



ON OUR WAY



SUMMER '95

Newsletter of the Women's Center
46 Pleasant Street, Cambridge, MA 02139

(617) 354-8807 TTY and VOICE



WOMEN'S INTERNATIONAL/ INTERCULTURAL GROUP

Despite the departure of our founder and coordinator, the Women's International/Intercultural Group continues!!! With old and new members, as well as a new team of co-coordinators, we are excited about the upcoming year. Although we do not begin officially meeting until the fall, many of us will be hard at work over the summer months brainstorming topics for our monthly Saturday meetings, contacting possible speakers, creating our new brochure, and most importantly launching a more extensive outreach campaign. Our goal is to become a more visible outlet for women living in and around Boston. Some of our possible topics for the fall include: women's spirituality, women's leadership, and the identities, lives, and experiences of Asian women.

As in the past, the Women's International/Intercultural Group is committed to creating a space for women from diverse racial, ethnic, sexual, class, linguistic, and physical backgrounds to discuss our experiences from a global perspective. We not only draw heavily upon the lives, experiences, and perspectives of our group members to promote cross-cultural understanding, but we are also committed to seeking out information about women who may not be represented in our immediate group. Therefore, our community is one that seeks to share, learn, and broaden our awareness around our diverse experiences as women.

If you are interested in helping us with outreach and planning over the summer months, please contact Marina (508) 366-5798 or Lisa (617) 354-8807. If not, we hope to see you at our next meeting Saturday September 30th at 1pm. We'll talk about our cultures, what we hope to get from the group, and ideas for future meetings.

WOMEN'S CENTER CELEBRATES 25TH!

1996 marks the Women's Center's 25th anniversary! That makes us the second oldest continually-running Women's Center in the country. We have much to be proud of, and lots to celebrate. As we plant the seed for a grand gala celebration and fundraising spectacular in 1996 (☉☺), we call all women to help plan the festivities. If the Women's Center has special meaning to you, or if you feel connected to the Women's Center in any way, please join us! Our first planning meeting – which will mostly be a brainstorming session – will be **Thursday, September 7, 1995, 7-9 pm.** For more information, please call Jennifer, Pamela, or Judy at (617) 354-8807. Thank you!

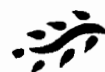
SURVIVORS NEEDED WRITE AWAY

For Crying Out Loud, the newsletter by, for, and about women survivors of child sexual abuse, seeks writers and colleagues for our collective. If interested, please contact Nancy Hurlbut at (617) 547-6268 or write to:

The Survivors Newsletter Collective
c/o The Women's Center
46 Pleasant Street
Cambridge, MA 02139

UN GRUPO PARA LATINAS SOBREVIVIENTES DEL ABUSO

El grupo es para Latinas que han sufrido abuso sexual cuando eran niñas o como adultas. El grupo será en español y las reuniones serán cada semana en el Centro de Mujeres. Maria Tourreilles, una terapeuta, va a dirigir el grupo. Comenzará en agosto o septiembre. Necesitamos 2 o 3 más mujeres interesadas antes de comenzar. Para más información llame al (617) 876-8837.





ANTI-RACISM TASK FORCE

The Anti-Racism Task Force, which seeks to increase racial/ethnic/cultural diversity at the Women's Center, has now been meeting for over 10 months. During this time there have been several changes in the task force as we continue to define the work of the group. The name has changed from the "Diversity Task Force" to the "Anti-Racism Task Force" to reflect our primary mission of confronting racism at the Women's Center.

We recognize that the Women's Center's goal of helping all women heal from abuse and sexist oppression will only truly be achieved in a diverse, culturally-inclusive environment. The mission of the task force is: 1.) to promote the empowerment of all women and 2.) to eliminate racism at the Women's Center, as well as other forms of oppression.

The Anti-Racism Task Force explores how racism is manifest at the Women's Center, and strategizes about how it can be dismantled. We seek to meet this challenge through personal reflection, dialogue, brainstorming about different approaches, and consulting with other groups and individuals.

