



THE WAND

Womynspace Activities/Networking Directory

VOL. 5, NO.9

OCTOBER

9989

SONIA JOHNSON

FEMINIST VISIONARY

WORKSHOP:

(Women Only)

"Breaking Up with Patriarchy
Instead of Each Other"

Saturday, October 7, 1:00-4:00 P.M.

Autry House, 6265 S. Main

Workshop Fee: \$10.00

SPEECH:

"Wildfire: Igniting the She/Volution"

Saturday, October 7, 8:00 P.M.

First Unitarian Church, 5210 Fannin

Tickets: \$4 in advance & \$5 at door

TICKETS FOR BOTH EVENTS AVAILABLE AT

Inklings, 1846 Richmond, 521-3369

Lucia's, 2213 Portsmouth, 523-6494.

For information call: 529-7329.

*I will live to see women's spirit sweep over
the earth like wildfire: out of men's control,
untamable, cleansing, renewing, awakening.*

-Sonia Johnson

WOMYNSPACE

WCCN-WOMYNSPACE COMMUNITY CALENDAR /NEWSLETTER is a monthly publication of WOMYNSPACE.

WOMYNSPACE is a non-profit organization designed by and for womyn, and operated by a Steering Committee comprised of the Spokeswomyn of each Womynspace Committee, and any and all interested members who have attended an Introduction to WOMYNSPACE.

Tax-exempt donations, as well as donations of time and energy to help print and distribute this calendar will make it possible to increase the information presented and to expand our circulation to reach more womyn.

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

SUBMISSIONS TO THE CALENDAR:

WOMYNSPACE, ATTN: ERIKA LAWSON
P.O. Box 980601
Houston, TX 77098

Submissions are due the 10th of the preceding month for the next issue.

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.

HANDS ON HEALTH PROMOTION: 10% off initial visit

WOMYNSPACE MEMBERSHIP FORM

Benefits of membership include a subscription to WCCN; 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.

I want to be a SUSTAINING MEMBER. Enclosed is my first monthly pledge of \$ ____ (\$5, \$7.50, \$10, or more).

~OR~

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.

I am enclosing an additional \$ ____ as a tax-exempt donation.

NAME: _____ PHONE: _____

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

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

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Carmen Zepeda

ACSW, CSW - ACP

Diplomate in Clinical Social Work
Psychotherapist

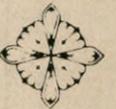
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ACSW, CSW-ACP
Psychotherapist



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Survivors' Issues

(713) 364-3843
P.O. Box 66554
Houston, Texas 77266

AN ORGANIZATION OF CONCERNED PARENTS
Support Groups • Meetings

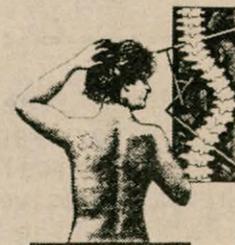


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OPEN LATE EVENINGS

BEHIND THE SUMMIT (713)963-9143

*Women will always have the final word on abortion.
No legislator, Supreme Court Justice or President can change that.
All they can do is make it illegal or harder to obtain,
drive it into dirty back alleys,
and endanger the lives of women.
The battle for women's lives begins today
and
it begins with you.*



I will live to see women's spirit sweep over the earth like wildfire: out of men's control, untamable, cleansing, renewing, awakening.

-Sonia Johnson

SONIA JOHNSON COMING TO HOUSTON

"I will live to see women's spirit sweep over the earth like wildfire: out of men's control, untamable, cleansing, renewing, awakening." Words from Sonia Johnson, feminist visionary and author of Housewife to Heretic, Going Out of Our Minds, and her new book, Wildfire: Igniting the She/volution.

Sonia will visit Houston on Saturday, October 7. The Women's Group at First Unitarian Church, 5210 Fannin, invites you to her presentation in the church sanctuary at 8:00pm. Tickets will be \$4 in advance, available at Inklings Bookstore and Lucia's Garden, and \$5 at the door.

COME BE INSPIRED TO HELP SPREAD WILDFIRE OVER THE EARTH!

*Sonia Johnson
Autograph Party
1:30 ~ 3:30 PM
October 8
at Inklings*

FEMINIST VISIONARY

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For information call: 529-7329.

