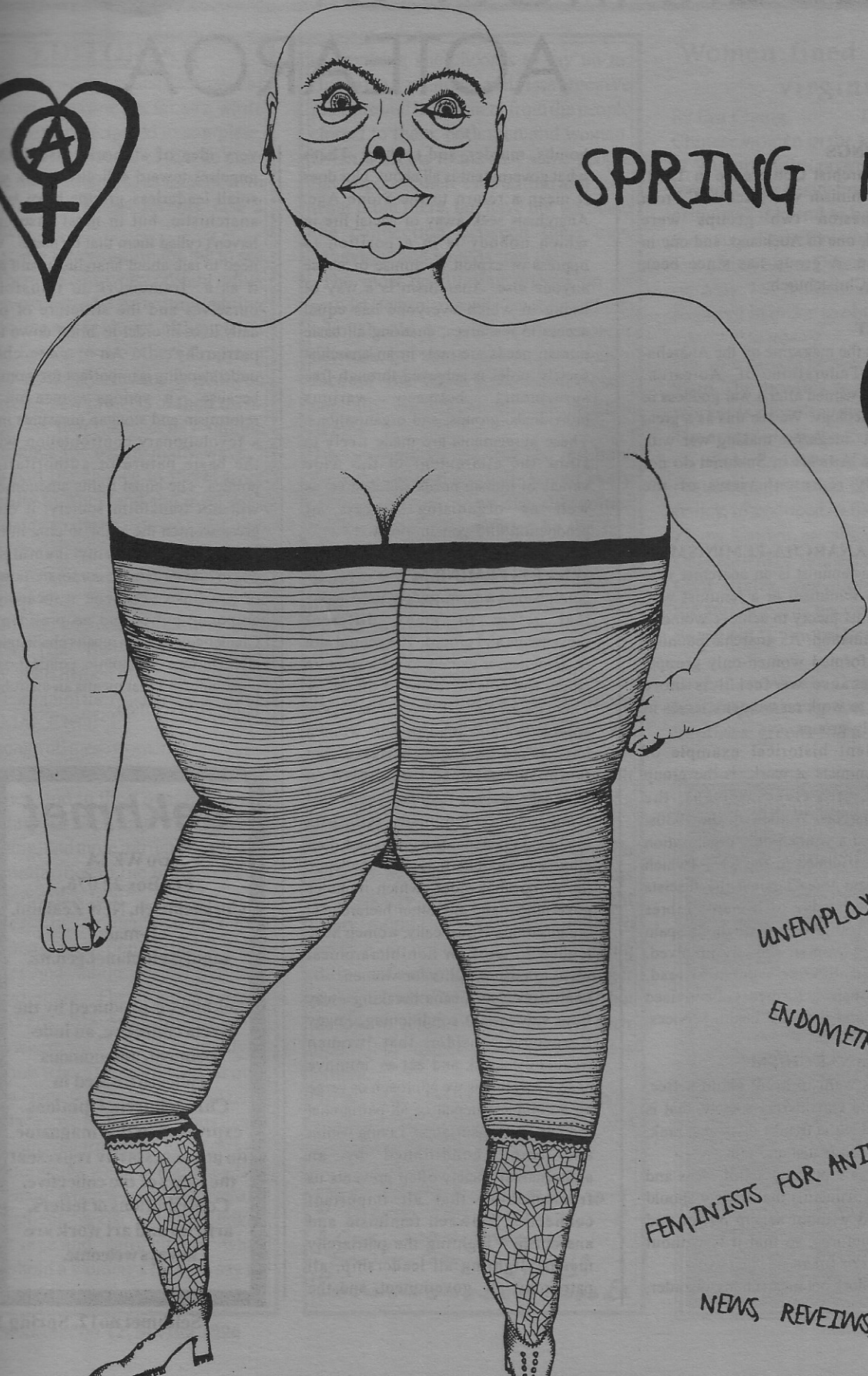


# SEKHMET #12

SPRING 1996



UNEMPLOYMENT  
ENDOMETRIOSIS  
FEMINISTS FOR ANIMAL RIGHTS  
NEWS REVEALS AND MORE

# ANARCHA-FEMINIST FEDERATION OF AOTEAROA



## BEGINNINGS

At the Anarchist Conference in 1991, anarcha-feminism was discussed. From the discussion two groups were established, one in Auckland, and one in Wellington. A group has since been formed in Christchurch.

## SEKHMET

Sekhmet is the magazine of the Anarcha-Feminist Federation of Aotearoa. 'Sekhmet' is named after a war goddess in Egyptian theology. We see this as a great name for a magazine making war with hierarchies. Articles in Sekhmet do not necessarily represent views of the collective.

## WHAT IS ANARCHA-FEMINISM?

An anarcha-feminist is an anarchist who focuses on feminism or a feminist who uses anarchist theory to achieve women's self determination. As anarcha-feminists we have formed women-only groups. This is because we feel it is more productive to work on women's issues in women only groups.

An excellent historical example of anarcha-feminists at work is the group *Mujeres Libres* (Free Women), the Spanish Anarchist Women of the 1930s. They formed a women-only organisation which was affiliated to the CNT (which was the main force against the fascists etc.). In the heyday of *Mujeres Libres* there were 160 groups throughout Spain with 20,000 women actively involved. They taught illiterate women to read, provided creches, formed collectivised restaurants and provided health services.

## WHAT IS ANARCHISM?

Anarchists want to bring about a free, stateless, and equalitarian society, that is a society which is free of divisions, rank, and one which is just and fair.

Anarchism is a political set of ideas and beliefs that maintains that society should be arranged without set up power and control structures, so that it is without government or rulers.

Anarchism does not mean chaos, disorder,

bombs, murder, and robbery. That's what government is all about. Nor does it mean a return to the Stone Age. Anarchists seek away of social life in which nobody is in a position to oppress or exploit, victimise or abuse anyone else. Anarchism is a way of living in which everyone has equal access to resources, ensuring all basic human needs are met. In an anarchist society, order is achieved through free agreements between various individuals, groups, and organisations. These agreements are made freely to allow the attainment of the wide variety of human needs and desires, as well as organising aspects of production and consumption.

## WHAT IS FEMINISM?

Feminism is a term widely used today that refers to many different movements and groups. The central aim of feminism is usually to achieve more equity and equality between the sexes. There are so many different ideological approaches and focuses that women have taken on feminist issues that feminism ranges from Marxist feminism, lesbian feminism, separatist feminism, eco-feminism, reflecting the broad diversity of women and their attitudes. Anarcha-feminists challenge the patriarchal order, which includes government and any other hierarchical organisation. Historically, women have tended to work in non-hierarchical ways to ensure rights for women.

Feminism also means breaking away from subservient conditioning. Peggy Kornegger considers that "women frequently speak and act as intuitive anarchists, that is we approach or verge on a complete denial of all patriarchal thought and organisation. Living within and being conditioned by an authoritarian society often prevents us from making that all important connection between feminism and anarchism." Fighting the patriarchy means fighting all leadership, all patriarchy, all government, and the

very idea of authority itself. Our impulses toward collective work and small leaderless groups have been anarchistic, but in most cases we haven't called them that by name. We need to talk about anarchism and use it as a framework to transform ourselves and the structure of our daily lives in order to 'bring down the patriarchy'. An anarchist understanding is important for women because it springs women out of reformism and stopgap measures into a revolutionary confrontation with the basic nature of authoritarian politics. The equal rights amendment will not transform society; it only gives women the 'right' to plug into a hierarchical economy. Feminism doesn't mean female corporate power or a woman president: it means no corporate power and no presidents. Challenging sexism means challenging all hierarchy - economic, political, and personal. And that means an anarchist feminist revolution.

