

Used & New Books  
 Woman's Spirituality  
 Woman's Self Help  
 Lesbian Books  
 Mystery / Sci Fi  
 Gay Men's Books



## notes & news

Received lots of really good new titles recently--something for almost everyone...here are just a few:

AT SEVENTY, \$15.95, another journal by May Sarton, who needs no introduction; SEXUAL POLITICS, SEXUAL COMMUNITIES, THE MAKING OF A HOMOSEXUAL MINORITY IN THE U.S., \$7.95, John D'Emilio; SEAFARING WOMEN, \$10.95, Linda Grant De Pauw...more hidden herstory uncovered. Introduces us to scores of women mariners from Alivilda of Sweden (pirate, 12th Cent) to Beverly Kelly, first woman captain of a U.S. Coast Guard cutter. Complete with index and suggested further reading; SWEEP AWAY, WHY WOMEN FEAR THEIR OWN SEXUALITY, \$14.95, Carol Cassell. The author is president of the American Association of Sex Educators, Counselors & Therapists. Looks really good but of course, being celibate, I don't read sex books;

Lots of good new SF, including a couple from the very prolific M.Z. Bradley and a new Dune book from Frank Herbert, HERETICS OF DUNE, \$16.95; we hear the Bene Gesserit plays a major role in it; THE ABSENCE OF THE DEAD IS THEIR WAY OF APPEARING, \$8.95, Mary Winfrey Trautmann. A very remarkable work recording "...a mother's witness to and participation in her daughter's struggle with leukemia." Non-Fiction; SURVIVE, DON'T BE A VICTIM, \$6.95, Debbie Gardner...self defense techniques for women;

The new Jake Sampson mystery by Shelly Singer (author of Sampson's Deal) isn't out yet (damn it) but we have a new one by Marcia Muller, GAMES TO KEEP THE DARK AWAY, \$10.95, her 4th Sharon McConne mystery. I read Edwin of the Iron Shoes (her first) several years ago and recommended it to lots of people--having become a fan at one sitting. McConne is a remarkable and tough P.I.

### Used & New Books

Woman's Spirituality

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Woman's Self Help

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Lesbian Books

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Mystery / Sci Fi

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Gay Men's Books

Mama Bears

6536 Telegraph at 66 St.

Oakland

(415) 428-9684 Open every day

## thank you!

It's hard for musicians to do benefits, what with their own lives being fraught with constant financial struggle (no P.G & E, no amp), so we were especially moved by the benefit Mary Watkins, Linda Tillery, Joy Julkes, and Bonnie Johnson did for Mama Bears on August 19. Their performance drew a wonderful crowd and brought in very welcome money. That they, musicians for whom we have such respect, should offer to do it was also an incredible gift of validation for us. So, we most sincerely thank them again for their time and energy, but would also like to express our continuing gratitude for the music they made that day. It was special, and super, and gave an incalculable lift to everyone present. Thanks.

Got in some new spies too, but not being into spies and espionage (Alice's dept.) I'll leave them to you to come in and browse.

If you saw the movie "El Norte" (if you didn't, do) and want to know more about the Indians and their struggle in Guatemala I recommend I...RIGOBERTA MENCHU, \$8.95, ed. Elisabeth Burgos-Debray. Rigoberta Menchu, a 23 year old peasant woman whose brother, father and mother were killed by the army, is already famous in her country as a national leader; also, GUATAMALA--TYRANNY ON TRIAL, \$9.95, ed. and trans. by Jonas et al. Testimony about 20 people (including Rigoberta Menchu) to the Permanent Peoples Tribunal. Testimony from such diverse people as trade-unionists, catechists, Indian peasants, writers, journalists, a former university dean, a judge, and a former Swedish ambassador to Guatemala.

\*\*\*\*\*  
 As a thank you to all you Mama Bears and friends out there (also to stimulate the cash flow--Carol usually has more than one reason for doing anything) we are offering \$10 off on all the 1985 engagement books and calendars until November 15. We expect our largest selection to occur around the last week of October. Our calendar supplier told us they haven't ordered as many calendars this year as they did in the past. They're encouraging us to buy our favorites early because they expect to run out earlier this year and they don't plan to place another order. So the message is--Buy your calendars in October & early November from Mama Bears.

\*\*\*\*\*  
 We're delighted so many women come to Mama Bears to do their paperwork...we looked around the other day...and there were 3 women laboring contentedly over their homework; another 2 doing the kind of paperwork that's a nightmare to do in a busy office but becomes a soothing activity at Mama Bears; at one table 2 women sat chatting companionably while browsing through Mama Bears News & Notes; and to top it off, at another table a woman was reading Judy Grahn's Another Mother Tongue, Gay Words, Gay Worlds. Wonderful!

CONTINUED ON PAGE 3

## Fighting Crones Battle Male Heroes

Though society restricted women more and more, the old belief in female power endured. A heavily armed man might hesitate to offend or harm a woman of known powers, or any of her family. The witch's cultural influence was strong enough to form a significant breawtaker to the incoming tide of patriarchy that automatically assigned all authority and privilege to the male, to the warlord, to the priest.

The conflict of powerful old women with heroes of war appears throughout the tales and sagas of barbarian Europe. The hags in many of these stories have the power of shape-shifting. Sometimes they transform themselves into young women or animals. The ancient witch-spinner Louhi uses powerful magic to fight musician Lemminkäinen in the Finnish national epic, the Kalevala. Russian bogatyr - male heroes of phenomenal strength - confront the Baba Yagas, and these ancient witch grandmothers sometimes defeat them. In Irish tradition the Cailleach Bheara ('Hag of Berra') fights the undefeated warrior Cúchullain and binds him, or his dogs, with one of her hairs.

The Scots told many parallel tales about the glaistig, who often took the form of an old woman. The glaistig has numerous folkloric confrontations with hunters in her turf, the wild hills and glens. The man in these stories avoids taking on the glaistig - but his hounds spring at her. The hag pulls a grey hair from her head and tells the hunter to tie them with it. If he is smart he uses his garter instead. The glaistig goes after him the minute the dogs are tied up, saying, "Tighten hair!" The hunter replies, "Loosen garter," and

### 1984 AND ANCIENT CURSES

The upcoming Presidential election brings to mind the ancient Chinese curse that goes: "May you live in interesting times!". The prospect of another four years of Reagan, et al, unleashed by a second term, is indeed a chilling one.

It's an important and historical election for many reasons, among them being an electorate that seems to be splitting by gender. Men and women seem to have very different takes on the candidates' images, to say nothing of the values they represent. A subtle beginning, perhaps, of a confrontation that might be a very serious one in four years' time.

The media say that Reagan could be defeated by an unexpectedly large turnout of voters who seldom vote and some have called the election our 'choice between different visions of the future'. The Republicans claim to have California in the bag, counting on our apathy no doubt, and smugly foist their abortion titled 'Prop 41' on us, to solidify their power.

Suddenly, this time, it has become deadly important to vote. Democracy, for all its imperfections, has kept us free to make choices in our lives, to protest the iniquities of power. We're sure to get some terribly interesting times, should it die, just now, from lack of exercise.

Encourage people to vote! After all, it might just be our last chance.

sets the dogs on her while the glaistig backs out the door. They pursue her like a deer but she turns and fights. The hounds come back mangled and plucked clean of hair.

