



The Women's Center

ON OUR WAY

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

Fall 2003

MOTHER-CHILD ART CLASS

Remember the cool, slippery feel of paint as your fingers smoothed it over a clean sheet of paper? Remember the excitement of discovering blue and red mix to make purple? Remember when art was about play rather than talent? Welcome to the Mother-Child Art Class: A place where parents introduce their very young children (aged 2 to 4 years) to their first art experiences in a fun, supportive atmosphere.

The Mother-Child Art Class, sponsored by the Women's Center, is held weekly at the Cambridge YWCA. Up to ten children (each with a parent) come to play and discover all sorts of new art materials and activities like painting, drawing, cutting/tearing, gluing and playing with playdough. At the same time they're learning to recognize colors and textures, expressing ideas and feelings, improving coordination, and developing creativity and pride in their accomplishments. The main focus of the class is the children's independent exploration of the art activities, but it's the parents' presence and encouragement that really make it a positive learning experience for all.

As teacher, I plan and prepare four age-appropriate activities. Once the kids and moms arrive, they are welcomed, introduced to the activities and then...dig in! I encourage parents to allow their child to choose which activity to start with and when to move along to a new one - all according to their child's developing independence and attention span. The process of discovering the materials is always emphasized over what the creation looks like in the end. There is



EMMA (Mother-Child Art Class)

no wrong way to do an activity! Class ends with a quick clean-up (to help start good habits) followed by an art-related story, a healthy snack and handouts for parents on topics such as: developmental phases in art, activities for home, recipes for homemade art supplies, etc.

The class is free of charge and meets once a week (currently Fridays, 10:30-11:30am) for 10-week sessions. Hopefully we'll be adding a weekend class in the near future. We have four sessions per year: Fall, Winter, Spring and Summer. If you are interested in joining or volunteering, or would like more information, please contact the Women's Center at (617) 354-8807. Or contact me directly at: maquilette@hotmail.com.

-- Mary Ann Guillette
The Mother-Child Art Project is funded by the Cambridge Arts Council, Massachusetts Cultural Council and the Frances R. Dewing Foundation.

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WISH LIST

- Flatware (spoons, forks, knives)
 - CD Burner
 - Tea, coffee, honey, etc.
 - Toilet paper, tampons, paper towels, tissues...
 - Office Supplies (copy paper, pens, notebooks, etc.)
 - Kid's computer software
 - Children's toys (in good shape) and non-toxic art supplies
- (617) 354-8807 or drop by

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

Hours:

Monday-Thursday: 10am-10pm
Friday: 10am-8pm
Saturday: 11am-4pm

WELCOME, NEW BOARD MEMBERS

Welcome Germaine, Donna, Diane and Wynn! We're glad to have you on the Women's Center Board! A few words about and from each one:

Germaine Wong: I have volunteered at the Center for the past two years focusing on technology. I grew up in Jakarta, Indonesia, and attended an international school before coming to the United States to finish high school. I then attended Babson College and received a bachelor degree. Upon graduation, I became a consultant for an information technology company as an information architect before starting my own company. I want to help the Center run more efficiently and be more organized.

Donna Clark: I am delighted to join the Board of the Women's Center. I am a native of Britain, but for four years I have lived in the U.S., first in Chicago and for the last two years in Cambridge. My professional background is in non-profit organizations, and I am currently a fundraiser at Pine Street Inn in Boston. I have always been a keen supporter and campaigner for women's rights, and I look forward to building on the Center's achievements, and serving the women's community.

Diane Loud: I am very excited to join the Board. I have been involved with the Women's Center for over 10 years, as a group member, a volunteer staffer, a group leader, and a counselor. I feel the Women's Center is a very special place. I am a psychologist, and the proud parent of an 11 month old girl. I am honored to be part of the future of the Center, and I look forward to bringing my expertise in psychology and program planning to the Board, learning from other women, and responding to the challenges ahead.

Wynn Huang: I am looking forward to working with the Women's Center and to building on my work earlier this year as the TH&T Legal Counselor-in-Residence at the Center for Women & Enterprise to further serve the needs and address the concerns of women. I am a corporate attorney at Testa, Hurwitz & Thibault, LLP and value the opportunity to contribute with my legal experience. At Testa, I have a general corporate practice representing public and private companies.

SAYING GOOD-BYE

The neighborhood boys had broken another window.

