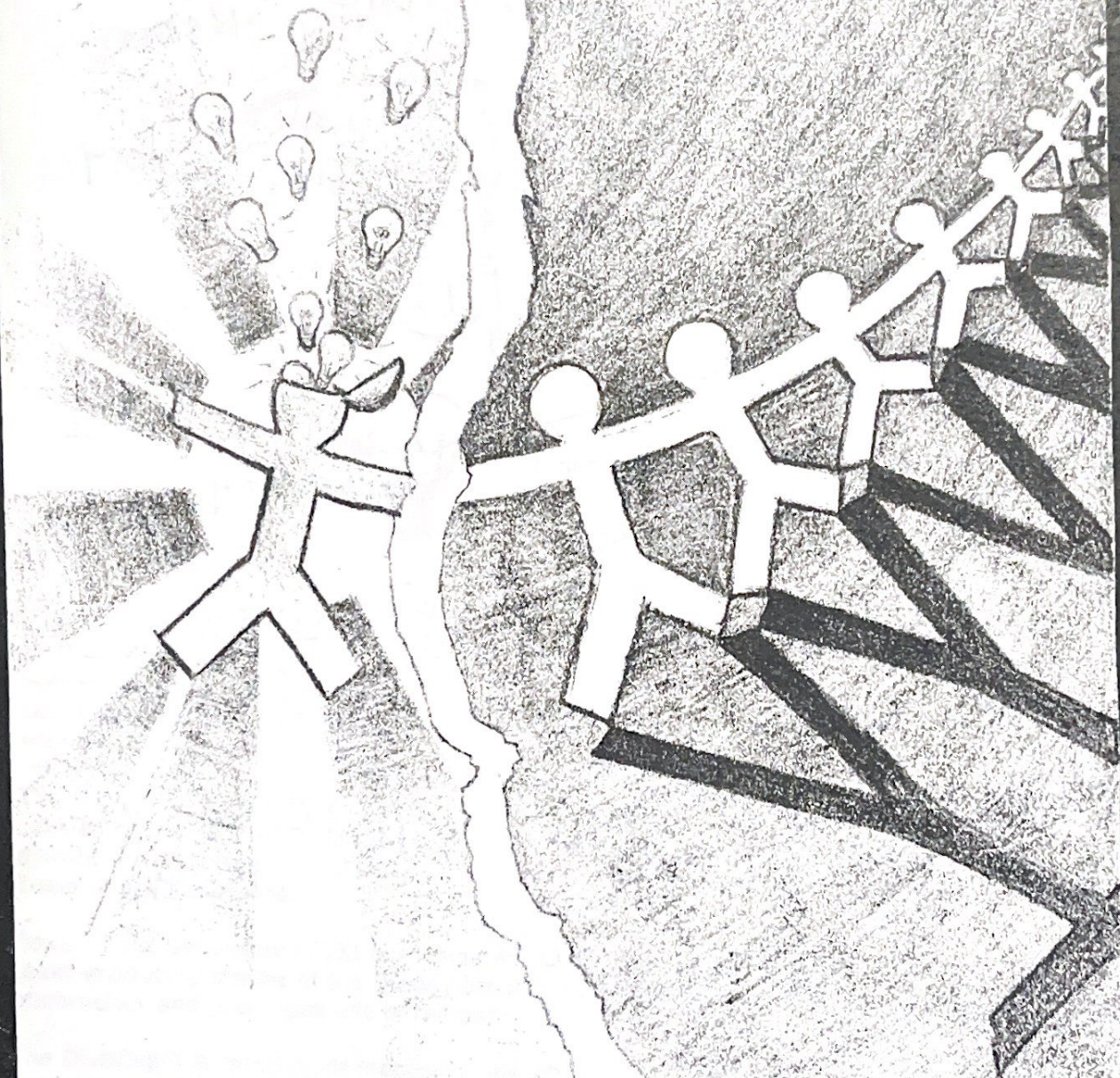
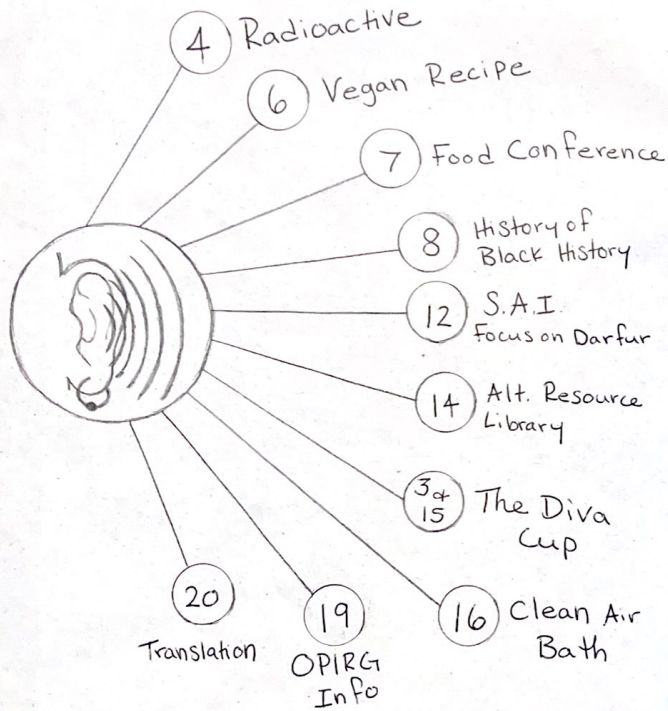


