Just last fall, I saw a flyer at the Women’s Center calling for women who had survived sexual abuse or assault and were interested in forming a theater group. This group was to become The Transformations Theatre Project. No stage experience was necessary, however the goal of the group was to create a performance that would speak the truth about surviving sexual abuse and violence. In particular the entire script was to be created and performed by survivors.

My choice to answer the flyer was based on three things: one, survivors of sexual abuse and assault are seldom allowed to contribute to the public discourse; two, currently the social environments in most of the world actually encourage sexual abuse and assault; and three, these two phenomena aren’t coincidental. The way a person or group is represented in their culture has significant impacts on self esteem and how others will treat them. This is so even for the most non-conforming among us. We are social animals; it’s what saves us from being purely selfish.

Yet this human need for social interaction is also a vulnerability; it makes us susceptible to social coercion. Cultivating anti-social behaviors like pessimism and apathy are common means of coping with this vulnerability but these are poisons to the heart and mind that host them. So how do we protect ourselves from social coercion, so rampant in a culture by and for predators, without sacrificing our inclination to connect with each other, our saving grace? I believe the best way to protect ourselves from the insidious effects of being constantly exposed to a mass produced, predatory culture is to form communities and cultures by and for ourselves. Women and survivors need communities where we can analyze and refute the toxic messages that are launched at us every day from the larger mass produced culture, where we can speak freely about our experiences and support each other as we come to realizations that sometimes seem too overwhelming, where we can formulate better ways of acting and reacting than the stereotypes we have been prescribed, where we can feel engaged and integral and so abolish the notion that we’re worthless or next to it because of who we are or what we’ve been through.

I’m happy to say that I found such a community when I joined The Transformations Theatre Project. I’ve been blessed to be in this group, for here as part of this community of strong, courageous, creative women, I’ve done the most meaningful work of my life. Our performance of “Rescuing Persephone” is a benefit for the Women’s Center. I’m grateful to both Melissa Penley the woman who founded and directed the group and to the Cambridge Women’s Center and all the women here who make it a community by and for women.

- Amelia

Women’s Center Yard Sale!!
Saturday, June 27
10am-4pm
151 Appleton Street, Cambridge (intersection of Appleton Street, Huron Ave., and Vassal Lane).
A wide variety of really good stuff!
GET SOME GREAT BARGAINS and SUPPORT THE WOMEN’S CENTER!
Info: Susan 617-354-6394 x13. All proceeds go to the Women’s Center.

Appreciation~
The Transformative Theatre Project would like to thank our collaborating therapist, Marcie Mitler of Incest Resources, for her generous support and guidance throughout the course of the project. A donation has been made to the Women's Center in her honor.

The Transformation Theatre Project donated the proceeds of their “Rescuing Persephone” performance, totaling $623! Thank you so much!
Our Second Computer Lab is Open!

After months of grant writing, obtaining equipment, and room preparation, the Women’s Center has opened a second computer lab. The lab, which features five computers donated by the Harvard Art Museum, will add much needed capacity to the in-demand first floor computer lab. The computer room is located in the basement and provides a comfortable, quiet and safe place to use the computers. The Center now offers the upstairs computer lab which is wheelchair accessible and is located in the heart of the Center. In addition, the upstairs lab provides proximity to the kitchen, first floor bathroom, and back yard, as well as being close to the volunteer room for easy access to help and information! The downstairs lab offers a quiet space away from the bustle of the common area and will provide women with added privacy. The additional computer lab will allow the Center the space needed to provide basic Internet and computer training which we hope will help bridge the digital divide affecting so many women in our community.

Thank you to all of the many volunteers who made the dream of a second computer lab a reality. Without the dedicated help of many wonderful community members this would have never happened. In addition, The Agnes M. Lindsay Trust and the Sheila Gamble Fund gave us grants for the labs, the Harvard Art Museum contributed the computers, and Boston College and Massachusetts Lawyers’ Weekly donated desks and chairs, which were also crucial to creating the second lab. We are tremendously grateful to all.

The Center still needs to purchase an air purifier and tutorials on basic computer skills. We are also looking for volunteers to teach computer classes. To volunteer to teach a class or to make a donation please call 617.354.6394 or e-mail us at: info@cambridgewomenscenter.org. Both computer labs will be open six days a week and volunteers will be available to provide technology assistance.

Remembering Rose Dixon

Rose Dixon, MS, RNC, NP, PA-C, a long-time community member of the Women’s Center, spent most of her life working to help people with illness and disabilities. She started the “Women Maximizing Abilities Now” support group here at the Women’s Center and facilitated the group for many years. She did a terrific job, and was appreciated by all who met her. She stopped leading the group in the fall of 2007 because of health considerations.

