

UI Women's Center

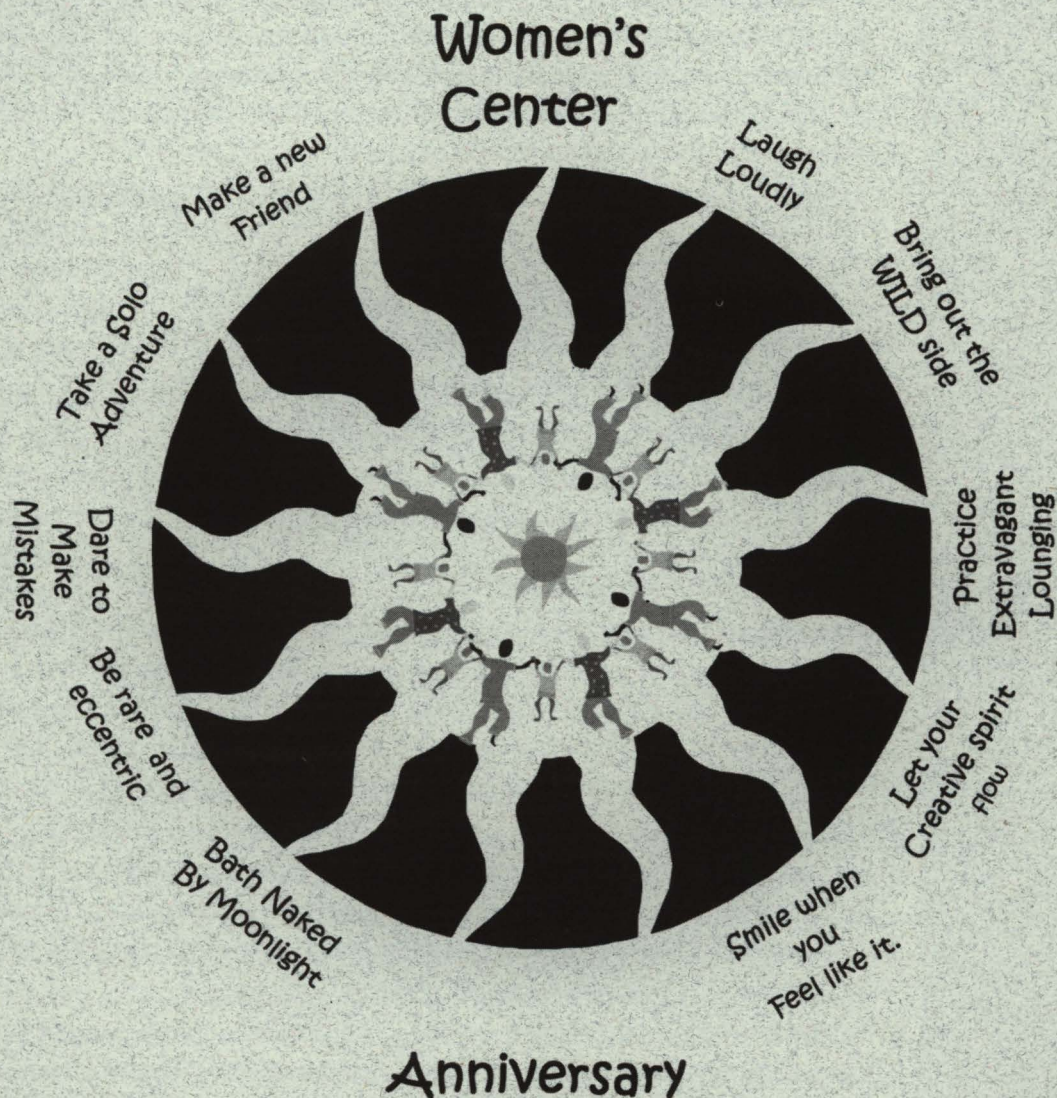
University of Idaho
Women's Center
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*Creative inspiration
from SARK and Diana*

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Join the
Women's Center
to celebrate
30 years!

Dessert and Wine Gala Fundraiser

Silent Auction &
Voice Auction

Thursday, April 29
6:30 pm
1912 Center

*Tickets available in
advance at the
Women's Center.
Cost: \$20 general.
\$10 students/limited
income. Ticket price
includes one glass of
wine and endless
desserts.*

Women's Center Open House

Friday, April 30
12:00 - 4:00 pm
Women's Center
Memorial Gym
Room 109

It's Party Time!

The Women's Center celebrates 30 years since the signing of the Conciliation Agreement

The University of Idaho Women's Center is celebrating 30 plus years of existence. Not only does the Center have longevity as one of the first in the nation, but also it has a distinguished record of service to the University and community. In recognition of its rich history, two special events are being planned for April.

On Thursday, April 29, beginning at 6:30 pm, there will be a dessert and wine fundraiser at the 1912 Center in Moscow. The evening will also feature silent and voice auction items donated by area artists and friends as well as some items donated by "celebrities." Tickets are \$20, with a reduced rate of \$10 for students/limited income. Ticket price includes one glass of wine and all the dessert you can eat!

You may want to skip dinner to save room for the delicious desserts by local caterers and culinary specialists and wines from The Wine Company of Moscow that have been selected to compliment the various desserts.

And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

--Marianne Williamson

Auction items are already coming in, and more are on their way. All proceeds from this event will go towards establishing an endowment fund through the University of Idaho Foundation to support such things as conferences and speakers, people and programs that are part of the mission of the Women's Center. A specific list of auction items will be available prior to the event. If you have an auction item to donate, please contact Kari at the Women's Center.

The second event is a Women's Center Open House on Friday, April 30, from noon to 4:00 pm. At 1:00 pm there will be a program featuring many of the key individuals who were instrumental in creating the Conciliation Agreement signed on May 8, 1974. That agreement, between members of the UI Women's Caucus and the University administration, formalized the existence of the Women's Center along with other gender related offices and programs on campus.

