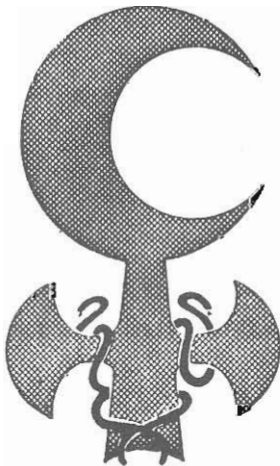


CASSANDRA

radical feminist nurses newsjournal

Vol. 4 No. 3 September 1986

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I come from a long line of women of courage, of passion, of intellect, of determined persistence, of honest forthrightness and hopeful expectation -- our fore-sisters in nursing whose lives have been obscured and trivialized and who made significant contributions against great odds. We are now realizing that they were gifted, as am I, with a few colleagues who are also brave, hopeful, risk-taking women who have refused to succumb to horizontal violence or to pessimism. We are not alone. We will make a difference. Our network of sisterhood is as powerful as it is radical.

-- Elizabeth Berrey

**CASSANDRA: RADICAL FEMINIST
NURSES NEWSJOURNAL**

A publication of Cassandra: Radical
Feminist Nurses Network
P.O. Box 341
Williamsville, NY 14221
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Published 3 times each year. Available to
websters, friends and institutions. Limited
numbers of back issues are available for
\$4.00/issue. Use the above address for:

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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 pre-
pared 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 ser-
vice 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 pre-
serving 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 affect 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.

ADVERTISING

Display ads will be published for businesses offering pro-
ducts that are consistent with CASSANDRA'S philosophy and
purposes. Write to CASSANDRA for rates. Judgments about the
suitability of ads for the Newsjournal will be made by the Web
responsible for producing the Newsjournal.

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 net-
working.

Articles should be original work that has not been pre-
viously 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. Manuscripts of articles and book reviews are
reviewed and selected by members of the Web that produces the
Newsjournal. Manuscripts are evaluated in relation to con-
sistency with CASSANDRA's purposes and philosophy, con-
ciseness, readability, and strength of presentation of ideas and
analyses of issues.

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 double-spaced. Notes and resource information
need to be very brief, approximately 12 double-spaced typed
lines.

All material 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.

Please mail your contribution so that it reaches us by the
following lifeline dates:

January issue: November 15
May issue: March 15
September issue: July 15

Our mailing address is:

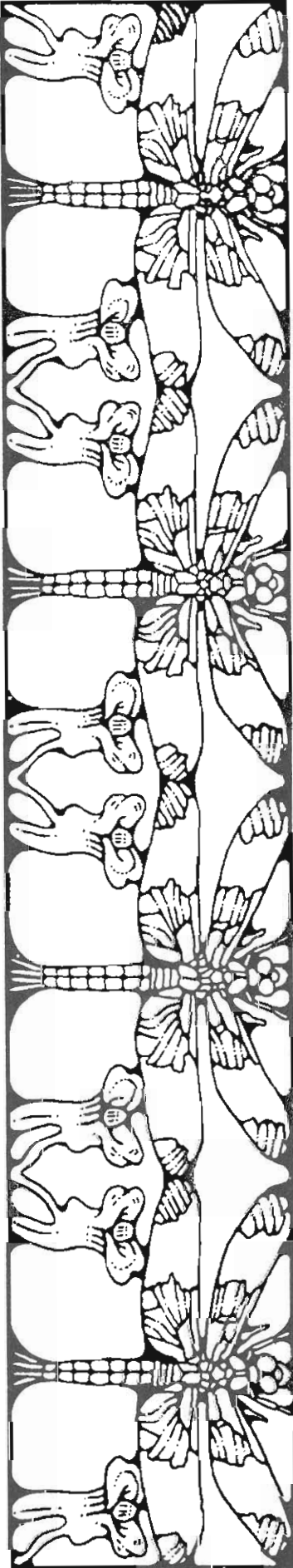
CASSANDRA
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OUR PURPOSES. . .

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 com-
munication.
- 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.



INTACT
by Sally Pelletier

Patient Sister spinning soft silks
Watchful, as she works new color
Warps with stiff raw wool
Weaving in her courage
Shifting tensions, with each change

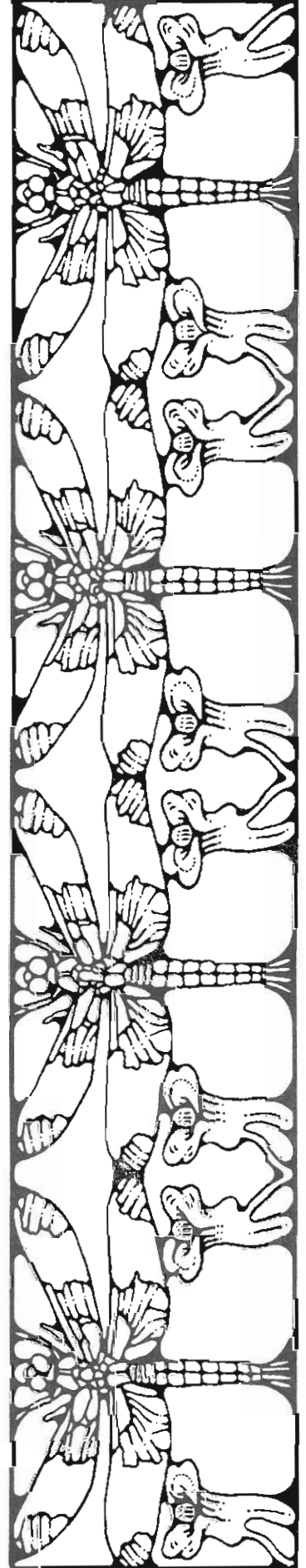
Sacred work, she stretches slowly
Knows the strain of naked knowledge
Pulling, patterns, choices, chances
Twists and turns
Threads
Which sustain?

