

Exploring Your World, Charting Your Future

Women's Center Zine

a.k.a. the newsletter

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WOMEN'S CENTER STAFF

Director	Jeannie Harvey
LGBT Program Advisor	Rebecca Rod
Administrative Assistant	Lysa Salsbury

The Center is also run by volunteers, interns, and work study students. If you'd like to get involved, please visit the Women's Center, Memorial Gym Room 109.

P.O. Box 441064
Moscow, ID 83844-1064
208.885.6616
www.uidaho.edu/womenscenter

Mission Statement

The Women's Center supports students, faculty, and staff at the University of Idaho in striving for gender equity on campus. Since 1972, the UI Women's Center has offered programs, services, and activities that educate, financially support, and help solve real problems to reach equity. Because equity is about all people, our services are provided for everyone in a safe and supportive environment.

Why a Women's Center?

Women's Centers exist because gender equity has still not been achieved in any country around the world. Women still earn less than their male peers, and women of color face an even larger pay gap. Women earn fewer graduate degrees than men and hold only about 26% of tenured faculty positions on American campuses. Violence targeted against women is rampant in America, with more than half a million women reporting assaults by intimate partners, and four women dying each day as a result of domestic violence. We still have lots of work to do!

Disclaimer

The views contained in this Zine are not necessarily those of the University of Idaho Women's Center or the University of Idaho. The contents do not reflect the views, opinions, or policies of the University of Idaho or any of its subordinate organizations. The appearance of hyperlinks does not constitute endorsement by the UI Women's Center of any organization with which it is affiliated.

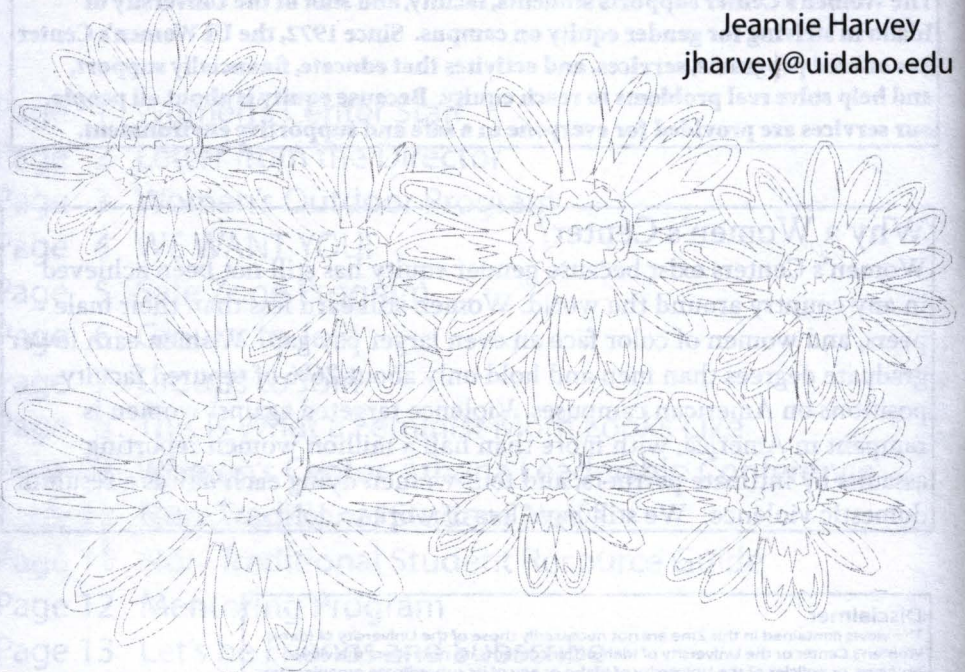
A LETTER FROM THE DIRECTOR



Hi, all!

Welcome to the University of Idaho, or welcome back to those of you returning! We've had an eventful summer of planning and changes. The Women's Center is incredibly excited for the 2007-2008 school year. Amy Sharp, our Program Advisor, has taken a new position at Washington State University. We wish her luck with her new endeavor, but we'll miss her! This year, we're very excited to host the first Women's Center - Athena Leadership Conference, on Friday, October 19. There will be a free lunch for those who register early. But even if you miss the lunch, you can still register to hear great speakers and participate in many workshops and discussion panels. All for free! Check out our website for updates on this upcoming event. We always have a number of volunteer opportunities for those of you looking for a project to work on. And please remember that we have comfy couches in our lounge, a fridge, a microwave, and computers available for your use, so you can make the Women's Center your home on campus. Hope to see you around!