WIN-HERD



Feb. 2007

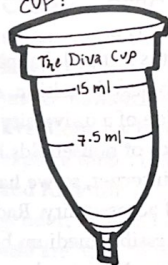


This zine has been brought to you
by OPIRG & friends of OPIRG

The Diva Cup

www.divacup.com

reusable menstrual cup!



The DivaCup™ is very sanitary, comfortable,

reliable and convenient. It holds one full ounce

(30 ml). Since the entire cycle is an average

of 3-4 ounces (90-120 ml), most women find that

the cup is not even half full after 12 hours.

Depending on your flow empty the cup 2-3

times per 24 hour day, wash ^{with hot water} and reinsert. It can

be worn up to 12 hours, even overnight.

... and can also be boiled when necessary.

Many have

We have all assumed that since tampons and pads are white, they must be clean and sterile. Unfortunately they ~~are~~ are bleached white with chlorine, which poses health risks as well as chlorine bleach being a carcinogenic toxin (also known as dioxin).

~~Some companies don't use this method anymore, but I don't know how much better their new method may be - why chance it!~~
The vagina is self-cleansing and continually producing fluid (mucous) that carries away dead cells and bacteria. Tampons (rayon or cotton) are absorbing this protective mucous and can disrupt the normal acidic vaginal environment, making ~~you~~ ^{your} subject to bacterial infections and Toxic Shock Syndrome.

Toxic Shock Syndrome (TSS) is considered a serious and sometimes fatal disease caused by toxin-producing strains of the Staphylococcus aureus bacterium. TSS has been linked to high absorbency and prolonged use of tampons.

The DivaCup™ is made from medical grade silicone, which is 100% hypoallergenic, latex-free and odorless. It is non-absorbent and simply collects the menstrual flow, leaving the natural moisture level in the vagina undisturbed. The DivaCup™ has never been associated with TSS. The silicone in The DivaCup™ is also antibacterial, and does not support bacterial growth.

Continued on Page 151

Who said radio is dead? Sure the internet allows for a greater access to music as well as a variety of perspectives and news sources. Though before you give up on your FM dial, here are some thoughts to consider:

- access to the internet is not a global phenomena but an incredibly privileged position, even in north america. Outside of a university environment, not a lot of households have access to high speed internet, so we have a long way to go in terms of accessibility. Radio remains the most accessible medium because there is no monthly fee. You simply need to acquire a radio once and can listen forever.
- Content: no one can cover your community's issues and needs better than your community radio station. In Canada, campus and community radio is a well developed contributor to the broadcast spectrum and Kingston is no different. Housing the oldest continuous broadcast station in Canada, we have a space that dedicates hours per week to



talking about what is going on. But we don't just talk about what's going on, we talk about things you cannot hear elsewhere including concepts and ideas that mainstream media does not acknowledge in a meaningful way.



