

# ♀ ON OUR WAY

Spring '97

## WOMEN'S HEALTH DAY

The Women's Center is pleased to announce the 4th Annual *Women's Health Day!* Join us on Saturday, May 10th, from 10-4pm for a day dedicated completely to women's health. The day includes free workshops, a keynote speaker, lunch, information on local women's resources, and massages!

Workshops, designed to help women negotiate between western and alternative medicine, include: *Nutrition Tips for Women from Around the World; Life in Overdrive: When Your Child has ADD; Osteoporosis; Meditation; Abortion Options; Women at Midlife; When Someone You Love Is Drinking; Survivors of Child Sexual Abuse; Self-Massage; Breast Health; Hormones: Yes or No; Self-Hypnosis; Acupuncture; Chinese Herbs; Tai Chi; Stress Reduction; Yoga; What Happens in Psychotherapy; Lesbian Health Care; Holistic Health; Breath of Life; Physical Stress and Emotional Wellness; Body Sense-Body Strong; Multiple Chemical Sensitivities; African American Women's Health; Aging: When Doctors Don't Help; Let's Talk Sex; Living with Chronic Pain; Women with Disabilities and/or Chronic Illness; and more!*

The days keynote address will be given by Dr. Henrietta Robin Barnes, a physician at Cambridge Family Health Center. Dr. Barnes will be discussing what she learns from her patients.

All activities are **FREE** and open to all women. Join us at 10am at the Cambridge Senior Center for coffee, tea, and opening announcements. Workshops will start at 10:30am and will take place at the Cambridge Senior Center, the Women's Center, and Graham and Parks Community School.

For more information or a schedule of workshops, call the Cambridge Women's Commission at (617)349-4697 or the Women's Center at (617)354-8807. *Women's Health Day* will provide auxiliary aids and services, ASL interpreters, written materials in alternative format, and reasonable modifications in policies and procedures to persons with disabilities upon request. Please call by May 2nd to request childcare or disability assistance.

## FINDING YOUR POWER IN RELATIONSHIPS

Sometimes we find ourselves in a relationship which we can't live with, and can't live without. This can lead to feelings of powerlessness and unmanageability in our lives.

We are excited to offer two evening conversations to share our experience and expertise about regaining a sense of one's self-worth and vitality in relationships, and in life in general. Participants will explore how "boundaries" can have a positive impact on how we see ourselves in relationship to others.

The meetings will take place Thursdays, April 17th and 24th, from 6-7:30pm. If you have any questions, please call us at (617)646-7513.

-Carmen Dominguez and Helen Spencer

### Summer Closings

The Women's Center will be closed on



**Memorial Day**  
Monday, May 26th  
and

**Independence Day**  
Friday, July 4th



*Enjoy your holidays!*

### W.I.T.C.H.

April brings three authors to the Women's Center for the *W.I.T.C.H. Feminist Lecture Series*. On April 10th, Laurie Lindop discusses Virginia Woolf and E. Annie Prioux as mentors in her writing career. She is particularly interested in conversing with other writers, so we hope you can attend. On April 17th, Ellen Frye talks about the Ancient Mediterraneans from an Amazon point of view. Ellen spent many years in Greece and uses those experiences as the focus for two novels. On April 26th, R. Amy Elman will discuss her years of researching sexual subordination in Sweden.

For more information on these or any other *W.I.T.C.H.* lectures, call (617)666-0828.

## WRITERS' CIRCLE

*Writers' Circle* is a group for experienced writers who are interested in writing for publication. The purpose of the group is to provide respectful and meaningful responses to one another's written work, to discuss the writing process, and to exchange information about publishing opportunities.

The group is interested in creative writing of all kinds: memoirs, fiction, personal essays, poetry, and journal writing. We request that writers don't bring work that has already been published. Usually three writers read their work and the group spends 20 to 30 minutes with each writer. We try to hear from different writers at each meeting. Near the end of the meeting, the group discusses the writing process, staying motivated, and publishing opportunities and/or markets. Any issues pertaining to writing are welcome.

Writers should bring in their written work along with six or eight copies to share with the other writers. Second drafts or better are preferred. This is a good place to work on revising work and preparing to send it out for publication.

