



# WOMEN'S CENTER

Volume 33 Issue 1

Fall Semester 2004

## "What Have We Been Up To?"

You may not have heard much from us yet this fall but we've been busy. Here is a highlight of the things we've had going:

- We co-sponsored the Women's Campaign School at Yale for more than 30 women to learn about how to start and run a political campaign and to run for office. Watch out – here come the strong and wonderful women politicians!
- We attended the Idaho Women's Network annual conference held in Moscow, Idaho.
- We received a Bonner Service Fellow for this academic year. Noemi Herrera is serving with the Women's Center as a fellow working on Women of Color Alliance programs and projects. Look for information about the Fair Trade program sponsored by WOCA.
- We had a quiet open house, with approximately 60 friends. If

you haven't been to the center recently, stop by and see us – it's lively, bright, and bustling.

- Our presentation of the film *Iron Jawed Angels* had a crowd of 100 and many stayed afterwards to discuss women and voting. It was an exciting evening.
- We are sending Kelli Hochmuht to the V-Day training to learn how to direct and produce this year's production of the *Vagina Monologues*. Look for information about auditions coming up in November.
- A small group of FLAMEsters met....despite our problems with the FLAME email list. If you are interested in being involved in FLAME, please let us know. We are rebuilding the email list. So if you think you should have received a FLAME notice and didn't, please tell us.
- Watch for info about Take Back the Night, November 10, 2004. WOCA is coordinating that event.
- Find out more about our "Your Voice, Your Vote" campaign this fall. We've had lots of good discussions about issues, women and voting, and just voting in general. Please remember to vote on November 2!!!
- We've had very successful outdoor programs, including a women's kayaking trip to Priest Lake. Please check out our schedule for more opportunities to learn about climbing, wilderness yoga; join other women for biking, and more.

## "Your Voice, Your Vote" Cassie Searle & Amy Lowe

This year let Halloween be a reminder to get out and vote. The approaching festival of spooks and goblins implies just how scary the low turnout of women voters was in the last general election.

The statistics are staggering: 22 million single women did not vote in the 2000 presidential election. According to the Women's Voice, Women's Vote website ([www.wvvv.org](http://www.wvvv.org)), the largest group of unregistered and nonvoting citizens continues to be single women. Over half of all women who are not registered to vote are unmarried.

In fact, young voters, regardless of gender, are underrepresented at the polls. In the 2002 general election, 40 percent of registered 18 to 24 year olds nationwide did

not vote, according to reports from the Secretary of State's Office (*Lewiston Tribune*, Oct. 11, 2004). That does not account for all of the young voters that were not even registered! In Washington, only 20 percent of this demo-

**VOTE  
November 2!!!**

graphic came to the polls in 2000. Unfortunately, statistics show that college students as a group are not likely to vote.

This fall, the University of Idaho Women's Center is diligently working to change previous statistics by sponsoring the voter registration campaign, "Your Voice, Your Vote," to educate young voters, particularly women, on why their votes—their voices—matter. The Women's Center has been tabling on campus and reaching out to students in order to raise awareness about the upcoming election on November 2. The Women's Center also helped the Associated Students of University of Idaho (ASUI) meet their goal of registering over 1,000 student voters.

Some of the key issues driving the election are "hot buttons" that are relevant to the lives of university students. The war on Iraq, educational expense issues, the job market and economy, health care, reproductive rights, matters of gender equity, and issues regarding church and state are some of the major topics hitting home

continued: Your Voice, page 3

## Back in Moscow.....almost.....I think....

Jeannie Harvey

It's been nearly three months since I returned from Bangladesh and I can't remember if I've even had a chance to sit down yet. I am so proud of the work accomplished by Kari Galloway, Emily Sly, Lori van Buggenum, Jill Anderson and the wonderful students who worked at the Women's Center during the past year and a half. Not only is the center impressive physically, but the activities that have taken place make my mind spin. I am grateful and thankful to each of them for their many contributions.

Changes are inevitable and natural; thus, we have experienced a number of changes here. Emily Sly is now Director of YWCA at WSU, a very exciting project that hosts a bi-annual race, gender and diversity conference at WSU. Lori is in Arizona and we've only heard that she found a good yoga studio; we're still awaiting news



*Aysha Begum, Shahnaz Zakaria, Jeannie, Enjoying lunch at a CARE training for disaster relief volunteers, Sylhett, February 2004*



*Menda and girl  
Nepal, April 2004*

of her other activities. We know both of these wonderful women will make amazing contributions no matter where they are. Kari is living in Washington, DC, working for the Kerry/Edwards campaign. We know she is busy so don't expect to hear from her for a while. She's another amazing and wonderful woman who we know will succeed at whatever she decides to tackle. Karen Caffrey joined the Women's Center part time. As many of you know, she worked in the Office of Diversity and Human Rights and now serves ½ time with the Women's Center and ½ time with the Office of Multicultural Affairs. Jill Anderson continues in her position but has shifted to half time. Soon, we hope to hire a new program advisor, a permanent position that replaces the positions occupied by Lori and Emily.

