

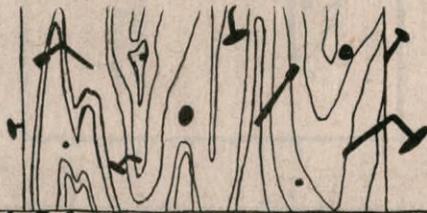
THE WAND

Womynspace Activities/Networking Directory

Vol. 6, No. 5

May

9990



2nd annual
**Womynspace
GARAGE
SALE**
Saturday, May 5th
at **BACCHUS**
523 Lovett
8:30 am. 3:00 p.m.



KC
1990

WOMYNSPACE

The WAND is a monthly publication of WOMYNSPACE, an organization designed by and for womyn, and operated by a steering committee.

Opinions expressed in articles printed herein do not necessarily reflect the views of the editors of the WAND or the Womynspace organization as a whole.

Submissions to the calendar:

are due the tenth of the preceding month for the next issue

WOMYNSPACE
P. O. BOX 980601
Houston, Tx. 77098

MEMBERSHIP DISCOUNTS

Your WOMYNSPACE membership entitles you to the following discounts:

- ROSSANN DAUMAS, Myotherapist, 741-4420, 15% discount.
- KATHERINE M. FERENTINI, O.D., Optometrist, 10% off Initial visit.
- LUCIA'S GARDEN, 2213 Portsmouth, 10% off on purchases.
- KAREN HANSEN, A.C.S.W., 364-3843, \$15 off Initial visit.
- CONNIE MOORE & ASSOCIATES, 522-4282, 10% off total legal fees.
- DR. MARYANN TOMKO, D.C., 20% off Initial office visit.

WOMYNSPACE MEMBERSHIP FORM

Benefits of membership include a subscription to _____ discounts on WOMYNSPACE events; plus advertisers discounts listed under Membership Discounts.

PLEASE CHECK IF YOU ARE RENEWING

YES, I want to join WOMYNSPACE and become part of the dream.

Enclosed is \$ _____ dues for one year. The following suggested scale is offered on the basis of "more if you can, less if you can't." Please select the amount appropriate for you: \$20.00 or work exchange; \$31.00 (62% of the average amount a man spends on membership in an organization); or \$5.00 for each \$2500.00 of yearly income. Two or more members in the same household may combine their incomes and pay jointly. LIFE MEMBERSHIPS \$500.00.

No, I do not wish to become a member at this time, but enclosed is \$15.00 for a subscription to the Community Calendar.

NAME: _____ PHONE: _____

ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____

Please return to: WOMYNSPACE, P.O. Box 980601 Houston, TX 77098



- Professional D. J. Service -
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CHERRY WOLF P.O. Box 980742
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Carmen Zepeda

ACSW, CSW - ACP

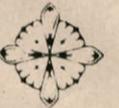
Diplomate in Clinical Social Work
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Family & Group Therapy

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Karen J. Hanson

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Classified Ads

Moll Cutpurse: Her True History A Novel by Ellen Galford

Moll Cutpurse took me by complete surprise. I am not usually a big fan of historical romances, but I found Moll both a lot of fun as a lesbian romance and adventure story and thought-provoking as a feminist novel.

A woman known as Moll Cutpurse did live in England at the end of the 16th century. She was notorious as a successful thief and pickpocket and for wearing men's as well as women's clothes. History does not say, of course, whether or not she was a lesbian, but Galford's leap is quite credible. Like Isabel Miller in Patience and Sarah, Galford uses her fiction to give us back a little of our history.

The Moll of this story is a very attractive character, a rogue and a thief, but with scruples, and her adventures make great reading. In one of my favorites, the Puritans force Moll to publicly repent of her sins. Moll shows up at the appointed time and treats them to a drunken and hilarious and obviously false confession. And while she has their attention, a flock of little pickpockets in training infiltrate the crowd and slice out the backsides of the sanctimonious church fathers' pants!

