

•Put exercise into the program at your next conference or workshop: fitness breaks, self-defence demonstrations, yoga classes.

•Form a group of women to go jogging, hiking, or cycling once a week.

•Find out about the women's programs at your local community recreation centre. If none of them suit your interests, suggest new programs to the centre coordinator.

•Put sport on the agenda of your next feminist conference or workshop: sport and the male culture of violence; women's lost sporting history; physical activity and women's health.

•Add sport as a topic in your women's studies courses.

•Add women's sport as a topic in your social sciences courses.

•Lobby your employer to equip a women's exercise room and showers at your workplace.

•Support feminist activists on sport-related issues.

•Read the sport pages of your newspaper and write letters of complaint to the editor (you'll find plenty to complain about!).

•Find out about girls' sport in your local school board.

*Helen Jefferson Lenskyj is the author of three books and numerous journal and magazine articles on women and sport. She teaches women's studies at the Ontario Institute for Studies in Education and is a recreational athlete.*

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## CHRISTL VERDUYN

### Fish Stories

everyone's got one let me tell you my  
mother's  
no hooks or lines just a dare a hard  
stare and bet you can't bet I can no you  
can't yes I can  
so eat this fish raw the whole damn thing  
guts eyes fins

and she does right there and then

years later the two of you out fishing in  
the canoe  
everything still nothing biting but the little ones  
their furious flips slowing down quick in  
the warm pail water

is it out of boredom then or memory that  
she picks one out  
by the tail takes it firmly in her hand and  
with that familiar  
absent minded look bites down hard

*Christl Verduyn lives in Peterborough, Ontario, where she teaches and writes about Canadian women's writing. Her poetry appears in The Dry Wells of India, The Canadian Forum, Canadian Woman Studies, The Wascana Review, and Vintage 95.*