Spinster, cast
Contrast our colors
Weave a web framed by our future
Preserve our passed, protect us present
Cloak in yarns of tight knit knowing
Shrouds of lace, shields of sackcloth

Looms of winding reels
Shifting circles, spindled wheels
Harness, Domesticate, Conceal
Stitch
by
Stitch, reveal
Our textured, wax and waning grain
Repair the thrums
Reuse the pain
Reworking, working, working

... Still ...

Shuttle her soft silks
Hum her name
Plain, Twill, and Satin
Patient Sisters
Tears and tatters, long for mending
Heirlooms
Just the same





< Kay Rousseau (right): Did you say the
 < Utah Web made the banner?
 < Kirste Carlson (left): Yeah! Isn't it
 < GREAT?!

Sheila Bunting (center): After we
 finish setting up, do we have women
 to staff? >

Merri Kaas (right): Yeah, there's a
 sign-up sheet somewhere around here. >

Anne Montes (left): I think I saw it
 here under the t-shirts. >



Sue Dibble (seated): Let's see . . .
 < who wants to answer the questions
 < about the word "radical"?

< Anne Montes (standing):

< We could pretend we didn't hear
 the questions!

Anne Montes, Peggy Chinn, Jeanne DeJoseph >
 We had a great time! >
 Wish you could have been here! >



ANAHEIM BOOTH JOURNAL

Folks who attended this year's ANA convention in Anaheim witnessed the first CASSANDRA booth in the exhibit area. Websters who were at the convention took turns staffing the booth, talking to folks who stopped to chat, and visiting among one another. We kept a notebook in the booth for communications, and thoughts about the process as we went along. We were interested in keeping a record of the responses, thoughts and feelings, so that we can use this information to decide about contracting for a booth again in the future. Here are the comments recorded in our journal (phrases in quotation marks are comments we heard from people in and around the booth; all other phrases are those of CASSANDRA women who wrote in the journal):

- I think this is great! Fun! Our neighbors are a bit leary however! (Our neighbors were Gerber Baby Food and a Gold Chain seller).

- Next year if we do handouts, it's probably a good idea to type the address of Cassandra on the bottom, and the message "for more information regarding Cassandra, write . . ."

- Slides need to have a timing tape.

- "I've been waiting for you all my life" said a woman from N.Y.

- It's been GREAT to have a place for us to sit and visit with each other and other Cassandrans at the conference.

- "Radical. Doesn't the word radical scare off people" -- I didn't have to answer the question as a nun standing there responded saying "no -- that's what they believe and they should keep the name!"

- Soooo nice to share space and time with beloved Cassandrans -- let's do this again!

- "What is Cassandra?"

"You must be new."

"When did you start?"

"I just want to read about it."

"I'm picking this up for a friend."

- Next time we do this, we need to be prepared to give basic education: feminism is . . .

- We suggest that membership forms distributed at the convention have a mark on them to identify how many new members are reached through the booth process.

- Startled friends going by booth -- when spotting woman sitting in the booth visiting with Cassandrans said "Oh my god! I didn't know you were that radical!"

- Quote of the day "Radical means to me .. I'm tired of all that shit!"

- A woman stopped by and thanked us for support in the Massachusetts strike!

- "Is this an exclusively gay organization?" When I said "No" she said "I'll buy a button!"

- Woman came by many times, looked at buttons many times. "I couldn't wear one of these in Missouri." She finally got one and put it on!

- Two folks this afternoon have seen our banner as saying "racial" feminist nurses!?

- Comment: "Thank you - Thank you for all of us."

- "Glad you are here."

- Woman from U. of Washington stopped by to meet Sue Huether -- had heard of her research.

- I saw a friend from college -- 17 years ago! So exciting!

- Woman stopped by mainly because the work "radical" attracted her -- said to keep up the good work.

- "We need you!" from a 60+ year old woman.

- One woman who received a brochure from me - a bit unwillingly - said "I'll take it . . . I'm a reasonable person." I replied "So am I!"

- "We're integrating feminism into our master's curricula and hope you can be helpful to us."

- "Why didn't you do a presentation this year -- I was there in New Orleans!"

MY FEMINIST ROOTS
By Laura Ryan Caldwell



My feminist roots come to me from my mother, Josephine Weil Ryan. Mother was born in the last century and risked disapproval and censure by her family and friends when she became an early suffragette. After she marched in the famous New York parade, her family threatened her with loss of home and financial support.

Mother held her ground and eventually her mother accepted the fact that Josephine's cause had not been as inappropriate and radical as it had seemed at the time. She remained single until she was 40 and then moved from the luxury of a New York City apartment to the life of a pioneer woman married to an Irish-born "Mountie" living in a small Western Canadian town. Mother had graduated from Smith College in the days when a college education was unusual for women and she felt education for her two daughters was as important as for her son. As I was growing up in the heyday

of girls seeing marriage as the be-all and end-all of existence, my mother kept insisting that "If I met the right man, marriage would be fine. But, Laura, it's far better to be single than to marry only for the sake of being married." I did marry and have just celebrated 36 years in a very positive relationship.

I hope I can model feminism as well for my daughters and granddaughters as my mother did for me. As a feminist, my mother pushed me toward medicine when I first began to talk about nursing. But my pull toward nursing was too strong.

In Canada, the model of Florence Nightingale as a tough, educated, caring woman was imprinted deep in my consciousness. Edith Cavell, another courageous, risk-taking British nurse who was shot by the Germans in World War I, was also one of my heroines. And I saw British and Canadian nurses with a strong position in society, highly
continued . . .

Feminist Roots, continued . . .

respected by physicians and patients alike. I never saw them in the handmaiden role not uncommon for me to note after moving to the United States. Nursing was, and is, my first love; a love, however, that has caused me to be a life-long maverick, always needing to carve out my own space and role.

My goal has always been to empower people, especially women, and to have fun in my profession. I was graduated from a diploma program in Vancouver, British Columbia. Pushed by my mother to go to the University of California, Berkeley, I obtained my BSN there with a double major in Public Health Nursing and Nursing Education. I also took many liberal arts electives ranging from Chinese history to Modern British Literature, and became the first Berkeley nurse elected to Phi Beta Kappa for "excellence in liberal arts."

