



University of Idaho Women's Center

corner of Idaho and Line streets 885-6616

Director: Betsy Thomas

Counselor: Kathy Ruby

Work Study: Heidi Davies
Anne Kornkven
Marigay Larson
Joan Pike
Betty Soliz

The Women's Center Newsletter is published six times during the academic year. It includes announcements and information about the many services and programs offered by the Center to the University and Moscow communities, as well as items of general interest about women's issues. If you have announcements or information you would like included in subsequent issues, please let us know. Suggestions for changes, improvements, or additional items are welcome.

Women's Center Hours
8 a.m.-5 p.m. Monday-Friday

Living the Dream Pledge:

In honor of Martin Luther King, Jr.'s life and work, I pledge to do everything that I can to make America and the world a place where equality and justice, freedom and peace will grow and flourish. On January 16, 1989 I commit myself to living the dream by:

*"Loving, not hating
"Showing understanding, not anger
"Making peace, not war.*

&

In the words of Susan B. Anthony:

"Failure is Impossible...and I shall earnestly and persistently continue to urge all women to the practical recognition of the old Revolutionary maxim, 'Resistance to tyranny is obedience to God.'"

Women's Center Hours
8 a.m.-5 p.m. Monday-Friday

JANUARY/FEBRUARY PROGRAMS 1989

Women's Center programs educate, enrich and entertain. Bring your lunch and join us! Unless otherwise specified, programs begin at 12:30 in the Women's Center lounge and are open to the public. If you have any suggestions for future programs, please call or stop by.

January 16th
Monday

MARTIN LUTHER KING, JR. HOLIDAY CELEBRATIONS: See back page for story and schedule of events, times, and places.

January 17th
Tuesday

"SPEAKING OUT": Works by minority women authors will be presented by UI Students (Jennifer Purvis, Cindy Lee, Jeff Stoffer, Erika Cunningham, Judy Mims, Leiloni Reed, Lois Griffiths, Eva Jo Hallvik, John Britschgi, and Christine Pakkala). This event is part of the Martin Luther King, Jr. Holiday Celebration and will be held in the Collette Theater from 12:30 p.m. to 1:30 p.m..

January 24th
Tuesday

TITLE IX IS BACK, WHAT DOES IT MEAN? Barbara Eisenbarth, Sex Equity Consultant with the Idaho Department of Education will share with us what is covered by the Civil Rights Restoration Act of 1988 and why entire educational institutions who receive federal funds are again prohibited from discriminating on the basis of sex.

January 31st
Tuesday

KILLING US SOFTLY: ADVERTISING'S IMAGE OF WOMEN. Using hundreds of ads from magazines, newspapers, album covers and storefront windows, this film provides a concise analysis of the \$50 billion dollar advertising industry that preys on sex role stereotyping of women in America. The film demonstrates how ads that seem harmless and funny by themselves add up to a powerful form of cultural conditioning--and their message is deadly serious.

February 1st
Wednesday

STALE ROLES AND TIGHT BUNS. A companion slide show to "Killing Us Softly" presents stereotyping of men in America. These are thought provoking yet entertaining films and should provide ample material for discussion following each.

February 8th
Wednesday

REIKI - A NATURAL HEALING ART: Kathy MacLaren, a practicing Reiki Master from Boise is back by request. She will discuss this Japanese self-healing art, how it works, the healing process, and the history. Actual healing sessions will be held for those who wish to participate.

February 14th
Tuesday

SUSAN B. ANTHONY BIRTHDAY AND VALENTINE'S DAY POTLUCK. To continue a time-honored tradition, the Women's Center will again host a potluck in honor of this early suffragist born on February 15, 1820. We will supply the cake, punch and fiddle music, you bring the food. Come and have a piece of Susan B's 169th birthday cake.

February 15th
Wednesday

MARGARET SANGER: From 1913 to 1966 Sanger's crusade grew from a faltering one-woman effort to a worldwide organized campaign to bring safe and legal birth control to America. Katherine Aiken, UI History Professor will discuss Sanger's life and carry on the tradition of presenting another notable woman during the week of Susan B. Anthony's birthday. We are annually grateful to Dr. Aiken for these presentations.

February 22th
Wednesday

BURN-OUT: THE FIVE STAGES. How do you know if you are suffering from burn-out? Karen Davis, burned-out emerita and retired assistant research professor, will discuss the 5 stages of burn-out, the symptoms, and what they mean. Find out early before it's too late.

WE KNOW THE TYPE ON THE NEWSLETTER IS SMALL. WE HAVE RECORDED IT ON AUDIO TAPE FOR THOSE WHO HAVE A SIGHT IMPAIRMENT. LET US KNOW IF YOU WANT TO BORROW THE TAPE AND WE WILL SEND IT TO YOU.