Many of you deserve thanks and more gratitude than I can express for your contributions and support during the 30<sup>th</sup> anniversary celebration last spring. I thank each of you who donated time, energy, money or more to the center.

We are preparing a special 30<sup>th</sup> Anniversary report which will be ready in the next month, noting our supporters and again thanking each of the artists and businesses that donated items; plus thanking our wonderful friends whose donations launched the "Friends of the Women's Center" campaign. We also want to let you know how the money we raised will be spent. We are thinking of creating a special scholarship fund as part of the "Friends" campaign; you'll hear more about it soon. Special thanks go to Kay Keskinen, our long-time friend and advocate, and to Bruce Pitman, our very special UI support system extraordinaire. I wish I could have shared the festivities with you all!

We have a great group working at the Women's Center this year, staff, student workers, a Bonner Service Fellow, and volunteers.

- **Amy Lowe**, working on voting and other projects, especially those needing artistic talents!
- **Carol LaVelle**, looking at non-traditional student issues
- **Cassie Searle**, working on our voting campaign and outdoor activities programming
- **Diana Proemm**, coordinating women's center outdoor activities, and graduating this semester! We'll miss you.
- **Jill Anderson**, program advisor for annual programs
- **Kelli Hochmuht**, volunteer coordinator for this year's production of the Vagina Monologues
- **Karen Caffrey**, management assistant with Women's Center and Office of Multicultural Affairs
- **Noemi Herrera**, co-founder of Women of Color Alliance, UI Chapter, recipient of the Bonner Service Award fellowship

Continued: Back in Moscow, page 3

Back in Moscow, from page 2

- **Norma Madrigal**, co-founder of WOCA, UI Chapter and coordinator for Take Back the Night march activities
- **Tammy Warren**, three years at the Women's Center!! Our computer guru...
- **Tina Ward**, welcome to the new kid in the Women's Center!

Check out the new look on our web site. You'll find cool staff updates plus pictures, the latest on upcoming Women's Center and co-sponsored programs, and campus and community resources.

This fall we co-hosted the Women's Campaign School at Yale here at the UI, sponsored by the Women of Color Alliance, OMA and the Women's Center. We had 33 participants, many young women and many women of color. What an exciting 2 ½ days! We learned about running for political office, about recruiting volunteers and fundraising, and about starting a political campaign. Only 12% of our elected officials are women! So, we really need to get out there and become political – in a big way!

Please stop by and visit us. When I left here for Bangladesh, the center had just moved from the Theater Arts Annex and we were still in boxes. There was still a huge wall dividing the lounge in two. Now, there are brightly colored walls, a wonderful and comfy lounge, a fabulous library with many new additions, and fresh new faces. Just stop by to say hi or to relax or to sip a cup of tea or coffee. We usually have goodies on the table and the gumball machine is always full. And you don't need your own pennies, although we'll always take them!



Thanks again for all your support, encouragement and friendship during the past couple of years while I was away. I heard from many of you and appreciated all the updates from home. We're in for an exciting year.

---

*If the women's movement of the 20th century was about learning how to navigate in a world of power that did not validate women's basic values, then the movement of the 21st century must be about changing the rules of power – changing the power paradigm.*

---

Your Voice, from page 1

with young female voters. While the Women's Center is excited about encouraging everyone to vote, we are also keenly aware that, for women, voting is a right that was only recently acquired. On September 28, the Women's Center teamed with Idaho Women's Network to show the film "Iron Jawed Angels" at the Student Union Building Borah Theater. The film, an HBO production, is a powerful and historically based story of women's suffrage in the United States. The film, which beautifully reminds American women that the right to participate in government should not be taken for granted, can now be checked out from the UI Library for a 24-hour period. A short, 6-minute film titled "One Vote" is also available to check out. Anyone with a Vandal card has access to these movies.

Although early voter registration deadline has passed, Idaho voters can still register at the polls on Election Day by bringing picture identification and a bill or mail delivered to them at their Idaho address at least 30 days before the election.