As the name implies, the Anti-Racism Task Force is a task-oriented group of women who are committed to working together to make concrete changes at the Women's Center. Currently, we are drafting a "bill of rights" for the Women's Center: suggested guidelines aimed at making people more aware of our differences and more sensitive to each other. Our hope is that raising consciousness about these issues will help to create a climate supportive of all women. Examples of some of the points/suggestions in the document are:

Recognize that every woman who is here belongs here, just because she is here.

Welcome the opportunity to share and gain understanding of each other.

Identify and address prejudicial and insensitive remarks and actions.

Look for the completed list posted around the Women's Center in the near future.

You can help make the Women's Center more inclusive and more inviting to all women by participating in the work of the Anti-Racism Task Force. We welcome the input of all women who share our goals - especially women of color and immigrants. Join us for our meetings on the second

and fourth Wednesdays of each month from 5:30-7pm at the Women's Center. (Upcoming meeting dates are July 26, August 9, and August 23.) If you are not able to commit to attending meetings, there are several other things you can do to help, such as:

- Network with women of color organizations.
- Plan events that promote diversity such as workshops, trainings, cultural events, talks...
- Represent the Women's Center at multicultural/ethnic events.
- Letter signs and posters.
- Meet with international visitors.
- Help solicit donations of posters/books reflecting diversity.
- Volunteer or help locate volunteers to offer anti-racism trainings.
- Submit your ideas for new projects for the group to consider.

The Anti-Racism Task Force welcomes your participation and suggestions. We need your support to make the Women's Center a safe space for all women. Together, we can build a Women's Center where all women are represented and all our voices are heard. For more information, to join the group, or to share your thoughts or suggestions, call Jennifer at (617) 354-8807.



WOMEN OF COLOR REFERRAL BOOK

The Women's Center is excited to announce the development of a *new* referral book. The *Women of Color* notebook is intended to provide information in a variety of areas for African American, Asian, Portuguese, Haitian, Middle Eastern, Latina, and other women of color. If you should have any helpful hints and suggestions, or if you know of an organization that is essential to the book, please call Kristin (one of our star summer interns ☺) at (617) 354-8807.

WOMEN'S COUNSELING AND RESOURCE CENTER

Volunteer therapists are encouraged to join our feminist counseling collective! Requirements are a Master's degree in a counseling field, two years post-graduate experience doing individual therapy, and a feminist perspective. The time commitment is 2-4 hours per week and one monthly collective meeting.

Call (617) 492-8568 for more information.

AGING WELL

The June meeting of Aging Well concluded our third year. We reviewed the highlights of the past year, conducted an evaluation of our Aging Well workshop for **Women's Health Day**, and discussed subjects for the coming year's meetings. Possible topics include: loss, women's writing (our own), a book discussion, and a repeat of the subject, "What will we do with the rest of our lives?" One of our members will be attending the United Nation's *Fourth World Conference on Women* in Beijing, China and will speak about her adventures there at an upcoming meeting.

In April, we were entertained by poet Myra Shapiro, who shared her poems about women growing older. A book of Myra's poems, edited by Robert Bly, will be published soon.

The subject for our May meeting was "How to handle our chores as we grow older." We concluded that the warmth of the home is more important than anything else. Real liberation is to have no qualms about a messy house.

We invite all older women to join us. We welcome women of diverse backgrounds and cultures -- lesbian and straight, socialists and church women, women of all colors. We meet the first Sunday of the month except in July and August. On holiday weekends, we meet on the second Sunday of the month.

The next meeting of Aging Well will be **Sunday, September 10th, 2-5pm**. Come join in a book discussion of *Women and Aging*, an anthology printed by Calex Books and available at libraries. Hope to see you then.



COME TO THE PARTY!!!

The Women's Center is delighted to invite you to our 2nd annual **Garden Potluck and Open House**. The potluck will be **Friday, August 4th from 6:30-9pm** at the Women's Center -- *rain or shine* ✨. Bring women friends, children, yourself, and a yummy dish, if you can. We will provide non-alcoholic drinks and a few surprise dishes. So, come one, come all; come and see the Women's Center and meet other wonderful women from the community! If you have any questions or would like more information, call Stephanie or Kristin at (617) 354-8807.