Jeannie Harvey
jharvey@uidaho.edu





WOMEN'S OUTDOOR PROGRAM

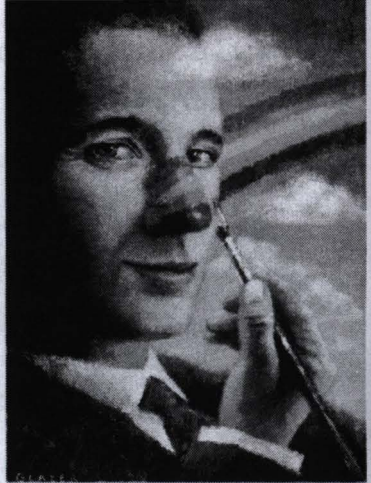
IT'S GOOD FOR THE SOUL

- Hiking
- Kayaking
- Climbing
- Camping
- Snowshoeing
- Ropes Course

womenoutdoors@uidaho.edu
Free Women's Climbing Night
at the Student Rec Center
Wednesdays at 9:00 pm

GLBT PROGRAMS WE WANT YOU!

Calling all GLBT students, friends, and allies! The 2007-08 academic year is about to begin and we are looking for a few good folks to be involved in our various programs and events. Our success depends on your input!



Safe Zone Program

The mission of Safe Zone is to help make the University of Idaho a safer and more welcoming place for GLBT students, staff and faculty. You can be a volunteer for the program or you can earn academic credit as a student intern. We will train you to give presentations to campus groups about GLBT issues, you can help create and organize campus GLBT events, or you can work "behind the scenes" keeping our website up-to-date, designing and compiling surveys and data helpful to the program, or doing publicity/public relations media design work. The possibilities are endless!

GLBT Work/Study Job

This is a position at the Women's Center that specifically supports GLBT programming and the GLBT Program Advisor. You would be involved with Safe Zone and other GLBT programs, but this is a paid position for a person who has qualified for work-study.

Our fall programs and events will take shape as we begin in August, building on the programming successes of last year. To name just a few:

- **Lavender Lunch** – our weekly gathering with free food for GLBT- friendly folk will continue on Thursdays at 12:30 pm in the Women's Center lounge.
- **Safe Zone Program** training presentations will again be offered to interested departments, housing groups, classes, etc.
- **National Coming Out Day** – put it on your calendar – this year is Thursday, October 11. We will likely have another Ally Fest in the Commons Plaza, since it was so successful last year, and additional events in support of that theme during the week.

So, if you are interested in being an intern, a work/study student, or a volunteer for any of our 2007-08 GLBT programming, please contact me, Rebecca Rod, at the Women's Center. My email is: rebeccar@uidaho.edu, phone: 885-6616. I'm looking forward to another year of growing good programs for our GLBT campus community!

SAFE ZONE PROGRAM



Helping create a supportive and visible network of GLBT Friends, Allies, and Advocates

What is a Safe Zone?

A Safe Zone is a place where everyone is made to feel welcome, included, supported, and valued.

Safe Zone programs promote the understanding and inclusion of gay, lesbian, bisexual, transgender people on campuses nationwide.

History of UI Safe Zone

The University of Idaho Safe Zone Program was launched in August of 2003. The Program is a collaboration of the Juntura Committee, Gay Straight Alliance, Women's Center, Counseling and Testing Center, Office of Diversity and Human Rights, Dean of Students Office and Office of Multicultural Affairs.

UI Safe Zone Program

Safe Zone 101 - Friend

Basic overview of Safe Zone, available to groups, classes, and more. Fifteen to thirty minutes in length.

Safe Zone 201 - Ally

Training sessions that address GLBT concerns in more depth, appropriate language, terminology, issues of homophobia and heterosexism, and more. One to two hours in length.

Safe Zone 301 - Advocate

Advanced training that includes research and advocacy.

Want More Info?

