



ON OUR WAY

Newsletter of the Women's Center

Fall 2008

46 Pleasant Street, Cambridge, MA 02139

(617) 354-8807 www.cambridgewomenscenter.org

A Volunteer's Perspective

I recently had the opportunity to attend MichFest- a women-only music festival out in the woods of Michigan. Being there, eating women-prepared food, watching women performers on women-built stages, allowed me plenty of time and the perfect space to reflect on the importance of safe spaces like these, places where women from all backgrounds can come together under the common banner of sisterhood. That (amazing!) experience made me extremely proud of my involvement with the Women's Center right here in Cambridge, an institution 5 years older than Michfest and with a similar overall mission- creating a safe space for women to gather.

My understanding of the Center is that we are in a period of transition. I've been lucky enough to read some of the testimonials attached to donations that talk of the Women's Center of the 1970s and 80s, where 40 to 50 women would attend a single support group meeting, spilling out from the living room into other rooms. I've read letters from women who say they never would have had a child without the support they received from the Center, or women who met their partners right here. I love to think about that Center, brimming with women and crackling with the energy of deeply necessary feminism.

Today's Center looks a little different. Some of that energy has morphed into a more service oriented approach. Today we serve many women faced with serious and pressing needs- food, housing, and jobs. But helping other women is always a feminist act, and helping women achieve the basic elements of safety- shelter, nourishment, and emotional support- is a feminist act on the most basic level.

In a few days I'll be moving to the other end of the state to attend nursing school, and it's with some sadness that I leave the Center. I will be sad to leave Ming, whose calm demeanor and deep humanity (as well as her infectious laughter!) has taught me to be a more tolerant, kind and patient human being. I will be sad to leave Judy from whom I have learned everything from grant writing (with help from Elaine as well!), to storm window installation, to what it means to be truly and tirelessly committed to something you believe in; she has been a role model to me in so many ways. I will miss Betsy's warrior spirit, her boundless energy and fierce indictment of those committing violence against women on every level, from advertising to domestic abuse. I will miss Ann's sense of humor and the many quiet lessons she has given me on how to be a better listener. I will miss the women who come into the Center- their stories, their sense of community, their cooking. And of course I will miss the Center itself, the lovely blue house that I've spent so many hours in since January of 2007. So often I am reminded of what a rare treasure it is, so full of history- my history and the history of my sisters, all of the women who have filled this space over the years, donated time and energy and books and love to the idea of a women-only space. So while I feel some sadness in leaving, I also look forward to watching the Center transition, to hearing about new groups and a bigger community full of beautiful, brilliant women like so many that I've met while here.

Alison

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My Money Life Class Support Group

Every Monday, 6:30-8pm

Starting 10/20

Come with your financial questions!!

Sponsored by

Start Money Smart



The Women's Center

46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807

Website:

www.cambridgewomenscenter.org

What's up at the Women's Center?

Check out our monthly calendar on the website.

Email:

info@cambridgewomenscenter.org

Hours:

Monday-Friday: 10am-8pm
Saturday: 10am-3pm
We are closed on major holidays.

Helpline: (617) 354-8807
Business line: (617) 354-6394

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 a wealth of free programming.

All donations are tax-deductible.

For further information about various volunteer opportunities or to offer in-kind donations, contact the Center Coordinator Ming at :
(617) 354-6394
ming@cambridgewomenscenter.org

Computer Labs

Women coming to use computers at the Center in the last few weeks are thrilled with the changes in the first floor computer lab. OLD, TIRED, VERY SLOW computers using Windows 2000 have been replaced with MUCH NEWER, ENERGETIC, FASTER ones with Windows XP as the operating system, and with Office 2003 and Norton Antivirus software. HEARTFELT THANKS to Harvard Art Museum for the computer donations!