**DIFFA AND BERING
FOUNDATION JOIN
HEARTS, HANDS**

Two organizations, with similar goals and objectives—it's no wonder DIFFA and the Bering Community Service Foundation have joined in the effort to bring HEART STRINGS/The National Tour to Houston. Both organizations have a history of directly aiding people with AIDS, and those affected by this diabolical disease.

DIFFA is a national, non-profit public foundation that raises funds to support AIDS-related service and education research organizations. The foundation brings together the world of design including interiors, architecture, furniture, fashion, graphics, industrial and other talent committed to aiding in AIDS fund raising efforts. The prime aim of the Foundation is to make

grants to AIDS organizations which, nationwide, provide direct services to people with AIDS, legal and financial assistance, education, housing and research into the cure and treatment of AIDS.

The Bering Community Service Foundation was established in 1987 to help identify and meet the special needs of people affected by AIDS. Services supported by Bering include a Dental Clinic for AIDS patients; a Care Center to provide a place for social interaction; the Bering Support Network, an association of volunteers committed to providing emergency financial assistance; Support Groups which share information, experiences and solutions to problems faced by people affected by AIDS.

Houston's HEART STRINGS/The National Tour is indeed an Evening of Hope. For it brings together, perhaps for the first time, the strength of two powerful organizations. Both are commit-

ted to aiding those with AIDS and AIDS-related illness. We firmly believe that it is this unity of hearts and hands which will ultimately be the driving force behind finding a cure for AIDS.

**HEART STRINGS/
The National Tour
is coming to Jones Hall,
February 3, 1990**

National Sponsors

Enron Corp.
The Prudential Foundation
Allied Carpet Fibers
Breakstone Cain Lithography
Ogilvy & Mather Public Affairs

Local Sponsors

INNOVA
Decorative Center of Houston

**Volunteer your heart
and hands today.**

ADVERTISING RATES FOR THE WAND

FOR COMPLETE INFORMATION REGARDING
ADVERTISEMENT PLEASE CONTACT
DEBORAH BELL AT 521-0780.

Camera ready artwork may be sent
along with the payment for the ad
to P.O. Box 980601 Houston 77098

Business Card 1 month/3 months
- \$25/\$67.50

1/8 page - \$40/\$115

1/4 page - \$75/\$215

1/2 page - \$140/\$375

Classifieds are \$2 per line

LET'S MAKE FUN OF SEXISTS

1. Why did the sexist cross the road?
2. If a woman's place is in the kitchen, what's a sexist's place?
3. What do you call a sexist with an IQ of 40?
4. How many sexists does it take to screw in a lightbulb?

ANSWERS ON PAGE 7

FINANCIAL REPORT - AUGUST

Sources of Funds

WAND Ads	- \$ 77.50
Membership	- 80.00
T-shirt sale	- 5.00
TOTAL	- \$ 162.50

Uses of Funds

THE WAND	- \$ 352.22
TOTAL	- \$ 352.22
Total expenses over income	- \$ 189.72

WICKED WITCH ANONYMOUS



Cartoon by Judy Millard

"Hello. My name is Brunhilda -- and I am a wicked witch."

OCTOBER

SUNDAYS

After Hours, discussion about Gay and Lesbian community, 2:00 AM to 4:00 AM, KPFT 90.1 FM.

LISA, Lesbian Incest Survivors Anonymous meets at Inklings, 1846 Richmond, at 4:00 PM and partners of LISA meet at 3:00 PM, call Sherry for more details 527-8712.

MONDAYS

Adult Children of Alcoholics, meets at 7:30 PM at the Church of Religious Science, North Houston, call 350-9378 for more information.

Lesbian Therapy Group, Therapy group addressing relationships and issues surrounding being a lesbian and a woman, Sharon Stone and Associates, 3935 Westheimer, Suite 306, 7:00 PM to 8:30 PM, call 623-6081 for more information.

TUESDAYS

The Women's Support Group, woman affected with AIDS, meets at Bering Memorial United Church, 1440 Harold, call 526-1017 for more information.

Wilde 'n' Stein Radio, discussion about Gay and Lesbian community, 10:00 PM, KPFT 90.1 FM.

WEDNESDAY

Women's Therapy Group with inner child focus. Meets every Wednesday from 7:30-8:45 PM, 1807 Lexington. Facilitated by Joyce Gayles, PHD. For information call 528-4863.

