As the year 2003 comes to a close, we take note of all that has been accomplished, as well as those things that continue to take shape. We say a fond farewell to Judy Norris, who retires after 32 years of dedicated service to the Women’s Center. In honor of Judy and her enormous contribution and dedication, we name our new childcare room The Judy Norris Childcare Room. The childcare room has both a new name and a new look. We are in the process of renovating it: putting in a padded floor; bright overhead light; new utility sink; child safety features; and cabinets to hold the many children’s art supplies needed for the Mother Child Art Project. In January 2004, the Mother Child Art classes move from the YWCA to our new childcare space and the number of classes we hold increases from 1 to 4 per week.

This month, we introduce a new volunteer, Amy Stipe, who now works on our calendar design and distribution. She is responsible for the new WC calendar format. We hope that women find the calendar a bit easier to read. Please check it out (page 4) and let us know what you think. We want your input…

As is the case each year, 2003 saw the formation of new groups and services for women at the Center. We collaborated with Cambridge City Councilor Denise Simmons to introduce the monthly peer support group, “Grand” Moms for women raising a second generation of children. We introduced Healing and Art at the Center, which quickly became quite popular among trauma survivors. Working in conjunction with the ROSE Fund, we held a series of Cooking and Nutrition Classes for battered and formerly battered women. Luscious aromas wafted through the building each Friday night, as chef Petal Joseph introduced new recipes to participants. The classes were so successful that we repeat the program again in January 2004.

We complete the year, celebrating the 2003 victories of Women of Action (WOA)– the Women’s Center’s community organizing project. We applaud WOA’s MBTA campaign accomplishments and the recognition WOA received from the Boston Women’s Fund through their Take A Stand Award. We root for WOA in 2004 as they take on housing inequities facing low-income women.

We look to the coming year with hope and excitement. Imagine a Women’s Center lit up with bright lights and jumping with many activities, each and every night. Imagine a Women’s Center with an expanded kitchen that accommodates 10 cooking class participants each session, rather than the current 6. Imagine a Women’s Center with a completely renovated basement, making the Computer/Internet Access Lab and the basement meeting room two of the most comfortable rooms in the building. Imagine the sight and sounds of mothers and toddlers working on art projects together. This is what we imagine and plan to bring to the community in the coming year.

~Mary Quinn
On Our Way

Is the newsletter of the Women’s Center, published 3 times per year in April, September, and December.

The Women’s Center is a non-profit resource and support center for all women and their children, founded in 1971.

Our mission is twofold:

- to provide women with the tools and resources they need to emerge from abuse, discrimination, addiction, sexism and racism, harassment, social isolation, violence, poverty, or other injustice

- to challenge and change attitudes and actions which subjugate women.

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 our wealth of free programming.

All donations are tax-deductible to the full extent of the law.

For further information, contact:

The Women’s Center
46 Pleasant Street
Cambridge, MA 02139
(617) 354-8807
email:
info@cambridgewomenscenter.org

Hours:
Monday-Thursday: 10am-10pm
Friday: 10am-8pm
Saturday: 11am-4pm

Volunteering at the WC

My name is Andrea Cole and I volunteer on the Helpline at the Women’s Center. My experience as a volunteer is both enlightening and fulfilling.

I first became interested in volunteering when I found the Center’s website and learned of the goals and activities of the Center. I was very interested in volunteering for a helpline, and I thought that the Women’s Center would be a good fit since I could not only hone my support skills, but also learn about issues affecting women in Boston. I contacted Eunice, the volunteer coordinator, and she invited me to come to the Center for an interview and information session.

When I first arrived, I was struck by how inviting the space is and how open the Center is to women of all backgrounds. As Eunice described my role as a helpline volunteer, she encouraged me to look through the plethora of resources and reading materials the Center makes available. I was excited about the possibility of providing help to women on an emotional level as well as a practical level.

I now staff the Helpline once a week. During my first shift I was a bit nervous about the prospect of answering support calls and greeting women who enter the Center, but as I have grown more knowledgeable about the Center I have also grown more comfortable. I now look forward to my time at the Center. It is not only an opportunity to provide encouragement to women, but also a time to learn from women who have varying experiences and interests. I find that while volunteering my time and emotional energy to women who are sometimes very much in need, I am simultaneously gaining important skills and a better understanding of the lives that construct the fascinating fabric of women in the Boston area.

~Andrea Cole

From the Desk of the Fundraiser

Countless women seek assistance to heal from abuse, poverty, and discrimination - only to find they cannot afford the help they so desperately need. Unable to pay for support services, women in crisis are further isolated in painful and dire situations.

At the Women’s Center, the search for support services is empowering and validating. We provide immediate assistance to women at no cost. All women, regardless of their economic status, access the Center’s critical programs and services. These include: peer support; vital referral information; support groups; workshops; and computer/internet access.

Each year, the lives of thousands of women are changed as a result of the resources and support they obtain at the Women’s Center! The generosity of the Women’s Center community makes all of this possible. Please join us this holiday season with a tax-deductible donation to support and build our programming for women in need.

Your donation helps us to:
- Develop new support groups and workshops
- Update our computer lab
- Train Helpline Volunteers
- Renovate our new children’s room
- Expand our referral network
- Increase outreach to low-income women

This season, please help us to provide opportunities for healing and rebuilding to many more women - opportunities all women deserve!