There's more to come! A basement room will become a second computer lab as soon as we can get it ready. We've been plugging holes in the ceiling and walls; sanding and painting the heating units, ceiling, walls, and trim; scraping and cementing and washing and painting the floor. Special thanks to Nan Genger for all your help with this! Now we need to cement some areas in a closet, furnish the room, and set up the computers. When the second lab opens, we'll double our available computers! In addition to general computer use, we plan to offer computer trainings in the second lab. If you would be willing to volunteer to teach basic computer and Internet skills, to individuals or to small groups, please contact Ming at ming@cambridgewomenscenter.org or (617) 354-6394 or (or to volunteer to cement some gaps in the foundation walls).



2007-2008 Foundation & Corporate Support

Agnes M. Lindsay Trust
Alice Willard Dorr Foundation
ASD Foundation
Bay State Federal Savings Charitable Foundation
Bushrod Campbell and Adah Hall Charity Fund
Cambridge Community Foundation
Cambridge Savings Charitable Foundation
Cambridge Trust Company
Clipper Ship Foundation
Draper Laboratory
East Cambridge Savings Charitable Foundation
First American Title Insurance Company
Frank B. Mazer Foundation
Frederick E. Weber Charities Corporation
Hartley Corporation
John Donnelly Trust
Marion L. Decrow Memorial Foundation
Morrison Fund
SAP AG
Sheila Gamble Fund
Sheila O'Malley Memorial Fund
Susan Guidrey Memorial Fund
TJX Foundation
Wellington Management

THANK YOU SO MUCH!

Two Years and Counting (on YOU)

In September, 2006, the Women's Center was in a tailspin, with barely enough money to last 3 weeks! Could we regroup, raise funds, keep the Center open, and even bring new energy and activity here? Yes. Yes. Yes. And yes.

- Regrouping: A new Board President and members, and then new Board Co-Chairs and members; a new very challenging job description for Ming (THANK YOU, Ming, for your grace and excellent work!); getting along with only one paid staff member; lots of new volunteers, including a bookkeeper, interns and group facilitators
- Raising Funds: All our fundraising has been done by volunteers, (Board members, community members, and interns). This has saved the Women's Center over \$100,000 at a time when every dollar counts. We are very fortunate to have two long-term members of the Women's Center community doing all our grant applications! Judy, a founder, current Board Co-Chair, and a volunteer since 1971, and Elaine, a founder of Incest Resources, a past Board member, and a volunteer since 1980, each work half-time on this, as well as doing other Center work.
- Keeping the Center open: it's still going strong six days/55 hours a week!
- New energy and activity:
Children! A new art play group for toddlers and their caretakers, a new crafts group for 6-9 year olds, older children using the computers... and just yesterday Henry Stafford, a 9 year old boy, came here and gave us money he raised by asking for donations to the Women's Center in place of birthday presents to honor his deceased aunt, because the Center meant so much to her..
- Groups! 32 women at a Lesbian Chat; an awesome Women and Media group; well-appreciated Women and Money classes; the brand new Black Women Poets and Memoirists Writing Workshops, and many more. And of course old reliable groups continue and thrive, including the Incest Resources' survivors' discussion group, the Battered Women's Support Group, the Writer's Circle, and the Open Discussion on Coming Out.
Computers! Busy, better, working well.
- The building: groups of students from Pine Manor, Lesley, and B.U., as well as community members, pitching in, fixing and improving.

This has been and remains a great challenge, especially because we are operating with only one paid staff position because of lack of funds. We need all the help we can get! We are so grateful to all the corporations and foundations that have supported us during the past two years (see page 2) and we appreciate each and every individual donation. We are relieved that our doors have remained open, but we are certainly not out of the woods. As most of you know, we inherited an \$80,000 debt from the previous administration. What most of you don't know is that payments on the loan take \$900 a month off whatever we raise. Please consider the meaning the Women's Center has for you, personally, and send as big a donation as you can afford today.

THANKS FOR ANY AND ALL HELP AND SUPPORT!