THURSDAYS

Gay Fathers of Houston sponsor a support group mothers and fathers in the gay community. The group will meet on the 1st and 3rd Thursday. For more information call 861-6495.

Recovery Experience Group is a new program for those who want to stay on the wagon, giving up booze and drugs. This is for anyone currently on a 12-step program. For more information call the Montrose Counseling Center. Call 529-0037 for more information.

FRIDAYS

Breakthrough, Womyn's Music, 8:00 AM to 11:00 AM, KPFT 90.1 FM

Dateline Earth, 4:00 PM, news program on KPFT 90.1 FM includes a series on AIDS.

SATURDAYS

Youth Concerned with Lesbian and Gay Issues, 7:30 PM at First Unitarian Church, 5210 Fannin.

1 SUNDAY

The Women's Group, 10:00 AM at First Unitarian Church, 5210 Fannin. **Feminism "and/or" Career?** Are we liberated women or collaborators in the anti-women system? Gwen Slough leads a group discussion on how feminism affects us in our work and lives.

The Women's Group will **Brunch** at La Tasca, 6500 North Main at 25th street in the Heights, 12:30 PM, call Marie at La Tasca at 861-0025 if you plan to be there.

2 MONDAY

"The Mists of Avalon & the Grail Legend" presented by Lucia's Garden. 7:30-10:00 PM, \$43 for two evenings, continued on October 9.

3 TUESDAY

Cycles and Seasons class at Lucia's Garden. 7:30-10:00 PM, \$85 for four classes.

4 WEDNESDAY

Older Women's League (OWL) Bimonthly planning meeting 11:30 AM - 1:00 PM at Northwoods YWCA (Bring brown bag lunch)

Women's Therapy Group with special emphasis on Spirituality, 6:30 PM lead by Karen Hanson, CSW, ACP 364-3843.

Gay & Lesbian Political Caucus at Metropolitan Multi-Service Center, 1475 West Gray, 7:30 PM, Call 521-1000 for more information. Strategy will be discussed for the upcoming city and congressional election.

5 THURSDAY

Women in Support brown bag series at College of the Mainland, free college hours seminars "Making Peace with Your Past: Part II" (Recovering from Physical, sexual & emotional abuse) - 12:30 - 1:30 PM in the student center, Room 217. For more info, call Barbara Crews 280-3991 x 470.

Gay/Lesbian Parents Support Group meets various locations, call 666-1616 for more information.

ACT UP (AIDS Coalition to Unleash Power) Houston, general meeting concerning the AIDS crisis and the ways to educate the community, at Metropolitan Multi-Service Center, 1475 West Gray, 7:00 PM.

6 FRIDAY

Living with AIDS in Houston Symposium at Hilton Hotel on University of Houston, call AFH at 623-6796 for more information.

7 SATURDAY

Living with AIDS Symposium - University of Houston Central campus at the Conrad Hilton College Building, 4800 Calhoun, Entrance 1. 9:00 AM - Dr. Mathilde Krim, keynote speaker.

Workshop by Sonia Johnson about relationships entitled: **Breaking up with Patriarchy Instead of Each Other**. Concentrate on finding ways to break free of limiting expectations and assumptions about relationships while still keeping in our lives all the women we love. At Autry House, 6265 Main Street. Tickets at \$10.00 can be bought at Inklings, Lucia's or from Jaqui Shah.

The Woman's Group, presents **Sonia Johnson**, feminist visionary and author, First Unitarian Church, 5210 Fannin, 8:00 PM. Tickets at Inklings or Lucia's Garden, \$4.00, or at the door (if any left) \$5.00.

8 SUNDAY

Deadline to **register to vote** in the November 7 election. See enclosed voter registration card for Harris county residents. Call 224-1919 for more information.

The Women's Group, 10:00 AM at First Unitarian Church, 5210 Fannin. Sonia Johnson Day, group discussion on the effect on us as individuals of Sonia Johnson's lecture.

Sonia Johnson Autograph Party, 1:30 PM to 3:30 PM at Inklings, 1864 Richmond. Sonia will sign her books: *From Housewife to Heretic*, *Going Out of Our Minds*, and *Wildfire: Igniting the She/Volution*. Call 521-3369 for more information.