~Nicole Marcotte
**Real Reality T.V.**

What the hell happened to television? Every show that comes on the tube these days is some variation of how to marry a man, win lots of money and along the way, wear as little clothing as possible. Where does a girl go to find smart, entertaining television that won’t drop kick her self-esteem during the first half hour? Enter **WomenSpeak** on Cambridge Community Television. WomenSpeak is reality t.v. minus the gratuitous violence and sexual objectification. At WomenSpeak we focus on the very real lives of women at the Center as well as the Cambridge community at large. Some of our guests include filmmakers, community organizers, writers, punk aerobic instructors—women from all walks of life ready to share their talents and ideas with you. Tune into WomenSpeak on channels 9, 10 and 22. If you would like to be a guest on WomenSpeak, please contact Lynn Murray at 617-354-6394. WomenSpeak airs the second Wednesday of each month at 5:30 on CCTV.

~Lynn Murray

**Road Meets at the Women’s Center**

**ROAD: Reaching Out About Depression** is a new “supportive action” group where low-income women dealing with depression can come together both to support each other and to help the larger community of women struggling with the same issues. The idea behind ROAD is that managing depression is essential to enabling women to be active in their communities, and that being active in the community will, in turn, help with depression by giving women a sense of control and accomplishment.

Right now, a small group of women is forming to begin the initial work of ROAD. We are starting by developing a series of workshops that we will use to reach out to other women facing these issues—and eventually to health-care providers and other policy-makers. Some of these workshops will focus on personal issues such as parenting with depression or even identifying depression in the first place. Others will be more community-focused and will lay out a blueprint for future ROAD activism on depression issues. Developing these workshops is taking time, commitment, and hard work, but in the meantime, we’re supporting each other and having fun.

We are still looking for a few more members to join this initial group. If you are interested, please call or email me directly at: (617) 275-2938 or littwin@hcfama.org. Childcare and a meal provided at all meetings.

~ Angie Littwin

**Breathing Room**

Social Justice Taboo and Top Ten Ways to De-Stress are some of the items on the Women of Action Open Mic Agendas. Open Mics are the chill out-focus in meetings attended by WOA members. After working on campaigns for justice while juggling kids, school and life in general, it’s important to have time to reflect on the struggles of the everyday and grumble a little with people who understand where you’re coming from and can offer support as well as strategies to make life a little easier. Some of our past topics: Food: How do you feed your body and soul? Risks: What are you willing to risk and what are you not willing to risk? We also discuss self-esteem, relationships, oppression and motherhood while laughing, eating and learning more about ourselves and each other. Open Mics are the first Thursday of every month from 6:30 – 8PM.

~Lynn Murray

**Honor Someone You Love With a Gift to the Women’s Center**

It’ easy to do.
Here is how:

Send a contribution to the Women’s Center with a note giving us the name and address of the person you are honoring. We send your loved one a note telling them that you’ve made a gift in their name.
**Women's Center Calendar ~ December 2003 & January 2004**  
46 Pleasant Street, Cambridge, MA - free & open to women - Info & helpline: (617) 354-8807

### GROUPS

**Monday**  
*6-7:30pm ~ Al-Anon for Women (weekly)  
7:30-9pm ~ Lesbian Partners & Ex-Partners of Incest Survivors, Dec 15 & Jan 19  
*7:30-9pm ~ Lesbian Rap, (weekly)  
Topics: 1-Housing Laws, 8-Talking about Taboos, 15-Lesbians & Art, Show and Tell, 22-Potluck & Sexual Food Stories, 29-Game Night, Bring a Game

**Tuesday**  
7:30-9pm ~ Bisexual Women's Rap, Dec 2 & 16, Topics: 2-Flirting:How do you do it?, 16-Holiday Open Rap (also Jan 6 & 20)  
*10:30am-12pm ~ Parenting Support (weekly), to join call Diane @ (617) 876-2139  
*7:30-9pm ~ Support for Married But Not Straight Women, Dec 9 & Jan 13  
7-9pm ~ Writer's Circle, Dec 9 & Jan 13  
info: Cassandra @ (617) 494-2695  
6-8pm ~ Cooking & Nutrition Workshop Series for battered and formerly battered women (weekly, Jan 6 - Feb 10: info: 617 354-8807)

**Wednesday**  
7-9pm ~ Battered Women's Support Group, Dec 3 & 10 and Jan 7, 14, & 28  
*6-8pm ~ “Grand” Moms, Dec 10 & Jan 14  
7-9pm ~ Liquid Poets, Dec 10 & Jan 14 Christine: liquidwriters@hotmail.com  
*2-3:30pm ~ Women Maximizing Abilities Now (WOMAN), for women w/disabilities, Dec 3 & 17 and Jan 7 & 21  

**Thursday**  
6:30-8:30pm ~ Healing & Art for Trauma Survivors, Dec 11 & Jan 8  
7-8:30 ~ Lesbian Buddhist Book Group, Dec 4  
*6:30-8:30pm ~ Monthly Activist, Dec 18  
7:30-9:30pm ~ Thursday Night Gathering of Survivors of Child Sexual Abuse (weekly), Topic: Shame info: lilithlive@aol.com  
*6-8pm ~ Women of Action Open Mic, Dec 4