Luckily I knew how to putty in a new pane. My place at the Women's Center was secure! That was in 1972, when I was fortunate enough to be one of a group of women trying to start a women's center in the Boston area. We were carried away by the excitement that came with creating something new and, we thought, important. Scrambling for money to pay the bills, we had no paid staff, and, after a fire, no electricity. Yet women came, groups and projects began, and we were on our way!

The Women's Center has grown and flourished despite the ever-challenging task of getting funding. Now it's 2003, and I plan to say good-bye to working here. The Women's Center has meant so much to me! The building itself – it's been an anchor to me. I've fiddled and fixed, grateful to care for this beautiful old house. The women I've met and even those I haven't – each with her stories, her strengths and her needs – have inspired and touched me. Women have created groups for themselves and, at the same time, for others. Women have volunteered their time, greeting and attending to other women with kindness, or caring for children, or helping out in so many other ways. The good will, generosity and kindness of so many have made the Women's Center such an incredible place

A place that is hard for me to leave, a place I am proud to have been part of. I will not leave behind my memories. I am so grateful for having been associated with the Women's Center over all these years! Thank you to all who have crossed my path.

-In sisterhood, Judy Norris

From the Desk of the Fundraiser

Imagine at 6 years old knowing that you have the power to change the world around you! That's what the children of *Women of Action (WOA)* experience every time they see signs on MBTA buses informing passengers of their right to use wheelchair lifts - a right now afforded to moms with strollers. They point to the signs WOA won, shouting, "Look! We did that!"

Whether it's through our Helpline, support groups and workshops, or activist groups, women and their children realize their true power at the Women's Center. They see that they deserve justice and respect. Then they begin the fight to obtain it in their own lives and in their communities.

Like most non-profits this year, the Women's Center is struggling to meet its budget. As fall and year end approach, we ask that you go that extra mile. Your donation to the Women's Center helps to light a life-changing spark in the eyes and hearts of so many women and children. Working together, we support women and children so that they too may one day say with pride, "Look! We did that!"

-Nicole Marcotte

Foundation and Corporate Support

A special "thank you" to the foundations and organizations who have contributed \$250 or more in 2003

- | | |
|---|-------------------------|
| A Better Place Foundation | Athena Theater Company |
| Cambridge Community Foundation | Cambridge Savings Bank |
| Cambridge Trust Company | City of Cambridge |
| Clipper Ship Foundation | Hartley Corporation |
| Frances R. Dewing Foundation | Haymarket People's Fund |
| East Cambridge Savings Bank | Mind's Eye Yarn |
| First American Title Insurance Company | |
| Bushrod H. Campbell and Adah F. Hall Charity Fund | |
| Harvard Pilgrim Health Care Foundation | |
| Instead Feminist Cooperative at Wellesley College | |
| George and Beatrice Sherman Family Charitable Trust | |
| Unitarian Universalist Funding Program | |
| Women Empowered | |



Thank YOU!!

An Intern's View

I have been an intern at the Women's Center for the summer, and as September arrives and my time here comes to a close, I find myself looking back, attempting to attach a moral, one specific lesson, one final thing to say.

Coming in as an intern, I was expecting cold clean lines, panes of glass separating people who never spoke to each other, shiny black phones, stainless steel desks. This is what I had been told being an undergrad intern consisted of, but it was most definitely not what I found. I found comfy couches, stained glass, the art of women, friendly conversation, a relaxed and supportive atmosphere.

Being an intern here is significantly different than the internships my friends are completing, working in offices. I have become increasingly aware that, unlike them, I am not working in a place run on corporate money and the oozing labor of apathetic nine-to-fivers. The Women's Center is run on the sweat of dedicated employees and volunteers and the kindness of community members. It is a house born of the process of revolution and the collaboration of women. When things happen here, they happen because somebody worked hard, tried hard, organized, or was inspired.

So I leave, not exactly changed, but more resolute in the idea that change from the hands of a small group of thoughtful committed women is not an ideal, but a reality, and one that is quietly taking place right off of Central Square in Cambridge.