Without the dogs and their own cunning the men do not fare well in combat with the glaistig. In other stories she appears at the door of a highland bothy where hunters or herdsman are gathered around a fire, pressing them to let her dry herself in the warmth. She hunkers down and begins to swell in size. As she grows the glaistig turns aggressive. She demands snuff from one of the hunters; if the man is not canny enough to offer it on the point of his dirk, she jumps him and begins to choke him.

In Denmark and Norway folk legend also tells of powerful hags. Sometimes they are called trolls or giantesses, but they have many similarities to the Celtic cailleachan and the crones of French megalithic tradition. All of these old women have long hanging breasts which they throw over their shoulders when pursuing their enemies.

The troll women were thought to feel special repugnance for priests and the church. Hrefna was displeased when christianity became the official religion. She moved her home, leaving her husband behind, so that she would not have to look on the new order of things. She built a hall under a moor which came to be called Hrefna's booths. The hag of Mjoo-firth went further; she drew priests to her and devoured them. Or so said the clergy. Six men set a trap for her and lay in wait. She leaped prodigiously and kicked a huge hole in the churchyard wall, shouting, "Stand thou never!" And escaped. People said that the wall was never firm since then. Similar tales were told in Ireland, of crones who tried to prevent the building of churches.

- Max Dashu



## MAMA BEARS IS ONE YEAR OLD

and thriving! Celebrate with us on Sunday, November 4, beginning at 2 pm. See entry in Calendar for details.

# ROVING BEAR REVIEWS

## THE HUNGER (PART II)

As the dead prey upon us,  
they are the dead in ourselves,  
- Charles Olson, AS THE DEAD PREY UPON US

[I]

As a paradigm of the human condition, the Vampire Legends lead to questions of the nature of identity and the essence of love. The psychologies of the persistence and popularity of the vampire genre are too many and complex to explore here; three remarkable works of the last few years are considered for they represent an evolution in the Vampiric Ethos.

**THE VAMPIRE TAPESTRY**, Suzy McKee Charnas, 1980. Edward Lewis Weyland alternates between centuries-long hibernations and waking periods when he adapts to the civilization he finds around him. Except for language and certain skills, such as how to make a flint knife, he forgets each past lifetime. He thinks of himself as distinct from the human species, his resemblance to human form being merely mimetic. In the time of the story, he is a professor at a contemporary college in charge of a sleep-study lab, which comfortably provides him an identity and access to food. He sips an amount equal to a blood transfusion from the unconscious and unharmed donors. A woman penetrates his disguise, sending him into flight.

**The Count de Saint-Germain Series**, 6 books by Chelsea Quinn Yarbro, 1977-1983, chronicles different centuries in the life of Franchot Ragoczy, who is cultured, urbane, wealthy, elegant, charming, and 4,000 years old. He draws his sustenance while love-making and he loves generously; moreover, he is greatly compassionate of heart. He wears the soil of his native earth in his shoes.

**THE HUNGER**, a film directed by Tony Scott, 1983, was adapted from the 1981 book by Whitley Strieber and is changed enough to be considered as a separate creation. It is a beautifully crafted and richly textured work. Elegant and wealthy, an accomplished musician, the beautiful Miriam Blaylock lives in a Manhattan townhouse. Her victims always die, but to the humans she chooses as lovers she imparts the gift of 'everlasting life' by a blood exchange. After several hundreds of years her lovers lose their youthful aspects and succumb swiftly to a crippling old age. In the attic of the townhouse is a stack of coffins containing the living husks of her former lovers. In the action of the film, Miriam's lover John begins aging, and Miriam meets Dr. Sarah Roberts, a scientist researching sleep and aging, probing for the secret to longer life-spans. Miriam and Sarah become lovers and Sarah becomes a vampire. After her first kill, Sarah stabs herself. Miriam carries her to the attic, certain she will wither away, but instead it is Miriam who ages to a husk and Sarah who survives, inheriting the power.

[II]

Weyland (**THE VAMPIRE TAPESTRY**): "I look like human beings - I can pass for one of them. I must drink their blood for sustenance; thus I cannot go off by myself and ignore their history. Preying on them insures an outlaw status that prevents me from revealing myself to them."

The process of survival depends on intelligence, cunning, and planning. A lifetime that extends over centuries requires adaptations to changes in language, mores and laws, and the ability to wear many guises in order to blend in, undetected.

In a moment of anguish, Ragoczy (Saint-Germain) reveals his distress by allowing himself to utter his feelings "in a language that was ancient when Rome was a village on the Tiber."

A most alluring attribute of the Vampire is immortality, and not so much the prospect of the years ahead, but those of the past. The Vampire is, in Charnas' phrase, an "ancient mind", a witness to the history of the world.

A unique creation, Weyland is certain he is the only one of his kind. In the book (**THE HUNGER**), Miriam belongs to a race, and once had a family: "Since the bloodbath of the Middle Ages the remaining members of her race lived solitary lives, each wrapped in his own longings and tragedies, an autumnal species too frightened of persecution to dare to foregather."

The loneliness of the Vampire is poignant, it touches us, rends the heart, even as we, in suspension of disbelief, fearfully believe each of us is potentially prey to the blood-seeker. The loneliness of the human condition is magnified in the Vampire. In tale after tale that single mournful note is rung, the loneliness. In **A DREAM OF DRACULA**, Leonard Wolf describes Dracula as "the overwhelmingly lonely Count," and each vampire, looking human, acting human, living among humans, needs the blood or even the life of humans in order to survive. The need of human blood and human love are the gears upon which the Vampire Legends work. After all, if vampires just depended on cows or sheep as they seem to in scarce times, who would dream in the night of the elegant lover from the shadows who seeks an offering of human blood? Ragoczy and Miriam are each beautiful lovers, exquisitely sensitive to the other's, the human's needs, while they satisfy their own various needs.

According to the laws of the world of Saint-Germain, when Ragoczy's great love, Madelaine de Montalia, transforms into a Vampire, they can no longer be lovers or have physical communion. They must seek others while yearning for one another, apart.

Miriam (from the book): "Her tragic human companions were her only comfort. They could not conceive of the loneliness that drove her to transform them, to create her own image within them." Like Ragoczy, she must reach out from the solitude of specie. She achieves companionship and love for two or three hundred years, and then yet another loss is added to the losses of the endless past and the endless future.

The first contact: Sarah rings the bell of the townhouse, inquiring about John who had come to her clinic. Miriam replies he's gone to Switzerland (he's been placed in the attic). The soft intensity of Miriam's eyes regarding Sarah. Sarah leaves to walk distractedly the streets of Manhattan. A montage juxtaposes scenes of Sarah's walking, a heavy truck speeding through the streets, and Miriam conducting a careful conversation with a police officer. Sarah crosses the street, the truck bears down, Miriam holds the paper with Sarah's phone number to her heart, the truck brakes, Sarah is safe, Miriam smiles and continues her conversation, her eyes luminous. That night Sarah wakes to find tears streaming down her face. Wide awake, eyes staring at the darkness, she seems a caged animal.

The hunger: Sarah's hunger leads her to return, to ring the bell. It is an uptown version of Patti Smith's GLORIA: "Oh she looks so good/Oh she looks so fine/and I've got this crazy feelin' I'm gonna uh uh make her mine/Here she comes/walking down the street/Here she comes/comin through my door...." Sarah rings the bell. "I don't know why I'm here." She crosses over the bridge into the mystical magical land.