FROM THE DESK OF OUR FUNDRAISER

As of the end of June, the Women's Center raised over \$1,500 from our Spring fundraising appeal. At least 6 women have newly joined the Women's Center's Sustainer Program, pledging a monthly contribution to keep the Center going and growing. In addition, Women's Center supporters are gradually responding to our commemorative tile fundraising campaign, which is proving to be a terrific way to honor and remember many wonderful women in our community.

While we know the Women's Center has strong community support, we ended our second Quarter with a \$5,000 deficit ☹. Financial support from individuals like YOU is crucial to keeping the Women's Center's doors open. It also is what allows us to provide **all** of our support groups, workshops, resources, and referral information, *free of charge* to women. With your help, we hope to strengthen the Women's Center's finances in the coming months, so that the Center continues to be here for women -- both now and in the future. If you missed our latest appeal (or feel inspired to donate again!), see the coupon inside this issue of *On Our Way*.

We are grateful to the following funders for their support in the second Quarter of 1995: A Better Place Foundation, the Franklin Institute, Personal and Career Counseling, and the City of Cambridge Community Development Block Grant. We would also like to express special gratitude to several Women's Center groups and projects, which not only help to fulfill the Women's Center's mission, but also donate funds to keep the Center going: the Women's Counseling and Resource Center, the Women's Community Cancer Project, For Crying Out Loud, Reproductive Rights Network, the Coming Out Group, Incest Survivors Anonymous, and Lesbian Al-Anon. Thank you, this support is crucial to the Women's Center's survival. (Keep it coming, women!...we really need it! ☺)

--Pamela Goldstein,
Development Coordinator

FINDING & SURVIVING THE WORKPLACE

There is support for women who are going through a job search, unemployment, or problems at the workplace. Our group is for women who would like to talk, help each other resolve these issues, exchange ideas, or network. We will be meeting the 2nd and 4th Saturdays in September.





IN MEMORY OF JEANMARIE MARSHALL 1958 - 1995

Jeannie Marshall, long-time cancer activist, founder of the Women's Community Cancer Project, writer, and feminist, died of cancer at age 36 on April 8, 1995. Jeannie was an inspirational woman who accomplished much in her 36 years. After being diagnosed with cancer in her early 20's, Jeannie became a cancer activist and volunteer, graduated from Tufts, co-founded the Women's Community Cancer Project in 1989, published her writings, and much more.

Jeannie touched the lives of many women as loved and valued member of the Women's Community Cancer Project and the Women's Center community. She was gentle, kind, a good listener, intelligent, creative, and had a strong and lively spirit. Jeannie never felt sorry for herself, and demonstrated an amazing courage and dignity throughout her long battle with cancer. She will be remembered and deeply missed.

WORKSHOP TO SOLVE PROBLEMS IN WOMEN'S CENTER GROUPS

In the spring women from roughly 12 different groups met to talk about how our groups run, what goes right and what goes wrong, and what to do about it. Small groups, large groups, open, closed, short-term, long-term, facilitated and not – all were represented, and there were common and uncommon threads. For example: in a small group a problem may be erratic attendance, while in a large group, a concern may be ensuring there is time for everyone who wishes to speak.

Many women come to groups looking for friends - what group structure will facilitate building friendships? How can a group help women who feel isolated become connected to the group? How can conflict between group members be handled so it strengthens rather than weakens a group?

Good questions! Come to the next **Solving Problems in Our Groups** meeting on **Thursday, September 21, 7-9pm**. We'll brainstorm to come up with some creative ideas. Also, it's fun to be with women from other groups and learn about the amazing variety we have here at the Women's

Center.

Anyone who attends any group at the Women's Center is welcome. If you're interested, call Judy at (617) 354-8807 or just show up on September 21.

VERBAL ABUSE SUPPORT GROUP

In the verbal abuse group I started to feel and to believe on a gut level that I am not to blame for another adult's outbursts or need to control. I am not to blame for anything someone else says or does. I am responsible for recognizing abuse, and for taking action to get myself to a safe place emotionally as well as physically. I am responsible for protecting the integrity of my thoughts, feelings and intuition. I am responsible for defending my boundaries. I am also responsible for monitoring my own words and behavior because I learned how to speak and how to deal with conflict from verbally abusive people.