UI Safe Zone Program
University of Idaho
Women's Center, Memorial Gym Rm. 109
P.O. Box 441064 Moscow, ID 83844-1064
208.885.6616 or safezone@uidaho.edu
<http://www.uidaho.edu/safezone>

Internships
with
Safe Zone
available now!

Women's Center Groups

Women's Outdoor Programs

The perfect chance to get outdoors. This year, go back-packing, kayaking, do a ropes course, or possibly even trek through Nepal! Also, there is a free Women's Climbing Night at the Student Rec Center on Wednesdays at 9:00 pm for women interested in climbing. Contact Mike Beiser at mike@sub.uidaho.edu or 885-6810 with questions about the Women's Outdoor Programs or Women's Climbing Night.

Starting this fall, the non-traditional student group SOURCE is hoping to meet regularly at the Women's Center. We're also planning to start a monthly non-trad student luncheon in the WC lounge. Join this new student-led group! Their goal is to find ways to support non-trads and to mentor each other. Don't know if you're a non-traditional student - come find out! Contact Lysa Salsbury at lsalsbur@uidaho.edu.



FLAME: Feminist Led Activist Movement to Empower, a student-led group that promotes gender equity and develops programs to stop violence against women. FLAME meets on Thursdays at 5:00 pm in the Women's Center. For more information or to join, contact Whitney Chapman at chap8063@vandals.uidaho.edu.

Safe Zone is a project to raise awareness of and support for GLBT students, faculty, and staff. Members of Safe Zone respond to requests by individuals, living groups, faculty-classes, and campus offices for training in being allies and advocates. Contact Rebecca Rod at rebeccar@uidaho.edu for more information.

UI VOX (Voices of Planned Parenthood) exists to educate the university community about reproductive health rights, to translate increased awareness into pro-choice activism on campus, and to serve as a coalition partner to state, national and international reproductive rights efforts. For more information on how to be involved, contact Maria Tribelhorn at trib1731@vandals.uidaho.edu.

er S to Join

BITF (The Body Image Task Force) takes on issues of body image, eating disorders, and women's image in film and the media. To get involved, contact Cheryl Rose at cherylrose@vandals.uidaho.edu.

The Women's Center hosts regular art showings with openings for individual artists. Women's Caucus for Art is a local group of women artists dedicated to providing women with a strong, enduring support system as they pursue the arts. E-mail palousewca@yahoo.com for more information.

WOCA (Women of Color Alliance) - The UI chapter of this statewide organization honors cultural diversity through mutual support, leadership development, and empowerment of women of color. Contact: Amy Hernandez at ahernandez@vandals.uidaho.edu.

The Dissertation Divas is a group that meets weekly at the Women's Center to support women working on the dissertation writing process. Contact Jeannie Harvey at jharvey@uidaho.edu for more information

The Women's Mentoring Program this year will once again be run by an AmeriCorps member serving through the Women's Center. We will offer mentor training, mentee assistance, and joint receptions at the Women's Center for all participants. Call 885-6616 or e-mail us at wcenter@uidaho.edu for more information on how to sign up.

The Gay Straight Alliance (GSA), a student-led group to promote awareness and education for gay and lesbian students, allies, and families, strives to encourage individual growth and understanding by improving visibility and providing support for gay, bisexual, and transgendered people and their allies. Contact alliance@uidaho.edu for more information.

For more information www.uidaho.edu/womenscenter

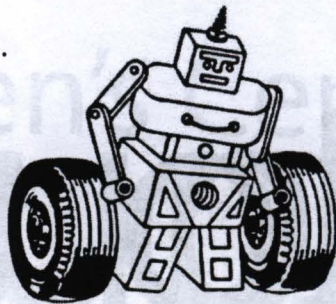


This Is What a Feminist Mom Looks Like....