Rose passed away this past January. Some of the people who knew her share how they remember Rose:

“I met Rose Dixon at the Women’s Center and was immediately drawn to her professionalism and knowledge about the many difficulties of living as a woman with a hidden disability. Her courageous humor led me on a wiser path to my own acceptance of my disability when I had all but given up to pain. Rose was my mentor, big sister, and I loved her very much.”

Lisa Murphy

“Rose Dixon was a very kind and thoughtful person, always looking after others, especially those with medical needs. She was very good at giving guidance and emotional support. Rose was the person whom you’d always remember by her smile and for her thoughtful, generous nature. She had a kind heart. She was a guiding light, a beacon of hope for all those who knew her. We will all sadly miss Rose.”

Karen H.

(Continued on Page 3.)
Surviving Tough Times Together

Happy Spring! Here we are again, and yes we are still here! We know we don’t have to tell you the harsh economic news; you see it broadcast everywhere and may well be experiencing the pinch yourself. As it is for many nonprofit organizations, this is a challenging time for the Women’s Center. Grant money is being drastically reduced, and individuals’ ability to donate is affected as well. This means a severe strain on our already bare-bones budget. Without a financial cushion, the Center is particularly vulnerable to the effects of the wavering economy.

Meanwhile, women need us more than ever. Job seekers, homeless women, women looking for a place to cook a meal or someone to talk to, and so many others, continue to find a haven at the Women’s Center, at a time when such welcoming, comforting, useful, and empowering places are increasingly difficult to come by. The Women’s Center is committed to providing more with less, stretching each dollar we receive. We’ve recently opened a second computer room, as you’ll read elsewhere in this newsletter – a boon to those women doing research, writing resumes, learning how to use a computer, or simply needing e-mail access. You can see from the monthly Calendar that activities and groups are thriving here. The Center is a crucial resource with an important and active place in the community. If you haven’t stopped by lately, we welcome you to visit, have a cup of tea, and check out the new computers or an intriguing-sounding group.

The Board of Trustees – ourselves volunteers and worried community members – constantly looks for ways for the Center to save money and to locate new sources of funding. That said, we need your help now as much as, if not more than ever. We really can’t do this without you. We are you. Your monetary donations, contributions of supplies and other wish-list items, and volunteer time are what makes the Women’s Center possible. In this difficult spring, we ask that you please give as much as you are able, to ensure that the Center will be here when women need it most, in both hard times and good ones.

With deep thanks,
Laura Cherry, Board of Trustees

Remembering Rose Dixon

Continued from Page 2

The following is excerpted from an article Rose wrote for the SmartNurse Advocate in December, 2000

When Illness Comes Calling ~ by Rosalene M. Dixon

Illness can often be called the “uninvited guest.” Whether it’s a brain disorder or another malady, how do we incorporate illness into the framework of our lives? No matter how unwelcome the “guest,” we, the hosts and hostesses, can benefit from getting to know the nature of our illness and shepherding “it” through our bodies, our relationships, and our daily lives.

Are your “guest’s” needs being met, so you can continue to nurture yourself and your loved ones within your lifestyle? I’ve often found that when people can manage their illnesses successfully, they balance their lifestyles. Consider how you might incorporate your illness or disability into the framework of your life. It’s not easy, and it takes time. It’s a process of integration. Plan to take things step by step.

First, take a deep breath! Accepting illness, the “uninvited guest,” into our lives is not easy. However, learning to accept the illness instead of ignoring it may help you to cope more successfully in the long term.

This does not mean that you should accept your illness into your home and serve it obediently. Nor should you allow it to dictate how you live your life. On the contrary, chronic illness can be accommodated and integrated into your life. When the unexpected comes calling your fate is not sealed! You have options. Learning to accept that the illness exists in your life can simply help you make the best personal decisions for your set of circumstances.

When you begin to achieve these goals, you may discover you can easily manage illness, balance your lifestyle and realize dreams.

WISH LIST

- Herbs, perennials (shade, semi-shade)
- Toner Cartridges HP 45 (51645A) or Lexmark #70 Black
- Gift Certificates for Home Depot, Staples, Target, and Tags
- Paper Towels and Toilet Paper
- Non-Perishable Food in Cans, Bags, or Boxes (Within Expiration Dates)
- Coffee, Tea, Honey, Cream
- Food Containers, Trash Bags and Sandwich Bags
- Eco-Friendly and Unscented Hand Soap and Dishwashing Liquid
- Used Cell Phones
- Mops, brooms, buckets
- Printer Paper
- #63/4 & #10 Envelopes
- Ice melt/sand
- Portable CD Player/Radio
- Good Office or other Chairs
- Shovels and other Garden Tools
- Headphones (for computer use)
- Flat Monitors 17” or larger
- USB sticks