- Check out CFRC 101.9FM, 90.9 on cable or stream us on the web at www.cfr.ca we have lots of offer you including our weekly social justice news collective, GroundSwell which airs live Mondays from 11:30am-12:00pm. We explore topics that affect the Queen's campus and Kingston community, as well as look at gender, race and queer issues, the environment and are open to your suggestions. We also provide a community events listing and "radical reviews". Email us at groundswell@riseup.net to send us feedback, recommend a story idea or to find out how to join us. After all community radio is a space for collaboration and participation so get involved and speak your mind!

CFRC 101.9 FM: This is your signal.

I can't believe it's vegan!

The purpose of this column is to help the animal product free. There are countless reasons to abstain from animal products be it ethical, environmental or even health reasons. Regardless, my interest in providing this column is not to propogate my views but to help dispell the view that vegan = tastes bad. So here is my first, simple and tasty vegan recipe:

- 1 ½ cups of all purpose flour
- 1 cup of unrefined sugar (I prefer brown though white cane sugar is great too)
- 3 tbsp cocoa
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 1 cup of water
- 5 tbsp vegetable oil (not olive because it's too strong a flavour)
- 1 tbsp vinegar (acts as a binding agent)
- 1 tsp vanilla extract (or other, I like peppermint or coconut sometimes)

Mix all ingredients well and bake in a 8 or 9" round cake pan for 35 min at 350 degrees.

Please note that if you remove the cocoa this can easily be a vanilla cake. It is dense but tasty. If you would like it to rise a bit more, try adding some wheat gluten. I also want to point out that these are ingredients you likely have if you bake. So it's nothing special to bake this treat for your friends who are vegan or allergic to milk or eggs.

Chocolate cake

If you like to what you read, tune into You Are What You Eat, Thursdays from 4:30-5pm on CFRC 101.9 FM or at www.cfrc.ca for more great recipes and a wide array of food topics.

Food Sustainability Conference

The Real Dirt on Food:

Unearthing the Controversies Behind the Food We Eat

Wait! Before you take a bite of that apple, check out this conference!

On Saturday March 17th, the Hart House Social Justice Committee will be taking aim at matters of food sustainability.

This one-day conference will be addressing topics such as sustainable diets, organics, food access in Toronto, local food, the slow food movement and cooking on a student budget.

Fun and lively discussion will be fuelled by some good eating of "as-local and as-organic as possible" food during intermissions and lunch. Whether you're a beginner "foodie" still figuring out your broccoli from your bok choy, or a seasoned food veteran seeking a deeper understanding of the issues, this conference is for you!



A choice of seminars throughout the day will provide you with the flexibility to explore numerous topics at varying levels.

The Real Dirt on Food: Unearthing the Controversies Behind the Food We Eat

Saturday, March 17th, 2007, 9am - 5pm

Hart House, University of Toronto

Contact: info@therealdirt.ca

Students \$10, on sale from January 29 to March 2

Non-students \$20, on sale from February 17 to March 2.

Prices include a sustainable lunch

Available at U of T Tix Box Office

416-978-8849

www.uofttix.ca

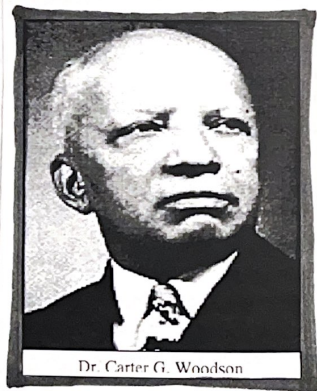
Hungry for more info on speakers and seminars?

Check out www.therealdirt.ca



THE HISTORY OF BLACK HISTORY

February marks the annual celebration of Black History Month. Celebrated annually since 1926 in the United States of America, Black History Month evolved out of "Negro History Week." However, black history had barely begun to be studied—or even documented—when the tradition commenced. Although blacks have been on the North American continent as far back as the 17th Century, it was not until the 20th century that they gained a respectable presence in the history books.