As a new mother grappling with the overwhelming and life-changing event that had just taken place – the birth of my first child – I struggled to reconcile my preconceived expectations for that frustratingly elusive “blissful state of motherhood” with a barely perceptible but nevertheless very real feeling that somehow it all just wasn’t quite fair. Throughout my pregnancy, I had consistently fought the uncomfortable sensation of feeling vaguely invaded – disappointingly, I experienced none of that inner radiance and rosy glow that my pregnant peers so joyfully exuded in our pre-natal yoga classes. And the feeling only intensified as I gradually gave over not only my entire (night and) day, but my very being, to the care of my infant daughter. I gave up work and stayed at home with our baby while my husband relentlessly continued his quest for a PhD. The subtle but growing resentment I felt at this self-induced sacrifice was compounded further by the arrival of our son two years later. I was torn between a fierce desire – a primal need, even – to be with my children, and a simultaneous dissatisfaction with what I regarded as my own personal stagnation during this supposedly precious time. These conflicting emotions raged within me for years, as I delighted in my children’s growth into happy, healthy, mischievous kids, and at the same time felt as if I were hammering the final nails into the coffin of my own personal and professional growth. And it wasn’t just the lack of cerebral stimulation I missed. I gradually – albeit reluctantly – became accustomed to continually putting myself last, to pushing my needs to the back of the line in order to attend to those of my young family.

For the most part, I dealt privately with my secret guilt at these profane thoughts, save for the odd hysterical meltdown in front of my bewildered but understanding partner-for-life. I asked myself daily, how could I possibly resent being a mother? What kind of callous, cruel-hearted creature was I not to find utter contentment in the day-to-day routine of mothering? I felt like some kind of monster, and related these feelings to no-one but my closest and most trusted friends.

In June 2006, I attended the annual NWSA (National Women’s Studies Association) conference in Oakland, CA. One of the plenary speakers was Andrea O’Reilly, founder and director of the Toronto-based Association for Research on Mothering (ARM). She spoke eloquently and emphatically of the patriarchal institution of motherhood as a socially oppressive identity and role, and challenged the audience to seek to identify a more empowering dimension of mothering. The thunderbolt of realization struck, and a tremendous

