

# ♀ ON OUR WAY

Newsletter of the Women's Center  
46 Pleasant Street, Cambridge, MA 02139  
(617) 354-8807

December 2002

## WE DID IT!!!

Women of Action celebrates their first victory against the MBTA! Finally, mothers and children will ride in cleaner elevators.

Thursday, November 14<sup>th</sup>, the MBTA announced a pilot program where janitors will patrol elevators at 23 stations. As part of the program, T workers will inspect the elevators every two hours and clean and disinfect them every four hours. The pilot program will be conducted at one Blue Line Station, one Green Line Station, 14 Orange Line Stations, and 8 Red Line Stations. This program comes after months of organizing by Women of Action members. If the program is successful it will be expanded to all of the T's 109 elevators.

Women of Action are still organizing to convince the "T" to publicize women's rights to access the wheelchair lift upon request and to board with a stroller without hassle.

Many thanks to all women who continue to struggle with us.

If you would like more information about the group, contact Lynn at (617) 354-6394.



## THE YEAR IN REVIEW

What a year! The Women's Center is busier than ever. We continue to expand our programming and services. The results are phenomenal, as we meet the needs of a broader spectrum of women. In fact, if you come by just before 11AM on a Saturday morning, you'll see a line of women waiting out front for the opening hour.

One of our newer projects, Women of Action (WOA) fought for and won their first major victory – forcing the MBTA to develop a better cleaning system for elevators. WOA obtained great media coverage on this issue. In addition, WOA members received training in: campaign strategy development; working with the media; and writing a press release. Members developed new skills and quickly put them to use.

Nicole Marcotte, Development Coordinator and Eunice Espinal, Volunteer and Latina Outreach Coordinator, joined our staff this Fall.

Both jumped into their jobs with gobs of gusto. Already planned are new fundraising projects and extensive Latina outreach efforts.

We are excited about the efforts of the All Communities Present (ACP) Committee, a group working hard to promote more diversity at the Center. The ACP is committed to making the Center more "child friendly" and, therefore, mom friendly. Building on this commitment, the Center provides child yoga to the children of *Women of Action* during some of their meetings. (It's amusing to watch the children demonstrate their yoga positions after each session.) In addition, the ACP is holding a series of focus groups for women of color. If the first is any indication of what's to come, we will learn much about what must change at the Center for it to be a truly multi-cultural organization.

After years of debate and community input, the Women's Center expanded its policy to include all those who identify and choose to be identified by others full time as women. This was a controversial decision and the Women's Center is making a great effort to make the transition as smooth as possible.

In 2002, the Women's Center provided Financial Empowerment Workshops, which women continue to request. We co-organized the Cambridge Women's Health Day - an enormous success. We held monthly Political Action Gatherings, covering

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## On Our Way

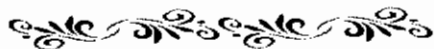
Is the newsletter of the Women's Center, published 3 times per year in April, September, and December.

The Women's Center is a non-profit resource and support center for all women and their children, founded in 1971.

**Our mission is twofold:**

*to provide women with the tools and resources they need to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice*

*to challenge and change attitudes and actions which subjugate women.*



### Volunteers

*The Women's Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.*

*Thank you for giving so generously of your time and of yourselves.*

The Women's Center relies on the generosity of the community to provide our wealth of free programming.

All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women's Center  
46 Pleasant Street  
Cambridge, MA 02139  
(617) 354-8807

email:

[info@cambridgewomenscenter.org](mailto:info@cambridgewomenscenter.org)

Hours:

Monday-Thursday: 10am-10pm

Friday: 10am-8pm

Saturday: 11am-4pm

Helpline: (617) 354-8807

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topics ranging from freedom to marry to cuts in MassHealth. One of our newest groups, Transforming Lives: using what you know to change what you do began only a few weeks ago, and already participants are asking if we'll run it again. The Mother Child Art Project, which is held at the YWCA, entertained mothers and their toddlers throughout the year, while assisting in the development of each child's fine motor skills. And, of course, the Center continued to provide computer and Internet Access, numerous support groups, educational workshops, and several social events.

Amidst all of these new programs, we began a redecorating and de-cluttering project to make the Center a more comfortable, pleasant, and current environment.