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Battered Women’s Support Group (Every Wednesday, 7-9pm, except the 3rd Wednesday of the month)*
Coming Out Discussion (1st Sat of the month, 1-3pm)*
HIV Discussion Group (last Thursday of the month, 3-4:30pm, check monthly calendar for exact date)
Incest Resources’ Drop-In Discussion Group for Female Survivors of Childhood Sexual Abuse (3rd Friday of the month, 6-7:30pm. No meetings in July and August). June 19 topic: Hope for the Future
Lesbian Chat 30+ (all ages welcome) (1st and 2nd Fridays of the month, 6:30-8pm)*
Lesbian Rap (3rd and 4th Fri of the month, 6:30-8pm)*
New Mother’s Baby Wearing Workshop. (every 3rd Sat of the month, 2:30-4pm). Sign up: 617-354-8807.
Not For Sale (2nd & 4th Sat of the month, 11am-12pm)
Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email kate.e.flynn@gmail.com
Survivors of Incest Anonymous, Nothing Too Heavy to Share. Support group for survivors of severe sexual abuse and exploitation. Screening: Ming, 617-354-6394
The Women’s Center Board Meeting (every 3rd Mon of the month, 5:30-7:30pm)
Women & Media (2nd and 4th Thursdays of the month, 7-8:30pm). Call 617-354-8807 for film title on 6/11.
Writer’s Circle (2nd Wednesday of the month, 7-8:30pm. No meetings in June, July and August)
Survivors of Childhood Physical & Emotional Abuse
If you are a new mother/caregiver interested in learning how to wear your baby in a sling, wrap, or African style on your back, this is the right workshop for you. You can bring your own carrier or explore the ones provided in the workshop. Come with an open mind and you will enjoy this attachment parenting tool. On every 3rd Saturday of the month, 2:30-4pm.
Lesbian Partners of Survivors Of Sexual Abuse
Being a partner of a survivor of sexual abuse is one of the most challenging relationships you will encounter. You will have feelings of anger, resentment, inadequacy and frustration. You will be asked to get closer and then be pushed away. At the same time, remember that survivors are some of the most beautiful people the world has.
How can you develop a rewarding partnership without sacrificing so much of who you are? Your feelings need to be validated and you need to know how to enjoy yourself. You need support.
This workshop will be a place for you to share with others what it is like to be involved with a survivor. The focus will be on setting boundaries, validating your feelings, having your needs met and other skills that will help you to create the kind of relationship you know, in your heart, exists.
This workshop will be held on Tues, June 16th, 11:30am-1pm. For more info, please contact mmitler@yahoo.com
On-Going Groups
- Battered Women’s Support Group (Every Wednesday, 7-9pm, except the 3rd Wednesday of the month)*
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Survivors of Childhood Physical & Emotional Abuse
This group will take place on Tuesday, June 2nd, 11:30am-1pm and will offer an educational introduction on the effects of physical and emotional abuse on children and help participants make connections between their past and who they are now. There will be discussions about survivor’s experience of anxiety, depression, shame, self-blame, low self-esteem and anger as adults. We will also explore trust, boundaries, relationship issues and problems with intimacy. Info: mmitler@yahoo.com

Lesbian Partners of Survivors Of Sexual Abuse
- Being a partner of a survivor of sexual abuse is one of the most challenging relationships you will encounter. You will have feelings of anger, resentment, inadequacy and frustration. You will be asked to get closer and then be pushed away. At the same time, remember that survivors are some of the most beautiful people the world has.
- How can you develop a rewarding partnership without sacrificing so much of who you are? Your feelings need to be validated and you need to know how to enjoy yourself. You need support.
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- This workshop will be held on Tues, June 16th, 11:30am-1pm. For more info, please contact mmitler@yahoo.com

Not For Sale
A support group for any woman who has performed sexual acts for money or to make money for someone else. This group meets at the Women’s Center on the 2nd and 4th Saturdays of each month from 11am-12pm.
For more information, email Not For Sale at scum.manifest@gmail.com or call the Women’s Center at 617-354-6394.

A work in progress, driven by the idea that we grow herbs and veggies for the kitchen, and flowers and small bushes for added beauty. Some plants are back from last year, and we’re off to a great start thanks to the energetic help of eight students in the Cambridge “Girls Empowerment Group.” They pulled out giant roots in front of the house, weeded all over, dug big holes, and planted 15 perennials they brought. Lots more needs to be done to have an attractive, bird-friendly, and productive garden. If you’d like to help plan, plant, water and/or weed, come to a planning/working meeting on Thursday, June 4 at 2:30pm or call Judy, (617) 354-6394 or email: judy@cambridgewomenscenter.org.

Please also get in touch if you have plants or large planters you could donate. Thanks!
Yes, I want to support the Women’s Center!