NON-TRADITIONAL STUDENTS: If you are not 18 to 22 years old you probably are a "non-traditional" student. This is a phrase for new or returning older students who are facing a unique set of challenges as they enter the university. The Women's Center and Student Advisory Services are working to help you meet these challenges. On the agenda for the new semester: *Take A Breathe* - The Women's Center provides a lounge which is warm, comfortable and a gathering place for all to enjoy. Use the lounge to rest in, meet others, study, or browse through library and resource materials. *Support Groups* - For those of you wanting to develop or expand your support system. The support groups offer an opportunity to share experiences, concerns, and successes with people in similar situations. If you are interested in more information about these groups, please be sure to put your name on the sign up sheet. *Brown Bag Fridays* - A drop-in social gathering at the Women's Center. This will be a time for students to meet each other, ask questions, complain in a safe setting, problem solve together, and hear guest speakers from various campus offices. The Women's Center lounge is set aside for non-traditional students every Friday from 11:30 a.m. to 1:30 p.m. through out the semester. A staff person will be there to assist. *Referrals* - Information is available at the Women's Center for community and campus services (including a child care directory).

Participation in any or all of these activities by new "non-traditional" students and those of you who have already survived a few semesters is welcome and requested - women and men are welcome. Call [885-6616] or stop by the Women's Center [corner of Idaho & Line Streets] if you have questions or wish to join in. Thank you.

COME CROSS-COUNTRY SKI WITH US!!! It's time for the annual Women's Center Cross Country Ski Weekend. "January 28th and 29th ~ Huckleberry Heaven in Elk River" We will leave Moscow the morning of the 28th and return the afternoon of the 29th. Approximate cost for meals and lodging is \$23.00 per person (*this includes dinner on the 28th, breakfast and sack lunch on the 29th*).

We have reserved two apartments for the trip, each equipped with a kitchen. You may choose to bring and prepare your own food, but you must also bring all pots, cooking utensils, flatware, etc.. You may also want to bring snacks and beverages. You must bring your own sleeping bag, pillow, towels and washclothes. Ski equipment can be rented from Huckleberry Heaven (826-3405, call early to reserve your size) or Outdoor Rentals in the SUB (885-6170).

There will be a meeting of those wishing to attend this year's ski weekend on Friday, January 20th at noon at the Women's Center. Please plan to attend this meeting if you want to go to Huckleberry Heaven with us since we'll be discussing the final cost, departure time, who will drive, and who will bring their own food and who will purchase meals. Mark the trip and the meeting on your calendar!! It is not necessary to attend the meeting in order to go on the ski trip, you just have to live with the decisions the group makes. It is also not necessary to ski to enjoy this great weekend. There's a hot tub and there will be table games (Trivial Pursuit & Pictionary) and of course lively conversation and a sharing time for all.

ATHENA: Athena, An Association Supporting the Interests of Faculty and Other Professional Women at the University

of Idaho, is an organization that promotes professional women's concerns at the University. The group meets monthly for a catered dinner and to discuss issues on campus, to share research, to critique books, and to meet colleagues. We meet in the Sweet Avenue House which is located diagonally across from the Music Building. The gatherings begin at 6:00 p.m. for socializing, dinner at 6:30 p.m. and the meeting at 7:30 p.m.. It is quite acceptable to bring your own food for dietary, nutritional or whatever reasons instead of purchasing the catered dinner. Child care is available. Meeting announcements are sent to all the women we can identify. In January there will be no evening meeting. For February, plans are in progress to have dinner and conversation with the women members of the Board of Regents. At press time, we are uncertain if this will happen. However if it does, the date for dinner will be Wednesday, February 15th. Call Joan West in Foreign Languages or the Women's Center later in January for details. Also call to see what days in January and February the lunches and coffees are. For additional information or to place your name on the mailing list, call the Women's Center.

PEOPLE ARE TALKING ABOUT..Liability issues relating to volunteers in non-profit agencies. According to a recent Gallup Survey commissioned by the American Society of Association Executives, nearly 20% of non-profit organizations have had volunteers resign or withhold services due to liability fears. That translates to the resignation of at least 16,000 volunteers since 1985..

Representative John Porter (R-IL) and Senator John Melcher (D-MT) have introduced The Volunteer Protection Act (H.R. 911 and S. 929, respectively) in Congress. Their legislation would encourage states to grant liability immunity to non-profit organization non-paid volunteers who are acting in good faith within the scope of their official duties. (NETWORKS, Vol. 3, No. 3, September 1988, National Victim Center)

WHO WE ARE: Relating to our Lesbian & Gay relatives, friends, and selves - a weekly discussion group open to the entire Pullman WSU community regardless of sexual orientation. Meetings are held every Tuesday. For more information, contact YWCA of WSU [335-3916].

RACIAL JUSTICE CONFERENCE LEARNING AND UNLEARNING PREJUDICE: YESTERDAY, TODAY, AND TOMORROW. The Racial Justice Committee of the YWCA will be presenting this conference, on January 19-21, 1989. Conference will focus on issues related to racism on college campuses and in the community. It will be held on the Washington State University campus in the Compton Union Building. All are invited and encouraged to attend. A sampling of the workshop titles are *Unlearning Racism, Internalized Racism, The Psychology of Racism, Techniques for Positive Social Change*. For information, call the YWCA [335-3916].