In the coming year, we plan to start a capital campaign so that we may completely renovate the basement. Changing, updating, growing – the Women's Center continues to amaze!

~ Mary Quinn

### Therapists Needed or Need a Therapist?

Are you a low-income woman without insurance in need of a therapist  
or are you a therapist looking for an opportunity to volunteer?

**Call the Women's Counseling  
&  
Resource Center at  
(617) 492-8568**



We may have what you need.

## Childcare Volunteers Needed

Do you like being with children? Lots more moms are using the Women's Center these days, and we need volunteers to watch their children, do activities (games, art projects...), eat pizza, etc. Sometimes there are several children, and we need a couple of volunteers; other times there are 1-3 children, and one volunteer would work just fine. Women of Action (meets two Saturdays and one Thursday evening each month) and the Wednesday night Battered Women's group are groups that usually need childcare.

Please call Eunice at (617) 354-6394 if you're interested in doing childcare. You can make a regular commitment, or come in once in awhile. If you enjoy children and would like to help out their mothers, this may be for you.



### VOLUNTEER ORIENTATION

Thursday, December 12,  
6:30-8pm

Come learn about the Women's Center and all of our fabulous volunteer opportunities.

Call Eunice at (617) 354-6394  
if you want more information

# Hola from Eunice

Hola my name is Eunice Espinal, the new Latina Outreach & Volunteer Coordinator for the Women's Center. I have always wanted to work for an organization such as this one. Finally my education and multicultural background has paid off.

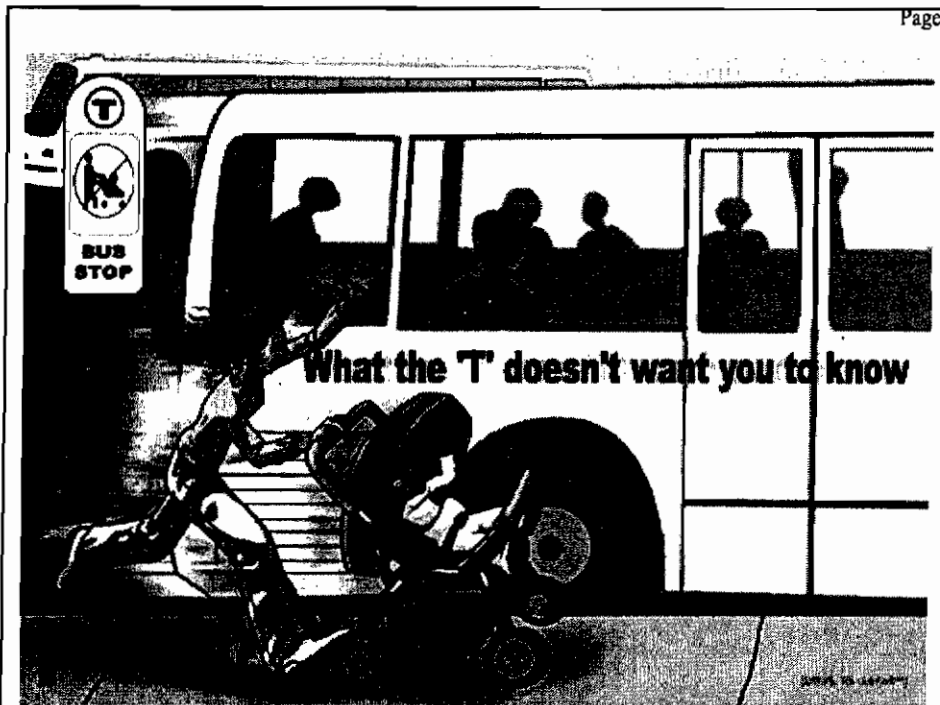
I'm glad I made a change of job, a change of career if I may say. I was a Medical Spanish Interpreter and Coordinator for the language department at Faulkner Hospital. At the same time, I was working on a part-time basis for Boston Medical Center also as a Medical Spanish Interpreter.

Here at the Women's Center I bring my knowledge and the extensive experience that I have developed throughout my years as an Interpreter with many different cultures. I'm so excited to finally be working as a Latina Outreach & Volunteer Coordinator. My goals for the Women's Center is to keep it as strong as it has been but with a little bit of Latina Touch...