By going to www.cambridgewomenscenter.org and clicking on “support us” and then “Donate Now”

Yes, I want to support the Women’s Center!

___ $2,000 ___ $1,000 ___ $500 ___ $250 ___ $100 ___ $50 ___ $25 ___ other $___________

Please make your tax-deductible check payable to The Women’s Center.

___ My gift will be matched by my employer_______________________________________________________

___ My donation is in honor of: (name)______________________________________________________________

(address)____________________________________________________________________________________

Name _________________________________________________________

Address________________________________________________________

City_______________________ State_____ Zip Code___________________

Phone_____________________ Email________________________________

Checks payable to The Women’s Center. Mail to: Women’s Center, 46 Pleasant Street, Cambridge MA 02139

☐ If you’d prefer to be taken off of our mailing list, please check this box and return this slip, or email us at info@cambridgewomenscenter.org.

Spring 2009

Thank You!

The Women’s Center & Me

Leaving the Boston area in the mid seventies and returning again intermittently during the turn of the century, I found the Woman’s Center to be there when I needed it. Whether my desire was for solace, for communing with other women, or to volunteer, donate, be on-line, cook a meal, resources, hotline or whatever... the o’l victorian house and The Women who serve and are served through it remain a current legend I am relieved to know exists.

The Women's Center is a community solace for me and a peace-filled fortress for equality and empowerment. She is also an entity through which I have found commonality as a human being. The spirit I feel from her is one of "welcome" and of "be and let be."

What the Women's Center means to me is that We have a place to be present and gather together. As one individual to another or others, there is a space to voice concerns and experiences as Women. I feel that the Center offers an opportunity to be both a giver and a receiver. I am truly grateful for Our Center, a place where women are welcome, as I continue on another length of life's journey.

Thank You Cambridge Women's Center.

Sincerely,

Karen Jean

Survivor Quilt Exhibit

You can view the quilts and accompanying text and learn more about the project on our website. Go to http://www.cambridgewomenscenter.org, then to NEWS & HAPPENINGS, and then to Survivor Quilt Project. The quilts are on display throughout May in the Resnikoff Gallery, in the lobby of the Media Arts Center at Roxbury Community College, 1234 Columbus Avenue, Roxbury. The gallery is free, open to the public, wheelchair accessible, and located across from the Orange Line Roxbury Crossing Station. Hours are Monday–Friday, 9am–6pm, with limited weekend and evening hours. For more information, call (617) 541-5380, or email rccgallery@hotmail.com or info@jennifer-hughes.com.

The quilts will be exhibited elsewhere during the year.

In addition, one of the quilts will be appearing as the cover art for a book on the history of the survivor movement, From Self-Help to the State: The Politics of Child Sexual Abuse by Nancy Whittier, being published by Oxford University Press in July.

Charite Jewels

Check out www.charitejewels.com

All profits go to the Women’s Center!

Helpline Volunteers Needed

If you have an open mind, compassion, and 2-4 hours a week (between 10am-8pm) and would like to make a difference in women's lives, you can become a helpline volunteer at the Women's Center. Orientation and training will be provided.

Please contact the Center Coordinator Ming at ming@cambridgewomenscenter.org or 617-354-6394 for more information.
On March 16, 2009 the Cambridge Women’s Commission and Cambridge Historical Commission, through the auspices of the Cambridge Women’s Heritage Project, unveiled a plaque commemorating the building takeover. The evening’s program included a welcome from Sarah Burks of the Historical Commission, who unveiled the plaque. Libby Bouvier provided excerpts from *Left on Pearl*, a powerful documentary about the takeover. Tess Ewing and Judy Smith provided us with their memories and tributes from the takeover. Cellist Cynthia Forbes and folksinger Marcia Deihl enhanced the evening’s experience with beautiful music and powerful lyrics. Emily Shield of the Women’s Commission concluded the program, noting that the plaque will be placed on the building currently located at 888 Memorial Drive. Women coming together can and will continue to build and strengthen the empowerment movement that took hold in 1971.

Susan Noonan-Forster, Co-Chair, Board of Trustees
Weatherization Barn Raising

On October 24, the Women's Center rocked! 34 women came together to make the building more energy efficient, while teaching or learning how to do it. HEET (Home Energy Efficiency Team) provided all the materials at no cost! HEET sponsors weatherization projects so people can learn energy efficiency skills, cut carbon, and support each other to build a sustainable future. This was the first women-only HEET event! We caulked, cemented holes in the foundation, installed window locks, replaced over 70 standard bulbs with fluorescent bulbs, installed 4 programmable thermostats, replaced door weather-stripping and sweeps, put insulation in outlets, made and insulated a hatch to the attic, and sealed fireplaces.