## sekhmet

by WETA  
PO Box 22 176,  
Christchurch, New Zealand.  
E-mail:  
sund@ch.planet.gen.nz

Sekhmet is produced by the Weta collective, an independent, autonomous collective based in Christchurch. Opinions expressed in this magazine do not necessarily represent the views of the collective. Contributions of letters, articles and art work are always welcome.



Keeping You Up With The Latest

EDITORIAL

Well, here we are at another issue of Sekhmet. This one has taken a while longer than anticipated to complete, due mainly to those of us that do most of the work having been on tour with the Southern Hags for the last 2 months.

It is really encouraging for me to see that there is a relatively constant influx of new women who are writing, editing and laying out Sekhmet, although if it is sad for me to see others dropping out - even if they are usually going on to exciting new projects of their own. Being on tour has been a unique experience for me in many ways, I have had the chance to travel from Dunedin to Auckland and meet, talk and listen to many women - old and new friends, activists, feminists and many women who are just beginning to gasp that they do not have to submit to societies pressures and ideals, That they can be unique individuals in their own right, and that they can claim the right to speak, think and MAKE NOISE!

Although all these women are pushing the boundaries of society in their own manner, and in their own fields, the similarities between them were amazing, and more intriguing still was the similarities in the pressures and problems they face.

Universally, women activists and feminists face opposition - both blatant and subtle - from the men around them. The Southern Hags received blatant harassment everywhere we went, occasionally to the point where we feared for our own safety - men felt the need to 'put us in our place', we were too obvious in our criticism, regardless of how truthful our comments were. We are labelled 'anti-men' when we sing about sexual harassment, 'sexist', when we talked about rape and 'catty bitches' when we uphold a women's right to say no

to anything she chooses to say no to. But also, women activists receive pressure and harassment from the people closest to them, both men and women. Often it seems to me that some people have opened their eyes a little and seen what is out there, but have not yet made the connection between their own behaviour and what is 'out there'.

The most debilitating attacks on an activist/ feminist usually come from those who should be part of the support network, but are in fact simply another face of the oppressive, patriarchal, capitalist society we attempt to fight against.

The pressure to fail, and the resultant expectation that we will, hound every women activist. And the difficulties facing us are compounded by the fact that before we can even begin to fight, to build or to simply stand up, we must deal with the battered self esteem, low self confidence and susceptibility to attack that we and the women we work with have developed in their own lifetimes. It is this that the men attack in order to keep us from taking back what is equally ours, and it is this that other women attack in order that they do not suffer the backlash and the guilt that swirl in the wake of a feminists passing.

I feel only sadness and confusion when attacked by women - they are the victims of a society where you have to fight every minute of every day simply to survive,(do not be fooled into thinking this is not a war zone). But I feel anger at the men who DOKNOWBETTER, but choose to selectively ignore how their behaviour affects and manipulates others.

To all those amazing feminist activist women I met, talked to, drummed and laughed with while on tour -

I SALUTE YOU ALL.

Thank To: Amelia, Cas, Alex, Megan, Emily, Gaye; Sandi

Women fined for losing virginity

By Eva Cheng Off the Net Chinese women in the key industrial city of Wuhan, Hubei province, are forced to pay heavy fines and write "self-criticism" if found to have lost their virginity before marriage, according to a China News Digest dispatch on May 15. A medical examination is required in order to obtain state approval to marry.

The fine ranges between 200 and 2000 yuan. The monthly wage of an average worker is a few hundred yuan. The approval - in the form of a "marriage certificate" - is part of the requirement under China's one-child policy, introduced in the early 1970s. Zhang Xianwu, an official at the Marriage Department of Wuhan's Bureau of Civil Affairs, was quoted as saying that the stiff fine was necessary to stamp out "immoral trends".

Green Left Weekly. Correspondence and hard copy subscription inquiries: greenleft@peg.apc.org

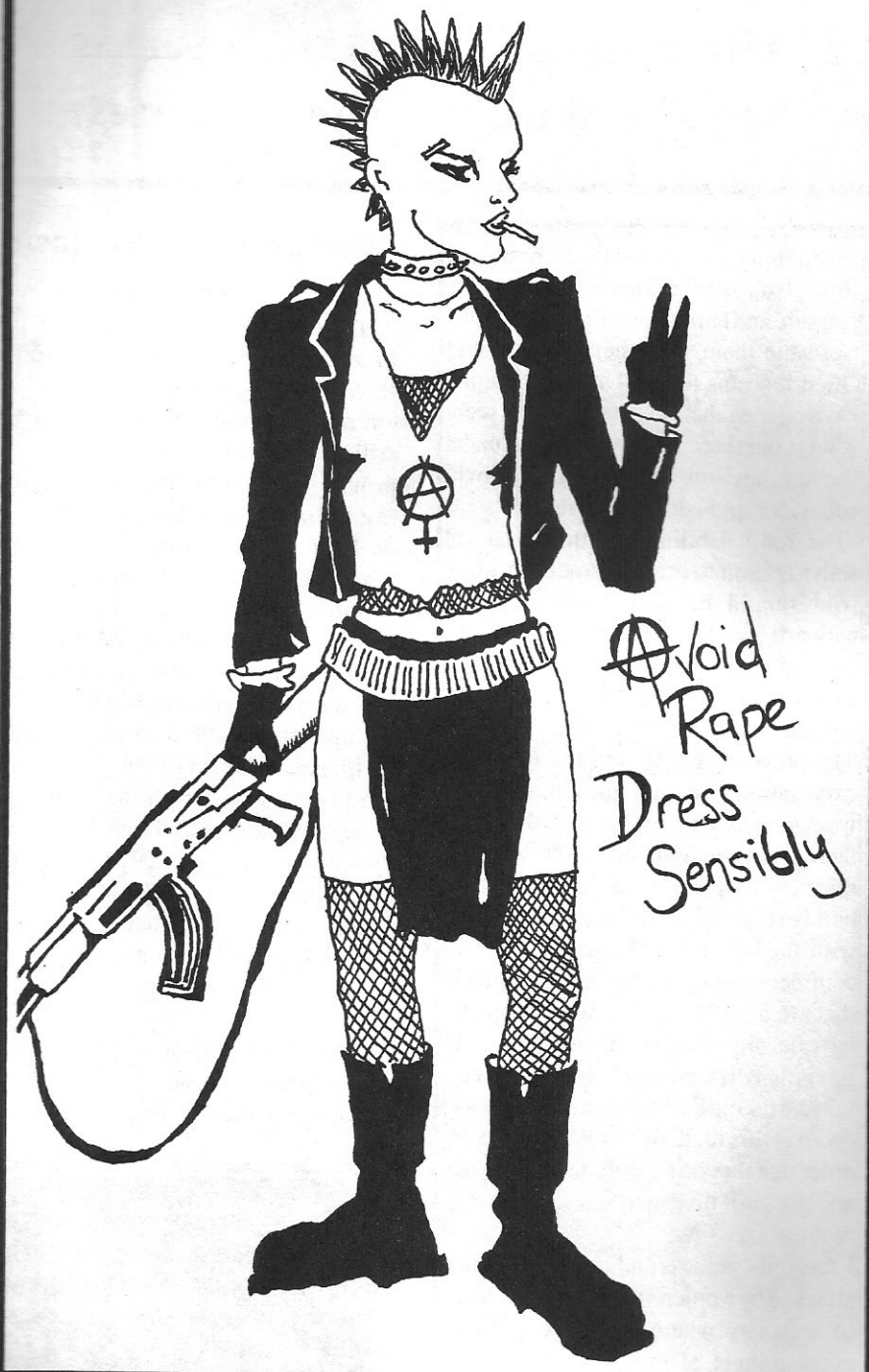
If you would like to contact us about Sekhmet, subscriptions, articles, advertising or information about Anarcho-Feminism you can contact us at :

WETA Collective (and SHAGS) c/o PO Box 22-076 High St Chch Ph (03)377-9504

E-Mail :sandi@ch.planet.gen.nz Meetings : Sunday's 2pm ; contact Sandi or Gaye at above phone number.

