



ON OUR WAY

Newsletter of the Women's Center

Fall 2009

46 Pleasant Street, Cambridge, MA 02139
(617) 354-8807 www.cambridgewomenscenter.org

Weatherization Barn Raising

On October 24, the Women's Center rocked! 34 women came together to make the building more energy efficient, while teaching or learning how to do it. HEET (Home Energy Efficiency Team) provided all the materials at no cost! HEET sponsors weatherization projects so people can learn energy efficiency skills, cut carbon, and support each other to build a sustainable future. This was the first women-only HEET event! We caulked, cemented holes in the foundation, installed window locks, replaced over 70 standard bulbs with fluorescent bulbs, installed 4 programmable thermostats, replaced door weather-stripping and sweeps, put insulation in outlets, made and insulated a hatch to the attic, and sealed fireplaces.

Comments about the day from three of the volunteers:

"I had never participated in a weatherization—barn raising before. Working shoulder-to-shoulder with so many women to benefit the Cambridge Women's Center was truly memorable. The knowledge of team leaders, as well as the commitment and enthusiasm of all participants, was energizing and inspiring—I've never had so much fun doing work! I learned a lot from Peg, the electrical team leader, information I will put to use in my own home. What a win-win project: I was able to make a difference for a cause and a place I care for deeply while gaining practical, applicable green-focused knowledge in a women-centered environment that felt totally supportive. Kudos to the organizers and to Heet! I love The Cambridge Women's Center!"
-Mairic James

"The coming together of women to work together, to tend to each other and to the body, soul and spirit of the Women's Educational Center was truly heartening."
-Ellie Kobek

"On Saturday, October 24th, I participated in the women-only HEET Weatherization Barn Raising at the Women's Center. During the barn-raising, women teamed up to work together on different tasks throughout the building. I joined the team working on sealing up the fireplaces. It was a very dirty job- we pulled out the insulation that had been in the fireplace for years, and tons of dust and old grout fell out! I learned how to seal up the fireplace properly, and also how to fill patches in the grout in the fireplace. We had so much to do in such a small amount of time, but somehow, the environment still felt relaxed and supportive, instead of rushed and stressful. I enjoyed getting to know and working hard alongside other women who cared about climate change and the Women's Center. It was an empowering experience to see how much we got done in such a small amount of time, just by supporting each other and working together. I'm proud that I was able to participate in helping to take care of the Women's Center, while learning new things and genuinely enjoying myself."
-Linda Abrahamsen

A big THANK YOU to Ellie Kobek and Susan Noonan-Forster for your amazing job planning the day and organizing a beautiful tools and materials area; to Whole Foods for supplying a yummy vegetarian lunch; to all the volunteers; and to HEET for giving us this wonderful opportunity and for all your valuable assistance!



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A Special Thanks for A Special Event!! Ring The Alarm 09'

Sponsored by MIT's Mocha Moves Dance Squad

On November 21, 2009, eight dance groups from Greater Boston Area Colleges went head to head with their hottest choreography in pursuit of a cash prize and bragging rights of the year.

The dance competition was sold-out & half of the proceeds are being donated to the Women's Center! It was truly amazing! **THANK YOU!**

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

Our Newest Member ~ Latanya Duncan

My name is Latanya Duncan and I am pleased to join the Board at the Women's Center. I was first exposed to the Women's Center during a practicum requirement (in graduate school) from Cambridge College. I decided to continue my relationship with the Center because of the value the center brings to the community.



I am a single mother with a teenage daughter in high school (11th Grade). I currently work for Partners HealthCare in the human resources department and will be celebrating my ten-year anniversary with the organization in February 2010. In addition, I work part-time at McLean Hospital with adolescent girls and have been there close to two years.

I consider myself a "people" person and I am a firm believer in the empowerment of women. So much so, that I have decided to focus my career on working with women upon graduation. My philosophy in life is to live life phenomenally (an inspiration I took from the great Maya Angelou). Every woman is Phenomenal! As women, when we journey through life sometimes we lose sight and need to be reminded of our true essence. Being able to assist women in reclaiming their value is something I believe in wholeheartedly.

I look forward to the opportunity to contribute in serving the community!!!

New Program! Computer Skills Help

Tuesdays & Thursdays, 6:00-7:45pm, or by appointment!

Over the last few years we've been acquiring computers and now have two computer labs with 10 computers and 2 printers. These computers get a lot of use. Many women would like to improve their computer skills. This new program aims to do just that.

What the Computer Skills Program offers

Drop-in hours: Tuesdays, 6:00-7:45pm and Thursdays, 6:00-7:45pm

Volunteers are available to help you with questions and/or problems regarding using the computers. We can help with things like: basic computer use, internet searching, creating web email accounts and using web email, using Word, Excel and PowerPoint, and using web applications like Facebook, Craigslist, etc.

