

250 slots open for WIC pregnancy care

From now through September, 1983, the WIC Program, offered through Multnomah County Health Services, will be accepting new applicants county-wide. The Sabin Clinic, which serves North/Northeast Portland residents, has openings for an additional 250 eligible clients.

The program is for pregnant and/or breastfeeding women who have, or are at risk of having low birth-weight babies because of medical problems or poor nutrition. There are income guidelines to determine eligibility, but the guidelines are not as strict as those used to determine poverty level.

Women and children who qualify for WIC services will receive vouchers (special coupons) for purchasing foods high in vitamins, minerals, and protein. They will also receive professional assessment and counseling services by community health nurses, and special diet planning by certified nutritionists.

Women interested in applying for the WIC program, living in the North/Northeast Portland area should call the Sabin Clinic office at 248-5055, Monday-Friday between 8:30 a.m.-4:30 p.m. For information on other WIC clinics in Multnomah County, call 248-3816, Monday-Friday between 8:00 a.m.-5:00 p.m. Pregnant teens are especially encouraged to apply.



Remel and Philip Moore, shown with their children, Saeed and Almasi, share some of the philosophy that shapes their family life.

(Photo: Richard J. Brown)

Love and strength bind Moore family

GRASSROOTS NEWS, N.W. — Nothing expresses the love, devotion and resiliency of the black family. A case in point is the Moore family, Philip and Remel. They met in college in 1969 and by 1972 they were an "item." Philip says, "I carried her luggage into the dormitory. I was attracted to Remel by her eyes." Remel was attracted to Philip's intangible assets. "He seemed very nice, caring and thoughtful. He cares for his community and the people around him. This is a rare quality, indeed."

Since 1972 millions of events and emotions have touched the relationship of the Moores. But what element cemented their marriage?

"Thoughtfulness and understanding are our main ingredients. The ability to try and understand any situation. And also humor. We are able to look back on things and laugh." Philip says his wife is his "Best Friend." "You can become lovers and very intimate but still get embarrassed about some things. When you are best friends, you can talk about anything."

As their love for one another grew so did their family, Saeed and Almasi. How did children affect their relationship? Remel believes their two sons just enhanced the Moore family. "Our first child was a little Phil. And our second child was a little Phil with my chocolate covering. So, I have all these Phils running around and it's kinda hard not to have a stronger feeling about your mate. You see in your children the very element you admire in your man. Both of my children are real lovable and so is their dad." Philip sees children as just the natural progression of their relationship. "They are our roots."

Through the years how have the economic factors affected the Moore family? "Well, first off I'm a black man and you are well aware of the economic situation imposed on the black man by society. Remel realizes that as well as I realize the burden imposed on black women. As black people we are confronted with racism. The only thing we can do is pull for each other to survive." Remel concludes with, "No matter how distressing the economic times were, the ability to overcome them just made our relationship stronger."

Mrs. Moore is considered a well-educated woman. Does this fact ever pose an intimidating factor in their marriage? Remel says, "No. The intimidating factor is the reality

of the racist politics and economics in this society. It doesn't intimidate Phil that I have a master's degree. We are both educated. I just happen to have a few more years in. What is intimidating is not having the opportunities open to you whether you are male or female."

Phil says, "It's a European who is defining the relationship between black males and females. And this same European doesn't know what it's about. What black males and females are about is building little kingdoms. If you build a little family strength lies within that family; within that family you have unity and when you have unity you have a nation. That is what it's about. The myth about education or a better paying job destroying the black family is obsolete. Now, brothers and sisters, we can all take the time to treat each other better. There is nothing wrong with being a gentleman or a lady."

Remel Moore adds, "The other element that has kept us together is the fact that we don't blame one another for things we don't have any control over. It's easy for people who are oppressed to feel the pressure so bad that they look at their mothers, fathers, husbands and children as the reasons for their problems. Those people are not the reason for our oppression. They are all just as oppressed. Sometimes we fall victim to that trap of blaming one another and not loving one another."

Philip says we all face the same oppressor. "The same person or system has that foot around all our necks. If we strive to bring about happiness within our own lives it will affect everyone around us."

Philip and Remel have that consistent factor growing and developing in their marriage — love. How does Phil define the love in their relationship? "Honeysuckle, chocolate dripping and kisses. Over the years we grew as individuals, as a family and as lovers."

Remel says, "Over time you have different tests. It's not how well you do on the test but what you learn from the test. Sometimes in life you get those same tests over and over again until you learn. Gaining that awareness means that you changed. You are wiser about situations and problems that come up."

As a unit the Moore family plans to keep progressing. As the head of the household says, "We are just going to keep moving; moving on up."

AFRICA NEWS

Black union strikes a first

AFRICAN NEWS — For the first time in South Africa's 100-year-old mining industry, a black trade union has negotiated a wage agreement for its members.

Last month the National Union of Mineworkers (NUM) succeeded in gaining a 14.7% across the board raise from the Chamber of Mines for its 25,000 mine workers in eight mine fields.

On June 9 the NUM received recognition from the Chamber to negotiate on behalf of its members, thus paving the way for the contract agreement.

Cyril Ramaphosa, the general secretary of NUM, said the recognition "marks the beginning of an official struggle for better wages and human dignity" in South Africa. And he predicted the union's membership would swell to 50,000 by the end of the year.

The union's negotiators originally called for a 30% wage hike.

The NUM, an affiliate of the Council of Unions of South Africa, is the largest union to organize black workers in the mines since the African Mineworkers' Union was crushed by the state in the 1940s.

The successfully-completed contract between the NUM and Chamber of Mines marks a watershed in South Africa's labor history, particularly since the mining industry is a cornerstone of the country's economy.

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