.....  
**UI Safe Zone  
Project  
Selena Lloyd**



The purpose of the Safe Zone Project is to create a safe community for all individuals on campus and in the community, regardless of sexual orientation.

The Safe Zone sends an important message of understanding, non-judgment, and knowledge of Gay, Lesbian, Bisexual, Transgendered (GLBT) persons' needs and concerns. It is symbolic of willingness and a commitment on your part to provide an atmosphere of unqualified acceptance and assistance.

If you want to become a Trainer for our Safe Zone (SZ) Program, we are trying to bring together a SZ Train-the-Trainers session on the 8th of November at 4:00 in the Crest room.

Please RSVP to [safezone@uidaho.edu](mailto:safezone@uidaho.edu) if you can attend this and would like to become a trainer, or if you were a trainer before and would like to refresh your skills.

## Women's Center Calendar of Events

208-885-6616

Memorial Gym, Suite 109



Fall 2004




### OCTOBER: Domestic Violence Awareness Month

- Monday, Nov 1 **Chrystos.** Native American Poet, Artist, Author and Activist, emphasizes the need to revisit the past in order to reclaim a long heritage without romanticizing the truth. Book Reading and Signing, Gold Room, SUB 6:00 p.m.
- Monday, Nov 8 **Señorita Extraviada.** Stories of kidnap, rape and murder of young women of Juarez, Mexico. Who are these women from all walks of life and why are they getting murdered so brutally? Panel discussion following film. Borah Theater, 8:00 p.m.
- Weds., Nov 10 **Take Back the Night** March begins in front of the UI Library.
- Weds., Nov 11 **Hunger Banquet.** Fund raiser to help people in need and to bring awareness to campus and community of poverty in US and the world. Commons, Clearwater/Whitewater Room, 5:00 - 8:00 p.m.
- Nov. 12-13 **WomensWorks 2004.** 10th annual Art Fair. SUB Ballroom. Friday and Saturday, 11:00 a.m. - 7:00 p.m.
- Thurs, Nov 25 **International Day Against Violence Against Women:** declared at the first Feminist Encuentro for Latin America and the Caribbean in 1981. This day was selected to protest the violent assassination of the Mirabela sisters on Nov 25, 1960 in the Dominican Republic. In 1999, the United Nations officially recognized November 25 as the International Day for the Elimination of Violence Against Women.
- Tues, Nov 30 **Aids Quilt Project.** Participate in stitching memory squares together and hanging the Aids Quilt in Commons Rotunda. Blank quilt squares may be picked up at Women's Center, ASUI Office, and Office of Multicultural Affairs.
- TBA **Panel discussion.** International students talk about HIV/AIDS in their country or region and someone will also talk about AIDS in America.
- Weds, Dec 1 **International Aids Day.** Tabling in Commons (near quilt display), with agencies from community, Health Department, Planned Parenthood, etc. Ribbons and cards will be handed out.
- Weds, Dec 1 **Candlelight Vigil.** From Library to Admin Auditorium. Look for more details.
- Dec 7 & 9 **International Human Rights: Ending Gender Violence.** Women's Center tabling in Commons.
- Fri, Dec 10 **International Human Rights Day.**

## WomensWorks 2004

*A Holiday Art Fair of Quality Gifts Made by Women*

  **Friday and Saturday**  
**November 12-13**  
**11:00 a.m. - 7:00 p.m.**  
**Student Union Building Ballroom**

    
Catch the **Vandal Trolley** at the Sweet Avenue Parking lot for a free ride to the Student Union Building



## WOMEN OF COLOR ALLIANCE

As the fire burns in our bellies, so does the passion for political and social justice.

Noemi Herrera

The Women of Color Alliance (WOCA-UI Chapter) is on fire this semester. To start the semester they brought the Women's Campaign School at Yale to the University of Idaho. This was a 2 1/2 day training which provided women with the skills necessary to either run for political office or senior level campaign staff members. Participants received the knowledge necessary to run for political office as some are doing at this moment and as others will do in the future. We have many projects to work on this semester such as; Local Idaho Fair Trade Program, Film Screenings, Women Warriors Weekend and much more. If you are interested in getting involved or would like to learn more about WOCA-UI Chapter contact the Women's Center for regular meeting schedules @ 208-885-6616.

### Mental Health Care, Naturally

Gayle Eversole, DHom, PhD, MH, DRNP, ND

Each year most schools and colleges as well as other community organizations participate in Depression Screening day, held in October. The focus of this program is generally behavioral and pharmaceutical. To my dismay, there is a lack of interest in natural approaches to depression and mental health.