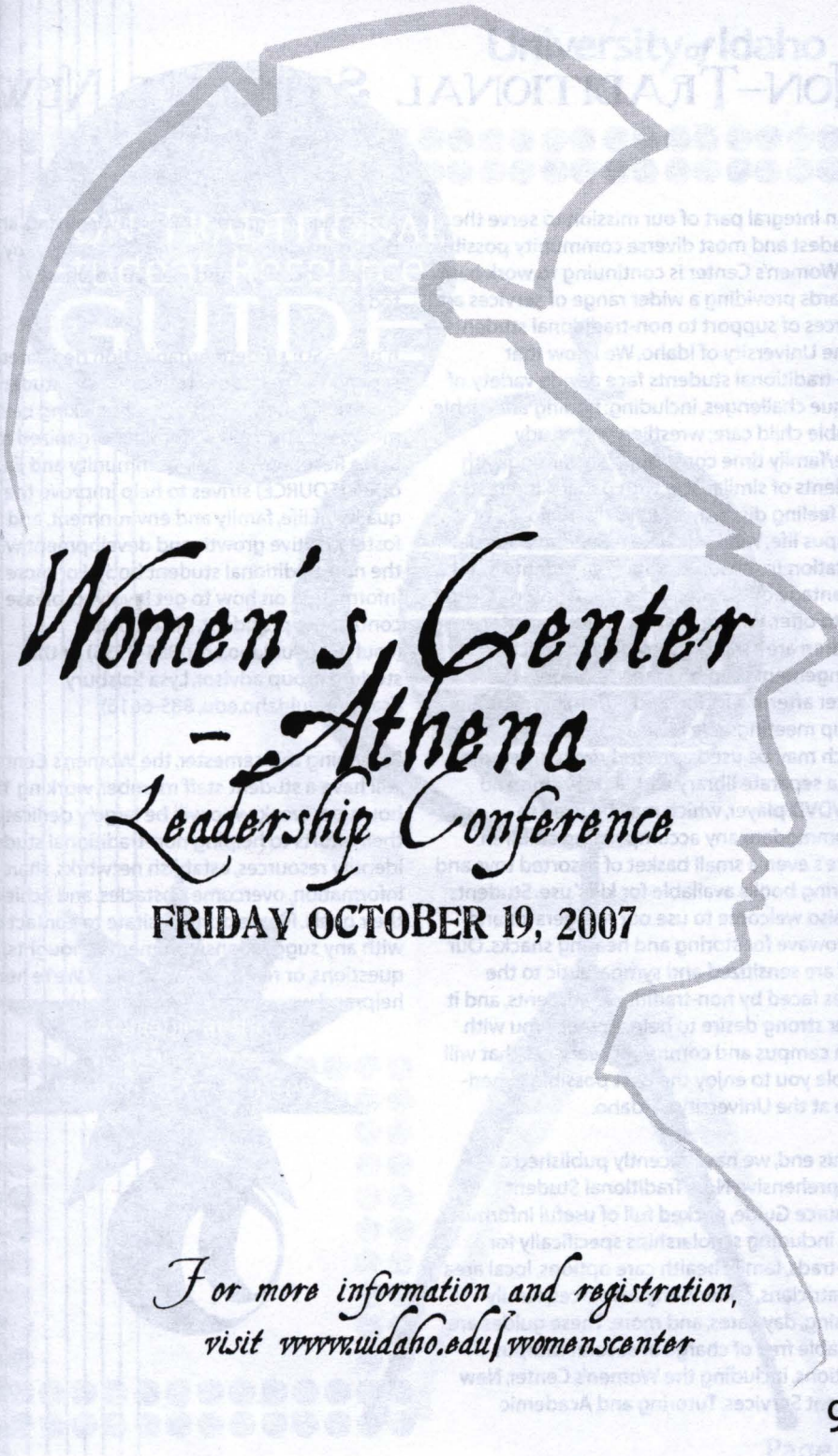


weight simply melted from my heart and conscience. I wasn’t the only one! Other women felt as I did, other mothers who were terrific nurturers and caregivers, also felt emotionally stifled and professionally stunted with their (largely societally-imposed) role as mothers. Ms. O’Reilly’s searingly frank and personal talk opened up a brave new world for me, a world where I have come to realize the importance of living my experience of mothering in a way that also stimulates my own growth and learning, and of teaching my children not to perpetuate those same patriarchal conventions to which I had so unwittingly fallen prey. I have the blessed good fortune to have tied my future to that of a man who in many ways is more of a feminist than I am, and together we have committed to raise our children in keeping with the (un)conventions of empowered mothering. Our five-year-old son takes his turn to do the dishes, makes his own bed, and occasionally dresses up in princess costumes to play with his older sister. Our eight-year-old daughter is now a fierce defender of women’s rights, and constantly upbraids her teachers for saying “guys” to a mixed-gender classroom. Her fervor backfired on her the other day when she asked her best friend if she was a feminist. Her friend replied that she didn’t know what that meant. “It’s when you believe that women can do anything that men can,” my daughter explained. “In that case,” her friend replied, “I must not be a feminist. ‘Cause my dad can whistle really loudly, and I can’t whistle at all!”

In any case, my daughter has learned that you don’t need to be able to whistle to be strong and deserving of expressing your own opinions and getting your needs met. And I’ve learned that the only way to be the best mother to my children that I can possibly be is if my needs are met, too. In sweeping aside the rigid rules of patriarchy’s ideal of motherhood, I have begun to discover the lived – and infinitely more rewarding – experience of mothering.

Lysa Salisbury
lsalsbur@uidaho.edu

For more information on ARM, see
<http://www.yorku.ca/arm/>



*Women's Center
- Athena
Leadership Conference*

FRIDAY OCTOBER 19, 2007

*For more information and registration,
visit www.uidaho.edu/womenscenter*

NON-TRADITIONAL STUDENT NEWS

As an integral part of our mission to serve the broadest and most diverse community possible, the Women's Center is continuing to work hard towards providing a wider range of services and sources of support to non-traditional students at the University of Idaho. We know that non-traditional students face a wide variety of unique challenges, including: finding affordable, reliable child care; wrestling with study time/family time constraints; socializing with students of similar age with parallel interests; and feeling disconnected to the majority of campus life. We would like to extend a special invitation to all non-traditional students to take advantage of the resources the Women's Center has to offer. We are a family-friendly center – children are always welcome, and special arrangements can be made to reserve the center after-hours for study groups, or student group meetings. We have a comfortable lounge, which may be used as a study/meeting room, and a separate library with a television and VCR/DVD player, which may be used to accommodate any accompanying children. There's even a small basket of assorted toys and coloring books available for kids' use. Students are also welcome to use our refrigerator and microwave for storing and heating snacks. Our staff are sensitized and sympathetic to the issues faced by non-traditional students, and it is our strong desire to help connect you with both campus and community services that will enable you to enjoy the best possible experience at the University of Idaho.