-Clara McCoy

WRITING TO HEAL
 Sunday, October 26, 3pm
 at the Center for New Words
 186 Hampshire Street. Cambridge

It's National Breast Cancer (Industry) Month. Instead of filling your head with drug company propaganda, you can make your own voice heard! Join poet Trounstine (*Almost Home Free*), playwright Neely (*Last Rites*), and memoirist Propp (*In Sickness and In Health*) for an afternoon of women's words about surviving cancer, and a discussion of the role writing it all down can play in the healing process.

-Letta Neely, Karen Propp and Jean Trounstine

Co-sponsored by the Women's Center

GROUPS

SUNDAY

- * Focus Group for Female Teens (Sept. 14)1:30-3:30pm
Food & prizes provided. Lynn, (617) 354-6394, to register.

MONDAY

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

TUESDAY

- Bisexual Women's Rap (1st & 3rd Tuesdays)7:30-9pm
Info: lucylizard@yahoo.com
- Facilitated Mothers' Support Group (forming).....morning
[to join, call group facilitator Diane at (617) 876-2139]
- Healing Circle (weekly). ashanti@intentionality.net ...7:30-9:30pm
- Support for Married but not Straight Women7:30-9pm
(2nd Tuesdays). Info: Dpp1029@aol.com
- Writer's Circle (2nd Tuesdays).....7-9pm
Info: Cassandra at (617) 494-2695

WEDNESDAY

- Battered Women's Support Group (all Weds, except 3rd) .7-9pm
- * "Grand" Moms (2nd Wednesdays)6-8pm
Childcare & meal provided. Info: (617) 354-6394.
- Liquid Poets (2nd & 4th Wednesdays)7-9pm
Info: Christine, liquidwriters@hotmail.com.
- * Women Maximizing Abilities Now (WOMAN).....2-3:30pm
(1st & 3rd Wednesdays; for women with disabilities.)
Info: woman@braintrust.org)

THURSDAY

- Healing & Art for Trauma Survivors (2nd & 4th Thurs)6:30-8:30pm
- Lesbian Buddhist Book Group (1st Thursdays)7-8:30pm
buddhabuddiesbooks-owner@yahoo.com
- * Monthly Activist, September 186:30-8:30pm
- 30+ Multicultural Lesbian Rap (1st & 3rd Thurs.).....7-8:30pm
- Thursday Night Gathering for Survivors
of Child Sexual Abuse (weekly).....7:30-9:30pm
(Topic at 1st meeting of month. Info: Lilithlive@aol.com)
- * Women of Action (WOA) Open Mic (1st Thurs.)6:30-8:30pm
All women & their children welcome. Lynn, (617) 354-6394.

FRIDAY

- * Cooking/nutrition Class (for battered or formerly battered women). Sept. 12 – Oct. 17 (6 weeks)6-8pm
- Cooking lessons, nutritional advice and great meals.
Dinner and childcare provided. Register: (617) 354-8807
- Incest Resources Facilitated Discussion for Survivors
of Child Sexual Abuse (please be on time)6-7:30pm
(usually first Friday of month, September - June)

SATURDAY

- * Coming Out Discussion for Women of all Ages11am-1pm
(1st & 3rd Saturdays except holiday weekends)
- * Women of Action (WOA) (2nd & 4th Saturdays)11am-1pm
Please call before attending your first meeting,
and if you need childcare: Lynn, (617) 354-6394

*** Wheelchair Accessible groups**

All activities are free and open to women

The Women's Center is closed October 13 & November 27-30

FREE CHILDCARE: With 4 days notice, we can usually find a someone to do free childcare while you attend a group or workshop. Or volunteer to do childcare! 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

VOLUNTEERS WANTED. Want to make a difference? Support women by listening to them and giving resource information. Volunteer 2 hours/week, or every other week. We provide training & back-up, and ask for a 6-month commitment. No experience needed. If you are interested, find out more by calling our volunteer coordinator, Eunice, (617) 354-6394.

NEW AND FEATURED ACTIVITIES

***COOKING/NUTRITION CLASS** (for battered or formerly battered women). Fridays, September 12 – October 17 (6 weeks), 6-8pm. Hands-on cooking lessons, nutritional advice, and **great** meals. Dinner and childcare provided. Register at (617) 354-8807.

***FOCUS GROUP FOR TEENS**, Sunday, September 14, 1:30-3:30pm. Are you a 16-19 year old young woman? We want to know from YOU how to make the Women's Center a place where teens enjoy hanging out together. Believe me, we are definitely going to have FUN!! Prizes & food provided. Call Lynn, (617) 354-6394, to register.