Past Directors of the Center, members of the Women's Caucus and University administrators who signed the Conciliation Agreement, members of the Idaho Human Rights Commission who helped develop the agreement, and other old and new friends of the Center are invited to both the Thursday evening fundraiser and Friday afternoon open house. These women and men helped change history for students, faculty, and staff at UI. Come meet them and hear their stories.

Put these events on your calendar. Help the Women's Center celebrate 30 years. Support the endowment fund to help the Women's Center move into its next 30 years of existence. Be part of the exciting past, present, and future of the Women's Center!

-Kay Keskinen

member of the anniversary planning committee

“The Vagina Monologues”

Returns to UI March 4, 5, 6

by Tess Studley

This year, the members of FLAME have decided to organize and produce “The Vagina Monologues” for the third year in a row. FLAME has been working hard holding auditions, having rehearsals and finding funding, and the effort will be well rewarded.



“The Vagina Monologues” is part of a movement and a vision to end the war against women and their vaginas. Eve Ensler, the playwright, spent months on end interviewing women from all over the world and talking to them about issues of violence against

women. The result of those interviews was a play, a collaboration of monologues, but she didn't stop there. Ensler continued her work through V-Day, which is an organized response against violence towards women. V-Day (the V stands for Victory, Valentine, and Vagina) is the organization college campuses must go through to be able to produce the monologues and it acts as an advisor for the organizers.

FLAME, Feminist Led Activist Movement to Empower, is a group on campus that addresses issues about women and gender equality. By producing and organizing “The Vagina Monologues,” FLAME brings awareness to the University of Idaho campus

about the oppression of women, helps raise funding for local non-profit organizations, and joins

“The Vagina Monologues” is part of a movement, a vision, to end the war against women and their vaginas.

the global movement to empower women and stop the violence.

The all female cast is spending a month and a half working hard, creating friendships, and having fun while raising money for local and national anti-violence organizations. This year V-Day is spotlighting Juarez, Mexico because of the area's high number of women and girls who are missing or were murdered. The number is at 300 and counting. Many gathered in Juarez on V-Day, February 14, and marched in solidarity to raise awareness about the issue. Every year V-Day focuses attention and efforts to an area or one group of women who are in need of resources. The money raised through benefit productions of “The Vagina Monologues,” shown all over the country, goes to help those women in need who are victims of sexual assault or violence.

The University of Idaho productions of The Vagina Monologues are March 4, 5, and 6 at 7 pm in the Administration Auditorium. Tickets are available at the Women's Center on campus and at Bookpeople in downtown Moscow. Come support FLAME and join the movement to STOP THE VIOLENCE!

In its first five years, the **V-Day** movement has raised **over \$14 million**, with **over \$7 million** raised in **2002 alone**.

The **'V'** in **V-Day**

stands for

Victory,

Valentine

and

Vagina.

Fabulous, Fun, Fierce Outdoor Programs

by Diana Proemm

Hello all!

Remember me? My name is Diana Proemm and I'm the Outdoor Program coordinator for the Women's Center! I'm back again and ready to have some outdoor fun with everyone! Here's what I have in store for you this semester!

~Women's Winter Fun Weekend~

Unfortunately, you may have missed it! February 6-8, five adventuresome women headed out into the wilderness of Northern Idaho for a weekend of winter fun. Besides the hours of cross-country skiing in the Priest River Wilderness amongst snowcapped pine trees, there was plenty of sledding, snow angels, games and excellent food...spaghetti, BBQ chicken, blueberry pancakes, omelets...and did I mention the snow and the company was awesome!



L-R: Chanoane Hartt, Anne-Marie Casey, Diana Proemm, Kjelsty Hanson, Fu-Hua Lin, Rusty the dog

~Spring Fling~

The weekend of April 2-4, I will lead another fun activities trip. This time the trip will be based on the weather! If the snow is still flying, we will head to the snow! If not, we will head to somewhere fun to go backpacking or camping. Never backpacked or camped before? No problem, I will be offering an intro to backpacking clinic a few days before we leave!

You will need to sign up for this trip in advance so call soon to reserve your spot!

Pre-trip meeting will be held Thursday, April 1, 6 pm in the Women's Center. Cost will be based on what we do, but I will keep you posted when the time gets close.

~Intro to Backpacking Clinic~

I will be giving an intro to backpacking class on Thursday, April 1 at 4:30 pm in the Women's Center. I will show you what kind of gear to bring, and how to pack it all in one place!

~Outdoor Yoga Clinic~

May 1st, 12-2 p.m. More details to come!

~Impromptu Outdoor Trips and Clinics~

Keep your eyes posted for possible day trips that I will be giving throughout the semester!

Check the Women's Center Board just inside Memorial Gym or check out our website. <http://www.webs.uidaho.edu/womenscenter/>

You can reach me for any questions or sign ups at: 885-6616 or proe7519@uidaho.edu.

And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

— Anais Nin



Jena Daly, grad student, taking on the climbing wall

International Women's Day, March 8

by Jill Anderson

The idea of an International Women's Day (IWD) first arose at the turn of the century, which in the industrialized world was a period of expansion, turbulence, booming population growth and radical ideologies. IWD had radical, socialist beginnings and debuted at a time when women organizing politically was particularly controversial.

An international conference, held by socialist organizations from around the world, met in Copenhagen, Denmark, in 1910. The conference of the Socialist International proposed a Women's Day designed to be international in character. The proposal initially came from Clara Zetkin, a German socialist, who suggested an International Day to mark the March 8, 1857 strike of garment workers in the United States who were fighting against inhumane working conditions and low wages. The proposal was greeted with unanimous approval by the conference of over 100 women from 17 countries. IWD was established to honor the movement for women's rights, including the right to vote (known as 'suffrage').