It is by the eyes, and by language, that Miriam attracts and empowers love. The eyes. We all know the eyes.

Winding their way through the labyrinth of rooms, a scene set in pale shadows of blue, Sarah asks about a mosaic, "It's 2,000 years old," Miriam murmurs, and of a statue of herself, "500 years old," offering a glass of sherry, and Sarah turns to accept, facing her, and the scene is charged with full warm colors. Holding the sherry in a salute, they gaze at each other smiling, eyes deep into the other's.

And by language, 2,000 years, 500 years old. Code words. This is an initiation. The words are signals. During Sarah's first visit her eyes dart from Miriam's to the ank she wears as a pendant. We know it hides the knife used for prey. This time Sarah stares at it. Miriam replies, "It's Egyptian. You know it was the symbol of everlasting life." Everlasting life is the gift Miriam has to offer. Initiation by language. Almost as if Sarah knows Sarah's hunger. As if she harbors a previously unknown responsive chord, as if waiting for Miriam to appear in her life and speak the words, the secret code. She recognizes without comprehending. As if in a dream hearing and understanding the sounds of an unknown language. The words speak to an interior knowledge, an expectancy.

The exchange: Miriam, at the piano, plays the duet from LAKMÉ. Sarah: "Is it a love song?" Miriam: "I told you it was sung by two women." Sarah: "Sounds like a love song." Miriam: "Then I suppose that's what it is." Sarah: "Are you making a pass at me, Mrs. Blaylock?" Miriam: "Miriam." Sarah: "Miriam?" Miriam: "Not that I'm aware of, Sarah." And Sarah spills the sherry on her blouse. They go to a dressing room so Sarah can rinse her blouse. Leaning back in a chair, the elegant Miriam, in an unmistakable casual butch pose, swings her legs up on a table, smokes, and watches Sarah take off her blouse. Sarah's eyes go to Miriam's and Miriam rises and comes to her. They become lovers. And as they make love each drinks blood from the other's arm. Sarah leaves Miriam wearing an ank. The exchange is accomplished.

Eyes. Words. Blood. An alchemical transmutation.

Leonard Wolf, **A DREAM OF DRACULA**: "The intricacy of the bonds between blood and sexuality are almost beyond charting...."

Weyland's therapist Floria notes: "Stunned to find him positively lyrical on the subject of his 'food'."

The languorous look in Sarah's eyes as she submits to her hunger and makes her first kill, as if submitting to great passion.

Jody Scott, **I, VAMPIRE**: "...the ritualized ecstasy as I master the unconscious victim and at long last that slow, marvelous carress on the tongue as the Ruby slips down my throat..."

[III]

The word, Ethos, today refers to either a work treating on morals or character, or, more commonly, to the spirit which actuates the manners, moral attitudes and ideals, the character of a people. In early Greek **ETHEA** originally meant the 'lair' or 'haunt' of an animal. It developed into 'personal character', and later Aristotle borrowed it for his term 'Ethics'.

Weyland to his therapist: "What will this work that you do here make of me? A predator paralyzed by an unwanted empathy with his prey?" and she notes, "I saw suddenly the truth of his fear; his integrity is not human, but my work is specifically human, designed to make humans more human - what if it does that to him?"

Each of the vampires in these works represents a different stage of an evolving ethos. The contemporary vampire is in the process of not only feeling empathy with humanity, but also of acquiring human character.

Weyland fears becoming vulnerable to the very species he must think of as only livestock: "I am not the monster who falls in love and is destroyed by his human feelings. I am the monster who stays true." He retreats to the 'lair', a cave, to sleep: "This place in rock was the realm of his elder self, the animal core."

The Vampiric Ethos of Miriam and Ragoczy includes a magnified capacity for love of humans apart from the blood of prey. Ragoczy is a compassionate caretaker of humankind; and, as he writes to Madelaine, his great love from whom he must forever be separated, "That you exist is all my love asks of you."

In the film, Catherine Deneuve's Miriam displays such an aloof calm that when she expresses deep and strong emotion, revealing the passionate being that she is, the contrast is startling.

And, as Weyland feared for himself, Miriam loses control and love proves her undoing. Her passionate love for Sarah renders her vulnerable. She speaks the empowering words, "Forever, Forever and ever." The incantation. The spoken sacrament: Forever and ever, as Sarah comes to her, full of strength from the feeding of the hunger. The gift of life is bestowed. Gazing into each other's eyes, toasting the moment with sherry, "Forever and ever" repeats Sarah, taking Miriam into her arms and passionately kissing her. In the middle of the kiss, Sarah reaches for her ank and stabs herself, still clasping Miriam with her new Vampire strength and, even wounded, she proves stronger than Miriam. Her blood flowing out, she holds Miriam in her passionate embrace until she falls. Covered with Sarah's blood, Miriam cries out her anguish.

## Linda Tillery Making New Album

Linda Tillery is in the process of preparing to make a new album, good news indeed for all of us whose lives have been enriched by her music over the years. Linda has sung, played, taught, produced, simply encouraged so much of 'our' music while, at the same time, she was evolving into a highly respected musician in the world at large. She has, in fact, just won the jazz award (Jammie) for 'Best Female Bay Area Vocalist', the second year in a row.



The album is currently at that stage called 'raising the money' (which one does independently these days, in order to retain creative and mental freedom), about two-thirds of which has been raised already. As with many contemporary albums, money is being raised by offering shares to individual investors. In this case Tui is using a Limited Partnership structure and offers a complete prospectus upon request.

It's a pretty good investment, if you have some capital free to put into something, because good albums just keep on selling for years. It's also, of course, an opportunity to have a part in the creation of something you can be proud of, maybe forever. For information, write:

Linda Tillery  
P. O. Box 3336  
Berkeley, CA 94703

or call Barbara Edwards (Fundraising Co-ordinator) at (212) 677-7901.

### ART SCENE AS SEEN ABOUT

Francesca Roccaforte will offer the next visual treat at the Mama Bears' Gallery with her Photographic Exhibition titled, 'SHE, HER, AND I', beginning October 14 and running through the month of November.

Roccaforte's photographs are highly personal (and therefore potentially very universal) thematically, her specialty being portraits of women, women from a variety of cultures, lesbians in particular. For this show, which is coincident with her Saturn Return, Roccaforte will be concentrating on self-portraits with a view toward the threads of her own experience, particularly in relation to her mother.

Roccaforte will also exhibit her special 'SENSUALITY PHOTOS' in a one night, women only, event, Sunday, October 21, starting at 7PM. And yes, friend, that means just what you think it does.

### NOTES & NEWS (CON'T)

\*\*\*\*\*  
Native Tongue, by Suzette Haden Elgin, is certainly one of the most readable, most interesting SF book to come along in a while...if you like to read about language (verb & body) & women banding together against patriarchy--plus its a great read. DAW paperback, \$3.50

\*\*\*\*\*  
Those of you who live in Oakland got a letter recently from the Oakland Block organizing Committee. Some of our customers said they wanted to answer it, but felt funny about not knowing the names of any of the women involved with it. Additionally, some women may have wondered if we were giving our mailing list out to other groups or individuals. The answer is no. No one but Mama Bears has access to our mailing list. However, we will allow occasional copying of names and addresses onto envelopes that go directly into the mail, under our supervision. Seems like a good way to meet the needs of privacy while helping the flow of pertinent information. The women starting the Oakland Block Organizing Committee, some of whom are known personally to us, are: Renee Crowley, who works in the landscaping field and is a long-time activist with environmental issues; Rosie Bock, a technical writer for a utilities company and former non-activist; Karen Ryer, downtown Oakland attorney; Patricia Sargent, restaurant consultant and new American citizen; Ronya Robinson, computer specialist and activist at large; and Jean Paulin, East Bay registered nurse.