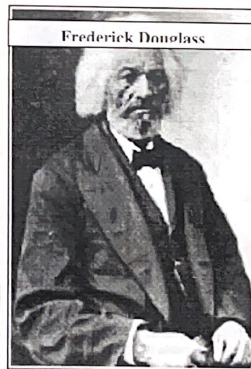


Dr. Carter G. Woodson

The celebration of Black History Month, and more importantly, the study of black history, can be credited to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books

largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history and making "the world see the Negro as a participant rather than as a lay figure in history." In 1915, he established the *Association for the Study of Negro Life and History* (now called the Association for the Study of Afro-American Life and History), and a year later, founded the widely respected



Frederick Douglass

Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history; and to encourage a greater awareness and understanding of the African experience in America, Africa and throughout the world. Later, in the 1960s, the week expanded into Black History Month to commemorate, through community activities, a more balanced and accurate picture of Black history.

In 1926 Woodson organized the first annual Negro History Week, which took place during the second week of February. Woodson chose this date to co-incide with the birthdays of two men who greatly influenced the black American population, renowned abolitionist Frederick Douglass and U.S. President, Abraham Lincoln.

BLACK HISTORY IN CANADA (10TH ANNIVERSARY)

In the 1950s, the Canadian Negro Women's Association brought the celebration of Black History Month to Canada. By 1978, Ontario Black History Society successfully petitioned the City of Toronto to have the celebration formally recognized. The following year, the City of Toronto officially proclaimed February, Black History Month. In 1996 it was officially recognized throughout Canada, following a unanimously- adopted motion in the House of Commons by the Honourable Jean Augustine, Member of Parliament for Etobicoke-Lakeshore, the first Black Canadian woman elected to Parliament.



The Honourable Dr. Jean Augustine

WHY BLACK HISTORY MONTH?

Black History Month is an opportunity to share the historical and present contributions of African Canadians. It is an opportunity for their significant contributions in such areas as education, medicine, art, culture, public service, economic development, politics and human rights, to be recognized.

Black History Month allows Black Canadians "to understand themselves as Canadians in the most accurate and complete socio-historical context." It is a means of empowerment and affirmation for the Black Community.

As Dr. Carter Woodson once said, it is not a "Negro History" that is sought but the "Negro *in* History." The greater Canadian community needs to be aware of and acknowledge a history of Canada that includes all founding and pioneering experiences. For the history of Canada is the history of *all* Canadians.

Despite a presence in Canada that dates back farther than Samuel de Champlain's first voyage down the St. Lawrence River, people of African descent are often absent from Canadian history books. There is little mention of the fact that slavery once existed in the territory that is now Canada, or that many of the Loyalists who came here after the American Revolution and settled in the Maritimes were Black. Few Canadians are aware of the many sacrifices made in wartime by Black Canadian soldiers, as far back as the War of 1812. As a people, our presence in this country is well established, but not well known.

It is the purpose of Black History Month to have the contributions of Black Canadians acknowledged. Once the Black experience is included in the history books, then Black History Month will be no more.

The Sudan is the largest country in Africa and gained independence in 1956 (after more than a hundred years of British and Egyptian rule). As is prevalent in post-colonial newly independent countries, nationality is a complex amalgam of diverse cultures at best and non-existent and separate at worst. During the colonial period, to complicate things further, the Sudan was governed separately in the North and South creating a division that is prevalent in today's conflict. Since independence, the country has been engaged in off and on civil wars. The current President, Omar Al-Bashir, gained power in 1989 after a coup-d'etat. Although the conflict today is sometimes said to be the result of an African-Arab dualism, it is really much more complicated; it is estimated that the Sudan's population of 35 million falls into fifty cultural groups that are further divided into about six hundred distinct subgroups. This extensive diversity, colonial political fallout, harsh, underdeveloped terrain, and largely untapped oil reserves are a recipe for instability.

The atrocities in Darfur began in July 2003. Darfur is a region in the West of the Sudan, home to Fur, Zaghawa, and Massaleit ethnic groups, which have been targeted in the conflict. It is estimated that 200,000 have died so far and 2,000,000 have become refugees. A typical account of the atrocities by survivors includes an air strike on the village followed by raids by the infamous Janjaweed militias: looting, killing, raping, torturing and destroying wherever they go. Although the Sudanese government has largely closed its doors to

international scrutiny, suspicion of its complacency and even involvement in the genocide is only increasing with mounting evidence and testimonials.