The declaration of the Socialist International had an impact. The following year, 1911, International Women's Day was marked for the first time in Austria, Denmark, Germany and Switzerland on March 19. Over a million men and women took to the streets in a series of rallies, demanding the right to vote and to hold public office, as well as the right to work and an end to discrimination.

In its early years limited groups of women got involved because of IWD's radical image. IWD is now a calendar fixture, recognized by community organizations, governments and the United Nations.

Since its beginning, International Women's Day has maintained its focus on the original issues of pay, work conditions and political rights for women. IWD is now used as a time to reflect on current economic, legal, political and social concerns.

Source: <http://www.nwhp.org/events/iwd/iwd.html>

Women's Herstory Month Upcoming Events

Monday, March 8

International Women's Day

**12:30 pm,
Women's Center,
Mem Gym, Rm 109**

Phyllis Van Horn, American Language and Culture Program, will give a reading of poetry by Middle Eastern women. Her collection will cover a diverse range of nationalities. Baklava will be furnished by Peri Kochman, a native of Turkey. It's wonderful. Find out more about this International holiday celebrated by women all over the world, and share your own stories with us.

Tuesday, March 23

Historical Idaho Women

**12:30 pm,
Women's Center,
Mem Gym, Rm 109**

Kathy Aiken, History Department Chair, will captivate us with some little known deeds of Idaho women in politics, and their contributions to Idaho's history.



Celebrate Your Body Day

It's More Than a Day!

Thursday, March 4th

10:30 am – 2:30 pm

UI Commons Food Court and Upper Canvas

Free Massage

Declaration of Independence of a Weight-Obsessed World

Smash the Scale

Weigh In and Get the Message

Free Screening for Eating Disorders

Pick Up a Snack

Your Body Is a Work of Art Exhibit

Reflections of Eating

Friday, March 5th

Art Open House

5:00 – 6:30 pm

Student Recreation Center Food Court

Your Body Is a Work of Art Exhibit and Reflections of Eating—

Students' art and stories of disordered eating



Latex Everywhere

by Amy Lowe

Valentine's Day is generally seen as an appropriate time to give the people you care about sweets and flowers. Well, this year, the Women's Center offered the UI population more practical gifts.

National Condom Week, held annually during the week before Valentine's Day, was celebrated at the Women's Center by a massive distribution of condoms at the campus Commons. During lunch hour throughout the week, work study students and friends of the Women's Center donned condom costumes (ranging from a tiara and sash for the "Condom Queens" to ammo belts and hula skirts) and confidently promoted sexual safety by giving away over 3,000 condoms!

We feel that our participation in National Condom Week was a smashing success, and want to maintain our condom-happy momentum on campus. Aside from having free condoms available to students all year around at the Women's Center, we have some tentative plans for our future condom campaigns, and if you're lucky, we might just bust out our condom tiaras.



L-R: Amy Lowe, Chéri DeFord, Diana Proemm, Angie Williamson

Studies show that young people who believe their peers use condoms are far more likely to use condoms themselves.

40-70% of condoms are purchased by women.

Only latex condoms offer substantial protection against HIV, the virus that causes AIDS.

Natural Healing Arts

by Chéri DeFord

For almost a year, Gayle Eversole has been visiting the UI Women's Center monthly to share her knowledge of Natural Healing with the campus and community. She has done programs on numerous topics including women's health, stress, and Reiki.

Gayle has many degrees and certifications including a Doctorate in Homeopathy (DHom), Master Herbalist (MH), Medical Herbalist, Clinical Aromatherapist, Flower Essence Practitioner, Doctor of Naturopathy (ND), Usui Reiki Master and Kahuna Energy Healer, and is a VoiceBio Practitioner. She is an RN (BSN) and Nurse Practitioner and also has a PhD in theology and counseling.

Gayle's programs have changed to the first Monday of the month at 1:00 p.m. Gayle's next program will be March 1st when she will be discussing make-up safety, and the dangers of certain cosmetics and personal care products. She will teach how to use safe products that can be made at home. The following two month's topics will be Aromatherapy for Women's Health and Kahuna Healing Treatments.

More information on Gayle and the Creating Health Institute can be found at www.leaf lady.org.

We look forward to seeing you!

NEW Leadership Inland Northwest

Why NEW Leadership?

Women are 52% of the voting population and yet in 2001, women held

- 22.4% of state legislative seats
- 13.5% of the seats in the U.S. Senate and House
- only 5 women served as governors

Women need to be more involved!

The NEW Leadership program was designed to counteract the under-representation of women in politics and public leadership. During the five day on campus experience, students interact with women policy makers, participate in hands-on skills building workshops and discuss their own concepts of leadership.

In past years the UI has sent several young women to the summer institute at Washington State University. This year we'd like to continue that tradition. If you are interested, please call us. We need NEW leaders like you!

The G Spot: Appreciate the Mystery & Quality of Healthy Relationships

KUOI: A Voice for Womyn at UI

by Nancy G

At the DJ meeting last night I noticed many womyn I've known from the Women's Center, through FLAME or by other associations over the past two years in the production of "The Vagina Monologues" on our campus. You know who you are ... and congratulations!! The descriptions of "your shows" sound intriguing and as if you enjoy doing them almost as much as the listeners will enjoy hearing them. The show I am inspired to experiment with this semester is, until further notice called "The G-Spot." My vision for the show came out of a conversation over wine with a friend one evening and though we giggled and got quite imaginative, the basics of it remained viable the next morning. Yes, it is 'risky' for me. Yes, I've never done anything like this before. Yes, I want to allow more of myself to 'brave' the world, so to speak. Yes, I desire to follow my passions and inspirations. Yes, I enjoy conversing with people and sharing ideas. So... I am leaping forward and putting my plan into action without my typical excuses why not.