All are lesbians and Oakland residents, who have observed the lack of response to women's issues & particularly lesbian issues.

\*\*\*\*\*  
It's fitting that our Evening Classes for Women should include Pat Bond's class How To Put On A One-Woman Show (see Calendar, Wed Nov 14)...effective presentation of ourselves and our material--whether a slide show and lecture or comedy routine or poetry reading--is of paramount importance. Our product, the vision of a sane society we are arriving at, is the best on the market: its up to us to promote it. And fitting that its Pat teaching it; her three one-woman shows, Conversations With Pat Bond, Gertrude Stein, and Lorena Hickok delighted, moved, and educated us... more than that, they are transformation magic that bonds us to those women and thus gives us access to their particular personality, attitude and presence. In short, we are smarter and deeper for having experienced her shows. In late September Pat went to the East Coast to attend a 4-day conference on Eleanor Roosevelt with other historians who specialize in E.R. Also attending was Blanche Cook, lesbian novelist and straight historian (Eisenhower), who is working on a book about E.R.--and you can be sure it will include a lot about Lorena, Eleanor's lover. Next year is E.R. year--that means lots of media attention: and Pat's taking her Hickok

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LESBIAN OWNED



play to New York; she's our contender in the mass media image war that will determine how this generation sees Eleanor Roosevelt.

\*\*\*\*\*  
Our New-Books section continues to take shape as construction of bookcases and stuff like that goes on...we know that sometimes things are hard to find, as the books outgrew the number of cases, but gradually its smoothing out. In the New-Books section we carry specific kinds of books (both new releases and books that have been around for years); the used-books section is more general and includes a lot of the 'junk' fiction many of us like to read--the mysteries and sci-fi and spy novels... books to get down in the P.I. pit with.

\*\*\*\*\*  
Mama Bears Evening Classes for Women. Our philosophy is that if you've got a bookstore and coffeeshop you've got a textbook store and a school cafeteria. You've got the basis for a school and are in fact a school. Sharing and learning go on constantly at Mama Bears all day long, but we also have scheduled classes, both multi-session courses and 1-night lectures, workshops and seminars. We try to feature such teachers as Paula Gunn Allen, Judy Grahn, Pat Bond...who not only know what they know but are what they know...Just to interact with them in the

same room is a learning/growing process...and giving such women public forum is one of Mama Bears priorities.

\*\*\*\*\*  
Have you read the Calendar in this issue yet? It is now a year since we opened, and the Calendar reflects what kind of thing this is...

\*\*\*\*\*  
Since we are a year old, we're throwing a Birthday Party for you and for Mama Bears...Sunday afternoon, Nov 4. We hope you can come. The first event we had when we opened last year was a poetry reading organized by Paula Gunn Allen, of Native American Women, entitled A Gathering of Spirit. And much spirit has gathered at Mama Bears since then. On the Sunday following our Birthday Party, Paula Gunn Allen will conduct her first Sunday Morning Woman-Centered Worship Services (Sunday, Nov 11--see Calendar).

\*\*\*\*\*  
Jumping back to October 28, also a Sunday morning--how wonderful that Sonia Johnson's making a visit to Mama Bears! (see Calendar entry) Sonia's

CONTINUED ON PAGE 4

### PANHANDLE POEM

My toes are pink  
from freezing  
walking through the park  
this season  
seeming mortified for no  
apparent reason  
I put them in the sink  
for easing  
they have an aptitude  
for freezing.

© 1981, Mary Nordseth

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**JEAN MILLINGTON**  
**DAVE SCOTT MILLINGTON**

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**FRI OCT 19**

THE FABULOUS DYKETONES '50s ROCK & ROLL BAND--IN FULL DRAG

DYKETONES is a 6-woman band and revue with hilarious recreations of '50s rock & roll music and styles of dykeishness. This may be their only East Bay appearance, so reserve early.

8 PM women only \$6

**SAT OCT 20**

KAREN RIPLEY, LINDA HOAKES, ANNIE LARSEN

Three of the most warmly funny humorists around, each of whom is always ready to take us, step by step, to the edge of lunacy...Mama Bears thinks of them as the political science department. Lots of good belly laughs about ourselves.

8 PM women only \$3-5

**SUN OCT 21**

THE MOTHERPLUCKERS MONTHLY JAM

You are invited to attend and perform with THE MOTHERPLUCKERS in their jam session, which takes place at Mama Bears every third Sunday afternoon. Bluegrass, country-western, old-timey, folk...it's a nice way to spend a Sunday afternoon, and we're honored that The Motherpluckers have chosen Mama Bears to be their home.

3-6 PM \$2 donation

ONE-NIGHT EXHIBIT OF SENSUALITY PHOTOS AND RECEPTION WITH THE ARTIST, FRAN ROCCAFORTE

Reception with Fran Roccaforte, whose photographs are hanging in the gallery through November, and special, one-night exhibit of her erotic photos. (See article, Art Scene As Seen About, on page 3.)

7 PM women only

**MON OCT 22**

OPEN FROM 9 AM UNTIL 7 PM

**TUES OCT 23**

OPEN FROM 9 AM UNTIL 7 PM

**WED OCT 24**

OPEN FROM 9 AM UNTIL 7 PM

**THURS OCT 25**

Woman-only socializing until 11 pm or later. Elaine Blake will be on hand to do mini astrology readings.

**FRI OCT 26**

POETRY READING BY PAH GRAY, IDA VSM RED, & AUDREY EWART--A BOOK PARTY FOR NEW LESBIAN WRITING

Pam, Ida and Audrey are three of the fine writers represented in this new anthology, *New Lesbian Writing*, edited by Margaret Cruikshank, who will also attend.

8 PM women only \$3

**SAT OCT 27**

AN EVENING OF MUSIC WITH GINGEROSE

Over the months we heard the name Gingerose from various women--"they're really great! Try to get them here!" GINGEROSE is two sisters, Ginger and Rose, who sing and play guitar, and play their own (very good) songs and popular favorites. They're heart-warming and funny, and carry on like sisters do...and if you go for romance they know how to break your heart.

8 PM women only \$3-5

**SUN OCT 28**

RECEPTION WITH SONIA JOHNSON

Sonia Johnson burst on the public scene several years ago when her struggle with the Mormon Church caught everyone's attention...since then she has been a loud, clear, sane voice heard around the land, from the ERA struggle to woman's peace camp activities. Ms Johnson is blazing her way along the feminist spiritual path...same as many of us. For two days she will be in the East Bay: Sat, Nov 27 (that's yesterday) at Mills, 2 pm, and here at Mama Bears today at 10:30 am.

Mama Bears is honored to hold this reception for Sonia, and hope as many of us as possible can drop by to meet her: there is no substitute for face to face encounters with each other. A lot of information gets transmitted.