One-on-one training: We have volunteers to provide personalized help by appointment. Please fill out a request form (available from the office) or call the Women's Center to have the helpline volunteer fill it out for you.

Classes: We may offer small classes (2-5 women for specific topic help). For example, we are hoping to have a class about computer security in the near future.

Resources: We are in the process of building a resource list of additional computer training help.

What would you like to learn?

We want to know what you would like from this program. When you come to the Women's Center, please fill out the Computer Skills Survey (blank ones are in both computer labs, or get one from a volunteer). Please return them to the volunteer – do not put them back in the box!

Computer Lab Resources

Hardware: 10 desktop computers: Nine PCs with Windows XP operating system. One is an older Mac (we are looking for a newer one, 1-3 years old, in case you know someone who would like to donate one), 2 brand new black and white printers that can print double-sided, & a scanner connected to the Mac located by the first floor stairs. (Continued on Page 3)

A Letter from the Community

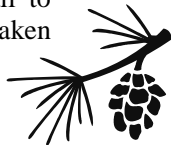
To the Staff and Volunteers,

I would like to express my gratitude for all the Women's Center has done for me. I don't know what I would have done without you all, in this very tough time in my life. With all the support during my ups and downs, you have listened patiently, and offered much encouragement at just the right moments. The Women's Center gave me a warm, safe and comfortable place to go. There was always someone here for me. Through the kindness of others there was always something to eat, clean clothes and many more things available to me. You all have given me so much in so many ways. I want to give you all a very sincere thank you, and I hope someday to be able to offer some help in return.

-Nancy Browne

WCRC Therapy Openings

The Women's Counseling and Resource Center (WCRC), whose office and counseling rooms are located at the Women's Center, is currently expanding our volunteer staff. We are able to take requests from low-income women for individual counseling and therapy at this time. The number to call to request therapy is 617-492-8568. Your message will be taken and a call returned within a week to ten days.



New Program! Computer Skills Help

Continued From Page 2

Software: All computers have internet access, Microsoft Office (Word, Excel, PowerPoint, Access), and most computers have self-paced training for MS Office Word, Excel, and PowerPoint, and Resume Maker.

Wish list

Volunteers! If you have any interest at all, contact the center.

Flat screen monitors. The old CRT monitors are unhealthy, harder to see, and bulky.

A newish Apple Mac desktop and monitor (1-3 years old)

A newish, network capable scanner (we don't need printers)

Computer lab policies

Sign up: We ask that you sign up for two reasons: 1] To make sure all women get to use computers if it gets busy, and 2] to get a count of how many women use the computers. Getting a head count shows how many women use these services, and is crucial to securing future funding.

Listening to sound: If you want to listen to sound on the computers, please bring your own computer headphones if you can. There are only a few pairs in the labs.

Printing: The computers are set up to print double-sided. You can print up to 5 copies for free. After that, each page is 10 cents per page.

Please respect the space. Avoid drinking and eating by the computers. Please clean up after yourself and leave things the way you found them—or better!

Cell phone use is not permitted while you are in a lab.

IR Drop-in Discussion Group

The once a month Incest Resources facilitated discussion is led by a kind and supportive therapist who assists women in developing and maintaining healthy lives despite the impact of sexual abuse in our lives. It is here that women from all walks of life, background, and history share a common bond. That bond is healing.

While there is no pressure to share/speak in the group, space is made for survivors to share experiences as they relate to the topic and the effect sexual abuse has had on our lives both in the past and present. The group offers a safe, friendly and supportive space. In this safe space, the opportunity is available to finally give voice to our experiences, be heard, and learn from others.

For me the most valuable aspect of this group is bearing witness to our determination and courage as survivors, as we move from hurting to healing, take strides towards gaining hope, strength, and self esteem, and taking small steps from surviving to thriving.

