



University of Idaho

Women's Center

corner of Idaho and Line streets

885-6616

September Programs 1982

Women's Center programs educate, enrich, and entertain. Bring your lunch and join us! All programs begin at 12:30 at the Women's Center and are free and open to the public

Director: Alayne Hannaford
Secretary: Sue Dinauer
Work-Study: Dawn Kahm
 Mary Ann Milburn
 Peggy Ward
 Alicia Johnson
 Rebecca Lawson
Volunteers: Robyn Job
 Ann Fichtner

Have you noticed our new format? The Women's Center monthly program announcement has been enlarged into a newsletter in order to cover more completely the many services and programs offered by the Center to the University and Moscow communities. If you have announcements or information you would like included in subsequent newsletters, please let us know. We hope you enjoy this new venture; suggestions for improvement or change are welcome!

The Women's Center is updating its mailing list for the 1982-83 academic year. If your address has changed or if you would like to have your name added to the mailing list, please call or stop by the Women's Center to let us know. If you know someone else who would like to receive the newsletter, please pass her/his name and address on to us.

HOURS:

8:00 - 5:00, Monday - Friday
 Monday night, 6:30 - 10:00
 Wednesday night, 5:00 - 9:00

Wednesday, Sept. 8

IT CHANGED MY LIFE Four feminists will discuss ways that feminism has changed their values and styles of living. **Mary Morris**, Director of Special Services at the U of I, **Celia Banks**, Director of the Office of Programs for Women at WSU, **Mike Borden**, student and former ASUI senator, and **Betsy Thomas**, a local activist in N.O.W. and member of the National N.O.W. Board will be our panelists.

Tuesday, Sept. 14

GET OFF TO A GOOD START: STUDY SKILLS The beginning of the semester is the time for study skills training. **Susan Hodgkin**, Reading Specialist for Special Services at the U of I, will provide study skills information, including how to take good notes, how to get the most out of a lecture, and how to develop effective study habits.

Wednesday, Sept. 15

WHAT DO I DO NOW?: REMEDIES FOR SEX DISCRIMINATION Art Windt, Director of Affirmative Action at WSU, will talk about steps to take if you think you have experienced sex discrimination in education or on the job. He will include discussion of the problem of sexual harrassment.

Tuesday, Sept. 21

GET OFF TO A GOOD START: LIFE PLANNING Now is not too early to think about life goals—meeting goals motivates one toward good study habits! **Mary Emery**, Director of New Dimensions, will discuss life span planning, values clarification, and lead the audience in goal setting exercises.

Wednesday, Sept. 22

OUTDOOR WOMEN Several women will share slides and stories of time spent out-of-doors—hiking, rafting, bicycling, kayaking.

Tuesday, Sept. 28

GET OFF TO A GOOD START: TEST TAKING Jeanette Ross, Coordinator of Tutoring Services at the U of I, will discuss techniques and methods for effective test-taking. Taking tests is a skill, so come learn a few pointers to help raise your test scores *before* midterms.

Wednesday, Sept. 29

HELP FOR TIRED FEET AND STRESSED BODIES Learn to give an effective foot massage that you can do at home or on a work break. "Palouse Masseur" **Airin Wheeler** will teach the techniques of foot massage which helps to relax and rejuvenate your friends and family members. Please bring a sheet or towel.

The Women's Center will be open every Monday night from 6:30 until 10:00 and every Wednesday night from 5:00 until 9:00 for **STUDY TABLE**. If you need a place to study, come by the Center for peace, quiet, coffee, and a pleasant study environment. On Monday nights Gary Wilsey, an engineering major, will be available for **TUTORING** in the following subjects: Math—most 100 level courses and Math 200; Chemistry 100 and 111; Physics 210; Engineering Science 211; and Engineering 131. In addition to his hours at the Women's Center, he will be available for tutoring in FOC West, B-17, on Tuesday from 2:00 - 3:30 and Thursday from 10:00 - 11:30 a.m. This tutoring service is free and available on a drop-in basis.

Maud Sterling, a University of Idaho law student and former employee of the Women's Center, was critically injured in a motorcycle accident on June 30th in Boise, where she was working for the summer. In addition to being intoxicated, the person who caused the accident was uninsured; the little coverage Maud had through student insurance and uninsured motorists' coverage was quickly used up, and Maud faces enormous medical costs. Classmates and instructors at the College of Law have established a Trust Fund to raise money to help pay her medical bills. If you would like to contribute, send a check to the Maud Sterling Trust Account, Box 9566, Moscow, ID 83843. Every little bit will help.

"**More Music for Moscow**" is a new committee dedicated to feminist music and jazz and blues for us! We promote and produce. Performers and supporters call Gail at 882-3410.