Bookkeeping Plus

A huge thank you to Marea Santos! She has been our pro bono bookkeeper for the past two years, and along with doing an excellent job with that, has also helped us reduce expenses in many other ways. She negotiated and oversaw installation of a much less expensive phone service, found a way to lower our insurance premiums without reducing coverage, and helps us with computer problems. She has donated lots of great equipment and furniture. And there's more! We really appreciate all she has done and is doing.

Marea is a professional organizer. Her company is S.O.S. (Santos Organizational Strategies). If you want some help getting organized, we enthusiastically encourage you get in touch with her. Call her at 617-834-7315 or check out her web site: www.sosorganization.com, or .

A Low-Flow Toilet Lives Here Now

Barbara Taggart has been keeping the Women's Center plumbing and heating in shape for years and years. This year she and her son Remy Trahan gave the Center a new toilet and installed it for free! We are so pleased! New low-flow toilets are in the budget of our upcoming Capital Improvements Campaign, but we haven't had time to write a proposal or research foundations to send it to. Now we are off to a great start, with our water-saving toilet. Thank you so much, Barbara and Remy! Their company is Cambridgeport Plumbing at (617) 868-5081. They do great work!

Contributions from Local Colleges

This past summer, student groups from Pine Manor College, Boston University, and Lesley University (picture below) have been giving the Women's Center their time and energy to paint, clean, fix, and reorganize many spaces at the Center. Thank you, ladies, for your amazing contributions to making the Center a very comfortable and inviting place!



The Question Remains: MBTA and the Svedka Fembot

In May '08 we wrote a letter to the MBTA and associated agencies protesting the Svedka Vodka ads appearing on many public transit sites. Subsequently, we received a memo that the ads had been removed as a consequence of our protest. Still, we're not sure if the Svedka contract with the MBTA ended coincidentally with our protest or if some of the ads are still being deliberately displayed (one was sighted at an MBTA stop on the corner of Harvard & Comm. Av. in June '08). The Svedka Fembot advertisements might be gone now, but still, the question remains of why such ads were exhibited throughout our public transportation system in the first place.

Why was it acceptable to promote an environment demeaning to women in heavily trafficked public areas? Why impose an image of woman as a mindless, hypersexualized subhuman just when women and girls are finally speaking out against the sexual assaults and molestations on public transportation that have been occurring for years? An overwhelming number of us have experienced these assaults in humiliated and terrorized silence as children and as adults. Who was there to tell? Certainly not the MBTA employees who, at best, would smirk, leer and suggest we take another route or walk, or at worst, sympathized with our attackers. This response not only silenced women, but isolated us from an awareness of other victims as well.

We women pay for our transportation system too. Why should we feel fearful or uncomfortable using it? There are degrees of discomfort and humiliation elicited in us by ads like the Svedka Fembot ones, to ads for movies like "Captivity" and the "Hostel" series based on the sexualized torture and killing of women, to outright unprovoked physical attacks women daily sustain simply because we're female. The prurient atmosphere engendered by the above displays normalizes and mainstreams a contemptuous and dangerous viewpoint of women's worth, integrity and safety. If you too question the decision to use public property to sponsor such despicable images of women, please contact Dan Grabauskas, General Manager, MBTA, (gm@mbta.com or 617-222-5000) and ask him why he finds this acceptable; or Grabauskas' aide, Eric Scheir, (617-222-3214), who said the signs were removed; or Wendy Stern, Planning & Development, wendy.stern@eot.state.ma.us; or Paul Regan, E.D., MBTA, pregan.advbrd@verizon.net; or Bill Deignan, Transportation Manager, Cambridge Community Development. (617-349-4632). or Lynne Omlie, DISCUS Code Review Board, lomlie@discus.org; Ask them what gives. Why are women's interests so expendable?

Betsy Warrior, Amelia Sabadini, Lisa Coppola, Karen Schneiderman, et al.