Katipo Collective (and HAGS) c/o PO Box 14-156 Kilbirnie Wellington Ph (04)389-1231

E-mail: aaa@nubm.wgtn.planet.co.nz Meetings: Tuesdays at the Sharp Building, 1st floor, 264 Cuba St. Wellington.



# GENERATION



207a MANCHESTER ST  
 CHRISTCHURCH  
 Mail Order PO Box 13-585 CHCH

"THE PLAIN FACT IS THAT WE ARE STARVING PEOPLE, NOT DELIBERATLY IN THE SENSE THAT WE WANT THEM TO DIE, BUT WILFULLY IN THE SENSE THAT WE PREFER THEIR DEATH TO OUR OWN INCONVENIENCE"

VICTORGOLLAN CZ

abusive spouses !! The woman went one better than that by publicly stating that one of her reasons for taking the case to court was to help dispel the myth that domestic violence only occurs in poor families - her hubby was a wealthy and respected member of society.

### Woman Receives \$80,000 Compensation From Abusive Husband

A Christchurch woman recently won a civil case against her husband (ie she took him to court, not the state), for damages she incurred due to his abusive and violent behaviour towards her during their marriage. This is a momentous court decision as it is the first time in NZ a woman has won a civil suit for domestic violence, and it opens the door for thousands of women to do the same to their

I'm pretty sure the hubby is appealing the case, but it still counts as a blow to the defenses of the violent partners out their who hide behind patriarchal, silent doors and beat their spouses and children, not to mention the damage it may do to the myth of 'rich people are better people' out their in the wider society. With a bit of luck, it may even eventually mean that all abused partners, regardless of sexual orientation, can take their abusers to court and get megabucks out of them!

Sekhmet no12, Spring 1996

### GRRRL BANDS WANTED !!

If you are in, or know of any New Zealand GRRRL / Wimmin bands, please contact me - I'm on a search for them to feature in my new zine !!!  
 "FOX GO FASTER".  
 LIZ MATHYEWZ,  
 PO BOX 26,  
 WAIPAPA, KERIKERI



# Dykes And Fags Want To Know cont.....



We continue with the last of our three part interview with lesbian political prisoners Linda Evans, Laura Whitehorn and Susan Rosenberg. They are three North American anti-imperialists currently being held in U.S. prisons because of their political beliefs and activities with the armed clandestine movements resisting the U.S. government and its policies. This final interview is with Linda Evans. This interview took place sometime in 1991.

Linda Evans, born May 11 1947 in Fort Dodge, Iowa. Revolutionary and anti-imperialist since 1967. SDS regional organizer against the U.S. war in Vietnam and to support the Black liberation movement. Participated in 1969 anti-war delegation to North Vietnam to receive POW's released by the Vietnamese. Political/cultural worker in guerilla street theatre troupe, all-women's band, and women's printing/graphics collective in Texas. Active in the women's liberation movement and in the lesbian community. Organised support for struggles led by Black and Chicano/Mexicano grassroots organisations against the Klu Klux Klan, forced sterilisation, and killer cops.

Fought racism, white supremacy, and zionism as a member of the John Brown Anti-Klan Committee. Built support for Black/New Afrikan, Puerto Rican, and Native American POW's and political prisoners, and for the right of these nations to independence and self determination. Began working to develop clandestine resistance capable of struggle on every front. Arrested May 11, 1985. Convicted of harbouring a fugitive and using a false name to buy 4 guns; serving a total sentence of 45 years.

Laura, Linda, and Susan (along with codefendants Alan Berkman, Marilyn Buck and Tim Blunk) were indicted in May 1988 for conspiring to "influence, change, and protest policies and practices of the United States government." The indictment alleged that the Resistance Conspiracy defendants were part of a network of underground groups responsible for a series of bombings of u.s. government and military targets from 1983 to 1985. After over 2 years of legal and political resistance, the 6 forced the government to negotiate a deal which dismissed all the charges against Susan Rosenberg, Tim Blunk and Alan Berkman. Laura, Linda and Marilyn pleaded guilty to the bombing of the u.s. capital in protest of the invasion of Grenada in 1985. Marilyn Buck was sentenced to an additional 10 years on top of a 70-year sentence. Linda Evans got an additional 5 years. She is now serving a total of 40 years. Laura was sentenced to 20 years. Susan Rosenberg and Tim Blunk were already serving 58-year sentences for earlier charges of possession of explosives, weapons and false I.D. Alan Berkman was

released in June 1992

**QUISP: Did you do it? Did you represent what you did? If so,**

Linda: Yes, I'm proud that we have been part of the struggle to build an armed clandestine resistance movement that can fight to support national liberation struggles, and that will fight for revolution in the U.S. Of course the government misrepresented what we did first of all by calling us "terrorists" to make people think we were a danger to the community, as if our purpose was to terrorise or kill people. Quite the contrary: all the armed actions of the last 20 years have been planned to minimise any risk of human life. This, of course, is in stark contrast to the actions of the terrorist government, which is responsible world-wide for supporting death squads and mercenary armies like the contras and Savimbi's UNITA in Angola, which supports the israeli war of genocide against the Palestinians and the brutal system of apartheid, and which supports daily police brutality in Black and Third World communities here, even such acts as the aerial bombing of MOVE in Philadelphia in 1985, which killed 11 people and created a firestorm that left over 250 people homeless.

**the government mis-how?**

I've been part of the struggle to build an armed clandestine resistance movement that can fight to support national liberation struggles, and that will fight for revolution in the U.S. Of course the government misrepresented what we did first of all by calling us "terrorists" to make people think we were a danger to the community, as if our purpose was to terrorise or kill people. Quite the contrary: all the armed actions of the last 20 years have been planned to minimise any risk of human life. This, of course, is in stark contrast to the actions of the terrorist government, which is responsible world-wide for supporting death squads and mercenary armies like the contras and Savimbi's UNITA in Angola, which supports the israeli war of genocide against the Palestinians and the brutal system of apartheid, and which supports daily police brutality in Black and Third World communities here, even such acts as the aerial bombing of MOVE in Philadelphia in 1985, which killed 11 people and created a firestorm that left over 250 people homeless.