"The G Spot" is about appreciating the mystery and quality of healthy relationships. The show is designed to include live interviews with guests who have something to share about what fosters good relationships: strengths, problems, critique of current media on the subject, and well, just "conversation." Although I will be hosting the show, call-in responses on-the-air (or not, if the caller prefers) will be welcomed in a casual, informational, and conversational (rather than counseling) atmosphere. Music will be played intermittently on the show, with emphasis on artists that my guests and I think represent "love issues" in a thought provoking, interesting or just plain loving way. Potential guests include Safe Zone trainers, local poets/musicians, people with related articles/books to describe, and those who work in diversity/human safety arenas. My "list" isn't yet complete so your ideas (or self invitation) are certainly welcome (e-mail through the Women's Center). If there are no guests on a particular day I will do the chatting on whatever my pet peeve or inspiration of the day may be, and well, maybe there will just be more music that day!!

I am hopeful that students may enjoy and benefit from the show as well as experience a sense of trust as they get to know that I value their opinions and concerns. Sometimes being from the "wrinkled boomer" generation can be an asset a friend recently reminded me. We may be somewhat ignorant and old-fashioned, but the "younger generation" still like our music and what the "hippie" generation stood for. Being single and dating someone I really "dig" makes me wonder, "What's it all about?" again, so I'm silly *and* wrinkled, but loving every minute of it. Maybe I'm not so different than the youngens I'm referring to. Maybe they'll let me know what and where I lack understanding, but I do hope they will be gentle! We'll see where The G-Spot goes. Tune in Monday mornings 89.3 FM from 9:30 to noon. The number at the station is 885-6392.

Yes, it is 'risky' for me. Yes, I've never done anything like this before... Yes, I desire to follow my passions and inspirations.

Spring Forward 2004

This year's fun run, part of UI Mom's Weekend, will start at 8:00 a.m. on Saturday, April 24, 2004. The run has grown consistently each year, and has quickly become one of our area's largest campus and community fun runs. Over 400 people registered for the run last year. Costs are \$15 (includes t-shirt) and \$10 to run only. Registration forms are available at the Women's Center. For more information call 208-885-6616 or e-mail wcenter@uidaho.edu. What a great way to jump start your spring fitness program.

Reflections on Thirty Years

Auntie Establishment Returns to Reflect

When the University of Idaho Women's Center was founded in 1974, I was six years old. My mother, like most of the mothers in our neighborhood, was a stay-at-home mom. My father worked in a factory. I didn't give much thought to what the future might hold, except to speculate that when I was grown-up, I'd be a lot nicer than my parents were. I'd let my kids eat all the candy they wanted and stay up late on school nights to watch *Flip Wilson* and *The Waltons*. That is, if I had kids. I'd already begun to think about other possible career options. At the time, my top choices were veterinarian or nun, with a possible sideline in Evel Knieval-style motorcycle riding.

I'd heard the word feminist, but I thought it only referred to female tennis players. In 1973, before a live audience of thirty thousand and a television audience of fifty million, Billie Jean King beat the tar out of tennis pro Bobby Riggs, who had made the mistake of declaring that "any half-decent male player could defeat even the best female player." He was proven wrong, decisively. "Billie Jean King is a feminist," said my mother. "She's a women's libber," said my dad. "Bobby Riggs ought to learn to keep his mouth shut," said my grandfather. He was the family pragmatist.

As time went on, slowly but surely the world began to expand. Billie Jean King founded the Women's Sports Foundation, "dedicated to increasing the participation of girls and women in sports and fitness." I tried out for Little League baseball and won a spot on a team called the White Sox. I was the only girl on the team, and though I was an able shortstop, the harassment was constant. "Yuck," said my teammates. "We have to play with a girl." It never seemed to occur to the coaches, all male, that they could or should put a stop to this. They worried instead about whether or not the league rules obliged me to wear an athletic cup. I stuck it out for a year and then switched to girls' softball where, with both male and female coaches, I found greater scope and encouragement.

There were seismic shifts taking place in the culture, and though progress often seemed to be one step forward and two steps back, it was still clearly progress. Newspapers stopped running separate male and female help wanted ads. Female superheroes like *Wonder Woman* made their way onto our television screens. My mother continued to read *Ladies Home Journal*, but the occasional issue of *Ms.* popped up around our house. I knew that feminists believed in equal rights and gender equity, and I knew that I was one. I didn't want to be a nun anymore, and I wasn't sure I wanted to be a veterinarian. I thought I might like to be Martina Navratilova – or Evel Knieval.

I graduated from high school in 1984, the year Walter Mondale chose Geraldine Ferraro to be his running mate. It was a daring move, and Mondale's candidacy was a long shot, but Ferraro proved her mettle in a fierce debate with then vice president George H. W. Bush. No one could say she wasn't tough, and Bush described the debate afterward as "tension city." We had a woman justice on the Supreme Court, a woman ambassador to the United Nations, and a woman popularly known as "the Iron Lady" was Prime Minister of the United Kingdom. The UI Women's Center had been in operation for a decade, and across the country, other women's centers had become well-established presences on the college campus, waiting to greet and support new students in a rapidly changing world. We no longer talked about women's liberation; we talked about choice, opportunity, and potential. We knew there was a glass ceiling, but we believed that if we really tried – and if we were sufficiently hard-headed – we could shatter it.

Books,
Magazines,
Videos
and More...
Check out
our Library!