*Writers' Circle* meets every other Tuesday and is open to newcomers once every four meetings. On open nights, new people should arrive at 6:30pm for an orientation. The next open meetings are April 15th, June 10th, and August 5th. Please call me, Cassandra Oxley, at (617)494-2695 for more information.

-Cassandra Oxley

## CHRONIC FATIGUE SYNDROME SUPPORT GROUP

The *Lesbian and Bisexual Women's Chronic Fatigue Syndrome Support Group* has been meeting at the Women's Center every other month for the past year. Group members offer each other emotional support and share their experiences with different medical treatments and lifestyle changes. The group, which has been in existence for almost four years, has been an invaluable source of encouragement in women's efforts to cope with and heal from their illnesses.

We are particularly grateful for the space at the Women's Center because, due to many members' severe sensitivities to chemicals, finding a permanent location for our meetings has been a struggle. Chemicals found in most buildings (paint, construction materials, gas stoves, many cleaning products, new carpets, furniture, etc.) cause some of our members to become very ill. We truly appreciate the Women's Center's commitment to making their space accessible to us.



## BI WOMEN'S RAP

For many women in the Boston/Cambridge area, the *Bi Women's Rap* group at the Women's Center is the first contact they have with the bisexual community. It is a space for women to come out as bisexual, to meet other bi women, to explore what bisexual means, and to discuss many interesting topics in an open, informal setting. Each meeting has a topic that focuses the discussion, but often women come to the group with particular thoughts and ideas they want to discuss.

*Bi Women's Rap* was originally scheduled as a once a week gathering, but last year the turnout was low and the schedule was changed to twice, and then once a month. Luckily, there has been a renewed interest in *Bi Women's Rap* and it will again be meeting twice a month, on the first and third Tuesday of each month from 7:30-9pm. If the group continues to strengthen and grow in size, it could become a weekly meeting again.

You don't have to identify as bisexual to come to *Bi Women's Rap*; the group is very open to exploring identity issues. However, the purpose of the group is to provide a bi-friendly environment. Topics range from bisexual politics, to holiday stress, to coming out stories, to monogamy, to dating, to bi life in Boston. April's topics are: April 1st, *Is this a Date or What?*, and April 15th, *First Kiss*. These topics are sure to prompt lots of interesting and humorous stories!

While not an official sponsor of the group, the *Boston Bisexual Women's Network* (BBWN) helped start the group many years ago and many of its members have been active in *Bi Women's Rap*. On the second Wednesday of every other month there is an informational meeting at the Women's Center for those who want to learn about, and get connected to, BBWN. The next introductory meeting of BBWN is on May 7th from 7:30-9pm. You can also pick up a copy of the BBWN bi-monthly newsletter, *BiWomen*, at the Women's Center. *BiWomen* is not only a great source of information for bisexual women, it also includes a calendar of bi-friendly events in the Boston area.

For more information about BBWN, call the Bi Resource Center at (617)424-9595. For information about *Bi Women's Rap*, call the Women's Center at (617)354-8807.

### WOMEN'S CENTER HOURS

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

## FROM THE DESK OF OUR FUNDRAISER . . .

Just a quick note about how the Women's Center closed our fiscal year on December 31, 1996. We did great!© For the second consecutive year, and after several years of shortfall, the Women's Center finished "in the black." The year-end fundraising appeal, which you received with your last issue of *On Our Way*, raised an all-time high of over \$7,000! **Thank you** to everyone who supported the Women's Center's 25th Anniversary Year by attending our gala *Benefit Concert and Celebration*, supporting the *Commemorative Tile* campaign, and/or making a donation during the course of the year!

At the Women's Center, every dollar matters, and is put to good use in service of our mission to empower women. In true springtime spirit, we hope this growth will persist in 1997. If we missed you last year and you'd like to make a contribution now (or you feel inspired for any other reason!), you can send the Women's Center a tax-deductible gift by using the coupon on the last page. Thank you again for your support. With your help, the Women's Center will continue to remain strong for another 25 years!

-Pamela Goldstein  
Development Coordinator

p.s. Keep your eye out for a possible extension of the *Commemorative Tile* campaign into another area of the Center. Interested in dedicating a tile? Call me at (617)354-8807.