The Garden at the Women's Center

Please check out pictures of our garden that were taken this summer at:

http://www.cambridgewomenscenter.org/aboutus/picture_gallery.html

WCRC & the Women's Center

The Women's volunteer therapist group I belong to, the Women's Counseling and Resource Center (WCRC), has been given space at the Women's Center for over 35 years. It has been an ideal arrangement from our end, and, I think, a good one for the Women's Center as well.

I joined the Women's Counseling and Resource Center 20 years ago. In all those years it's been my privilege to work with women who have been serious in their search for solutions to their pressing issues and problems. They have come from various circumstances and different backgrounds and places, some as far away as Pakistan, Israel, Belgium, Russia, and Central America, as well as from this area and other states. It has meant a lot to me that WCRC has been able to provide these women with extremely low-cost therapy when they needed it and could find it nowhere else. Touching so many lives in such a meaningful way means a lot to my colleagues and myself.

I have appreciated the home-like facilities of the Women's Center, the friendliness and helpfulness of the staff and volunteers, as well as the resources available to our clients. The Women's Center refers women to us who call looking for counseling. The Women's Center also provides notices of our services in the newsletter, as well as openings for new therapists (see below).

I am happy for this chance to write about our WCRC collaboration with the Women's Center and to thank Ming, the paid coordinator, as well as the volunteer staff who work with her, for their many services to our WCRC clients, ourselves, and to all women in the area. One tangible way we do this is to give a large portion of our client's modest fees to support the Center in its important work.

Doris Tanner

Therapists Needed or Need a Therapist?

Are you a low-income woman in need of a therapist or are you a therapist looking for an opportunity to volunteer?

Please call

**The Women's Counseling & Resource Center
(617) 492-8568**

We may have what you need.

Procrastinator Supprt Group

The Procrastinator Support Group focuses on mutual support and help for getting your delayed goals done. Members set goals, report on how well they achieved last week's goals, announce new goals, and network if they feel so inclined. Please try to show up on time. Please contact Ria at 617-792-9582 or ryubyss@yahoo.com for more info.

Kids Art Group

From October 16 through December 4, every Thursday 4-5pm, the Women's Center is excited to have an art group for kids age 6-9 years old. To register or for more information, please leave a message for Shannon at 617-354-6394 or email her directly at kidsartgroup@gmail.com.

Black Women Poets and Memoirists Writing Workshops

Meet and write with other serious writers who are committed to writing for publication and interested in a community building atmosphere. Give and receive honest and respectful feedback in a supportive environment. Supplement your skills with writing exercises provided by the facilitator, a published writer and former college English instructor, and/or workshop your drafts. Please bring a pen and journal (or paper) and come every other Tuesday evening 6-7:30pm, starting 10/14, at the Center. Please contact mapsoneditor@gmail.com for more info.

New Mother's Baby Wearing Workshop

If you are a new mother/caregiver interested in learning how to wear your baby in a sling, wrap, or African style on your back, this is the right workshop for you. You can bring your own carrier or explore the ones provided in the workshop. Come with an open mind and you will enjoy this attachment parenting tool. On Thursday, 10/23, 3:30-4:30pm. Info/Sign up: 617-354-8807.

How to Declutter and Get Organized

Come to this helpful workshop and learn the general basics of decluttering, how to declutter a closet and home office, and low cost storage solutions. This workshop takes place on Saturday, 10/25, 12:30-2pm at the Women's Center. For more information, please email ngenger@comcast.net