I have found it helpful to distinguish between, and to name, the different types of verbal abuse. I can say to myself "I feel that she is blaming me for something that has nothing to do with me" and then I can trust that knowledge. It's like choosing to not catch a ball that is coming at me, and moving out of the way. I know it's coming from her, it doesn't feel good, and I have to do something about it. I have wanted someone to protect me from abuse for my whole life. Finally, I am that person. I have to learn new coping strategies. And I have to know when to leave. My gut always knows when to leave.

I practice verbal strategies like saying, "Stop!" "I've heard enough!" and "Don't talk that way to me!" I find that I have to rehearse in uncharged situations because my natural reaction is to take it or to lash back. I practice trusting my feelings. I practice taking a step back to check in with myself. When I am emotionally centered, and I recognize an abusive remark, it feels good to be able to face it and say, "No thank you, this isn't mine, it belongs to you," with respect for myself and for the other person. It is not loving to allow someone else to continue to be disrespectful. I have noticed that abusers move on when I don't take it. Usually after a tantrum or two.

There is no way I could have done this alone. I needed to be with and to talk to other people who understood what I was up against, other people who also wanted their power back. The group gave me a place where I could talk freely about things I was deeply ashamed of, and it gave me applause when I did something to break the cycle. It wasn't always easy to do but I saw many different types of people start to get the things they wanted -- relationships, job changes, meeting new people -- and it gave me the inspiration to make concrete changes in my own life. I am deeply grateful for the opportunity to have been part of the group.



HEALING THE WHOLE: THE DIARY OF AN INCEST SURVIVOR

Incest affects every molecule of your being - physically, emotionally, sexually, and spiritually. The experience often results in an inability to trust oneself or others. In facing the past, one can feel that life is getting worse rather than better.

In her powerful and moving book, *Healing the Whole: The Diary of an Incest Survivor*, Yvette Pennacchia documents the traumatic journey back through the secret of her childhood incest and forward to recovery and to the creation of a healthy, new outlook on adult life. Yvette shares with the reader her struggle, agony, triumph and courage in the journal writings she kept throughout her recovery process.

Come join her in a dialogue about "Writing as a Tool to Healing" at the Women's Center on August 10th from 7:00-8:30 pm. Yvette will discuss how writing can become a source of release, a path to your true self free of abuse and victimization, and one of the strongest tools in breaking through denial and the silence of incest. "Writing can become the storyteller of your healing process, when you write only for yourself and are not afraid to face your truth." Yvette lives in New York City, works in an academic medical center, was a member of the teaching staff at L.I.U., and lectures on the process of healing from incest.

INCEST RESOURCES' DROP-IN DISCUSSION GROUP RETURNS

Incest Resources will once again be running its facilitated drop-in discussion group for childhood sexual abuse survivors starting in September. Incest Resources was the first organization in the country to offer groups for survivors, beginning in 1981. By 1983, "the drop-in group" was up and running at the Women's Center, based on an original group model designed and developed by Incest Resources for survivor self-help. Six women attended the first meeting; a few years later, 70 women crowded into two rooms for the group.

The Women's Center is excited to have Incest Resources facilitating the meetings, as they did in the past for many years. Dr. Elaine Westerlund, long-time friend of the Women's Center and survivor activist, will be facilitating the group along with other experienced members of Incest Resources. The drop-in discussion group will be offered from **6-7:30pm on the last Friday of the month** (note new day). from September through June. The topic for September 29th will be "Ending the Silence." Call the Women's Center for future group discussion topics.

WOMEN WRITING IS:

- a place to drop in to warm up creative juices;
- a place to talk with women who write, or want to dare to;
- a place to hear women read just-written works;
- a place to hear oneself -- imagine, dream, explore, invent, create, try out;
- a place to support group process through promoting the growth, safety, and well-being of women's voices;
- a place to be awed by women's power, surprises, creativity.