10:30 AM-12:00 Noon, reception-buffet donation requested

**MON OCT 29**

OPEN FROM 9 AM UNTIL 7 PM

**TUES OCT 30**

OPEN FROM 9 AM UNTIL 7 PM

**WED OCT 31**

HALLOWE'EN--WITCHES NEW YEAR CELEBRATION--PUMPKIN MASK CARVING

You bring your pumpkin and we'll provide the candles...music for the event provided by Max Dashu. There will be a Saging of the Four Corners ritual.

8 PM women only

**NOTES & NEWS. (CON'T)**

battle to resist being expelled from the Mormon Church catapulted her into the headlines and changed her life, turning her into a full-time woman's movement mover. A moving woman. She immersed herself in the E.R.A. struggle with N.O.W., including a hunger strike that almost went to the wire...and most recently has been active in the women's peace camps.

Sonia is running for president on the Citizen's Party ticket, and if this were not such a crucial election we'd be voting for her. But something amazing and unexpected happened this year; and since there's a real chance Geraldine Ferraro can get elected, let's go for it. Interestingly enuf, although Sonia's running for president, her advice in the last paragraph of a 1983 speech to women is to dream: "...the dream will tell us what to do next. As we begin to see that future in detail, in beautiful gorgeous de-

**THURS NOV 1**

Woman-only socializing until 11 pm or later. Elaine Blake will be on hand to do mini astrology readings.

**FRI NOV 2**

EVERYTHING YOU NEED TO KNOW ABOUT SCORPIO--DISCUSSION BY ELAINE BLAKE

This month Elaine discusses Scorpio--a formidable sign...we know Scorpios and their watchers will be paying very close attention, especially since Pluto has just gone into Scorpio...sounds like tidal wave time on the way.

8 PM women only \$3-5

**SAT NOV 3**

SAPPHO AND THE LESBIAN TRADITION --JUDY GRAHN READS FROM HER FORTHCOMING WORK

In a continuation of the work she started in *Another Mother Tongue, Gay Words, Gay Worlds*, Judy in this new book *THE HIGHEST APPLE*, to be published soon by Spinsters Ink, examines lesbian history through the voices of its poets, and leads us and our senses into lesbian history and spiritual tradition. A reception with Ms. Grahn follows the reading.

8 PM women only \$5

**SUN NOV 4**

MAMA BEARS BIRTHDAY CELEBRATION--WE'RE ONE YEAR OLD!

We've been open a whole year now, and it's been a joyous, busy one, each day packed with wonderful women, many of whom have become our friends, and made friends among each other. Our dream to provide a space both safe and nurturing and yet with the possibility of adventure in the air has materialized...it works because you want it and love it, so many of you who are reading this. We're throwing a birthday party, and you are our invited guests. Festivities will start at 2 pm and continue through the evening, till at least 9 pm, with lots of food and surprise raffles. In other words, this is our party for you.

**MON NOV 5**

OPEN FROM 9 AM UNTIL 7 PM

tail, and begin to live in it by loving ourselves and one another...that dream is going to tell us what to do next. There isn't any other way to figure out what to do next, other than that, that I can see. That's the way revolutions, true revolutions, happen. Now I don't know if we've ever seen a true revolution; we may be the first one, really, that we'll ever have heard of in history. This may be the first genuine revolution of the human spirit."

\*\*\*\*\*  
During the summer a woman loaned us money to buy air cleaning equipment that would remove offensive odors such as cigarette smoke; we picked a company and type (Zestron) that seemed just the thing, and sent our money (quite a lot) and --guess what--it didn't come. Most tiresome. We're in touch with the Better Business Bureau and all we can do is wait and see. So that's why we don't have air cleaners yet...  
\*\*\*\*\*

Meanwhile, women of the community have come through very generously on our request for cash to replace some of the

# Mama Bears

You can make reservations!

**NEW STORE**

Mama Bears has new store

We open at 9 am Monday til 10 am on Saturdays, Sunday

We close at 7 pm, except on Saturdays, which after and Saturdays, which after open until 11 pm or later. izing, classes or events. women's events on other Calendar will tell you what day.

**TUES NOV 6**

ELECTION NITE GATHER  
VOTE NO ON PROP 41 TODAY  
POLLS OPEN 7 AM TIL 8 PM

Well, we voted today. This calendar item was written in late September, so no telling yet who'll win. As you know, the unexpected emergence of Geraldine Ferraro in the race certainly excited us all...so tonight will be either a celebration or a wake, as we watch the results come in on TV at Mama Bears. Bring your voting stub and get fifty cents off on any purchase... then put your stub in the raffle bag & you may win a prize.

7 PM until ? women only

**WED NOV 7**

OPEN FROM 9 AM UNTIL 7 PM

**THURS NOV 8**

Woman-only socializing until 11 pm or later. Elaine Blake will be on hand to do mini astrology readings.

**FRI NOV 9**

READING BY JESS WELLS--AUTHOR OF: THE DRESS, THE CRY, AND A SHIRT WITH NO SEAMS

Jess will read her erotic lesbian fiction, including some new, unpublished pieces. Mama Bears has heard good things about this young writer...her fiction collection, *THE DRESS, THE CRY, AND A SHIRT WITH NO SEAMS*, is on sale here.

8 PM women only \$2-4

loans that fell due in September, and we've raised almost exactly the amount we were out of pocket, so our skinny cash flow is still moving along...

\*\*\*\*\*  
We've heard several women--lesbian-feminists--voice the feeling that they were not concerned with AIDS victims because 'it's just about men, so let them take care of it, and anyway, it's be-

# Calendar

or any Mama Bears event

## HOURS

hours, as follows:

rough Friday, and at  
ys, and holidays.

on Thursdays, Fridays  
r 7 pm, are always  
for all-women social-  
(Sometimes we have  
ights too.) The  
at's happening each

## SAT NOV 10

A NIGHT OF HUMOR--  
KAREN RIPLEY, MARGA GOMEZ,  
& MONICA PALACIOS

No strangers to Mama Bears, these three  
...they keep us laughing at ourselves  
and the world around us.

8 PM women only \$3-5

## SUN NOV 11

### SUNDAY MORNING SERVICES

Some worship with us in a service de-  
signed by and for women to celebrate  
woman.--who is called Goddess, Mother,  
Irandmother, Sister, Daughter, Lover,  
and Beloved, who is Red, Black, Brown,  
and White. We will share songs, prayer,  
food, and some special devotions that  
have not been practiced in public wor-  
ship services for hundreds of years.  
PAULA GUNN ALLEN, pastor-celebrant.

10:30 women only

MILKING YOUR CRISIS FOR ALL IT'S WORTH  
--A WORKSHOP, GIVEN BY ELAINE BLAKE

In afternoon exploring and working with  
the meaning of the transformative tran-  
sitions of Saturn and Pluto through scor-  
pio. No astrological background nec-  
essary. Recommended for anyone with  
icorpio in her chart and anyone else  
needing perspective on the changes/cris-  
is/transitions in her life during  
983-1985.

-5 PM women only \$25-45.

ause of their lifestyle'...number one,  
it's not just about men, as the figures  
re starting to show, and number two...  
lack of compassion is not exactly what  
re all had in mind when we decided to  
levote our energy to women...perhaps we  
herodically need the reminder of the  
ollowing statement:

'In Germany they came first for the  
omunists and I didn't speak up be-  
cause I wasn't a Communist. Then they  
ame for the Jews and I didn't speak up  
because I wasn't a Jew. Then they came  
or the trade-unionists and I didn't  
peak up because I wasn't a trade-  
nionist. Then they came for the Catho-  
lics and I didn't speak up because I was  
Protestant. Then they came for me and  
y that time no one was left to speak  
up.' --Pastor Niemoller.