Some of the interludes are more serious. In one, a neighbor introduces her to a friend, Judith, who turns out to be Shakespeare's sister, the figure from Virginia Woolf's A Room of One's Own. In Woolf's version of the story, a woman who, like Shakespeare, wants to be a poet, goes to London to write and ends up an unwed mother and commits suicide. In Galford's version, she is pulled out of the river after throwing herself in and ends up making a living by selling poetry and songs on the street. She does not become famous, but she does find a space in which to live and to work at something she enjoys and which is important to her.

Between the stories of Moll's adventures outside and the people she meets, we hear the story of her relationship with Bridget, an equally independent though less spectacular character. They first meet when Moll comes to Bridget, an apothecary, looking for a potion to make her into a man. Bridget, a bit of a con-artist herself, keeps Moll coming back to be done with herbs until she gets a chance to show her that not all women want lovers so equipped. But primarily, this is the story of Moll. Her adventures make delightful reading, and I recommend them to you.

review by Jennifer Roland

Do you have a violin or viola gathering dust in your home? Now is the time to dust it off and start practicing. Experienced teacher offering beginning and advanced private lessons weekly or bi-monthly. 880-9517

Call "a CLASSical alternative" for your next special occasion or party. Quality string quartets, trios, duets, etc. All women group. Erika Lawson (880-9517).

PSYCHIC SERVICES:

FRIENDS, LOVERS. Relationship questions? Mei's "RELATIONSHIP NUMEROLOGY" offers 15 to 20 page detailed analysis of each name, plus: "composite" of the two names' energies. Send: \$30 check/money order to Mei's Astrology/Numerology, Box 52213, Houston, TX. 77052; include complete birthnames, present names, birthdates. (713) 451-8658. Fast turnaround.

Queen size Futon for sale. Still in package, never been used. Half price. \$75.00 861-7687 Mary Ann

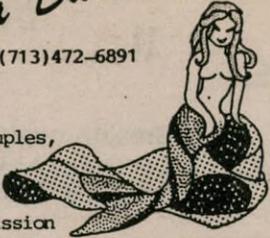
HOLIDAY GIFTS for wimmin!!!!



Sea Dancers
(713) 472-6891

Tiny sculptures of wimmin, couples, mermaids and goddesses

Reasonable prices!!
Whimsical portraits by commission



"Enrolled to represent taxpayers before the Internal Revenue Service"

Kathy Hubbard Tax Preparation and Audit Assistance

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-Overseas Filers -Estates and Trusts



FINANCIAL REPORTS

MARCH 1990 OPERATIONS

Sources of Funds

Memberships	\$ 82.00
Display Ads	92.50
Total Sources	\$ 174.50

Uses of Funds

WAND Expenses	358.44
Loan Repayment	100.00
Franchise Tax	68.00
Total Uses	\$ 526.44

Net Change

Fund Decrease <\$ 351.94>

REGARDING SUBMISSIONS TO THE WAND

Original writing by women is desired for publication in The WAND. Writing may be poetry, news articles, commentary, etc. Also original drawings and cartoons are welcome. Groups may send us notice of their regular meetings and special events by the 10th of the month for the next month's issue. Use of any submitted material is at the discretion of the Newsletter committee. We are glad to network with other groups that work for social change and share a perspective in line with the feminist concept of WOMYNSPACE

Donations to help us defray the cost of printing are appreciated.

Articles submitted are also subject to acceptance for publication at the discretion of the committee. Articles do not necessarily reflect the opinions of the organization or individual members of the committee. We try to use what we can as space allows. For the return of any material, please enclose a stamped, self-addressed envelope. It is best if articles are typed in column width of 3" (length is not a problem provided material is not too lengthy).

Carla Bradley, M.S. Ed., LPC Licensed Professional Counselor

By Appointment
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Individual Psychotherapy
Partners Counseling
Group Psychotherapy

Juanelle Holcomb

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MAY

1 TUESDAY

PARTNERS IN HEALING, a weekly support group for partners of lesbians who are survivors of childhood sexual abuse. Tuesdays from 7:30pm-9:00pm at the Montrose Counseling Center, 900 Lovett, Suite 203, Room 8. \$5.00 fee. Call 529-0037 for info.

