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many ways a person in a relationship can be abused - physical, sexual, psychological, verbal, social, environmental, financial, religious or spiritual, through anger and intimidation, restrictions of freedom, passive neglect, active neglect. The more subtle the abuse, the more damaging it is.

The abuser gains control by the following methods -

- (1) Isolate the person from things they are familiar with.
- (2) Take away identity of their previous existence.
- (3) Give them an identity that suits the abuse.
- (4) Establish an environment that the abuser has control over. Make them exhausted so they are susceptible to any suggestion made by the abuser.
- (5) Maintenance - The abused, to keep peace, will carry on as the abuser has dictated.

Alternatives for Women will provide for women and children from 6 months to a year. Unfortunately there are very few services to rehabilitate perpetrators - so they will behave in the same manner no matter how many promises they make to the contrary.

Our speakers were thanked by Gillian Parker and presented with Black River Cheese and local maple syrup.

A social time was enjoyed with the lunch supplied by Wilma Creasy and Shirley McCaw. Our hostesses were thanked by Mary Creasy.

Press reporter - Alice Miller

Heart and Stroke Fund Campaign Successful

I would like to thank all of those providing contributions to the Heart and Stroke Fund in our recent campaign in South Marysburgh. A special thanks also to those who participated in the canvassing.

We were able to collect a total of \$1,806.00 which will be a helpful addition to the funds required to continue research in this field.

Bruce Scott,
Captain.

A MOTHER

With her being starts creation
Of a little mind and soul,
As she takes the obligation
Of her new expanding role.

From then on she walks with worry,
Some defeat and some success;
Off with patience, off with hurry,
All her lifetime, more or less.

When the object of her mission
Grows too big to hold her hand,
She still asks in sweet petition
God to lead and understand.

For to her there is no finish
To the job life bids her start
Love by years does not diminish
Or outgrow a Mother's heart.

By Margaret Rorke
- submitted by Alice Miller

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