"GRAND" MOMS. Wednesdays, Sept. 10, Oct. 8... (2nd Weds.), 6-8pm. Join other "Grand" Moms for conversation, resource sharing, laughing, crying, enjoying a meal. Let's support each other as we raise a second generation of kids. Facilitated by Denise Simmons & Mary Quinn. Free. Childcare provided. RSVP: (617) 354-8807.

HEALING AND ART (for Trauma Survivors), Thursdays, September 11 & 25, 6:30-8:30pm. Art is a way to tell the truth about the past, explore the present, create the future. Come explore how to use art to heal past traumas. We'll brainstorm possible topics, create art pieces & discuss what they mean to us. No previous experience or special skills needed. 2nd & 4th Thursdays. Info: (617) 354-8807.

LESBIAN BUDDHIST BOOK GROUP. 1st Thursdays, 7-8:30pm. We discuss books by Buddhist authors or about teachings from various Buddhist traditions, have an interest in practicing mindfulness & compassion in our daily lives. Women from religious/non-religious backgrounds welcome. buddhabuddiesbooks-owner@yahoo.com.

***MONTHLY ACTIVIST.** Thursday, September 18, 6:30-8:30pm. Care about issues affecting the lives of women, but don't think you have the time to get involved? Learn about what's happening to women right now – and take a few moments to ACT! Info: Mary (617) 354-6394.

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.

***WOMEN OF ACTION (WOA) ORGANIZING MEETING**, Saturdays, September 13 & 27, 11am-1pm (2nd & 4th Saturdays). WOA welcomes women of color and/or low-income women to join together to fight for justice. We believe that low income women deserve respect, information and access to services. Before attending the first time and for childcare, please call Lynn, (617) 354-6394.

TOPICS FOR DISCUSSION

30+ MULTICULTURAL LESBIAN RAP 1st & 3rd Thursdays, 7-8:30pm
September 18 2003 Lovers: Living Together or Apart?

***LESBIAN RAP** Mondays, 7:30-9pm
September 8 Safe Sex Talk with Fenway Community Health
15 Getting to Know You (icebreakers nite)
22 Violence in the Lesbian Community
29 360 Degrees - How What You Do Affects You

***BISEXUAL WOMEN'S RAP** 1st & 3rd Tuesdays, 7:30-9pm
September 16 Red Flags in Relationships: what's your bottom line?

INCEST RESOURCES' FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE 1st Fridays, 6-7:30pm
October 3 Disclosure
November 7 Courage and Growth
December 5 Dissociation (Please be on time)

THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE - weekly, a topic at the first meeting each month
October 2 Our Bodies. Info: Lilithlive@aol.com

Judy Norris is an incredible woman who has truly been a cornerstone of the Women's Center for its entire existence - the last 32 years. (I know Judy very well, as she has been my mom for the last 35!). Judy was part of the group of women who engaged in the truly revolutionary undertaking of creating the Women's Center from scratch in 1971, the beginnings of the thriving Women's Center we know today. After devoting herself to the Women's Center as a full-time volunteer for almost a third of a century(!), Judy will be leaving in October, 2003. It will be a difficult parting on both sides, as Judy has given so much to, and gotten so much back from the Women's Center.

Those of us who know and work with Judy know that she is modest, humble, works quietly behind the scenes, and shies away from the spotlight. She will probably be embarrassed by my singing her praises, but here I go....

I firmly believe the Women's Center would not be here today if not for Judy's infinite contributions. To name a few: Judy has volunteered tens of thousands of hours to the Women's Center. She has lovingly cared for the building at 46 Pleasant Street. When I visit the Center, I see marks of Judy all over the house, inside and out - in the furniture and carpet donations she secured, the walls she painted, the many things she built and fixed, the commemorative tiles she helped conceive and install, the plants she's cared for, and on and on. She has nurtured and supported numerous struggling projects and groups. She has trained and inspired hundreds of volunteers and interns. She has listened to countless women in need with patience, compassion, and encouragement. She has proudly carried the Women's Center banner at many parades and staffed the Women's Center table at dozens of events. She has folded, labeled, and sorted hundreds of thousands of newsletters. She has raised money and secured in-kind donations for the Center. She has diligently publicized Women's Center programs. Through it all, Judy has treated others with respect and dignity. To me, Judy epitomizes the Women's Center's ideal of women helping each other and empowering ourselves, both individually and collectively.