On-Going Groups

- ♦ Battered Women's Support Group (Every Wednesday, 7-9pm, except the 3rd Wednesday of the month)*
- ♦ Coming Out Discussion (1st Saturday of the month, 1-3pm)*
- ♦ Incest Resources' Drop-In Discussion Group for Female Survivors of Childhood Sexual Abuse (3rd Friday of the month, 6-7:30pm): Upcoming topics: October 17: Grieving; November 21: Creativity in Recovery; December 19: Conflict; January 16: Fears about Ourselves.
- ♦ Lesbian Chat 30+ (all ages welcome) (1st and 2nd Fridays of the month, 6:30-8pm)*
- ♦ Lesbian Rap (3rd and 4th Friday of the month, 6:30-8pm)*
- ♦ My Money Life Class Support Group (Every Monday, 6:30-8pm, starting October 10, 2008)*
- ♦ Procrastinator Support Group (Tuesdays, 7-8pm)
- ♦ Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email kate.e.flynn@gmail.com
- ♦ Survivors of Incest Anonymous, Nothing Too Heavy to Share. Support group for survivors of severe sexual abuse and exploitation. Screening: Ming, 617-354-6394
- ♦ The Women's Center Board Meeting (every 3rd Tuesday of the month, 5:30-7pm)
- ♦ Women & Media (2nd and 4th Thursdays of the month, 7-8:30pm). Film title on 10/9: "Not A Love Story" (shown at the Central Square Public Library)
- ♦ Women's Gentle Yoga (Every Wednesday, 6:30-7:30pm)
- ♦ Writer's Circle (2nd Wednesday of the month, 7-8:30pm)

Workshops in October/November

- ♦ Creative Arts Group (Every Monday, 2-3:30pm) Info: 617-661-0405 x22,*
- ♦ My Money Life Class (6:30-8pm) Topic on 10/6: Saving and Investing. Topic on 11/3: Personal Responsibility for My Money Life.*
- ♦ Black Women Poets & Memoirists Writing Workshops. (Every other Tuesday, 6-7:30pm, starting 10/14) Info: mapsoneditor@gmail.com*
- ♦ Kids Art Group. (Every Thursday, 4-5pm, from 10/16 through 12/4). For kids age 6-9. Sign up: kidsartgroup@gmail.com
- ♦ Revolution Rising: Empowerment Workshop for Women. (4 Tuesdays 6:30-8pm, from 10/21 to 11/11) . Info/Sign up: fireofsunrise@yahoo.com
- ♦ New Mother's Baby Wearing Workshop. (Thursday, 10/23, 3:30-4:30pm). Sign up: 617-354-8807.
- ♦ How to Declutter and Get Organized. (Saturday, 10/25, 12:30-2pm). Info: ngenger@comcast.net

***Wheelchair accessible groups**

Take Control of Your Finances

"I have a good job with a good salary, but for some reason my bills never get paid on time. How can the process be less overwhelming?" "I have a bit of debt where I'm paying too much interest. Is it better to move that debt to one of those 0% APR cards?" "My son is a good kid and gets good grades, but I really don't think he understands the value of money. What else can I teach him?"

On a Monday evening ten women gathered together in the cozy living room at the Cambridge Women's Center on Pleasant Street asking questions like these during the *My Money Class* series. The series of free interactive monthly classes are led by Jameel Webb-Davis, founder of Start Money Smart, Inc.

Start Money Smart is an organization dedicated to helping others understand, organize and educate themselves regarding personal finance. Its primary mission is to help people acquire money management skills, since they do not come with the accumulation of wealth.

Jameel started on this mission two years ago, after leaving a 16-year career at a large insurance company. Quite suddenly she was overwhelmed with the notion that her burgeoning career was not addressing serious issues in our communities. So, with the support of her family, she started on a journey of financial education.

What's unique about the Start Money Smart mission is this lack of emphasis on wealth accumulation. Teach your kids to save! Don't let them buy a lot of junk! Get them a good education, so they'll make a good paycheck! These are the financial education messages we give ourselves and our kids. But these messages are not addressing the financial questions many of us have today.

With classes focusing on the basics of personal finance, women have been pleasantly surprised at how much of the information provided relates to their day-to-day lives. "You're having a two-hour class on checking accounts?" one woman asked. "I can't think of enough to say about checking accounts to fill five minutes!" But at the end, she made a point of commenting at how insightful the information was regarding fees and all the new details related to online banking.