-Helen Denham

Upcoming Topics for IR Discussion Group

6:00-7:30pm

Friday, December 18: Mothers

Friday, January 15: Conflict

Friday, February 19: Mourning

Friday, March 19: Coping Skills

Friday, April 16: Letting Go

Friday, May 21: Friendships

Friday, June 18: The Healing Process

The Artists of Incest Resources

Incest Resources is delighted to have two amazing artists on its Board of Trustees! Michelle Harris, founder and facilitator of the Survivor Quilt Project, joined IR's Board in 2006. In addition to being an artist, Michelle is a licensed psychotherapist and art therapist who specializes in trauma recovery with children, adolescents, adults, and parent-child teams. In addition to her work at the Trauma Center and Lesley University, Michelle recently opened a private practice in Cambridge. Melissa Penley, founder of the Survivor Theatre Project, joined IR's Board in 2009. Melissa is a performance artist, director, and educator with a Master's Degree from Emerson College. Her work with adults and youth is focused on community education, social change, healing, and empowerment. These two women have brought wonderful new energy to IR's Board, which also includes Dr. Elaine Westerlund, licensed psychologist, Dr. Mary MacNamee, licensed neuropsychologist, Dr. Kenna Liatsos, licensed social worker, Marcie Mitler, psychotherapist, and Stacy Jones, health and human services advocate. IR's members are available for training and consultation in English, Spanish, or American Sign Language. Info: 617-661-9400.

Women's Buddy Support for Daily Confidence

Need to apply for a job or benefits? Need to find a reliable business partner? Need someone to help you around the house? Need a study partner? Need to feel less lonely?

If you want to improve your quality of life, standard of living and could use a BUDDY to help you out sometimes, then you should attend a few of these meetings and some of our field trips so that you can get more comfortable in socially demanding situations.

We meet twice a month (1st and 3rd Mondays 6:30-8pm) for discussions and presentations of various kinds. For fun we will go to the movies, plays, apple picking, hiking, and daytrips to interesting destinations. The idea is to improve our personal and professional lives as friends or in group dynamic. Give it a try! Bring a sense of humor and whatever you want to talk about so that we can help each other figure out what's next!

Women's Music Sing-Along

Dust off your Cris Williamson and Sweet Honey in the Rock songbooks and join other women-centered women in singing a variety of wonderful tunes while celebrating women's lives and lesbian culture. Bring songbooks and instruments if you can. Lyric sheets will be available.

Where and when: Women's Center, 2nd Saturday of every month. 7-9pm.

Call 617-492-2340 for more information or to request that a specific song be available in lyric sheet form for the next sing-along!

Radical Lesbian Book Group

Meets every 1st Tuesday of the month 6:30-8pm, except in December. There will be discussion around race and class issues in the struggle for liberation. January discussion will be based on selections from the book *This Is What Lesbian Looks Like: Dyke Activists on the 21st Century* edited by Kris Kleindienst. The following are the books for future discussion: *Color Me White* by Surina Khan, *Being a Woman of Color and Surviving Racism* by Vera Martin, *What You See Is What You Get: Building a Movement Toward Liberation in the Twenty-First Century* by Mattie Richardson, & *Citizen Queer* by Carmen Vazquez. Please contact the Women's Center about getting copies from the facilitator.

Reading Women Authors of Color

Join us for a book! We will be meeting on Wednesday, December 16, from 4-5pm. We'll be discussing *Feminism is for Everybody* by Bell Hooks. The group will focus on gender, race, and class, and all women are welcome. If you are interested in attending, or if you have any questions, please email Mona, monameah@gmail.com.

On-Going Groups

- ♦ Battered Women's Support Group (Every Wed, 7-9pm, except the 3rd Wednesday)*
- ♦ Coming Out Open Discussion (2nd Tue, 6:30-8:30pm)*
- ♦ Drop-In Computer Support for Women (Every Tue & Thu 6-7:45pm)
- ♦ Drop-In Writing Session (Every Thu, 12-2pm except 12/24/09 through 1/7/10)
- ♦ Healing Through Art (Every Tue thru 12/22, 7-9pm)
- ♦ Incest Resources' Drop-In Discussion Group for Female Survivors of Childhood Sexual Abuse (3rd Fri of the month, Sept.-June, 6-7:30pm)
- ♦ Queer, etc. (3rd and 4th Fri of the month, 6:30-8pm)*
- ♦ Radical Lesbian Book Group (1st Tue of the month, 6:30-8pm) No meeting in December.
- ♦ Reading Women Authors of Color (Every 3rd Wed of the month 4-5pm) Book: *Feminism is for Everybody: Passionate Politics* by Bell Hooks.
- ♦ 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. For more information and screening call Ming, 617-354-6394
- ♦ The Lesbian Chat (1st and 2nd Fridays of the month, 6:30-8pm)*
- ♦ The Women's Center Board Meeting (One Thu/month, 5:30-7:30pm). Call for December date.
- ♦ Vinyasa Flow Yoga (1st & 3rd Tue 7-8pm).
- ♦ Women & Media (2nd and 4th Sat of the month, 12-1:30pm).
- ♦ Women's Buddy Support for Daily Confidence (1st & 3rd Mon 6:30-8pm)
- ♦ Women's Music Sing-Along (2nd Saturday, 7-9pm)
- ♦ Writer's Circle (2nd Wednesday of the month, 7-8:30pm. No meetings in June, July and August)

*Wheelchair accessible groups

Celebration of Women's Expression

Tuesday, December 15th
6-7:30pm

Join us for an evening of performances by women: poets, singers, dancers, and actors from the community.

