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PLANNED PARENTHOOD ASSOCIATION
OF SAN DIEGO COUNTY

Volume II, No. 2 NEWSLETTER April, 1967

SDPP ANNUAL MEETING SET FOR FRIDAY, APRIL 14

NOON LUNCHEON, VALLEY HO RESTAURANT

Elaborate plans by a committee headed by Mrs. Richard Reyburn promise a landmark 1967 Annual Meeting. We are extremely fortunate in securing Mr. Henry L. McIntyre as guest speaker. Mr. McIntyre's topic will be: "What the Population Explosion Means to the Business Man." Barry Simmons, KOGO News Editor, will act as Master of Ceremonies. The SDPP Annual Report will be given by Mrs. Frank P. Vining, President.

The first SDPP High School Essay Awards to be offered will be presented by The Rev. Arthur G. Elcombe, Chairman of SDPP Board of Directors. Our distinguished Judges, Mr. Charles K. Fletcher, Jr., Playwright Frances Bardacke, and Dr. Carl R. Rogers, will also be introduced.

The invocation will be given by The Rev. Melvin C. Harter. Rabbi Morton Cohn will pronounce the benediction.

EXECUTIVE AT WORK

S. J. Martindale plunges abruptly into reorganization, new projects, and fund raising responsibilities. (Story on page 2)

Henry L. McIntyre

Mr. McIntyre is a director of Planned Parenthood-World Population, a member of its Nominating Committee and Vice Chairman of its Fund Raising Committee. He is a member of the Executive Committee of the Western Regional Council and Chairman of its Nominating Committee. He is a Vice President and a director of the Planned Parenthood Assn. of San Francisco.

A general Partner, McIntyre and Gage, Mr. McIntyre is a director of the San Francisco Bay Area Educational Television Station KQED, of Pacific Intermountain Express Company and of the Guardian Packaging Company.

J. S. MARTINDALE ASSUMES DIRECTION OF SAN DIEGO PLANNED PARENTHOOD

CAL-WESTERN SOCIOLOGIST TO HEAD PP ASSN. OF S. D. COUNTY

Our new executive director, J. S. Martindale, 43, currently is finishing work toward the Ph.D. in Educational Leadership and Human Behavior at California Western. He entered this program in the summer of 1966.

A resident of San Diego for the past six years, Mr. Martindale is a native of Oklahoma City and has a B.A. in psychology and an M.A. in sociology from the University of Oklahoma. He has completed graduate work in sociology at the University of Texas and the University of Southern California in addition to work at the law schools at the University of Oklahoma and Oklahoma City University.

Mr. Martindale's background includes 10 years experience as a journalist and columnist. He has also served as editor for various newspapers and magazines. He is married and has two teenage children, a son, 15, and a daughter, 13. His wife, Particia, is a secretary at the University of California at San Diego, extension, La Jolla campus.

Since coming to San Diego, Mr. Martindale has taught in the San Diego City Schools and at Grossmont College. He has been an instructor since 1965 in the evening division at Grossmont, where he teacher sections in Marriage and the Family in addition to other sociology courses. He helped develop a television course in great literature for San Diego City Schools Adult Education and has taught creative writing at the North Shores Center and general science classes at Hoover and Crawford.

Mr. Martindale has held teaching fellowships at Boston University and the University of Texas. He was awarded a National Science Foundation grant to study at San Diego State College in the summer of 1965. He is a member of the California Teachers Association, American Sociological Society, the American Newspaper Guild and the La Jolla Roundtable. He lists his hobbies as fiction writing and tournament bridge.

OUR SEARCH FOR AN EXECUTIVE

By Joanna Koehler

At the January Board Meeting it was voted to ask the Personnel Committee to determine the needs of the administrative force for our association. The Personnel Committee met and determined to search for a full time executive director. After answers to an ad were scanned, we decided to interview 9 of the 23 applicants. Subsequently there were 4 more,all interested in the job. Their ages ranged from 33 to 80. Their experiences were in a wide range--from high military rank through people with business experience to several with master's degrees. A long series of exhaustive interviews, each followed by serious committee discussions, continued into mid-March.