Please come join us. We meet every other Saturday from 12:30-2:30 in the afternoon. All meetings are strictly confidential, participation is voluntary, and all abilities are welcome.



POETRY READING BY PAT WINSLOW

The Women's Center will be hosting a poetry reading by English poet Pat Winslow on July 27. Pat, a lesbian feminist who works with women's groups in England, says she enjoys the opportunity to make contact with women's groups internationally. Her poetry has been published in several collections. Pat won the 1993 Jackson's Arm Poetry Competition and was awarded a North West Arts Board writer's bursary last year. Through radio broadcasts in England and readings world-wide, she hopes to "entertain, to provoke thought, [and] to make connections - all the things that poetry does." To hear more, come to the Women's Center **Thursday, July 27th at 7:00pm** and listen to Pat read her poetry, followed by a question and answer session.

The Women's Center needs you this summer!

YES! I want to help out the ♀'s Center!

Enclosed is my **tax-deductible contribution** of:

\$100 \$50 \$25 \$10 \$other _____

I'd like to be a regular monthly sustainer, with a pledge of \$ _____ /per month.

(we send a monthly update and a return envelope)

Name: _____

Address: _____

City: _____ Zip: _____

send to: The Women's Center • 46 Pleasant St. • Cambridge MA • 02138

Thank you for your needed support-we appreciate it



TOPICS FOR DISCUSSION

LESBIAN RAP

Mondays, 7:30-9pm

- July 24 Video Night.
- 31 Book Discussion/Swap.

30+ LESBIAN RAP

Tuesdays, 7-8:30pm

- July 18 Food.
- 25 Bi-phobia.

BISEXUAL WOMEN'S RAP

Tuesdays, 7:30-9:30pm

- July 18 Night Out (meet at Women's Center).
- 25 Differences in the Community.

INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

Usually the last Saturday of each month, 1pm
Sept. 30 Our Cultures, What We Want from the Group.

FACILITATED OPEN DISCUSSION GROUP FOR INCEST SURVIVORS

3rd Thursday/month thru Aug., 7:30-9:15pm
last Friday/month beginning in Sept., 6-7:30pm
July 20 Trust and Relationships.
Aug. 17 Taking Care of Ourselves.
Sept. 29 Ending the Silence

INCEST SURVIVORS' THINKTANK

1st Wednesday, each month, 7:15-9:15pm
Aug. 2 Open Discussion.

AGING WELL

1st Sunday, each month (except summer), 2-5pm
Sept. 10 Discussion on Women and Aging, an Anthology from Calex Books.

SEXUAL HARASSMENT SUPPORT GROUP

Monday, July 24th, 7 - 9pm

WHAT HAPPENS IN THERAPY

Tuesday, July 25th from 7:30-9pm

POETRY READING BY PAT WINSLOW

Thursday, July 27, 7pm

WRITING AS A TOOL TO HEALING

With Yvette Pennacchia, author of Healing the Whole: The Diary of an Incest Survivor
Thursday, August 10, 7-8:30pm

GARDEN POTLUCK AND OPEN HOUSE

Friday, August 4th, 6:30-9pm

25TH ANNIVERSARY PLANNING MEETING

Thursday, September 7th, 7-9pm

SOLVING PROBLEMS IN OUR GROUPS

Thursday, September 21, 7-9pm

ONGOING GROUPS

SUNDAY

- ♿ • Aging Well (*next meeting Sept. 10th*) 2-5pm

MONDAY

- Battered Women's Support Group 7:30-9pm
- Lesbian Rap 7:30-9pm
- Lesbian Partners & Ex-Partners of Incest Survivors (*3rd Monday*) 7-8:45pm
- Reproductive Rights Network (R2N2) (*usually 2nd & 4th Monday*). 6:30-9pm
- Women with Disabilities and/or Chronic Illness Support Group (*3rd Monday*) 7:30-9pm
- Women's NA 12 Step 7:30-8:30pm

TUESDAY

- Bisexual Women's Rap 7:30-9:30pm
- 30+ Lesbian Rap 7-8:30pm
- ♿ • Eating Awareness & Body Image Group (*Newcomers, 1st Tuesday, 6:30pm*). 7-9pm