**Friday**  
6-7:30pm ~ Incest Resources Facilitated Discussion for Survivors of Child Sexual Abuse, Dec 5 Topic: Dissociation  
Saturday  
*11am-1pm ~ Coming Out Discussion for Women of All Ages, Dec 6 & 20 and Jan 3 & 17  
2-4pm ~ Decorating for Everywoman by Nan Genger of Community Interiors, Dec 13, Topic: Get Organized: Declutter w/ style  
*11am-1pm ~ Women of Action, Dec 13 and Jan 10: Campaign Meeting, call Lynn before attending your first meeting (617) 308-7330

*wheelchair accessible groups

### New and Featured Activities*

**Decorating for Everywoman:**  
“Interior environment” is physical space and our emotional self in constant interaction. To change our surroundings, simplify and add beauty, can be positive in many ways. Taught by Nan Genger of Community Interiors.

**“Grand” Moms:** Join in conversation, laughing, resource sharing, and enjoying a meal. Let’s support each other as we raise a second generation of kids. RSVP: (617) 354-8807. Call, so we have enough food and childcare.

**Healing and Art:** For Trauma Survivors. Tell the truth about the past, explore the present, create the future through artistic expression. No prior experience or skill needed. Info: (617) 354-8807

**Nothing Too Heavy to Share (NTHTS):** Fordaytime meeting and evening meeting per survivors of extreme abuse. One week—come to either or both. Info/Join: Esther (617) 354-8807.

**Cooking & Nutrition Workshop Series:** For battered and formerly battered women, by chef Petal Joseph. Dinner and childcare provided. Must register at (617) 354-8807.

**Snow Policy:** The Women’s Center is closed when the City of Cambridge issues a Snow Emergency

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The Center is closed December 24, 25, 26, & 27 and January 1 & 19. The Center closes at 4 PM on December 31.

Please do not wear perfumes or strong scents at the Women’s Center.
In October, the Women’s Center and the ROSE Fund started a cooking and nutrition workshop series for battered and formerly battered women. It was so popular that we decided to run it again. We interviewed a couple of women after the end of the series. We asked them about their experience, what they learned or gained from the classes. This is what Miguelina Santiago tells us:

I liked that the cooking class is run by women for women. I felt safe, in a relaxed environment. Both the chef and nutritionist were very knowledgeable and patient in explaining each step in the process. They were also very respectful.

I learned how to get the vitamins I need from different foods and vegetables. For example, the deeper the color is on a vegetable the more vitamins it has. When you are trying to decide which vegetable to buy, go for those that have deep colors. I also learned that it is always good to eat fresh vegetables. If you cannot afford to buy fresh vegetables, the next best thing are frozen or canned vegetables. Remember to wash vegetables thoroughly and have a little brush to scrub them well. When you eat canned vegetables, drain the water and run clean water over them to wash away preservatives and other substances that aren’t good for your health.

It was fun to taste different foods and learn about many different kinds of oils like grape oil, olive oil, and a very different one that comes from mushrooms and is imported from Italy. We learned about different kinds of fish. Fish that swim deep at the bottom of the ocean, take longer to cook because they eat differently from those who swim around the reefs eating seaweed.

Each class ended with a complete meal integrating the three food groups: vegetables, carbohydrates, and meat (iron). We talked about food portions. A piece of meat should not be bigger than your fist.

I took this course because, as a mother of three, I wanted to learn how to cook healthy and tasty meals at the same time. I wanted to learn about different kinds of food. I definitely recommend this course to other women. It is fun, informative, educational, and you get to meet friends. You get to cook and share what you cooked with others. You are not only learning how to cook, but also you are learning about nutrition. The course is free of charge. You don’t have to spend a penny. There aren’t many places that give a workshop like this one for free, so take advantage of it. You’ll love it and you’ll have lots of fun.

~Miguelina Santiago
Introducing the Judy Norris Childcare Room

(continued from Page 5) As part of our commitment to assisting and empowering mothers, we provide high quality parent-child resources and children’s programs free of charge in our Children’s Room. These resources are particularly important for single moms, working moms, and low-income moms who otherwise cannot afford them.

In addition to providing childcare during groups, we will hold the Mother and Child Art Classes in our new Children’s Room beginning in January! We will offer 4 classes, including weekday and weekend sessions, so that working moms can take advantage of this fun, educational programming for their pre-school age children. Each class accommodates 5 children and their moms, with 20 children participating each session. The art teacher presents 3 different hands-on art activities and assists the children and moms in creative play during each class.

With the addition of the Mother-Child Art Classes at the Center, we anticipate as many as 40 children and their mothers utilizing our Children’s Programming each week. This marks a significant achievement in the Center’s outreach to moms in our community!

To sign up for the Mother and Child Art Classes or to reserve childcare while attending a Women’s Center meeting, please contact us at (617)354-8807. If you would like to donate to the renovation project, please contact Nicole at (617)354-6394.