My first job was Head Nurse in a Pediatric Clinic in Kaiser's second US hospital in Oakland, California. All of us at Kaiser in those days were working on empowerment. The health maintenance organization concept was considered so radical that our physicians were not even permitted to join the local medical society. At Kaiser, I worked with parents to increase their confidence in their own ability to care for their children and to know when they needed health care.

After Kaiser, I married and took time out to raise four children. I taught natural childbirth in Los Angeles and Knoxville. During those years, working with women to give them more control over their own bodies was considered radical and drew considerable hostility. Later, I worked for Head Start, Catholic Diocese of Cleveland, where the goal of giving poor children a better educational beginning was undergirded by the whole poverty program's theory of "maximum feasible participation in decisions affecting participants' lives." In this case, I was working with parents, usually young mothers, to empower them to assert their

rights in a maze of bureaucratic medical systems.

Next, I spent a number of years working as a nurse in a community college health service. This was an ideal environment to work with students of all ages helping them take charge of their health, their bodies and their lives. At the same time, I volunteered at a neighborhood free clinic and in both settings, spent much time and energy on reproductive rights for women.

I did pregnancy counseling and was instrumental in beginning one of the first community college GYN clinics to make all women's health services, including birth control and abortion referrals available to women students, and female partners of male students. During these years, I went to the Primex Nurse Practitioner Program at Case Western Reserve University. This additional background and the new skills empowered me and can empower other nurses.

My private practice will celebrate its 3rd birthday in January 1987. The cover of my brochure begins with the words, "TAKE CHARGE of our own well-being," and my focus is on wellness/wholeness, health and stress management. I use many holistic modalities and recently added qualifications in the Myers-Briggs Type Indicator to strengthen my ability to empower the people who come to see me.

Along with individual wellness and stress counseling, I present workshops, teach nurses in the continuing education program at Cleveland State University, and consult with organizations and institutions wishing to improve employee wellness.

It's scary -- and wonderful -- to be on my own. So far, I feel things are going remarkably well. I left an excellent, secure, well paying job to risk something new. Behind me I see the example of my mother and all of the risk-taking women who have empowered me to find all I could ever want in my beloved profession of nursing.

§§§

NATIONAL NURSES CONFERENCE ON VIOLENCE AGAINST WOMEN
Because you're a Nurse
by Sally Pelletier

How many times has a friend with a problem come to you and said "I'm in trouble, I thought you might help ... because you're a nurse."? Sometimes its a UTI or a child with croup. Sometimes its a neighbor who received an obscene phone call or a relative who's been badly beaten because supper was late.

Seen in our nursing roles and as feminists working in the community it is logical that a woman would turn to us for support. Indeed, direct service, grass roots work and mutual help are gifts many of us share. Helping each other deal with our oppression helps us all survive and become strong. Still, as nurses working within the institution of medicine, we get a double dose of the power, money, male oriented system that perpetuates our oppression. For me, its a bittersweet testimony that after a hard day on the job I'm often called upon off the job "because I'm a nurse."

Those of us who are fighting this disease of violence against women (so who isn't?) need support, inspiration, places to share what we have learned and learn what others know.

Last November at the University of Massachusetts in Amherst, I found one place to do this at the First National Nursing Conference on Violence Against Women. The conference was organized by two RN's, Peggy Perri and Chris King, along with a large planning committee of nurses, health educators, social workers, therapists and women active in

or interested in the issues involved in violence against women.

The stated goal of the conference was "to foster dissemination of knowledge, current research, and innovative clinical and educational strategies." I believe these worthy goals were met. More important to me was the opportunity to meet other feminist nurses and get some sisterly inspiration. This is where I became re-introduced to and interested in Cassandra.

The conference included topics which emphasized the impact of violence on nursing and health care and looked at possibilities for future trends to eliminate violence against women. There were demonstrations, presentations, entertainment and networking sessions. It was work. It was fun.

This year at the end of International Woman's Week, the University of Massachusetts will host the Second National Nursing Conference on Violence Against Women. It will be presented by the Nursing Network on Violence Against Women on March 13-15, 1987. If you wish to attend the conference, present your work, help organize, or participate in any way, please contact:

NNVAW
Division of Nursing
419 Arnold House
University of Massachusetts
Amherst, MA 01003

I would love to see you there. In solidarity,

Sally Pelletier
111 Paderewski St.
Chicopee, MA 01013
(413)592-9669





FEMINIST NURSING LITERATURE ???

by Peggy L. Chinn

Have you heard, or said, things like this:

"There just isn't any feminist nursing literature . . . "

"It is very difficult to find nurses who are interested in feminist thinking . . . "

"If you are a feminist, you will never be able to get published . . . "

"Being associated with Cassandra is a professional dead-end . . . "

I have heard these and many other related comments, much to my own private chagrin. The statements are simply not true in an absolute sense. However, I do recognize certain consistencies between these comments and my own experience. For example, one article that I co-authored with Charlene Eldridge Wheeler in Nursing Outlook created a degree of stir with some of the journal folks and required substan-

tial editing in order to be published.

I am also acutely aware that "standard" indexing traditions are male-oriented and illness oriented, and so finding material on women or on health is very difficult -- sometimes impossible -- even though it exists.

As editor of Advances in Nursing Science, I recently completed an author and subject index. The subject index includes many woman-identified and health-identified key words that do not appear in any other index. However, only seven articles appear under the heading "feminism". This is primarily because I had to limit what could be listed in each subject category, and listed only articles with each subject that contain a key word in the title or the abstract, with a minimum of interpretation as to the focus of the article.

continued . . .

I knew there were many articles that have appeared in ANS with a clear feminist orientation, but I had never really identified them all in one spot. Many of these articles are indexed with key words that are clearly related to feminism, such as "oppression," but unfortunately to a naive searcher this relationship may not be so clear.

I decided to do a bit of an extension of the index to share with women in CASSANDRA. To my delight I found 29 articles in the first 8 volumes (roughly 15% of all articles published in these volumes) that have a clearly identifiable feminist orientation.