**QUISP: Audre Lorde says the master's tools (violence) will never dismantle the master's house (the state). How do you react to this?**

Linda: I disagree with posing the question in the way she does (or how the question does). I don't think the issue is violence, but rather politics and power. Around the world, imperialism maintains itself - keeps itself in power - by military power and the threat of violence wherever people struggle for change. Liberation movements have the right to use every means available to defeat the system that is oppressing and killing people. This means fighting back in self-defence, and it means an offensive struggle for people's power and self-determination. But reducing it to a tactical question of "violent means" doesn't recognise all the aspects of building a revolutionary movement that are crucial to actually mobilising people, developing popular organisations, empowering oppressed groups within the people's movement like women and indigenous people, developing a revolutionary program that can really meet people's needs and that people will fight to make real. A slogan that embodies this for me comes from the Chinese Revolution: "Without mass struggle, there can be no revolution. Without armed struggle, there can be no victory."

**QUISP: Why is it important to support political as opposed to non-political prisoners? Shouldn't we be concerned about all prisoners?**

Linda: Yes - it's important for our movement to be concerned about all prisoners, and I think it's especially important for the lesbian and gay movement to concern ourselves with combating attacks on lesbian/gay prisoners, and supporting all prisoners with AIDS. Concerning ourselves with all prisoners, and with the repressive/warehousing role of prisons in our society is another way of fighting racism, since the majority of prisoners are from Third World communities. Prisoners get locked away - out of sight, out of mind - and the few prisoners' rights that were won in prison struggles are being undermined and cut back. Human rights are nearly non-existent in prison, and without community support and awareness, the government can continue to escalate its repressive policies, and conditions will just steadily worsen. This is especially true for prisoners with AIDS, since the stigma attached to AIDS in society generally is heightened in prison. Prisoners with AIDS die at an even faster rate than PWAs on the outside because treatment is so sporadic, limited, and conditions are so bad. So I would never say for people to support political prisoners as opposed to nonpolitical prisoners. Our interests inside prison are definitely not in opposition to each other. All the political prisoners/POWs actively fight for prisoners' rights, and for changes in conditions that will ben-

**GOVERNMENT IS A DISEASE....**  
**FIND THE CURE**  
**AT**  
**THE FREEDOM SHOP**  
**PO BOX 9263**  
**272 CUBA ST**  
**WELLINGTON**  
**PURVEYORS OF FINE ANARCHIST AND ANARCHO-FEMINIST LITERATURE**

effit all prisoners. But it's important to build support specifically for political prisoners because we represent our movements, and it's a way for us to protect and defend the political movements we come from against government repression. For the movement on the outside to embrace and support political prisoners/POWs makes it possible for us to continue to participate in and contribute to the movement we come from and it makes it impossible for the government to isolate and repress us in their efforts to destroy our political identities.

**QUISP: How does being a lesbian fit in with your work?**

**Linda:** Being a lesbian has always been an important part of the reasons why I'm a revolutionary - even before I was self-conscious about how important this is to me! I don't separate "being a lesbian" from any other part of my life, or from my politics. Because I experience real oppression as a lesbian and as a woman, I am personally committed from the very core of my being - to winning liberation for women, lesbians, and all oppressed people. This makes me more willing to take risks and to fight, because I have a vision of a society I want to live in, and to win for future generations, where these forms of oppression don't exist. I think being a lesbian has also helped me recognise the importance of mutual solidarity and support between the struggles of oppressed people, despite the sexism, heterosexism and racism that often interferes in the process of building these alliances. I really believe that we have a common enemy - the imperialist system - and that we have to support each other in all the forms our struggles against that enemy may take. These alliances need to be built in a way that respects the integrity of our various movements.

**QUISP: What is the connection between the primarily white middle class gay rights movement and the struggles of other oppressed people? How do we envision a gay movement that encompasses other struggles?**

**Linda:** I don't think that struggles against sexism or homophobia or racism can be delayed, because these are forms of discrimination/oppression that actively disempower individuals and groups of people who can be mobilised to actively participate in the struggle. Racism, sexism, and heterosexism cannot be tolerated in our movement or in our alliances because we don't want to duplicate the oppression that we're fighting against. Of course the process of building these alliances is difficult and long-term, because building trust and respect requires building relationships that are really different from those that exist in

society in general. So I don't think the primarily white middle-class gay rights movement can, or should, "encompass" other struggles. White middle class gay men and women cannot set the agenda for other movements or for other communities. Rather, I think that this movement should actively support struggles against other forms of oppression as a way of making our own movement stronger, more revolutionary, less self-centred, and more supportive of the goal of liberation and self-determination for all oppressed people.



**QUISP: What was going on in your life that led you to participate in or support armed struggle?**

**Linda:** When I first became a political activist, I was a pacifist. I had never experienced real violence in my own life, and naively hoped that the changes I envisioned could come about non-violently. Then, I got beat over the head and teargassed by cops guarding the Pentagon at my first major demonstration. I came "head-to-head" with the fact that this system maintains its power through violence on every level - from beating up protesters, to genocide against internally-colonised nations, to waging war against nationally-colonised nations, to waging war against the people of Vietnam. I became an activist in a time that was defined by the victories and development of national liberation struggles around the world and inside the U.S. I was especially inspired by the Vietnamese and by Black people struggling for civil rights and then for Black Power/Black Liberation. Vietnamese women fighters and Black women in the struggle were role models for me - because they were dedicated to fighting until victory was won. Their courage and dedication, their willingness to risk everything for freedom, the

fact that women were being empowered by the process of struggle - all were exemplary. So by supporting these national liberation struggles I came to support the right of oppressed people to fight for liberation by any means necessary. Malcolm X, Che Guevara, and Ho Chi Minh were important influences in my life and political development. But I actually became determined to participate in armed struggle because of the rage I felt after the FBI/police raids on Black Panther Party offices and homes all over the U.S. and particularly the murder of Fred Hampton and Mark Clark by Chicago police.

The intensity of this police terrorism against the Black community in so many cities made me realise that whenever a political movement even begins to threaten the stability of the status quo, the state will act in whatever ways it must to destroy it. In order for a revolutionary movement and vision to prevail, therefore, it's necessary for us to defend ourselves and our comrades, and to build our own capacities toward a day when we can seriously challenge the repressive power of the state, so that state power can be taken out of the hands of those who use it to oppress, taken over, instead, by the people themselves. I know this sounds idealistic, yet it is a struggle that has succeeded in many countries around the world. I believed then - as I do now - that U.S. imperialism was the main enemy of the people of the world, and I wanted to fight on the

side of the oppressed to build a better world for all.

Break through the isolation by writing the prisoners, and/or by putting them on your group's mailing list. Their addresses:

Laura Whitehorn #22432-037

Linda Evans #19973-054 FCI

Pleasanton

5701 8th Street,

Camp Parks Dublin, CA 94568

Susan Rosenberg #03684-016

FCI Danbury

Pembroke Station

Danbury, CT

06811 USA

*This is an edited version of an article from "Arm The Spirit", the unedited version is available for \$2 + 40c stamp from Freedom Bookshop, 272 Cuba St Wellington, PO Box 9263, Te Aro, Wellington.*

*Arm The Spirit can be contacted at PO Box 6326, Stn. A., Toronto, Ontario, M5W 1p7 Canada*



# HEALTH TIP

## Cystitis



Cystitis is a common and painful health problem for women. Thankfully you can usually treat it yourself, and there are steps you can take to minimize your chances of getting it again.

Cystitis or urinary infection is an inflammation of the inner lining of the bladder. Women and children get it lots and men hardly at all.

The symptoms are a burning pain when peeing and or the urge to pee lots even when there's nothing to pee. Sometimes you may have a fever, pain in your lower back or abdomen, and cloudy or bloody pee.

Cystitis is mostly caused by bacteria that live in the bowel opening getting into your urine passage and causing an infection. They irritate it's lining causing painful inflammation.