Another attendee was so happy to learn how credit card companies handle interest rates on individual's accounts. "Be aware," Jameel explained, "that if you're even one day late paying that credit card bill, they can increase your interest rate by ten points or more." And that's exactly what had happened unknowingly to a woman in the class. Later she said she saved hundreds of dollars by calling that company and demanding that they lower her interest rate. She didn't realize that, at times, these terms are negotiable!

The Cambridge Women's Center is dedicated to providing women with the resources and support they need to emerge from adverse conditions. A financial education is an integral part of an independent and empowered woman. Start Money Smart is excited to work with the Cambridge Women's Center to further this knowledge. For more information, visit www.cambridgewomenscenter.org.

Speaking Truth Project

We have developed a traveling exhibit entitled "Incest Survivors Speaking Truth to the Next Generation." The exhibit, which consists of four thematically connected art quilts created by survivors of child sexual abuse, will have its public debut at the Cambridge Multicultural Arts Center this November. The stunning and powerful quilts increase awareness of the devastation incest causes, promote public discourse on a subject that remains taboo, demonstrate the transformative power of creativity, and provide hope to victims. The exhibit's main purpose is to encourage a larger discussion about how parents, caregivers, and family members can speak truth about incest with the next generation in a way that meets the developmental needs of the child. Another goal is to be proactive in preventing the continuation of incest within family systems by confronting it thoughtfully – through words, images, and discussion.

The first quilt was made a few years ago by incest survivors regarding faith. In this process it was determined by the quilters that their faith to make a positive change for the next generation was what helped them survive the abuse. The second quilt was made by a group of professionals who work with children with sexual abuse histories and are also incest survivors. Their discussions brought together personal and professional opinions about how to approach the next generation about incest. The third quilt is made by one person who grew up with a mother with a history as an incest survivor. She is one representative of the next generation speaking about what it's like to hear about incest from a parent. The fourth quilt is made by Michelle Harris, who facilitated the making of the other three quilts, as a cumulative and integrative creative process. Two of the quilts were created by groups of incest survivors at the Women's Center.

The exhibit will run from Friday, November 14 to Wednesday, December 24 at the Cambridge Multicultural Arts Center at 41 Second Street. On Thursday, November 20 there will be a panel of some of the Women's Center quilters from 5:30-6:00pm, followed by a reception from 6:00-8:00pm. Please come out and support this project. We welcome any feedback about your experience, and any suggestions on how you'd like to see this project continue. For further questions or to offer support, please contact: Michelle Harris at mharrisatr@gmail.com

Survivor Theater Project

The Women's Center and Incest Resources are collaborating on a transformative theatre project about sexual violence which is being developed by Melissa Penley, theatre artist and graduate student at Emerson College. The time frame is October/November 2008. No acting or artistic experience is required. Interested survivors please call 1-828-230-3178 or email melissapenley@emerson.edu for more information.

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

___ \$2,000 ___ \$1,000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ \$25 ___ other \$ _____

Please make your tax-deductible check payable to The Women's Center.

For a donation of \$125 or more, you can receive a free poster from the Women Activist Series by Betsy Warrior. For more info or to choose one of the seven full-color, matted posters, check our website: www.cambridgewomenscenter.org.

___ My gift will be matched by my employer _____

___ My donation is in honor of: (name) _____
(address) _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Thank You!

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

If you'd prefer to be taken off of our mailing list, please check this box and return this slip, or email us at info@cambridgewomenscenter.org.