To this end, we have recently published a comprehensive Non-Traditional Student Resource Guide, packed full of useful information, including scholarships specifically for non-trads, family health care options, local area pediatricians, community resources, family housing, day cares, and more. These guides are available free of charge at several campus locations, including the Women's Center, New Student Services, Tutoring and Academic

Assistance Programs, University Housing, and the Counseling and Testing Center. Stop by one of these locations and pick up your copy today!

A new ASUI student organization dedicated to serving the needs of non-traditional students has also formed, and is actively seeking new members. The group, Students Organized to Unite Resources for our Community and Each other (SOURCE) strives to help improve the quality of life, family and environment, and foster positive growth and development within the non-traditional student body. For more information on how to get involved, please contact the president, Mike Coulter (coul1622@uidaho.edu, 885-7535) or the student group advisor, Lysa Salsbury (lsalsbur@uidaho.edu, 885-6616).

Beginning this semester, the Women's Center will have a student staff member, working 10 hours per week, who will be largely dedicating their efforts to helping non-traditional students identify resources, establish networks, share information, overcome obstacles, and achieve their goals. Please don't hesitate to contact us with any suggestions, comments, thoughts, questions, or needs you may have. We're here to help, and we want to hear from you!



NON-TRADITIONAL
Student Resource
GUIDE

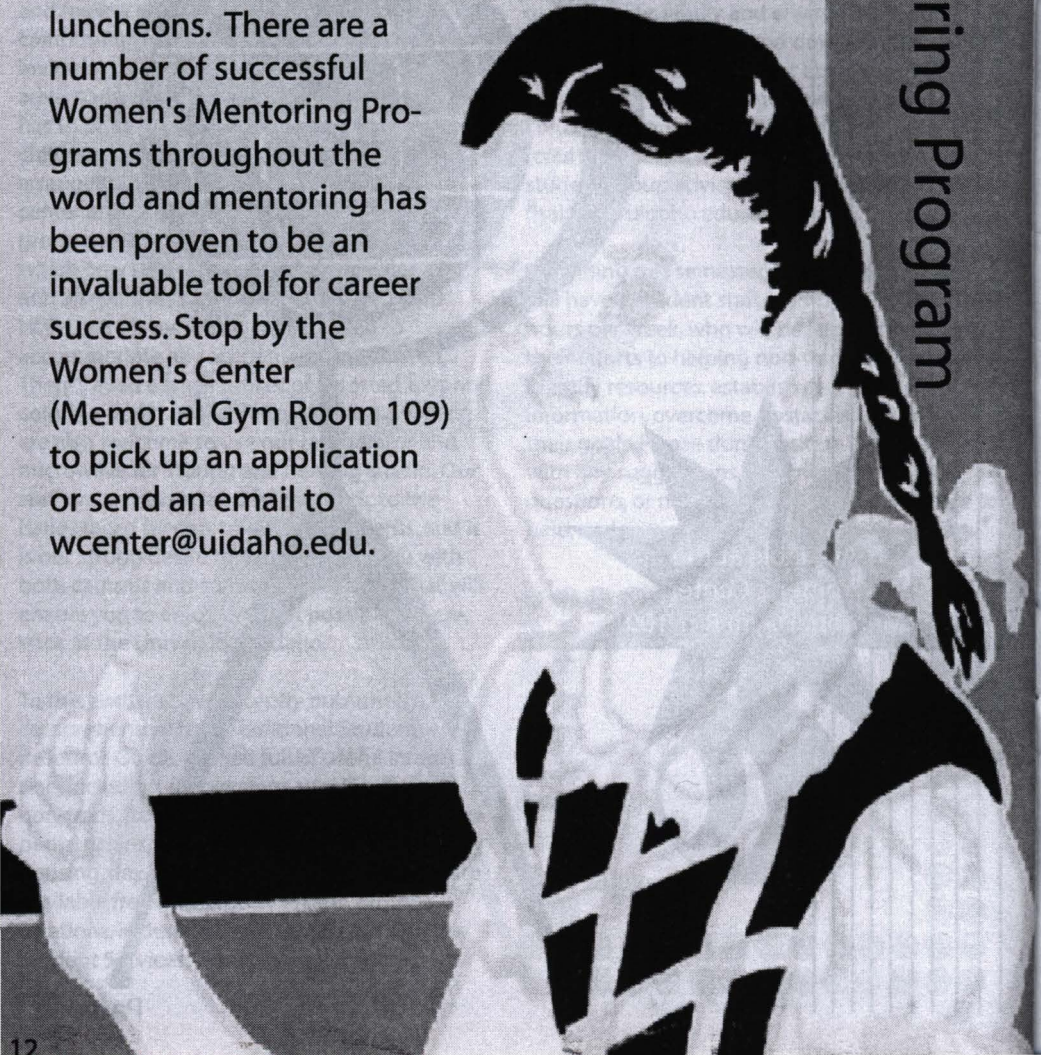
Available at the
Women's Center
Memorial Gym Rm. 109