~ Nicole Marcotte

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

Enclosed is my tax-deductible donation of:  ____$25  ____$50  ____$100  ____$500  ____other  ____

____ I’m interested in volunteering at the Women’s Center.

Name__________________________________________

Address________________________________________

City________________________ State_____ Zip Code________________

Phone________________________ Email__________________________

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

If you’d prefer to be taken off of our mailing list, please check the following box and return
ROOTS: A Celebration of Women and Culture

Saturday, May 31, 1-5pm at the Cambridge YWCA

In conjunction with the Women's Center's efforts to do outreach with communities of color and in celebration of her upcoming production, Gabrielle Atchison thought it would be appropriate to create a free cultural event for communities of color in Cambridge. By having this event, she is hoping to reach women of color who are not aware of her productions and other programs for women, and that these women would also become aware of the resources at the Women's Center.

The free event will be a celebration of the connections between the Brazilian, Haitian, Latina and African American communities in Cambridge. There will be door prizes, food, and craft vendors, DJ, dancing, entertainment, activities for children and yoga for elders.

The event is also cosponsored by the Area 4 Coalition and the Women's Commission.

All are welcome.

For more info, contact: Gabrielle J. Atchison Productions (617) 983-8027 or email: atchison71@aol.com
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 our wealth of free programming. All donations are tax-deductible to the full extent of the law.

For further information, contact:

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46 Pleasant Street
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(617) 354-8807
email: info@cambridgewomenscenter.org

Hours:
Monday-Thursday: 10am-10pm
Friday: 10am-8pm
Saturday: 11am-4pm
Helpline: (617) 354-8807

Women’s Center Annual Meeting
Monday, June 16, 7-9pm
ALL WOMEN INVITED
Join us as we review the accomplishments and challenges of the past year. We’ll also meet and vote on a new board for the coming year. Don’t miss this opportunity to connect with the Women’s Center community.

WISH LIST
- Tea, coffee, honey, etc.
- Toilet paper, tampons, paper towels, tissues...
- Office Supplies (copy paper, pens, notebooks, etc.)
- Office chairs
- Clean room-size rugs
- Kid’s computer software
- Children’s toys (in good shape)

(617) 354-8807 or drop by
reach the Spanish-speaking community. Until then we are going to keep working harder and harder to help those who need our help.

For more information please contact Eunice Espinal, Latina Outreach/Volunteer Coordinator at 617-354-6394

-Eunice Espinal

As a Women’s Center volunteer, I continue to find fulfillment in the experience of giving and receiving. I hope more women will have the opportunity to join in fostering the growth of this special place.

-Lisa Frankes

Foundation and Corporate Support

A special “thank you” to the foundations and organizations who have contributed $250 or more in 2003

A Better Place Foundation
Athena Theater Company
Boston Jewish Community Women’s Fund
Bushrod H. Campbell and Adah F. Hall Charity Fund
Cambridge Community Foundation
City of Cambridge
Clipper Ship Foundation

First American Title Insurance Company
Harvard Pilgrim Health Care Foundation
Instead Feminist Cooperative at Wellesley College
Mind’s Eye Yarn
The R.O.S.E. Fund
George and Beatrice Sherman Family Charitable Trust
Women Empowered

Thank You!!

Cambridge Arts Council
Mass Cultural Council
Before attending the first time after childcare Lynn, (617) 354-6394

WOMEN'S HEALTH AND HORMONES, Friday, June 20, 7-8pm at the Cambridge YWCA, 7 Temple Street. Elizabeth Plourde, author of Your Guide to Hysterectomy, Ovary Removal, & Hormone Replacement, is dedicated to helping women make fully informed health care choices. After 16 years of research, she assures women that hormones CAN be safe and beneficial. Bring your HRT questions to be answered in this enlightening free presentation.

TOPICS FOR DISCUSSION

30+ MULTICULTURAL LESBIAN RAP 1st & 3rd Thursdays, 7-8:30pm
May 15 Gathering for Fun: Lesbian Film, Potluck (please bring a dish to share) Special time: 6:30-9pm.

*LESBIAN RAP Mondays, 7:30-9pm
May 12 Casual Relationships: Helpful or Harmful?
June 2 Ice Cream Social Field Trip (Denise's in Davis Square)
June 6 Isolation and Connection (Please be on time)

BISEXUAL WOMEN'S RAP 1st & 3rd Tuesdays, 7:30-9pm
May 20 First Female Love
June 3 Former Lesbians
June 17 Polyamory: having multiple relationships with the knowledge and consent of your partners

INCEST RESOURCES' FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE 1st Fridays, 6-7:30pm
June 6 Isolation and Connection (Please be on time)

THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE - Weekly, with a topic at first meeting each month
June 5 Making Mistakes. Info: Lilithlive@aol.com

Please do not wear perfumes or strong scents at the Women's Center.
with the ability to make fully informed health care choices.

She reassures women that some hormones CAN be safe and beneficial, and shows how and why. Come hear these timely, enlightening, and very needed answers.

Her work comes from 17 years of medical research in the field of women's health. She has appeared on Berman & Berman: For Women Only, Good Morning America, ABC's 20/20, as well as numerous television and radio programs throughout the country.

Bring your HRT questions to be answered during this enlightening free presentation.

The Women's Center is co-sponsoring this event.

ROOTS: A Celebration of Women and Culture
A celebration of the connections between Brazilian, Haitian, Latino and African American communities in Cambridge.