**Things to watch for:** Clean hands when using tampons + sponges, wipe your bum from front to back not vice versa, Don't wear tight jeans, infections such as thrush causing imbalance, Don't use perfumed soaps, sex between men + women the urethra gets rubbed to hard and get inflamed, and triggers such as stress, anxiety + depression. Also too much tea, coffee and alcohol.

**Take action straight away:** Drink heaps of water, cranberry juice and kava-kava tea, ease pain with hottie bottle and mild pain killers, balance acid alkaline in pee by drinking a teaspoon of baking soda in water every three hours. Stay in bed or at least rest for a day or two.

**See the doctor when:** The infection last longer than two days, you have repeated infections, you're going to be a mother, you have blood in your pee. And always if it's a child with it.

Unfortunately the only treatment for cystitis is antibiotics, so remember to start eating acidophilis yogurt straight away and put a little plain acidophilis on your vagina at night. Hopefully this will help prevent thrush before it gets a chance to grow.

**More Prevention tips:** Drink as much water as possible. A glass of cranberry juice a day has be shown to work in prevention. Pee as soon as you need to don't hold on, and empty your bladder totally. If you get cystitis from hetro sex you and your partner(s) should wash before and after, pee before and within five or ten minutes after sex. Use lubricants. Don't use antiseptics, powder or deodorant around your vagina. Wear only cotton pants and cotton assed

ONE  
in th



Em, Sally, Ange + Donna laxing out



PUNKFEST-THIS  
THE highlight of  
We rocked Ma  
lived



our Successful work = Shops  
etagen, Dunedin, Sept 96



SOUTHERN HARSH



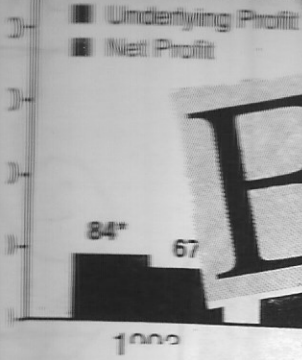
Sandi fed the crowd some raunchy Poetry



HALL '96  
tour  
hey

# EMPLOYMENT WAGES

## boost outlook



Well, after a big rant with Caz and Richard one afternoon, I decided to write down a few pointers about what it means to be unemployed in this country. Rather than a factual assessment of the inadequacies of the "government system", this is a social commentary based on personal experience.

First off, I need hardly remind you all of the negative stigma attached to being unemployed and this includes both those claiming benefits and those not. For most people there are huge family pressures associated with unemployment but often the reason for this is more than financial strain. What it boils down to is people are worried about what other people think. Even though we may have perfectly legitimate reasons for not having work, we recognise that unemployment is seen as failure. Many unemployed in New Zealand walk under a black cloud of shame, guilt and low self-esteem which the disembodied all-powerful NORM has cast on them.

### WELL METHINKS IT SUX

Having been a part-time and full-time student, having worked part-time and full-time and having been on the unemployment benefit in between, I feel qualified to state which situation is looked on by society with the most contempt: it is being unemployed. There are a few fucked-up myths circulating out there which I would like to shatter for you now.

**MYTH NO. 1: "All unemployed people are Maori or Polynesian."**

(sigh) Although I feel like a kindergarten teacher having to spell this out... just like any group of society, we are made up of both sexes and all ages, races, religions, sexual orientations and backgrounds. While the option of the unemployment benefit is available, it is realistic to expect that there are a variety of reasons why, and stages in life when, a person may utilise it, e.g. school leavers unsure of future prospects, parents returning to work, those returning from overseas, part-time students etc. What I am trying to emphasise is that claiming a benefit is not something that should induce shame. It is a perfectly legal system which is open to people from all backgrounds and walks of life.

**MYTH NO. 2: "All unemployed people spend all their dole on beer and cigarettes."**

This is purely unfeasible because if you subtract rent, bills and food from the average benefit claimers pay packet you're lucky to have any spare money left over. Moreover, New Zealanders across the board are heavy substance abusers. Drug consumption and addiction are prevalent in students, employed and unemployed alike.

**MYTH NO. 3: "Unemployed people don't contribute to society."**

Obviously, this is crap because it assumes that there is one universal definition of "contribution" when all individuals are diverse and have totally different viewpoints. Personally, I don't think someone cleaning up chunder in McDonalds is a great contribution to our world but from society's outlook, because that shitkicker is working, they are more acceptable than a benefit claimer. And unemployed people are contributing contrary to the very popular...

**MYTH NO. 4: "Unemployed people are lazy and unproductive."**

Many unemployed people work extremely hard in many areas, especially those fields that are difficult to find paid work in. In my experience, those that have motivation problems are suffering from a lack of self-esteem which brings me to the crux of this article:

It is society's patronising and disparaging perception of unemployed people that breeds apathy, negativity and self-deprecation within the group. People invariably act how they are expected to and many of us are believing the stereotype and playing the part of the slack bludger.

Yes, New Zealand needs a kick up the arse. It's time the conservative norm stopped power-tripping over and forcing its perverted ideals on us. But essentially it's up to us to challenge the misrepresentation, not to live up to it. We all have to decide on our own definition of personal achievement and not live by a set of rules dictated by a system that regularly shits on us. Otherwise by not taking pride in ourselves, we let the bastards win.

Cheers for reading!  
Alex.  
as appealed to employ

Vacancies

More training jobs

NZ profit  
STUDENTS FEEL EXPLOITED  
a record

Woes of the rich  
war job famine  
Students hit 'early  
sheer guesswork!



# Oral Sex on Women

Coming Clean vol 98.3

For many women, oral sex can be the ultimate physical pleasure. Other women do not like their partners to perform oral sex at all. Everyone is different - from the location of her clitoris to the level of emotional and physical intimacy she can feel ok about.

Communication is an important part of developing a satisfying sexual relationship. Likewise, trust and security are often central to a woman's willingness to explore her sexual boundaries. Find out what gives your partner pleasure, and also what makes her uncomfortable, by taking the time to combine words with touch.

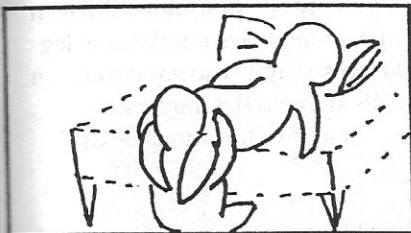
## Arousal

If oral activity is to be the focus of your sexual play, foreplay can start with an entertaining array of activities. Why not incorporate a shower - soaping each other all over is fun and erotic and it can also lay to rest any concern about cleanliness.

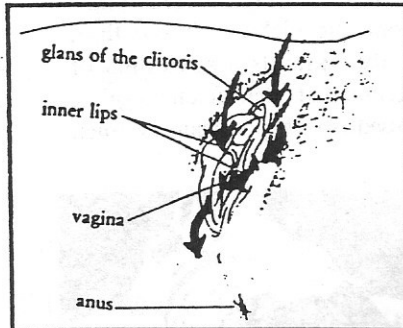
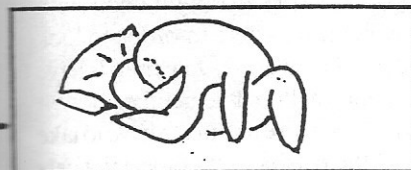
Move to a warm room and get sensual with each other. You could include lotions, food. Try rolling your partner onto her stomach - you can kiss, lick and nibble her back and behind her knees. A soft feather or silk scarf can feel delicious trailed over sensitive areas.