Drugs used in mental health are undergoing world wide scrutiny because of the extreme nature of associated risks and serious side effects. There are alternative ways of looking at this issue, and the number of practitioners interested in providing more natural approaches is growing. There are proven physical causes underlying mental disorders. These include stress, nutritional factors, hormonal issues, cerebral allergies, food intolerances, pollutants and toxins, increasing electrical and electromagnetic sensitivity, medical and pharmaceutical causes.

Natural treatments for mental health issues include herbs, nutritional supplements, homeopathy, aromatherapy and flower remedies. Other treatments may include hydrotherapy, exercise and relaxation therapies. Natural treatment offers many benefits without risk of serious problems associated with pharmaceuticals.

For more information contact Gayle at [www.leaf lady.org](http://www.leaf lady.org), or 208-882-0121.

**It's a Man's World  
Unless Women Vote**



## VOX

Crystal L. Anderson

VOX is a new group on campus focusing on health, activism and choice.

We have several fun events planned so far and are looking forward to more. We are currently recruiting members, if you'd like to join. We are having our meetings Thursdays at 7:00 p.m. at the Women's Center. If you would like to know more about us and what we stand for, go ahead and email us at [uivox@yahoo.com](mailto:uivox@yahoo.com).

### Women's Center Outdoor Programs

Diana Proemm

Take a snorkel home and practice breathing in the tub for homework? Ever feel like you're the biggest geek in a training class? I am finishing up my first ever SCUBA class through the U of I and it has been quite the ride for me. My first day I couldn't seem to get anything right. I was mixing up my hand signals, using whitewater kayaking signals instead of SCUBA, confused with my SCUBA gear, and worst, I couldn't clear my mask because my brain was not sending proper signals to my mouth and nose. Every time I tried to blow out my nose, I blew out my mouth and vice versa. I just couldn't get it. When I explained this to my SCUBA instructor (an ex-Navy Seal) he laughed and sent me home with a snorkel to practice in the tub. I walked away almost in tears because of my self-imposed failure. I was telling someone directly after about my horrid first day of SCUBA class and the woman just looked at me funny. She mentioned that she didn't expect that from me. I soon realized that everyone expects me to be automatically good at any sport I try. I recognized that I am just human.

My programs at the Women Center are meant to be fun and provide a secure, safe, and relaxing learning atmosphere where patience is key. I like to introduce people to new outdoor sports so that they will enjoy them, have a positive experience and want to do it again. This fall I completed a ladies only sea kayak trip to Priest Lake that was a great success), wilderness yoga outings and some biking nights. I have also arranged for a motivational speaker, Muffy Davis to speak to the U of I students. She is a retired Paralympian in alpine skiing, is active in mountain biking and climbing, and adventure travel.





University of Idaho

Women's Center

PO Box 441064

Moscow, ID 83844-1064



\* N B X 0 0 4 \*

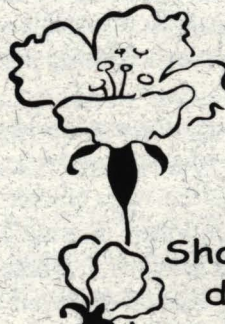
The Women's Center Newsletter is published twice during the academic year. It includes announcements and information about the many services and programs offered by the center to the university and regional communities. There are also items of general interest about women's and men's issues. If you have announcements or information to include in subsequent issues, please let us know. Suggestions for changes, improvements, or additional items are always welcome. A taped copy of the newsletter is available on request for the visually impaired.

WOMEN'S CENTER

JEANNIE HARVEY ..... Director
JILL ANDERSON ..... Program Coordinator
KAREN CAFFREY ..... Management Assistant
AMY LOWE, CAROL LAVELLE, CASSIE SEARLE, DIANA PROEMM,
NORMA MADRIGAL, TAMMY WARREN, TINA WARD ..... Work Study Staff
NOEMI HERRERA ..... Bonner Service Fellow
Telephone ..... 208-885-6616
Fax ..... 208-885-6285
E-mail ..... wcenter@uidaho.edu
Home Page ..... http://uidaho.edu/womencenter
Office Hours ..... 8:00 a.m.-5:00 p.m., Monday-Friday

Alternatives to Violence of the Palouse is 24-hour help for survivors of domestic violence and sexual assault.

332- HELP
or
883 - HELP



Support World Aids Day

Show your support by decorating a quilt square for a UI AIDS quilt to be displayed December 1 in the Idaho Commons.

Pick up quilt squares at the Women's Center, ASUI or OMA and create your own memorial square.

Squares need to be turned in to one of the offices no later than November 19 to be included in the UI quilt.

.....

Vote November 2