The Women's Reading Group meets 4:00 PM. *Wildfire*, by Sonia Johnson at Allene King/s. For information call 669-8540.

OWL (Older Women's League), meets call 292-8844 for more information.

9 MONDAY

Houston Area Women's Center Volunteer Orientation, 6:00 PM, Call Brenda Foote at 528-6798 for more information.

10 TUESDAY

Measure for Measure, fundraiser for AIDS Foundation of Houston at Alley Theater, 615 Texas Avenue, call AFH at 623-6796 for more information.

Wilde n' Stein Radio, discussion about Gay and Lesbian community, special show on National Coming Out Day, 10:00 PM, KPFT 90.1 FM.

11 WEDNESDAY

NATIONAL COMING OUT DAY (NCOD) It is a day to be truthful, powerful and liberated. It is a day for each of us, and each of our organizations, to take our next step in the process of coming out. NCOD is designed to encourage Lesbians and Gays—and their families and friends—to enlarge the circle in which they are "out" about homosexuality and the issues that concern the Lesbian/Gay community.

Women's Network, Montrose Counseling Center, 900 Lovett, 2nd floor, 7:00 PM, call 529-0037 for more information. "Come out" and join us as we share our "coming out" stories with each other. Spend a fun evening with other women with whom you will feel accepted and understood on a day that commemorates the difficulties we often encounter when we share our "true" selves with people who may be disapproving. Bring munchies. Beverages will be provided.

Gay/Lesbian Political Caucus Board meeting at 900 Lovett, 7:30 PM call 521-1000 for more information.

Create Potpourri at Lucia's Garden. 7:30 PM/ \$20.00

12 THURSDAY

Holistic Health Blend Class at Lucia's Garden, 7:30-10:00 PM. \$30/2 nights.

K. D. Lang, country music phenom, in concert at Cullen Auditorium, University of Houston, at 8:00 PM. Reserved seating. Tickets available at Inklings Bookshop, 1846 Richmond or by phone through Rainbow Ticketmaster, 977-3333.

14 SATURDAY FULL MOON

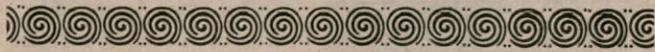
The Mailout. Your help is needed to get the Gay and Lesbian Political Caucus Election Newsletter in the mail. You can help get our voice heard at city hall and in Washington. 11:00 AM to 6:00 PM, 900 Lovett, call 521-1000 for more information.

15 SUNDAY

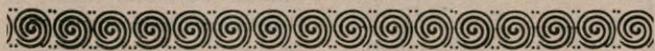
The Mailout. Your help is needed to get the Gay and Lesbian Political Caucus Election Newsletter in the mail. You can help get our voice heard at city hall and in Washington. 11:00 AM to 6:00 PM, 900 Lovett, call 521-1000 for more information.

The Women's Group, 10:00 AM at First Unitarian Church, 5210 Fannin. "Facing the Children." Joyce M. Gayles Ph.D., and Sophia Havasy discuss the concept of their inner child(ren) and its importance in working with women for recovery, healing and personal empowerment.

LOAF (Lesbians Over Age 50) meets at Autry House, 6265 South Main, 2:00 PM. LOAF is a social network group for Lesbians age 50 & over. For more information call 661-1428.



Womynspace meets 12 Noon for scrumptious potluck brunch (bring something delicious to share), stimulating conversation (the latest gossip) and sisterhood. Meeting follows at 1:30 PM, Inklings Bookshop, 1846 Richmond, upstairs, call Deborah 521-0780 for more information.



16 MONDAY

Full Moon Meditation at Lucia's Garden, 7:30 PM - \$7.

17 TUESDAY

Healthful Vegetarian Cooking II Autumn Menu with Gigi Gleason 6:30-9:30 PM at Lucia's Garden - \$35.00.

18 WEDNESDAY

Gay & Lesbian Political Caucus at Metropolitan Multi-Service Center, 1475 West Gray, 7:30 PM, Call 521-1000 for more information. Meeting will discuss getting the vote out and volunteers are needed at the polls and to do phone banking.

19 THURSDAY

The Women's Forum, a networking group for business and professional women, 5:30 PM, with supper for \$5.00. For more information call 790-1234 ext. 5911 for more information.