Thus far, the international community has attempted to put diplomatic pressure on the Sudanese government to no avail. Even though there is currently a force of 7,000 from the African Union, they are too small in number with too limited a mandate to have any real effect in ending the genocide. Proposals to send in more troops, although approved by the U.N., have been unilaterally rejected by the Sudan. Thus, any new force must enter as a hostile, invading force: a messy diplomatic solution. But, if we have learned anything from WWII, we know now that it is virtually impossible to appease a dictator bent on destruction of a people. We must act now to end the genocide before it is too late as it was in Rwanda. As we battle indifference by creating awareness of the situation in Darfur at Queen's, we will gain strength to make a difference together.

Students Against Indifference

.....
sai something. silence is not an option.
.....

Mandate: SAI's mandate is to mobilize the Queen's student body to become informed and active, and to not be indifferent to global and local issues. We encourage Queen's students to educate themselves and others on genocide occurring in the Darfur region of the Sudan. We invite all members of the Queen's and Kingston community to rally behind us in demanding the Canadian government take action to find a solution to this devastating atrocity.



|| Upcoming events to look for: ||

Tuesday March 13th – Thursday March 15th – What are you doing about it? Campaign

Thursday, March 15th – Rally for Darfur

For more information on how to get involved feel free to contact us at:

againstandindifference@yahoo.ca



The Alternative Resource Library has new resources for February!

We have one new book, "Having Faith: an ecologists journey to motherhood", by Sandra Steingraber. The book covers topic such as pregnancy, the health aspects of breast feeding, motherhood, developmental toxicology and environmental pollutants. It is a great read regardless if you are pregnant.

BOOKS



The ALT Library also has two new DVD's, "Me and the Mosque", produced by the National Film Board of Canada (2005) and "As Long as the Rivers Flow: The Grassy Narrows Blockade Story", directed by Dave Clement. Me and the Mosque discusses the historical role of women in the Islamic faith, the current state of mosques in Canada and personal stories of anger, fear, acceptance and defiance. As Long as the Rivers Flow is a documentary on the struggle of the Grassy Narrows First Nation community against logging giant, Weyerhaeuser.

DVDs



ARE YOU IN THE KNOW?

INFO

For more information on the Alternative Resource Library come to the Grey House at 51 Bader lane! You'd be surprised what you can find!

The DivaCup™ is ideal for all activities including swimming, camping, backpacking, and traveling.

It is suitable for all menstruating women of all ages.

Model 1: for women under 30 years old who have never had childbirth or c-sections.

Model 2: for women who have had vaginal childbirth or c-sections; and for women who are over 30 years old and never had childbirth.

Since The DivaCup™ is reusable, it is very economical. It is also good for the environment. ← only costs about \$40 and lasts for ages!

In 1998 approx. 7 billion tampons and 13 billion sanitary pads and their packaging made their way into landfills and sewage systems in the USA.



sexualhealthresourcecentre @ queen's university

JDUC, room 223 613-533-2959

Is available at

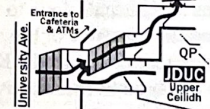
Nutrition House Princess 26A 1040 Princess St Kingston, ON, Canada K7L 1H2 613-549-6424

Tara Natural Foods 81 Princess Street Kingston, ON, Canada K7L 1A6 613-546-6049

The Sexual Health Resource Centre is a confidential, nonjudgmental, pro-choice information and referral service for issues regarding sexuality and sexual health.

Please contact us or visit our office if you require any information or wish to purchase safer sex products at cost - condoms, lube, spermicides, etc... and SEX TOYS!

How to find us ...



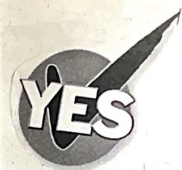
← a fantastic resource in Kingston ... check it out!!!

Clean Air Bath was formed by three local couples in June 2006. They were soon joined by other residents. The group was mobilized by concerns over the impact that the proposal by Lafarge Canada Inc. to burn tires and a host of other waste in its 34-year-old cement kiln in Bath might have on human health, the environment, and the economic stability of Loyalist Township, Kingston, and surrounding areas.