If you have feed back, questions, concerns, or thoughts that you think might be helpful or beneficial to this program, please feel free to contact me at the Women's Center.

I'm glad and proud to be part of a group of women that care so much for our community.

-Eunice Espinal



What the T doesn't want you to know

*Have you been passed by because there was "no room" for your baby carriage?*

*Have you been told that you have to fold up your stroller in order to ride?*

**MBTA policy forbids these discriminatory practices but doesn't want to inform women of their rights.**

Women of Action is passing along this information to you.

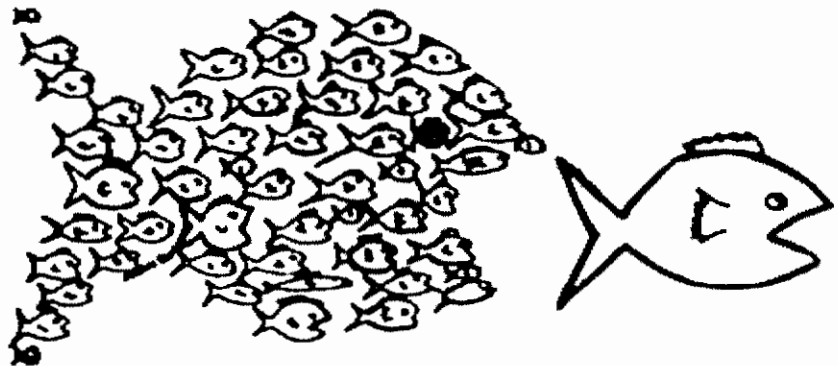
- 1) You have the right to use the wheelchair lift upon request, no questions asked.
- 2) You have the right to clean, sanitary elevator service.
- 3) You have the right to board the bus without hassle or harassment.

For more information call Lynn at 617-354-6394.

*The picture and text above are from a postcard created and distributed as part of WOMEN OF ACTION's campaign to confront and change the MBTA's discriminatory treatment of mothers with children in strollers and others denied access to the T. Women of Action meets three times a month: the 1<sup>st</sup> Thursday from 6-8pm and the 2<sup>nd</sup> & 4<sup>th</sup> Saturday from 11am-1pm. Childcare is available if you call in advance. For more information, or before attending your first meeting, contact Lynn at 617-354-6394.*

## WISH LIST

- Office chairs
- Clean rugs
- Kid's computer software
- Coloring books
- Gift Certificates to Pearl Art, Staples, Crate & Barrel, etc.
- Office Supplies (copy paper, pens, notebooks, etc.)
- New child safety gate
- Tea, coffee, honey, etc.



# ORGANIZE!

# WOMEN'S CENTER CALENDAR - WINTER 2002/2003

46 Pleasant Street, Cambridge, MA - free & open to women - Info & helpline: (617) 354-8807

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## GROUPS

### MONDAY

- Al-Anon for Women (weekly) ..... 6-7:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors . 7:30-9pm  
(3<sup>rd</sup> Mondays, Info: Daniella (617) 497-0911)
- \* Lesbian Rap (weekly) ..... 7:30-9pm

### TUESDAY

- \* Bisexual Women's Rap (1<sup>st</sup> & 3<sup>rd</sup> Tuesdays)..... 7:30-9pm  
Info: [lucylizard@yahoo.com](mailto:lucylizard@yahoo.com)
- Coming Out Exploration Group ..... 6:30-8:30pm  
(10 weeks, begins 3/4/2003). Info: Anna, (617) 547-6240
- Facilitated Mothers' Support Group (forming) ..... morning  
(to join, call group facilitator Diane at (617) 876-2139)
- \* Queer Married Women (2<sup>nd</sup> Tuesdays) ..... 7:30-9pm  
Info: [Dpp1029@aol.com](mailto:Dpp1029@aol.com)
- Women's Reading Group (4<sup>th</sup> Tuesdays) ..... 7:30-9:30pm  
No meeting in Dec. Info: Mary, [mary.sifferden@verizon.net](mailto:mary.sifferden@verizon.net)
- Writer's Circle (2<sup>nd</sup> Tuesdays) ..... 7-9pm  
Info: Cassandra at (617) 494-2695