Gay/Lesbian Parents Support Group meets various locations, call 666-1616 for more information.

20 FRIDAY

Poetry Reading at 7:30 PM in the Women's Group Meeting Room at The First Unitarian Church, 5210 Fannin. All women interested in reading please call Jacqui Shah at 529-7329.

21 SATURDAY

Armistead Maupin Autograph Party, 4:30 PM to 5:30 PM at Inklings, 1846 Richmond. Armistead will sign his new book, Sure of You. This will be the last book in the popular Tales of the City series. Call 521-3369 for more information.

Westheimer Colony Arts Festival, has moved to Montrose Blvd. and is on the Kwik Kopy parking lot, wonder where they got that idea, 3317 Montrose, 10:00 AM to about 6:00 PM.

Facing the Children is a 1 1/2 day workshop designed for individuals who want to discover and learn to work with their inner child(ren). Saturday 9:00 AM-4:00 PM and Sunday, 9:00 AM to Noon, Spectrum Center (3416 Audobon). For information call Joyce Gayles, PhD at 528-4863.

Self-esteem Workshop for Lesbians and Gay Men presented by Aileen McMurrer and Stephanie Scott - "Breaking free, Taking charge of our lives" 10:00 AM to 1:00 PM at First Unitarian Church, 5210 Fannin, Room 11-12. \$15, call 522-5948 to reserve your place.

Gay Lesbian Political Caucus Annual Dinner, at Double Tree Hotel, Call 521-1000 for more information.

22 SUNDAY

Westheimer Colony Arts Festival, has moved to Montrose Blvd. and is on the Kwik Kopy parking lot, 3317 Montrose, 10:00 AM to about 6:00 PM.

The Women's Group 10:00 AM at First Unitarian Church, 5210 Fannin.

The YWCA in Houston: **Yesterday, Today and Tomorrow - with emphasis on the Masterson Branch.** Diane Ryan Morin, the Director of the Masterson Y will give a presentation, with plenty of time for input afterwards. In addition to 25 years of involvement with the Y, Diane was on the founding committee for WIRES.

23 MONDAY

Self-care: Development of Our Nurturing Parent at Lucia's Garden, 7:00-10:00 PM, \$20.

24 TUESDAY

Herb Growing in Houston at Lucia's Garden, 7:30 PM, \$18.00.

25 WEDNESDAY

Women's Network, Montrose Counseling Center, 900 Lovett, 2nd floor, 7:00 PM, call 529-0037 for more information. Mothers, Partners and Children and the Question of Coming Out, a panel of lesbians couples with children will discuss the issues around coming out both in their families and outside the home (church, school, etc.). Join the discussion with your questions and experiences as we support one another in resolving these complex issues.

Lesbian/Gay Pride 1990 Meeting, beginning of planing for the 1990 7:00 PM, Dignity Center, 3217 Fannin, upstairs, call 523-2575 for more information.

Medicinal Herbs class at Lucia's Garden, 7:30-10:00 PM, \$65 for three nights, continues in November.

26 THURSDAY

Women in Support Brown bag series at Co llege of the Mainland, "Communication" (Saying what you really want to say to others; hearing what is really said to you), free college hour seminar.

29 SUNDAY NEW MOON

The Women's Group meets at 10:00 AM in the Sojourner Truth Room at the First Unitarian Church, 5210 Fannin. Olivia Flores Alvarez will present a talk on racism.

30 MONDAY

New Moon Meditation at Lucia's Garden, 7:30 PM, \$7.

NOVEMBER 10-12

The Gay/Lesbian Switchboard Houston is having another training session. This will take place for two weekends Nov. 10-12 and 18-19, besides volunteering for every good cause and organization you will never forget that phone number 529-3211. You can call Kay Harper at 524-2947 to sign up.

Creating Change, a national conference for Gay and Lesbian organizing and skill building, sponsored by National Gay and Lesbian Task Force, Holiday Inn, Bethesda, MD, for more information, 202-332-6483.

NOVEMBER 12

From All Walks of LIFE will be sponsored by the AIDS Foundation, the ten kilometer Walkathon will benefit AIDS service providers, education providers and agencies involved in the fight against AIDS, call 623-6796 for more information

DECEMBER 3

Romanovsky & Phillips, concert direct from the label of fresh fruit records, 7:30 PM at the University Center, University of Houston, 7:30 PM tickets available at Inklings, tickets \$8.00 advance or \$10.00 at the door, 1846 Richmond.