The list does not include "From the editor" pieces in each issue that I wrote, most of which express an explicit or implicit feminist perspective. Within the past few years I have been able to title these pieces so they will be easier to identify. A few of my favorites are "Science and the Politics of Sexism" (7:3), "Quality of Life: A Values Transformation (8:1), and "Violence and the Health Care 'Family'" (8:4).

Many, but not all, of the authors of the articles listed below have been involved with CASSANDRA. Some of the authors listed here may not want to be known as "feminist," but the content of their article is consistent with a feminist point of view and draws on feminist thinking. There are still other excellent articles not listed here that are clearly consistent with a feminist point of view, but I have not included them here because the content is not necessarily central in terms of feminist thought (for example I authored such an article on the topic of lowering infant mortality in Vol. 1:3).

I also want to share that while I myself am delighted with each "feminist" article that arrives, I use very strict rules that guide the review and selection process to assure that I do not abuse the "gatekeeping" role that is so often associated with journal editorship. For example, each article is

reviewed anonymously by three members of the review board -- 1) a reviewer who has content expertise (i.e. knowledge of feminist theory) 2) a reviewer who has methodological expertise (i.e. a reviewer who is experienced in the method used to obtain the content of the article) and 3) a reviewer who represents an interested reader (like a student) who does not already know a lot about either the content, the method or both. I do not deliberately send an article to be reviewed by a "hostile" reviewer, but I do try to have each article reviewed by someone who is not already "convinced".

If you haven't already had the opportunity to read some of the articles listed here, I hope you will find them and read them! We (meaning myself, the Aspen staff who edits articles, and the members of the review board) have worked to produce articles that are interesting, and accessible for all readers (including people not necessarily in "academia"). I personally find many of the articles listed here among the best we have published, and I hope you enjoy reading them. I would be delighted to hear from you with any thoughts or impressions!

If you want more information about the journal (back issues can be purchased if your library does not carry them) write Aspen Publishers, 1600 Research Blvd., Rockville, MD 20850).

All articles listed appear in
ADVANCES IN NURSING SCIENCE
Key - Author: Article title.
Year;Vol#(Issue#):pages.

Anderson, Joan M.: Perspectives on the health of immigrant women: a feminist analysis. 1985;8(1):61-76.

Ashley, Jo Ann: Foundations for scholarship: historical research in nursing. 1978;1(1):25-36.

Ashley, Jo Ann: Power in structured misogyny: implications for the politics of care. 1980;2(3):3-22.

continued

ANS feminist literature, cont. . .

Campbell, Jacquelyn: Misogyny and homicide of women. 1981;3(2):67-85.

Campbell, Jacquelyn: A survivor group for battered women. 1986;8(2):13-20.

Campbell, Jacquelyn C.: Nursing assessment for risk of homicide with battered women. 1986;8(4):36-51.

Charleston Faculty Practice Conference Group: Nursing faculty collaboration viewed through feminist process. 1986;8(2):29-38.

Connors, Denise Donnell: Sickness unto death: medicine as mythic, necrophilic and iatrogenic. 1980;2(3):39-51.

Connors, Denise Donnell: Women's "sickness": a case of secondary gains or primary losses. 1985;7(3):1-17.

Crowley, Margaret A. and Denise Donnell Connors: Critique of "The Use of Animals in Nursing Research." 1985;7(4):23-31.

Dunbar, Sandra B., Ellen Patterson, Clara Burton, and Grace Stuckert: Women's health and nursing research. 1981;3(2):1-16.

Greenleaf, Nancy P.: Sex-segregated occupations: relevance for nursing. 1980;2(3):23-37.

Hughes, Linda: The public image of the nurse. 1980;2(3):55-72.

LaGodna, Gretchen E.: The single rural woman: invisible struggles. 1981;3(2):17-23.

Limandri, Barbara J.: Research and practice with abused women: use of the Roy adaptation model as an explanatory framework. 1986;8(4):52-61.

Lovell, Mariann C. and Dorothy L. Fiorino: Combating myth: a conceptual framework for analyzing the stress of motherhood. 1979;1(4):75-84.

Lovell, Mariann C.: The politics of

medical deception: challenging the trajectory of history. 1980;2(3):73-86.

Lovell, Mariann C.: Silent but perfect "partners": medicine's use and abuse of women. 1981;3(2):25-40.

MacPherson, Kathleen I.: Menopause as disease: the social construction of a metaphor. 1981;3(2):95-113.

MacPherson, Kathleen I.: Feminist methods: a new paradigm for nursing research. 1983;5(2):17-25.

MacPherson, Kathleen I.: Osteoporosis and menopause: a feminist analysis of the social construction of a syndrome. 1985;7(4):11-22.

Munhall, Patricia L.: Methodologic fallacies: a critical self-appraisal. 1983;5(4):41-49.

Munhall, Patricia L.: Methodological issues in nursing research: beyond a wax apple. 1986;8(3):1-5.

Patterson, Ellen Tate and Elwynn S. Hale: Making sure: integrating menstrual care practices into activities of daily living. 1985;7(3):18-31.

Roberts, Susan Jo: Oppressed group behavior: implications for nursing. 1983;5(4):21-30.

Silverstein, Norma G.: Lillian Wald at Henry Street, 1893-1895. 1985;7(2):1-12.

Torres, Gertrude: The nursing education administrator: accountable, vulnerable, and oppressed. 1981;3(3):1-16.

Wheeler, Charlene Eldridge: Viewpoint: Essay in response to republication of a biography. 1984;6(4):74-79.

Wheeler, Charlene Eldridge: The American Journal of Nursing and the socialization of a profession, 1900-1920. 1985;7(2):20-34.

§§§

Peggy L. Chinn is the founding editor of ANS, established in 1978. She is also on the nursing faculty at SUNY-Buffalo, has been a member of the EMMA (bookstore) collective in Buffalo since 1981, was part of the founding group that formed CASSANDRA, and is co-founder of Margaretdaughters, Inc. For recreation she balances the books, paints (as in rooms), reads, occasionally does needlework, and stares at the walls.

