

a feminist library and a place to relax

Workshop course designed for York women

The Women's Workshop is a program developed to assist women of the York community in exploring and coping with their changing role in today's society.

The program offers opportunities to examine the influence of traditional and modern sex-role attitudes in women's personal,

social, academic, and working worlds. New, more appropriate communication skills and behaviour can be in explored group settings, and - or in individual feminist counselling sessions.

Women can gain knowledge in areas previously inaccessible to them, through presentations and

group discussion and through feminist literature available to them at the Drop-in.

The Women's Workshop aims to provide opportunities for women to gain inner strength and control over their lives by sharing common concerns and experiences.

Many York women enjoy the

quiet, relaxing atmosphere of the Drop-in Centre, room 102, Behavioural Sciences Building (open from 9:00 am - 5:00 pm, Mondays to Fridays). Most speak of this place as a retreat from the bustling and noisy corridors in the rest of the university. Some come in to check the feminist library's card catalogue for research purposes.

A vital part of the programme is its variety of groups and weekends workshops. The ongoing weekly groups currently offered include: assertiveness training; leadership skills, sexuality and health, mature women's issues and consciousness-raising.

Most are scheduled to run two hours for four to six sessions. Members of the weekend workshops participate for two hours Friday evening and eight hours on Saturday.

Two weekly groups are beginning soon: sexuality and health, Wednesday 1:00 - 3:00, and leadership skills Thursday 12:00 - 1:00 or 1:00 - 2:00.

Participants in the sexuality and health group will explore the taboos, myths and contradictions surrounding issues such as birth control, menopause, body-awareness, rape and nutrition. The group will be fairly structured; information will be discussed, and members will participate in role-playing and body-awareness exercises.

Many students mistakenly believe that to join the leadership skills group they must already be an ef-

fective leader or have aspirations to the prime ministership.

In fact this group is designed to help participants handle situations we all face at times: while leading seminars, at our club meetings or social gatherings, or solving groups. Members will practise communication skills and take turns giving presentations and receiving constructive feedback from their groups.

In November, two weekend workshops are planned. Assertiveness Training is scheduled for November 4 and 5; Leadership Skills for November 18 and 19. In the former group, members will learn, as Jakubowski puts it, to 'stand up for their personal rights and express their thoughts, feelings and beliefs in.... ways which do not violate another person's rights'.

If enough interest is generated, a member of the Women's Consciousness - Raising Bureau will help organize a women's consciousness-raising group.

An Assertiveness Training and a Mature Women's group have already begun. The mature women's group is specifically designed for those returning to the educational system. It offers a place where women can explore the problems and conflicts they face during this change in their lives.

For further information and registration in any of the groups, contact Barbara Brummitt (667-2519) in room 103 of the Behavioural Sciences Building or the receptionist in room 145.

Third World Students Union meets

By Norman Faria

More than fifty students have voted in the Third World Student Union's (TWSU) executive by-elections and discussed upcoming events at its first general meeting of 77-78.

Established in 1974, the Union monitors courses dealing with underdevelopment and social change, offers academic guidance to students, organizes social events,

and sponsors guest speakers, primarily to lecture on current problems in the Third World region said Marcia Stephenson, vice-president of the TWSU executive.

"We recognized the need for such an organization and we built it. We plan to increase our efforts to build such a movement capable of tackling more concretely the problems affecting our interests as

Third World students at York.

"You will find that the majority of members are from the Caribbean area, but we welcome other York students who share our interest," she said.

At the moment the Union is planning a campus social on October 22 of this month. In the works is a trip by TWSU members to Cuba or another Caribbean locale during Study Week. At the meeting it was also agreed to co-sponsor and help build the October 28 speaking engagement at York, of Dr. Cheddi Jagan, who is leader of the Peoples Progressive Party in Guyana.

Criticism was voiced by some members that the name "Third World" itself reinforces the fallacy about the underdeveloped areas being separate backwaters inhabited by peoples who don't know how to manage their economies, when in fact these regions are closely linked to and exploited by the International Western economy.