DIRECTORY

AMIGA (All Mujeres Interested in Getting Active): 520-5667

Gay/Lesbian Switchboard - 529-3211

Heartsong (Women's Chorus): 520-8405

Houston Area Women's Center: 528-6798

Houston Gay/Lesbian Political Caucus (HGLPC): 521-1000

Houston Area NOW (National Organization for Women): 522-6673

Lambda Center (AA Groups): 521-9772

Lesbians Over Age Fifty (LOAF): 661-1482

Montrose Activity Center (MAC): 529-1223

Montrose Counseling Center: 529-0037

Single Lesbians Group: 522-1014

Rape Crisis Hotline 528-7273 (528-RAPE)

WIRES (Women's Information and Referral Exchange): 528-2121

Women's Group at The First Unitarian Church - 5210 Fannin: 723-4237 or 522-9113.

Women's Reading Group: 589-0005 or 522-9837

WOMYNSPACE: 880-9517

YWCA (Willa @ Waugh) Masterson Branch: 868-6075

The reality of the inner child has begun to be recognized as an important part of women's healing, recovery, and empowerment processes. Also called the "true self" or the "child within", the inner child refers to these parts of us that are rich repositories of vitality, creativity, intimacy, and intuition.

These vital core parts of our being are also the parts of self that are wounded in the wake of surviving the oppressive patriarchal culture, in general, as well as particular dysfunctional and traumatic situations of childhood and adolescence. When our wounds are severe, we deny and constrict our inner children and create partial, co-dependent selves in order to survive. As a result, we experience difficulty resolving additional emotional traumas. The gradual accumulation of unfinished mental and emotional business can lead to chronic anxiety, fear, confusion, emptiness, difficulties in relating, and addictive patterns.

Denial of the inner children and the subsequent emergence of partial selves are common among adults in our culture. It is estimated that 90% of us grew up in families that were dysfunctional in some way--ranging from simple ignorance of children's growth needs to downright abuse. This alarming figure begins to speak to the deep dysfunction inherent in patriarchal culture that is perpetuated from generation to generation not only in the parent-child relationships, but with grandparents, aunts, uncles, teachers, peers, and media figures who influence development according to beliefs and values that may not support well-being and personal integration.

Facing the Children is a powerful and safe 1½ day workshop facilitated by Joyce M. Gayles, PHD and Sophia Havasy, both feminist psychotherapists. The workshop offers participants an opportunity to understand the dynamics of how their inner children have been constricted and lost as resources, how this affects them in their adult lives, and how they can get in touch and begin to release pain and fears that block growth. The workshop is especially suited to individuals who are involved or have been involved in some process of healing/recovery, e.g., psychotherapy, self-help groups. However, this is not a requirement to benefit from the workshop. For details, please call Joyce Gayles at 528-4863. (Also check calendar listing).

We invite you to come join us in a journey toward recovering the wholeness that is your birthright.

Guidelines for Safer Sex

Compiled by Jennifer Walters with Marea Murray

Talking is an important part of safer sex. Ask current and new sex partners about sexual histories and drug use. Be honest about your own history. If either of you has had a chance of exposure to HIV virus through semen or blood or has had sex with persons whose histories are unknown, follow safer sex guidelines.

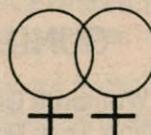
- Explore sexual activities that do not exchange body fluids—especially semen and blood (including menstrual blood), but also vaginal secretions—in your vagina, anus, or mouth or on broken or irritated skin.
- Use condoms for vaginal, anal, and oral sex with men. The use of double condoms (one over the other) can provide added protection against possible breaks. This is *strongly* recommended if you or your partner has been exposed to AIDS. (It is recommended that women learn to put condoms on men, since they often

don't know how to use them properly.)