THOUGHTS WHILE BEING IN HOSPITAL
by Margaret Nixon

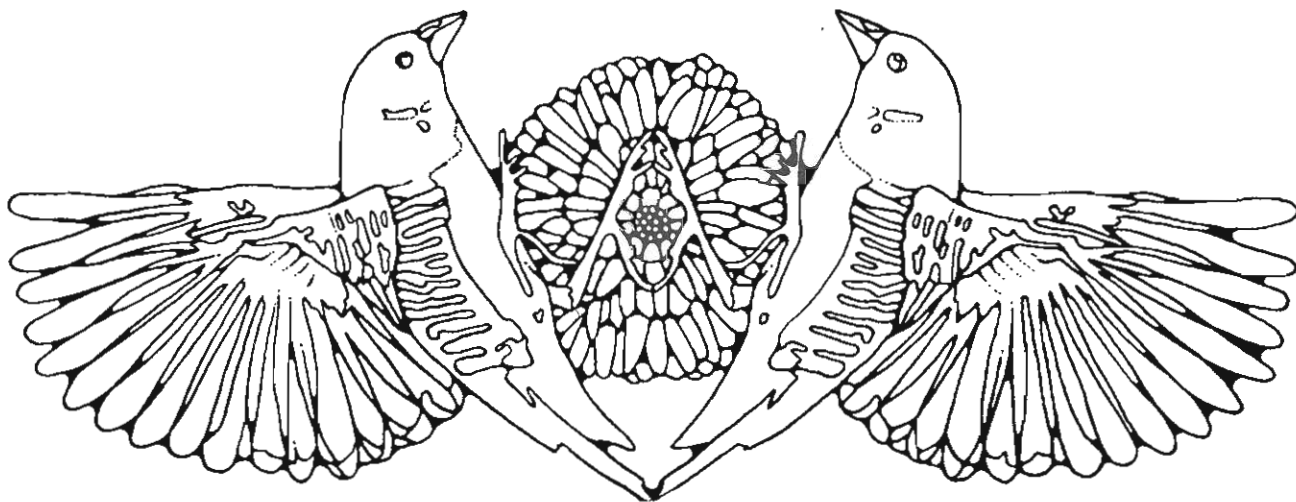
Recently I was hospitalized for a short period, and so had time to reflect upon the current debate of the terms - client versus patient. Was I a patient, one who endures "pain, trouble etc. without complaining, losing self-control, making a disturbance etc" (Webster, 1960)? Or was I a client, which if one uses a literal translation of the latin, *clinare*, one who leans on another (for protection). One often hears the definition of client stated in the context of engaging a lawyer or accountant to act on ones behalf. This seeking out of a person is certainly applicable to an initial consultation of a health professional. We seek help to improve, or hopefully cure whatever is bothering us. However once we enter a hospital the consultation phase is past. We have entered a new phase -- one that at times requires us to take a more passive role.

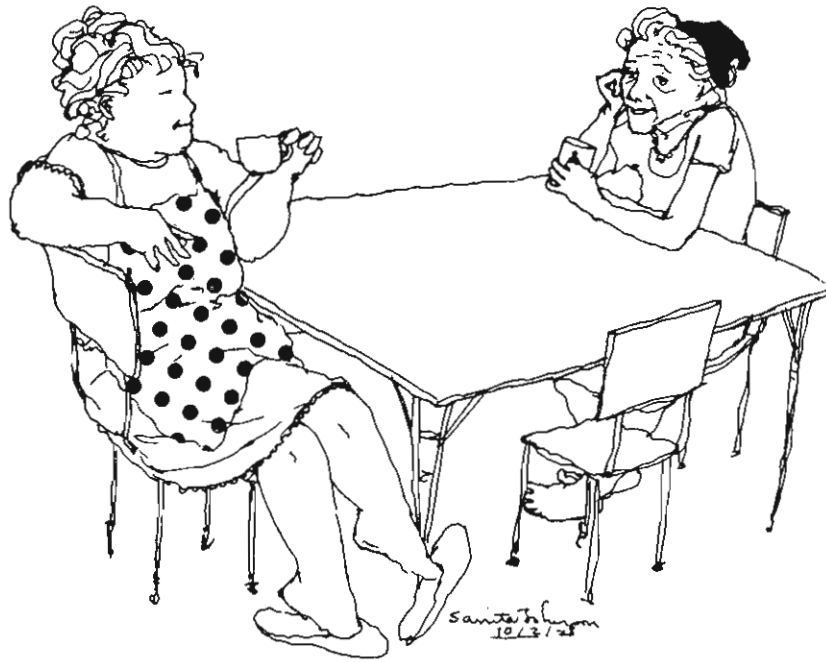
Certainly once I had been admitted to hospital, I made an effort to be involved with my care, asking questions about the forthcoming procedure and also being actively involved in the admission teaching phase. However I also had to acquiesce to certain procedures that I would have preferred not to have had done -- e.g. the preoperative enema, and also starving for eight hours before the

surgery; however these are issues that enhance patient safety and are usually not negotiable without some personal risk.

Postoperatively I found that I had to lean on the nursing staff. I was unable to do much for myself and I needed their assistance, but at no time did I feel as though I was enduring pain and suffering. I was consulted about my activities, pain level and my bell calls were promptly answered. I did not feel that I maintained a passive role, rather I was encouraged to increase my activities as I was able. At the same time I was aware of my own needs and desires and passed them on to the nursing staff. They in turn responded, but this was not a consultational process, rather a direct exchange of ideas.

So what did I decide to call my role? As yet I do not have an answer. I was not a patient, nor yet a client. I was unable to think of a word that describes the current role of a person in hospital. Maybe as Miller and Swift (Words and Women, 1977, Anchor Books) suggest, once roles become more liberated, the English language changes in response. Perhaps we are still awaiting a term to evolve? I look forward to hearing your thoughts.