Come in and check out our fabulous, newly organized library (located in the back of the Women's Center). We have added many new books and now, our already incredible library is even better. We have books on many interesting topics or if you just want a good novel to read, this is a great place to find what you are looking for.

of the UI Women's Center

Well, it's 2004 and we're still banging our heads. But that's okay. Progress is always incremental. We now have two women Supreme Court justices, and though we haven't yet had a woman president, we have a former first lady who ran for and won a U. S. Senate seat. *Wonder Woman* has been succeeded by *Buffy the Vampire Slayer*. A woman played last year on the men's PGA tour, and it looks this year as if another woman may join her. My seven year-old niece plays baseball with the boys, and though she's still in the minority, she's not an anomaly.

A lot has changed in the last three decades. The UI Women's Center is still there, it's still vital, and it still has work to do. We've come a long way, baby, but we're not there yet. I didn't become a veterinarian, and I'm certainly not a nun. Thanks in part to the support and encouragement of the UI Women's Center, I'm a writer, but give us another thirty years and who knows? I might just jump the Grand Canyon on my motorcycle.

Joan Opyr/Auntie Establishment

Editor's note: The Conciliation Agreement, which formalized the existence of the Women's Center along with other gender related offices and programs on campus, was signed May 8, 1974. The Women's Center first opened in 1972.

Virginia Wolf Distinguished Service Award

"In recognition of commitment to activism for gender justice at UI"

Recipients of the second annual Virginia Wolf Award were presented at a reception at the Women's Center on December 15, 2003. Center Director Kari Galloway introduced the award named after former UI professor Virginia Wolf. As chair of the 1970 Women's Caucus, Wolf was very instrumental in shaping policies and programs supporting gender equity on campus. Members of the Caucus, the Idaho Human Rights Commission and University administration signed the May, 1974 Conciliation Agreement, establishing, among other things, a full-time Women's Center director, an Affirmative Action Officer, back pay for women staff and faculty and a female physician at the Health Center.



Lori VanBuggenum and Debbie Storrs

This year's award recipients were introduced by last year's recipients. Emily Sly recognized Lori Van Buggenum for her work with FLAME (Feminist Led Activist

Movement to Empower), productions of "The Vagina Monologues," work with the Body Image Task Force and other activist endeavors in our community. Kay Keskinen introduced Debbie Storrs, a faculty member in the Department of Sociology/Anthropology/Justice Studies, who was honored in part due to her excellence in teaching, her commitment to mentoring students, her work in developing a Diversity Certificate program at UI and her unflagging gender activism.

What Event in Your Life has helped you to Change and Grow?

Hi, my name is Isabella and I am a M.F.A. Performance Candidate here at the U of I. As my exit project, I want to film a variety of women from different backgrounds asking the question..."What event in your life has helped you to change and grow?"

If you are interested in helping me create this project, or want more information, please feel free to contact me at whit9524@uidaho.edu or call me at (208) 882-0287. You may also contact Emily at the Women's Center.

Thank you for your support!
Isabella

The Gallery

In collaboration with the Palouse chapter of Women's Caucus for Art, the UI Women's Center hosts a rotating exhibit featuring a new artist each month.

February's exhibit featured the abstract works of **Georgia Young Clements**. Georgia earned her B.A. in Visual & Environmental Studies in 1999 from Harvard University. She is currently an instructor of "Drawing" and "2-D Design" at Washington State University.

Kim Barrett will be exhibiting her artwork in March. Kim graduated from WSU with a degree in Communication Advertising. As a Filipina adoptee into a Caucasian family growing up in Montana, she has had many unique experiences with regard to multiculturalism and diversity. She is currently working on an Adopted Asian American Platform, and is also interested in exploring electronic imaging as an art medium. "I use a lot of my advertising design background and have combined scanning in digital pictures, painted art works, 3D objects, and stock photos to produce advertising-esque works."

The Writing on the Wall-- The Wall Project Coming April

by Jen Dion

On Sunday, April 4, 2004, a licensed mason will build a wall in front of the Commons out of painted cinder blocks. The Writing on the Wall project is designed to confront issues of awareness, oppression and discrimination through the building of this symbolic wall. The act of constructing a wall (8' x 24')-constructing our oppression of others- and bringing down this structure- will allow participants in the event to experience the power of collaboration and its ability to create positive change for the future.

During the five days that the wall is standing, student and community organizations will identify and sponsor a series of programs designed to educate and raise community awareness. One event will be an Anonymous Heroes Day, sponsored by the National Residence Hall Honorary, where people on campus will have the chance to acknowledge someone who has impacted their life in a significant way. The wall will remain standing throughout the week until Friday, April 9th.

That Friday there will be a ceremony, which will include an outside speaker discussing diversity. The assembly of the wall allows for a dozen eyebolts in the construction. Over a thousand feet of rope will be attached to these eyebolts. When all of the ropes are pulled in unison, the wall will collapse. This represents how when we work together we can overcome and destroy the hatred and negativity in the world. After the wall collapses, participants will be encouraged to take a piece of the wall to remind them of what we accomplished together and to remind people to make a difference.

For more information please feel free to contact Jennifer Dion: dion0538@uidaho.edu or Erica Hauk: hauk0806@uidaho.edu or speak to members of Iota Psi Phi Sorority, Inc.

Who the heck is Sandy O'Sullivan?!!

Sandy O'Sullivan is an Indigenous Australian performance, soundtext and multimedia artist. She is currently working on a research project to find out a little bit about lesbian performers and lesbian audiences in regional arts communities. The communities she is focusing on include Moscow, Iowa City, Tucson and Halifax (Nova Scotia).

Sandy splits her work as an animation voice actor and teaching voice and performance at the University of Newcastle (Australia) where she is undertaking her PhD in gendered performance practice. From 1998-2001, she ran the Broadcast Performance and Time-Based Media Department of the Higher Colleges of Technology, United Arab Emirates. From 1995-97, Sandy was Artist in Residence at Wollongong Regional Gallery. She has recorded two CDs, "Resonant Voices: Gravity" and "Felt Up" which includes new music. Sandy also recently finished a play called "Listening to Indigenous Voices on the (Central) Coast" as well as a gendered performance artwork piece named "Wrong Toilet."