WEDNESDAY

- Anti-Racism Task Force (*2nd & 4th Wed.*) 5:30-7pm
- Battered Women's Support Group (*weekly except 3rd Wednesday of month*) 7-9pm
- Boston Bisexual Women's Network (*2nd Wednesday, odd #d months*) 7:30-9pm
- Incest Survivors' Thinktank (*1st Wed.*) 7:15-9:15pm
- ♿ • Lesbian Al-anon 6:30-8pm
- Moving to Transform. 12-1pm
- Women of Colors Rap (*Newcomers 1st Wed.*) 7:30-9pm

THURSDAY

- ♿ • Cancer Support Group (*2nd/4th Thurs.*) 7-8:30pm
- Chemical Injury Information Network (*1st Thursday, next meeting Sept. 7th*) 6-7:30pm
- ♿ • Facilitated Open Discussion for Incest Survivors (*3rd Thursday, thru August*) 7:30-9:15pm
- Feminist Reading Group (*2nd/4th Thurs.*) 7-9:30pm
- Incest Survivors Open Discussion 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (*1st Thursday*) 7-9pm
- Women over 45 (*every other Thursday*) 7:30-9pm

FRIDAY

- Drop-in Discussion Group for Survivors of Child Sexual Abuse (*last Fri./begins Sept. 29th*) 6-7:30pm
- ♿ • Incest Survivors Anonymous 6:30-8pm

SATURDAY

- ♿ • Coming Out Discussion for Women of All Ages (*Usually 1st Sat.; usually ASL interp'd*) 11am-1pm
- Finding & Surviving the Workplace (*2nd & 4th Sats., not meeting in summer*) 11:30am-1:30pm
- International/Intercultural Women's Group (*4th Saturday beginning Sept. 30th*) 1pm
- Women Writing (*biweekly*) 12:30-2:30pm
- Works in Progress (*biweekly*) 12:30-2:30pm

PERFORMANCE OF 'THAT AIN'T NO WAY TO TREAT A LADY'

Monday July 31 from 7:30-9:00pm

The performance combines dance, drama and popular music in a powerful and entertaining program that deals with the issue of violence against women. Nancy Hulse will show a short videotape that combines clips from her performance and an interview. She will then lead a discussion.



HELLO WOMEN

Summer is here and that means time off for your therapist. So it may be a good time for you to join with others for a one-time workshop to look at what is happening in your therapy – to view it from a little distance, see how it's helping you, and how you could use it better. Of course if therapy hasn't felt right for a time, or if you're on the fence about trying it, the sooner you take a look the better. So come to "What Happens in Therapy" on **Tuesday, July 25th, 7:30-9:00pm** and bring your questions and concerns.

On another subject: the group for women who self-injure will happen again in late 1995; and we may begin a Post Traumatic Stress Disorder group, too. For information call the Women's Center.

-Vera S. Cohen, LICSW

WOMEN'S MANIC DEPRESSION AND DEPRESSION SUPPORT GROUP

This is a daytime self-help group for women with either depression or manic-depression. We run the group ourselves, without a clinician or leader. The group does not replace therapy, and members need to be in treatment with a therapist. If you are interested in joining and/or learning more about the group, call the Women's Center at (617) 354-8807.



WOMEN'S CENTER HOURS
Monday - Thursday 10am - 10pm
Friday 10am - 8pm
Saturday 11am - 4pm

ABORTION ACCESS PROJECT



The defeat of the nomination of Henry Foster, and recent bills to restrict second trimester abortions, end military women's rights to get abortions, and interfere with regulations to train doctors to perform abortions signal a new round of attacks on abortion rights. We will continue to fight for unrestricted access to abortion for all women!

In October we are planning a month of Abortion Access Actions. Call us at (617) 494-1161 to add your ideas, find out about our meetings, and get involved!

REPRODUCTIVE RIGHTS NETWORK (R2N2)

R2N2 co-sponsored the first annual Boston Dyke March as part of Gay Pride in June. Over 1,000 women and groups (including a lively delegation from the Women's Center) marched from Ruggles station to join the Pride March in Copley Square. Next year's Dyke March will be even bigger and more colorful - get ready!