FREE! Door prizes, food and craft vendors, entertainment, DJ, dancing, activities for children and yoga for elders.
Saturday, May 31, 1-5 pm
at the Cambridge YWCA,
7 Temple Street, Cambridge
All are welcome.
More info: Gabrielle J. Atchison Productions
(617) 983-8027 / atchison71@aol.com

spending patterns. Those who feel intimidated when walking into a bank, will learn how to open a savings and checking account, what questions to ask and how to identify which bank is right for you.

This workshop is designed to give you personalized attention and to answer questions along the way.

We hope you will come to learn more about managing personal finances.

To register for the workshop, call (617)354-8807.
(CBDC is a Central Square non-profit, dedicated to helping people launch and grow small businesses)
MOTHER-CHILD ART CLASS

Remember the cool, slippery feel of paint as your fingers smoothed it over a clean sheet of paper? Remember the excitement of discovering blue and red mix to make purple? Remember when art was about play rather than talent? Welcome to the Mother-Child Art Class: A place where parents introduce their very young children (aged 2 to 4 years) to their first art experiences in a fun, supportive atmosphere.

The Mother-Child Art Class, sponsored by the Women’s Center, is held weekly at the Cambridge YWCA. Up to ten children (each with a parent) come to play and discover all sorts of new art materials and activities like painting, drawing, cutting/tearing, gluing and playing with playdough. At the same time they’re learning to recognize colors and textures, expressing ideas and feelings, improving coordination, and developing creativity and pride in their accomplishments. The main focus of the class is the children’s independent exploration of the art activities, but it’s the parents’ presence and encouragement that really make it a positive learning experience for all.

As teacher, I plan and prepare four age-appropriate activities. Once the kids and moms arrive, they are welcomed, introduced to the activities and then...dig in! I encourage parents to allow their child to choose which activity to start with and when to move along to a new one – all according to their child’s developing independence and attention span. The process of discovering the materials is always emphasized over what the creation looks like in the end. There is no wrong way to do an activity! Class ends with a quick clean-up (to help start good habits) followed by an art-related story, a healthy snack and handouts for parents on topics such as: developmental phases in art, activities for home, recipes for homemade art supplies, etc.

The class is free of charge and meets once a week (currently Fridays, 10:30-11:30am) for 10-week sessions. Hopefully we’ll be adding a weekend class in the near future. We have four sessions per year: Fall, Winter, Spring and Summer. If you are interested in joining or volunteering, or would like more information, please contact the Women’s Center at (617) 354-8807. Or contact me directly at: maguillette@hotmail.com.

-- Mary Ann Guillette

The Mother-Child Art Project is funded by the Cambridge Arts Council, Massachusetts Cultural Council and the Frances R. Dewing Foundation.
On Our Way

Welcome Germaine, Donna, Diane and Wynn! We’re glad to have you on the Women’s Center Board! A few words about and from each one:

Germaine Wong: I have volunteered at the Center for the past two years focusing on technology. I grew up in Jakarta, Indonesia, and attended an international school before coming to the United States to finish high school. I then attended Babson College and received a bachelor degree. Upon graduation, I became a consultant for an information technology company as an information architect before starting my own company. I want to help the Center run more efficiently and be more organized.

Donna Clark: I am delighted to join the Board of the Women’s Center. I am a native of Britain, but for four years I have lived in the U.S., first in Chicago and for the last two years in Cambridge. My professional background is in non-profit organizations, and I am currently a fundraiser at Pine Street Inn in Boston. I have always been a keen supporter and campaigner for women’s rights, and I look forward to building on the Center’s achievements, and serving the women’s community.

Diane Loud: I am very excited to join the Board of the Women’s Center. I have been involved with the Women’s Center for over 10 years, as a group member, a volunteer staffer, a group leader, and a counselor. I feel the Women’s Center is a very special place. I am a psychologist, and the proud parent of an 11 month old girl. I am honored to be part of the future of the Center, and I look forward to bringing my expertise in psychology and program planning to the Board, learning from other women, and responding to the challenges ahead.

Wynn Huang: I am looking forward to working with the Women’s Center and to building on my work earlier this year as the TH&T Legal Counselor-in-Residence at the Center for Women & Enterprise to further serve the needs and and address the concerns of women. I am a corporate attorney at Testa, Hurwitz & Thibeault, LLP and value the opportunity to contribute with my legal experience. At Testa, I have a general corporate practice representing public and private companies.

Volunteers

The Women’s Center gratefully acknowledges the ongoing efforts and contributions of our volunteers.

Saying Good-Bye

The neighborhood boys had broken another window. Luckily I knew how to putty in a new pane. My place at the Women’s Center was secure! That was in 1972, when I was fortunate enough to be one of a group of women trying to start a women’s center in the Boston area. We were carried away by the excitement that came with creating something new and, we thought, important. Scrambling for money to pay the bills, we had no paid staff, and, after a fire, no electricity. Yet women came, groups and projects began, and we were on our way!