## MON NOV 12

WOMEN'S WRITING WORKSHOP  
--TAUGHT BY JUDY GRAHN

A prose and poetry writing workshop,  
given by JUDY GRAHN, a superb crafts-  
woman, theoretician, and historian.  
6 Monday night sessions, beginning  
tonight (Nov 12, 19, 26 & Dec 3, 10,  
17. To register, call Ms Grahn at  
223-4353. 7-10 pm, women only, \$130

## TUES NOV 13

OPEN FROM 9 AM UNTIL 7 PM

## WED NOV 14

PAT BOND TEACHES:  
HOW TO PUT ON A ONE-WOMAN SHOW

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build a performance that will bring an  
audience to its feet--CHEERING. You  
will learn research techniques, perfor-  
mance techniques, and razzle-dazzle.  
To register, call Pat Bond at 456-9918  
8 sessions, Wednesdays and Sundays,  
7-9 pm, starting tonight. (Nov. 14, 18,  
21, 25, 28, and Dec. 2, 5, 9.) Women  
only. \$150.

## THURS NOV 15

Woman-only socializing until 11 pm or  
later. Elaine Blake will be on hand to  
do mini-astrology readings.

## FRI NOV 16

SIXTH-YEAR CELEBRATION OF THE  
CRYSTAL BIZ ON THE AVE

An evening celebration with SUZANNE &  
VICKIE, who planned 6 years of selling  
crystals on Telegraph Ave, and are now  
entering the 6th year. The evening will  
start with a meditation led by Vickie,  
and will include the giving away of  
crystals by Suzanne and Vickie to us,  
for us to plant for world peace. Suz-  
anne will read from her-forthcoming  
book a passage entitled Conversations  
With Touchstone, a Crystal. Four crys-  
tals weighing from 65 to 125 pounds  
will be on display. If you have crystal  
you 'can't use' anymore, bring them,  
and we'll trade crystals. If you want  
to, bring your favorite piece for shar-  
ing.

7 PM women only, potluck \$2 donation

\*\*\*\*\*  
Some important women's books printed in  
the last 15 years, which we would carry  
permanently in the New-Books section  
(The First Sex, for instance), are out  
of print. This is frustrating...because  
they are exactly the books that won't  
turn up often in the Used Books section  
cuz no one parts with them. So, when we  
do get hold of them, we stash them. As  
soon as we get a lockable glassfront  
bookcase, and figure out where to put  
it, such books will go on display. You  
will be able to read them at Mama Bears  
(we'll charge a small-change fee) but  
not take them out. Any additional  
copies of such books will go on sale  
in the Used Books section. Keeping the  
important books available is our high  
priority.

\*\*\*\*\*  
Incidentally, teachers and students...  
we're about ready to provide book-order  
service for your classes. Interested?  
Get in touch.

## SAT NOV 17

FIDDLE MUSIC BY WAKE ROBIN--WITH  
GUEST WOODY SIMMONS

WAKE ROBIN, which consists of fiddlers  
Beth Conklin and Marilyn Harman, is  
playing here at Mama Bears for the  
first time, and we're pleased to wel-  
come them. It'll be hoedown and modern  
jazzy-snazzy fiddle tunes, accent on  
precision. Special guest Woody Simmons  
and her heavy metal banjo will play a  
song or two.

8 PM women only \$4-6

## SUN NOV 18

### SUNDAY MORNING SERVICES

Woman-centered worship services with  
celebrant-pastor Paula Gunn Allen. (See  
entry for Sunday, Nov. 11.)

10:30 AM women only

### THE MOTHERPLUCKERS MONTHLY JAM

You are invited to attend and perform  
with THE MOTHERPLUCKERS in their jam  
session, which takes place at Mama  
Bears every third Sunday afternoon.  
Bluegrass, country-western, old-  
timey, folk...it's a nice way to  
spend a Sunday afternoon, and we're  
honored that The Motherpluckers have  
chosen Mama Bears to be their home.

3-6 PM \$2 donation

## MON NOV 19

OPEN FROM 9 AM UNTIL 7 PM

## TUES NOV 20

OPEN FROM 9 AM UNTIL 7 PM

## WED NOV 21

OPEN FROM 9 AM UNTIL 7 PM

## THURS NOV 22

Thanksgiving of course falls on Thurs-  
day (Nov 22) which is always woman's  
socializing night at Mama Bears. So we  
will be open until 11 pm or later.  
Those of us working at Mama Bears that  
late afternoon-evening will have our  
turkey dinner there...stop by and visit  
if you've a mind to, if you can move.

## FRI NOV 23

PALMISTRY WORKSHOP  
--GIVEN BY HERTHA

HERTHA was in town for a week a couple  
of months ago doing palmistry readings,  
and accepted our invitation to come to  
Mama Bears and do a palmistry workshop.  
A good opportunity to explore this  
area of information.

8 PM women only \$2-4

## SAT NOV 24

AN EVENING OF GIVING THANKS  
PAULA GUNN ALLEN READS...AND SHARES  
NATIVE AMERICAN WOMEN'S HISTORY AND  
POETRY

Paula says, "Thanksgiving is a time to  
be thankful to the Native Peoples of  
this continent by giving honor to their  
traditions." Mama Bears invites you to  
an evening honoring Native American wo-  
men with Paula Gunn Allen (Laguna Pueb-  
lo/Lakota). Paula will read poetry and  
prose by Native American women and talk  
about Native American women's spiritual  
traditions and lives as lesbians, sham-  
ans, warriors and leaders. There will  
be plenty of time for questions. Your  
\$5 donation will be used to support the  
work of Native American writers and  
artists, in the traditional Indian way  
of giving thanks and honoring.

8 PM women only \$5 donation

## SUN NOV 25

### SUNDAY MORNING SERVICES

Woman-centered worship services with  
celebrant-pastor Paula Gunn Allen. (See  
entry for Sunday, Nov. 11.)

10:30 AM women only

## MON NOV 26

OPEN FROM 9 AM UNTIL 7 PM

## TUES NOV 27

OPEN FROM 9 AM UNTIL 7 PM

## WED NOV 28

OPEN FROM 9 AM UNTIL 7 PM

## THURS NOV 29

Woman-only socializing until 11 pm or  
later. Elaine Blake will be on hand to  
do mini astrology readings.

## FRI NOV 30

Woman-only socializing until 11 pm or  
later.

### SATURDAY, DECEMBER 1

The Mothertongue Readers Theatre will  
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Starting time and price to be announced

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## POSITIVE POSITIONING

WISHCRAFT, HOW TO GET WHAT YOU WANT, by Barbara Sher with Annie Goetlieb, Viking Press, 1982, (\$12.95)

Reading WISHCRAFT is an intimate yet casual experience. Barbara Sher's style allows you to see the eraser marks from the first draft, providing an experience in which to learn about yourself in a setting as comfortable as your sister's living room.

Ms. Sher offers the reader an earth-mother type of compassion and logic. She convinces you that she too has been there: full of optimistic plans and ready to go out and implement them, but not knowing in which direction to head.

The first half of the book is full of mental exercises to help the reader discover essential information about herself, criteria with which to give illusive dreams definition and reality. The exercises aren't difficult, requiring only some time, paper, pen and honesty. Actually they are rather fun. I learned, for instance, that my favorite color, thought to represent my lighter side, was really indicative of how I thought I should be.