## MEDITATION FOR TRAUMA SURVIVORS

Deirdre Fay is back again to offer her transformational workshop, *Meditation for Trauma Survivors*, on Saturday, April 12th from 12:30-3:30pm. This workshop is designed to teach and practice different meditations to support healing and integration--without triggering trauma histories.

"Most trauma survivors have a difficult time finding a safe way to inhabit their bodies," Deirdre says. "Rest, relaxation, and quiet can be hard to come by."

Deirdre is a clinical social worker and experienced group leader and is currently on staff and leads groups at the Trauma Center at HRI/Brookline. A trauma survivor herself, she has 20 years of training and practice in Eastern and Western meditative techniques.

To register, call the Women's Center at (617)354-8807.

## OLDER WOMEN'S GROUP

Once again, there's a group for older women at the Women's Center! Come to this free open group for women in their 60's, 70's, and 80's (you can come if you're older or younger, too). We have so much to talk about! We are looking to enhance our lives and raise our consciousness as we age, in a warm, supportive atmosphere. Meetings are on the 3rd Sunday of the month, and are wheelchair accessible. We hope you'll come by for good conversation and good company.

The next meeting is on Sunday, April 20th from 2-5pm. Please call the Women's Center at (617)354-8807 if you have questions or need directions.

P.S. We'll also be having a workshop on Women's Health Day (Saturday, May 10) called "When Doctor's Don't Help." Hope to see you there!

## BODY ACCEPTANCE AND CONSCIOUS EATING GROUP

The *Body Acceptance and Conscious Eating Group* is open to any woman interested in exploring the possibility of accepting her body and eating with awareness. It is not a diet group, a weight loss group, or a 12-step program, but a forum for each woman to discover her own path to feeling comfortable, and creating a loving relationship with, her body.

Conscious eating can be defined as being aware of our hunger and nourishing ourselves physically and emotionally. It can also mean creating a healthy and nurturing relationship with food, while making peace with our choices around it. One objective that many of us share is to be in tune with our bodies and its signals. Some of us are working towards being aware of and trusting our inner guidance and signals.

Our format allows women to share and then to receive feedback if they choose. Some women find that food and body awareness issues are tied into other pertinent themes, such as sexual abuse, patriarchy, family, economics, or the media. While sharing, attention is focused on the speaker. When she finishes sharing, she receives non-judgmental and supportive feedback.

The *Body Acceptance and Conscious Eating Group* meets every Tuesday from 7:30-9pm. If you're interested in attending for the first time, we suggest that you attend a newcomer orientation, held on the first Tuesday of every month from 7-7:30pm. If you're unable to attend the orientation, or for info, call Linda at (508)374-7344 or Liz at (617)625-3109.





## LET'S PLAY

Looking for a creative outlet to plug into? Do relaxation exercises followed by acting out your most recent life problems sound like a great way to release some pent up energy? Or perhaps writing a silly song or role playing a funny scenario is more your idea of a good time. If you're interested in any of the above, then you need to come to the next meeting of *Let's Play* at the Women's Center!

*Let's Play* is an improvisation group that meets the third Wednesday of every month from 7-8:30pm. *Let's Play* is an improvisation/psychodrama support group that was conceived with the idea of joining women together to participate in an evening of creative performing arts therapy.

"In our first two sessions, women from the Battered Women's Support Group, Lesbian Rap, and Women of Colors Rap joined together to create a supportive atmosphere where several of the group's participants were able to act out current problematic situations in their lives and successfully release a lot of unwanted tension!" boasts Meredith Apfelbaum, group facilitator. "We also had fun making up funny characters for each other to play."

The next meeting of *Let's Play* will be on April 16th. All are encouraged to participate. We all need to make more time to play!

For more information, call the Women's Center at (617) 354-8807.