The Women’s Center has grown and flourished despite the ever-challenging task of getting funding. Now it’s 2003, and I plan to say goodbye to working here. The Women’s Center has meant so much to me! The building itself – it’s been an anchor to me. I’ve fiddled and fixed, grateful to care for this beautiful old house. The women I’ve met and even those I haven’t – each with her stories, her strengths and her needs – have inspired and touched me. Women have created groups for themselves and, at the same time, for others. Women have volunteered their time, greeting and attending to other women with kindness, or caring for children, or helping out in so many other ways. The good will, generosity and kindness of so many have made the Women’s Center such an incredible place.

A place that is hard for me to leave, a place I am proud to have been part of. I will not leave behind my memories. I am so grateful for having been associated with the Women’s Center over all these years! Thank you to all who have crossed my path.

-In sisterhood, Judy Norris
From the Desk of the Fundraiser

Imagine at 6 years old knowing that you have the power to change the world around you! That’s what the children of Women of Action (WOA) experience every time they see signs on MBTA buses informing passengers of their right to wheelchair lifts - a right now afforded to moms with strollers. They point to the signs WOA won, shouting, “Look! We did that!”

Whether it’s through our Helpline, support groups and workshops, or activist groups, women and their children realize their true power at the Women’s Center. They see that they deserve justice and respect. Then they begin the fight to obtain it in their own lives and in their communities.

Like most non-profits this year, the Women’s Center is struggling to meet its budget. As fall and year end approach, we ask that you go that extra mile. Your donation to the Women’s Center helps to light a life-changing spark in the eyes and hearts of so many women and children. Working together, we support women and children so that they too may one day say with pride, “Look! We did that!”

-Nicole Marcotte

Foundation and Corporate Support

A special “thank you” to the foundations and organizations who have contributed $250 or more in 2003

A Better Place Foundation  Athena Theater Company
Cambridge Community Foundation  Cambridge Savings Bank
Cambridge Trust Company  City of Cambridge
Clipper Ship Foundation  Hartley Corporation
Frances R. Dewing Foundation  Haymarket People’s Fund
East Cambridge Savings Bank  Mind’s Eye Yarn
First American Title Insurance Company
Bushrod H. Campbell and Adah F. Hall Charity Fund
Harvard Pilgrim Health Care Foundation
Instead Feminist Cooperative at Wellesley College
George and Beatrice Sherman Family Charitable Trust
Unitarian Universalist Funding Program
Women Empowered

An Intern’s View

I have been an intern at the Women’s Center for the summer, and as September arrives and my time here comes to a close, I find myself looking back, attempting to attach a moral, one specific lesson, one final thing to say.

Coming in as an intern, I was expecting cold clean lines, panes of glass separating people who never spoke to each other, shiny black phones, stainless steel desks. This is what I had been told being an undergrad intern consisted of, but it was most definitely not what I found. I found comfy couches, stained glass, the art of women, friendly conversation, a relaxed and supportive atmosphere.

Being an intern here is significantly different than the internships my friends are completing, working in offices. I have become increasingly aware that, unlike them, I am not working in a place run on corporate money and the oozing labor of apathetic nine-to-fivers. The Women’s Center is run on the sweat of dedicated employees and volunteers and the kindness of community members. It is a house born of the process of revolution and the collaboration of women. When things happen here, they happen because somebody worked hard, tried hard, organized, or was inspired.

So I leave, not exactly changed, but more resolute in the idea that change from the hands of a small group of thoughtful committed women is not an ideal, but a reality, and one that is quietly taking place right off of Central Square in Cambridge.

-Clara McCoy

*WRITING TO HEAL*
Sunday, October 26, 3pm
at the Center for New Words
186 Hampshire Street. Cambridge

It's National Breast Cancer (Industry) Month. Instead of filling your head with drug company propaganda, you can make your own voice heard! Join poet Trounistine (*Almost Home Free*), playwright Neely (*Last Rites*), and memoirist Propp (*In Sickness and In Health*) for an afternoon of women’s words about surviving cancer, and a discussion of the role writing it all down can play in the healing process.

-Letta Neely, Karen Propp and Jean Trounistine

Co-sponsored by the Women’s Center

Thank YOU!!
**GROUPS**

**SUNDAY**
- *Focus Group for Female Teens (Sept. 14) ..........1:30-3:30pm
  Food & prizes provided. Lynn, (617) 354-6394, to register.

**MONDAY**
- Al-Anon for Women (weekly) ........................................6-7:30pm
- Lesbian Partners & Ex-Partners of Incest Survivors .7:30-9pm
  (3rd Mondays, Info: Daniella (617) 497-0911)
- *Lesbian Rap (weekly) ........................................7:30-9pm

**TUESDAY**
- Bisexual Women’s Rap (1st & 3rd Tuesdays) .................7:30-9pm
  Info: lucylizard@yahoo.com
- Facilitated Mothers’ Support Group (forming)..............morning
  [to join, call group facilitator Danielle at (617) 876-2139]
- Healing Circle (weekly). ashanti@intentionality.net ..7:30-9:30pm
- Support for Married but not Straight Women ..........7:30-9pm
  (2nd Tuesdays). Info: Dpp1029@aol.com
- Writer’s Circle (2nd Tuesdays) ...............................7-9pm
  Info: Cassandra at (617) 494-2695