Gradually work your way into a preferred position for oral sex. Those who have a sensitive back or neck should note that the "missionary" position is sure to aggravate any existing problems. We recommend the split-level position, or the 69 as the least likely to aggravate physical conditions. (see illustrations)

### The Split Level Position



### The '69' Position



Begin with light, moist glancing brushes (see arrows on the illustration)... like licking an ice cream with the tip of your tongue. If you're both experimenting, start with wet light strokes which run across and down the clitoral hood. Don't apply direct pressure to the head of the clitoris - the idea is to brush past it. Light flicks or long light strokes from her vagina to clitoris can be stimulating too. Increase pressure and coverage by using the flat of the tongue.

If you're on the receiving end of oral sex, let your partner know what you're enjoying most, even if it's fairly simple like "don't stop", "lighter", "harder", "circles", "I want your fingers too".

## Perserverence

Oral sex can be intensely pleasurable, with or without without orgasm. Some women simply enjoy the range of exquisite sensations and have no particular desire to come.

If your partner's body language suggests that she is enjoying your efforts then don't stop. If you're becoming uncomfortable, vary your position. If you're getting tired, slow down and stroke your partner manually for a while. You probably need to practice more to build up your strength!

Those on the receiving end should be sensitive to their partners efforts. If it feels fantastic, say so. Likewise, if you want to change to some other sexual play.

## Orgasm

In oral sex, the boundary between pleasure and orgasm is often very fine. You may find it hard to tell if your partner has come. It seems kind of tacky at such tender moments, to ask. So how do you know?

If you are uncertain, withdraw into light touches and pause, maintaining contact manually. Ask your partner if she wants more. If she has come, this gives her the chance to opt for cuddles or to be touched in a different way.

The partner of a multi-orgasmic woman can get tired and need to rest. A hug break is a great way to take a rest without necessarily stopping play.

## Safety and feelings

Oral sex is an extremely intimate activity. Even women who particularly enjoy it, may not feel comfortable with it at certain times. Always check with your partner before you start, along these lines, "I'd love to taste you. Would you like that too?"

Women can feel vulnerable and exposed during oral sex. Help create a safe environment by keeping the room warm, using low lighting and communicating with your partner. You may need to reassure her that you enjoy her flavour and smell and that you love her.

Some women prefer oral sex in the 69 position because it can provide full body contact. Pausing for hugs gives both partners a chance to 'touch base'. If your partner starts to show signs of feeling shy or guilty, it can help to simply lighten up a little. Kiss and play games - sex is fun for grown-ups!

## Stimulation

The general rule is to start lightly - don't munch or gobble unless you know your partner likes this. Once nerves are numbed, there's no going back.!

If you're going to have oral sex with a new lover or casual contact, we recommend you use a latex dam.

Thanks to Stimulating Company - the Box Office



# Feminists for Animal Rights

Information on Feminists for Animal Rights from the Internet

Feminists for Animal Rights is dedicated to ending all forms of abuse against women and animals. Because exploitation of women and animals derives from the same patriarchal mentality, FAR attempts to expose the connections between sexism and speciesism whenever and wherever we can. We feel that the common denominator in the lives of women and animals is violence - either real or threatened - and we work in nonviolent ways to change that.

FAR attempts to raise the consciousness of the feminist community, the animal rights community and the general public about the connections between the objectification, exploitation and abuse of women and animals in patriarchal society. As ecofeminists, we are concerned about cultural and racial injustice and the devaluation and destruction of nature and the earth. We view patriarchy as a system of hierarchical domination, a system which works for the powerful and willing against the powerless and unwilling.

FAR is dedicated to the promotion of vegetarianism because we believe the feminist precept that the personal is political. We feel that it is not enough to claim an abstract respect for animals; we must show that respect in our daily lives as well. As Carol Adams states, not eating the flesh of dead animals is one way of "putting feminism into action." We are vegan in our orientation because we think it is desirable, however difficult, to work towards the elimination of all products derived from or tested on animals - in our food, clothing, household products, and so on.

## What We Do

In addition to publishing a semi annual newsletter that has been called "the best publication in the animal rights movement," FAR has regional chapters in close to a dozen cities across the United States and Canada. FAR volunteers are engaged in a number of ongoing projects.

One of the projects that FAR volunteers have coordinated in a number of locations is a foster care program for the companion animals of women in battered women's shelters. Companion Animal Rescue Effort (CARE) has been initiated in an effort to address the rampant violence against women and animals in our society. Those familiar with domestic violence know that, frequently, animals are victims of violence, and that often violence against them is used as a weapon against women



and other family members.

Our safehouses provide the companion animals of battered women with the security they need while the women are working to make their own lives more secure. We provide foster care, veterinary care, lots of TLC for animals who may be traumatized, and respectful assistance for women who need support.

FAR also provides speakers for school, activist, professional, community and religious groups. Our most popular program is the slide presentation Animal Liberation Through an Ecofeminist Lens created by FAR co-founder Marti Kheel.

The show provides a history of the

portrayal of women's relationship to other-than-human animals before and after patriarchy in art, religion, and mythology. It goes on to explore the connections between the objectification, exploitation, and abuse of women and animals in contemporary society, from pornography to the vivisection lab to the slaughterhouse. Please contact us for information about how to schedule a visit with your group.

## Animal Liberation Is A Feminist Issue

In patriarchal society women and animals are... beaten, raped, hated, enslaved as pets, exploited as wives, sold for money, used for entertainment, cheap labor, sex, experiments.....

In patriarchal society women and animals are considered... inferior, "cute," childish, uncontrollable, emotional, impulsive, instinctive, irrational, evil, property, objects...

In patriarchal society women and animals are referred to as... chicks, bitches, pussies, foxes, dogs, cows, beavers, birds, bunnies, kittens, sows, lambs, hens, shrews, geese, fillies, bats, crows, heifers, vixens...

Every year in the United States alone... one hundred million animals are tortured in laboratories; five billion animals are forced to suffer and die for human consumption; thirteen million animals are mutilated in leg-hold traps; sixty-five to seventy million animals are killed by hunters...

From : "Feminists for Animal Rights"

Its good to see multi-issue groups that are able to action their beliefs !

I am really into the idea of setting up a support network in conjunction with the women's shelters in order to look after pets, having had a few friends have to use the shelters I remember how it was just one more trauma to have to take care of the pets as well - especially cats and dogs!

If other people are interested perhaps we could get something off the ground in N.Z.!



# Book Review - Shoot the Women First.

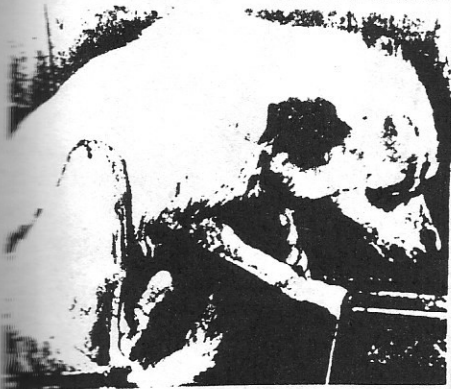
Eileen MacDonald.

The title of this book comes from a piece of advice given to police teams about to deal with terrorist incidents.

The book aims to discover why. It is a series of interviews with women worldwide from organisations committed to armed struggle. It includes women from the Basque separatist group ETA, Italy's Red Brigades, the IRA, and the women who run the Palestinian Intafada.