AN EXPERIMENT WITH ROTATING CHAIR
by Dorothy E. Verna

"These meetings are getting out of hand! Everyone is talking and yelling at once! These meetings are so draining I hate to go to them! We have a lot of energy and motivation, but it's getting harder and harder to organize projects at our meetings!"

By the summer of 1985, our Constituency Legislative Committee was having difficulties. Although we had achieved a string of wonderful successes, we could not achieve orderly and smooth meetings. Members frequently spoke "out-of-turn" and interrupted each other. Our meetings would run late into the night, and leave members exhausted. With all the talent and sophistication in our group, there had to be a way to alleviate these problems. At one point during a meeting, in exasperation, our chairperson held up her pen and informed us that "the person holding the pen will speak; when you're done talking, pass the pen to the next person who wants to speak." Some members reacted very negatively to this action (that's childish), while others just ignored it. It was at that time that the "rotating chair" came into mind. I had read about the rotating chair in CASSANDRA Newsletters

and in Peace and Power: A Handbook of Feminist Process. I was hopeful that the rotating chair idea would be more acceptable than the "rotating pen."

I later approached the chairperson about incorporating rotating chair. I gave her an explanation of the process and my copy of Peace and Power. After hearing and reading about this process, she enthusiastically embraced it, and presented it to the membership at our next meeting. She also ordered her own copy of Peace and Power!

Happily, rotating chair was accepted with only mild resistance. For some reason, once our communication problems were officially addressed, some members denied there were any, or that they were so serious as to require this "drastic" action.

The rotating chair experiment was short-lived -- it lasted for two monthly meetings. But I believe its effect has continued until the present. The group has found that meetings run more smoothly and timely, because there is less rudeness, and more listening to the person who "has the chair."

Thank you CASSANDRA!

DEAR CASSIE

In this column we publish letters asking for specific ideas and thoughts about problems, and responses to these letters. If you also wish to contact the woman who writes a letter, send your letter to CASSANDRA, P.O. Box 341, Williamsville, NY, 14221, marked for forwarding to the woman to whom you are writing. We will see that she receives the letter right away.

Reply to Sue Gibson's letter in the May, 1986 issue:

Dear Sue,

Nurses have been exploited throughout history. Education has made us acutely aware of our problems but has not resolved them. Nurses will continue to leave hospitals and work elsewhere in order to avoid being sacrificial lambs.

As an individual there is little you

can do about the situation except to document the problems and make them known to those who can make changes.

However, Sisterhood is Powerful! Consider joining a union or working at an institution where nurses are in a collective bargaining unit. The best way to correct workplace abuses is through a collective bargaining agreement. The Federation of Nursing and Health Professionals and other unionized nurses, including ANA bargaining units, have made progress in many areas and enhanced their professional status.

The dedication of nurses should be aimed at providing high quality patient care, not selfishly used by employers making unjust demands. Unionized women say "Don't agonize, Organize!"

Good luck!

Sincerely,

Helen M. Ramirez

LETTERS FOR CONNECTIONS

Dear Friends,

A doctor of mine who is also a friend has asked me for advice about setting up a breast imaging center that is sensitive to women's needs. Could you suggest some things I might read that would help me advise him? What kinds of information is available about what women look for in such centers? Where can I get samples of questionnaires that might be distributed to women who use the center to evaluate its success in meeting their needs? I'll be grateful for any help you can give me.

Sincerely,

Paula Rothenberg

Newark, DE 19713

57 Cambridge Rd.

Montclair, NJ 07042

Dear Cassandra,

I am trying to locate information about sexual counseling as part of rehabilitation post-MI and post-CABG surgery for homosexuals. I have consulted the literature, at least that which is indexed in International Nursing Index and Index Medicus, and have found nothing appropriate for my purposes. I would appreciate hearing from anybody who knows where I might locate this information.

Sincerely,

Doris M. Williams

703B Village Circle

RESOURCES

OUR RIGHT TO ABORTION is a video documenting the National Organization for Women's "March for Women's Lives" held on March 9, 1986 in Washington DC. The video is available on 3/4" and 1/2" VHS video tape and Beta max for minimum dubbing costs plus shipping and handling. For more information, write Mary Demetrick, Syracuse University Communications Programs, 125 College Place, Syracuse, NY 13244, or call 315/423-4172.

The University of Illinois at Chicago College of Nursing offers masters and doctoral programs in women's health. For more information, contact the Women's Health Exchange, College of Nursing, The University of Illinois at Chicago, 845 S. Damen Ave., Chicago, IL 60612, or call 312/996-0153.

The Nurses Alliance for the Prevention of Nuclear War provides regular communication and information about how nurses can be involved in stopping the arms race and nuclear build-up. For information, contact NAPNW, 225 Lafayette St., Suite 207, New York, NY 10012 or call 212/219-9280.

Nursing: The Politics of Caring and other films and videos of interest are available from Fanlight Productions, 47 Halifax Street, Boston, MA 02130, or call 617/524-0980. They publish a regular newsletter that provides detailed information about their recent releases, as well as resources available from other groups related to health and consumer rights. They also provide a recent catalog that provides information on all the films and videos that they distribute.

Vegetarian Voice is a newsletter that provides information about vegetarian nutrition, life-style, ethics, programs, and politics. For more information, write P.O. Box 72, Dolgeville, NY 13329

HEALTH/PAC: Health Policy and Advisory Center, is seeking to contact progressive folks who would be interested in an alternative analysis of the military-medical-industrial complex. They publish Health/PAC Bulletin, and have books, pamphlets and other resources prepared from a liberal/radical perspective. For information, contact Health/PAC, 17 Murray St., New York, NY 10007 or call 212/267-8890.

A special issue on Health has been published by SAGE: A SCHOLARLY JOURNAL ON BLACK WOMEN, Vol. II, No. 2. This is an excellent issue that includes a photographic essay of black women healers, articles, personal narratives of black women, reviews, and resources. Subscriptions are \$15 a year. For more information, write SAGE, P.O. Box 42721, Atlanta, GA 30311-0741.