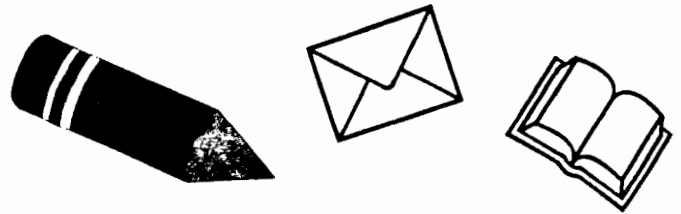
## DISCOVERING YOUR PATH TO CREATIVITY

*Discovering Your Path to Creativity* is an Art Therapy group for all women, particularly those dealing with difficulties or with trauma histories. The group's purpose is to help women explore their own creativity and issues of self-esteem, self-confidence, trust, and anger. Through artistic creativity, women will find their own way of being expressive and connecting with others.

You do not have to be an artist to attend. This will be a hands-on, experiential group in which we'll use drawing, writing, and clay mediums. Women are encouraged to bring whatever art supplies they have. Additional supplies will be provided.

*Discovering Your Path to Creativity* is scheduled to begin in June. Call the Women's Center at (617)354-8807 for more information. I hope you're able to attend!

-Karen D. Chapman.



## WOMEN WRITING

When I walked into *Women Writing* for the first time, I didn't know what to expect. Here I am, in my twenties, and new to the Women's Center. My first inclination was to leave, fearing that there would be women with thick glasses and red pens, crossing out my mistakes, telling me my material wasn't good enough. Would they allow someone at my level of writing experience to join them?

As I walked into the room, I noticed women writing away with thick pads and no glasses. They were holding pens, but not red ones. Women who were busy scribbling away looked up at me to say hello or to smile and acknowledge my presence. At this moment, I knew I was accepted into their writing group. But what was the format? Would I be able to do it? After all, I had started writing because I had been extremely shy and writing was my only way of expressing my fears and dreams.

It turned out that the only thing we did was to write what we felt like writing by using simple cues to jump start our creativity. All you had to do was to let your imagination and creativity flow. We were only a group of women who enjoyed writing and sharing our love for this art form.

Reading is not required; nothing is required besides respecting others' work by giving only positive feedback. Reading is encouraged, and I was encouraged to read my work. I had been shy all my life and sharing my work with all these women would have been a disaster had it not been for their warm and supportive feedback. I had noticed as we were taking turns reading that there were always chuckles, smiles and compliments; the red pens were not allowed to exercise their critical voices, hindering our progress and stifling our creativity.

It was easy reading in such an environment, so much so that I've been doing it since last August. I come back every other Saturday afternoon at 12:30, not because I don't have anything to do, but because I value the support we give each other in the often solitary world of writing.

I also look forward to sharing my space with women who range in age from their mid-twenties to their fifties. I no longer fear reading my work. The once mighty red pen has lost its power to censor me and smother my creativity.

-Yok Soo Hoo

## FINDING AND SURVIVING THE WORKPLACE

Today's employees, job-seekers, and career changers often discover that they are dissatisfied with their jobs, or just do not know what kind of career would "work" for them. Having faith in your ability to find the right opportunities, whatever the circumstances, has become increasingly necessary in today's job market. Don't become discouraged: the rewards of careful planning, support, research, and persistence will eventually pay off.

Workshops and support groups can help. At the *Finding and Surviving the Workplace* support group women will find topic-based discussions on workplace issues, the job market, and job search strategies. Participants learn to take positive steps to empower themselves in their job search, or cope with difficult situations they might be facing at their current place of employment.

The group meets on the second and fourth Saturday of the month from 11:30am-1pm. Facilitators Manjusree Sen and M. Calico Rechy have been working on restructuring this group into a dynamic, informative and supportive meeting. Come join us and share your ideas, experiences and thoughts. April topics are: April 12, *Interviewing*, and April 26, *Is there a Survival Guide to the Workplace?*

## LESBIANS CHOOSING CHILDREN

*Lesbians Choosing Children* meets on the third Thursday of the month from 7-8:30pm at the Women's Center. The group is an open drop-in group and attendance ranges from 5 to 14 women.

We are a diverse group joining together for various reasons. Some want to talk about whether or not to have children, others have already made the decision and are trying to decide whether to adopt or inseminate. Some in the group are currently pregnant while others already have children. Women come to meet and talk with other moms about the various issues involved with raising a family.

In the past several months we have had a monthly topic. We've discussed dealing with the holidays, being an out lesbian, and relationships. Women who come to the group find a supportive environment where they can discuss any issues or concerns they have about parenting, in addition to meeting new friends.