Women's Center Mentoring Program

The University of Idaho Women's Mentoring Program connects undergraduate level women one-one-one with a mentor (a more experienced undergraduate student, graduate student, staff, or faculty member) who strives to provide them with personal, academic, and professional support, guidance and encouragement. In addition to the one-on-one relationship, all participants will be strongly encouraged to participate in Women's Center activities and to attend informal luncheons. There are a number of successful Women's Mentoring Programs throughout the world and mentoring has been proven to be an invaluable tool for career success. Stop by the Women's Center (Memorial Gym Room 109) to pick up an application or send an email to wcenter@uidaho.edu.

Women's Mentoring Program



Join FRIENDS OF UI WOMEN'S CENTER!

Join others in supporting the UI Women's Center scholarships and programs. The UI Women's Center has a long tradition of supporting women students through scholarships, programs, space for meetings and study, and friendship. Even if you can't make some of the programs or participate in a student group, you can become a friend of the Women's Center through your generous assistance. There are a number of ways you can be a friend.

- Volunteer. The Women's Center hosts a number of annual events (LunaFest, WomensWorks Holiday Art Fair, Step & Stroll Competition, and the Virginia Wolf Distinguished Service Awards, which all utilize volunteers. These are fun events, and you get to meet really cool people! We also need contributors for our Zine.
- Join AmeriCorps. You can serve as an AmeriCorps member and work at the Women's Center.
- Make a donation. You can donate to a variety of programs and projects:
 - WomensWorks: This annual art fair raises money to support an equity scholarship.
 - Step & Stroll Competition: This program raises funds for a diversity scholarship.
 - LunaFest: A women's film festival benefiting the Breast Cancer Fund.
 - Burlison Fund: This fund supports activities for LGBT students and programs.
 - Research grants: We award grants to undergraduate students each year to travel to professional and academic conferences and present papers.

Your donations assist students in many ways. With your help, we are able to give students more ways to fund their education, to gain professional experiences, and to be successful. Thank you for your support and for being a good friend.

How to give:

Go to our web site: www.uidaho.edu/womenscenter and under the "Donations" heading, click on the "Here" hyperlink to go to the Give to UI page. Select "other"; type in "Women's Center"; and specify one of the above programs. This is a secure site.

Send a check, payable to Friends of the Women's Center, to: UI Women's Center, Campus Box 1064, Moscow, ID 83844-1064.

So you read your first issue of the Women's Center Zine (a.k.a The Newsletter) and you want more of this sweet stuff...

Add me to your email list.
Email:

Add me to your newsletter mailing list.
Name:

Address:

City: State: Zip:

We are excited to have you on board with us. Please tear this puppy out and mail to the Women's Center P.O. Box 441064 Moscow, Idaho 83844-1064. If you don't want to wait on snail mail, email us at wcenter@uidaho.edu.

Take me off this crazy ride.

Remove me from your email list serve.
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Address:

City: State: Zip:

Please email or mail us your info to: wcenter@uidaho.edu or Women's Center P.O. Box 441064 Moscow, Idaho 83844-1064. Subject Remove.

**University of Idaho
Women's Center
P.O. Box 441064
Moscow, ID 83844-1064**

Memorial Gym Room 109, www.uidaho.edu/womenscenter, wcenter@uidaho.edu