A Women's Place - KPFT 90.1 FM
9-10 p.m. Feminist issues and herstorical portraits with that tireless educator, Klara Kern.

Wilde 'n' Stein - KPFT 90.1 FM
10-11 p.m. Lesbian and gay issues & interviews presented by those courageous community activists, Deborah Bell and Jack Valinski.

2 WEDNESDAY

WOMEN'S THERAPY GROUP with inner child focus. Every Wednesday from 7:30-9:00pm, 6300 West Loop South, Suite 215. Facilitated by Joyce M. Gayles, PhD. For more information call 667-6047.

Women's Hour, Although 'music' isn't part of the name anymore, women's music is still an integral part of the show. Claire and Yoshiko have always played music by, for, and about women. Now they have added interviews, news stories, and a Women's Calendar to their form, 6:00 PM to 7:00 PM, KTRU-FM, 91.7 FM, for information call 527-4050

WOMEN AGAINST VIOLENCE EVERYWHERE(WAVE) meets at 7:00pm at the First Unitarian Church.

3 THURSDAY

SORA(SEX OR RELATIONSHIP ADDICTS ANONYMOUS), for lesbians who desire to stop acting on their romance or relationship addiction, sex co-sex addiction, or other types of codependency in relationships. For more info. call Roberta(521-3841) or Jane(868-4125).Thursdays from 6-7pm.

4 FRIDAY

Breakthrough, Womyn's Music, KPFT 90.1 FM with Pokey Anderson and Cherry Wolf., 8:00 AM to 11:00 AM, KPFT 90.1 FM

GAY AND LESBIAN SWITCHBOARD spring volunteer training classes. May 4-5-6 and 12-13. All applicants must be at least 18 and complete both weekends of training. For info. call 529-3211

5 SATURDAY

WOMYNSPACE GARAGE SALE! in the parking lot of Bacchus, 523 Lovett. 8:00am-3:00pm.

6 SUNDAY

MOTHER'S SUPPORT WEB meets the first Sunday of each month. All mother's and supporters are welcome to join us for a potluck picnic at Fleming Park. Rainout location at First Unitarian Church. For info. call Nancy at 529-3362.

The Women's Group meets every Sunday at 10:00 a.m. at the First Unitarian Universalist Church, 5210 Fannin at Southmore. Call 529-7329 for information.

LESBIAN INCEST SURVIVORS ANONYMOUS(LISA) meets every Sunday from 4 to 5pm above Inklings, 1846 Richmond. for more info. call Sherry at 527-8712.

WOMEN'S SOFTBALL at Love Field, on 13th St. off of Shepherd in the Heights(cross st. Alexander) Games start at 9:00am and last an hour. Last game starts at 6:00pm.

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11 FRIDAY

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13 SUNDAY

HAPPY MOTHER'S DAY

THIS DAY STARTED AS
A DAY TO WORK FOR PEACE.

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LESBIAN INCEST SURVIVORS ANONYMOUS (LISA) meets Sundays 4-5pm above Inklings, 1846 Richmond at Hazard. For further info. call sherry at 527-8712.

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WOMEN AGAINST VIOLENCE EVERYWHERE(WAVE) meets at 7:00pm at the First Unitarian Church.

17 THURSDAY

WOMEN TAKING CHARGE IN THE 90'S A free seminar to explore new options for your financial, legal, and emotional well-being. May 17, 6:45-9:00pm, Montrose Public Library, 4100 Montrose Blvd. Seating is limited. For reservations and information, call 522-4282.

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18 FRIDAY

Breakthrough, Womyn's Music, KPFT 90.1 FM with Pokey Anderson and Cherry Wolf., 8:00 AM to 11:00 AM, KPFT 90.1 FM

MAY 18-19

Lesbians in the 90s, 'Speaking Out,' third annual, Texas Lesbian Conference., call 512-828-1761

20 SUNDAY

WOMYNSPACE MEETING, 1:00-3:00pm, upstairs at Inklings, 1846 Richmond.