The final decision was made for Mr. James Stanley Martindale. He brings understanding and interest with his knowledge of family relationships. We are confident that, under his leadership, we shall go forward with plans for projects which will make SDPP a meaningful and vital agency in this community.

Leland

LELAND *BUZZ* FEATHERMAN NAMED FUND RAISING CHAIRMAN

Leland Featherman, 33, a San Diego attorney (law firm of Asaro and Featherman, 2550 3rd Ave.),has been enlisted as Fund Raising Chairman for SDPP and will take over combined membership -fund raising activities for 1967.

A resident of San Diego for the past three years, Mr. Featherman is a native of Elmira, N. Y. He holds a B.A. in math from Colgate and a law degree from Cornell. He served with the U. S. Navy in 1955 as a Lt. jg. He is a member of the San Diego Bar Assn. the Hillcrest Kiwanis, and the Cornell Club. Before coming to San Diego. he was a practicing attorney in Arizona.

Featherman lives with his wife and three children (the last a boy born last week) at 4353 Trias in Mission Hills.

AT LONG LAST--
A PROFESSIONAL FULL TIME OFFICE MANAGER

Jean H. Birch is the lady who, from now on, will know where everything is, which volunteers are coming to work at what, when, and how to provide our (probably) at times harassed executive director with a solid base of comfortable security.

Jean and her husband, George K. Birch, have lived in La Mesa, for the past 13 years. They have a married daughter and a darling grandson. Their youngest daughter is a freshman at State College, majoring in microbiology. Jean has been active for many years in civic activities and has participated in Grossmont High School District bond and tax elections. She supported and worked for the establishment of the Grossmont College and her interest in education won her a laurals award, presented by the Foothills Council of PTA and the Grossmont area teachers associations.

Jean grew up in Manasquan, New Jersey, and attended Monmouth College.

During the past six years she has been employed by the Ninth District, California Congress of Parents and Teachers and also in the Spring Valley Chamber of Commerce. She has attended classes in political science at Grossmont College. Her interest in education is shared by her husband, *Bud*, who is on the Board of Trustees for the Grossmont College and the Grossmont High School Districts.

DR. ASKEW AND MRS. FRANK VINING ATTEND NINTH REGIONAL FAMILY PLANNING CONFERENCE

Mrs. Frank P. Vining, President, and Dr. J. B. Askew, Boardmember, attended the two-day conference (Feb. 22nd and 23rd) sponsored by the U. S. Health, Education and Welfare Department. The conference was held at San Mateo. Mrs. Vining brought back reprints of the principal addresses. State College students working with us for sociology credit are making condensations of these addresses for our general use. One of these appears on page 10.

PROMINENT CIVIC PERSONALITIES ENDORSE SAN DIEGO PLANNED PARENTHOOD ASSN.

Mrs. Harold Urey, Chairman of SDPP Sponsors Committee, looking forward to an intensified membership and fund raising campaign, reports endorsement of the following:

The Rt. Rev. Francis E. Bloy

Dr. and Mrs. John Galbraith

Mr. Philip Klauber

Mr. Arthur Maes

Dr. Carl Rogers

Dr. Jonas Salk

Dr. Frances Torbert
and
Dr. Harold Torbert

Dr. Harold Urey

The committee's report being as yet incomplete, other sponsors will be added to the above list.

ANY SUGGESTIONS?

THERE ARE "WANTED" PARENTS

An incidental contribution from a 14yr-old girl--

When one thinks of a hero, he immediately refers to brave and daring deeds, a fireman sent into a burning building to save a life, or a passerby who dives into the water to rescue a drowning man.

But heroism is much more than this. Dr. Jim Turpin of Project Concern is a hero....The soldier or sailor fighting to preserve American freedom, and even more so his wife who waits at home, taking care of his children, are heros.

But I have one "special" hero--my father, who works day in and day out to bring happiness and love to our family. To me, he is a real hero.