"Well it's true the name is a misnomer. But really the debate concerning the usage of the category 'Third World' and its thousand and one implications is somewhat academic," said TWSU member Delroy Reid.

"For me the category has a certain geo-political, economic and ideological scope which is quite useful in social analysis."

York students interested in the Union may phone 483-0786 or come to the Union's office which is located in McLaughlin College, Room 209.

YIN COURT

FAMOUS CHINESE FOOD

10% DISCOUNT

ON PICK-UP FOOD ORDERS OF \$4.50 OR MORE OR FREE DELIVERY AFTER 5 P.M.

OPEN Monday to Saturday 4 p.m. till 1 a.m.
Sunday 4 p.m. till 11 p.m.

TELEPHONE: 667-8282

1033 STEELES AVENUE WEST

(1 block west of Bathurst; Willowdale)

ARE YOU HEALTHY??

Overworked and overstressed students need the very best. Health goes first, Love is next you need vitamins & minerals to perform your best.

For a free catalogue of top quality, low-priced, natural source vitamin products write

VITAMIN DISTRIBUTOR

703-2 Parkvista
Toronto M4B 1A1

PART TIME SPACE SALESPERSON

- Easy To Sell Medium
- High Commission
- Expenses Paid

Good Opportunity For Some One Wishing A Career In Advertising

PLEASE APPLY IN WRITING
TO

**BUSINESS MANAGER
EXCALIBUR
ROOM 111A
ROSS BLDG.**

News briefs

Cheddi Jagan comes to York

Dr. Cheddi Jagan, General Secretary of the People's Progressive Party of Guyana, will speak tomorrow, Friday, on the political crisis in Guyana and the Caribbean. Dr.

Jagan, whose government was overthrown by the intervention of British troops in the late 1950's, will deliver his talk today at 12 noon in Curtis Lecture Hall "1".

Mac starts lunch-hour symposia

McLaughlin College announces the start of its new series, the Lunch Hour Symposia. These are 50-minute discussions introduced by a Fellow of the College, and intended to bridge the gap between an academic subject and the layman. They are specifically aimed at staff members, undergraduates, and others on a tight lunchtime schedule. The Symposia will be announced in *Excalibur*; they will be held on occasional Wednesdays from 12 noon to 12.50 p.m. in the McLaughlin Senior Common Room (room 140).

Coffee and sandwiches will be available, and brown bags are welcome.

Sole support student parents

Inaugural meetings of the Association of Sole Support Student Parents (ASSSP) will be held Wednesday November 2, 7:30 at the Newman Centre, 88 St. George St. Babysitting and refreshments provided. For information regarding agenda: call Gail, 766-0628, or Janis, 979-1856

Behavioural Research holds courses

The Institute for Behavioural Research is offering a free non-credit introductory course on SPSS. The Statistical Package for the Social Sciences is an easy to use computer program that enables users to perform social science data analysis. The course, consisting of

four lectures, will be held on Thursday October 27, November 3, 10, and 17 from 10:00 to 12:00 noon, in 037 Administrative Studies Building.

Interested students, faculty and staff members are asked to register by phoning (667-3026) or by completing registration forms available in the Resource Centre, Room 253A, Administrative Studies Building. Registration will be limited to the first 50. For further information call David Bates at 3026.

Women's Centre

As of November 1, 1977 the York Women's Centre will be located at 106 Stong College. Telephone: 667-3484 - 6373. Office hours: Monday - Thursday 12:00 - 7:00

Harbinger has an open house

Harbinger Community Services held its annual Open House last Thursday at 4:00 in the Vanier Residence Common Room.

It provided members of the administration, college personnel, and student councils with the opportunity to become acquainted with the services Harbinger provides. Guests had a chance to meet the staff and the Harbinger Board and get a tour of the office. Thirty to thirty-five people attended.

This week Harbinger is having an Open House for the general community anytime during office hours (10-6). All are welcome.

CYSF column - a student service

McLaughlin offers York's only on-campus typing service. Professional quality, immediate service, reasonable rates. Call 677-3504, Room 109, McLaughlin College.