I found it to be a fascinating book that gave good insight into women's motivations in political action, often drawing the parallel between fighting for women and human rights. The author's attitude towards armed violent action was at times difficult to get past, but the interviews with the women made it worth the effort.

Of note were the interviews with Leila Khaled, who hijacked planes as a member of Popular Front for the Liberation of Palestine, and with the women of the Palestinian Intafada, and Ireland's IRA.



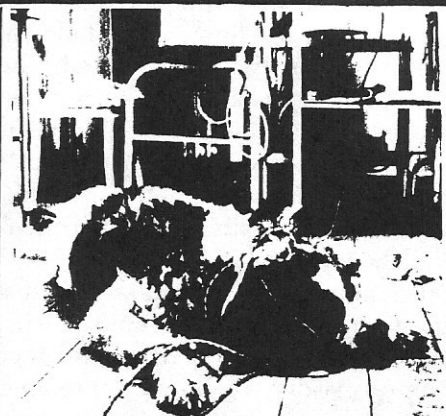
November 1996 **\$1**

**Animal**  
**info**

NUMBER EIGHT

*News For Animal Liberation*

Box 22-459 Christchurch  
Aotearoa/New Zealand



## VIVISECTION IS SCIENTIFIC FRAUD

Every species of animal is a different biomechanical and biochemical entity. Aspirin kills cats and penicillin kills guinea-pigs. Yet guinea-pigs can safely eat strychnine. It is scientific fraud to allow the marketing of drugs, pesticides and other chemicals on the basis of being found "safe" in animal tests.

To become a supporter of the Christchurch Anti-Vivisection Campaign send \$10 to CAVC, PO Box 22-076, Christchurch. Supporters receive a vivisection info pack and regular newsletters.

# ENDOMETRIOSIS

Endometriosis occurs when the tissue which lines the inside of the uterus grows in other parts of the body where it is not normally found, most commonly in the pelvic area on the ovaries, fallopian tubes, ligaments, outside surfaces of the uterus, lower end of the large bowel and on the membranes covering the bladder, occasionally it also spreads to the small intestines, appendix, bladder, cervix, vagina, old abdominal scars, navel and rarely, to the lungs. This abnormal endometrial tissue responds to the bodies hormonal changes as if it were in the uterus and bleeds every time menstruation occurs, causing inflammation and often forming fibrous adhesions which may make organs stick to one another.

Symptoms are varied, the most common are painful ovulation, painful (or debilitatingly painful) periods and painful intercourse, also bloating, heavy or irregular bleeding, erratic periods, constipation and/or diarrhoea, constant tiredness, insomnia and depression.

Endometriosis is often not diagnosed as such even after many visits to a doctor as these symptoms are common for other so called "womens problems" and have even been known to be "simply minor side effects of the pill". No one seems to know what causes endometriosis although there are several theories. The most popular medical theory is that, during menstruation, the endometrium (which is normally shed as the blood in our periods), not only flows from the womb down the vagina, but it also flows up the fallopian tubes and out over the ovaries, tubes, womb and peritoneum, sometimes these deposits then grow as new tissue.

However, this may be quite normal as many women have now been found to have such tissue growths without having endometriosis, and the amount of endometrial deposits in a women often does not equate with the severity of the symptoms.

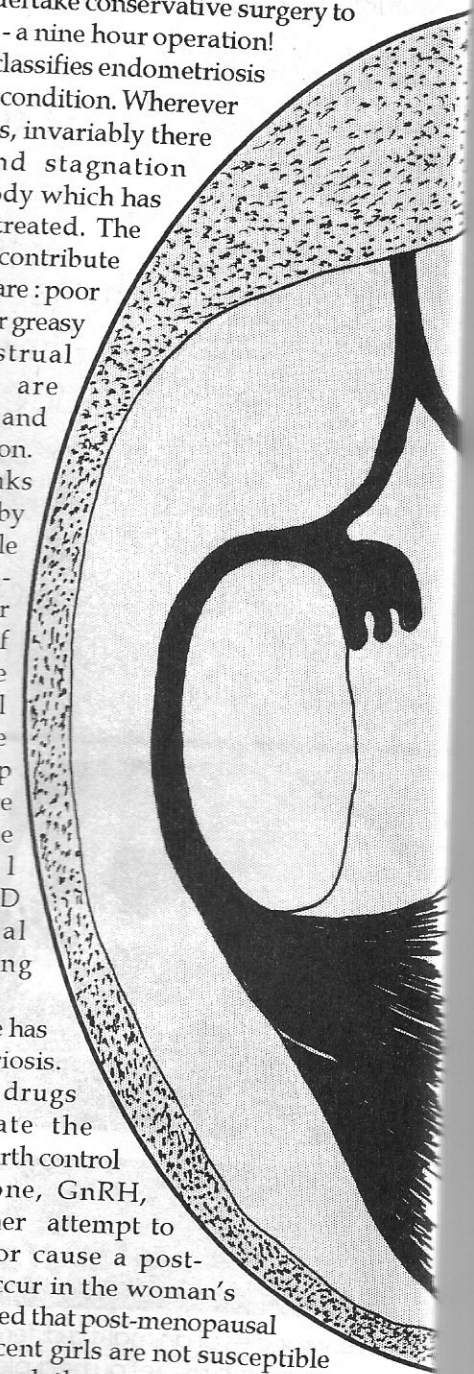
Other, more recent theories suggest that endometriosis may be due to individual immune deficiency caused by toxic overload from drugs (especially immunosuppressive drugs), and/or environmental pollutants." There is strong evidence linking endometriosis with immune system damage caused by the environmental pollutant dioxin" (ref US Endometriosis Protection Agency). It is suggested that in order to cut dioxin intake, we eat fewer foods containing animal fat.

As well as dioxin, prescribed drugs for illnesses other than endometriosis may also lead to immune deficiency - tamoxifen (used for breast cancer), Clomid and clomiphene citrate (infertility drugs), and some psychotherapeutic and gastroenteric drug have all been implicated as having possible links to endometriosis.

Dr David Redwine, of the Endometriosis Institute in

Bend, Oregon, believes that it is a static disease that you are born with, which is persistent but not recurrent in all women. He suggests that endometriosis is caused by cells left behind during foetal development. His suggestion is to undertake conservative surgery to rectify the dis-ease - a nine hour operation! Chinese Medicine classifies endometriosis as a stagnant blood condition. Wherever this condition exists, invariably there is congestion and stagnation elsewhere in the body which has to be moved and treated. The factors which may contribute to blood stagnation are : poor diet, too much cold or greasy food, early menstrual problems which are incorrectly treated, and immune dysregulation. Other possible links have been suggested by the evidence available - such as the pill - usually stronger varieties, use of tampons (blocking the free flow of menstrual blood), the large contraceptive cap (which is left in place longer than the conventional diaphragm), use of IUD and having sexual intercourse during menstruation.

Conventional medicine has no cure for endometriosis. There is a range of drugs available to alleviate the symptoms - Danazol, birth control pills (!!!), progesterone, GnRH, synarel etc which either attempt to suppress symptoms or cause a post-menopausal state to occur in the woman's body - it is widely believed that post-menopausal women and pre-pubescent girls are not susceptible to endometriosis, although there is evidence dispute this. Alternatively, pregnancy is suggested - even though there is no evidence to show that this will give relief, it is a fallacy probably based on ignorance or a desire to coerce the woman into motherhood before infertility





occurs (whether endometriosis causes infertility is itself a debatable point), the effects of an unwanted or ill-prepared for pregnancy are not taken into consideration at any point, nor is the woman's desire to be a mother!