WE ARE CO-SPONSORING THE FAMILY LIFE CONFERENCE AT THE MISSION VALLEY M. E. CHURCH, ALL DAY FRIDAY, MAY 5TH. CALL FOR RESERVATIONS--LEARN HOW TO BE A "WANTED" PARENT OR GRANDPARENT.

OUTREACH PROGRAM SELECTED
BASE OF OPERATIONS WILL BE SAN YSIDRO

On March 7, interested representatives of PP and the San Ysidro community met to discuss in detail the local needs and resources. We are now developing a thorough door-to-door education project for the area. This will involve hiring one or more local women as part-time field workers. It will focus on providing accurate birth control information and directing every interested woman to a local family planning resource. Local poverty program workers will be fully briefed on birth control methods and resources and will be supplied with PP literature in Spanish. We are determined to see that every woman in the San Ysidro area receives birth control medical service if she wants it.

Board Member Fred Martinez has provided us with valuable insights into the nature of the community. He says that of the population of 4,800, over 50% receive welfare aid of some type. Families of ten or more are common, often living in a single room. There is a higher percentage of substandard housing here than anywhere else in this county.

"Listen to this. A writer way back in 1966 predicted that our generation would have one person to every square foot."

SR/November 12, 1966

ESSAY AWARDS JUDGES FACE ARDUOUS TASK

Seventeen essays, obviously representing sincerity, industry, and creditable scholarship, have been referred to our judges for rating. There is, thus, a possible high of 51 points and a possible low of 3. But no such tabulation is likely to result, as no three qualified judges would be likely to agree in rating any one essay.

As these essays appear in our newsletters, in local area newspapers, and a final booklet of essays, PP members may check their own reactions. Among our readers, at least the cash prize winners will be liekly to agree with our judges.

The distribution of authors chosen to receive award certificates was as follows:

Boys	10	Girls	7
Grade 9, age 14			3
Grade 10, age 15			1
Grade 11, age 16			3
Grade 12, age 17			11

Schools represented were:

Mountain Empire Jr. High	1
Muirlands Jr. High	1
Castle Park High School	1
Chula Vista High School	3
Claremont High School	2
Crawford High School	1
Escondido High School	2
Kearny High School	2
Mar Vista High School	1
Point Loma High School	2

As presented to the judges, each essay was identified only by an I.D. number. The judges' ratings are not available at this writing, but will be in the mail when this newsletter appears. This particular essay is published in this issue because it presents a valid summary of current attitudes towards birth control. This factor is convenient, but in itself will not be likely to influence the judges' ratings. Cash prize winners will be introduced by area representatives at our annual meeting.

A capacity crowd attended all four lecture sessions and the noon luncheon. The Rev. A Elcombe functioned superably as moderator from 9 until 1.

Seventy board and other Planned Parenthood members and professional workers from other city and county social agencies registered officially for the workshop. Animated and informative discussions followed lectures by Mrs. Frank Vining, Mrs. John Burnett, Mrs. William Mathews and Dr. Roger Miesfeld.

Mrs. Elizabeth Canfield's address dealt with the hotly controversial issue of whether contraceptives should be furnished to unmarried women. Mrs.Canfield was adamant in her determination that all applicants for birth control information or supplies should find either or both easily available. Free, informal discussions followed this question period for an hour or more after official adjournment.

(For a sample popular opinion survey, refer to student essay, page 6)

Barbara Brown, as hostess, served tea, coffee and cookies through a pleasant mid-morning break.

SDPP SUPPLIES PROGRAM
FOR MEDICAL COUNCIL

The Medical Council of the National Association of Social Workers met the evening of March 8 in our Balboa Park headquarters. Mrs. Vining spoke on the status and history of the PP movement, Mrs. Mathews on unwanted children, and Dr. Neisfeld on current medical practice in birth control. A question period followed. Joanna Koehler served as chairman.

DR. NIESFELD AND DR. NELSON
TO ATTEND NATIONAL MEETING

Dr. Roger Niesfeld and Dr. James Nelson will represent SDPP April 3 and 4 at the Fifth Annual Meeting of the American Association of Planned Parenthood Physicians in the Biltmore Hotel, Atlanta, Georgia.