Tri-Image Productions is a lesbian-owned, woman-identified production company creating videos, documentaries, feature and short films. Their recent video "Images: A Lesbian Love Story" is available for \$48.50. Write Tri-Image Productions, P.O. Box 15911, Long Beach, CA 90815-0911.

Woman of Power: a magazine of feminism, spirituality and politics has announced the following upcoming themes: Healing, Art as Activism, International Feminism, ReVisioning the Dark, Nature, Making Peace. Subscriptions are \$22 for 4 issues; single issues \$6 plus \$1 postage. Write P.O. Box 827, Cambridge, MA 02238, or call 617/625-7885.

The Animals' Agenda provides a wide range of news and information about the ethics, politics and health implications of animal rights. Subscriptions are \$18 per year. Write P.O. Box 5234, Westport, CT 06881.

RESOURCES, cont. . .

Kalliope: A Journal of Women's Art has recently published a special issue featuring writers and artists with disabilities. Subscriptions are \$9.00 for one year; single issue price is \$3.50. For information, write Kalliope, 3939 Roosevelt Blvd., Jacksonville, FL 32205.

A Friend Indeed is a new newsjournal published in Canada for women in the prime of life. The intention of the newsjournal is to explore menopause as mythology, as biology, as feelings; to offer moral support to those who need it; to offer an exchange of information from woman to woman; and to gather together in one place relevant information so that women can make knowledgeable decisions. A one year subscription is \$18 (U.S. funds) payable to "A Friend Indeed Publications, Inc.," P.O. Box 9, NDG Station, Montreal H4A 3P4 CANADA.

Northern Sun Merchandising, 2736 Lyndale Ave. So, Minneapolis MN 55408 offers a wide variety of mail-order buttons, bumper stickers, t-shirts and posters with anti-nuclear, feminist, ecological, pro-third world and gay rights messages.

Planned Parenthood Alameda/San Francisco, Education Dept., 1660 Bush St., San Francisco, CA 94109 offers an excellent selection of mail order educational posters, books, brochures, and cards on pregnancy, general health care for women, menopause, sexuality and disability. Write to them to obtain a catalog, or call 415/441-5454.

Legal Resources for Nursing publishes Ln: LegalEase, a newsjournal that briefly summarizes current events, cases and issues that are important from a nursing perspective. The organization also provides workshops in various locations nationwide. Subscription is \$18 for 6 issues/year. Write Legal Resources for Nursing, 7 Napoleon St., Valparaiso, IN 46383.

§§§

MEMBERSHIP QUERY

The following note was returned on our postcard reminding a woman of her past-due renewal date. We thought the note, and our response, might be interesting for others as well.

Are you sure the renewal fee is \$35-\$75? I subscribe to several feminist journals which come out as often as yours (for instance Trivia, Broomstick, oob, Lesbian Ethics) and their subs are half what yours is. Why is yours so high? Do you want me to subscribe? I'm not a nurse and I'm not poor and I found your journal often inspiring -- but \$35? Why? And why so much more than the others?

Response:

Cassandra is a network of nurses (websters) and friends who are supportive of what we are doing. The contribution is not only for the newsjournal, although this is a major priority for us. We are also hoping to provide the financial support for our other purposes (see the inside cover of each newsjournal, and our main source of income is contributions from websters. We do not request nursing credentials; women who are not nurses can receive the newsjournal for \$25. You may subscribe if you wish. If you do, we hope you continue to find the newsjournal inspiring!

- Peggy Chinn, Membership Webster

CONTACT WOMEN

Names and addresses of all Cassandrans are forwarded to their nearest contact woman; otherwise our mailing list is not distributed. This list is arranged by state alphabetically, so find the location nearest you to connect with the nearest contact woman. There are many cities and states not yet represented by a contact woman, so if you would like to be a contact woman and encourage networking in 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.

Arizona:

Cynthia K. Russell
3207 North 53rd Parkway
Phoenix 85031

Barbara Sciacca
Box 4432
New River State, II
Phoenix 85029

California:

SUE DIBBLE
141 Leslie Dr.
San Carlos 94070

Canada:

MARGARET NIXON
1645 Broadmead Ave.
Victoria V8P2V5

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New Haven 06513

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Augusta 30904

Illinois:

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5615 N. Kimball
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2408 Jennings
Sioux City 51104

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Sydney H. Pendleton
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Prairie Village 66208

Massachusetts:

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22 Brook St.
Somerville 02145

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Ann Arbor 48103

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6001 11th Ave. South
Minneapolis 55417

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DENISE D. CONNORS
3D Bass St. River Ridge
Newmarket 03857

New Jersey:

DOROTHY VERNA
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West Orange 07052

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Pleasantville 43148

KIRSTE L. CARLSON
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Irmo 29063

SHEILA REIHING TRUBY
11 Ashwicke
Greenville 29615

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1110 W. Saner Ave.
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CAROL COOK BLEAU
5010 Highland Ct.
Austin 78731

Utah:

CAROL A. ASHTON
3685 Palisade Dr.
Salt Lake City 84109

Washington:

ALICE LIND
9329 Lima Terrace S.
Seattle 98118

West Virginia:

JINI MILLER
103 Ellen Lane
Morgantown 26505

Wisconsin:

DOLORES DAWN
1115 Millwood Ave.
Waukesha 53186

- Do You Need Facts About Menopause?
- Does the Stereotyping of Older Women Make You Angry?
- Do You want to be Part of an Older Feminists' Network?



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T H R U M S

(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 Newsjournal Staff Nurses who were responsible for production of this issue were Charlene Eldridge Wheeler and Peggy Chinn.

Appreciation to:

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

- Women of the Buffalo Web who assist with mailing tasks and other details of preparation of the newsjournal.

- Doris Santercole for printing the photographs (provided by Charlene) of the Anaheim booth.

Illustrations:

Photographs that appear in this issue were provided by Laura Caldwell (p. 6) and Charlene Eldridge Wheeler (p. 4 and p. 9)

Unless otherwise specified, the graphic/clip art illustrations are from the following publications:

Jewell Graphics' Feminist Clip Art, P.O. Box 29303, Oakland, CA 94604.