- The use of contraceptive foams, jellies, and creams, which include the ingredient *nonoxynol-9*, with a condom may provide additional protection. Test a small amount on delicate skin first, as some women are sensitive to these products.
- Use latex gloves or finger cots ("gloves" for one finger) when touching or penetrating the vagina or anus. Small cuts on your hand or finger may pass or receive the virus.
- Use only water-based lubricants. Oil-based lubricants such as Crisco and Vaseline weaken latex, making it easier to break.
- Use dental or "rubber" (latex) dams against the vulva, vagina, or anus during oral sex. Dental dams are available from dental suppliers. Rinse them with water before use.
- Use only your own sex toys, such as vibrators and dildoes; do not share. Clean them well with hot water and soap or hydrogen peroxide after each use.

Your birth control method may not protect you from infection. Only condoms and foam (containing *nonoxynol-9*) will provide some measure of safety.

A Lesbian was here



- Never share works (needles, syringes, droppers, spoons, cottons, or cookers) for IV drug use. Use fresh needles and cottons each time. If you must share your works, clean them as follows: dip needle and works into 100 percent bleach, draw up and release three times, dip needle and works into water, draw up and release three times (in an emergency, rubbing alcohol, vodka or wine can also be used.) As an alternative, boil works in water for at least fifteen minutes (don't boil plastic works.) Use a fresh solution each time you clean your works.

Resources:
 AIDS Hotline: (800) 342-7514.
 AIDS Action Committee (AAC), Boston: (617) 536-7733.
 AAC IV Drug Use Taskforce, Boston: (617) 437-4200.
 Latino AIDS Hotline, Boston: (617) 262-7248.
 National Minority AIDS Council (NMAC), Washington, D.C.: (202) 554-1076.
 Women's AIDS Network, San Francisco: (415) 864-4376.

ISSUES FOR INTERRACIAL FRIENDSHIPS

We are psychologists, one Black, one white. And we are friends who have done research together on interracial friendships, presented our work at conferences, and discussed our own friendship on numerous occasions. We began a recent conversation by asking, How pervasive is racism in interracial friendships today?

Racism continues to be as central a theme as it was during the women's suffrage movement of the nineteenth



Althea Smith is a psychologist teaching at Boston University. She has written on the psychological experiences of being Black and female in America, and has studied interracial friendships among high school and college students.

and early twentieth centuries. To grow up in contemporary society means to be bombarded by stereotypes, negative images, and misinformation that favor whites and degrade Blacks. Therefore, both Black and white women have been exposed to and have incorporated some degree of racism. It would be remarkable to grow up nonracist given the racism in schools, on television and radio, in books, magazines, and newspapers, and given the absence of training for adults or children in how to tolerate, accept, and appreciate cultural differences. So we conclude that the first

task in any interracial friendship is to acknowledge that we are all racist. It is hard to be optimistic about race relations and to work against racism if we deny its existence.

The second task is for us to realize that racism takes different forms and that getting beyond racism requires a different process for a Black than for a white person. A Black person may need to discard the stereotypes of white women as exploitative, condescending, incompetent, silly, or untrustworthy. As Althea Smith put it, "We need to learn to judge each individual white person on her own merit."

Black racism can take the form of hating white people or of hating oneself as Black. Hating whites may show up in interracial relationships in the form of badgering or harassing white girls or women, or in punishing white friends for being white. Self-hatred might appear in allowing oneself to be called names by whites or avoiding friendships with other Blacks. Both forms of racism are destructive to interracial friendships.

White racism may also take several forms. Generally the core of white racism rests in the presumption of white superiority and Black inferiority. Often the assumption of deficiencies in Blacks stems from a lack of information about Blacks. Whites are more often in the position of needing information about Blacks as a group than the reverse. The predominant culture, music, art, and many institutions are white-controlled and cater to predominantly white audiences. And there is relatively little information about Black arts, culture, and history in the mainstream press. Stephanie Nickerson stated several ways she has found to work against her racism: "I educate myself about Black culture, Black life, and when I am with other whites I don't encourage racist jokes and I call people on racist remarks."

We concluded that once we acknowledged the presence of racism in our own relations it became easier to begin to work on the friendship itself. When we are no longer trying to be something that is impossible in this culture—nonracist—we are less vulnerable to guilt or defensiveness and the racism is easier to change.