Programs are available for reference in the office.

The Planned Parenthood Society has gone out of its way to help the contestants. I plan to carefully save all the research material for possible use in my college sociology courses.

Again, thanks for your courtesy and assistance.

Sincerely,
Lynne Wheeland

Lynne Wheeland
Class of '67
Mar Vista High School

ID No. 106

CASE HISTORY OF A COMMUNITY

The Center for International Economic growth ranks the world population problem as second only to the threat of nuclear war. "The growth of world population...is at the very heart of the problem of our existence," says the United Nations.

Most Americans recognize the growing population problem, and the effectiveness of birth control as a solution is generally unopposed. However, between the practical value of birth control and its private and public acceptance lies a great chasm.

The idea of limiting family size is not a product of the 20th Century. Various methods of birth control have been used for centuries. The Book of Genesis mentions one technique, and prescriptions for contraceptive compounds have been found in 3800 year-old Egyptian manuscripts. In Egypt, India and Persia continence was observed until a child was weaned.

More extreme methods included infanticide and abortion, legal in ancient Greece and approved, under certain circumstances, by Plato and Aristotle. Mechanical and chemical contraceptives were also employed during this period.

Even the IUD has its predecessor. Dr. Alan Guttmacher has reported that women in the Dutch East Indies have been making IUD's from the latex of rubber trees for centuries.

Despite the centuries of its development and use, birth control is still regarded warily by many Americans and has touched off much moral controversy. In an attempt to fathom the present feelings on this subject, a survey was conducted in a community, predominately Navy and farming, of about 14,000 people. The participants were housewives, adult school students, businessmen, and preachers of different denominations.

Over 75% of the interviewees were cognizant of an overpopulation problem, though the percentage was much greater among young adults than those over 35. As one young person commented, "Overpopulation is a major problem...birth control is a major factor for its solution." Another added, "Overpopulation seems to decrease the value of life itself. The only alternative to birth control is collective deprivation."

Surprisingly, only 50% of the professional men thought the population rise a significant problem. Though it would have seemed predictable that these people, with their higher education, would be more aware of and worried over this possibility, only 66% thought birth control an effective solution. Since the reliability of birth control products is well known, perhaps this feeling is due to doubt of its widespread acceptance. "There is still the problem of getting the information and the material to those people where the need is greatest," said one man.

Most people, however, made a point of mentioning what this housewife summed up as, "Granted, the reduction of overpopulation would be a benefit of birth control, but, in my opinion, it is only a fringe benefit. The main advantage of birth control is a personal one."

Perhaps this is the reason why 94% of the housewives questioned, the largest majority in any occupation, endorsed birth control. A Catholic wife said, "I approve of birth control...I feel this way mainly because of my own experience. I became pregnant on my honeymoon, and 2 1/2 months after I had my first baby, I was pregnant again." It may be that housewives are more aware of the taxations large families place on love and finances. As one mother explained, "If birth control had been available to me earlier, I would have used it, and I think my health would be better, and I could have given each child more love and care than I can now with seven children."

All young people were more unified in their opinions on birth control than those over 35, who had great differences in decisions. The young adults' approval of birth control ranks as the second highest majority with an 86%. It could be surmised that this is the result of the new school and social practice of stimulating thought, even about controversial subjects which a generation ago were considered taboo.

The main opposition to birth control arose from religious beliefs. Eighty percent of the Catholics interviewed stated their firm religious convictions against the use of birth control methods other than rhythm, though one member of the remaining 20% stated, "I should have, but I don't. To bring an unwanted child that can't be supported or loved to this world is far worse than to contradict religious beliefs which would prohibit the use of birth control methods to prevent the birth of a child that has not been conceived."

These figures were reversed when Catholics were asked if they would condone the general use of birth control though they themselves did not use it. Eithty percent agreed with the man who said, "This must be an individual decision."

Only 29% of the Catholics participating in the survey were opposed to mechanical and chemical products in the case of hereditary mental deficiency of physical defects or in a situation where the birth of a child would endanger either the mother's life or mental health. "I think the use of birth control methods for health reasons is okay, but just to use these methods to keep from bringing a human life to this earth is not right at all."