About half a year earlier—in spite of numerous requests by public interest groups and municipal councils to do otherwise—the Ministry of the Environment announced the following:

1. Lafarge's applications did not warrant an Environmental Assessment under the province's Environmental Assessment Act, and
2. the decision whether to refer Lafarge's applications to a hearing before the Environmental Review Tribunal, pursuant to the Environmental Protection Act, would be subject to the discretion of the Director of the Environmental Assessment and Approvals Branch.

Responding to the Ministry's decision, CAB, in cooperation with other advocacy groups, collected signatures, conducted informational meetings, organized rallies, and made presentations and submissions to various stakeholders, including the Ministry of the Environment, Loyalist Township Council, and the KFL & A Board of Health. The group engaged in these activities for two reasons: to inform the public, and to



TURNED UP THE HEAT

communicate to government the need for an extensive scientific study of the controversial practice of tire burning.

This notwithstanding, three days before the Christmas holidays, the Environmental Assessment and Approvals Branch of the Ministry of Environment issued two permits to Lafarge approving their applications to burn and to store tires and waste on site. After reviewing the associated Certificates of Approval, CAB concluded that the conditions did not adequately address the numerous concerns the group had repeatedly raised.

What's more, on the same day as the Environmental Assessment and Approvals Branch issued Lafarge's Certificates of Approval, the Ministry of the Environment proposed a moratorium on tire burning for the rest of the province.

Consistent with the process outlined under the Ontario *Environmental Bill of Rights*, CAB, along with a number of other groups and individuals, filed for permission to appeal the Ministry's approvals of Lafarge's applications. The Environmental Review Tribunal is scheduled to issue its decision on whether to grant the appeal on 30 March 2007.

In the meantime, CAB also has submitted comments in opposition to the tire-burning ban as it is currently proposed by the Ministry. To further underscore its concerns, the group staged a rally in Toronto at the beginning of February 2007.



To this day, the group believes that an Environmental Assessment is the only way to adequately examine a complex issue such as the practice of burning tires and waste in cement plants and other industrial facilities.

Clean Air Bath's objective, therefore, is to increase awareness about the need for an extensive scientific study of this issue, and to inform the interested public about associated participation mechanisms in Ontario.

For more information, please visit the Clean Air Bath website (cleanairbath.com).

Corinna Dally-Starna
(For Clean Air Bath)
MES Candidate
School of Environmental Studies
Queen's University

IT'S WORTH TALKING ABOUT

get involved

Want to submit? We would love to have it! OPIRG is a not-for-profit organization dedicated to research, education, and action in the public interest. We are predominantly student-funded and student-run, but strive to maintain a balance of support and direction from the wider Kingston community. OPIRG Kingston exists to serve as a training ground for concerned citizens to recognize and engage the problems of society. If you have any artwork, cartoons or anything that you feel would support OPIRG's anti-oppressive aims, please either email us or drop by the Grey House at 51 Bader lane. Our email is: zine@opirgkingston.org
We would appreciate any comments or suggestions.



We are also hiring for our Board of Directors! If you are passionate about social justice issues and interested in volunteer work, check out our website: <http://www.opirgkingston.org/> or call us at 613-533-3189 or come by the office, application forms are on the door. Deadline for applying is March 12.

Kingston

To commemorate V-Day, the global movement to stop violence against women and girls, we have translated 2 messages into various languages. These may be useful to know:

[English] No, please stop!
[German] Nein, genug bitte!
[Chinese] Ting, wo bu yao!
[Serbian] Ne, molim te trestani!
[French] Non, s'il vous plaît, arrêtez!

And also:

[English] That feels good, more please!
[German] Das fuchlt sich gut an, mach weiter!
[Chinese] Hen shufu, qing jixu!
[Serbian] To se oseća dobro, više molim te!
[French] Oui, c'est bon, continue comme ça!

If you have the ability to contribute a language skill and would be able to help us translate future expressions, please email us at zine@opirkingston.org

For more information on V-Day, go to:
<http://www.vday.org/main.html>

ONCE YOU'VE ENJOYED THIS FABULOUS 'ZINE

SHARE THE FUN & PASS IT ALONG!