If you would like to participate in Sandy's research, contact her at sandy@sandyosullivan.com. Further information on Sandy's work can be found at www.sandyosullivan.com.

Safe Zone at the University of Idaho

by Selena Lloyd

The Safe Zone was introduced to U of I last semester and is now moving full speed ahead. We have four student interns this semester, Selena Lloyd, Colin Fields, Brett Phillips, and Lisa Chaiet, who follow the instruction of our two advisors, Interim Director of the Women's Center Kari Galloway and Dr. Debbie Storrs, Sociology professor.

We provide one-hour trainings to groups in which we discuss what it means to be a Safe Zone. This discussion includes, but is not limited to, sexual identity, heterosexism, homophobia, questioning, "outing" and inclusive language. After completion of the initial training, participants receive a Safe Zone placard which they can post in their office, dorm, or study area, and proclaims that "We are Allies. We welcome people of all sexual orientations. We do not permit homophobic language or behavior here. We support and promote human rights for all."

The Safe Zone creates an atmosphere in which those who are gay, lesbian, bisexual, transgender or questioning (GLBTQ) to go for acceptance and help in a time of need.

At this point, we have trained over 75 people, including the Women's Center staff, the Dean of Student's Office, Student Support Services and the cast of The Vagina Monologues. The Provost has requested training for the University Council, and many more trainings are scheduled.

We also offer "Brown Bag" sessions in which those who are trained can become more familiar with specific topics and issues, such as bisexuality, trans-genderism, and same-sex domestic violence.

For more information and to get involved e-mail us at safezone@uidaho.edu.

Theater Ensemble Collaborates with the Center

by Charlie Pepiton

The Department of Theatre and Film at the UI has created a new theatre ensemble made up of freshman and sophomore students, two women and two men. The ensemble's purpose is to create original topical performances in association with various on campus organizations. The vision is to help campus groups fulfill their missions by utilizing theatre as a communication tool.

The UI Women's Center was one of the first groups we thought of when theatre department head David Lee-Painter and I were first brainstorming about the ensemble. With all of the programs and events they promote each semester, we figured that the Women's Center would offer an array of opportunities for collaborating with the ensemble. We're interested in helping organizations who seem to be making a difference on campus. Their mission,

"to promote gender equity for students, faculty and staff," is something we believe in. It seems like an obvious choice. Theatre is a powerful medium. Why not underscore their efforts with what we do?

This semester, the Ensemble is planning to work along side the Women's Center to create a short play to discuss gender bias in language and modern speech. We're still in the early brainstorming process, but one idea Women's Center staff member Emily Sly had was to adapt a portion of Gerd Brantenberg's novel *Egalia's Daughters*. The novel creates a world where among other things, modern language biases are turned upside down. Whatever we decide on, the Ensemble aims to create an entertaining show that will help initiate conversations about equity in language. We want it to be engaging, fun, entertaining, and most of all challenging.

Once you assume that someone else's experience is less important than yours, you have taken the step necessary to making them an object, and you have taken the first step to oppress them. Thus, oppression doesn't begin with an action but with an attitude.

-Paulanne Balch

New Women's Center Staff

My name is Angie Williamson. I am from Twin Falls, ID and am 24 years old. This is my second attempt at college. This time I'm a little more dedicated and definitely more mature. I am majoring in Chemical Engineering, and attempting a minor in microbiology.

Visiting the Women's Center has always made me feel accepted and valued ... very warm and fuzzy. Now, while working at the Women's Center I would like to research health care options for women on the Palouse, mostly emphasizing those yearly check ups.

My name is Norma Madrigal and I'm the first generation to come to college in my family. This is my second year at the University of Idaho where I'm getting a degree in Business. This is also my first semester working at the Women's Center. Currently I am working on Celebrate your Body Day. I really like this project because it is exposing me to many things I never thought of.

Director's Peace

by Kari Galloway

I have so many things racing through my head as I write this, in my last few months as Interim Director for the Women's Center. What's the best way to sum up this wild ride? How can I properly express my gratitude for the opportunities, friendships and outrageous fun I've had this last year?!! Okay, so it hasn't all been fun, but the majority of the experience has been overwhelmingly rewarding and even the rocky parts of the road have taught me much.

I have been blessed to work with some fabulous women including some amazing work study folks in addition to the excellent permanent staff here at the Center. Jill,

We have the knowledge, the tools and the people power to make a difference.

Emily, Lori, Tammy, Cheri, Amy, Candy, Diana, Angie, Norma, Jessica and Emilie,

you have done so much for the Women's Center and I know will continue to do good work here and wherever else your paths lead. You are a delight to work with and a constant source of inspiration and energy!

My colleagues here at the University of Idaho made me feel welcome and a part of the team from the start. You filled in the gaps and helped me hit the ground dancing! The bridges we have built and the collaborations that have helped make all of our programs stronger are a testimony to your commitment to our collective mission and to our students.

STUDENTS, you make this job a place I want to be every day (with the occasional day off here and there!). You are the reason we are here. I continue to learn so much from all of you. Never be afraid to ask questions and expect answers. Keep knocking until the door opens! This is a great time in your life. Get all you can out of it. Remember how important you are to this world. You are the future. Believe it.

We have a lot of work to do. My time here has taught me that we need to define our purpose, remember our past and work hard to build a better future. We have the knowledge, the tools and the people power to make a difference. Don't just take up space on this planet. Be a force for good. Be the change. Never stop learning!