Over 69% of the interviewees of every occupation and religion qualified their affirmative opinions with the equivalent of, "Birth control products of any kind should be available to married women only!" One man flatly stated, "I think that such unrestricted distribution would cause teenage immorality to drop lower than it already is." On the other hand, a Baptist minister believes, "Even those who practive premarital sex should be allowed the protection of birth control. Partonizing a commercial agency would be the lesser of two evils. It would be much better to supply birth control products to those who practice prematital sex than to allow an unwanted child to enter the world."

A doctor of medicine pointed out that birth control would decrease the number of illicit abortions and sterilizations in this country "because birth methods are simpler, easier, cheaper, and legal."

Generally, then, people are for birth control. There are many arguments against it, but they are slowly being overcome by increasing evidence of its inevitability. One man stated, "Even religious beliefs can be swayed if a concentrated effort is placed on the real problem of population explosion."

Careful examination of popular attitudes, as these are realistically defined in the foregoing essay,reveal the alarming fact that --since Margaret Sanger--all we have done is to precariously establish a few beachheads. How to square this disturbing fact with the following (contribution by Stuart Foutz, our legal adviser) is one of the great mysteries of the universe.

The known facts regarding the human brain are fantastic. It contains around 10 billion cells. Each of these cells can be in relationship with as many as 25,000 others. The number of possible associations is of the order 10 billion to the twenty-five thousand power. a quantity larger than the number of atoms in our known universe. More than 100 billion sensations pour into the electro-chemical network which is a normal human brain each second. This brain fires off 5,000 million signals a second. Perhaps the most amazing thing about this cortical computer is that it can be manufactured by two people without their stopping to think about it. In fact, in a very large proportion of cases, the production is generated by a failure to think.

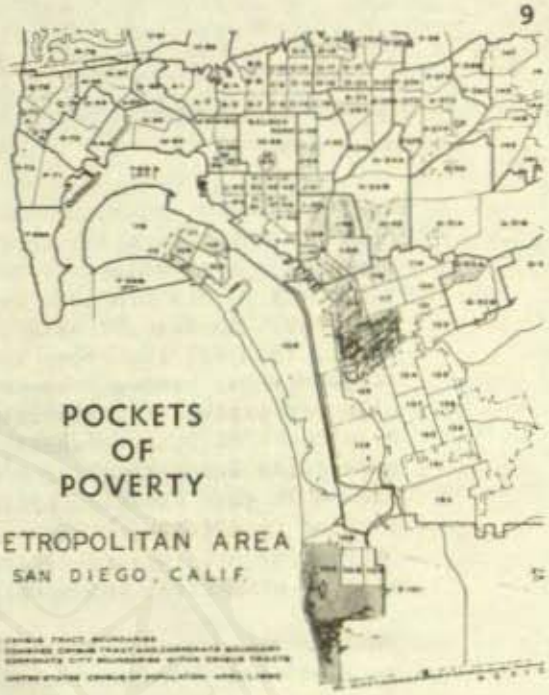
Your editor takes the liberty of adding, "or, in many more cases, a fear of the idea that one has a right to think." If one has a "right" to think, he has a "responsibility" to do so. This contradicts centuries of fear indoctrination under the pretense of education. In the mid-sixteen hundreds, John Milton said, *What they (the censors) want is not the innocence of youth but its ignorance.* The censors are still winning; an outdated moral establishment is still free to exploit humanity by indoctrinating its youth. Planned Parenthood faces a herculean task NOW. That task is primarily one of education (refer to excerpts from conference lecture on page 10)

SDPP FACES ITS MOMENT OF TRUTH!

CAN WE REACH OUT TO HELP
THOSE WHO CANNOT COME TO US?

Gradually, the marginal income workers we have been serving have become aware of how to secure birth control information and medical services through their own efforts. Recent letters to this office, such as the following, symbolize the even more acute needs of very many others not able to express themselves so clearly.