As with most conventional drugs, the side effects are often worse than the disease itself, and for many drugs, the long term effects are as yet unknown or inadequately researched.

Also commonly suggested are complete or partial hysterectomy, or conservative



surgery which involves removing as much endometrial tissue as possible while leaving the organs and thus "retaining the childbearing ability" of the woman.

For more information on

conventional medicine contact your doctor, I personally believe the most viable cure is through alternative medicine.

#### Alternative treatments:

Firstly - many women have found that symptoms of endometriosis completely disappear with a major change in diet i.e. removal of animal fats (red meat, poultry and all dairy products), avoidance of caffeine, salt, sugar, all hardened fats, fried foods, alcohol, tobacco, drugs of all varieties, all shellfish and junk food; while ensuring the diet includes 50% raw veges and fruit, whole grain products, raw nuts, seeds, and fish. A 3 day fast before menstruation is recommended and a regular intake of juiced green leafy vegetables.

Ensure that Vit E, B complex, and C are adequately provided for, and an intake of choline, methionine, inositol, evening primrose oil, Vit E, Vit C and bioflavonoids is recommended to help lower estrogen in the body.

Another reason diet is important is that there is a connection between endometriosis and Candida Albicans (Thrush). Thrush is treated by a low carbohydrate diet with acidophilus and anti-yeast remedies.

Western and Chinese herbs are useful in the treatment of endometriosis (Chinese herbs are almost recognised by conventional medical science!), as is acupuncture, naturopathy and homeopathy.

Visualisation, relaxation and meditation are strongly recommended to overcome the emotional and mental effects of this painful and debilitating disease; greed, fear, hatred, lust, jealousy, nervous exhaustion, overwork, self-disgust, lack of rest and a belief that the body is "dirty" may all contribute to a state where endometriosis occurs.

An examination of beliefs and attitudes, emotional reactions and spiritual health are worthwhile and should be covered by any experienced naturopath or homeopath.

It has also been found that women who do aerobic exercise more than 7 hours per week are only 1/5 as likely

# WICKED

164 RATRAY ST  
DUNEDIN

*\*re-incarnation of Bent Edge  
\*designer clothes from  
recycled fabrics  
\*remodelled rarities  
\*hand painted T-shirts  
\*anarchist and anarchy-feminist  
zines*

to get endometriosis as were non exercisers.

Basically, a healthy body is capable of maintaining a healthy existence in balance with its environment, natural therapies tend to work with the body and not against it, and so if the body is stagnating and diseased, then a natural therapy is more likely to holistically help the person heal than more toxins, more drugs or intrusive surgery.

#### REFERENCES:

NZ Endometriosis Foundation Inc.  
Newsletters and pamphlets  
What doctors don't tell you -  
Endometriosis

"Control your health"

vol 5, #10 pg 1-3 Jan 1995

WDDTY vol 6, #1 pg8

New research and treatments for  
Endometriosis

by Carolyn DeMarco

Healthsharing spring 1991

NZ Endometriosis Support Group  
Newsletter Dec 1990

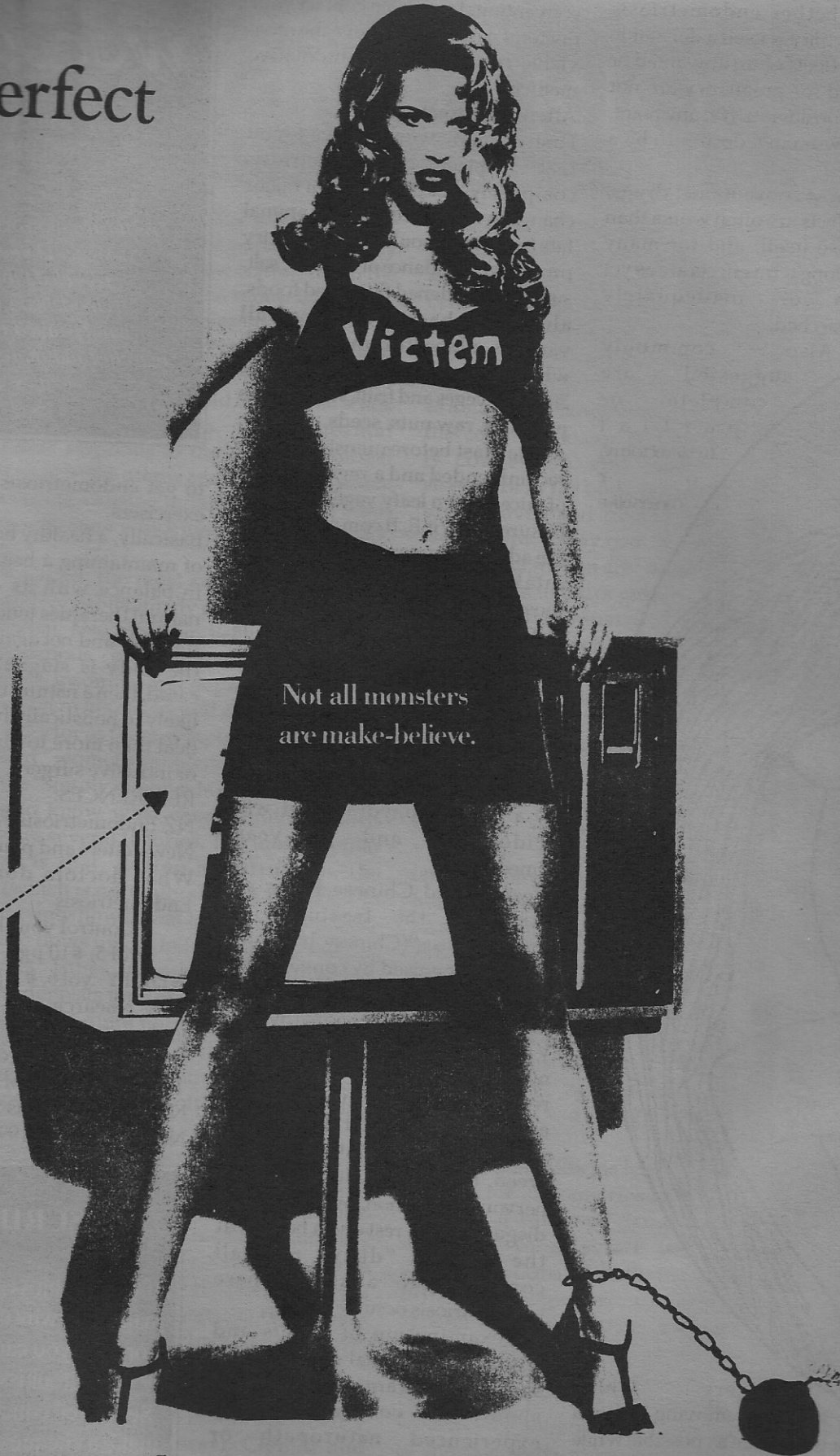
## SUBSCRIPTIONS

If you've enjoyed reading this magazine, why not subscribe? For \$10, you can get the next four issues.

Send well concealed cash or make a cheque out to WETA at PO BOX 22-076 High St Christchurch

Perfect

Some assembly required.



nobody is perfect. (well, almost nobody.)

RAPE  
DESIGNED  
FOR THE  
BODY  
YOUR  
BODY