**WEDNESDAY**
- Battered Women’s Support Group (all Weds, except 3rd).7-9pm
- *“Grand” Moms (2nd Wednesdays) ..........................6-8pm
  Childcare & meal provided. Info: (617) 354-6394.
- Liquid Poets (2nd & 4th Wednesdays) .......................7-9pm
  Info: Christine, liquidwriters@hotmail.com.
- *Women Maximizing Abilities Now (WOMAN) ............2-3:30pm
  (1st & 3rd Wednesdays; for women with disabilities.)
  Info: woman@braintrust.org

**THURSDAY**
- Healing & Art for Trauma Survivors (2nd & 4th Thurs)6:30-8:30pm
- Lesbian Buddhist Book Group (1st Thursdays) .............7-8:30pm
  buddhabuddiesbooks-owner@yahoo.com
- *Monthly Activist, September 18 .........................6:30-8:30pm
- 30+ Multicultural Lesbian Rap (1st & 3rd Thurs) ........7-8:30pm
- Thursday Night Gathering for Survivors of Child Sexual Abuse (weekly).............................7:30-9:30pm
  (Topic of 1st meeting of month. Info: Lilithlive@aol.com)
- *Women of Action (WOA) Open Mic (1st Thurs.) ..6-8:30pm
  All women & their children welcome. Lynn, (617) 354-6394.

**FRIDAY**
- *Cooking/nutrition Class (for battered or formerly battered
  women). Sept. 12 – Oct. 17 (6 weeks) ......................6-8pm
- Cooking lessons, nutritional advice and great meals.
- Dinner and childcare provided. Register: (617) 354-8807
- Incest Resources Facilitated Discussion for Survivors
  of Child Sexual Abuse (please be on time) ...........6-7:30pm
  (usually first Friday of month, September - June)

**SATURDAY**
- *Coming Out Discussion for Women of all Ages ........11am-1pm
  (1st & 3rd Saturdays except holiday weekends)
- *Women of Action (WOA) (2nd & 4th Saturdays) .........11am-1pm
  Please call before attending your first meeting,
  and if you need childcare: Lynn, (617) 354-6394
- *Wheelchair Accessible groups

  All activities are free and open to women

  The Women’s Center is closed October 13 & November 27-30

**NEW AND FEATURED ACTIVITIES**

*COOKING/NUTRITION CLASS* (for battered or formerly battered women). Fridays, September 12 – October 17 (6 weeks), 6-8pm. Hands-on cooking lessons, nutritional advice, and great meals. Dinner and childcare provided. Register at (617) 354-8807.

**FOCUS GROUP FOR TEENS,** Sunday, September 14, 1:30-3:30pm. Are you a 16-19 year old young woman? We want to know from YOU how to make the Women’s Center a place where teens enjoy hanging out together. Believe me, we are definitely going to have FUN!! Prizes & food provided. Call Lynn, (617) 354-6394, to register.

**“GRAND” MOMS.** Wednesdays, Sept. 10, Oct. 8... (2nd Weds.), 6-8pm. Join other “Grand” Moms for conversation, resource sharing, laughing, crying, enjoying a meal. Let’s support each other as we raise a second generation of kids. Facilitated by Denise Simmons & Mary Quinn. Free. Childcare provided. RSVP: (617) 354-8807.

**HEALING AND ART (for Trauma Survivors),** Thursdays, September 11 & 25, 6:30-8:30pm. Art is a way to tell the truth about the past, explore the present, create the future. Come explore how to use art to heal past traumas. We’ll brainstorm possible topics, create art pieces & discuss what they mean to us. No previous experience or special skills needed. 2nd & 4th Thursdays. Info: (617) 354-8807.

**LESBIAN BUDDHIST BOOK GROUP,** 1st Thursdays, 7-8:30pm. We discuss books by Buddhist authors or about teachings from various Buddhist traditions, have an interest in practicing mindfulness & compassion in our daily lives. Women from religious/non-religious backgrounds welcome. buddhabuddiesbooks-owner@yahoo.com.

**MONTHLY ACTIVIST,** Thursday, September 18, 6:30-8:30pm. Care about issues affecting the lives of women, but don’t think you have the time to get involved? Learn about what’s happening to women right now – and take a few moments to ACT! Info: Mary (617) 354-6394.

**NOTHING TOO HEAVY TO SHARE (NTHTS).** For survivors of extreme abuse, such as torture, forced isolation, severe neglect or sexual exploitation. One daytime meeting and an evening meeting each week (come to either/both). Info/to join: Esther (781) 278-0997.

**WOMEN OF ACTION (WOA) ORGANIZING MEETING,** Saturdays, September 13 & 27, 11am-1pm (2nd & 4th Saturdays). WOA welcomes women of color and/or low-income women to join together to fight for justice. We believe that low income women deserve respect, information and access to services. Before attending the first time and for childcare, please call Lynn, (617) 354-6394.