Some of these people are farm laborers, constantly shifting from one "existence" facility to another. Some are settled residents in decadent buildings with obsolete sanitary facilities. Most have had only intermittent grade school encounters under harsh and contemptuous discipline. Isolated from what we take for granted as Twentieth Century sophistication and mired in outdated inhibitions as well as language and transportation handicaps, the barrier from them to us is insurmountable.



San Ysidro

Mi nombre es
un trabajador de aquí me
aconsejo que sería acordarse
posible orientarme a controlar
la natalidad de mis hijos
tenemos 3 pero mi esposa
me ayuda a trabajar
y por el motivo decimos
que no recomiendan alguna
medicina o alguna método
a seguir para conseguir
nuestro propósito espero
atiendan a mi petición
mientras me permito
r a i s n.

The shaded areas are not over-all "slums." "Pockets of Poverty" are hidden from our view by surrounding comparative adequacy or--in some cases--affluence.

(Translation)

My name is a worker from here advised me that your association could orient me to control the birth of my children we have 3 but my wife helps me work and that is why we desire that you recommend some medicine or some method that we could follow so that we can achieve our purpose I hope you will attend my petition while I remain

yours truly

An expanded Planned Parenthood membership is essential to this program. If you have not already done so, please join us now!

Planned Parenthood Association of San Diego County

AFFILIATED WITH PLANNED PARENTHOOD-WORLD POPULATION

HOUSE OF HOSPITALITY, BALBOA PARK, SAN DIEGO, CALIFORNIA 92101 TELEPHONE 234-7593

Membership Committee: I enclose $5 to cover membership privileges in this organization. I wish, in addition, to contribute $_____ to your program.

NAME _____

ADDRESS _____

We spend millions of dollars each year on some of the better-known diseases . . . to prolong life. Let us preserve the quality of that life for everyone.

(Refer to notation, lower, page 8)

Ernest W. Page, M.D.
San Francisco, California

In the human species, unlike many mammals, the sexual function has become quite distinct from the reproductive function. Since the sexual revolution began in the twentieth century, it has become increasingly clear that sexuality in its broadest sense is a major motivating force in human marriage. As Herbert said in his book Holy Deadlock, "If the bedroom is not right, then all the rooms in the house are wrong." In the evolution of man, pregnancy has become a by-product of the reproductive function. In a startingly high proportion of instances, pregnancy is an unwelcome, indeed even disastrous by-product of human sexuality, and birth control therefore becomes a means of preserving and perfecting a most vital relationship between man and wife. Viewed in this context, birth control becomes an integral part of all serious relationships between men and women, and should be so regarded in the organization of sex education for our adolescent youth, and as an integral part of premarital and marital counseling.

We cannot, of course, depend upon graduate schools nor even upon our colleges to teach the facts of sexuality. The time for sex education is certainly no later than our secondary schools, and I can think of no one better equiped to teach the subject than a well-adjusted physician-educator who is dedicated to this task, and who could--if the school districts were willing and would pay him an adequate income--work with a large number of schools each week. The widespread and easy availability of contraceptive pills or devices may encourage more freedom in sexual relationships, but this situation is already with us and literally beyond our control. Education in matters of sex or birth control, on the other hand, does not promote promiscuity; indeed, there is evidence from many quarters that appropriate education by professional personnel, vis-a-vis peer group gossip, tends to promote healthy marriage relationships, and should--at the very least--cause some reduction in the appalling numbers of unwed mothers. One only has to look at the totally sexless creatures illustrated in many human biology textbooks used in our high schools to realize that such important structures as the penis and the vagina (at least I think they are of some importance), properly portrayed are still regarded as pornographic. This 19th century heritage persists into adult life to such an extent that I have observed even senior medical students hastily leave a serious seminar dealing with the human orgasm because of acute embarassment. How are they going to deal with the sexual problems of their patients?

PLANNED PARENTHOOD ASSN. OF SAN DIEGO COUNTY
Suite 10, House of Hospitality, Balboa Park
San Diego, California 92101

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J. S. Martindale, Executive Director
Ted Burns, Editor

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