### WEDNESDAY

- Battered Women's Support Group (all Weds, except 3<sup>rd</sup>) 7-9pm
- Healing Circle (wkly). Info: [ashanti.om@angelfire.com](mailto:ashanti.om@angelfire.com).. 8-9:30pm
- Liquid Poets (2<sup>nd</sup> & 4<sup>th</sup> Wednesdays)..... 7-9pm  
Info: Christine, [liquidwriters@hotmail.com](mailto:liquidwriters@hotmail.com)
- \*Oriental Medicine, Acupuncture & Women's Health  
Wednesday, December 11 ..... 7:30-8:30pm.
- \* Women Maximizing Abilities Now (WOMAN)..... 2-3:30pm  
(1<sup>st</sup> & 3<sup>rd</sup> Wednesdays; for women with disabilities.)  
Info: [woman@braintrust.org](mailto:woman@braintrust.org)

### THURSDAY

- \* Anika Nailah Reading from her book, Free ..... 6:30-8:30pm  
Thursday, January 30
- 30+ Multicultural Lesbian Rap (weekly) ..... 7-8:30pm
- Thursday Night Gathering for Survivors  
of Child Sexual Abuse (weekly)..... 7:30-9:30pm  
(Topic at 1<sup>st</sup> meeting of month. Info: [Lilithlive@aol.com](mailto:Lilithlive@aol.com))
- Volunteer Orientation (December 12) ..... 6:30-8pm  
Info: Eunice, (617) 354-6394.

### FRIDAY

- Critique & Education Art Group (12/20, 3<sup>rd</sup> Fridays).. 6-7:30pm  
Info: Kai, (617) 547-1438.
- Incest Resources Facilitated Discussion for Survivors  
of Child Sexual Abuse (please be on time) ..... 6-7:30pm  
(usually first Friday of month, September - June)
- Story Hour (2<sup>nd</sup> Fridays) Read, hear children's stories.. 7-8pm
- Survivors of Incest Anonymous (SIA) (3<sup>rd</sup> Fridays) ... 6:30-8pm

### SATURDAY

- \* Coming Out Discussion for Women of all Ages ..... 11am-1pm  
(1<sup>st</sup> & 3<sup>rd</sup> Saturdays except holiday weekends)
- \* Women of Action (WOA) (2<sup>nd</sup> & 4<sup>th</sup> Saturdays) ..... 11am-1pm  
Please call before attending your first meeting,  
and if you need childcare: Lynn, (617) 354-6394

#### \* Wheelchair Accessible groups

The Women's Center closes at 3pm on Tues. 12/24; is closed Wed., 12/25; closes at 4pm on Tues., 12/31; and is closed 1/1/03.

All activities are free and open to women

**FREE CHILDCARE:** With 4 days notice, we can usually find a someone to do free childcare while you attend a group or workshop. Info: (617) 354-8807.

**FREE COMPUTER & INTERNET ACCESS:** Four computers are available on a first come, first served basis when the Women's Center is open - Monday-Thursday: 10am-10pm, Friday: 10am-8pm and Saturday: 11am-4pm

### Childcare Volunteers Needed!

We have lots of requests for childcare from moms who would like to attend meetings here. Can you help?  
Call Eunice, (617) 354-6394.

## NEW AND FEATURED ACTIVITIES

**30+ MULTICULTURAL LESBIAN RAP.** Most Thursdays, 7-8:30pm. For lesbians over 30 of all cultural backgrounds. Info: (617) 354-8807.

**ANIKA NAILAH READING.** Thursday, January 30, 6:30-8:30pm, Anika Nailah will read from her book of short stories, *FREE*. Her stories show the "cost" of survival in racist America and the astonishing "triumph" of moments of love and victory. Info: (617) 354-8807.

**COMING OUT EXPLORATION GROUP.** Tuesdays, beginning in March, 2003. 10 week group. Info/to register: Anna, (617)547-6240.

**NOTHING TOO HEAVY TO SHARE (NTHTS).** For survivors of extreme abuse, such as torture, forced isolation, severe neglect or sexual exploitation. One daytime meeting and an evening meeting each week (come to either/both). Info/to join: Esther (781) 278-0997.