Comments about the day from three of the volunteers:

“I had never participated in a weatherization—barn raising before. Working shoulder-to-shoulder with so many women to benefit the Cambridge Women's Center was truly memorable. The knowledge of team leaders, as well as the commitment and enthusiasm of all participants, was energizing and inspiring—I've never had so much fun doing work! I learned a lot from Peg, the electrical team leader, information I will put to use in my own home. What a win-win project: I was able to make a difference for a cause and a place I care for deeply while gaining practical, applicable green-focused knowledge in a women-centered environment that felt totally supportive. Kudos to the organizers and to Heet! I love The Cambridge Women's Center!”

-Mairic James

“The coming together of women to work together, to tend to each other and to the body, soul and spirit of the Women's Educational Center was truly heartening.”

-Ellie Kobek

“On Saturday, October 24th, I participated in the women-only HEET Weatherization Barn Raising at the Women’s Center. During the barn-raising, women teamed up to work together on different tasks throughout the building. I joined the team working on sealing up the fireplaces. It was a very dirty job—we pulled out the insulation that had been in the fireplace for years, and tons of dust and old grout fell out! I learned how to seal up the fireplace properly, and also how to fill patches in the grout in the fireplace. We had so much to do in such a small amount of time, but somehow, the environment still felt relaxed and supportive, instead of rushed and stressful. I enjoyed getting to know and working hard alongside other women who cared about climate change and the Women’s Center. It was an empowering experience to see how much we got done in such a small amount of time, just by supporting each other and working together. I’m proud that I was able to participate in helping to take care of the Women’s Center, while learning new things and genuinely enjoying myself.”

-Linda Abrahamsen

A big THANK YOU to Ellie Kobec and Susan Noonan-Forster for your amazing job planning the day and organizing a beautiful tools and materials area; to Whole Foods for supplying a yummy vegetarian lunch; to all the volunteers; and to HEET for giving us this wonderful opportunity and for all your valuable assistance!

A Special Thanks for A Special Event!!

Ring The Alarm 09’
Sponsored by MIT’s Mocha Moves Dance Squad

On November 21, 2009, eight dance groups from Greater Boston Area Colleges went head to head with their hottest choreography in pursuit of a cash prize and bragging rights of the year. The dance competition was sold-out & half of the proceeds are being donated to the Women’s Center! It was truly amazing! THANK YOU!
The Women’s Center
46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807

Website:
www.cambridgewomenscenter.org

What’s up at the Women’s Center?
Check out our monthly calendar on the website.

Email:
info@cambridgewomenscenter.org

Hours:
Monday-Friday: 10am-8pm
Saturday: 10am-3pm
We are closed on major holidays.
Helpline: (617) 354-8807
Business line: (617) 354-6394

Volunteers
The Women’s Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.
Thank you for giving so generously of your time and of yourselves.

The Women’s Center relies on the generosity of the community to provide a wealth of free programming.
All donations are tax-deductible.

For further information about various volunteer opportunities or to offer in-kind donations, contact the Center Coordinator Ming at:
(617) 354-6394
ming@cambridgewomenscenter.org

Our Newest Member ~ Latanya Duncan

My name is Latanya Duncan and I am pleased to join the Board at the Women's Center. I was first exposed to the Women's Center during a practicum requirement (in graduate school) from Cambridge College. I decided to continue my relationship with the Center because of the value the center brings to the community.

I am a single mother with a teenage daughter in high school (11th Grade). I currently work for Partners HealthCare in the human resources department and will be celebrating my ten-year anniversary with the organization in February 2010. In addition, I work part-time at McLean Hospital with adolescent girls and have been there close to two years.

I consider myself a "people" person and I am a firm believer in the empowerment of women. So much so, that I have decided to focus my career on working with women upon graduation. My philosophy in life is to live life phenomenally (an inspiration I took from the great Maya Angelou). Every woman is Phenomenal! As women, when we journey through life sometimes we lose sight and need to be reminded of our true essence. Being able to assist women in reclaiming their value is something I believe in wholeheartedly.

I look forward to the opportunity to contribute in serving the community!!!

New Program! Computer Skills Help

Tuesdays & Thursdays, 6:00-7:45pm, or by appointment!
Over the last few years we’ve been acquiring computers and now have two computer labs with 10 computers and 2 printers. These computers get a lot of use. Many women would like to improve their computer skills. This new program aims to do just that.

