias in our illustrations, we have been careful to use as many illustrations as we have available that reflect women of color, as well as women of all ages. While our source for illustrations is excellent (see the citation above), it is limited in scope. We are able to use a maximum of 10 illustrations from this source in any one publication, without copyright restriction. If anyone has original artwork, or illustrations that are not subject to copyright restrictions that would broaden the scope of the women's realities reflected in our Newsjournal, please share them with us!

Elizabeth Berrey in Cleveland is our most astute critic of language! Just after the last issue was published, she ragged us jovially about the terms "submission" and "deadline"! We fixed it!

- Charlene and Peggy

BUDGET REPORT

Date: January 5, 1984

Prepared by Denise Connors

ASSETS:

Balance brought forward	\$1972.49
Membership and Donations	1929.00
T-Shirts	204.77

<b>TOTAL</b>	<b>\$4106.26</b>
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EXPENDITURES:

Newsjournal 1:3	\$231.55
Action Network x3	255.72
Gathering- East Coast	126.00
Brochure	79.84
Postage	334.00
Stationary	152.51
Legal expenses (re: incorporation)	45.00
Nightingale's Cassandra	178.41
Computer supplies	175.74
Misc. supplies and copywork	16.84
Bank Fees	5.46
T-Shirts (& mailing)	
	194.62

<b>TOTAL</b>	<b>\$1795.69</b>
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<b>BALANCE</b>	<b>\$2310.57</b>
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Earmarked for Research Fund (13%) \$250.77

I've been thinking, Ruth.  
I need to renew my  
CASSANDRA membership -  
and get more involved!

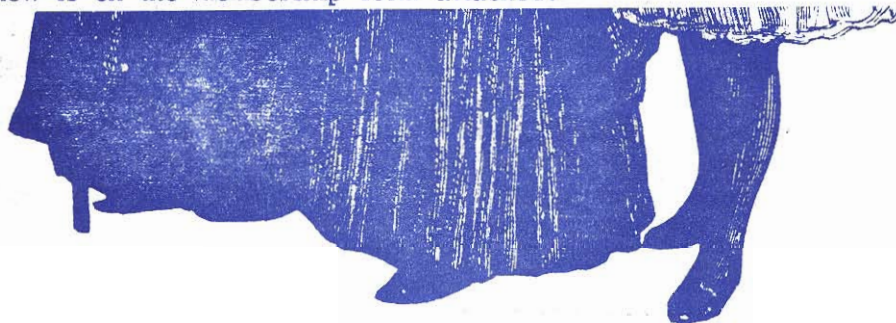
Well Mother,  
it is quite  
a commitment.

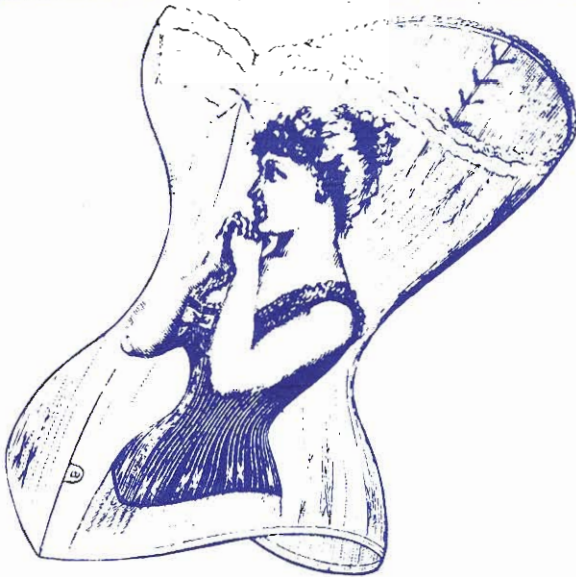
Just wait 'til I'm old  
enough to be a radical  
feminist nurse!



IT MAY BE TIME FOR YOU TO RENEW!

If your mailing label says December '83, January, February, March, or April, 1984 . . . . . it is either past time or close to time for your renewal. We do not send out reminders or raps about how important this is - it is up to you! Check your mailing label NOW, and make a note on your calendar. The information about how to renew is on the membership form attached.





- A CASSANDRA T-SHIRT FOR THE RADICAL FEMINIST NURSE!
- BE THE FIRST TO WEAR ONE WITH YOUR UNIFORM!
- MAKE YOURSELF AND YOUR SISTERS VISIBLE AS CASSANDRANS AT LOCAL NURSING AND POLITICAL EVENTS!

The T-shirt displays our logo with the name CASSANDRA nestled in the crescent of the moon across the front.

T-shirts are available in lavender or grey, with maroon printing. Sizes are S,M,L, or XL. Price is \$9.00/shirt. Please print all information. Make check or M.O. payable to CASSANDRA. Return form with payment to: C.J. Dodd, 61 Deming Street, San Francisco, CA 94114

List your 1st choice of color. May we send a substitute if your choice is not available? \_\_\_ yes \_\_\_ no

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Quantity	Size	Color

AMOUNT ENCLOSED: \_\_\_\_\_ (add 6 1/2% sales tax to the total)

If you wish to join CASSANDRA or if it is time to renew, mail this form with your annual contribution to: CASSANDRA, P.O. Box 341, Williamsville, NY 14221

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone: \_\_\_\_\_

City \_\_\_\_\_, State \_\_\_\_\_, Zip \_\_\_\_\_ AC \_\_\_\_ / \_\_\_\_

Enclosed is my first annual contribution, which covers the cost of Nightingale's Cassandra. Amount enclosed: \_\_\_\_\_.

Enclosed is my continuing contribution. The 3-digit number in the upper left hand corner of my mailing label is: \_\_\_\_\_. Amount enclosed: \_\_\_\_\_.

Please indicate the type of contribution that you are making:

- Webster - women in nursing who participate in CASSANDRA's decision-making and receive all publications: \$35.00 - \$50.00 (Nursing students, retired, unemployed, or differently-abled nurses: \$15.00)
- Friend - women who are not nurses and men who support CASSANDRA and receive the Newsjournal and monthly Network: \$25.00
- Institutional subscription - groups who receive the Newsjournal: \$35.00
- Additional contributions may be designated for a specific purpose.

CASSANDRA'S ACTION NETWORK OPINIONAIRE

Return this form to: Maeona Jacobs, 6757 S. 2485 E., Salt Lake City, UT 84121  
.....

\_\_\_\_\_ I agree with the tentative decision to continue Cassandra's Action Network with issues being produced as needed, regularly or irregularly.

\_\_\_\_\_ I think that Cassandra's Action Network should be discontinued.

Thoughts and Ideas:

\_\_\_\_\_ I am willing to produce a C.A.N. issue in the future. Please contact me about details.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone:

City \_\_\_\_\_, State \_\_\_\_\_, Zip \_\_\_\_\_

AC \_\_\_ / \_\_\_\_\_