Celebrate women's creativity together and, of course, food!

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.

__ 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 2009

Support the Women's Center Online!

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

Use GOOD SEARCH (www.goodsearch.com) to search the internet &

Choose "Cambridge Womens Center (Cambridge, MA) ID: 875340" as your charity destination



WISH LIST

- Headphones (for computer use)
- Flat Monitors 17" or larger
- USB sticks
- Toner Cartridges HP 05A (CE 505A)
- Food Containers, Large Kitchen and Food Storage Bags
- Paper Towels and Toilet Paper
- Coffee, Tea, Honey, Cream
- Gift Certificates for Home Depot, Target, Tags, Staples, Office Max, Drug Stores
- Printer Paper

2009 Foundation & Corporate Support

- Bay State Federal Savings Charitable Foundation
- Bushrod H. Campbell and Adah F. Hall Charity Fund
- Cambridge Community Foundation
- Cambridge Savings Charitable Foundation
- Cambridge Trust Company
- Charles Stark Draper Laboratory
- Citizens Bank Foundation
- East Cambridge Savings Bank
- Frederick E. Weber Charities Corporation
- George H. and Jane A. Mifflin Memorial Fund
- Glass Charitable Foundation
- Hartley Corporation
- John Donnelly Trust
- John M. Sawyer Memorial Trust
- Sovereign Bank Foundation
- TJX Foundation

Snow shoveling can be good for you: great exercise, energizing, and it warms you up! If you can help with shoveling this winter please contact Ming at 617-354-6394 or ming@cambridgewomenscenter.org

. Thank you!



Charite Jewels
www.charitejewels.com
All profits go to the Women's Center!



OUR HEARTFELT THANKS!

The Bonding of Sisters *The Women's Center and Omega Phi Beta, Inc*

On Saturday, September 26, 2009, members of the Omega Phi Beta Sorority, Inc. (Pi Chapter) and Alpha Epsilon, (Alumnae Chapter) arrived at the Women's Center and worked for over four (4) hours in the garden and then Alpha Epsilon Alumna Chapter decided that our goals and mission were so compatible that they adopted us. During the month of October the Pi Chapter presented a rich program of "Raising Awareness of Violence Against Women Campaign" which centered on two topics: Domestic Violence and Human Trafficking. Presentations were made at the Family Justice Center, Northeastern University, Boston Commons, MIT, and Suffolk University. On Thursday, October 22nd, a quilt making project (PATCHing Up Wounds) was held at the Women's Center. The culmination of this campaign was a fundraiser dinner for the Women's Center held on November 1st at Pizzeria Uno Chicago Bar and Grill in Boston. The Alumna Chapter sorority sisters continued their commitment to the Women's Center on November 28th and November 29th when they painted the Living Room, and they have committed to an additional four (4) hours at the Women's Center on Saturday, December 12th.

Omega Phi Beta Sorority, Incorporated was founded on March 15, 1989 at the University at Albany, State University of New York. Seventeen dedicated women of various cultural and ethnic backgrounds came together to create an outlet for women to initiate change. The foundation was built to fight against the injustices historically suffered by our gender. As the first Latina-oriented organization in the history of the University at Albany, they struggled to establish their organization, their purpose and most importantly, a precedent. With an emphasis on community service and sisterhood, Omega Phi Beta immediately became a positive influence within their community.

The mission of Omega Phi Beta Sorority, Incorporated is to serve and educate people of diverse backgrounds through sisterhood, leadership and guidance.

As positive role models, they promote unity of all cultures, focus on the empowerment of women and raise the standards of excellence in their academic, social, and personal endeavors. We are so grateful for these wonderful women who have truly become our sisters in spirit and reality.

Susan Noonan-Forster



to victims and survivors of violence

Over the Mass Grave *(God Among us)*

An inspirational musical fairy-tale/documentary by trauma survivor A. Jorgelina Zeoli, who 30 years later lives with flashbacks of the horrors she experienced under the Military Junta in the 1970's Reign of Terror in Argentina.

At the Women's Center
Tuesday January 26, 6:30 - 8pm,
(snow date: Monday, February 1).

This film has won awards from Beverly Community Access Media and the Alliance of Community Media.

Come watch the film and meet the author. She has written three books about trauma, grief, and recovery. There will be a discussion and book signing after the presentation.

A percentage of the proceeds from book sales
will benefit the Women's Center.

Info: 617-354-8807.