So it is with a lot of emotion and many memories that the Women's Center community says good-bye to Judy and she to it. Its hard to find the words to thank Judy for all she has done for the Center. So I'll end this article with a favorite quote of Judy's by Marie Ebner von Eschenbach: "those whom we support hold us up in life." Thank you, Judy, for holding us up and letting us hold you up. The Women's Center truly won't be the same without you.

-- Jennifer Norris

P.S. The Women's Center will be organizing a good-bye celebration for Judy. If anyone has ideas or would like to help, please email Mary Quinn at: Mary@cambridgewomenscenter.org

In September the Women's Center and the R.O.S.E. Fund, offer a series of cooking and nutrition classes to battered and formerly battered women, with dinner and childcare provided.

Start the weekend by learning something new, while giving yourself a real treat!

As each class begins, women and children enjoy a snack prepared by chef Petal Joseph. Then, our chef provides a 'hands on' cooking lesson, while nutritionist, Leslie Oliver, offers tips about healthy and affordable eating. Everyone pitches in to help create the delicious meal and women take advantage of the opportunity to get to know one another. At the end of the evening, everyone sits down together for a family-style meal prepared during the cooking class. At the end of the 6-week series, each participant receives a free gift!

A great ending to a rough week or an exciting beginning to a new weekend - it doesn't matter. This workshop series is just the recipe. For more information or to RSVP, call (617)354-8807 right away!

Liquid Poets

Liquid Poets is a women's poetry group dedicated to creating a safe space for women to read, write, and discuss poetry. Women with any level of experience are welcome to attend. Even if you have never finished writing a poem or have just recently become interested in poetry, please join us. We only require an open mind and a friendly attitude- please come willing to share your ideas and writings with others. Our meetings take place from 7-9pm on the 2nd and 4th Wednesday of each month. During our meetings, we read and discuss a collection of published poetry together, and then do short free writes or writing exercises. Everyone is encouraged but not obligated to share. Each week, the facilitator will pick topics such as "Women and Children", "The Poems of Sylvia Plath", "Poems of Dissent," "Children's Poetry" or others. If you are interested in attending or have questions, please contact Madeline at: liquidwriters@hotmail.com



The Women's Center AIDS Walk Volunteer Team

Left to right: Andy, Shaila, Lynn, Nicole, Lisa, Eunice, Martina, Lindsey, Flavio and Patricia, in the pouring rain.



The Women's Center
 46 Pleasant Street
 Cambridge, MA 02139

Return Service Requested

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 Permit No. 59699

10th ANNUAL CAMBRIDGE WOMEN'S HEALTH DAY

Saturday, October 4, is the big day! Registration: 10:30-11am (and continues); First workshop: 11am-12:15pm; Lunch: 12:30-1:30pm; Afternoon workshop: 1:45-3pm. Come to the Windsor Street Community Center, 119 Windsor Street, Cambridge. Workshops, a lunch, informational and activity tables (including Acupuncture Sample Treatments), massages, childcare and more—all absolutely FREE. Workshops include: Depression/Anxiety; Dealing with Anger, Your Own and Others'; Exercise for Large and Older Women, Low Cost Home Remedies; Jamnastics; Kick-boxing; Recovering from Trauma; Health Issues for Survivors of Child Sexual Abuse; Reclaiming Your Sexuality; Homeopathy; Reiki, Chigong; Herbal Remedies.

If you'd be willing to help out, please call! On the day, we need volunteers to help set up, do childcare, lunch prep & serving, signing women in, even clean-up! And of course, give massages! Ahead of time, we need items for a raffle, such as gift certificates for meals, donations towards food or other expenses, help making phone calls or doing publicity, including distributing flyers. If you're willing to help, please call Judy Norris at (617)354-6394. For more info on the day, call Mary Leno, (617) 349-4697.

Sponsors: the Cambridge Women's Commission, CEOC, Concilio Hispano, Cambridge Housing, the Cambridge Health Alliance, Healthworks Fitness Center, Kitchen Table Conversations, and 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 !

Checks payable to **The Women's Center**. To: Women's Center, 46 Pleasant Street, Cambridge MA 02139

If you'd prefer to be taken off of our mailing list, please check the following box and return