LESBIANS OVER AGE FIFTY(LOAF) meet the 3rd Sunday of each month at the Autry House, 6265 S. Main, at 2:00pm.

Women's Reading Group, for May, is reading 'The Crone' by Barbara G. Walker. The group meets the second Sunday from 4:00 p.m. to 6:00 p.m. in the afternoon. Call 664-7438 for more information.

The Women's Group meets every Sunday at 10:00 a.m. at the First Unitarian Universalist Church, 5210 Fannin at Southmore. Call 529-7329 for information.

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22 TUESDAY

Womynspace/WAND Paste-Up OK, so you didn't like the way we looked last month? Well, neither did we! So come on over and lend a hand from 6-10 p.m. Bissonnet near Chimney Rock. Call Kathy at 667-5894 for directions.

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MAY

JUNE

KPFT MARATHON

28 MONDAY

MEMORIAL DAY OBSERVED

29 TUESDAY

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30 WEDNESDAY

Women's Therapy Group with inner child focus. Meets every Wednesday from 7:30-9:00 p.m., 1807 Lexington. Facilitated by Joyce M. Gayles, PHD. For information call 528-4863.

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THINGS TO WATCH FOR IN JUNE

Game Night! Join in, bring your favorite game, meet and have fun.

Kitchen Band Join in the parade. Womynspace will be in Lesbian and Gay Pride Week Parade on Sunday, June 24. Bring something to bang on or play.

WOMEN'S SOCCER, Bear Creek Area. Experienced players needed for team. Call Lynn at 370-8811, Woody at 460-8911 or Patty at 531-8768.

HOUSTON WOMEN'S SOCCER ASSOCIATION Female players of all levels needed for the fall season. Contact the league for placement - 858-3207.

Do you want to meet some neat people who care about making this world a place where folks care about the planet and each other? Free of sexism, racism and all the other forms of anti-humanism imaginable? KPFT attracts alot of sincere people. The May telethon fund drive runs approximately the first two weeks of May. Call 526-4000 for a shift to answer phones.

Joyce M. Gayles, PHD
is pleased to announce the opening of her new office
at
6300 West Loop South
Suite 215
Bellaire, Texas
(Loop 610 at Fournace Place)
667-6047

While reading Sonia Johnson does your heart beat a little faster? Do you find yourself nodding, saying "Yes! Yes! That's right! That's how I've always felt!" I know that was my reaction. And then I asked "How do we do this?"

So I thought really hard about it. I gave my old brain a real workout. Weeks passed and I couldn't think of a single idea. Finally, I stopped thinking. I said "Slow down, Denise. Relax. Picture yourself where you want to be, doing what you want to do."

I find myself in front of a large old house. There are three great oaks out front. As I walk up the steps to the porch, I see women sitting together, talking and laughing. Three children run out into the yard. I go through the front door, and looking to my left, I see a busy library. Ahead is a staircase, leading to the bedrooms. To the right is a dining room and a huge homey kitchen. Two women are bustling about and the smells emanating are mouth watering. I walk on through to the back porch and down the steps to a bountiful garden. I follow a path into the woods and after a few minutes come to a clearing, a circle of stones. I can feel the woman-power here. Many rituals are

held in this place. After a moment, I move on, this time to a path on the other side of the clearing. As I walk, I can hear the wildlife all around me. I come out of the woods and see campsites. Further on, there are women, many women, working together to build a restroom/bathhouse. They are singing and laughing and sweating. Back towards the woods my eye is caught by something fluttering in the wind. As I get near I see that the ground is marked off for a building, a small sign says 'Bunkhouse'.

I also see a large barn-like structure where we work at whatever we like, we sell our wares to the visiting women, and there is room for recreation in times of inclement weather. There is an herb garden and a pond. There is cooperation and love. There are women and children, and the beginning of our future.

This is a place where women and children from Houston and surrounding areas will come to retreat from city life and patriarchal life - to join in rituals - to meet other women - to learn - to commune with nature - to build our world.

Any women interested in joining me in creating this place, please write to Denise Turner, 5434 Briarbend, Houston, Texas 77096.