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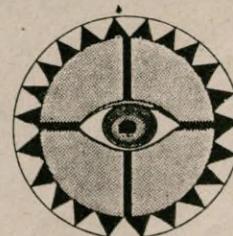
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This group is therapy blended with spirituality: in fact, the two have existed together since ancient times. Whether we define it as such or not, the movement towards wholeness, self-acceptance and love of life is essentially a spiritual process. Therefore, members will be encouraged to apply their spiritual experiences to the problems of daily life. All the issues we bring to therapy (self-esteem, codependency, childhood traumas, addictions, etc.) are appropriate for this group, with the added dimension of such questions as:

- How does this look from my spiritual perspective?
- What is my spiritual path, and what is its goal?
- How do I establish contact with my Inner Voice?

For women in twelve step programs who find it difficult to talk about their personal spirituality in a traditional context, this group may serve as the bridge in finding ways to "work the steps" that fit your unique female experience.

As women, we have often divorced ourselves from our spiritual natures because of the negative attitudes exhibited towards us by predominant religions. This may be one of our greatest losses - to have become separated from our Inner Being with all its tremendous power and love. But women now are reclaiming their relationship with this Power, and we are free to envision, this in whatever way feels right for each of us.

This group is a vehicle for women to initiate, nourish, and sustain this most sacred relationship, and to clear away the debris of received opinions that obstruct the path towards inner strength, lovingness, serenity, and freedom. The only way out of depending on others for our happiness is to look within.

There is a brief meditation at the beginning and end of each session. Members are encouraged to keep a journal in which they can continue the therapy process at home, and suggestions for journal work are given from time to time. Meditation instructions are incorporated in the group process, and daily practice is encouraged.

Karen J. Hanson, ACSW, CSW-ACP

MAKING FUN OF SEXISTS CONTINUED

1. To avoid getting in touch with his feelings.
2. In the 19th century.
3. Above average.
4. None. They'll have their girls take care of it.

I LOVE YOU

As long as I can dream
As long as I can think
As long as I have a memory
I WILL LOVE YOU

As long as I have eyes to see
And ears to hear
And lips to speak
I WILL LOVE YOU

As long as I have a heart to feel,
A soul stirring within me,
An imagination to hold you...
I WILL LOVE YOU.

As long as there is time,
As long as there is love,
And as long as there is you...
And as long as I have a breath to
speak your name--
I WILL LOVE YOU.

Because I love you more than
anything in the whole wide world.

--by Keelye Short



I Enjoy Being a Girl Phranc Island

With a crew-cut and a name pronounced like "Frank," Phranc is not only androgynous, she looks like a man.

But these are times when the most "feminine" of women wear their hair shorter than men, and with sideburns, while guys don earrings. So, no big deal.

But naturally this orientation is going to take us a little further than the fantasy sexpot roles portrayed by many women pop artists and models in MTV-era music designed generally by men for teen-age boys.

Phranc grew up as Susie Gottlieb and played in punk-rock bands during punk's American heyday of the late '70s. But as a Jew she was offended by the swastikas that punks had adopted as trinkets. She wrote a song, *Take Off Your Swastika*, found that the words could not be deciphered in a loud punk musical environment, and embarked instead on an acoustic career.

Swastikas appears on this, her second solo album, along with 11 other topical cuts that have an earnest, endearing quality not unlike Jonathan Richman. Her off-the-cuff conversational style, which employs both dead seriousness and humor, ranges over such subjects as Martina Navratilova, polar bears, dating, the so-called folk music revival and "Toys R Us."

Fans of modern folk, and gender-bending pop in the framework of Two Nice Girls, will enjoy Phranc enjoy being a girl being a woman looking like a man.

★★★★ - MARTY RACINE

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Hi. My name is Brenda Baker a student at the University of Houston-Downtown. I am presently doing a study on lesbian mothers' and their children and need participants. The subject of the research is how to tell your child you are a lesbian. All participants will be anonymous. The study will be published and participants will receive a copy if they desire. I believe this study will be informative to future lesbian mothers and also will create an interest in this area.

If you are interested please call :

Brenda Baker
864-0729 (please leave a message if necessary)
Thank you for your cooperation.



Phranc appeared here recently at Numbers. She stopped by Inklings and Pokey Anderson of Hazelwitch Productions had a chance to talk with her about doing a "Women's Concert" in Houston. It would be the proper environment for the true appreciation of Phranc and her music.

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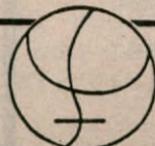
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