In the second half, a sort of 'how not to do it' book, Ms. Sher stresses the importance of finding resources to help you get what you want, and generously supplies you with many names, ideas and starting points. She stubbornly insists that any dream can

become reality, if you truly want it, make room in your life to pursue it, and are willing to refine your goal plan, in respect to the time you'll take, with a rate that is both appropriate for acquiring the goal, as well as being what you can handle. The authors address our closet fears, fear of failure, fear of success, fear of trying, with humor and compassion.

WISHCRAFT is good entertainment. Moreover, it actually convinced me that I could reach for my dreams and that I could attain them. The authors overcame my resistance by patiently and persistently proving that the book was not a fraud, that it isn't a waste of time to pursue what I know to be unattainable dreams, and all such arguments. To

my delight, I learned more about myself, that my dreams can be attained, and gained a helping hand on my way.

I've recommended WISHCRAFT to all my friends. It is not often that a book becomes available that is so universal as well as so important to the potential quality of our own lives. In rating the book, I toast a hurrah!, hoping you will read it soon.  
- Sharon R. Mason

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  - Pull two wheels, check brake linings
  - Check U-joints, springs, exhaust system
  - Check fluid levels in differential and transmission
  - Grease chassis, lube door hinges, and hood and truck hinges
  - Check tire tread depth
  - Check wheel bearing play
  - Adjust clutch
  - Test compression
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  - Check shocks and struts
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ROVING BEAR REVIEW (CON'T)

The clue is an early scene between John and Miriam. He says "Forever and ever", confidently awaiting her reply. This is their ritual, the exchange, the constant empowering: Forever and ever. But, after a moment, Miriam answers "What?". The ritual is unfulfilled, the exchange nullified, the power wanes. He has been about age thirty for over 200 years and he ages to an old man in two days. The next morning, ignoring John, Miriam avidly watches Sarah on a TV program discussing sleep and aging.

The blood is exchanged, the words are exchanged, the love is exchanged, but it is Miriam who invests the power through the medium of love. And who can control it? Falling in love, falling out of love. It is an ambivalent question in the film. Does the aging occur first or the ceasing of Miriam's love: "Forever and ever?" "What?"

In the vulnerability of her love, in the intensity of her passion, Miriam bestows and gives over all of her powers to Sarah who, in the end, is the survivor and successor. In the power of love, Miriam surrenders her power.

[IV]

Over the years the homoerotic theme has not been neglected in the Vampire genre. In Dreyer's 1932 film, VAMPYR, there is an ambivalently erotic scene when the vampire, Lucy, sits up in bed and follows with stark and hungry eyes the movements of Mina about the room. There is a wonderfully outrageous gay vampire in Polanski's 1967 THE FEARLESS VAMPIRE KILLERS, and in 1970 four lesbian-vampire films were released, including the distinguished DAUGHTERS OF DARKNESS with Delphine Seyrig. This year saw the publication of Jody Scott's I, VAMPIRE, a wild science-fiction-lesbian-vampire romp.

On reading THE VAMPIRE TAPESTRY I was reminded of Stephen Gordon in THE WELL OF LONELINESS. Like Weyland, she feels herself to be unique, alone and destined to be lonely. She feels that she preys on women; she even forces her lover to return to the straight world to 'save' her. She pleads for recognition

and acceptance as a part of nature (Gide's CORYDON of the same era takes great pains to prove that homosexuality is 'natural' to all species), while feeling herself to be an aberration of nature. I read this book in 1955, just before coming out. It has left its mark.

In the 50's and 60's the 'outlaw status' was an acute aspect of being lesbian. In these comparatively easier times it is still difficult for older lesbians to let go of protective shields and, if one has not come out to family, friends, or at work, then one does participate in the 'outlaw status'. Perhaps it is instilled permanently in that first moment of realization, say at a high school dance, 'I am not like these others, I do not respond in the same way. I am different and I am alone.' Ever fear telling a straight woman friend about your other life? Fear the recoil? Better to keep referring to your lover as 'he', especially if the friend is a workmate. I know a woman still wounded after the loss of her best friend of five years. She came out to her friend, wanting her life to be known fully.

A continuous theme in science-fiction and fantasy is power and the subjects of love and power are at the core of the Vampire Legends. In any relationship the balance of power is an issue, but perhaps it is more acute in the uncharted territory of the lesbian relationship. Watch two friends together, or review the occurrences leading to a break-up, and the struggle for power becomes visible. And from relationship to relationship the roles change. Miriam reveals her vulnerability and need to Sarah, uncharacteristically surrendering her power, and the balance shifts. THE HUNGER is a telling film.

Are there parallels to be found between the Vampiric Ethos and the lesbian Ethos? Parallels or at least suggestions of themes in common: the essence of identity, the 'outlaw status', solitude and loneliness, survival techniques, blending in-undetected, vulnerability, power and possession, and in the midst of that, the desire and fear of love. As the Vampire enters the human dimension, the vulnerability and risks increase. And as lesbians, as we allow ourselves to evolve from the singular state, the protective 'lair'; to desire and give and receive love and to form a community; we, like the Vampire, enter the human dimension.