Mentoring Women at the University of Idaho

by Dianne Mallory

Are you a good listener? Do you enjoy helping others by sharing experiences and discussing life's adventures? Then you may want to become a mentor. Mentoring provides a positive opportunity to pass on experience to another woman going through transitions in her life as she enters college or prepares for a career.

Are you an undergraduate or graduate student that would like to learn about, and benefit from, another woman's life and career experiences? Mentoring Woman at the University of Idaho is a new program intended to encourage women to follow their dreams by providing them with information, encouraging their potential, and enhancing their self-confidence through a personal relationship.

Mentoring can be a fun experience that fits into busy lives. Mentors and mentees can meet for lunch, at coffee breaks, or go for walks together. All women in the community are welcome to join. For more information, please contact the Women's Center or Mallory at mall7242@uidaho.edu. Please share information about this opportunity with you friends and colleagues.

Honor Those Who Live MLK's Vision

The Dr. Martin Luther King, Jr. Distinguished Service Awards honor community members who embrace and practice the principles of unity, collective work and responsibility, purpose and self-determination espoused by Dr. King. This year, among those honored from the Moscow/University of Idaho community were some very good Women's Center friends.

Dr. Debbie Storrs from the Department of Sociology was awarded not just for her teaching, advising and work developing the Diversity Certificate program, but as her nomination states, "she has set a new standard for going above and beyond in supporting your own ideals and is a constructively critical voice for almost every diversity happening at the U of I."

Francisco Salinas, energetic Director of the Office of Multicultural Affairs, was captured by one nominator who says "with his seemingly inexhaustible energy, heartfelt compassion and steadfast vision for social equality and justice, Francisco has vitalized and renewed all those around him to reach out to improve our community."

Dianne Mallory, graduate student and chair of the UI Women's Community Coalition (WCC), last spring started a Women's Mentoring Program here. Dianne believes that "mentoring is a way we can help others discover and live their dreams, while learning more about ourselves."

Evelina Arevalos, an undergrad and office assistant in the Office of Multicultural Affairs, was praised this way, "I continue to be summarily impressed by her commitment, ability and her tireless efforts to give her time to diversity efforts at the University Of Idaho."

Congratulations to these and all of the other award winners for their important work and their passionate commitment to making this a better world for all of us. You make us proud!

Our lives begin to end the day we are silent about things that matter.

-- Rev. Dr. Martin Luther King Jr.

Greetings from Bangladesh

A year passed this January since I left the UI for a fellowship in Bangladesh. What a year this has been. And, it is not over yet.

I am assigned to work with the US Agency for International Development (USAID), which is the organization of the US government that provides development assistance to poorer countries around the world. USAID provides money for projects in health, education, economic development, natural resources, and promoting democracy and good governance. Some of the projects we fund include working with sex workers, garment workers, small enterprise development, women's political participation, HIV/AIDS, human rights, polio eradication and anti-trafficking projects.

The work I was asked to do involved looking at each sector program in USAID/Bangladesh to see how women and men were involved or included. The intent was that I would increase the knowledge, skills and abilities of staff to analyze gender issues.

I've created a gender team that currently has 16 members. A short list of the things that we've taken on includes publishing a gender newsletter, being interviewed

for an article in Monday Developments magazine and revising and tailoring a gender audit process that we hope will be replicable by other missions around the world. The mission has also approved a full time gender advisor position to begin following my fellowship.

There have been so many rewards to the fellowship and the work. I have met many amazing people who are committed to gender equity and improving the condition of women and men in Bangladesh. It is beyond inspiring to see the efforts of so many people, in spite of huge odds.

I will look forward to getting back to UI and seeing the many friends I have in Moscow. I miss you all and hope you are well and happy. And, of course, I hope you are working to make sure we continue to have an open, free, and democratic country that guarantees rights to all citizens. I watch as Bangladesh struggles with its own democratic process, fighting corruption and violence and independent only since 1971. There is work to do in every country to ensure that democratic rights and privileges are not taken away, including our own.

Take good care and stay healthy. Best regards to all.

Jeannie Harvey

Women of Color Alliance (WOCA)

by Noemi Herrera

Women of Color Alliance (WOCA-UI Chapter) has an exciting spring semester planned. These plans include working together with Feminist Led Activist Movement to Empower (FLAME) to create awareness about the "s-word." Native Indigenous People have been trying to remove the word "squaw" from different place names in Idaho. We've created a campaign to encourage Merriam Webster's dictionary to add an additional definition of the "s-word." We would like the definition to reflect the word's true meaning, which is offensive. There will be letters available at "The Vagina Monologues" and at the Women's Center for you to sign in support of this change.

This semester we will also be viewing and discussing documentaries relating to women's issues, such as Female Genital Mutilation. We want to design a web page that will include issues such as women's health, politics, or anything the group is interested in. In addition, we are thinking of bringing in a slam poet. If you are interested in being a part of WOCA, please contact Noemi Herrera at herr8403@uidaho.edu or call the Women's Center 885-6616.

Welcome to the Zen Meditation Club

by Shu-Li Wang

The UI Zen Meditation Club was organized in September 2003 by several graduate students who practice meditation individually and want to share their knowledge on Zen meditation with other students and members in the UI campus and Moscow community.

Zen (Chan in Mandarin Chinese) Buddhism meditation is the practice of mindfulness and selflessness. Through principle and practice Zen Buddhism meditation helps one to become more aware of one's surrounding, more focused on everyday tasks, and feel more at peace with oneself and others.

As the saying goes "Zen is not established on words and language," the practice of meditation and the application of what one learned from the effect of meditation in daily activities are the two things we hope members of the Zen Meditation Club could learn during our weekly meeting/practice.

This semester we meet every Monday from 4 pm to 5 pm at the Panorama Room (4th floor) in the Commons. We invite you to join our weekly practice or come and pick up some booklets to read.