What the Computer Skills Program offers
Drop-in hours: Tuesdays, 6:00-7:45pm and Thursdays, 6:00-7:45pm
Volunteers are available to help you with questions and/or problems regarding using the computers. We can help with things like: basic computer use, internet searching, creating web email accounts and using web email, using Word, Excel and PowerPoint, and using web applications like Facebook, Craigslist, etc.
One-on-one training: We have volunteers to provide personalized help by appointment. Please fill out a request form (available from the office) or call the Women’s Center to have the helpline volunteer fill it out for you.
Classes: We may offer small classes (2-5 women for specific topic help). For example, we are hoping to have a class about computer security in the near future.
Resources: We are in the process of building a resource list of additional computer training help.
What would you like to learn?
We want to know what you would like from this program. When you come to the Women’s Center, please fill out the Computer Skills Survey (blank ones are in both computer labs, or get one from a volunteer). Please return them to the volunteer – do not put them back in the box!

Computer Lab Resources
Hardware: 10 desktop computers: Nine PCs with Windows XP operating system. One is an older Mac (we are looking for a newer one, 1-3 years old, in case you know someone who would like to donate one), 2 brand new black and white printers that can print double-sided, & a scanner connected to the Mac located by the first floor stairs. (Continued on Page 3)
**A Letter from the Community**

To the Staff and Volunteers,

I would like to express my gratitude for all the Women’s Center has done for me. I don’t know what I would have done without you all, in this very tough time in my life. With all the support during my ups and downs, you have listened patiently, and offered much encouragement at just the right moments. The Women’s Center gave me a warm, safe and comfortable place to go. There was always someone here for me. Through the kindness of others there was always something to eat, clean clothes and many more things available to me. You all have given me so much in so many ways. I want to give you all a very sincere thank you, and I hope someday to be able to offer some help in return.

- Nancy Browne

**WCRC Therapy Openings**

The Women’s Counseling and Resource Center (WCRC), whose office and counseling rooms are located at the Women’s Center, is currently expanding our volunteer staff. We are able to take requests from low-income women for individual counseling and therapy at this time. The number to call to request therapy is 617-492-8568. Your message will be taken and a call returned within a week to ten days.

**New Program! Computer Skills Help**

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**Software:** All computers have internet access, Microsoft Office (Word, Excel, PowerPoint, Access), and most computers have self-paced training for MS Office Word, Excel, and PowerPoint, and Resume Maker.

**Wish list**

Volunteers! If you have any interest at all, contact the center.

Flat screen monitors. The old CRT monitors are unhealthy, harder to see, and bulky.

A newish Apple Mac desktop and monitor (1-3 years old)

A newish, network capable scanner (we don’t need printers)

**Computer lab policies**

**Sign up:** We ask that you sign up for two reasons: 1] To make sure all women get to use computers if it gets busy, and 2] to get a count of how many women use the computers. Getting a head count shows how many women use these services, and is crucial to securing future funding.

**Listening to sound:** If you want to listen to sound on the computers, please bring your own computer headphones if you can. There are only a few pairs in the labs.

**Printing:** The computers are set up to print double-sided. You can print up to 5 copies for free. After that, each page is 10 cents per page.

**Please respect the space.** Avoid drinking and eating by the computers. Please clean up after yourself and leave things the way you found them—or better!

**Cell phone use is not permitted** while you are in a lab.

**IR Drop-in Discussion Group**

The once a month Incest Resources facilitated discussion is led by a kind and supportive therapist who assists women in developing and maintaining healthy lives despite the impact of sexual abuse in our lives. It is here that women from all walks of life, background, and history share a common bond. That bond is healing.

While there is no pressure to share/speak in the group, space is made for survivors to share experiences as they relate to the topic and the effect sexual abuse has had on our lives both in the past and present. The group offers a safe, friendly and supportive space. In this safe space, the opportunity is available to finally give voice to our experiences, be heard, and learn from others.

For me the most valuable aspect of this group is bearing witness to our determination and courage as survivors, as we move from hurting to healing, take strides towards gaining hope, strength, and self esteem, and taking small steps from surviving to thriving.

- Helen Denham

**Upcoming Topics for IR Discussion Group**

6:00-7:30pm

- Friday, December 18: Mothers
- Friday, January 15: Conflict
- Friday, February 19: Mourning
- Friday, March 19: Coping Skills
- Friday, April 16: Letting Go
- Friday, May 21: Friendships
- Friday, June 18: The Healing Process

**The Artists of Incest Resources**

Incest Resources is delighted to have two amazing artists on its Board of Trustees! Michelle Harris, founder and facilitator of the Survivor Quilt Project, joined IR’s Board in 2006. In addition to being an artist, Michelle is a licensed psychotherapist and art therapist who specializes in trauma recovery with children, adolescents, adults, and parent-child teams. In addition to her work at the Trauma Center and Lesley University, Michelle recently opened a private practice in Cambridge. Melissa Penley, founder of the Survivor Theatre Project, joined IR’s Board in 2009. Melissa is a performance artist, director, and educator with a Master’s Degree from Emerson College. Her work with adults and youth is focused on community education, social change, healing, and empowerment. These two women have brought wonderful new energy to IR’s Board, which also includes Dr. Elaine Westerlund, licensed psychologist, Dr. Mary MacNamee, licensed neuropsychologist, Dr. Kenna Liatsos, licensed social worker, Marcie Miller, psychotherapist, and Stacy Jones, health and human services advocate. IR’s members are available for training and consultation in English, Spanish, or American Sign Language. Info: 617-661-9400.
Women’s Buddy Support for Daily Confidence

Need to apply for a job or benefits? Need to find a reliable business partner? Need someone to help you around the house? Need a study partner? Need to feel less lonely?