If you are interested in information about using a cervical cap as a means of birth control, contact Bennie Hart, 882-3627, or stop by the Women's Center to give us your name and address. Ms. Hart is making arrangements with practitioners from the Yakima Feminist Women's Health Center to visit Moscow to provide information about and fittings for cervical caps.

The Northwest Women's Studies Association, the Women's Resource Center at the University of Montana, and the Women and Technology Network are cosponsoring the seventh conference of the Northwest Women's Studies Association October 9-11, 1982, at the University of Montana, Missoula, Montana. The theme of the conference is "Women's Energy;" workshops and papers will focus on a wide variety of related topics. For example, Sibyl James and Elizabeth Hampsten, University of North Dakota, will discuss female, feminine, and feminist aesthetics; a panel of five will talk about the role of traditional Indian women in family life. "Women, Health, and Politics," "Writers, Teachers, and Taboo Subjects," and "Energy Education" are topics for other presentations. Over forty presentations are scheduled. The Women's Center will organize transportation to Missoula for the conference; if you are interested in attending, call or stop by the Center and let us know so we can include you in transportation plans.

The Women's Center will be sponsoring **Assertiveness Training** classes this fall. A series of three classes will be offered each month, in September, October, and November. They will be taught by Peggy Ward and Alicia Johnson, graduate students in guidance and counseling. The September series will start on Thursday, September 16, at 7:00 p.m. at the Women's Center and will continue the following two Thursday nights, Sept. 23 and Sept. 30. Please call the Women's Center or stop by to sign up for the classes.

Alternatives to Violence is a Moscow-Pullman community organization that provides services to victims of domestic violence and rape. ATV needs volunteers to work in the organization and to become advocates/counselors for victims. If you are interested, please call Sharon Cabeen, Coordinator, at 885-7997, or call the Women's Center. Fall training for volunteers who wish to become victim advocates begins September 18 and continues for six Saturdays. Volunteers will receive comprehensive training in crisis intervention as well as in issues specific to ATV—domestic violence and rape. This is a worthwhile and rewarding place to put your volunteer energies.

The Women's Center is:

- Sack Lunch Programs
- Library
- Resource Files
- Information and Referral
- Drop-in Lounge
- Peer Counseling
- Volunteer Opportunities
- Outreach

INTEGRATING WOMEN INTO THE CURRICULUM: A FACULTY DEVELOPMENT PROJECT

University of Idaho and Washington State University have recently received a special grant from Montana State University to assist in "integrating women into the University curriculum." The project will present a unique opportunity for faculty and students to acquaint themselves with the vast amount of research and information about women that has been generated in the last ten years.

By working together in eight separate task forces, (social science, humanities, science and technology, women and development, creative and performing arts, the professional schools, advising, and medical studies), faculty and student participants will not only increase cooperation and communication among the disciplines, but also facilitate curricular change. Each task force will meet monthly throughout the year to plan at least two workshops, seminars, or colloquia on women's

studies for the benefit of other faculty. These programs will provide an opportunity to review and discuss current research in women's studies and also to discuss ideas for curricular innovation, new syllabi, and ways to incorporate such materials into existing courses. The project will also have the resources of a research assistant to help with bibliography and resources for publication in each area.

The first meeting of the science and technology task force has been scheduled for 11:30 a.m. in the Idaho SUB Sept. 27. On Sept. 28, at 10:00 a.m. in the Satellite SUB, the task force on Social Science will meet. The other task forces will be scheduled soon to meet during the first two weeks of October. Anyone who is interested is invited to participate. For information call Mary Emery, 5-7997. This is a great opportunity for us to become involved in the curriculum at the university.

Women's Center Resources

This month's resource focus is the Women's Center library. The Center has a circulating library of over 300 volumes covering a wide diversity of women's scholarship. It includes history, fiction, poetry, political analysis, feminist theory, literary analysis, biography and autobiography, drama, and "how-to" books. In addition to author and title indexes, the Center has added a subject index to help find books about a specific subject area. The library is used widely for pleasure and informational reading. It is also used regularly by students needing information for essays, research papers, speeches, and debates. If you need scholarship and writing about an issue relating to women, the Center's library is a good place to start. Staff and work-study employees are always available and willing to help you.

GOOD READING: Books at the Women's Center

The Female World, *Jesse Bernard*: A massive and fascinating examination of the female world in itself, as it has existed and continues to exist as an identifiable entity.

Turning Points, *Ellen Goodman*: A book about change and passages in people's lives by this well-known columnist for the *Boston Globe*.

Women's Networks, *Carol Kleiman*: A guide for using networking to advance your career, get a better job, and feel better about yourself.

How To Say No To A Rapist and Survive, *Frederic Storaska*: Probably the most basic and classic book which discusses options for self-defense.