**\*ORIENTAL MEDICINE, ACUPUNCTURE & WOMEN'S HEALTH.** Wednesday, December 11, 7:30-8:30pm. Oriental medicine views health as a constantly changing flow of energy (Qi). Acupuncture and Chinese Herbs can rebalance the flow of energy, treating conditions such as PMS, irregular menstruation, infertility & fibroids. With practitioners Julie Corwin & Sheila Fay. Info: (617) 354-8807.

**\*STORY HOUR.** Friday, December 13, 7-8pm. Theme: Hanukkah, Kwanzaa & Christmas stories. Come share a favorite story (or excerpt). Please keep to 10 minutes or less. Children over 5 are welcome. Light refreshments will be served. Info: (617) 354-8807

**\*VOLUNTEER ORIENTATION.** Thursday, Dec. 12, 6:30-8pm. Want to make a difference? Support women by listening to them and giving resource information. Staff the phones 2 hours/week, or every other week. We provide training & back-up. No experience needed. We ask for a 6-month commitment. Info: Eunice, (617) 354-6394.

**\*WOMEN OF ACTION (WOA) ORGANIZING MEETINGS,** Dec. 14 & 28, 11am-1pm (2<sup>nd</sup> and 4<sup>th</sup> Saturdays). WOA welcomes women of color and/or low-income women to join together to fight for justice. Before attending the first time, or for childcare: Lynn, (617) 354-6394.

## TOPICS FOR DISCUSSION

**30+ MULTICULTURAL LESBIAN RAP** Most Thursdays, 7-8:30pm  
December 12 Going Out for a Holiday Dinner  
January 16 Dating and Building Relationships  
23 Friends/Ex-partners  
30 Gay Marriages

**\*LESBIAN RAP** Mondays, 7:30-9pm  
December 16 Yankee Swap/Tacky Gift Exchange (\$5 limit)  
23 Religion, Spirituality & Dykiness  
30 Funny Childhood Stories

**\*BISEXUAL WOMEN'S RAP.** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, 7:30-9pm  
December 17 I'll be Bi for the Holidays  
January 7 What Does Being Bi Mean to You?  
21 Casual Relationships: Horrible or Helpful?

**INCEST RESOURCES' FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE (1<sup>st</sup> Fridays, 6-7:30pm)**  
(Please be on time)

January 3 Goals and Change  
February 7 Authority Issues  
March 7 Compulsions/Addictions

**THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE** - Weekly, with a topic at first meeting each month  
January 2 Abandonment & Separation. Info: [Lilithlive@aol.com](mailto:Lilithlive@aol.com)

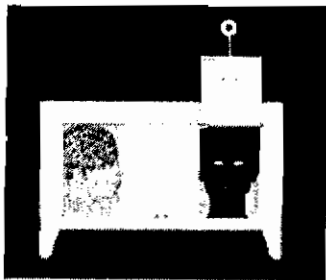
## Anika Nailah Reading

On Thursday, January 30, from 6:30-8:30pm, Anika Nailah will read from *FREE*, her book of fourteen short stories. *FREE* illustrates the emotional, physical, and social realities that control and sometimes devastate the lives of African Americans in this society. Her stories demonstrate both the "cost" of survival in racist America and the astonishing "triumph" of moments of love and victory amidst such oppression. The New York Book Review of Fiction described *FREE* as, "breathhtaking" and Nailah as possessing "insight and inward beauty."

In addition to her standing as a fine writer, Anika Nailah also acts as director of Books of Hope, a program that encourages young people to write and self-publish their own books. Ms. Nailah lives in Massachusetts.

Join us for a reading by and discussion with Anika Nailah.

# Free



ANIKA NAILAH

## Oriental Medicine & Acupuncture

Oriental Medicine and Acupuncture: Addressing Women's Health. Wednesday, December 11, 7:30 - 8:30pm.

Oriental Medicine and Acupuncture are effective modalities for treating women's health issues. Oriental Medicine is a holistic system of medicine which views health as a constantly changing flow of energy (Qi). As it relates to women's health,



this flow can be upset by physical or emotional problems, which present as symptoms such as irregular menstruation, PMS, infertility, fibroids, menopausal symptoms, and others. Acupuncture and Chinese Herbs can rebalance the flow of energy in the body and mind, thereby effectively treating these conditions.