If you want to improve your quality of life, standard of living and could use a BUDDY to help you out sometimes, then you should attend a few of these meetings and some of our field trips so that you can get more comfortable in socially demanding situations.

We meet twice a month (1st and 3rd Mondays 6:30-8pm) for discussions and presentations of various kinds. For fun we will go to the movies, plays, apple picking, hiking, and daytrips to interesting destinations. The idea is to improve our personal and professional lives as friends or in group dynamic. Give it a try! Bring a sense of humor and whatever you want to talk about so that we can help each other figure out what’s next!

Women’s Music Sing-Along

Dust off your Cris Williamson and Sweet Honey in the Rock songbooks and join other women-centered women in singing a variety of wonderful tunes while celebrating women’s lives and lesbian culture. Bring songbooks and instruments if you can. Lyric sheets will be available.

Where and when: Women’s Center, 2nd Saturday of every month. 7-9pm.
Call 617-492-2340 for more information or to request that a specific song be available in lyric sheet form for the next sing-along!

Radical Lesbian Book Group

Meets every 1st Tuesday of the month 6:30-8pm, except in December. There will be discussion around race and class issues in the struggle for liberation. January discussion will be based on selections from the book This Is What Lesbian Looks Like: Dyke Activists on the 21st Century edited by Kris Kleindienst. The following are the books for future discussion: Color Me White by Surina Khan, Being a Woman of Color and Surviving Racism by Vera Martin, What You See Is What You Get: Building a Movement Toward Liberation in the Twenty-First Century by Mattie Richardson, & Citizen Queer by Carmen Vazquez. Please contact the Women’s Center about getting copies from the facilitator.

Reading Women Authors of Color

Join us for a book! We will be meeting on Wednesday, December 16, from 4-5pm. We’ll be discussing Feminism is for Everybody by Bell Hooks. The group will focus on gender, race, and class, and all women are welcome. If you are interested in attending, or if you have any questions, please email Mona, monameah@gmail.com.

On-Going Groups

- Battered Women’s Support Group (Every Wed, 7-9pm, except the 3rd Wednesday)*
- Coming Out Open Discussion (2nd Tue, 6:30-8:30pm)*
- Drop-In Computer Support for Women (Every Tue & Thu 6-7:45pm)
- Drop-In Writing Session (Every Thu, 12-2pm except 12/24/09 through 1/7/10)
- Healing Through Art (Every Tue thru 12/22, 7-9pm)
- Incest Resources’ Drop-In Discussion Group for Female Survivors of Childhood Sexual Abuse (3rd Fri of the month, Sept.-June, 6-7:30pm)
- Queer, etc. (3rd and 4th Fri of the month, 6:30-8pm)*
- Radical Lesbian Book Group (1st Tue of the month, 6:30-8pm) No meeting in December.
- Reading Women Authors of Color (Every 3rd Wed of the month 4-5pm) Book: Feminism is for Everybody: Passionate Politics by Bell Hooks.
- Straight Marriage, Still Questioning. Peer led support group for the woman in a straight relationship struggling with her sexual orientation. For details please email kate.e.flynn@gmail.com
- Survivors of Incest Anonymous, Nothing Too Heavy to Share. Support group for survivors of severe sexual abuse and exploitation. For more information and screening call Ming, 617-354-6394
- The Lesbian Chat (1st and 2nd Fridays of the month, 6:30-8pm)*
- The Women’s Center Board Meeting (One Thu/month, 5:30-7:30pm). Call for December date.
- Vinyasa Flow Yoga (1st & 3rd Tue 7-8pm).
- Women & Media (2nd and 4th Sat of the month, 12-1:30pm).
- Women’s Buddy Support for Daily Confidence (1st & 3rd Mon 6:30-8pm)
- Women’s Music Sing-Along (2nd Saturday, 7-9pm)
- Writer’s Circle (2nd Wednesday of the month, 7-8:30pm. No meetings in June, July and August)

*Wheelchair accessible groups

Celebration of Women’s Expression

Tuesday, December 15th
6-7:30pm

Join us for an evening of performances by women: poets, singers, dancers, and actors from the community. Celebrate women’s creativity together and, of course, food!
Yes, I want to support the Women’s Center!