Fall 2008

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

By going to www.cambridgewomenscenter.org and clicking on "support us" and then "Donate Now"

Survivor Drop-In Group

Incest Resources' drop-in discussion group for survivors of child sexual abuse has started up again. The group runs from 6:00-7:30pm on the third Friday of the month from September through June at the Women's Center. This popular group, based upon an original group model developed by Incest Resources for survivors of child sexual abuse, started 25 years ago! Dates and topics for the 2008-2009 series are: September 19: Denial & Minimization; October 17: Grieving; November 21: Creativity in Recovery; December 19: Conflict; January 16: Fears about Ourselves; February 20: Career and Work Issues; March 20: Boundaries & Assertiveness; April 17: Relationships; May 15: Sexuality; and June 19: Hope for the Future. The group is facilitated by Dr. Elaine Westerlund, survivor-psychologist.

Parenting Support/Coaching

If you are looking for parenting support, please give us a call at 617-354-8807.

Depending on interest, a parenting support group and/or parenting coaching may be available soon at the Women's Center.

Letter from A Community Member

Dear the Women's Center,

I wanted to share the experience I had at The Women's Educational Center. I attended a few meetings at your center for Domestic Violence. I was fortunate to meet Betsy Warrior. She has inspired me to fight for justice for abused women. I had spoken to Betsy and others in a battered women's group about my own traumatic experiences. My ex-husband is a batterer. Betsy and the other women in the group understood my feelings and comforted me. They wanted to help me heal.

I am very thankful to Betsy for her dedication, fighting spirit for justice, and caring for women who have been devastated by domestic violence. She listens, offers advice, and has a lot of compassion. She is truly a remarkable woman. I am very thankful for the help she has provided me. She has a cheerful spirit and is working hard to protect women from violence. She holds meetings so women can come together in a safe environment to talk about their own experiences and is involved with contacting advertisers to stop objectifying women.

Betsy Warrior is an incredible role model for women. She has taught me to move forward and to stand up to injustice. We have to speak up and make sure that batterers are held accountable for their actions. We also have to do all that we can to prevent future violence. We need to educate young children, teens and adults about domestic violence and raise community awareness to the devastating affects of domestic violence. I had suffered in silence for such a long time. We can not be silent. Betsy has shown me that we can all make a difference.

Anonymous Community Member

Charite Jewels

**Check out www.charitejewels.com
All profits go to the Women's Center!**

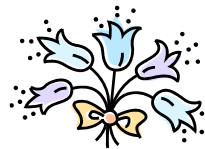
**The Women's Center
46 Pleasant Street
Cambridge, MA 02139**

Return Service Requested

**Non-Profit Org
U.S. Postage
PAID
Boston, MA
Permit No. 59699**

Board Members Wanted

The Women's Center Board of Trustees is looking to expand. If you are interested in joining an active Board, raising funds, and helping the Women's Center grow and thrive in other ways, please send a letter to Women's Center Board of Trustees, 46 Pleasant Street, Cambridge MA 02139 or email board@cambridgewomenscenter.org



Snow Removal Volunteers Needed

The Women's Center needs to prepare for a possibly very snowy winter this year. Snow shoveling, if done right, can be good for you (great exercise, energizing, and warms you up!). If you can help with snow shoveling, please contact the Center Coordinator Ming at ming@cambridgewomenscenter.org

WISH LIST

- Portable CD Player/Radio
- Good Office or other Chairs
- Good Shovels (garden and snow)
- Headphones (for computer use)
- Flat Monitors
- USB sticks
- Herbs, perennials (shade, semi-shade)
- Toner Cartridges HP 45 (51645A) or Lexmark #70 Black
- Gift Certificates for Home Depot, Staples, Target, and Tags
- Paper Towels and Toilet Paper
- Non-Perishable Food in Cans, Bags, or Boxes (Within Expiration Dates)
- Coffee, Tea, Honey, Cream
- Food Containers, Trash Bags and Sandwich Bags
- Eco-Friendly and Unscented Hand Soap and Dishwashing Liquid
- Recycled Cell Phones
- Mops, brooms, buckets
- Printer Paper
- #63/4 & #10 Envelopes
- Ice melt/sand