For our May 15th meeting we'll be joined by guest speakers, Ann Arberthnot and Mary Notaris, who will discuss financial and legal issues for lesbians considering having children. All women are welcome!

## WOMEN WITH DISABILITIES AND/OR CHRONIC ILLNESS

Twice a month, a small peer-support group meets to share common experiences, and to give mutual support to members dealing with disability and illness. Any woman with any disability or chronic condition is encouraged to participate in sharing in this safe, confidential, and nurturing environment. We find hope in each others' struggles and triumphs; we grieve our losses, and celebrate our strengths; we honor women's choices in this complex journey.

Facilitator Jean Turner, LCSW, consults nationally on brain injury, disability and women's health issues.

The *Women with Disabilities and/or Chronic Illness* group meets the second and fourth Tuesday of every month from 5:15-6:45pm.

## AL-ANON GRUPO

Admitimos que no tenemos poder sobre otras personas y que nuestra vida se ha convertido inmanetable. Que no tengo poder sobre otras personas, sobre mis hijos, mi esposo, o mis amigos?

Viniendo de familia alcohólica donde el control era primordial, yo pensaba, antes de entrar al *Al-Anon* que mi trabajo era vigilar la conducta de mis seres queridos, que todos se comportaran como yo quisiera. Yo nunca pense que era yo la que perdía el control de mi misma cuando me metía en los problemas que no eran de mi asunto, ni mi función. Esto no me daba resultados porque la gente no se comportaba como lo que yo esperaba.

En *Al-Anon* yo he aprendido que es el medio, mi rabia, mi dolor y mis necesidades insatisfechas traídas desde la niñez lo que me hacía actuar de esta forma. Vive y deja vivir, es uno de los temas de *Al-Anon*. Ser feliz para dar felicidad a los que me rodean y deja la gente al cuidado de Dios, que sea él, el que se encargue de ellos. Parar de controlar a otros y dejar que ellos vivan su propia vida. Despegarme emocionalmente de las personas que yo amo. Identificar lo que puedo cambiar y lo que no puedo. Aprender a identificar cuando estoy tratando de hacer lo imposible o estoy tratando de hacer lo que no es mi trabajo, porque es trabajo de Dios. Dejar de sentirme demasiado responsable por el bien estar de otros. Apartarme emocionalmente, me permite concentrarme en mí, y vivir mi propia vida. Parar de controlar a otros, cuando me siento cansada de vivir en locura, peleando la batalla que no puedo ganar.

Todo esto aprendí en *Al-Anon*. Reuniones los lunes de 6 a 7:30, Centro de Mujeres.



## TOPICS FOR DISCUSSION

### LESBIAN RAP

*Mondays, 7:30-9pm*

- April 7 Networking
- 14 Coming Out to the Older Generation
- 21 How Class affects the Lesbian Community.
- 28 Relationships between Lesbians/Gay Men

### 30+ LESBIAN RAP

*Tuesdays, 7-8:30pm*

- April 1 Friends as Family
- 8 Individuality in Relationships
- 15 Children in our Lives
- 22 Fun Vacation Spots
- 29 Taking Risks

### BISEXUAL WOMEN'S RAP

*1st & 3rd Tuesdays, 7:30-9pm*

- April 1 Is this a Date or What?
- 17 First Kiss

### WOMEN'S READING GROUP

*1st & 3rd Mons, 7-9:30pm - Info: 665-7396*

- April 7 The Female Experience in 18th and 19th Century America by Jill Ker Conway
- April 21 Road Songs by Natalie Kusz

### INTERNATIONAL/INTERCULTURAL WOMEN'S GROUP

*Usually the last Saturday of each month, 1pm*

The next 4 meetings will focus on prominent women from various cultures: what they've done/their impact

### FACILITATED OPEN DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE

*last Friday/month, September-June, 6-7:30pm*

- April 25 Intimacy
- May 30 Loss and Abandonment
- June 27 Healing

### INCEST SURVIVORS' THINKTANK

*1st Wednesday, each month, 7:15-9:15pm*

- April 2 Cycle of Abuse: Intergenerational Legacy
- May 7 Antiracist Work for Sexual Abuse Survivors
- June 4 Confronting Denial: Individual, Familial, Societal