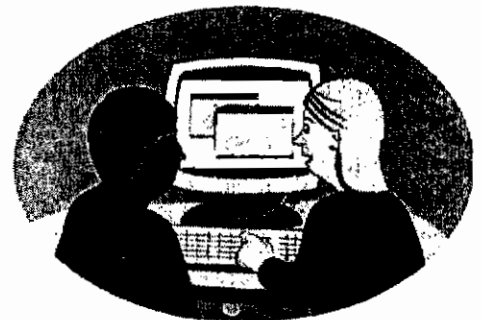
We invite you to come with your questions and curiosities and learn more about this ancient and effective medicine and how it can benefit your health. The presenters, Julie Corwin and Sheila Fay, both hold master's degrees from the New England School of Acupuncture, are recognized as Diplomates of Acupuncture by the National Accreditation Board and are licensed to practice by the Massachusetts Board of Medicine. Julie brings to her practice strong skills as a practitioner and a joyful personal style. Sheila is licensed to practice Chinese herbal medicine as well as acupuncture, and loves to help women discover their own healing process.

-Sheila Fay

## Thanks Jim and Germaine!

The Women's Center staff extends a special thank you to volunteers Germaine Wong & Jim Forsythe of SBHN (Solutions: Business, Home, Network) for their invaluable assistance with our Computer Access Program, as well as our other computers. They networked, repaired crashed hard drives, fixed pesky bugs in programs, and secured free replacement parts, and much more!

THANKS GERMAINE & JIM!!! Our computer program couldn't have survived and thrived without you. If any of you want to hire these fine folks, email them at [solutions@sbhn.net](mailto:solutions@sbhn.net) or call them at (617) 969-4841.



Support The Women's  
Center



By  
Honoring a  
Friend  
or Loved  
One

with a Gift to  
the Women's Center



**Yes, I want to support the Women's Center!**

Enclosed is my tax-deductible donation of: \_\_\_\$25 \_\_\_\$50 \_\_\_\$100 \_\_\_\$500 \_\_\_other \$ \_\_\_  
\_\_\_ I'm interested in volunteering at the Women's Center.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

*Thank You !*

If you'd prefer to be taken off of our mailing list, please check the following box and return to the Women's Center.  (Women's Center, 46 Pleasant Street, Cambridge MA 02139)

## Volunteer Here!

*Here's how you can help the Women's Center.....become a volunteer!*

**Staffing:** Staff the center, greet and assist women and answer support and resource calls.

**General Office and Resource Maintenance:** Make calls to update information, brainstorm new resources, enter on computer, and assimilate into a Resource Binder

**Data Entry and Administrative Volunteers:** Assist staff with letters, reports and databases on a regular basis. Detail-oriented person skilled in Word, Access, and/or using the internet.

**Computer Training:** Share your computer savvy with women one-to-one or in small informal training sessions. Examples could be how to use the internet, how to set up email account, basic introduction to word processing, etc.

**Outreach:** Help out at mailing parties, for the newsletter and other mailings. Distribute flyers.

**Tabling:** Staff a Women's Center table at a public event like International Women's Day, Boston Pride, Cambridge River Festival, etc

**Artwork/Graphics:** Computer graphic design needed for fliers, invitations, etc.

**Special Events:** Help publicize, organize, and produce a special event.

**Help out around the house:** Housecleaning, Shoveling Snow, Painting, Running Errands with Car

**Special Assistance to Women in Need:** Accompany a woman to court, a clinic, other places where she needs support.

**Childcare:** Often needed for evening and Saturday groups.

**Language Translation:** ASL and Spanish

## Foundations and Corporations

*A special "thank you" to the foundations and organizations who have contributed \$250 or more between 11/1/02 and 11/24/02.*

Ascential Software, Inc.  
Boston Jewish Community Women's Fund  
Boston Women's Fund  
Cambridge Mustard Seed Foundation  
Charlesbank Real Estate  
City of Cambridge  
Fleet Matching Gifts Program  
Foundation M  
Francis R. Dewing Foundation  
Hartley Corporation

John Donnelly Trust  
Malloy Tsardounis Inc.  
Mind's Eye Yarn  
PipeVine, Inc.  
The R.O.S.E. Fund  
The George and Beatrice Sherman Family Charitable Trust  
Sheila Gamble Cook Fund  
The Uniterra Foundation, Inc.  
Verizon Foundation

**Thank You!**