LOW BACK PAIN

COURTESY OF MARYANN M. TOMKO, D.C.
3222 MARQUART
HOUSTON, TX. 77027
(713) 963-9143

A Modern Epidemic

Back pain, which has reached epidemic proportions with our modern lifestyle, is usually a result of a combination of factors. By understanding the causes of low back pain, we can take a more active role in treating it.

Increased Stress And Decreased Exercise

Our spines were designed to be strong and flexible. A natural, healthy spine can bend two-thirds of the way into a circle, and support over 100 pounds of weight. It is also designed to move often, and to relax completely when it is not moving.

It is easy to see how we have departed from the spine's natural design functions. Our modern lifestyle itself is a precondition for many of the common causes of back pain. Most of us do not exercise our spine's full range of motion on a daily basis, and few of us fully relax our spine, even when we are not moving. We may be sitting at a desk or in a car, but the stress within us keeps our muscles in a state of tension.

When we do exercise it is too often without proper muscle preparation or moderation. We go out with great enthusiasm and often literally "break our back" playing weekend athlete or gardener, or trying to "keep up" in an exercise class. We expect a lot of our spine without giving it the daily attention it needs to remain strong and flexible.

Common Reasons For Low Back Pain

The most common causes for low back pain are related to conditions that we can do something about.

• **Posture and poor alignment.** We often hold ourselves in postures which

make movement difficult and unnatural, and predispose us to lower back pain. Any posture which compromises the natural curvature and muscular balance of the spine places strain and tension on the supporting muscles and ligaments, weakening them. Without proper support, the joints of the vertebrae are forced to carry weight which they are not meant to carry. This leads to premature spinal degeneration and pain.

• **Overexertion.** We tend to ignore the subtle signals our back gives us to let up on our activity, or change our position. In spite of a twinge here or a little spasm there, we continue to move furniture around or sit at the computer for another three hours until we strain a muscle or squeeze a disc. Then the pain puts us flat on our back.

• **Emotional stress and muscular tension.** Stress causes muscles to contract. Chronically contracted muscles stop the circulation of blood and oxygen. Pain and atrophy in the muscle, and misalignment of the joints can be the result of muscle tension.

• **Degenerative wear and tear.** Although the spine undergoes a natural aging process, inappropriate alignment and use of the spine can speed up that process. Arthritis, osteophytes (bony growths around the vertebral bodies and facet joints), osteoporosis, disc aging and facet joint damage are some of the effects of aging which can cause low back pain.

• **A bulging or herniated disc.** A herniated or protruding disc can cause

severe back pain, but only a small percentage of back pain can be attributed to this condition. Pain usually accompanies a herniated disc only if the escaped disc material is bothering a nerve.

• **Structural abnormalities.** Occasionally low back pain is caused by a predisposing condition such as scoliosis, spina bifida or spondylolisthesis. These abnormalities can be diagnosed by X-ray.

Poor posture leads to pain. Good posture keeps your spine in balance and pain-free.



• **Traumatic back injuries.** Automobiles, industrial accidents and active sports cause most traumatic back injuries.

Whatever the cause, low back pain can be debilitating. Taking good care of our spine and seeking proper treatment when pain does occur will keep low back pain at bay. ☑

THE GARAGE SALE

Don't miss our second annual Garage Sale. It will be Saturday, May 5th at BACCHUS, 523 Lovett.

The sale starts at 8:30 a.m. and lasts until 3:00 p.m. Please bring things you wish to give to Womynspace so that we may sell them for our fundraiser. Then, shop 'till you drop!

ACKNOWLEDGMENTS

Again this month we want to thank artist Elizabeth Curry for her gift of art for the cover. It was produced on an hours' notice.

Law enforcement officials and woman's advocates have responded to violence against women by forming a network to provide help that is often only a phone call away.