R2N2 is also an active member of the coalition working to defeat the nomination of Charles Fried to the Massachusetts Supreme Judicial Court. Fried was Solicitor General under Ronald Reagan, and consistently argued anti-choice, anti-labor, and anti-civil rights positions. The Governor's Council will be voting in August; call your councillor to urge her/him to defeat the nomination. For more information or to find out who your Councillor is, call R2N2 at (617) 738-9479.

IMPORTANT INFORMATION FROM R2N2

Did you know that a high dosage of many types of birth control pills can be used to bring on your period? These pills, taken in the specified dosages within 72 hours of unprotected sexual intercourse, are 75% effective in stopping a fertilized egg from implanting into the uterine wall. Often called "morning after" pills, the pills can in fact be taken immediately after intercourse or up to 72 hours later -- not just the morning after. Different brands of pills require different regimes. With Ovral, 2 pills are taken no later than 72 hours after intercourse and another 2 pills must be taken 12 hours later. With Lo/Ovral, Nordette, Triphasil, Levlen and Tri-Levlen, 4 pills must be taken before 72 hours elapse, and 4 pills are taken 12 hours later. With Tri-Levlen and Triphasil, only the yellow pills can be used. Temporary nausea and vomiting are common side effects. These pills can be prescribed by any medical provider.



THANKS DALYA/WELCOME LISA

A short note from The Women's International/ Intercultural Group. Our founder/facilitator Dalya is moving to pursue her career in journalism. We are going to miss her and we wish her luck! She's the one that started the ball rolling. We appreciate her enthusiasm, her commitment, and her caring. Come back and visit us, Dalya!

Some great news is that we have a brand new co-facilitator and contact person for the (617) area code: Lisa. Lisa comes to us with a great deal of experience and we are lucky to have her. Good luck, Lisa and welcome aboard. Call (617) 354-8807 to be put in touch with her.

VIDEO FOR GAY/LESBIAN/BI TEENS

Children's Animated Television (known as CAT), a progressive non-profit organization that produces educational video programs for children and teens, seeks volunteers and support for their new groundbreaking video. The focus of this new production will be gay/lesbian/bisexual teens -- nurturing their self-esteem, providing positive role models, and helping them confront the challenges they face. To become involved, contact:

Bessie Hadley, Executive Director
Children's Animated Television, Inc.
1492 Highland Ave., Suite 3
Needham, MA 02192
Phone: (617) 449-9699 / Fax: (617) 449-0026.

SUMMER READING LIST SUGGESTIONS

To assist you in selecting books to read this summer, we have compiled the results of a graffiti board at the Women's Center on the topic: "What's your favorite book and why?"

Bastard Out of Carolina by Dorothy Allison
Pride and Prejudice by Jane Austen
The Courage to Heal by Ellen Bass and Laura Davis - "It changed my life."

The Mists of Avalon and The New Forest by Marian Zimmer Bradley

My Antonia by Willa Cather

Mill on the Floss by George Eliot

Women Who Run with the Wolves by Clarissa Pinkoia Estes

Stone Butch Blues by Leslie Feinberg

Harriet the Spy by Louise Fitzhugh - "Best girls' fiction ever written (forget Little Women!)"

Dreaming in Cuban by Christina Garcia

Teaching to Transgress by bell hooks

Beyond the Double Bind by Kathleen Hall Jamieson

Animal Dreams, etc. by Barbara Kingsolver

Zami: A New Spelling of my Name by Audre Lorde

Praising for the Widow and Browngirl,

Brownstone ("a lightning bolt") by Paule Marshall

Song of Solomon by Toni Morrison

The Women of Brewster Place by Gloria Naylor

The Color Purple by Alice Walker

Oranges are Not the Only Fruit and Written on the Body by Jeanette Winterson

Obsidian Mirror by Louise Wisechild -

"beautifully written personal account of healing from child sexual abuse."

A Room of One's Own by Virginia Woolf