March for Women's Lives, April 25th Washington, D.C. -Take Your Voice to the Streets!

On **April 25, 2004** what promises to be the largest demonstration in support of reproductive freedom in American history will take place in Washington, D.C.

Why should we go to the streets? To find our voices. To protect our bodies. To reclaim the rights of our sisters, our daughters and our granddaughters. We will be seen. We will be heard. Two delegates, Emily Sly and Lori Van Buggenum, will be attending the march, thanks to the generous assistance of Moscow National Organization for Women (NOW) and other supportive individuals. They will be representing Idaho and Moscow NOW chapters at this historic event.

Would **you** like to **join** the **March**? The Idaho Women's Network (an amazing coalition of organizations united to promote women's efforts and influence policymakers on a broad range of issues that impact Idaho women and their families-whew!) is in a position to help out participants financially to join the March on Washington, DC. Limited funding is available to help as many people as possible offset some of their expenses. Also, if you are in a position to help out another participant join the march, please let us know (money, frequent flyer miles, etc).

Wendy Morgan, Community Organizing Director with IWN in Boise will be in Moscow at the Women's Center on **Thursday, March 11** for an informational meeting. If you're interested in going, contact us for the details of her visit.

IWN will make all decisions on funding recipients by **March 31st**. Try to be resourceful when assessing your needs so we can send as many Idaho delegates to Washington as possible. Also, please keep in mind that we are doing this to involve activists in a historical event and to encourage people to remain involved in progressive causes in their communities after they return .

Events, Lectures, Discussions

Spring 2004

Thursday, March 4

Celebrate Your Body Day. Informational Table, Smash that Scale, Snacks, Screening for Eating Disorders. See related story on page 5. UI Commons, 10:30-2:30.

Thursday, Friday,
Saturday, March 4,5,6

Vagina Monologues, Administration Auditorium

Pre-show Entertainment—7:00 p.m. Performance—7:30 p.m.

Monday, March 8

International Women's Day. Phyllis Van Horn, American Language and Culture Program, will read poetry by Middle Eastern women from a diverse range of nationalities. Peri Kochman, a native of Turkey, will furnish sumptuous baklava for us to sample. WC, 12:30 p.m.

Tuesday, March 23

Historical Idaho Women. Kathy Aiken, History Department Chair, will share little known deeds of Idaho women in politics and their contributions to Idaho's history. WC, 12:30 p.m.

Thursday, March 25

Motorcycle Mamas. Rose Graham and other members of the Satin Wheels Motorcycle Club will be on hand to discuss some of the finer points of maintaining a feminine image while seated behind the throttle of a motorcycle. WC, 12:30 p.m.

Friday, March 26

Vandal Friday Open House. You are invited to our Open House! Stop by for refreshments and learn about the services and resources available at the UI Women's Center. 2-4 p.m.

Thursday, April 1

Introduction to Backpacking Clinic. Want to try backpacking but unsure how to go about it? We'll help you decide what gear to bring and how to pack it all in one place! WC, 4:30 p.m.

Friday-Sunday,
April 2-4

Spring Fling. Skiing, backpacking, camping, who knows?!! Trip location dependant on weather. Cost based on what we do, but inexpensive. Call to sign up. Pre-trip meeting before.

Sunday-Friday,
April 4-9

Writing on the Wall Project. Symbolic project to confront issues of awareness, oppression and discrimination by building an actual wall outside the UI Commons. Friday afternoon, watch the wall come tumblin' down!

Monday, April 5

Women's Health Series. Gayle Eversole, health practitioner, educator and holistic counselor. Topic: Aromatherapy. WC, 1 p.m.

Tuesday, April 13

Seasonal Affective Disorder. Sharon Fritz, UI Counseling and Testing Center, will discuss how the seasonal changes can cause mood swings and depression—and not just during the winter. WC, 12:30 pm.

Thursday, April 22

Medicine for the Earth. In celebration of Earth Day attend this presentation highlighting Sandra Ingerman's book, *Medicine for the Earth - Transforming Personal and Environmental Toxins*. Cindy Carlson, who has trained with Sandra, will facilitate this event. WC, 12:30 pm.

Saturday, April 24

Spring Forward Women's Center 5K Fun Run. Run, walk or stroll to campus for our 7th annual fundraiser. Registration accepted until 7:30 a.m.

Wednesday, April 28

Mindfulness Based Stress Reduction. Deanna English, Gritman Medical Center Massage Services Coordinator invites you to move toward greater balance, control and participation in your life. WC, 4 p.m.

Thursday, April 29

30th Anniversary Dessert and Wine Gala Fundraiser. Help us celebrate 30 years of working for gender equity on campus. More details on pg 2. 1912 Building, Moscow, 6:30-9:30 p.m.

Friday, April 30

30th Anniversary Open House. Features many people who were instrumental in creating the Conciliation Agreement signed on May 8, 1974. See related article on page 2. WC, 12-4 p.m.

Saturday, May 1

Outdoor Yoga Clinic. More details to come! 12-2 p.m.

Monday, May 3

Women's Health Series. Gayle Eversole. Topic: Kahuna Healing Treatments. WC, 1 pm.



University of Idaho

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Join our list serve

We have a list-serve for those of you who would like to get our newsletter online and/or receive e-mail updates about upcoming events or programs. This list serves several purposes, not the least of which is saving us money on printing, paper and mailing.

Please go to <http://www.lists.uidaho.edu/mailman/listinfo/wcenter-list> to sign up to receive e-mail updates. Also, current and past newsletters are available on our new website at www.webs.uidaho.edu/womenscenter.

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

Call 883-HELP or 332- HELP.

If you have announcements or information you would like to have included in future 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.