NURTURING THE NURTURERS: Beth Waddel, a UI Counseling Center Counselor specializing in women's issues, is presenting this class on self care for women through the UI Enrichment Program. The course includes suggestions on psychological, social and physical self care issues. Course begins on Monday, January 9th from 7:00 to 9:00 p.m.. The fee is \$30. To register or obtain more information call 885-6486.

JANUARY/FEBRUARY 1989 NETWORKING CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|--|---|---|--|--|
| 16 MARTIN LUTHER KING, JR. HOLIDAYS (SEE BACK PAGE) | 17 "SPEAKING OUT" MLK PROGRAM -12:30- COLLETTE THEATER | 18 | 19 RACIAL JUSTICE CONFERENCE @ WSU "LEARNING & UNLEARNING PREJUDICE" -FOR INFO CALL YWCA 335-3916- | 20 NTS BROWN BAG 11:30/1:30 | 21/22 |
| 23 | 24 WOMEN'S CENTER PROGRAM -12:30- | 25 | 26 | 27 NTS BROWN BAG 11:30/1:30 | 28/29 X-COUNTRY SKI WEEKEND @ HUCKLEBERRY HEAVEN |
| 30 | 31 WOMEN'S CENTER PROGRAM -12:30- | FEB 1 WOMEN'S CENTER PROGRAM -12:30- | 2 | 3 NTS BROWN BAG 11:30/1:30 | 4/5 |
| 6 | 7 | 8 WOMEN'S CENTER PROGRAM -12:30- AAUW 6:30-7:30 PM CAVANAUGHS | 9 | 10 NTS BROWN BAG 11:30/1:30 | 11/12 GAY PEOPLES VALENTINE DANCE SAT NITE 8 PM FOR INFO 882-6452 |
| 13 | 14 WOMEN'S CENTER PROGRAM -12:30- | 15 WOMEN'S CENTER PROGRAM -12:30- ATHENA 6:00 PM ? | 16 | 17 NTS BROWN BAG 11:30/1:30 | 18/19 MARDI GRAS |
| 20 | 21 | 22 WOMEN'S CENTER PROGRAM -12:30- | 23 | 24 NTS BROWN BAG 11:30/1:30 | 25/26 JAZZ FESTIVAL |

1989 MARTIN LUTHER KING, JR. CELEBRATION SCHEDULE: Once again the Women's Center has assisted with the planning of the University and community celebrations of Dr. King Jr.'s life and dream. The theme is the same as last year Living the Dream: Let Freedom Ring. The officially designated date for the holiday is the third Monday in January, this year, January 16, 1989. Following are scheduled events which are open and free to everyone. Please join us in keeping the dream alive.

Monday, January 16

JOIN THE FREEDOM TRAIL



- | | |
|------------------------|---|
| 8:30 a.m. - 4:30 p.m. | "Eyes on the Prize: America's Civil Rights Years," a Video Series shown hourly at 8:30, 10:30, 11:30, 1:30, 2:30, 3:30. (Note: no showing at 9:30 a.m.) Agriculture Science Building 106 |
| 12:00 p.m. | Special Carillon Music by Susan Billin |
| 12:30 p.m. - 1:30 p.m. | "Racism IS A Social Disease," a panel discussion by Richard Spence, History; Nicholas Gier, Philosophy; and Charles Rice, History. Agriculture Science Building 106 |
| 4:00 p.m. | Student essays from Moscow Junior and Senior High Schools due at the Moscow Junior High Office. |
| 5:45 p.m. | Car Pool: Individuals willing to give rides and those needing transportation to WSU should meet in the Palouse Empire Mall parking lot next to Sherwin Williams Store. |
| 6:30 p.m. | WSU Candlelight March: Begins at Heritage House then proceeds to CUB Auditorium for a program by The Reverend Dr. Calvin Butts, III, Abyssinian Baptist Church of New York City. |



Tuesday, January 17

- | | |
|------------------------|---|
| 12:30 p.m. - 1:30 p.m. | "Speaking Out," Jennifer Purvis, Cindy Lee, Jeff Stoffer, Erika Cunningham, Judy Mims, Leiloni Reed, Lois Griffiths, Eva Jo Hallvik, John Britschgi, Christine Pakkala; UI Students presenting works by minority women authors. Collette Theater |
|------------------------|---|

UNIVERSITY OF IDAHO JANUARY LIBRARY DISPLAYS sponsored by the Juntura Committee & the Martin Luther King, Jr. Committee.

University of Idaho
Moscow, ID 83843



Non-Profit Organization
U.S. Postage
PAID
Permit No. 120
Moscow, ID 83843

Address Correction Requested