IN AN EMERGENCY

- ☐ Police or sheriff's department: 911.
- ☐ WIRES (Women's Information and Referral Exchange Service): 528-2121.
- ☐ Crisis Hotline (24 hours): 228-1505.
- ☐ Crisis Hotline (Bay Area, 24 hours): 333-5111.
- ☐ Family Time Help-line (Humble, 9 a.m.-5 p.m.): 446-2615.
- ☐ Help Hotline (Fort Bend County): 342-4357.
- ☐ The Rape Crisis Program: 528-RAPE.

FOR LEGAL ASSISTANCE

- ☐ Aid to Victims of Domestic Abuse: 664-AVDA. 2626 South Loop West.
- ☐ Gulf Coast Legal Foundation: 660-0077. 2626 South Loop West.
- ☐ Houston Volunteer Lawyers: 228-0732. 806 Main.
- ☐ Harris County District Attorney's Office, Family Offenses Section/Domestic Violence Unit: 221-5888. 49 San Jacinto, Room 328.
- ☐ Harris County District Attorney's Office, Victim Witness Office: 221-6655. 201 Fannin.

FOR COUNSELING & SUPPORT

- ☐ Family Service Center Domestic Violence Intervention Program: 861-4849.
- ☐ Houston Area Women's Center Outreach Service. Call 528-5785.
- ☐ Pivot Group (For Batterers): 524-HELP.
- ☐ Alcoholics Anonymous: 686-6300.
- ☐ United Way Information and Referral: 527-0222.
- ☐ Community Education and Development Program. Call 528-6798.

TO REACH A SHELTER

- ☐ Shelter for Abused Women and Their Children, call WIRES 24-hour hotline in Houston: 528-2121
- ☐ Angleton — Women's Center of Brazoria County: (409) 849-5166.
- ☐ Bay City — Matagorda County Women's Crisis Center: (409) 245-9299.
- ☐ Baytown — Baytown Area Women's Center: 422-2292.
- ☐ Galveston — Women's Resource and Crisis Center: (409) 763-5605.
- ☐ Houston — The Roseate: 351-4357.
- ☐ Huntsville — Walker County Family Violence Council: (409) 291-3369.
- ☐ Pasadena — Bridge Over Troubled Water: 473-2801.
- ☐ Richmond — Fort Bend County Women's Refuge: 342-HELP.

Sixteenth Annual National Women's Music Festival



May 31 thru June 3, 1990

REGISTRATION

one person per form, please photocopy

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Festival Passes (over 60/under 16 = half price; under 12 = free)

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	April 30	After April 30
4-Day Pass (Thurs.-Sun.)	\$105	\$120
3-Day Pass (Fri.-Sun.)	\$90	\$105
Thursday Pass	\$30	\$35
Friday Pass	\$40	\$45
Saturday Pass	\$40	\$45
Sunday Pass	\$25	\$30

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Friday (7:30 pm)	\$19	\$22
Saturday (7:30 pm)	\$19	\$22
Sunday (3:00 pm)	\$19	\$22

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Arrival _____
airline flight # date time
Departure _____
airline flight # date time

*Add \$5.00 for Credit Card Service Charge _____

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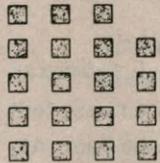
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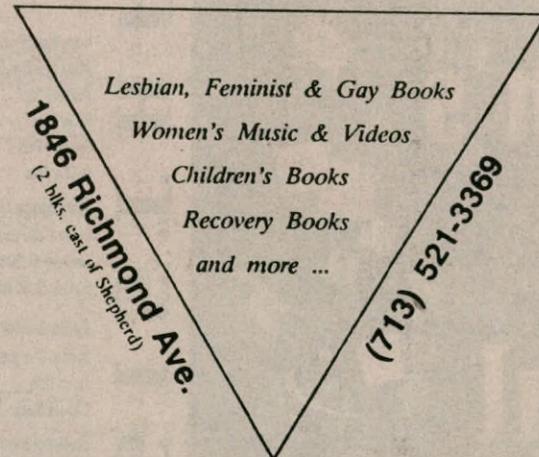
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BRING US CLOSER TOGETHER.
SISTER, PEACE IS WHAT WILL
MAKE US STRONGER AND WISER.
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