___ $2,000  ___ $1,000  ___ $500  ___ $250  ___ $100  ___ $50  ___ $25  ___ other $________

Please make your tax-deductible check payable to The Women’s Center.

___ My gift will be matched by my employer_______________________________________________________

___ My donation is in honor of: (name)

(address)

Name _________________________________________________________
Address________________________________________________________
City_______________________ State_____ Zip Code___________________
Phone_____________________ Email________________________________

Checks payable to The Women’s Center. Mail to: Women’s Center, 46 Pleasant Street, Cambridge MA 02139

☐ If you’d prefer to be taken off of our mailing list, please check this box and return this slip, or email us at info@cambridgewomenscenter.org.

Fall 2009

Support the Women’s Center Online!

By going to www.cambridgewomenscenter.org and clicking on "support us" and then "Donate Now"

Or

Use GOOD SEARCH (www.goodsearch.com) to search the internet & Choose "Cambridge Womens Center (Cambridge, MA) ID: 875340" as your charity destination

WISH LIST

- Headphones (for computer use)
- Flat Monitors 17” or larger
- USB sticks
- Toner Cartridges HP 05A (CE 505A]
- Food Containers, Large Kitchen and Food Storage Bags
- Paper Towels and Toilet Paper
- Coffee, Tea, Honey, Cream
- Gift Certificates for Home Depot, Target, Tags, Staples, Office Max, Drug Stores
- Printer Paper

Snow shoveling can be good for you: great exercise, energizing, and it warms you up!
If you can help with shoveling this winter please contact Ming at 617-354-6394 or ming@cambridgewomenscenter.org

Thank you!

Charite Jewels
www.charitejewels.com
All profits go to the Women’s Center!

2009 Foundation & Corporate Support

Bay State Federal Savings Charitable Foundation
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OUR HEARTFELT THANKS!
On Saturday, September 26, 2009, members of the Omega Phi Beta Sorority, Inc. (Pi Chapter) and Alpha Epsilon, (Alumnae Chapter) arrived at the Women’s Center and worked for over four (4) hours in the garden and then Alpha Epsilon Alumna Chapter decided that our goals and mission were so compatible that they adopted us. During the month of October the Pi Chapter presented a rich program of “Raising Awareness of Violence Against Women Campaign” which centered on two topics: Domestic Violence and Human Trafficking. Presentations were made at the Family Justice Center, Northeastern University, Boston Commons, MIT, and Suffolk University. On Thursday, October 22nd, a quilt making project (PATCHing Up Wounds) was held at the Women’s Center. The culmination of this campaign was a fundraiser dinner for the Women’s Center held on November 1st at Pizzeria Uno Chicago Bar and Grill in Boston. The Alumna Chapter sorority sisters continued their commitment to the Women’s Center on November 28th and November 29th when they painted the Living Room, and they have committed to an additional four (4) hours at the Women’s Center on Saturday, December 12th.

Omega Phi Beta Sorority, Incorporated was founded on March 15, 1989 at the University at Albany, State University of New York. Seventeen dedicated women of various cultural and ethnic backgrounds came together to create an outlet for women to initiate change. The foundation was built to fight against the injustices historically suffered by our gender. As the first Latina-oriented organization in the history of the University at Albany, they struggled to establish their organization, their purpose and most importantly, a precedent. With an emphasis on community service and sisterhood, Omega Phi Beta immediately became a positive influence within their community.

The mission of Omega Phi Beta Sorority, Incorporated is to serve and educate people of diverse backgrounds through sisterhood, leadership and guidance.

As positive role models, they promote unity of all cultures, focus on the empowerment of women and raise the standards of excellence in their academic, social, and personal endeavors. We are so grateful for these wonderful women who have truly become our sisters in spirit and reality.

Susan Noonan-Forster

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**The Bonding of Sisters**

*The Women’s Center and Omega Phi Beta, Inc*

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**To victims and survivors of violence**

**Over the Mass Grave**

*(God Among us)*

An inspirational musical fairy-tale/documentary by trauma survivor A. Jorgelina Zeoli, who 30 years later lives with flashbacks of the horrors she experienced under the Military Junta in the 1970’s Reign of Terror in Argentina.

At the Women’s Center

Tuesday January 26, 6:30 - 8pm,

(snow date: Monday, February 1).

This film has won awards from Beverly Community Access Media and the Alliance of Community Media. Come watch the film and meet the author. She has written three books about trauma, grief, and recovery. There will be a discussion and book signing after the presentation.

A percentage of the proceeds from book sales will benefit the Women’s Center.

Info: 617-354-8807.