- Joanna Griffin

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| <p><b>PHYSICAL THERAPY--PAIN MANAGEMENT</b><br/>Shirley Kelly, registered physical therapist. Pain Management Specialist &amp; Consultant. Individuals by appointment. (415) 937-4995.</p> <p><b>ACUPRESSURE by ALI HAMMER</b><br/>Jin Shin Acupressure works on a deep level to balance the body's energy. My work is relaxing and invigorating while it relieves the many conditions caused by tension and stress. Certified. Sliding scale. (Discount with series of sessions. 654-8765.</p> <p><b>TIME OUT.</b> Take it for yourself--massage personalized just for you. A dynamic blend of Esalen, Swedish, Shiatsu, energy work, breath work and visualization. Sliding scale. Kam McCallum, 233-0337.</p> <p><b>ASTROLOGY READINGS: Empower yourself!</b> Examine your life themes, relationships, career options, what's happening now--you have choices! Full 1-1/2 hour reading with astrologer Elaine Blake, sliding scale \$50-75. 536-4399, Oakland. Call for an appointment. P.S., come to Mama Bears to learn all about Scorpio's Friday Nov. 2 (see Calendar).</p> <p><b>MASSAGE</b><br/>Treat yourself to a wonderful yet inexpensive massage. Includes special treatment with crystals. Nava 654-4489.</p> <p><b>HOMEOPATHY</b><br/>Relief for all acute and chronic conditions, injuries, emotional states, woman's illnesses (like PMS, menopausal problems). Homeopathy heals permanently &amp; safely. I'm a lesbian, treat women only. Rose Eady, 482-0635.</p> <p><b>THERAPY GROUP</b><br/>for women to explore issues of identity, intimacy, and achievement. Oak. Mon eves. \$15/session. Jackie Berry, MFCC, 652-0246; Cathel Kirchgassner, MA 841-6500</p> <p><b>COUNSELING</b><br/>Couple and Individual Counseling: Learn to transform the hardspots into honest, loving, and empowering experiences. Everyone welcome. Yana Laurie Slade, MA Berkeley, 237-9579.</p> <p><b>COUNSELING-THERAPY-MEDIATION</b><br/>Is your self-esteem at its low point? Are you in the midst of transitions? (work-lifestyle-relationships). Suffering from loss or unresolved conflicts? Do you find communication your feelings a disaster? Do you need to develop a positive sexual identity? Counseling, therapy, mediation. Singles/couples/groups. Short or long term. Sliding scale. Joann, MA, MFCC. 893-9400.</p> <p><b>ROSEN BODYWORK</b><br/>Free--3 introductory sessions to experience the Rosen Method of Bodywork--given by Meghan Smart (Rosen Method Intern). Call 849-9163 for appointment.</p> <p><b>THERAPY</b><br/>Dependency-autonomy issues: sliding scale therapy. Also sexual preference, identity concerns, procrastination. Patrice Forts, MFCC, 841-6500.</p> | <p><b>COUNSELING-ASTROLOGY-NUMEROLOGY</b><br/>Michaela Vargas, MA--Counseling/Astrology/Numerology readings from a spiritual and feminist perspective (20 years experience). Discover your unique path in this life, the gifts and tools you have to work with. Also, meditation classes and women's problem solving groups now forming. For info call 531-6257.</p> <p><b>BIOFEEDBACK</b><br/>Excellent results in reducing tension and migraine headaches, insomnia, hyper tension, pain and anxiety. Deep relaxation, imagery, biofeedback to access your inner knowing and healing powers. Sandra Hollander, MA, certified, author of Reality Games. Sliding scale. 540-0237.</p> <p><b>CLASSES</b></p> <p><b>VOICE LESSONS</b><br/>VOICE CLASSES for singers and speakers with MARIA JUTASI COLEMAN, M.A., director of the Gertrude Stein Opera Company. I am creating my techniques from European, classical, Reichian body awareness, improvisational and shamanic spiritual elements. For individual or group work call 841-8259.</p> <p><b>BOOKKEEPING SERVICES.</b><br/>"Basic Record-keeping &amp; Tax Information For Self-Employed People." Four-hour seminar offered monthly in San Francisco by tax preparer who specializes in working with women &amp; self-employed people. Individual consultations &amp; tax preparation available too. Jan Zobel, 821-1015.</p> <p><b>BALLROOM DANCING</b><br/>Ballroom dance for individuals and small groups. Want to learn to lead? Follow? Just dance with another person and not freeze up? Fear dancing no more! Call Laurie Ann at 530-4019.</p> <p><b>BALLET LESSONS</b><br/>Are you a closeted ballerina? Indulge your fantasies/dare to be different. Increase your strength-stretch-coordination the way Olympic athletes do, with Adult Beginning Ballet Classes. Women-only classes morning &amp; evening. Also, classes for children from 3 years Free trial class for Mama Bears customers. School of Classical Ballet, 1805 Grove St, Berkeley. 848-2590.</p> <p><b>INVESTMENT WORKSHOP</b><br/>Beginning Investment Workshop for Women Topics include: CD's, money/market/mutual funds, socially responsible investing, much more! 587-7210.</p> <p><b>TUTORING</b><br/>French tutoring by native. All levels, reasonable prices. Call Françoise 658-9746.</p> | <p><b>CLEANING SERVICES</b><br/>It's a dirty job but someone has to do it....WAXING MOON CLEANING offers regular building maintenance as well as One-time cleaning services for vacated apartments. Flexible hours, hard-working Amazons. Licensed. Call for rates. Zahn, 654-8765.</p> <p><b>HOUSE CLEANING</b><br/>House cleaning. \$8 per hour. In a hurry and just don't have the time? For great service call 536-7025.</p> <p><b>PLUMBING</b><br/>Naomi Friedman, Plumbing Contractor. State Contractors Lic #369184. New, remodel, repair, and solar installations. Telephone (415) 482-5183.</p> <p><b>HOUSING</b></p> <p><b>SPACE FOR RENT</b><br/>Large, light 2-room suite with fireplace, walk-in closet, 1/2 bath, in outer Richmond flat, 34th Ave. Lesbian. \$330/month. 751-1036</p> <p><b>EXCHANGE HOUSING</b><br/>Summer 1985 home exchange in England, 25 minutes from London, in Surrey. Sleeps 4-5, need similar. Car. Lolita Langham, Barnslea, Chapel Lane, Pirbright, Surrey. Brookwood 2517.</p> <p><b>JOBS</b></p> <p><b>Jobs</b><br/>Mechanic wanted--Toyota and/or VW experience preferred. Phoenix Auto, (415) 533-3356</p> <p><b>ADVERTISING SALES</b><br/>Energetic, outgoing woman needed for new woman's feature magazine. Flexible hours. Advertising or sales experience helpful, but will train. Barbara 452-0611 or 452-2045</p> <p><b>FOR SALE</b></p> <p><b>CAR FOR SALE</b><br/>83 Honda, 500 Shadow, 3000 miles. Excellent condition. Extras. \$1800. Karen, 228-0864.</p> <p><b>GARDENING</b></p> <p><b>GARDENING</b><br/>Horticultural Consultation: Irrigation, planting, pruning, maintenance work, with owner or alone. Free estimates. Marianne's Enterprises. 652-2593.</p> <p><b>TRAVEL</b></p> <p><b>WOMAN WANTED</b><br/>Driver? Rider? All or part way to East Coast. Leaving Oct 9. Satrupa. 530-9442</p> | <p>Pat's VW and Pam's Auto Repair have now combined to form Phoenix Auto. Specializing in Toyota and VW repair and parts. 4200A East 14th St, Oak, (behind Burger King) 533-3356</p> <p>Looking for or selling a Toyota or Volkswagen? Place your ad on the used car bulletin board at PHOENIX AUTO. 4200A E. 14th St. (behind Burger King.)</p> <p>Before you buy a used Toyota or Volkswagen, have the women at PHOENIX AUTO perform a thorough mechanical inspection. Phoenix Auto: 533-3356.</p> <p><b>EVENTS</b></p> <p><b>CONFERENCE</b><br/>The 6th Annual Quaker-Lesbian Conference will be held Nov 9-12 at Ben Lomond Quaker Camp near Santa Cruz. For more information call Bettye, 1334 Kains Ave, Berkeley, 94702. 526-6206.</p> <p><b>GROUPS</b></p> <p><b>COMING OUT GROUP</b><br/>Coming out group for lesbian and bisexual women forming now. Ten weeks. Sliding scale. Betsy Farber, 658-2234.</p> <p><b>LESBIANS WITH HERPES</b><br/>Lesbians with Herpes drop-in group: Emotional support, information, socializing. 8 pm, second Wednesday of each month. Pacific Center, 2712 Telegraph Ave, Berkeley.</p> <p><b>MISCELLANEOUS</b></p> <p><b>SHOPPING HELP</b><br/>Personalized Clothes Shopping: Do you get frustrated when you shop for clothes? I will go with you and assist you in the selection of the perfect clothes for your every need. \$50 for 4 hours or \$15 per hour. Men and women. All sizes. Yana Laurie Slade. 237-9570.</p> |
| <p>PUT YOUR AD IN MAMA BEARS NEWS &amp; NOTES...NOW BEING MAILED TO OVER 1500 WOMEN IN THE BAY AREA...WITH A TOTAL CIRCULATION OF 3,000 AND STILL GROWING.</p> <p>DEADLINE FOR THE NEXT ISSUE: NOVEMBER 15</p>   |  |  |   |



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