### LESBIANS CHOOSING CHILDREN

*3rd Thursday, 7-8:30pm - for all lesbians*

- April 17 Gender Roles & Children
- May 15 Financial/legal Issues (with guest speakers Ann Arberthnot & Mary Notaris)

### MEDITATION FOR TRAUMA SURVIVORS

*Saturday, April 12, 12:30-3:30pm*

Led by Deirdre Fay, MSW, survivor, 628-6842

### AL-ANON IN ACTION: MEETINGS & LUNCH

*Sat., April 19, 11am: Spanish & English meetings.*

*12:30pm: Mexican lunch for all women. Please call 354-8807 to register for lunch; \$5 donation requested.*

## ONGOING GROUPS

### SUNDAY

- ♿ • Older Women's Group (3rd Sunday) . . . 2-5pm

### MONDAY

- Al-anon Grupo (*en español*) . . . . . 6-7:30pm
- Battered Women's Support Group . . . . . 7:30-9pm
- Women's Reading Group (1st/3rd Mondays) 7-9:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors (3rd Monday) . . . . . 7-8:45pm
- Lesbian Rap . . . . . 7:30-9pm
- ♿ • Reproductive Rights Network (R2N2) (*usually 2 meetings/month; call 661-1161 for info*) . . . . . 7-9pm
- Sexual Harassment Support Gp (*last Mon./mo.*) 7-9pm

### TUESDAY

- Bisexual Women's Rap (1st & 3rd Tuesday) 7:30-9pm
- 30+ Lesbian Rap . . . . . 7-8:30pm
- Body Acceptance & Conscious Eating Group (*Newcomers, 1st Tuesday, 7pm*) . . . . . 7:30-9pm
- ♿ • Women with Disabilities and/or Chronic Illness (2nd & 4th Tuesdays) . . . . . 5:15-6:45pm
- Writers Circle (*Cassandra, 494-2695, for info on mtgs*)

### WEDNESDAY

- 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
- Let's Play (*Improvisation Gp; 3rd Wed*) . . . . 7-8:30pm

### THURSDAY

- Chemical Injury Information Network (1st Thursday) . . . . . 6-7:30pm
- Lesbians Choosing Children (3rd Thurs.) . . 7-8:30pm
- Incest Survivors Open Discussion . . . . . 7:30-9:30pm
- ♿ • Women's Community Cancer Project, Open General Meeting (1st Thursday) . . . . . 7-9pm
- W.I.T.C.H. Lecture Series (*March-May*) . . . 7:30-9pm

### FRIDAY

- CODA (Codependents Anonymous) . . . . . 6-7:30pm
- Incest Resources Facilitated Discussion Group for Survivors of Child Sexual Abuse (*last Fri*) 6-7:30pm
- ♿ • Incest Survivors Anonymous . . . . . 6:30-8pm

### SATURDAY

- Broken Hearts/Broken Relationships (*for lesbians from long-term relationships; 1st & 3rd Saturdays*) . . 2-4pm
- ♿ • Coming Out Discussion for Women of All Ages (*Usually 1st Saturday*) . . . . . 11am-1pm
- Finding & Surviving the Workplace (2nd & 4th Saturday) . . . . . 11:30am-1pm
- ♿ • Friendship Connection (2nd Saturday) . . . 12:30-3:30pm
- ♿ • International/Intercultural Women's Group (*Usually last Saturday*) . . . . . 1pm
- Women Writing (*biweekly*) . . . . . 12:30-2:30pm



## WOMEN'S CENTER GUIDELINES

If you've been coming to the Women's Center regularly, you'll notice some new shiny yellow signs posted in the meeting rooms. These signs were developed to help introduce visitors to the Center and share general information about the use of space.