**TOPICS FOR DISCUSSION**

**30+ MULTICULTURAL LESBIAN RAP** 1st & 3rd Thursdays, 7-8:30pm
- September 18 2003 Lovers: Living Together or Apart?
- September 15 Getting to Know You (icebreakers nite)
- September 22 Violence in the Lesbian Community
- September 29 360 Degrees - How What You Do Affects You

**LGBTQ嗵的？你？**

**LESBIAN RESOURCES’ FACILITATED DISCUSSION FOR SURVIVORS OF CHILD SEXUAL ABUSE** 1st Fridays, 6-7:30pm
- October 3 Disclosure
- November 7 Courage and Growth
- December 5 Dissociation (Please be on time)

**THURSDAY NIGHT GATHERING FOR SURVIVORS OF CHILD SEXUAL ABUSE**
- weekly, a topic at the first meeting each month
- October 2 Our Bodies. Info: Lilithlive@aol.com

**FREE CHILDRE NCARE:** With 4 days notice, we can usually find a
someone to do free childcare while you attend a group or
workshop. Or volunteer to do childcare! Info: (617) 354-8807.

**FREE COMPUTER & INTERNET ACCESS:** Four computers
are available on a first come, first served basis when the
Women’s Center is open - Monday-Thursday: 10am-10pm,
Friday: 10am-8pm and Saturday: 11am-4pm

Please do not wear perfumes or strong scents at the Women’s Center.
Judy Norris is an incredible woman who has truly been a cornerstone of the Women's Center for its entire existence - the last 32 years. (I know Judy very well, as she has been my mom for the last 35!) Judy was part of the group of women who engaged in the truly revolutionary undertaking of creating the Women's Center from scratch in 1971, the beginnings of the thriving Women's Center we know today. After devoting herself to the Women's Center as a full-time volunteer for almost a third of a century(!), Judy will be leaving in October, 2003. It will be a difficult parting on both sides, as Judy has given so much to, and gotten so much back from the Women's Center.

Those of us who know and work with Judy know that she is modest, humble, works quietly behind the scenes, and shies away from the spotlight. She will probably be embarrassed by my singing her praises, but here I go....

I firmly believe the Women's Center would not be here today if not for Judy's infinite contributions. To name a few: Judy has volunteered tens of thousands of hours to the Women's Center. She has lovingly cared for the building at 46 Pleasant Street. When I visit the Center, I see marks of Judy all over the house, inside and out - in the furniture and carpet donations she secured, the walls she painted, the many things she built and fixed, the commemorative tiles she helped conceive and install, the plants she's cared for, and on and on. She has nurtured and supported numerous struggling projects and groups. She has trained and inspired hundreds of volunteers and interns. She has listened to countless women in need with patience, compassion, and encouragement. She has proudly carried the Women's Center banner at many parades and staffed the Women's Center table at dozens of events. She has folded, labeled, and sorted hundreds of thousands of newsletters. She has raised money and secured in-kind donations for the Center. She has diligently publicized Women's Center programs. Through it all, Judy has treated others with respect and dignity. To me, Judy epitomizes the Women's Center's ideal of women helping each other and empowering ourselves, both individually and collectively.

So it is with a lot of emotion and many memories that the Women's Center community says goodbye to Judy and she to it. Its hard to find the words to thank Judy for all she has done for the Center. So I'll end this article with a favorite quote of Judy's by Marie Ebner von Eschenbach: "those whom we support hold us up in life." Thank you, Judy, for holding us up and letting us hold you up. The Women's Center truly won't be the same without you.

-- Jennifer Norris

P.S. The Women's Center will be organizing a good-bye celebration for Judy. If anyone has ideas or would like to help, please email Mary Quinn at: Mary@cambridgewomenscenter.org

Liquid Poets

Liquid Poets is a women's poetry group dedicated to creating a safe space for women to read, write, and discuss poetry. Women with any level of experience are welcome to attend. Even if you have never finished writing a poem or have just recently become interested in poetry, please join us. We only require an open mind and a friendly attitude - please come willing to share your ideas and writings with others. Our meetings take place from 7-9pm on the 2nd and 4th Wednesday of each month. During our meetings, we read and discuss a collection of published poetry together, and then do short free writes or writing exercises. Everyone is encouraged but not obligated to share. Each week, the facilitator will pick topics such as "Women and Children", "The Poems of Sylvia Plath", "Poems of Dissent," "Children's Poetry" or others. If you are interested in attending or have questions, please contact Madeline at: liquidwriters@hotmail.com

In September the Women's Center and the R.O.S.E. Fund, offer a series of cooking and nutrition classes to battered and formerly battered women, with dinner and childcare provided.

Start the weekend by learning something new, while giving yourself a real treat!

As each class begins, women and children enjoy a snack prepared by chef Petal Joseph. Then, our chef provides a 'hands on' cooking lesson, while nutritionist, Leslie Oliver, offers tips about healthy and affordable eating. Everyone pitches in to help create the delicious meal and women take advantage of the opportunity to get to know one another. At the end of the evening, everyone sits down together for a family-style meal prepared during the cooking class. At the end of the 6-week series, each participant receives a free gift!

A great ending to a rough week or an exciting beginning to a new weekend – it doesn’t matter. This workshop series is just the recipe. For more information or to RSVP, call (617)354-8807 right away!

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

Enclosed is my tax-deductible donation of:   ___$25  ___$50  ___$100  ___$500  ___other $ ____.  

_ _ _  I’m interested in volunteering at the Women’s Center.

Name__________________________________________________________

Address_____________________________________________________

City____________________ State_____ Zip Code_____________________  

Phone___________________ Email______________________________

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

If you’d prefer to be taken off of our mailing list, please check the following box and return