Women: A Pictorial Archive from Nineteenth-Century Sources, Dover, 1978

Treasury of Flower Designs by Susan Gaber, Dover, 1981.

Banners, Ribbons and Scrolls ed. by Carol Belanger Grafton, Dover, 1983.

Treasury of Art Nouveau Design and Ornament by Carol Belanger Grafton, Dover, 1980

Art Nouveau by E.V. Gillon, Dover, 1969.

Quote:

The quote on the front cover of this issue is by Elizabeth Berrey of the Cleveland Web. Elizabeth's photo, and her quote, are featured in Everyday Sheres: A 1987 Calendar of Celebration. Used by permission of Margaretdaughters, Inc., P.O. Box 70, Buffalo, NY 14222.

Newsjournal Staff Nurses' Notes:

Dear Websters,

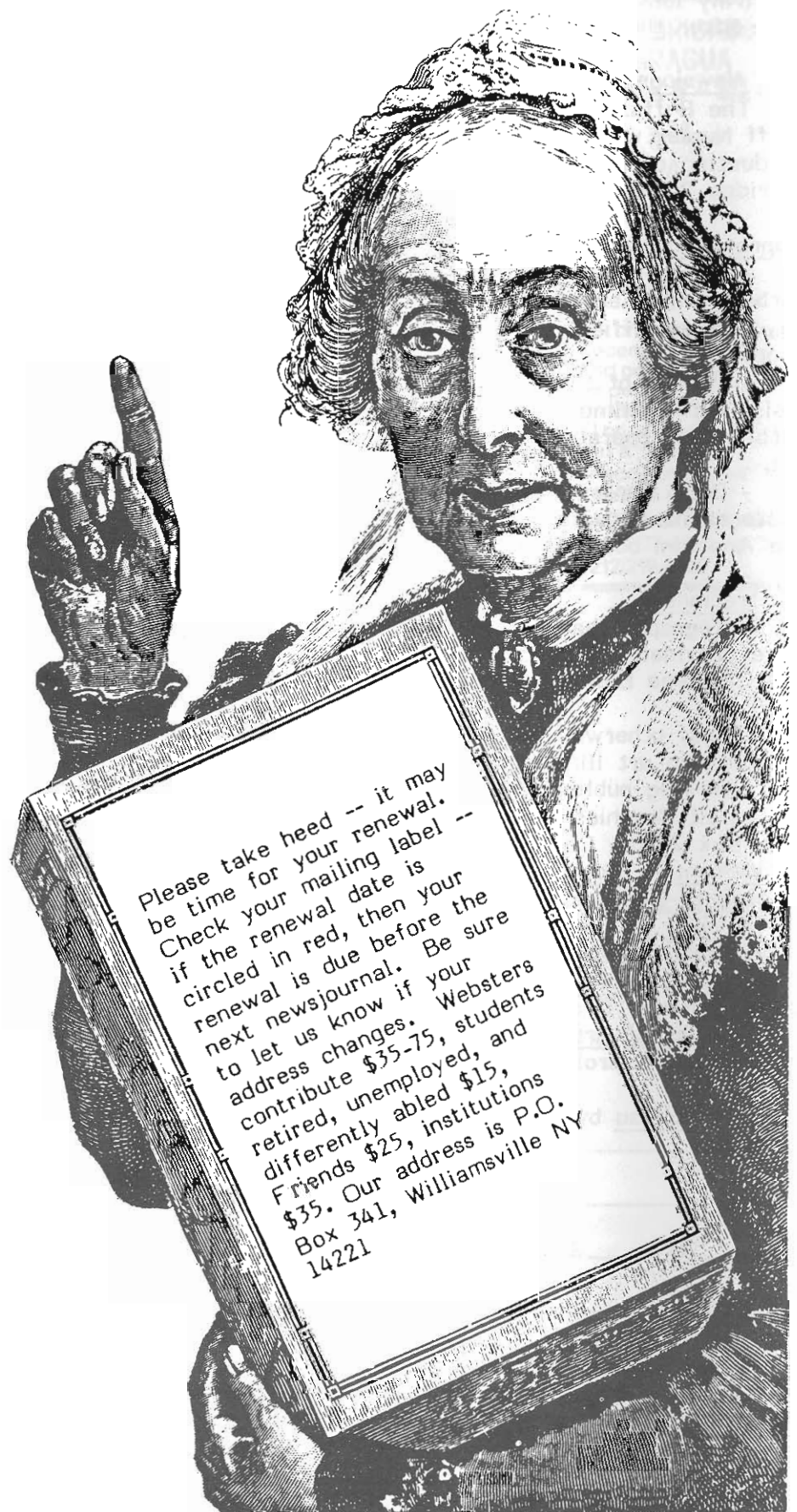
We apologize for the lateness of this issue of the newsjournal. We have been relocating our home and office. As with many such occasions, it has taken us more time than we care to admit to find the things we need to function. This is a "5 in 1" house -- everytime we go to do one thing, there are five others that need to be done first. Frigid was deprived of her "juice" for too long, and so has since been just a wee bit anemic and difficult to get along with.

This issue of the newsjournal is a very light issue, which does not have any relationship to Frigid's anemic state. We did not realize the issue was so slim until we went to prepare it. There were a couple of websters who would have provided some material if we had known in time, and as you see there were women who did send us material. But it is not the full issue we would prefer to produce.

We once again are asking everyone to take note that this newjournal cannot be sustained without contributions from everyone. Please remember our next lifeline date -- November 15 for the January issue. We will make every effort have the issue out on time. If it is late in January, we hope it is because of the volume of material to prepare!
- Peggy and Charlene

REMEMBER

The lifeline date for
the January issue is November 15. We hope to hear from
YOU!



Please take heed -- it may
be time for your renewal.
Check your mailing label --
if the renewal date is
circled in red, then your
renewal is due before the
next newsjournal. Be sure
to let us know if your
address changes. Websters
contribute \$35-75, students
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