The signs read:

*Please follow these guidelines while you are here:*

*If a room has no scheduled activity, you are welcome to use it. If you're unsure, please check with the staff person at the front desk.*

*By Cambridge City ordinance, smoking is not permitted in the Women's Center. When smoking outside, please move away from the entrance area in consideration of women entering and exiting.*

*Alcohol and drug use are not permitted in the Center.*

*Please refrain from wearing perfume or heavy scents, as many women are allergic or chemically sensitive.*

*If you use the kitchen, please clean up after yourself, including washing dishes, wiping off counter and table, and discarding trash.*

*When you leave a room, please discard all garbage and make sure the room is in the same order as when you arrived.*

*Please refrain from watching television in the living room, as the noise is distracting for the staff person on duty. If you use the television on the third floor, please keep the volume low.*

*When you are leaving, please exit quietly so as not to disturb meetings in progress.*

*If you have any questions, feel free to ask the staff person in the office by the front door. Please be patient, as she is a volunteer and may have many priorities to juggle.*

*Thank you for your sisterly cooperation.*

We hope the signs are helpful and answer any questions you might have. If you have any feedback, feel free to call the Women's Center at (617)354-8807.



100% cotton, white T-shirt with multi-colored design



Cotton caps:  
Plum (white writing)  
Tan (blue writing)  
Black (lavender writing)



## WOMEN'S CENTER T-SHIRTS AND CAPS

A beautiful gift for yourself, and/or for others! Buy them at the Women's Center. Or order by returning the completed form to: **T-Shirts & Caps, Women's Center, 46 Pleasant Street, Cambridge, MA 02139**

*Please print clearly*

Your name .....

Address .....

City ..... State ..... Zip .....

Phone number(s) .....

*I would like to purchase*

T-shirt(s) ..... Quantity: \_\_\_ x \$12 = \_\_\_  
(circle size) S M L XL XXL XXXL

Cap(s) ..... Quantity: \_\_\_ x \$10 = \_\_\_  
(circle color) black plum tan

Shipping Handling 1st item 1 x \$4 = \$4  
Additional items \_\_\_ x \$2 = \_\_\_

Allow 10 days for delivery - \$1 item additional charge for express mail: total items: \_\_\_ x \$1 = \_\_\_

TOTAL = \_\_\_\_\_

Make check payable to **the Women's Center**

*Please send item(s) to: (if different from above):*

Recipient's name .....

Address .....

City ..... State ..... Zip .....

Enclose separate sheet with any additional instructions.

THE WOMEN'S EDUCATIONAL CENTER, INC.  
46 Pleasant Street  
Cambridge, MA 02139

Phone: (617)354-8807 TTY/Voice

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
Boston, MA  
PERMIT NO. 59699

### WISH LIST

If you're taking a trip to the grocery or office supply store, keep the Women's Center in mind! Whether it's a box of paper clips or a ream of paper, your donation helps keep the Center up and running.

We could use the following office supplies:

White copier paper (20lb recycled), colored copier paper, large sheets of posterboard (white or light colors), transparent tape (rolls for dispensers), masking tape, stamps (\$.32 and \$.23), pens (ball point and roller ball), paper clips, rubber bands, composition books, computer mailing labels (dot matrix, pin fed printer), pushpins, ink pads, ink bottles, glue sticks, notebook paper (college-ruled), correction fluid, small white security envelopes, and reinforcements.

We also need the following household items:

Unscented liquid soap, light bulbs (60, 75, or 100 watt), honey, tea (herbal or regular), coffee, sugar, tissues, tampons, sanitary pads, cleaning supplies (Murphy's Oil Soap, Bon Ami, sponges), art supplies (clay, paints), garbage bags (tall kitchen or large trash), battery operated wall clock, and coffeemaker (10 cup).

If you have any items that you want to donate that aren't listed here, please call Dawn at the Women's Center at (617)354-8807.

### 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 • 02139

*Thank you for your needed support-we appreciate it!☺*

### LIGHTS, CAMERA, ACTION!

The Women's Center hit the airwaves last April with its own Cable Access show called *WomanSpeak*. This monthly show, hosted by Dawn Dougherty, focuses on groups and projects at the Women's Center. Topics have included: *25 Years at the Women's Center*, the *Women's Community Cancer Project*, the *Reproductive Rights Network*, and *Women Writing*.

*WomanSpeak* can be seen in Cambridge on Channel 55, the second Wednesday of every month from 5:30-6pm. Women are encouraged to come to the Women's Center to watch the show live. If you're involved with a group or project at the Women's Center and would like to be on *WomanSpeak*, call Dawn at (617)354-8807.

